

Febrero/February 8, 2022

EDICIÓN NO. 802

The BILINGUAL Newspaper of the Merrimack Valley

¿Máscara o no? Vea informe de Johns Hopkins University

Mark or no mask? See Johns Hopkins University report

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MCC Kicks Off “World of Music” with Lowell Chamber Orchestra



Middlesex Community College will kick off the Spring 2022 “A World of Music” concert series with a performance by the Lowell Chamber Orchestra at 7:30 p.m. on Saturday, February 19 at the Academic Arts Center in Lowell.

Middlesex Community College will kick off the college’s Spring 2022 “A World of Music” concert series with a live performance by the Lowell Chamber Orchestra (LCO), conducted by MCC faculty member Orlando Cela.

The LCO will present works from the Baroque Era, combined with later pieces inspired by this era. The Double Concerto for Recorder and Traverso by Georg Philipp Telemann and the Suite from “Castor et Pollux” by Jean-Philippe Rameau will be performed.

“The performance is a collection of pieces that reframe four- and five-hundred-year-old works into a modern lens,” Cela said. “The program revolves around a brand-new work by Dana Kaufman, commissioned by the LCO, called ‘Greyed Rainbow,’ inspired by the Pollock painting of the same name. The concert opens with Francis Poulenc’s ‘Suite

Française,’ which brings back the music by Renaissance composer Claude Gervaise in a very unusual orchestration.”

There will be also a showcase of ancient and new instruments in Telemann’s Double Concerto for Recorder and Flute, with Aldo Abreu and Cela as soloists, according to Cela. A suite of Baroque dances from the opera ‘Castor et Pollux’ by Jean-Philippe Rameau in a new, modern combination of instruments, will close out the program.

The performance will take place at 7:30 p.m. on Saturday, February 19 at MCC’s Richard and Nancy Donahue Academic Arts Center in Lowell. Middlesex requires all audience members to present proof of vaccination against COVID-19 and wear masks at all times.

Other performances throughout the semester include MCC Music Faculty at 8 p.m. on Friday, March 11 in the Bedford Campus Concert Hall; the Dylan Jack Quartet at 3 p.m. on Sunday, April 10 at MCC’s Academic Arts Center; and a Middlesex Student Recital at 12:30 p.m. on Monday, May 3 in Bedford.

All “World of Music” concerts are free and open to the public. For more information about MCC’s Spring 2022 concert series, visit www.middlesex.mass.edu/worldofmusic/ or contact Rodríguez-Peralta at peraltac@middlesex.mass.edu or 781-280-3923.

MCC’s Academic Arts Center is located at 240 Central Street in Lowell. With parking not available on site, the nearest public parking facility is the Early Garage on 135 Middlesex St. in Lowell. Visit www.middlesex.mass.edu/transportation/ for more information.

There is still time to register for MCC’s Spring 2022 semester, including the accelerated eight-week Mini-mester II starting on Monday, March 28. Visit www.middlesex.mass.edu/registration/ or call 1-800-818-3434 for more information and to register for classes.

Natalia Flores gana beca del Air Force Junior ROTC



La estudiante de último año de Lowell High School, Natalia Flores, es una de los 100 estudiantes en todo el país, y la única en Massachusetts, a la que se le ha ofrecido una beca J-100 U.S. Air Force Junior ROTC Character-in-Leadership.

Lowell High School Senior Natalia Flores is one of 100 students across the country – and the only one in Massachusetts - who has been offered a J-100 U.S. Air Force Junior ROTC Character-in-Leadership Scholarship.

Invite Lithuanian Independence Day & request for support for Lithuania in D.C.

2/13/22@noon

Greetings! Sveiki!

We will celebrate the 104th of Lithuanian Independence on Sunday, Feb. 13th, 2022 on the plaza of the Lawrence Heritage State Park Visitors Center, One Jackson Street at the corner of Canal St. at 12 noon.

Due to the continuing COVID pandemic, the committee felt it unsafe to gather inside and put any of our dear Lithuanians at risk. There will be no dinner this year. The ceremony will be the entrance of the flags, the anthems, a pray for Lithuania, honoring those who died for freedom and killed by the soviets, a brief update about Lithuania with Ukrainian crisis.

Let us make this celebration memorable and enjoy our fellow participants with safe distancing. Prior to the celebration, if you have any questions, please feel free to call me at my home number, (978) 685-4478. Keep well and healthy. with all my blessings, and see you there. ACIU - THANKS.

Jonas Stundzia, Pres. of the local chapter of the American Lithuanian Council, Inc. (ALTAS) and Saulius vadas - Commander of the local Lithuanian National Guard. Tegyvuojai Laisvoji LIETUVA - Long Live a free Lithuania and Freedom For all Nations still suffering under the communist yoke of oppression.

As we prepare for the Lithuanian Independence Day program, on Feb, 13th 2022 at noon, at the Lawrence Heritage State Visitors' Center, the situation in Eastern Europe has become more serious (additional Russian troops in White Russia near the Lithuanian border.) We invite you to celebrate the 104 Anniversary of Lithuania's Independence with us, but due to the pandemic, we will not have a dinner but only a brief commemoration.

AT THE SAME TIME, as we will conduct our annually request for financial support to lobby and advise the USA govt about Lithuania's position and concerns. IF YOU CAN NOT ATTEND, could we please request your continuous financial support. We, as a community, have done

this for over 100 years. Please be generous for every penny we raise goes directly to the Lithuanian Information Bureau in D.C. Please make out the check to: American Lithuanian Council, and send it to me, Jonas Stundzia, 37 Bruce Street Lawrence, MA 01841-2613.

If you would like to participate at the visitors' center, it is at One Jackson St. on Sunday Feb. 13th at noon. If you are planning to send a check, please do quickly, so we can send the complete amount to the American Lithuanian Council central office in Chicago.

Again, in the name of the Lithuanian people, I thank you for your support. God Bless You Jonas Stundzia. please feel free to call me if there are any questions (978) 685-4478.

Por/By Dalia Diaz
rumbonews.com/blogs

Desde Mi Esquina

Razonemos las cosas

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Por/By Dalia Diaz
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From My Corner

Let's reason things out

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National Black (African American) History Month: February 2022

Recent Black High School Attainment On Par With National Average

To commemorate and celebrate the contributions to our nation made by people of African descent, American historian Carter G. Woodson established Black History Week (then called "Negro History Week") nearly a century ago. The event was first celebrated during the second week of February 1926, selected because it coincides with the birthdays of both Abraham Lincoln (February 12) and abolitionist/writer Frederick Douglass (February 14). That week would continue to be set aside for the event until 1976 when, as part of the nation's bicentennial, it was expanded to a month. Since then, U.S. presidents have proclaimed February as National Black History Month.

The following facts are made possible by the invaluable responses to the U.S. Census Bureau's surveys. We appreciate the public's cooperation as we continuously measure America's people, places and economy.

Note: References to the Black population in this publication refer to single-race Black people ("Black alone") unless otherwise noted.

Did You Know?

46.9 million

The Black or African American alone or in combination population in the United States in 2020.

2020 Decennial Census

89.4%

The percentage of African Americans age 25 and older with a high school diploma or higher in 2020.

Current Population Survey

30.7%

The percentage of the employed Black population ages 16 and older working in management, business, science and arts occupations in 2019.

2019 American Community Survey

(Source includes more on occupations, commuting and industries.)

134,567

The number of Black-owned employer businesses in the United States in 2019.

2020 Annual Business Survey, data year 2019

3.2 million

The number of Black civilian military veterans in the United States nationwide in 2019.

2019 American Community Survey

More on Population Size

- The projected Black population.**
- Texas had the largest Black alone population in 2020, among states.**
- Cook County, Ill. (Chicago), had the largest Black alone population in 2020, among counties.**

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Declaración de la administradora de la SBA, Guzmán, observando el Mes de la Historia Negra 2022

La administradora Isabella Casillas Guzmán, directora de la Administración de Pequeñas Empresas (SBA) de EE. UU. y la voz de los 32,5 millones de pequeñas empresas de Estados Unidos en el gabinete del presidente Biden, emitió la siguiente declaración para conmemorar el Mes de la Historia Negra:

"Durante mucho tiempo, los empresarios y empresarias negros han enfrentado desigualdades históricas y barreras sistemáticas al capital y los recursos necesarios para iniciar y hacer crecer sus empresas. Esos desafíos han aumentado durante los últimos dos años a medida que nuestro país ha luchado contra una pandemia que ha golpeado más duramente a las comunidades negras y otras comunidades de color. Pero el espíritu emprendedor continúa prosperando en la comunidad negra, y las empresas negras están ayudando a reactivar nuestra economía y ponernos de nuevo en marcha.

En la SBA, seguimos comprometidos a derribar las barreras para acceder al capital, las redes y los mercados y traer nuevas inversiones y recursos a las comunidades afroamericanas en todo el país. Trabajamos todos los días para nivelar el campo de juego para los dueños de negocios que han sido desatendidos y pasados por alto durante demasiado tiempo. Ese trabajo está en curso y, bajo el liderazgo del presidente Biden, estamos trabajando este mes de la historia negra y todos los meses para cerrar brechas y construir una América mejor que impulse a más empresas, empresarios e innovadores de propiedad negra. Mientras celebramos sus contribuciones, quiero agradecerles por el trabajo que están haciendo cada día para construir nuestra economía y dar poder a las comunidades locales. Nuestras puertas en la SBA siempre estarán abiertas para que podamos continuar ayudando a sus negocios a crecer y prosperar".

Statement by SBA Administrator Guzman Observing Black History Month 2022

Administrator Isabella Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice for America's 32.5 million small businesses in President Biden's Cabinet, issued the following statement to commemorate Black History Month:

"Black business owners and entrepreneurs have long faced historic inequities and systemic barriers to capital and resources needed to start and grow their ventures. Those challenges have grown during the past two years as our country has battled a pandemic that has hit Black communities and other communities of color hardest. But the entrepreneurial spirit continues to thrive in the Black community, and Black businesses are helping to revive our economy and put us back on track. At the SBA, we remain

committed to breaking down barriers to accessing capital, networks, and markets and to bringing new investments and resources to Black communities across this nation. We're working each day to level the playing field for business owners who have been underserved and overlooked far too long. That work is ongoing, and under President Biden's leadership, we're working this Black History month and every month to close gaps and build a better America that lifts more Black-owned businesses, entrepreneurs, and innovators. As we celebrate their contributions, I want to thank them for the work they are doing each day to build our economy and power local communities. Our doors at the SBA will always be open so we can continue to help their businesses grow and thrive."

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

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

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

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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Published on the 1st 8th 15th and 22nd of Every Month



With the spread of the Omicron variant of COVID-19, Greater Lawrence Family Health Center is enacting some procedures to ensure the safety and health of all our patients.

TELEHEALTH APPOINTMENTS AVAILABLE

For your safety, we have telehealth appointments available to our patients, including those seeking routine medical care, and those with chronic illnesses scheduling follow-up appointments. Please call the Health Center at (978) 686-0090 to make a telehealth appointment. A clinician will call you for your appointment during your scheduled time.

IF YOU WOULD LIKE A COVID TEST

Our Methuen Family Health Center, 147 Pelham St., in Methuen offers free COVID testing outside under a white tent. The hours are Monday-Friday from 1:00-6:00 pm and Saturday from 9:00 am-1:00 pm.

If you test positive for COVID at home: **STAY HOME**

There is no need to take another test



If you test positive with an at-home test, you have COVID. Here is what to do:

ISOLATE for 5 days and test again.
Wear a mask for at least 5 more days.

If you have symptoms or develop symptoms, wait until they are gone and you have no fever for 24 hours.

SEEK EMERGENCY MEDICAL ATTENTION (CALL 911) IF:

- You have trouble breathing
- You have chest pain
- You have severe nausea

IF YOU TEST POSITIVE FOR COVID WITH AN AT-HOME TEST

- Please stay home, there is no need for another test.
- Isolate at home for 5 days, from the first day you test positive and then test again to confirm it is safe to end isolation. Wear a mask for at least 5 more days.
- If you have minor flu-like symptoms, or develop flu-like symptoms, isolate until they are gone and you have no fever for at least 24 hours.

WHEN TO SEEK MEDICAL CARE IF YOU HAVE COVID

Seek emergency medical attention (call 911) if:

- You have trouble breathing
- You have chest pain
- You have severe nausea

Si usted da positivo en la prueba de COVID en casa: **QUÉDESE EN CASA**

No tiene que hacerse otra prueba



Si da positivo en la prueba en casa, usted tiene COVID. Esto es lo que debe hacer:

Aíslense por 5 días y hágase la prueba de nuevo. Use mascarilla al menos por 5 días más.

Si tiene síntomas o desarrolla síntomas, espere hasta que estos hayan desaparecido y usted no tenga fiebre por 24 horas.

BUSQUE ATENCIÓN MÉDICA DE EMERGENCIA, LLAMANDO AL 911, SI TIENE:

- Dificultad para respirar
- Dolor en el pecho
- Náusea severa

SI DA POSITIVO PARA COVID EN LA PRUEBA EN CASA

- Quédese en casa, no necesita hacerse otra prueba.
- Aíslense en casa durante 5 días, contando desde el primer día que dio positivo, y luego vuelva a hacerse la prueba para confirmar que es seguro poner fin al aislamiento. Use mascarilla al menos por 5 días más.
- Si tiene síntomas leves parecidos a los de la gripe o desarrolla síntomas parecidos a los de la gripe, aíslense hasta que dichos síntomas desaparezcan y no tenga fiebre por al menos 24 horas.

CUANDO BUSCAR ATENCIÓN MÉDICA SI TIENE COVID:

Busque atención médica de emergencia, llamando al 911, si tiene:

- Dificultad para respirar
- Dolor en el pecho
- Náusea severa



Debido a la propagación de la variante Omicron del COVID-19, Greater Lawrence Family Health Center ha implementado algunos procedimientos para proteger la salud de todos nuestros pacientes.

CITAS DE TELESALUD DISPONIBLES

Para su protección, tenemos citas de telesalud disponibles para pacientes que buscan atención médica de rutina y también para los que programan citas de seguimiento por enfermedades crónicas. Llame al Centro de Salud al (978) 686-0090 para programar una cita de telesalud. Un médico lo llamará el día de su cita durante el horario programado.

PRUEBAS DE COVID

Ofrecemos pruebas de COVID gratuitas en nuestro Centro de Salud de Methuen en el 147 Pelham Street, bajo la carpa blanca. El horario es de lunes a viernes de 1:00 p.m. a 6:00 p.m. y los sábados de 9:00 a.m. a 1:00 p.m.

POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Razonemos las cosas

Déjeme contarle una historia que nunca antes había contado. Me gusta escribir sobre el mundo que me rodea y por ser tan obstinada como soy, sí, ofrezco mis pensamientos. La intención es siempre arrojar algo de luz sobre un tema que afecta a la sociedad, aunque sea controvertido.

Cualquiera puede hablar sobre problemas y situaciones que nos rodean que al final pueden o no cambiar ese tema en particular: solo hizo conversación. Me gusta indagar, cuestionar e incluso aconsejar y comencé a hacerlo a la temprana edad de once años.

Todavía en Cuba, durante mi año en sexto grado, mi amiga Doris Rivero Colino y yo comenzamos a escribir poesía, parodias de canciones y hasta cuentos. Pronto descubrí que me apasionaba escribir y cuando terminé el noveno grado, estaba claro que esto sería una parte muy importante de mi vida.

Eran los años de la agitación y la censura de prensa fue una decisión horrible del gobierno revolucionario. Siempre supe que Estados Unidos ofrecía a personas como yo la oportunidad de libertad de elección e ideas y, a los 16 años, finalmente llegamos aquí.

El camino en el campo de los medios me llevó por todos lados con más satisfacciones y logros de los esperados. Durante los años 60 y 70, escribía todo el tiempo para periódicos locales y publiqué dos novelas. Eso me llevó a producir y presentar un programa de televisión durante 15 años. En los años 90 era la radio en la que todavía incursionó y durante los últimos 25 años, Alberto y yo producimos

con orgullo Rumbo, el periódico bilingüe de Lawrence.

Les digo esto porque soy producto de la Primera Enmienda de la Constitución de este país, ofreciendo libertad de prensa y libertad de opinión a todos. Cualquiera podía hablar o escribir sobre cualquier tema y, si había alguna oposición a lo que esa persona había dicho, simplemente respondía en el mismo lugar con su propia versión de las cosas. ¡Hubo respeto por todas las opiniones!

Lo que estamos viendo en los últimos años es un cambio hacia la intolerancia. La mayoría de las veces, no basta con responder con la diatriba contraria sino con la venganza.

Viene la cultura de la cancelación. La respuesta habitual es erradicar a esa persona, negarle el derecho a un trabajo, ridiculizar y crear mentiras para justificar su posición. Incluso buscan en su pasado errores que no se ajustan a los ideales de hoy y se hace pagar por lo que hicieron hace decenas de años.

¿Nos estamos volviendo locos? La gente tiene miedo de expresar sus ideas en caso de ofender a alguien.

La Primera Enmienda de la Constitución se puso ahí porque es la libertad más importante concedida a un individuo. Está ahí para proteger el discurso que no nos gusta porque el discurso que aprobamos no necesita protección.

Las universidades tienen problemas para traer oradores sobre temas controvertidos porque generalmente un pequeño grupo de estudiantes boicotea y cancela el evento. En lugar de simplemente no asistir si no es de su interés, no permiten que nadie lo escuche.

Respetémonos y escuchemos todas las ideas.

Youth Writing Workshop

Registrations are now being taken for Youth Writing Workshops for students entering grades 6 through 10. Workshops will be held on a monthly basis on Monday evenings 6 PM to 8 PM at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

Robert Largess will conduct the workshop. He has more than 20 years experience teaching in Boston Public Schools and has taught our successful Summer Youth Writing Program.

Workshops will combine student writing-short stories, poems, essays, and reports – with reading classic stories and poems, and learning a bit about Asian Culture and history, the Ancient Greeks, and the myths and tales of other cultures. Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.



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



CARTAS AL EDITOR
RUMBO

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

Notice of Application to Establish a Branch of a State Member Bank

Reading Cooperative Bank, 180 Haven Street, Reading, MA, intends to apply to the Federal Reserve Board for permission to establish a branch at the intersection of Canal and Union Streets, Lawrence, MA. The Federal Reserve considers a number of factors in deciding whether to approve the application including the record of performance of applicant banks in helping to meet local credit needs.

You are invited to submit comments in writing on this application to the Federal Reserve Bank of Boston, 600 Atlantic Avenue, Boston, MA 02210-2204. The comment period will not end before December 31, 2019. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262. Procedures for processing protested applications may be found at 12 C.F.R. 262.25. To obtain a copy of the Federal Reserve Board's procedures, or if you need more information about how to submit your comments on the application, contact Prabal Chakrabarti, Senior Vice President and Community Affairs Officer, at (617) 973-3959. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received in writing by the Reserve Bank on or before the last day of the comment period.

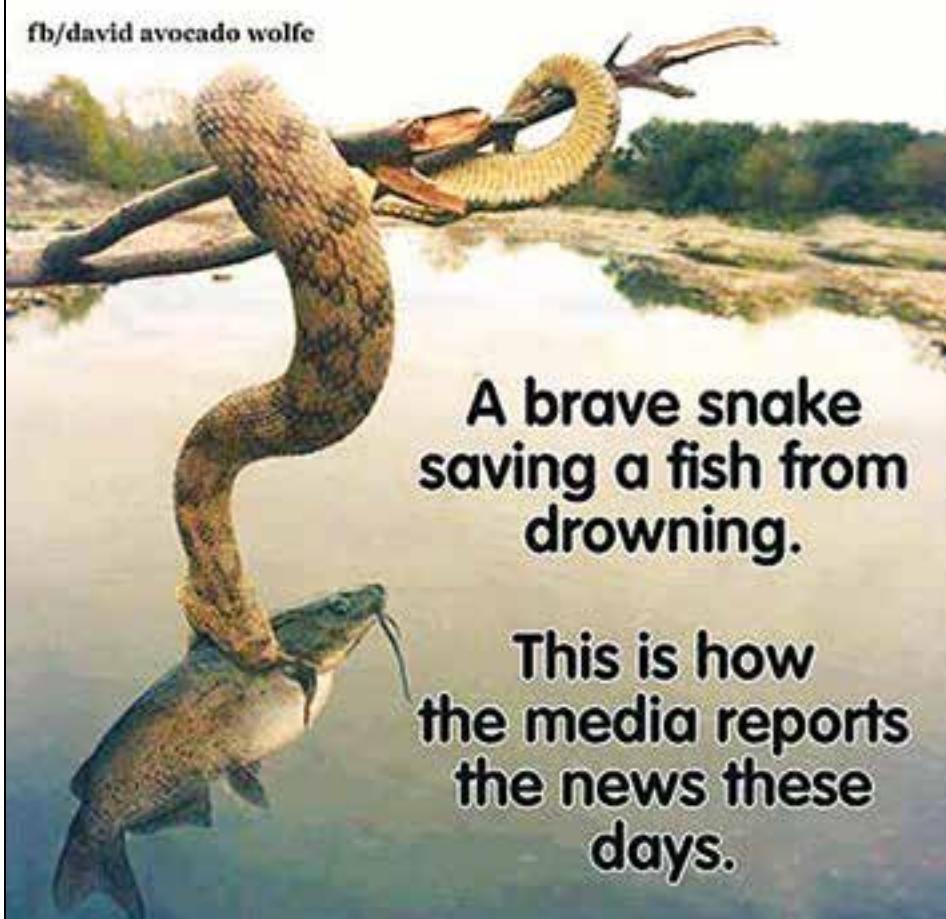
Aviso de Solicitud para Establecer una Sucursal de un Banco Miembro del Estado

Reading Cooperative Bank, 180 Haven Street, Reading, MA, tiene la intención de solicitar permiso a la Junta de la Reserva Federal para establecer una sucursal en la intersección de Canal y Union Streets, Lawrence, MA. La Reserva Federal considera una serie de factores para decidir si aprueba la solicitud, incluido el historial de desempeño de los bancos solicitantes para satisfacer las necesidades locales de crédito.

Usted está invitado a enviar comentarios por escrito sobre esta solicitud al Federal Reserve Bank of Boston, 600 Atlantic Avenue, Boston, MA 02210-2204. El periodo de comentarios no finalizará antes del 31 de diciembre de 2019. Los procedimientos de la Junta para procesar las solicitudes se encuentran en 12 C.F.R. Part 262. Los procedimientos para procesar las solicitudes protestadas se pueden encontrar en 12 C.F.R. 262.25. Para obtener una copia de los procedimientos de la Junta de la Reserva Federal, o si necesita más información sobre cómo presentar sus comentarios sobre la solicitud, comuníquese con Prabal Chakrabarti, Vicepresidente Senior y Oficial de Asuntos Comunitarios, al (617) 973-3959. La Reserva Federal considerará sus comentarios y cualquier solicitud de reunión pública o audiencia formal sobre la solicitud si el Banco de la Reserva los recibe por escrito el último día del periodo de comentarios o antes.

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fb/david avocado wolfe



**A brave snake
saving a fish from
drowning.**

**This is how
the media reports
the news these
days.**

El Concejo Municipal de Lawrence apoya a las familias Gold Star

Por Marc Laplante
Presidente del Concejo Municipal

Lawrence (3 de febrero de 2022): el 1 de febrero de 2022, el Concejo Municipal de Lawrence votó por unanimidad para otorgar una exención total del impuesto sobre la propiedad a los padres o tutores sobrevivientes del personal militar que haya muerto mientras estaba en servicio activo o esté desaparecido en combate o presuntamente muerto. El Sargento Pierre Raymond (EE.UU.), el Sargento Alex Jiménez (EE.UU.) y la Sargento Johanny Rosario Pichardo (USMC) murieron en acción y sus padres viven en Lawrence.

“Lawrence tiene una larga tradición y un legado de enviar a sus jóvenes al servicio militar”, dijo el presidente del Concejo Municipal, Marc Laplante, copatrócinador de la iniciativa. “Cuando no regresan a casa, nuestros padres Gold Star experimentan una pérdida increíble. En muchos aspectos, la aprobación de esta medida tiene tanto que ver con el reconocimiento de su sacrificio como con la desgravación fiscal”.

La ley estatal de 2019, parte de lo que se llama la “Ley BRAVE”, permite a los municipios ofrecer una opción de exención de impuestos sobre la propiedad. Lawrence es una de las primeras comunidades en el

área en adoptar esta opción.

La concejala Stephany Infante, copatrócinadora y concejala de primer año de la ciudad, declaró: “Tengo veteranos en mi familia y no puedo imaginar cómo se sentiría perderlos en el acto del deber. Agradezco profundamente a nuestros héroes caídos. Una exención de impuestos es lo MENOS que podemos hacer como ciudad para agradecerles y retribuir a sus familias”.

El ex concejal de la ciudad y copatrócinador, David Abdoo, agregó: “Afortunadamente, las familias Gold Star son diferentes a muchos de nosotros en nuestra comunidad o en cualquier comunidad. Han sufrido la pérdida impensable de un ser querido dentro de su familia inmediata que dio el máximo sacrificio por nuestra nación. Su sacrificio proporciona el manto de libertad que cada uno de nosotros disfruta”.

Un portavoz de la familia Rosario y exsecretario de Servicios para Veteranos de Massachusetts, Francisco Ureña, aplaudió la acción de la Ciudad. “Es muy admirable que Lawrence sea un ejemplo para otras comunidades al honrar a las familias Gold Star con acciones y no solo con palabras”.

“Gold Star Family Tax Exemption” Passed by the Lawrence City Council

Takes Advantage of the Massachusetts Brace Act, Providing Tax Relief for Gold Star Families of Lawrence

Tuesday, February 1, 2022

Statement Regarding by Former City Councilor Dave Abdoo Regarding the Lawrence City Council’s Favorable Passage and Enactment of Agenda No. 276/21 “Gold Star Family Tax Exemption” exempting Gold Star families within our Lawrence community from local property taxes:

I am extremely thankful to my co-sponsors of Agenda No. 276/21 “Gold Star Family Tax Exemption”, Council President Marc Laplante and District E Councilor Stephany Infante, and all of the members of the City of Lawrence City Council for their passage of the “Gold Star Family Tax Exemption” that exempts Gold Star families from their assessed property tax each year.

US Army Sergeant Pierre A. Raymond was lost to us on September 20, 2005. SGT. Raymond was serving with the United States 28th Infantry Division as part of Operation Iraqi Freedom when he died from injuries sustained when his unit was attacked in Ramadi, Iraq. A hero from Lawrence, Pierre’s mother Santina and her family live in my former Council District and were constituents that I represented on the Lawrence City Council for eight years.

Despite my departure from the City Council several weeks ago, I was heartened to see this proper and moral action this evening. Thank you to my former colleagues on the Council for their unanimous consent, you have my – and your constituents—deepest gratitude for your honorable action tonight.

Agenda No. 276/21 “Gold Star Family Tax Exemption” unanimously passed this evening allowing the City to adopt Massachusetts General Law c. 59, § 5, Clause Twenty-second H (inserted by Chapter 218 of the Acts of 2018 known as an Act Relative

to Veterans’ Benefits, Rights, Appreciation, Validation, and Enforcement (“BRAVE Act”). The intended purpose of clause 22H is to grant a full property tax exemption to surviving parents or guardians of military personnel who have died while on active duty or are missing in action/presumed dead.

It is important to note that this uncollected property will be recovered by the City of Lawrence from the Commonwealth of Massachusetts therefore not costing the City any desperately needed revenue.

Gold Star families are unlike many of us in our community, or any community. They have suffered the unthinkable loss of a loved one in combat. An immediate family member who gave of themselves the ultimate sacrifice for our Nation. Their sacrifice provides the blanket of freedom and liberty that each of us enjoys every day.

This small yet tangible recognition of the sacrifice of US Army SGT. Pierre Raymond and others in our City. A recognition that will take the form of exempting his family home from an annual collection of property taxes. Hopefully, tonight’s favorable action by the Lawrence City Council and anticipated approval by Mayor Brian DePeña provides some relief for the Raymond family’s unthinkable loss, and other family’s that may benefit from tonight’s action by the City of Lawrence.

God Bless SGT. Pierre A. Raymond, his mother Santina, his family and all those heroines and heroes who have given their lives for our Nation.

Respectfully submitted,

Dave Abdoo
54 Stevens Avenue
Lawrence, Massachusetts

Lawrence City Council Supports Gold Star Families

By Marc Laplante
City Council President

Lawrence (February 3, 2022) – On February 1, 2022, the Lawrence City Council voted unanimously to provide a full property tax exemption to surviving parents or guardians of military personnel who have died while on active duty or are missing in action/presumed dead. Sgt Pierre Raymond (USA), SSgt Alex Jimenez (USA), and Sgt Johann Rosario Pichardo (USMC) were killed in action and their parents live in Lawrence.

“Lawrence has a long tradition and legacy of sending its young people into military service,” said City Council President Marc Laplante, a co-sponsor of the initiative. “When they do not return home, our Gold Star parents experience incredible loss. In many respects, the passage of this measure has as much to do with acknowledging their sacrifice as providing tax relief.”

The 2019 state law, part of what is called the “BRAVE Act,” allows municipalities to offer a property tax exemption option. Lawrence is one of the first communities in the area to adopt this option.

Councilor Stephany Infante, a co-sponsor and a first year city councilor, stated, “I have veterans in my family and cannot imagine what it would feel like to lose them in the act of duty. I deeply thank our fallen heroes. A tax exemption is the LEAST we as city can do to thank them and give back to their families.”

Former City Councilor, and co-sponsor, David Abdoo added, “Gold Star families are thankfully unlike many of us in our community, or any community. They have suffered the unthinkable loss of a loved one within their immediate family who gave the ultimate sacrifice for our Nation. Their sacrifice provides the blanket of freedom and liberty that each of us enjoys.”

A spokesman for the Rosario family, and former Massachusetts Secretary of Veterans’ Services Francisco Urena, applauded the City’s action. “It’s very admirable that Lawrence would set an example for other communities by honoring Gold Star families with actions and not just words.”

“Exención de impuestos a las familias Gold Star” aprobada por el Concejo Municipal de Lawrence

Aprovechando la Ley Brace de Massachusetts, proporcionar desgravación fiscal para las familias Gold Star de Lawrence

Martes, 1 de febrero de 2022

Declaración del ex concejal de la ciudad Dave Abdoo con respecto a la aprobación favorable y la promulgación de la Agenda No. 276/21 “Exención de impuestos para familias Gold Star” que exonera a las familias Gold Star dentro de nuestra comunidad de Lawrence de los impuestos locales sobre la propiedad:

Estoy extremadamente agradecido con mis copatrócinadores de la Agenda No. 276/21 “Exención de impuestos para familias Gold Star”, el Presidente del Concejo Marc Laplante y la Concejala del Distrito E Stephany Infante, y todos los miembros del Concejo Municipal de la Ciudad de Lawrence por su aprobación de la “Exención fiscal familiar Gold Star” que exime a las familias Gold Star de su impuesto a la propiedad tasado cada año.

El 20 de septiembre de 2005 perdimos al Sargento del Ejército de EE.UU. Pierre A. Raymond. SGT. Raymond estaba sirviendo con la 28 División de Infantería de los Estados Unidos como parte de la Operación Libertad Iraquí cuando murió a causa de las heridas sufridas cuando su unidad fue atacada en Ramadi, Irak. Una heroína de Lawrence, la madre de Pierre, Santina, y su familia viven en mi antiguo Distrito del Concejo y fueron electores que representé en el Concejo Municipal de Lawrence durante ocho años.

A pesar de mi salida del Concejo Municipal hace varias semanas, me animó ver esta acción moral y apropiada esta noche. Gracias a mis antiguos colegas en el Concejo por su consentimiento unánime, tienen mi más profunda gratitud, y la de sus electores, por su honrosa acción esta noche.

La Agenda No. 276/21 “Exención de Impuestos Familiares Gold Star” fue aprobada por unanimidad esta noche permitiendo que la Ciudad adopte la Ley General de Massachusetts c. 59, § 5, Cláusula Vigésima Segunda H (insertado por el Capítulo 218 de las Leyes de

2018 conocidas como Ley Relativa a los Beneficios, Derechos, Apreciación, Validación y Cumplimiento de los Veteranos (“Ley BRAVE”). El propósito previsto de la cláusula 22H es otorgar una exención total del impuesto sobre la propiedad a los padres o tutores sobrevivientes del personal militar que hayan muerto mientras estaban en servicio activo o que estén desaparecidos en acción o presuntamente muertos.

Es importante tener en cuenta que esta propiedad no recaudada será recuperada por la Ciudad de Lawrence del Commonwealth de Massachusetts, por lo que no le costará a la Ciudad ningún ingreso que necesita desesperadamente.

Las familias Gold Star son diferentes a muchos de nosotros en nuestra comunidad o en cualquier comunidad. Han sufrido la impensable pérdida de un ser querido en combate. Un miembro de la familia inmediata que se entregó en el máximo sacrificio por nuestra nación. Su sacrificio proporciona el manto de libertad que cada uno de nosotros disfruta todos los días.

Este pequeño pero tangible reconocimiento del sacrificio del SGT del Ejército de EE.UU. Pierre Raymond y otros en nuestra ciudad. Un reconocimiento que se concretará en eximir a su vivienda familiar de una recaudación anual de impuestos sobre la propiedad. Con suerte, la acción favorable de esta noche por parte del Concejo Municipal de Lawrence y la aprobación anticipada del alcalde Brian DePeña brindan cierto alivio a la pérdida impensable de la familia Raymond y a otras familias que pueden beneficiarse de la acción de esta noche de la Ciudad de Lawrence.

Dios bendiga al Sargento Pierre A. Raymond, su madre Santina, su familia y todas aquellas heroínas y héroes que han dado su vida por nuestra Nación.

Respetuosamente,

David Abdoo
54 Stevens Avenue
Lawrence, Massachusetts

Estudio de Johns Hopkins: los confinamientos tuvieron "poco o ningún efecto en la mortalidad por COVID-19", pero tuvieron efectos "devastadores" en la sociedad

Por Tim Meads – Feb. 1, 2022 – DailyWire.com

Un nuevo documento de la Universidad Johns Hopkins afirma que los bloqueos de COVID-19 impuestos por una variedad de gobiernos en todo el mundo tuvieron "poco o ningún efecto" en la mortalidad de COVID-19. El estudio, publicado por el Instituto de Economía Aplicada, Salud Global y el Estudio de Empresas Comerciales realizado por tres profesores de todo el mundo, también encontró que los bloqueos "impusieron enormes costos económicos y sociales" y están "mal fundados y deberían ser rechazados como un instrumento de política pandémica".

Según el estudio publicado esta semana, los bloqueos se definieron "como la imposición de al menos una intervención no farmacéutica (NPI) obligatoria. Las NPI son cualquier mandato gubernamental que restringe directamente las posibilidades de las personas, como las políticas que limitan el movimiento interno, cierran escuelas y negocios y prohíben los viajes internacionales".

Luego, el estudio redujo 18,590 estudios a 34 "estudios 'calificados' después de tres niveles de revisión". De esos estudios potenciales, "24 calificaron para su inclusión en el metanálisis", solían llegar a su conclusión:

Se separaron en tres grupos: estudios de índice de rigor de bloqueo, estudios de orden de refugio en el lugar (SIPO) y estudios específicos de NPI. Un análisis de cada uno de estos tres grupos respalda la conclusión de que los bloqueos han tenido poco o ningún efecto sobre la mortalidad por COVID-19.

Más específicamente, los estudios del índice de rigurosidad encuentran que los bloqueos en Europa y los Estados Unidos solo redujeron la mortalidad por COVID-19 en un 0,2% en promedio.

Los SIPO también fueron ineficaces, ya que solo redujeron la mortalidad por COVID-19 en un 2,9% en promedio. Los estudios específicos del NPI tampoco encuentran evidencia amplia de efectos notables en la mortalidad por COVID-19.

Si bien este metanálisis concluye que

los bloqueos han tenido poco o ningún efecto en la salud pública, han impuesto enormes costos económicos y sociales donde se han adoptado. En consecuencia, las políticas de confinamiento están mal fundamentadas.

El estudio dio más detalles y afirmó que la conclusión general fue "que los bloqueos no son una forma efectiva de reducir las tasas de mortalidad durante una pandemia, al menos no durante la primera ola de la pandemia de COVID-19".

Como señaló el estudio, "un objetivo principal de los bloqueos es salvar vidas".

¿Entonces lo lograron? El estudio aseguró haber respondido a esa pregunta con un rotundo "no":

Finalmente, permítanos ampliar nuestra perspectiva después de presentar nuestro metanálisis que se centra en la siguiente pregunta: "¿Qué nos dice la evidencia sobre los efectos de los confinamientos en la mortalidad?"

Brindamos una respuesta firme a esta pregunta: la evidencia no confirma que los bloqueos tengan un efecto significativo en la reducción de la mortalidad por COVID-19. El efecto es poco o nada.

El uso de bloqueos es una característica única de la pandemia de COVID-19. Los bloqueos no se han utilizado en gran medida durante ninguna de las pandemias del siglo pasado.

Sin embargo, los bloqueos durante la fase inicial de la pandemia de COVID-19 han tenido efectos devastadores.

Han contribuido a reducir la actividad económica, aumentar el desempleo, reducir la escolarización, provocar disturbios políticos, contribuir a la violencia doméstica y socavar la democracia liberal.

Estos costos para la sociedad deben compararse con los beneficios de los bloqueos, que nuestro metanálisis ha demostrado que son marginales en el mejor de los casos. Tal cálculo estándar de costo-beneficio lleva a una conclusión sólida: los bloqueos deben rechazarse de plano como un instrumento de política pandémica.



Johns Hopkins Study: Lockdowns Had 'Little To No Effect On COVID-19 Mortality' But Had 'Devastating' Effects On Society

By Tim Meads – Feb. 1, 2022 – DailyWire.com

A new working paper from Johns Hopkins University claims that COVID-19 lockdowns imposed by a variety of governments worldwide had "little to no effect" on COVID-19 mortality. The study, published by the Institute for Applied Economics, Global Health, and the Study of Business Enterprise conducted and by three professors from around the world, also found that lockdowns "imposed enormous economic and social costs" and are "ill-founded and should be rejected as a pandemic policy instrument."

According to the study released this week, lockdowns were defined "as the imposition of at least one compulsory, non-pharmaceutical intervention (NPI). NPIs are any government mandate that directly restrict peoples' possibilities, such as policies that limit internal movement, close schools and businesses, and ban international travel."

The study then narrowed down 18,590 studies to 34 "qualified" studies after three levels of review. From those potential studies, "24 qualified for inclusion in the meta-analysis," used to make their conclusion:

They were separated into three groups: lockdown stringency index studies, shelter-in-place order (SIPO) studies, and specific NPI studies. An analysis of each of these three groups support the conclusion that lockdowns have had little to no effect on COVID-19 mortality.

More specifically, stringency index studies find that lockdowns in Europe and the United States only reduced COVID-19 mortality by 0.2% on average.

SIPOs were also ineffective, only reducing COVID-19 mortality by 2.9% on average. Specific NPI studies also find no broad-based evidence of noticeable effects on COVID-19 mortality.

While this meta-analysis concludes that lockdowns have had little to no public

health effects, they have imposed enormous economic and social costs where they have been adopted. In consequence, lockdown policies are ill-founded.

The study elaborated further, stating that the overall conclusion was "that lockdowns are not an effective way of reducing mortality rates during a pandemic, at least not during the first wave of the COVID-19 pandemic."

As the study noted, "a major purpose of lockdowns is to save lives."

So did they? The study claimed to have answered that question with a resounding "no":

Finally, allow us to broaden our perspective after presenting our meta-analysis that focuses on the following question: "What does the evidence tell us about the effects of lockdowns on mortality?"

We provide a firm answer to this question: The evidence fails to confirm that lockdowns have a significant effect in reducing COVID-19 mortality. The effect is little to none.

The use of lockdowns is a unique feature of the COVID-19 pandemic. Lockdowns have not been used to such a large extent during any of the pandemics of the past century.

However, lockdowns during the initial phase of the COVID-19 pandemic have had devastating effects.

They have contributed to reducing economic activity, rising unemployment, reducing schooling, causing political unrest, contributing to domestic violence, and undermining liberal democracy.

These costs to society must be compared to the benefits of lockdowns, which our meta-analysis has shown are marginal at best. Such a standard benefit-cost calculation leads to a strong conclusion: lockdowns should be rejected out of hand as a pandemic policy instrument.

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Del 6 al 12 de febrero es la Semana Nacional de Concienciación sobre Quemaduras 2022

Los niños menores de 5 años corren mayor riesgo

STOW—El Jefe de Bomberos del Estado, Peter J. Ostroskey, anunció hoy que la Semana Nacional de Concienciación sobre Quemaduras comienza el domingo, brindando una oportunidad para promover la concientización sobre estrategias de seguridad contra quemaduras, especialmente en hogares con niños.

“Las escaldaduras por líquidos calientes han sido la forma principal de lesiones por quemaduras graves en Massachusetts durante el tiempo que hemos estado rastreando datos de quemaduras, y los niños pequeños son los que se lesionan con mayor frecuencia”, dijo el Jefe de Bomberos del Estado Ostroskey. “Los niños menores de 5 años sufrieron la mitad de todas las lesiones por escaldaduras reportadas en todo el estado en 2021”.

“Un incendio en el hogar es un evento devastador”, dijo la comisionada interina de Salud Pública, Margaret Cooke. “Para prevenir lesiones por quemaduras en la cocina y en toda la casa, es importante que las familias hablen sobre la seguridad contra incendios con los niños y tengan acceso a equipos de seguridad como detectores de humo en toda la casa”.

El tema de la Semana de Concienciación sobre Quemaduras de este año es “Problemas candentes en la cocina”. De acuerdo con los datos del Sistema de Informes de Lesiones por Quemaduras de Massachusetts (M-BIRS), los líquidos calientes para cocinar, como el agua hirviendo, la grasa y el aceite, causaron más quemaduras por escaldaduras que todas las demás fuentes combinadas, y representan la causa principal de todas las lesiones por quemaduras. Los niños menores de 5 años sufrieron casi cinco veces más de estas escaldaduras que el siguiente grupo de edad líder.

Los niños pequeños también corren un riesgo desproporcionado de sufrir lesiones debido a alimentos y bebidas calientes. Aunque los niños menores de 5 años representan alrededor del 6% de la población de Massachusetts, sufrieron el 82% de las escaldaduras por bebidas calientes y el 53% de las escaldaduras por alimentos calientes en 2021.

Consejos de seguridad contra quemaduras en la cocina

- A los niños muy pequeños les encanta explorar su entorno. Se pueden mantener alejados de estufas, ollas y sartenes calientes con una puerta de seguridad, una trona o un

parque infantil. A los niños mayores se les debe enseñar que la estufa es una “Zona de No Niños” y que se mantengan a tres pasos gigantes de distancia de ella.

- Use mangas cortas o ajustadas cuando cocine. Las mangas sueltas pueden incendiarse si entran en contacto con los quemadores. Se informaron cinco encendidos de ropa mientras cocinaba en 2021.
- Mantenga los alimentos y bebidas calientes lejos de los bordes de los mostradores y mesas. El uso de manteles individuales en lugar de un mantel puede reducir el riesgo de que la comida y las bebidas calientes se caigan al borde.
- Nunca cargue a un niño mientras tiene una bebida caliente en la mano. Un bebé que se mueve puede provocar un derrame que lo queme a usted o a su preciosa carga. Si está en movimiento con café o té caliente, considere una taza de viaje si hay niños debajo de los pies.
- Mantenga los fósforos y encendedores fuera del alcance de su hijo. Ayude a los niños a comprender que los fósforos y los encendedores son herramientas, no juguetes.
- Asegúrese de que el agua caliente de su llave esté a 120°F o menos. A 150°F, las quemaduras de tercer grado pueden ocurrir en menos de 2 segundos. Para probar su grifo, deje correr el agua caliente durante un minuto y luego verifique la temperatura con un termómetro de cocina; si está por encima de los 120°F, reduzca la configuración de su calentador de agua hasta que la temperatura sea lo suficientemente baja. Cuando reemplace su calentador de agua, considere instalar una válvula mezcladora termostática que limitará la temperatura de salida a 120°F.

Tratamiento de quemaduras y escaldaduras

- Retire a las víctimas del peligro y llame al 911.
- Haga funcionar las quemaduras con agua fría. No ponga mantequilla, grasa o ungüento en una quemadura.
- Enjuague las quemaduras químicas continuamente.
- Quite los relojes o joyas de un área quemada.
- Si es posible, quite la ropa del área quemada. Si la ropa se pega a la piel, déjela en su lugar y corte el resto de la tela.
- Cubra una quemadura con una sábana o toalla limpia.

La ley de Massachusetts exige que los hospitales y los proveedores de atención médica informen a la oficina del Jefe de Bomberos del Estado sobre cualquier lesión por quemadura que se extienda más del 5% o más del cuerpo de la víctima. Durante 36 años, estos datos se han compilado a través del Sistema de Informes de Lesiones por Quemaduras de Massachusetts (M-BIRS),

que se lanzó como una herramienta para identificar a los pirómanos que se lesionaron mientras provocaban incendios. Hoy en día, M-BIRS también se usa para ayudar a los funcionarios de bomberos y de salud a comprender los peligros de quemaduras que se pueden mitigar a través de la educación pública, la regulación o las estrategias de intervención.



February 6-12 is National Burn Awareness Week 2022 Children Under 5 Are at Greatest Risk

STOW—State Fire Marshal Peter J. Ostroskey today announced that National Burn Awareness Week begins Sunday, providing an opportunity to promote awareness of burn safety strategies – especially in homes with children.

“Scalds from hot liquids have been the leading form of serious burn injuries in Massachusetts for as long as we’ve been tracking burn data, and young children are injured most often,” State Fire Marshal Ostroskey said. “Kids under 5 suffered half of all reported scald injuries statewide in 2021.”

“A home fire is a devastating event,” said Acting Public Health Commissioner Margaret Cooke. “To prevent burn injuries in the kitchen and throughout the home, it’s important for families to talk about fire safety with children and have access to safety equipment like smoke alarms throughout the home.”

This year’s Burn Awareness Week theme is “Burning Issues in the Kitchen.” According to data from the Massachusetts Burn Injury Reporting System (M-BIRS), hot cooking liquids such as boiling water, grease, and oil caused more scald burns than all other sources combined, and they represent the leading cause of all burn injuries. Children under 5 last year suffered nearly five times more of these scalds than the next leading age group.

Young children are also at disproportionate risk of injury from hot food and drinks. Although children under 5 represent about 6% of Massachusetts’ population, they suffered 82% of hot beverage scalds and 53% of hot food scalds in 2021.

Kitchen Burn Safety Tips

- Very young children love to explore their environment. They can be kept away from hot stoves, pots, and pans with a safety gate, highchair, or playpen. Older children should be taught that the stove is a “No Kid Zone” and to stay three giant steps away from it.
- Wear short or close-fitting sleeves when cooking. Loose-fitting sleeves can catch fire if they come into contact with burners. There were five reported clothing ignitions while cooking in 2021.

- Keep hot food and drinks away from the edges of counters and tabletops. Using placemats instead of a tablecloth can reduce the risk of hot food and drinks being pulled over the edge.

- Never hold or carry a child while you have a hot drink in your hand. A wiggling baby can cause a spill that burns you or your precious cargo. If you’re on the move with hot coffee or tea, consider a travel mug if there are children underfoot.

- Keep matches and lighters out of reach from your child. Help children understand that matches and lighters are tools, not toys.
- Make sure the hot water from your tap is at 120°F or lower. At 150°F, third-degree burns can occur in less than 2 seconds. To test your tap, run your hot water for a minute and then check the temperature with a kitchen thermometer; if it’s above 120°F, lower the setting on your water heater until the temperature is low enough. When replacing your water heater, consider installing a thermostatic mixing valve that will limit the output temperature to 120°F.

Treating Burns and Scalds

- Remove victims from danger and call 911.
- Run burns under cool water. Do not put butter, grease, or ointment on a burn.
- Flush chemical burns continuously.
- Remove watches or jewelry from a burned area.
- If possible, remove clothing from a burned area. If the clothing sticks to the skin, leave it in place and cut away the rest of the fabric.
- Cover a burn with a clean sheet or towel.

Massachusetts law requires hospitals and health care providers to report any burn injury that extends over 5% or more of the victim’s body to the State Fire Marshal’s office. For 36 years, this data has been compiled through the Massachusetts Burn Injury Reporting System (M-BIRS), which was launched as a tool to identify arsonists who injured themselves while setting fires. Today, M-BIRS is also used to help fire and health officials understand burn hazards that can be mitigated through public education, regulation, or intervention strategies.

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 necesitan 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 compran tarjetas de mercados o tiendas por departamentos de cualquier denominación.

Miles de mascotas a nivel regional y nacional en peligro de ser sacrificadas



Albergues de Animales advierten de la primera crisis del 2022: 100,000 mascotas en riesgo de ser sacrificadas a comparación del mismo tiempo en el 2021 según estimaciones de Best Friends Animal Society

Best Friends Animal Society, organización líder en bienestar animal, emite una alerta sobre una crisis nacional en albergues en toda la nación. Se estima que alrededor de más de 100,000 perros y gatos están esperando adopción comparado

a esta época el año pasado. Esta crisis ha sido provocada por los problemas causados por la pandemia.

Las estimaciones de los datos actuales de los refugios muestran que casi 60,000 perros y 40,000 gatos más están disponibles para adopción en los refugios ahora que el año pasado.

“El aumento de Ómicron ha agregado drásticamente la presión sobre los refugios que enfrentan una escasez de personal que limita las horas de los refugios, disminuye la cantidad de voluntarios en persona y reduce los eventos de adopción y el apoyo para el cuidado de mascotas”, dijo Julie Castle, directora ejecutiva de Best Friends Animal Society.

El verano pasado, Best Friends realizó una encuesta en más de 150 refugios y organizaciones de animales para evaluar los problemas de personal causados por la pandemia. Los encuestados compartieron lo que está pasando:

- 88% estaban cortos de personal.
- El 57 % de los albergues ha recortado horas o programas debido a la falta de personal.
- 41% están operando al 25% de los niveles normales de personal.
- El 62% está operando más del 10% por debajo de los niveles normales de dotación de personal.

A medida que avanza la pandemia, las cosas se han vuelto más difíciles para los refugios. Best Friends ha estado escuchando historias similares de socios de todo el país sobre sus desafíos.

Un refugio en Nuevo México, que generalmente tiene cinco miembros del personal que cuidan a 125 perros y gatos, informa que solo un empleado se presentó a trabajar. Otro albergue en el estado tiene once miembros del personal a tiempo completo, de los cuales solo uno puede trabajar debido a un brote de COVID-19.

Un refugio en Arizona no puede retener empleados ni llenar puestos vacantes. El tiempo dedicado a exhibir mascotas para adopción se reemplazó con atención básica para garantizar que los animales estén seguros y saludables.

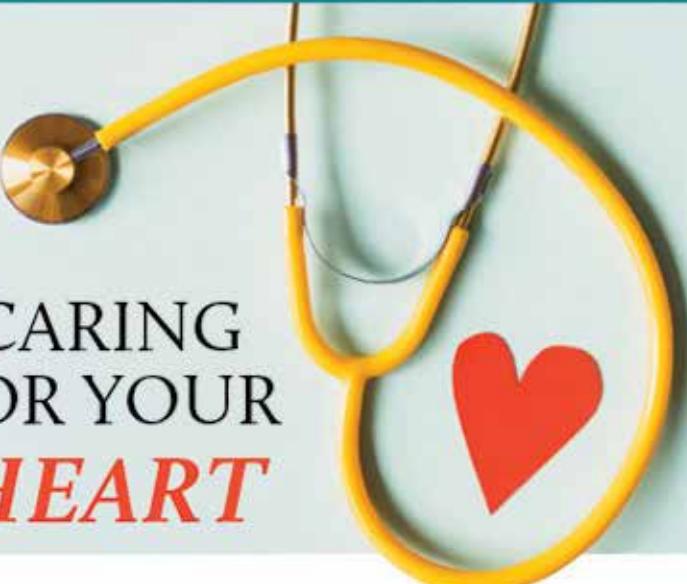
“La admisión de mascotas ha aumentado y las adopciones han disminuido en los

refugios, lo que contribuye a un entorno desafiante para salvar vidas”, continuó Castle. “Adoptar una mascota puede ayudar a aliviar el estrés que están experimentando los refugios, así que si puede, le insto a que adopte ahora”.

“Durante un momento en que muchas personas experimentan incertidumbres, incluidos cambios de trabajo, inseguridad en la vivienda y problemas económicos, las mascotas pueden ser una fuente de consuelo y compañía”, dijo Castle. “Así que ahora, especialmente, es el momento perfecto para agregar una nueva mascota a su hogar”.

Para encontrar y adoptar a su próxima mascota, visite bestfriends.org.

Best Friends Animal Society es la principal organización de bienestar animal que trabaja para poner fin a la matanza de perros y gatos en los refugios de Estados Unidos para el año 2025. Fundada en 1984, Best Friends es pionera en el movimiento de no matar y ha ayudado a reducir la cantidad de animales asesinados en refugios de un estimado de 17 millones por año a alrededor de 347.000. Best Friends ejecuta programas de salvamento en todo el país, así como el santuario de animales sin matar más grande del país. Trabajando en colaboración con una red de más de 3,500 socios de refugio y bienestar animal, y miembros de la comunidad en todo el país, Best Friends está trabajando para Save Them All®. Para obtener más información, visite bestfriends.org.



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Las escuelas CDCPS son escuelas públicas gratuitas desde Jardín de Infantes I hasta el Octavo grado, conocidas por sus estrictas normas académicas. Las escuelas ofrecen un horario de 8:00 a.m. a 4:00 p.m. con programas de cuidado disponible antes y después del horario escolar (por una tarifa) y ofrecen curso de verano gratuito (para los estudiantes que califican).

Aceptando Solicitudes para el Año Escolar 2022-2023

Los estudiantes deben cumplir 4 años de edad en o antes del 1ro. de septiembre del 2022 para ser elegibles para el Kingergarten I. Las solicitudes en Internet están disponibles en las páginas electrónicas de las escuelas: www.ccdps.org.

La admisión para cada escuela es hecha en una lotería pública que se realiza en Marzo 2022 para el próximo año escolar. Usted debe completar una solicitud en línea hasta el 25 de Febrero del 2022 a las 5:00 p.m. para que su hijo/a pueda ser incluido/a en la lotería.

Vacancias en Kindergarten I (para estudiantes de 4 años) en las tres escuelas; vacancias limitadas en otros grados

 Community Day Charter Public Schools GATEWAY 9 Ballard Way, Lawrence y 50 Pleasant Street, Lawrence	 Community Day Charter Public School PROSPECT 190 Hampshire St., Lawrence y 73 Prospect St., Lawrence	 Community Day Charter Public School E. KINGMAN WEBSTER 7 Ballard Way, Lawrence y 439 So. Union St., Lawrence
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Todas las escuelas Grados KI-B
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Casa Abierta Virtual:
16 de febrero de 2022 de 5 a 6 PM
Lotería virtual:
7 de marzo de 2022 a las 9:00 AM

Las escuelas Community Day Charter Public Schools no discriminan por raza, color, nacionalidad, credo, sexo, identidad de género, orientación sexual, discapacidad mental o física, edad, ascendencia, rendimiento académico, necesidad especial, dominio del idioma inglés o de una lengua extranjera, o logro académico antes del reclutamiento o admisión de los estudiantes.

Natalia Flores es ganadora de beca del Air Force Junior ROTC

La estudiante de último año de Lowell High School, Natalia Flores, es una de los 100 estudiantes en todo el país, y la única en Massachusetts, a la que se le ha ofrecido una beca J-100 U.S. Air Force Junior ROTC Character-in-Leadership.

Si acepta, Natalia, quien recientemente terminó un período sirviendo como Wing Commander para el JROTC de Lowell High School, recibirá cuatro años de matrícula completa, una asignación anual de alojamiento y comida de hasta \$10,000, un estipendio para libros y un estipendio para cadetes del ROTC en cualquier colegio o universidad que tenga un programa ROTC de la Fuerza Aérea de EE.UU. A cambio, se le pedirá que participe en el ROTC en la universidad y busque una comisión de oficial de la Fuerza Aérea de los EE.UU. después de graduarse de la universidad.

Natalia conoció por primera vez el JROTC cuando era estudiante de sexto grado en Ste. Jeanne D'Arc School. Participó en la Academia de Policía Estudiantil de Lowell, donde los cadetes de LHS JROTC sirvieron como asistentes. Cuando ingresó a Lowell High, ella y su hermano mayor se unieron a JROTC.

"Realmente disfruto la camaradería y el trabajo en equipo que viene con ROTC", dijo Flores. "Tiene una base militar, pero no es como si estuviéramos tirándonos al piso para hacer push-ups. Se trata principalmente de liderazgo, compañerismo y tutoría de los cadetes más jóvenes".

Además de JROTC, Natalia, una estudiante del Latin Lyceum, es miembro de los equipos de Voleibol y Crew de LHS y se desempeña como Vicepresidenta de la



Sociedad Nacional de Honores.

Natalia, una joven muy ocupada y ambiciosa, también se asegura de tomarse el tiempo para pasar el rato con sus amigos en el centro comercial, ver programas como Outer Banks y Stranger Things, y leer libros de fantasía (prefiere a Percy Jackson a Harry Potter). Incluso se dedicó al bordado recientemente.

Natalia se entrevistó para la Beca J-100 en diciembre y luego esperó y esperó para escuchar alguna noticia. El martes, 18 de enero, el instructor de JROTC MSgt. Paul Pérez le anunció a Natalia y a sus compañeros que ella fue la elegida.

El J-100 se centra en el carácter, el liderazgo, la ciudadanía y la diversidad.

"Estaba sorprendida y emocionada", dijo Natalia. "No le creí al principio. Estoy emocionada y nerviosa".

Natalia actualmente está sopesando sus opciones. Ella no tiene que decidir hasta finales de esta primavera.

"La idea de seguir la ruta de la Fuerza Aérea es interesante", dijo. "Me gusta la idea de servir a mi país y haber sido líder, ser oficial es lo que más me atrae".

Está interesada en seguir una carrera en el campo de la medicina, tal vez como enfermera anestesiista o radióloga. Su padre es enfermero practicante.

"El campo de la medicina es una carrera profesional en evolución", dijo. "Siempre me ha parecido interesante mirar dentro del cuerpo y ver cómo funcionan las cosas, además paga bien para poder vivir de forma independiente y no tener que depender de nadie más".

Natalia ha solicitado a 13 colegios y universidades y, a mediados de enero, recibió cartas de aceptación de Merrimack

College, Simmons College, Rivier University, UMass Boston y UMass Lowell. Está esperando recibir noticias de sus tres opciones principales: Boston University, Boston College y Northeastern University.

"Estamos muy emocionados de que Natalia haya sido elegida para esta beca", dijo el instructor MSgt de Lowell High JROTC. Paul Pérez. "Ella tendrá éxito en lo que elija hacer en el futuro".

Natalia sabe que no alcanzó este hito sola.

"Quiero agradecer a mis padres, mis tíos y tíos y mis abuelos, quienes han sido mis mayores apoyos", dijo. "Por mucho que me guste darme crédito por donde estoy hoy, ellos me guiaron y apoyaron. No podría haberlo hecho sin ellos".

"Las palabras no pueden describir lo orgulloso y emocionado que estoy por ti y tu familia", dijo su tío Juan "Manny" González. "¡Dios te bendiga, el futuro seguro es brillante!"

Natalia Flores wins coveted scholarship from the Air Force Junior ROTC

Lowell High School Senior Natalia Flores is one of 100 students across the country – and the only one in Massachusetts – who has been offered a J-100 U.S. Air Force Junior ROTC Character-in-Leadership Scholarship.

If she accepts, Natalia, who recently finished a term serving as Wing Commander for the Lowell High School JROTC, will receive four years of full tuition, an annual room and board allotment of up to \$10,000, a book stipend, and an ROTC cadet stipend at any college or university that has a U.S. Air Force ROTC program. In return, she will be required to participate in ROTC in college and pursue a U.S. Air Force officer commission following college graduation.

Natalia was first introduced to JROTC when she was a sixth-grader at Ste. Jeanne D'Arc School. She participated in the Lowell Student Police Academy, where the LHS JROTC cadets served as assistants. When she entered Lowell High, she and her older brother both joined JROTC.

"I really enjoy the camaraderie and teamwork that comes with ROTC," Flores said. "It is military-based, but it's not like we are dropping down and doing pushups. It is mostly about leadership, fellowship, and mentoring the younger cadets."

In addition to JROTC, Natalia, a student in the Latin Lyceum, is a member of the LHS Volleyball and Crew teams and serves as Vice President of the National Honors Society.

A very busy and ambitious young woman, Natalia also makes sure to take time to just hang out with her friends at the mall, binge-watch shows like Outer Banks and Stranger Things, and read fantasy books (she prefers Percy Jackson over Harry Potter). She even took up needlepoint recently.

Natalia interviewed for the J-100 Scholarship in December and then just waited and waited to hear any news. On Tuesday, January 18, JROTC Instructor MSgt. Paul Perez announced to Natalia and her classmates that she was chosen.

The J-100 focuses on character, leadership, citizenship, and diversity.

"I was shocked and excited," said Natalia. "I didn't believe him at first. I'm excited and nervous."

Natalia is currently weighing her options. She does not have to decide until later this spring.

"The idea of going the Air Force route is interesting," she said. "I like the idea of serving my country and having been a leader, being an officer is just my speed."

She is interested in pursuing a career in the medical field, maybe as a nurse anesthetist or a radiologist. Her dad is a nurse practitioner.

"The medical field is an evolving career path," she said. "I've always found it interesting to look inside the body and see how things work, plus it pays well so I can live independently and not have to rely on anyone else."

Natalia has applied to 13 colleges and universities and as of mid-January had received acceptance letters from Merrimack College, Simmons College, Rivier University, UMass Boston, and UMass Lowell. She is waiting to hear back from her top three choices: Boston University, Boston College, and Northeastern University.

"We are very excited that Natalia was chosen for this scholarship," said Lowell High JROTC Instructor MSgt. Paul Perez. "She will be successful in whatever she chooses to do in the future."

Natalia knows she did not reach this milestone alone.

"I want to thank my parents, my aunts and uncles, and my grandparents, who have been my biggest supporters," she said. "As much as I like to give myself credit for where I am today, they guided and supported me. I couldn't have done it without them."

"Words cannot describe how proud and excited I am for you and your family," said her uncle Juan "Manny" Gonzalez. "God bless you, the future sure is bright!"



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Women Working Wonders Fund Award \$10,000 in Mini-Grants to Nonprofits Impacting Women and Girls



The Wish Project received a 2022 Women Working Wonders Mini-grant to support the purchase of new bras and underwear for clients. Pictured, Wish Project staff member Brandy Dailey sorting underwear.

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Haverhill's Top Dog Contest

License your dog and submit a photo of your loyal companion between 02/02/2022 - 02/28/2022 to be eligible.

- 1st place winner will receive dog tag #1 and their dog's photo posted in the Clerk's Office and website as Haverhill's "Top Dog"
- 2nd and 3rd place winners will receive dog tag #2 and #3

How to license your dog:

- In-person at the Clerk's Office - 4 Summer St, Room 118
- By mail or online at https://www.cityofhaverhill.com/government/city_clerk/dogs/index.php

Winners will be announced March 1, 2022.





Lowell, MA – The Women Working Wonders (WWW) Fund, a permanently endowed fund of the Greater Lowell Community Foundation, has announced the recipients of \$10,000 in mini-grants. These grants will support local nonprofit programs that empower women and girls to effect positive change in the community.

"As we have worked hard to continue to grow our endowment, we have the privilege to increase grant support to our community beyond our annual grant cycle each summer," said Carolyn Gregoire, Women Working Wonders Fund board president. "COVID-19 has increased the needs of the community, and WWWF is responding by providing \$10,000 in mini-grants to help area nonprofits during this challenging time."

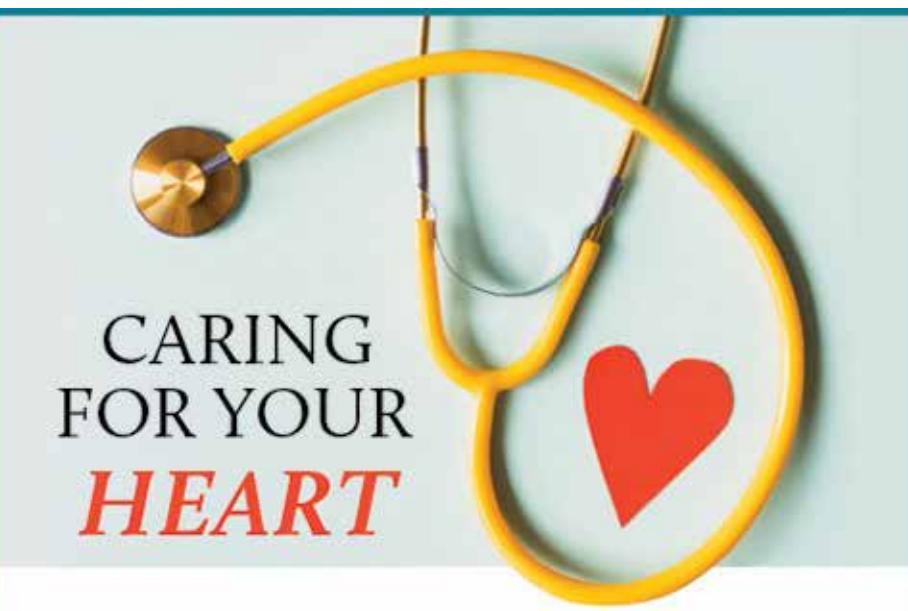
Recipients of 2022 WWW mini-grants include:

- Coalition for A Better Acre (Lowell) - \$1,000 for the Acre Dance Group
- Girls Inc. of Greater Lowell - \$2,000 for Mental Health First Aid Training for Staff
- Lowell Parks and Conservation Trust - \$1,000 for Women in Stewardship
- The Megan's House Foundation (Lowell) - \$1,000 for Travel Subsidies
- Whistler House Museum of Art (Lowell) - \$2,000 for Building Repairs
- The Wish Project (North Chelmsford) - \$1,000 for new bras and underwear
- Women Accelerators (Lowell Chapter) - \$2,000 for Accelerating Women Leadership Program

"We are thrilled to receive a 2022 Women Working Wonders Fund Mini-grant. This timely grant will be used to support our Accelerating Women Leadership program, which will be starting in March," said Susu Wong, co-founder of Women Accelerators. "This program is designed to equip female leaders with the specific strategies, mindsets, and behaviors they will need to confidently lead themselves and others as they advance within their organizations."

WWWF provides annual grants in three key areas: assist women in transition, provide leadership development as well as contribute to the beautification of the environment. Established in 2004, the fund has granted nearly \$300,000 to nonprofits supporting women and girls in the Greater Lowell area.

Established in 1997, the Greater Lowell Community Foundation (GLCF) is a philanthropic organization comprised of more than 390 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of more than \$55 million, GLCF annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from Foundation staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$25 million to the Greater Lowell community.



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Local Montessori schools to host information sessions on Feb. 15 and Mar. 8

Haverhill, MA — Local Wildflower Montessori preschools, Marigold and Wisteria, as well as the newly opened toddler program, Snowdrop Montessori of 181 Washington Street, are inviting families to learn more about the micro-schools at an upcoming information session. There are two options to attend, on February 15th at Wisteria Montessori School, 76 Merrimack St and on March 8th at Marigold Montessori School, 26 White St.

Please email infohaverhill@wildflowerschools.org to receive more

information or to register for the provided childcare.

Snowdrop, Marigold and Wisteria Montessori Schools are part of the Wildflower network, an ecosystem of decentralized Montessori micro-schools that support children, teachers, and parents. Wildflower aspires to give all children and families the opportunity to choose high quality, beautiful learning environments as they follow life's unfolding journey. To learn more about the Haverhill Wildflower schools, visit wildflowerschools.org.

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INFORMATION SESSION**

Learn how our small preschools are having a big impact on children's lives.
Descubra cómo nuestras pequeñas escuelas tienen un gran impacto en las vidas de los niños.



Childcare is Provided!
Please RSVP by e-mail: infohaverhill@wildflowerschools.org.

February 15th, 5:00 PM Wisteria Montessori School 76 Merrimack St.	March 8th, 6:00 PM Marigold Montessori School 26 White Street (enter on William St.)
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Seed Swap and Virtual Gardening Lecture at Nashua Library



Multiple varieties of seeds were available at an earlier Nashua Public Library seed swap. This year's event will take place from February 28 to March 6.

The Nashua Public Library will hold a seed swap in the Chandler Memorial Wing from Monday, February 28, until Sunday, March 6.

Why swap seeds?

The idea behind a seed swap is to grow plants in your garden, save the seeds, and bring them back to share with others the following year. Saving seeds year after year makes them better adapted to our locale.

If you have seeds to share, drop them off in the Chandler Memorial Wing by February 28. Seeds should be viable (not too old), labeled with their names and growing instructions, and preferably packaged in small quantities. If you don't have seeds to share, come anyway and take some home so you can share next year.

You will also be able to pick up information on seed saving, seed starting, and local agricultural programs; check out books from a gardening display; and enter a raffle for antique flower prints.

Learn to grow good soil

On Thursday, March 3, at 7 p.m., join the library's virtual lecture, "The Soil Food Web," with Diane Miessler.

Diane Miessler, a certified permaculture designer with over 50 years of gardening experience, is the author of "Grow Good Soil." Her talk will cover easy ways to maintain soil health in your own garden, basic composting techniques, and compost tea.

Register for the Zoom by going to bit.ly/soil2022. It's all free!

Both events are free and open to the public. The seed swap is sponsored in partnership with the Nashua Garden Club.

The library is located at 2 Court Street, Nashua. For directions and parking information go to nashualibrary.org/about/directions. For more information contact Holly at holly.klump@nashualibrary.org or 603-589-4633.

Feb. 15th Lecture at the Buttonwoods

Join us on Tuesday, February 15th for a lecture by Nancy Lebar on "The Luce Family, Haverhill Archeological Society and the Collection."

Lectures start at 6 pm, in person, masks required, free lecture, no reservations required, light refreshments will be served.

For more information, please email programs@buttonwoods.org

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PRIDEStar EMS First Responders Reunite With Patient They Revived After Serious Medical Incident



First responders from PRIDEStar EMS's Trinity Ambulance Division reunited with a patient they had revived during a 9-1-1 emergency call. From left, Steve Dube, Paramedic and Haverhill Division Manager, Paramedic Bobby Thorne, patient Steven St. Germaine, and Paramedic Samantha Kuenzler. (Photo Courtesy PRIDEStar EMS)

LOWELL – PRIDEStar EMS is pleased to share that two paramedics from its Trinity EMS Division recently reunited with a patient they revived during a 9-1-1 emergency medical call last month.

On Jan. 7, Paramedic Samantha Kuenzler arrived at PRIDEStar's Haverhill base for her 7 a.m. shift. It was snowing. Before going inside, Kuenzler chatted with the neighbor, Steven St. Germaine, who was clearing snow from the driveway in front of his home.

Kuenzler joked that St. Germaine lived in the safest house on the street because it was so close to the Trinity base. St. Germaine laughed and agreed.

At about 5 p.m., Trinity dispatchers received an urgent call from St. Germaine's address about an unresponsive male. Kuenzler heard the call and raced across the street, while her partner, Paramedic Bobby Thorne, brought an ambulance to the home.

They arrived to discover St. Germaine lying on the ground, motionless and without a pulse.

Kuenzler and Thorne assessed that St. Germaine was in cardiac arrest, and performed critical life-saving techniques for more than 18 minutes, including manual cardio-pulmonary resuscitation (CPR).

After primary resuscitation (100) and defibrillation, reviving him. Kuenzler and Thorne transported St. Germaine to Lawrence General Hospital, providing additional care and comfort.

St. Germaine was discharged on Friday, Jan. 28, and held an emotional reunion with Kuenzler and Thorne at his home later that same day.

"Steve has a very special place in our hearts," Kuenzler said. "This is exactly why we do this job. These outcomes are few and far between. He makes this job worth it."

"Bobby and Samantha showed a high level of professionalism in their response, for someone we know as a neighbor and friend," said David Daly, founder and CEO of PRIDEStar. "We are so happy that Steve is doing well, and that this call had such a happy ending."

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CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

Mayor Sean Reardon Announces Hiring of Key Administrative Staff Members



Newburyport Mayor Sean Reardon has added three staff members. Clockwise from left, Mayor Sean Reardon and Executive Assistant to the Mayor Christine A. Jackson; Chief of Staff Andrew Levine; and Manager of Special Projects Kim Turner. (Photos Courtesy Sarah Blackstone, Greater Newburyport Community Media Hub, Inc., and the City of Newburyport)

Mayor Sean Reardon is pleased to announce the hiring of three new staff members, who will fill critical roles and advance the policies and vision of the new Administration.

Administration. Andrew Levine joins the City as the Mayor's Chief of Staff. Christine A. Jackson will serve as Executive Assistant to the Mayor's Office. Kim Turner will fill the part-time position as Manager of Special Projects.

Andrew Levine has served in numerous governmental roles, most recently as Director of Administrative Services for the Town of Billerica. From 2017 to 2021, Levine worked at MassDevelopment as Operations Officer for the Transformative Development Program, an economic development program focused on inclusive growth in Gateway Cities. He also has worked in government relations at the Edward M. Kennedy Institute for the U.S. Senate. Levine grew up in Framingham and Wayland and attended Georgetown University, where earned a Bachelor's Degree with a major in Government and minors in Theology and Italian. He completed his Master's Degree in Public Policy at the Harvard Kennedy School. While there he interned in Gov. Baker's administration as a Dukakis Fellow, working on field lab projects for the Cities of Boston and Lawrence and for Boston Public Schools.

Christine A. Jackson comes to the City from Brooks School in North Andover, where she served as Executive Assistant/Assistant College Counselor in the College Counseling Office. While at Brooks she also served on the Diversity, Equity and Inclusion Committee. Jackson has extensive

sales and marketing experience with software companies in Massachusetts, California, and Virginia. Jackson obtained her Bachelor's Degree in English from Saint Michael's College in Vermont. She lives in Haverhill with her husband, Whit. They have two daughters, Clare and Lydia.

Kim Turner has chaired the Newburyport Parks Commission for seven years, leading the all-volunteer board that stewards the City's 26 parks. She has extensive experience in landscape architecture, with both a private Boston firm and her own company, which she founded in 2009. She has designed numerous projects across the state, taught at the Boston Architectural College, published a book, and filmed two seasons with PBS's "This Old House." She also has consulted for 10 years for the Town of Weston's Planning Board, evaluating projects under site plan review and helping write policy regarding environmental issues. Turner earned her Bachelor's Degree from the University of Maine, and her Master's Degree in Landscape Architecture from the University of Massachusetts. Turner has donated her passion, expertise, and design services to the City for numerous projects, including Joppa Park, Lower Atkinson Common, the Newburyport High School promenade, and the Inn Street Fountain Restoration project. Most recently, she spearheaded the effort to restore the Bartlet Mall Frog Pond as the crowning jewel of the City's open spaces.

"I ask residents to welcome Andrew, Christine, and Kim as they take on their new roles," Mayor Reardon said. "They will be a critical part of our team, truly listening to all voices in our City to help build a Newburyport of opportunity and inclusion."

The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.

Tringale Family of North Andover Donates Over 200 Comfort and Personal Care Items to Merrimack Valley Hospice

More than four years after their matriarch, Ann, passed away at High Pointe House at age 85, the Tringale family of North Andover is still giving back in her honor at the hospice and palliative care residence of Merrimack Valley Hospice.

Tiffany Tringale and her son, Michael, recently visited High Pointe House in Haverhill to donate more than 200 comfort and personal care items including blankets, cozy socks, and travel-sized toiletries. Michael, a junior at Central Catholic High School in Lawrence, coordinated the fundraiser at Culpeppers Pub and Grill in North Andover, which Tiffany and her husband, Jimmy, have owned and operated for 23 years.

"Our customers are so generous," Tiffany Tringale said. "We are extremely thankful for their continued support, especially since the last two years have been so challenging."

"It feels good to do something to help other people," Michael Tringale added.

In fact, Michael's philanthropic efforts benefiting High Pointe House follow those of his older brother, Christopher. For his Eagle Scout project in 2019, Christopher handcrafted six rocking chairs to make others as comfortable as he felt while visiting his grandmother while also donating \$3,085 in funds left over for the project.

Christopher, who had never been

to a hospice house prior to visiting his grandmother at High Pointe House, said, "They took really good care of my grandmother and it was a really nice place for families. I wanted to honor my grandmother, the staff who took excellent care of her, and all other patients both present and future with a project that will benefit them."

Linda Miller, RN, director of hospice services for Merrimack Valley Hospice, said the donated items will "bring all our patients and their loved ones tremendous comfort and warmth."

"It is always meaningful when community members make a heartfelt contribution to the compassionate care provided by our healthcare professionals," she said. "Merrimack Valley Hospice is honored that the Tringale family has chosen High Pointe House as the recipient of their annual gifts of time, talent, and treasure."

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



Madison Constanza, annual giving officer at Home Health Foundation, accepts more than 200 comfort and personal care items donated to High Pointe House from Michael Tringale of North Andover. Michael, a junior at Central Catholic High School in Lawrence, coordinated the fundraiser at Culpeppers Pub and Grill in North Andover, which his parents Jimmy and Tiffany Tringale have owned for 23 years. The donated items are displayed on two of six rocking chairs handcrafted for High Pointe House by Michael's older brother, Christopher, as his Eagle Scout project in 2019. (Courtesy photo)

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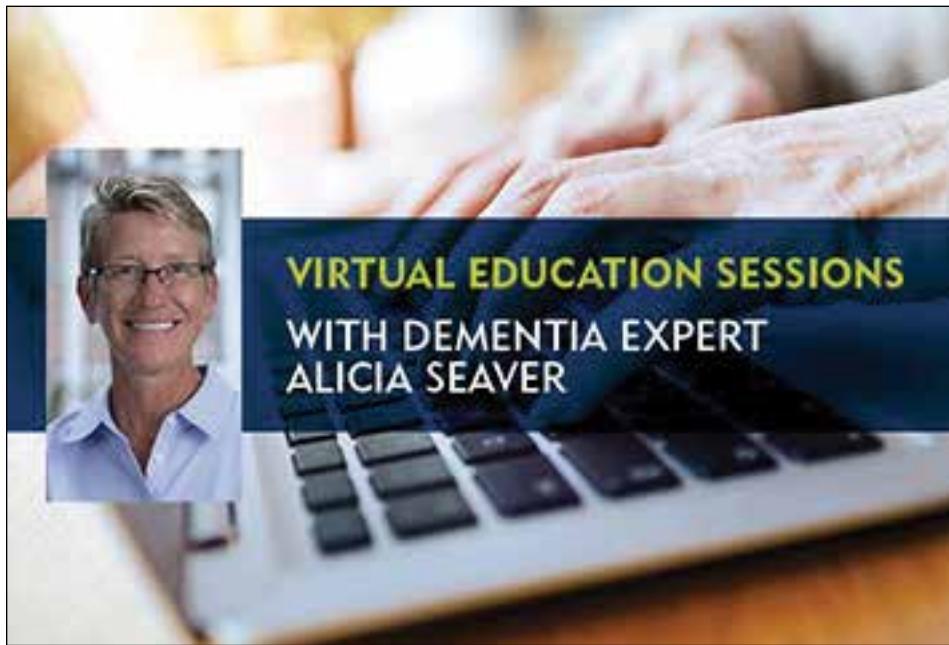
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If so, let Alisa know- text 978-521-3357, or email volunteer@needfood.org.
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Taking care of our elders



Advice by Alicia: Setting New Year Caregiving Goals

Q: How can I be a better caregiver to my loved one in the new year?

A: The end of the year is the time for all of us to reflect on the past 12 months and make plans for how to “better” ourselves in the coming year. For all the caregivers out there, I would first like to say: You’re amazing. You’re doing it right. You’re doing the best you can, and that’s okay.

However, I also know that people want to improve themselves because that brings joy to themselves and everyone around them. This is especially true for caregivers who want to make sure they’re doing the best for their loved one. So, in the spirit

of New Year’s resolutions, here are my personal favorite goals that caregivers can follow to make the new year better, bolder and brighter than ever.

Find joy in the everyday. Caring for another person is a labor of love, but it’s also challenging. It’s easy to get bogged down in the day-to-day tasks and stressors, so take some time each day to think about the good in your life. Recognizing the happy and hard moments will lighten your spirits, bring laughter to your life, and increase joy for you and the one you care for.

Q: When should I start thinking about memory care for my loved one?

A: As we age, there’s a chance we might experience progressive memory loss caused by the varying forms of dementia, including Alzheimer’s disease. When a loved one is having memory problems, it might be some time before you notice a significant change in their behavior. It’s important to make a note of changes as they occur so that you can decide on the best care for them in the future.

Changes can include increased and/or pronounced agitation, confusion, depression, or other behaviors or feelings that may be difficult for caregivers and loved ones to manage. If you answer yes to even a few of the following questions, it might be

the right time for you to explore the benefits of memory care.

Has anyone made comments about changes in behavior? Sometimes in life, we may be too close to something to truly see it clearly. As a full-time caregiver, you may overlook small changes in your loved one’s symptoms or behaviors as they gradually increase or worsen over time. This can also be the case if you live apart from your loved one. Be sure to ask friends and family members if they’ve noticed anything out of the ordinary or concerning. It’s smart to use this as a starting point to scale your own observations.

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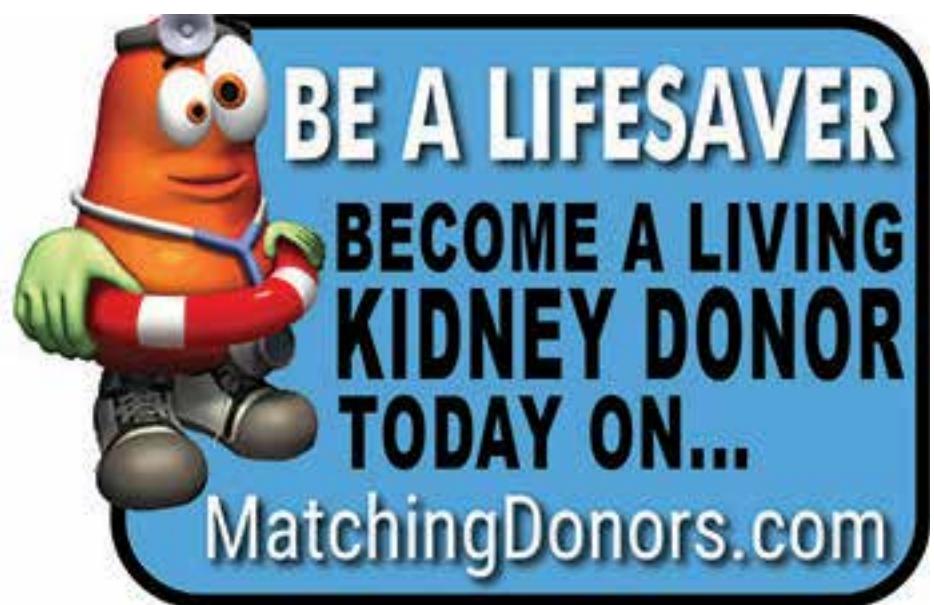
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Candidata al Senado Estatal hace historia en concierto virtual

Por Carmen García y Jazmín Polanco

Se hizo historia el jueves pasado, 3 de febrero, cuando la concejala de la ciudad de Methuen, Eunice Zeigler, lanzó su campaña para el escaño en el Senado Estatal recién creado para el primer distrito de Essex que cubrirá las ciudades de Methuen, Haverhill y Lawrence.

Por primera vez, una candidata muestra un talento único, pero como resultado de la pandemia, y para acomodar a sus amigos que de otro modo habrían optado por no asistir, la recaudación de fondos se realizó a través de Zoom en forma de un concierto.

El evento atrajo a más de 100 personas de las tres ciudades a las que serviría y de otras comunidades aledañas. Fue una sorpresa para todos los asistentes escuchar música original de Jazz y Soul escrita y cantada por la candidata. Su esposo, Jake, tocó varios instrumentos de percusión, desde la guitarra hasta la batería, e hizo que el evento fuera único y agradable.

Y aunque la música fue bellamente cantada y ejecutada, fue el mensaje que compartió al final del concierto lo que realmente solidificó por qué será la líder adecuada para nuestras ciudades.

Eunice, de ascendencia haitiana, también habla inglés y español con fluidez,

lo que significa que será una ventaja en esta área.

Eunice habló con confianza y elocuencia sobre su plataforma, lo que es importante para ella y las ciudades que representaría, sus habilidades para redactar subvenciones que marcarán una gran diferencia en las oportunidades económicas, y lo mejor, sin embargo, lo dejó para el final cuando dijo: "Soy accesible. Si necesitas mi ayuda, te ayudaré".

Es refrescante escuchar a alguien decir algo, decirlo en serio y hacerlo. Esto significa mucho y tiene su precisión porque aquellos que conocen a Zeigler pueden informarle que ella siempre está disponible para cualquier ayuda por teléfono, mensaje de texto, correo electrónico, lo que sea. ¡Ella está disponible!

Zeigler terminó el concierto de lanzamiento de su campaña virtual agradeciendo a todos sus seguidores y reconociendo a los numerosos electores presentes. Solo con este evento, es fácil ver por qué tiene el apoyo de las tres ciudades y por qué la convierte en la candidata perfecta y futura líder para el Senado Estatal. Visite su sitio web para más detalles eunicezeigler.com



Candidate for State Senate Makes History with Virtual Concert

By Carmen García and Jazmín Polanco

History was made last Thursday, February 3rd, when Methuen City Councilor, Eunice Zeigler, launched her campaign for the newly created State Senate seat for the First Essex District that will cover the cities of Methuen, Haverhill, and Lawrence.

For the first time a candidate showcases a unique talent but as a result of the pandemic, and to accommodate her friends who otherwise would have chosen not to attend, the fundraiser was held via Zoom as a concert.

The event attracted over 100 people from all three cities she would be serving and other surrounding communities. It was a surprise to all those in attendance to hear original Jazz and Soul music written and sung by the candidate. Her husband, Jake, played various percussions instruments from guitar to drums and made the event unique and enjoyable.

And while the music was beautifully sung and played it was the message that she shared at the end of the concert that really solidified why she will be the right leader for our cities.

Eunice, of Haitian background, is also

fluent in English and Spanish which means that she will be an asset in this area.

Eunice spoke with confidence and eloquence about her platform, what is important to her and the cities she would represent, her grant writing skills that will make a huge difference in economic opportunities, and the best, however, was saved for last when she said, "I am accessible. If you need my help, I will help you."

It is refreshing to hear someone say something, mean it, and does it. This means a lot and it has its accuracy because those who know Zeigler, can inform you that she is always accessible for any help via phone, text, message, email, you name it. She's available!

Zeigler ended her virtual campaign kickoff concert by thanking all her supporters and acknowledging the many constituents in attendance. From this event alone, it's easy to see why she has support from all three cities and why it makes her the perfect candidate and future leader for State Senate. Visit her website for more details eunicezeigler.com



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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

Let's reason things out

Let me tell you a story that I've never told before. I like writing about the world around me and being as opinionated as I am, yes, I offer my thoughts. The intention is always to shed some light on an issue affecting society even when it will be controversial.

Anyone can talk about problems and situations around us that in the end may or may not change that particular issue – it just made conversation. I like to dig, question, and even advise and I started doing that at the early age of eleven years of age.

Still in Cuba, during my year in sixth grade, my friend Doris Rivero Colino and I began to write poetry, parodies to songs, and even short stories. I soon discovered that I had a passion for writing and by the time I ended ninth grade, it was clear that this was to be a very important part of my life.

Those were the years of turmoil and the press censorship was a horrid decision from the revolutionary government. I always knew that the United States offered the opportunity to people like me the freedom of choices and ideas and by age 16, we finally arrived here.

The journey in the field of the media took me all over the place with more satisfaction and achievements than expected. During the '60s and '70s, I was writing all the time for local newspapers and published two novels. That led me to produce and host a television show for 15 years. In the '90s it was radio which I still dabble on and for the past 25 years, Alberto and I proudly produce Rumbo, the bilingual newspaper of Lawrence.

I am telling you this because I am a product of the First Amendment of the Constitution of this country, offering freedom of the press and freedom of opinion to everyone. Anyone could speak or write on any subject and, if there was any opposition to what that person had said, they just responded in the same venue with his own version of things. There was respect for all views!

What we are seeing in recent years is a switch to intolerance. Most often, it is not enough to respond with the opposing diatribe but revenge.

Comes to cancel culture. The usual response is to eradicate that person, deny that individual the right to a job, ridicule, and create lies to justify their position. They even search into their past for errors that do not conform with today's ideals and people are made to pay for what they did dozens of years ago.

Are we going crazy? People are afraid to express their ideas in case of offending somebody.

The First Amendment of the Constitution was put there because it is the most important freedom granted to an individual. It is there to protect speech that we don't like because the speech that we approve of doesn't need protection.

Universities have a problem bringing speakers on controversial subjects because usually a small group of students boycott and cancel the event. Instead of simply not attending if it's not of their interest, they don't allow anyone to hear it.

Let's respect each other and listen to all ideas.

NEWS FROM UMASS LOWELL:

High-schoolers learn about entrepreneurship, free arts programs, more Sources, story ideas and ready-to-go content

This is a selection of upcoming events, photo opportunities, source and story ideas compiled by UMass Lowell media relations. We are available to assist with these as well as any other source or content needs.

Sources:

Faculty experts are available to discuss:

- The goals behind this year's Super Bowl ads – some of which reportedly cost \$7 million for 30 seconds of airtime;
- Americans' enduring love of football, amid ongoing controversies involving the NFL;
- UMass Lowell's DifferenceMaker program, which builds students' entrepreneurship skills.

Contact UMass Lowell media relations if you need an expert source on any subject.

Free Photography Exhibit to Feature Work of Abdeslam Khelil

When and where: Event reception to be held Wednesday, Feb. 16 at 3 p.m. Exhibit hours are 9 a.m. to 8 p.m., through Friday, April 15. University Crossing, 220 Pawtucket St., Lowell

What: The visually stunning work of Algerian photographer Abdeslam Khelil will be on display at UMass Lowell this spring, in a free exhibition open to the public. Members of Khelil's family will share his story and creative process during a reception for the event, which is also expected to include remarks from Luis Falcon, dean of UMass Lowell's College of Fine Arts, Humanities and Social Sciences,

LETTERS TO THE EDITOR

RUMBO

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and Noureddine Melikechi, dean of the university's Kennedy College of Sciences. Members of the public who would like more information may email FAHSS@uml.edu.

'Skin Might See' Shares Work by Artist Lucy Kim

When and where: Exhibit on display through Saturday, March 5. Hours are Mondays, Tuesdays, Wednesdays and Fridays, 10 a.m. to 4 p.m.; Thursdays, 10 a.m. to 8 p.m.; and Saturdays 10 a.m. to 2 p.m. University Gallery, Mahoney Hall, South Campus, 870 Broadway St., Lowell What: Visual artist Lucy Kim, who uses mold-making and painting to create hybrid objects that merge painting and sculpture, will display her recent work in "Skin Might See," a free exhibit open to all. Members of the public who would like more information may email Deborah_Santoro@uml.edu.

Content ideas

The story below was developed by UMass Lowell and may be used as a press release or in its entirety. Contact UMass Lowell media relations to arrange interviews or for high-res photos.

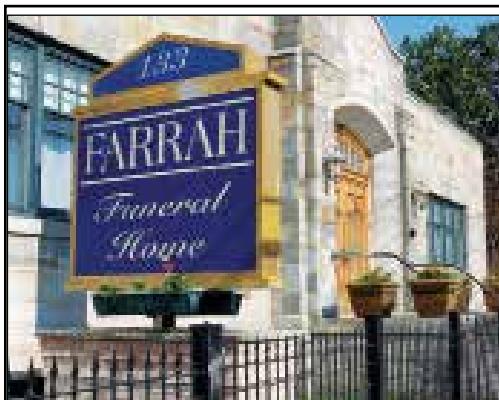
High-Schoolers Hone Their Entrepreneurship Skills

Lowell High and Essex North Shore Agricultural and Technical School students visited UMass Lowell's entrepreneurship centers in Lowell and Haverhill recently to learn how they can make a difference in the marketplace. See the full story here.

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

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

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



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Conferencia internacional sobre ataques o derrames cerebrales de la American Stroke Association: presentación HU1

Uno de cada tres sobrevivientes de un ataque o derrame cerebral en EE. UU. tiene inseguridad alimentaria, que es casi el doble de la prevalencia entre las personas que no han sufrido un ataque o derrame cerebral, según la investigación preliminar que se presentará en la Conferencia internacional sobre ataques o derrames cerebrales 2022 de la American Stroke Association, un encuentro mundial de primera calidad para investigadores y médicos dedicados a la ciencia de los ataques o derrames cerebrales, y la salud cerebral que se llevará a cabo virtual y presencialmente en Nueva Orleans del 8 al 11 de febrero del 2022.

De acuerdo con la American Heart Association, la inseguridad alimentaria significa que una persona tiene dificultades para obtener suficientes alimentos o tiene la decisión difícil de elegir entre los alimentos y otras necesidades básicas. Se estima que aproximadamente 1 de cada 10 hogares en EE. UU. experimentó inseguridad alimentaria en el 2020. Aunque la inseguridad alimentaria no es un problema nuevo, la pandemia del COVID-19 aumentó la concientización sobre el problema y su efecto desproporcionado en las comunidades que han estado desfavorecidas de forma histórica.

Los determinantes sociales de la salud, como la raza, la educación, los ingresos, la pobreza, el aislamiento social y el código postal, tienen un efecto importante en la salud, incluida la salud cardíaca. Por ejemplo, la cantidad de dinero que tiene una persona puede afectar la capacidad de comprar suficientes alimentos o alimentos saludables. La inseguridad alimentaria que se genera como resultado es una barrera para una dieta saludable, que es un pilar fundamental en la prevención de las enfermedades cardiovasculares y los ataques o derrames cerebrales.

"Nuestro estudio es el primero en examinar la prevalencia de los sobrevivientes de un ataque o derrame cerebral que pueden tener poco acceso a los alimentos", dijo el autor del estudio May A. Kim-Tenser, M.D., M.H.A., FAHA, profesora asociada de neurología en la Keck School of Medicine de la University of Southern California en Los Ángeles.

Para comprender mejor la prevalencia y los factores de predicción de la inseguridad alimentaria entre los sobrevivientes de un ataque o derrame cerebral, los investigadores evaluaron la información de salud de la Encuesta nacional de Examen de Salud y Nutrición (NHANES, del inglés National Health and Nutrition Examination Survey) desde 1999 hasta el 2015. Los 48,242 participantes se clasificaron como personas con inseguridad alimentaria según las respuestas a un Módulo de la encuesta de seguridad alimentaria para adultos de EE. UU. y según la prevalencia, los factores de predicción y las tendencias de la inseguridad alimentaria entre adultos de 20 años de edad o mayores, con y sin antecedentes previos de ataque o derrame cerebral.

El análisis observó lo siguiente:

- Entre 1999 y el 2015, 1,877 de las más de 48,200 personas estudiadas informaron por sí mismas tener antecedentes de un ataque o derrame cerebral.
- La proporción de sobrevivientes de un ataque o derrame cerebral con inseguridad alimentaria aumentó del 6% en 1999 al 30% en el 2015. Por lo tanto, 1 de cada

3 sobrevivientes de un ataque o derrame cerebral tuvo inseguridad alimentaria en el 2015.

- En el 2015, la prevalencia de la inseguridad alimentaria entre los sobrevivientes de un ataque o derrame cerebral fue casi el doble que la de las personas que no informaron tener antecedentes de un ataque o derrame cerebral.

- Varios factores se asociaron con la inseguridad alimentaria entre los sobrevivientes de un ataque o derrame cerebral: edad más joven, ascendencia hispana, niveles de educación más bajos, soltería y pobreza.

- Las personas hispanas tenían el doble de probabilidades de informar inseguridad alimentaria que las personas no hispanas.

- Tener un nivel de ingresos inferior, igual o ligeramente superior al nivel de pobreza federal (ingreso anual inferior a \$24,250 para una familia de 4 personas) también se asoció con la inseguridad alimentaria.

"Este estudio es importante para determinar qué tan amplia es la inseguridad alimentaria y para identificar los grupos de poblaciones de alto riesgo. A su vez, las intervenciones que abordan la inseguridad alimentaria pueden ayudar a modificar los factores de riesgo del ataque o derrame cerebral, lo que reduce la carga de este", comentó Kim-Tenser.

"Las personas con ataques o derrames cerebrales suelen enfrentar la inestabilidad económica debido a la discapacidad, la pérdida de empleo y los costos de atención médica exorbitantes después de un ataque o derrame cerebral. Los profesionales de la salud pueden ayudar a generar confianza con los pacientes. Para ello, pueden comprometerse con ellos; preguntarles si tienen dificultades para obtener suficientes alimentos o si tienen la decisión difícil de elegir entre los alimentos y otras necesidades básicas; y brindarles apoyo o recursos a fin de que puedan abordar la inseguridad alimentaria", agregó Kim-Tenser.

Una limitación del estudio es que los hallazgos se basan en encuestas o en informes hechos por los mismos interesados, por lo que los datos están limitados por el hecho de que no se pueden verificar de manera independiente y objetiva.

"La inseguridad alimentaria es un factor de riesgo del ataque o derrame cerebral que se puede evaluar y abordar, y estos hallazgos, que muestran que 1 de cada 3 sobrevivientes de accidentes cerebrovasculares se enfrentan a la inseguridad alimentaria, tienen implicaciones importantes para la atención médica y la salud pública", afirmó Eduardo Sánchez, M.D., M.P.H., FAHA, FACP, director médico de prevención de la American Heart Association. "La inseguridad alimentaria puede poner a los sobrevivientes de un ataque o derrame cerebral en un mayor riesgo de sufrir uno por segunda vez, por lo que se debe evaluar y abordar como parte de la atención rutinaria después de un ataque o derrame cerebral. La American Heart Association ha creado fondos de impacto social centrados en la transformación a nivel comunitario para derribar las barreras sociales y económicas

de la equidad en la salud, incluidos los determinantes sociales de la salud, como la inseguridad alimentaria".

Los coautores son Bruce Ovbiagele, M.D., M.L.S., M.B.A., M.A.S., M.Sc., FAHA; Daniela Markovic, M.S. y Amytis Towfighi, M.D., FAHA. La lista de declaraciones de los autores se encuentra en el resumen.

El estudio fue financiado por la Beca del Ataque o Derrame Cerebral de James y Dorothy Williams.

Las afirmaciones y las conclusiones de los estudios que se presentan en los encuentros científicos de la American Stroke Association y la American Heart Association son exclusivas de los autores y no constituyen necesariamente la política ni la posición de la asociación. La asociación no ofrece garantía de ningún tipo de su exactitud o confiabilidad. Los resúmenes que se presentan en los encuentros científicos de la Asociación no se revisan por pares, sino que los paneles de revisión independientes los seleccionan y los consideran en función del potencial que tengan de ser un aporte a la diversidad de temas y opiniones científicos analizados en el encuentro. Los hallazgos se consideran preliminares hasta que se publiquen como manuscrito completo en una revista científica revisada por pares.

La asociación recibe financiación



de personas particulares principalmente; además, distintas fundaciones y empresas (incluidas empresas farmacéuticas y fabricantes de dispositivos, entre otras) realizan donaciones y financian eventos o programas específicos de la asociación. La Asociación tiene políticas estrictas para evitar que estas relaciones influyan en el contenido científico. Los ingresos de las empresas farmacéuticas y biotecnológicas, los fabricantes de dispositivos, los proveedores de seguros médicos y la información financiera general de la asociación están disponibles aquí.

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One in three stroke survivors in the U.S. faces food insecurity, according to new research

One in three stroke survivors in the U.S. have food insecurity, which is nearly double the prevalence among people who have not had a stroke, according to preliminary research to be presented at the American Stroke Association's International Stroke Conference 2022, a world premier meeting for researchers and clinicians dedicated to the science of stroke and brain health to be held in person in New Orleans and virtually, Feb. 8-11, 2022.

According to the American Heart Association, food insecurity means a person is struggling to get enough food or has to make tough choices between food and other basic needs. It is estimated that about 1 in 10 households in the U.S. experienced food insecurity in 2020. Although food insecurity is not a new problem, the COVID-19 pandemic increased awareness of the problem and its disproportionate impact on historically disenfranchised communities.

Social determinants of health, such as race, education, income, poverty, social isolation and zip code, have a substantial impact on health including heart health. How much money a person has, for example, can impact one's ability to buy enough food or healthy food. The resulting food insecurity is a barrier to a healthy diet, a cornerstone for cardiovascular disease and stroke prevention.

"Ours is the first study to examine the prevalence of stroke survivors who may have poor access to food," said study author May A. Kim-Tenser, M.D., M.H.A., FAHA, an associate professor of neurology at the Keck School of Medicine at the University of Southern California in Los Angeles.

To better understand the prevalence and predictors of food insecurity among stroke survivors, researchers evaluated health information from the National Health and Nutrition Examination Survey (NHANES) from 1999 to 2015. The 48,242 participants were categorized as having food insecurity based on answers to a U.S. Adult Food Security Survey Module, and prevalence, predictors and trends in food insecurity among adults 20 years of age or older, with and without a history of prior stroke.

The analysis found:

From 1999 to 2015, 1,877 of the more than 48,200 people studied self-reported a history of stroke.

The proportion of stroke survivors with food insecurity increased from 6% in 1999 to 30% in 2015. Thus, 1 in 3 stroke survivors had food insecurity in 2015.

In 2015, the prevalence of food insecurity among stroke survivors was nearly double that of individuals who reported no history of stroke.

Several factors were associated with food insecurity among stroke survivors: younger age, Hispanic descent, lower education levels, unmarried status, and poverty.

Hispanic individuals were twice as likely as non-Hispanic individuals to report food insecurity.

Having an income level below, at or slightly above the federal poverty level (annual income of <\$24,250 for a family of 4 people) was also associated with food insecurity.

"This study is important to determine how widespread food insecurity is and to identify high-risk population groups. In turn, interventions that address food insecurity can help to modify risk factors for stroke, thus reducing stroke burden," Kim-Tenser said.

"Individuals with stroke often face economic instability due to disability, loss of employment and exorbitant health care costs after a stroke. Health care professionals can help build trust with patients by engaging with their patients; asking if they are struggling to get enough food or if they have to make tough choices between food and other basic needs; and providing support or resources to address food insecurity," she said.

A limitation of the study is that the findings are survey-based or self-reported, so the data is limited by the fact that it cannot be independently, objectively verified.

"Food insecurity is a risk factor for stroke that can be assessed and addressed, and these findings - that show 1 in 3 stroke survivors face food insecurity - have important implications for clinical care and public health," said Eduardo Sanchez, M.D., M.P.H., FAHA, FAAFP, chief medical officer for prevention for the American Heart Association. "Food insecurity may put stroke survivors at higher risk of a second stroke and should be assessed and addressed as a part of routine post-stroke care. The American Heart Association has created social impact funds focused on transformation at the community level to break down the social and economic barriers to health equity including social determinants of health such as food insecurity."

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The study was funded by the James and Dorothy Williams Stroke Scholarship.

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