

Febrero/February 15, 2022

EDICIÓN NO. 803

The BILINGUAL Newspaper of the Merrimack Valley

No más máscaras el 28 de febrero

No more masks February 28

Pg. 9

Repararán el Garaje Buckley / Repairs to Buckley Garage

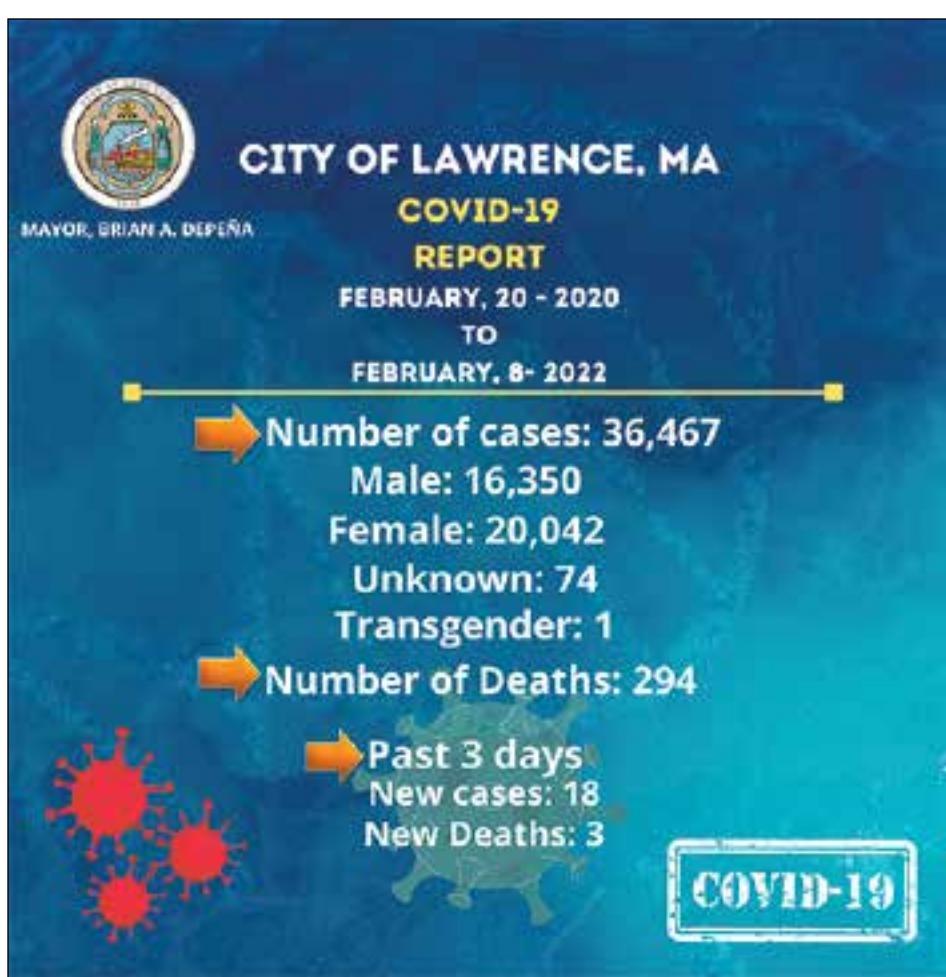


Tras una inspección de las instalaciones, el Alcalde Brian De Peña decidió tomar medidas para evitar que este garaje llegue a las condiciones de Museum Square.

Following an inspection of the facilities, Mayor Brian De Peña decided to take action to prevent this garage from reaching Museum Square conditions. Pg. 5-7

In the photo are / En la foto aparecen, Santiago Matías, DPW Supervisor; Jorge Jaime, DPW director; Dionis Alcántara, parking coordinator; Mayor Brian De Peña, José Javier, Capital Asset Manager; and David Rodríguez, parking supervisor.

MCC's College for Kids Returns to In Person Programs This Summer



Middlesex Community College is helping to bring back a sense of normalcy, learning and routine for youths with its College for Kids program, which returns to in-person learning this summer. Registration opened on Friday, February 11.

"We are so excited to welcome back our College for Kids community to in-person programming this summer," said Lauren Ellis, Middlesex Community College's Program Manager for Community Education and Training.

Middlesex is helping to bring back a sense of normalcy, learning and routine for youths with its College for Kids program. Registration opened on Friday, February 11. These interactive and engaging summer programs provide children and teens ages 8 to 17 with unique opportunities to explore

careers, learn new skills, meet new friends and boost self-confidence.

"While the past two summers have provided robust and engaging online classes for our College for Kids community, Middlesex has proven that the college is ready to return to in-person opportunities and experiences," Ellis said. "The health and safety of our students and employees is our number one concern. We have protocols and standards in place that allow us to safely come together to learn and have fun, whether we are outside or inside wearing masks."

Por/By Dalia Diaz
rumbonews.com/blogs

Desde Mi Esquina

La hipocresía en el concejo no es nada nuevo, pero la estupidez se vuelve grandiosa

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From My Corner

The Hypocrisy at the Council is Nothing New, but the Stupidity gets Grandiose

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Community Consulting Teams of Boston Awards a Consulting Project Grant to Bread & Roses Housing

Community Consulting Teams of Boston (CCT) has selected Bread & Roses Housing (BRH) as one of its 8 pro bono management consulting projects for 2022. CCT has awarded over 200 consulting grants to Boston-area nonprofits since its inception in 1990, providing an estimated \$25 million value. BRH was chosen among Boston-area nonprofits based on its demonstrated need, organizational stability, and readiness to plan and implement change. The CCT project will focus on supporting the organization's business and strategic planning.

BRH is a Community Land Trust (CLT) founded in 1988 that provides housing assistance to low-income families in Lawrence, Haverhill, and North Andover. BRH supports families by promoting self-sufficiency, education, and empowerment,

and they advocate for the housing needs of the economically distressed residents in the Greater Lawrence area. As part of the consulting grant, CCT will provide an independent assessment of the organization's strengths and opportunities in preparation for a BRH's comprehensive strategic plan. Learn more about Bread & Roses Housing at <https://www.brhousing.org/>.

Community Consulting Teams of Boston (CCT) amplifies the impact of Boston-area nonprofits through pro bono management consulting projects performed by teams of experienced MBAs from top-tier business schools. Since 1990, CCT has helped over 200 Boston-area nonprofits, with more than 850 alumni volunteers to address their most pressing business challenges. Learn more about CCT at [www.cctboston.org](http://cctboston.org).

Fire victims / Víctimas de incendios

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

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

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More families get keys to new homes



Lucy receiving her keys



Their new home



Juana receiving her keys

Welcome home to Lucy and Juana and their families! You may recall their stories:

Lucy and her son lived in a second-floor apartment with a second bedroom that was actually a storage room. Xavier who is wheelchair-bound often had to be carried downstairs in order to leave the house because the elevator frequently didn't work.

And Juana has been trying to become a homeowner since 2017 and most recently lived with her two sons in a cold and drafty attic apartment with bedbugs, mice, and mold issues.

These two wonderful families received the keys to their new Habitat homes at the end of January. Lucy's is a first-floor unit with extra-wide doorways, hallways, and a walk/roll-in shower. Juana's is on the

second floor and features a gorgeous back deck and a washer/dryer in the unit so she doesn't have to walk down two flights of stairs to do laundry.

"I have accomplished being the first in my family to be a homeowner," Lucy proudly says. "I am looking forward to growing old and making memories in my new home with Xavier. And most of all, I am grateful to Habitat and the volunteers for being so good to me and making my dreams come true."

Thank you for your support that has enabled us to build the first permanently affordable homeownership community in Andover and give these deserving families the opportunity of a better future.

Más familias reciben llaves a sus nuevos hogares

Bienvenidos a casa Lucy y Juana y sus familias! Usted puede recordar sus historias:

Lucy y su hijo vivían en un apartamento del segundo piso con un segundo dormitorio que en realidad era un depósito. Xavier, que está en silla de ruedas, a menudo tenía que ser llevado escaleras abajo para salir de la casa porque el ascensor no funcionaba con frecuencia.

Y Juana ha estado tratando de convertirse en propietaria de una casa desde 2017 y recientemente vivió con sus dos hijos en un ático frío y con corrientes de aire con problemas de chinches, ratones y moho.

Estas dos maravillosas familias recibieron las llaves de sus nuevas viviendas Habitat a finales de enero. Lucy's es una unidad en el primer piso con puertas extra anchas, pasillos y una ducha a ras de suelo.

Juana's está en el segundo piso y cuenta con una hermosa terraza trasera y una lavadora/secadora en la unidad para que no tenga que bajar dos tramos de escaleras para lavar la ropa.

"He logrado ser la primera en mi familia en ser propietaria de una casa", dice Lucy con orgullo. "Tengo muchas ganas de envejecer y crear recuerdos en mi nuevo hogar con Xavier. Y, sobre todo, estoy agradecido con Habitat y los voluntarios por ser tan buenos conmigo y hacer realidad mis sueños".

Gracias por su apoyo que nos ha permitido construir la primera comunidad de propietarios de vivienda permanentemente asequible en Andover y brindarles a estas familias merecedoras la oportunidad de un futuro mejor.

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

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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

La hipocresía en el concejo no es nada nuevo, pero la estupidez se vuelve grandiosa

Esperé hasta que terminó la reunión del Concejo Municipal de Lawrence para escribir esta columna porque la hipocresía de muchos miembros del concejo era tan grande que uno podría cortarla con un cuchillo.

Estaba gritando a través del monitor durante la transmisión de la reunión. La hipocresía no es el resultado de tener una doble cara, sino de fingir que tienes un estándar cuando nadie lo tiene. Todos tratamos de descifrar los contextos en los que es mejor ser honesto versus deshonesto, receptivo versus no receptivo, etc. Sin embargo, defendernos cuando las reglas vuelven a mordernos es como reforzamos nuestra hipocresía, y los miembros del concejo fueron todo al respecto el martes pasado en la reunión del pleno del concejo.

¿Cómo se reconcilia la gente con decir una cosa y hacer otra? ¿Y hay beneficios? ¡Sí! Primero, comenzemos con lo más destacado de la reunión del concejo, la aprobación del Proyecto de Construcción de la Escuela Leahy. La mitad

de los concejales se sentaron allí, miraron a la cámara de televisión y nos dieron un montón de tonterías. Al menos cuatro de los concejales se contradijeron y otros dos fueron hipócritas.

Comencemos con el Concejal Jeovanny Rodríguez, quien comenzó la noche afirmando que votó por anular la protección del 2.5% en noviembre pasado, en apoyo de la construcción de la escuela Leahy. Luego, inmediatamente dijo: "La razón por la que votaré a favor esta noche es que no hay aumentos de impuestos"; luego continuó argumentando que el dinero debería usarse para el propósito previsto: ARPA. Bueno, concejal, ¿cuál es?

Luego, la Concejala Ana Levy declaró que votó no, por el proyecto de la escuela Leahy, durante las elecciones de noviembre pasado, pero luego "habría votado sí incluso si hubiera aumentos de impuestos" sobre la mesa durante la reunión de esta noche. ¿Cuál es Concejal?

Ni siquiera sé de qué estaba hablando la Concejala María De La Cruz, ni siquiera el Concejal Pavel Payano. El micrófono de María estuvo apagado por un rato y su máscara estaba en su barbilla; otra señal de hipocresía. Si te molesta, quédate en casa pero no pretendas cumplir con la regla.

Cada uno de esos concejales habló

sobre cómo la Ciudad necesitaba apoyar la construcción de escuelas y garantizar que se agregue capital a los presupuestos de mantenimiento escolar en el futuro. Dijeron esto como si nunca hubieran sido parte del concejo municipal. En cada uno de los últimos 10 años, los concejales votaron a favor de aumentar la construcción de viviendas y nunca se quejaron de las aulas demasiado grandes o del deterioro de los edificios escolares.

Luego, más adelante en la reunión, cuando el concejo estaba debatiendo sobre la aprobación de la enmienda del presupuesto del alcalde, el Concejal Jeovanny Rodríguez decidió hacerse el tonto y olvidarse de cada voto que había tomado que iba en contra de todo lo que dijo en la reunión del martes pasado. Preguntó si los cambios en el salario requieren una clasificación de algún tipo. Luego le pidió al Director de Presupuesto que respondiera algunas preguntas de seguimiento sobre el mismo tema, sabiendo que había una persona con conocimientos más expertos en la audiencia.

Aquí hay algo para que el Concejal Rodríguez entienda el nivel de hipocresía que retrató. Usted, regidor, aprobó todos los presupuestos que bajaron al cabildo, de los dos alcaldes anteriores, y todos incluyan aumentos de sueldo que usted votó sin pedir clasificación salarial.

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.

Y luego estaba la objeción a los estatutos que el Concejal Rodríguez lanzó allí. Hizo una moción además de una moción que ya estaba sobre la mesa y se estaba discutiendo. Debo decir que el nivel de ira en él por perder la presidencia a Marc Laplante lo está afectando. ¿Por qué detener la discusión con un "charter objection" solo por despecho?

Estaban discutiendo la lista de salarios y gastos de viaje que el alcalde había solicitado y yo estaba de acuerdo con Jeovanny. La objeción a que se discutiera solo va a atrasar más el progreso del tema en lugar de hablar de ello y ponerle fin.

Nuevamente, si usted es una persona que ve estas reuniones, podría ver la hipocresía bloqueando nuestra pantalla de televisión. Así de fuerte era.

Esta fue una reunión muy importante; podré escribir más la próxima semana sobre todo lo que se discutió.

"La precisión para un periódico es lo que la virtud es para una dama; pero un periódico siempre puede publicar una retractación".

- Adlai E. Stevenson



Usted merece tener la mejor atención del cáncer en el lugar donde vive.



Dana-Farber está aquí en Merrimack Valley.

El cáncer no es fácil. Pero puede ser más llevadero con la atención y el sistema de apoyo adecuados cerca de su hogar. Dana-Farber Cancer Institute, el mejor centro de Nueva Inglaterra para el tratamiento del cáncer, tiene un nuevo centro oncológico de vanguardia en Merrimack Valley. Usted merece tener acceso a terapias de avanzada, a estudios clínicos y a la pericia de nuestros especialistas. Aproveche el renombre del líder en la atención del cáncer allí donde usted vive.



5 Branch Street, Methuen, MA • 978-620-2020 • dana-farber.org/merrimackvalley/espanol



Renovaciones del Buckley Transportation Center

Por Dalia Diaz

Como cuestión de precaución, la ciudad de Lawrence inspeccionó las condiciones del garaje Buckley en la esquina de Amesbury y Common St., para evitar la situación que se presentó en Museum Square.

La información que sigue se tomó de un informe emitido a la ciudad de Lawrence que recopila las observaciones del equipo, aunque nunca se hizo nada.

Esto fue informado al Alcalde Brian De Peña por el Director de DPW, Jorge Jaime, quien descubrió que las escaleras estaban en tan mal estado que necesitaban ser reemplazadas.

Luego de una inspección adicional, se consideraron necesarias varias otras reparaciones para mantenerlo en condiciones óptimas.

El interior del edificio ha sido bien mantenido y está en buenas condiciones. Las principales áreas de deficiencia en el interior se deben a daños por agua, desgaste normal y requisitos del código. La penetración del agua en los pisos inferiores de las escaleras de ambas torres ha provocado la erosión de la estructura metálica y el deteriorado de los descansos y escalones de hormigón. El recinto del ascensor del cuarto piso tiene manchas de agua en el techo debido a una fuga en el techo.

La accesibilidad para entrar y salir de la parte cubierta del garaje obliga a los usuarios a ir y venir entre la acera y la calzada asfaltada. Múltiples puntos ciegos para los conductores y el tráfico de autobuses junto con los senderos para caminar en su estado actual deben considerarse un déficit de seguridad para los peatones. Además, el tráfico de vehículos que ingresa al estacionamiento bloquea parcialmente el tráfico de peatones debido a la ubicación de la puerta de entrada.

El garaje existente tiene cuatro elementos principales desde el punto de vista de la circulación del tráfico. El primer elemento es el acceso vehicular al garaje. El segundo elemento es la circulación vehicular dentro del garaje. El tercer elemento es la circulación de peatones y bicicletas alrededor y dentro del garaje. El cuarto elemento es la circulación de los autobuses de la Autoridad de Tránsito de Merrimack Valley (MVT) dentro del depósito de autobuses del primer piso y la terminal intermodal.

La circulación de peatones dentro del garaje es adecuada. No se ha intentado determinar el cumplimiento de las normas de la Ley de Estadounidenses con Discapacidades (ADA) o de la Junta de Acceso Arquitectónico (MB). Sin embargo, parece haber una adecuada circulación de peatones dentro del propio garaje.

Las aceras a lo largo de Common Street y Amesbury Street son inadecuadas para la circulación adecuada de peatones. Numerosas obstrucciones hacen que los caminos para peatones sean deficientes en términos de ancho en relación con los estándares ADA/AAB. Además, siempre que la vía de circulación sea técnicamente suficiente, el nivel de servicio de los peatones es inadecuado debido a las numerosas obstrucciones. En Common Street, hay una estación principal de interruptores que obstruye significativamente el paso de los peatones, así como numerosos postes y árboles.

El servicio eléctrico existente al edificio es proporcionado por un transformador montado en plataforma en Common Street.

El servicio principal es de 225 amp, 480 v trifásico y medido como un solo servicio. El servicio parece ser suficiente para las cargas existentes en el edificio. Seis cargos de automóviles se encuentran en el nivel inferior. Estos dispositivos parecen ser una adición reciente a los sistemas de construcción. Ningún vehículo fue cobrado durante la visita.

Con la renovación del garaje, esto le presenta a la ciudad la oportunidad de eliminar las cabinas o reemplazarlas con sistemas de estacionamiento de última generación. La ciudad está mejorando sistemáticamente todas las instalaciones de estacionamiento de propiedad de la ciudad. Como parte de ese proceso, la ciudad está actualizando todos sus sistemas de recaudación de ingresos. Sería lógico estandarizar los sistemas de recaudación de ingresos en toda la ciudad mediante el uso de la caseta y el sistema de recaudación de ingresos que se está instalando actualmente en el estacionamiento de Common Street.

El otro enfoque para la recaudación de ingresos sería utilizar un sistema de identificación por radiofrecuencia (RFID), ya sea exclusivamente o solo para los que estacionan con permiso. Por ejemplo, a los que estacionan con permiso se les podría emitir una etiqueta RFID que active las puertas y permita una salida rápida de la instalación. Esto reduciría el potencial de desarrollo de colas y mejoraría la experiencia general del cliente. Por este motivo, recomendamos la inclusión de la tecnología RFID para permisos de estacionamiento.

Independientemente del método de recaudación de ingresos, las cabinas deben trasladarse más adentro del garaje para permitir una fila adecuada sin bloquear la acera o interrumpir el tráfico en los carriles de circulación de las dos calles adyacentes. Recomendamos una zona de espera suficiente para 3 vehículos dentro del garaje. Para proporcionar colas para tres vehículos, las cabinas deberían colocarse a 60 pies de la parte trasera de la acera en las entradas.

Terminal de la Autoridad Regional de Tránsito del Valle de Merrimack (MVRTA)

El primer piso del garaje funciona como la terminal de autobuses de la MVRTA en el centro de Lawrence. Conocido como el Centro de Transporte de Buckley, esta instalación tiene capacidad para 16 líneas de servicio. Los autobuses circulan cada media hora. Todos los autobuses llegan al Centro de Transporte de Buckley más o menos al mismo tiempo y salen aproximadamente al mismo tiempo.

La circulación de autobuses en el Centro de Transporte de Buckley fluye de manera muy eficiente. Las llegadas y salidas son un evento muy bien coreografiado. Sin embargo, la salida de la terminal se ve obstaculizada por colas de tráfico en Amesbury Street hacia el sur en Common Street.

El acceso vehicular al garaje se proporciona en dos puntos de acceso y salida. Un punto de acceso está en Amesbury Street y un punto de acceso está en Common Street. Cada punto de acceso tiene condiciones de acceso y salida deficientes.



El informe detalla qué cambios se llevarán a cabo tanto en las entradas como en las salidas para facilitar la entrada y salida de automóviles y el tráfico de autobuses, así como los vehículos que viajan en Common St. y Amesbury St.

El estacionamiento de bicicletas es inadecuado en el garaje. Hay estacionamiento para bicicletas dentro del área de la terminal de autobuses del garaje en el extremo oeste. Sin embargo, no hay estacionamiento para bicicletas en el extremo este del garaje. Esto impide la carga eficiente de bicicletas para aquellos que abordan los autobuses en el extremo este de la terminal.

El Alcalde De Peña apunta a las escaleras como el reemplazo más inmediato dado su estado ruinoso. En general, estas son soluciones fáciles que no costarán mucho dinero en reparaciones y evitarán gastos importantes en el futuro.



Cont. en la página 7

“Usted ha llegado al éxito en su área de destreza cuando no sabe que lo que está haciendo es trabajando o jugando”.

“You've achieved success in your field when you don't know whether what you're doing is work or play.”

— Warren Beatty

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.

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Buckley Transportation Center renovations

Por Dalia Diaz

As a matter of precaution, the City of Lawrence inspected the conditions of the Buckley Garage on the corner of Amesbury and Common St., to avoid the situation that presented itself at Museum Square.

The information that follows was taken from a report issued to the City of Lawrence compiling the observations of the team although nothing was ever done.

This was brought to the attention of Mayor Brian De Peña by DPW Director Jorge Jaime who discovered that the stairs were in such a poor state that needed to be replaced. Upon further inspection, several other repairs were deemed necessary to keep it in optimal conditions.

The building's interior has been well maintained and is in good condition. The main areas of deficiency on the interior are due to water damage, normal wear, and code requirements. Water penetration on the lower floors of the stairs in both towers has caused erosion to the metal structure and spalling of the concrete landings and treads. The fourth-floor elevator enclosure has water stains on the ceiling from a leak in the roof.

Accessibility entering and exiting the covered portion of the garage forces users to go back and forth between the sidewalk and asphalt roadway. Multiple blind spots for drivers and bus traffic along with the walking paths in their current state should be considered a pedestrian safety shortfall. Also, vehicular traffic entering the parking garage partially blocks pedestrian traffic due to the entrance gate location.

The existing garage has four major elements from a traffic circulation point of view. The first element is vehicular access to the garage. The second element is vehicular circulation within the garage. The third element is pedestrian and bicycle circulation around and within the garage. The fourth element is the circulation of Merrimack Valley Transit Authority (MVTA) busses within the first-floor bus depot and intermodal terminal.

Pedestrian circulation within the garage is adequate. No attempt has been made to determine compliance with Americans with Disabilities Act (ADA) or Architectural Access Board (MB) standards. However, there appears to be adequate pedestrian circulation within the garage itself.

The sidewalks along Common Street and Amesbury Street are inadequate for appropriate pedestrian circulation. Numerous obstructions make pedestrian pathways substandard in terms of width relative to ADA/AAB standards. In addition, even where the path of travel is technically sufficient, pedestrian level-of-service is inadequate owing to the numerous obstructions. On Common Street, there is a primary switchgear station that significantly obstructs pedestrian travel, as well as numerous poles, and trees.

Existing electrical service to the building is provided by a pad-mounted transformer on Common Street. The service main is 225amp, 480v three-phase, and metered as a single service. The service appears to be sufficient for the existing loads in the building. Six car charges are located in the lower level. These devices appear to be a recent addition to the building systems. No vehicles were being charged during the visit.

With the garage being renovated, this

presents the city with the opportunity to eliminate the booths or replace them with state-of-the-art parking systems. The city is systematically upgrading all city-owned parking facilities. As part of that process, the city is upgrading all of its revenue collection systems. It would be logical to standardize revenue collection systems across the city by using the booth and revenue collection system currently being installed at the Common Street parking lot.

The other approach to revenue collection would be to use a radio frequency identification (RFID) system, either exclusively or just for permit parkers. For instance, permit parkers could be issued an RFID tag that activates the gates and allows for an expeditious exit from the facility. This would reduce the potential for queues to develop and improve the overall customer experience. For this reason, we recommend the inclusion of RFID technology for permit parking.

Regardless of the method of revenue collection, the booths should be moved further into the garage to allow for adequate queueing without blocking the sidewalk or disrupting traffic in the travel lanes of the two adjacent streets. We recommend a sufficient queuing area for 3 vehicles within the garage. To provide queuing for three vehicles, the booths would need to be placed 60 feet from the back of the sidewalk at the entrances.

Merrimack Valley Regional Transit Authority (MVRTA) Terminal

The first floor of the garage functions as the MVRTA bus terminal in downtown Lawrence. Known as the Buckley Transportation Center, this facility accommodates 16 service lines. Buses circulate every half-hour. All busses arrive at the Buckley Transportation Center at roughly the same time and depart at roughly the same time.

The bus circulation in the Buckley Transportation Center flows very efficiently. The arrivals and departures are a very well-choreographed event. However, egress from the terminal is challenged by traffic queues on Amesbury Street southbound at Common Street.

Vehicular access to the garage is provided at two access and egress points. One access point is on Amesbury Street and one access point is on Common Street. Each access point has substandard access and egress conditions.

The report details what changes will take place at both entrances and exits to facilitate automobiles in and out and bus traffic as well as vehicles traveling on Common St. and Amesbury St.

Bicycle parking is inadequate in the garage. There is bicycle parking within the bus terminal area of the garage on the westerly end. However, there is no bicycle parking at the easterly end of the garage. This prevents efficient loading of bicycles for those boarding busses on the east end of the terminal.

Mayor De Peña points to the stairs as the most immediate replacement to be done given their dilapidated state. Overall, these are easy fixes that will not cost lots of money in repairs and prevent major expenditures in the future.



(Cont. on page 7)

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Sueño
De Maravilla

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



(Continúa de la página 5)

Director DPW Jorge Jaime

Al principio de su administración, el Alcalde Brian De Peña nombró a Jaime para este cargo, lo que generó críticas negativas. La mayoría de esas opiniones provinieron de personas que conocían al Dr. Jorge Jaime de la República Dominicana. Tener formación médica parecía imposible para que este hombre se adaptara a las condiciones de trabajo más duras, pero Jorge ha demostrado una capacidad para colocar su responsabilidad en cualquier deseo o idea preconcebida.

Cuando llegó a Lawrence, donde la mayoría de su familia y suegros se habían mudado, la necesidad más importante era mantener a su familia. El Alcalde William Lantigua abrió las puertas del ayuntamiento y comenzó a probarse a sí mismo.

Unos años más tarde, estaba trabajando para DPW y al estar familiarizado con las necesidades de la ciudad, Jorge decidió postularse para alcalde. El Alcalde Daniel Rivera se postulaba para un segundo mandato y tener a Jorge trabajando por toda la ciudad en contacto con el público en general era visto como una amenaza política.

Fue entonces cuando lo asignó al cementerio donde estaría aislado, lejos del público. La campaña se detuvo pero Jorge Jaime fue la estrella del Cementerio de Bellevue.

Esa experiencia a lo largo de los años produjo el aprecio de los compañeros de trabajo, así como de los supervisores y Brian, lo escogió para arreglar las cosas en la ciudad.

Apenas tuvo acceso a la información financiera el director del Departamento de Obras Públicas descubrió que este garaje no es rentable para la ciudad. Si siempre está lleno y no aceptan efectivo, solo tarjetas de crédito con muchos estacionamientos mensuales, ¿cómo es que no está generando dinero?

El primer indicio de que algo andaba mal fue la falta de una lista de usuarios mensuales o permisos otorgados al Departamento de Policía, trabajadores de DPW o cualquier otro empleado de la

ciudad.

El Director Jaime canceló todos los permisos de estacionamiento renovándolos al entrar al garaje cada uno. "De esa manera, tenemos una lista limpia sabiendo cuántos permisos mensuales se otorgan y pagando sus cuotas", me dijo.

Esta no es la primera vez que un ingeniero civil no administra ese departamento y Brian me dijo al preguntar: "Lo que ese departamento necesita es un 'trabajador', alguien que arregle lo que está roto".

Brian pasó a elogiar el trabajo que había hecho en el cementerio de Bellevue. "Cuando Jorge Jaime fue designado temporalmente como su director, se dirigió directamente a la Junta Directiva y les dijo que nunca había hecho ese tipo de trabajo por lo que necesitaba que tuvieran paciencia mientras aprendía el trabajo. Esa honestidad se ganó su respeto y pronto le pidieron al alcalde que lo nombrara de manera permanente," me dijo el Alcalde De Peña.

El cementerio no estaba generando los ingresos que debería y Jorge le dio la vuelta.

Primero, abordó la limpieza, los árboles y arbustos demasiado grandes y las condiciones del camino.

Los habitantes de Lawrence que iban a otras comunidades a comprar lotes pronto regresaban para enterrar a sus seres queridos en Bellevue y los ingresos pasaron de menos de \$100,000 a más de \$400,000 el año pasado. Él dice que el cementerio tiene el potencial de ganar cerca de un millón de dólares cada año.

Esa fue la motivación de Brian para acercarlo en su administración. Muchas cosas requieren arreglos y él va directamente a esos problemas. Descubrió que no hay inventario en ninguna parte de la ciudad y comenzando con su departamento, está creando listas de equipos y suministros que nadie era responsable de contabilizar y habrá mejores medidas para controlar el gasto de gasolina en el garaje municipal.

Jorge Jaime se enorgullece de su trabajo y esa es su cualidad más importante.



(Cont. from page 6)

DPW Director Jorge Jaime

Early in his administration, Mayor Brian De Peña appointed Jaime to this position, resulting in negative criticisms. Most of those opinions came from people who knew Dr. Jorge Jaime from the Dominican Republic. Having a medical background seemed impossible for this man to adapt to the harshest working conditions, but Jorge has shown an ability to place his responsibility over any desires or preconceived ideas.

When he arrived in Lawrence where most of his family and in-laws had relocated, the most important need was supporting his family. Mayor William Lantigua opened the doors of city hall and he began to prove himself.

A few years later, he was working for DPW and being familiar with the City's needs, Jorge decided to run for mayor. Mayor Daniel Rivera was running for a second term and having Jorge working all over the city in contact with the general public, was seen as a political threat.

That's when he appointed him to the cemetery where he would be isolated, away from the public. The campaign came to a halt but Jorge Jaime was the star of Bellevue Cemetery.

That background through the years earned him the appreciation of coworkers as well as supervisors and Brian tapped him to straighten things out in the city.

As soon as he had access to financial information the director of the Department of Public Works discovered that this garage is not profitable for the city. If it's always full and they are not accepting cash, only credit cards with many monthly parkers, how come it's not making any money?

The first indication that something was awry was the lack of a list of monthly parkers, permits granted to the Police Department, DPW workers or any other city employee.

Director Jaime canceled all parking permits renewing them upon entrance to the garage. "That way, we have a clean slate knowing how many monthly permits are given out and paying their dues," he told me.

This is not the first time that department was not managed by a civil engineer and Brian told me upon asking, "What that department need is a 'worker,' someone who fixes what's

broken."

Brian went on to praise the work he had done at Bellevue Cemetery. "When Jorge Jaime was appointed on a temporary basis as its director, he went directly to the Board of Directors and told them that he had never done that type of work so he needed for them to be patient while he learned the job. That honesty earned their respect and soon they were asking the mayor to appoint him permanently," Mayor De Peña said.

The cemetery was not earning the revenues it should have and Jorge turned that around.

First, he tackled the cleanliness, the overgrown trees and bushes, and the road conditions.

Lawrencians who were going to other communities to buy lots soon were coming back to bury their loved ones at Bellevue and the revenues went from under \$100,000 to well over \$400,000 last year. He says that the cemetery has the potential of earning close to one million dollars each year.

That was Brian's motivation to bring him closer in his administration. Many things require fixing and he goes directly to those issues. He found out that there's no inventory anywhere in the city and beginning with his department, he's creating lists of equipment and supplies that no one was responsible to account for and there will be better measures in place to control the expenditure of gas at the city yard.

Jorge Jaime takes pride in his work and that's his most important quality.

**¡Marque su calendario!**

No podíamos esperar para compartir las buenas noticias... ¡¡¡Viajes gratis en autobús llegarán al valle de Merrimack!!! Únase a los representantes Trahan y Moulton, los alcaldes De Peña, Fiorentini, Reardon y Gove, su delegación legislativa, los propietarios de pequeñas empresas del área, los pasajeros y los defensores mientras lanzamos nuestra iniciativa de tarifa gratis en todo el sistema el lunes 28 de febrero en el Centro de Transporte de Buckley (295 Common Street , Lawrence) a partir de las 11:00 a. m.

Mark your calendar!

We couldn't wait to share the good news...Free bus rides are coming to the Merrimack Valley!!! Please join Representatives Trahan and Moulton, Mayors De Peña, Fiorentini, Reardon and Gove, your legislative delegation, area small business owners, riders and advocates as we launch our systemwide Free Fare initiative on Monday, February 28 at Buckley Transportation Center (295 Common Street, Lawrence) starting at 11:00 AM.

"Resolvamos ser dueños, no víctimas, de nuestra historia, controlando nuestro propio destino sin dar paso a sospechas y emociones ciegas".

"Let us resolve to be masters, not the victims, of our history, controlling our own destiny without giving way to blind suspicions and emotions."

— John F. Kennedy

GLCF otorga más de \$30K en subvenciones del Fondo de Reasentamiento Afgano

Lowell, MA – La Greater Lowell Community Foundation (GLCF) anunció que había otorgado \$30,300 a cinco organizaciones sin fines de lucro en Greater Lowell que están trabajando para abordar las necesidades inmediatas de los nuevos refugiados de Afganistán que se relocalizan en la comunidad.

Estas subvenciones se desembolsaron del Fondo de reasentamiento afgano de GLCF, que se creó el otoño pasado. El fondo ayuda a las organizaciones sin fines de lucro que apoyan a los refugiados que llegan de Afganistán a Greater Lowell y garantiza que los necesitados sean bienvenidos y conectados con vivienda, empleo, transporte, alimentación, aculturación y otros apoyos relacionados.

“A medida que los refugiados y evacuados afganos continúan llegando a nuestra comunidad, el Fondo de Reasentamiento Afgano de GLCF está apoyando a las organizaciones sin fines de lucro del área que brindan el apoyo crítico necesario para recibir y reasentar a esta población”, dijo Jay Linnehan, presidente y director ejecutivo de GLCF. “Este trabajo continúa y estamos muy agradecidos con nuestros generosos donantes que apoyan estos importantes esfuerzos de reasentamiento”.

Los beneficiarios de subvenciones del Fondo de Reasentamiento Afgano de GLCF incluyen:

- Centro Islámico de Andover: \$5,000 para ropa, tecnología, asistencia con la redacción de currículos, ubicación

profesional y transporte para refugiados afganos en Lowell

- Instituto Internacional de Nueva Inglaterra (Lowell) - \$10,000 para reasentamiento afgano
- Mill City Grows - \$5,000 para ROOT Kitchen para cocinar, preparar y empacar comidas tradicionales afganas.
- Open Table, Inc. (Maynard) – \$8,000 para Afghan Meal Program con IINE (Lowell)
- Departamento de Seguridad Nacional de EE. UU. - \$2,300 para tarifas de presentación de libertad condicional humanitaria

Las donaciones al Fondo de reasentamiento afgano de GLCF se pueden hacer en línea en www.glcfoundation.org o por correo al Fondo de reasentamiento afgano de GLCF c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

Established in 1997, 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 \$58 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.

GLCF awards more than \$30K in Grants from Afghan Resettlement Fund

Lowell, MA – The Greater Lowell Community Foundation (GLCF) yesterday announced it had granted \$30,300 to five nonprofits in Greater Lowell that are working to address the immediate needs of new refugees from Afghanistan resettling in the community.

These grants were disbursed from the GLCF Afghan Resettlement Fund, which was created last fall. The fund assists nonprofits who support refugees arriving from Afghanistan to Greater Lowell and ensures that those in need are welcomed and connected with housing, employment, transportation, food, acculturation, and other related support.

“As Afghan refugees and evacuees continue to arrive in our community, the GLCF Afghan Resettlement Fund is supporting area nonprofits providing the critical support needed to welcome and resettle this population,” said Jay Linnehan, GLCF’s President and CEO. “This work is ongoing, and we are so grateful to our generous donors who support these important resettlement efforts.”

Recipients of grants from the GLCF Afghan Resettlement Fund include:

- Andover Islamic Center - \$5,000 for Afghan refugee clothing, technology, assistance with resume writing, career placement, and transportation in Lowell
- International Institute of New England



El Centro Islámico de Andover recibió una subvención de \$5,000 para apoyar las necesidades de los refugiados afganos en Lowell. Los recién llegados de Afganistán reciben un tutorial sobre sus nuevos dispositivos de los voluntarios del Centro Islámico de Andover.

The Andover Islamic Center received a \$5,000 grant to support Afghan refugee needs in Lowell. New arrivals from Afghanistan receiving a tutorial on their new devices from Andover Islamic Center volunteer.



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.cdcps.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.

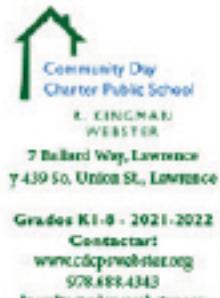
Vacancias en Kindergarten I (para estudiantes de 4 años) en las tres escuelas; vacancias limitadas en otros grados



Grados K1-8 - 2022-2023
Contactar: www.cdcps.org
978-688-4283
asolivares@cdpcps@rway.org



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978-722-2563
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Grados K1-8 - 2021-2022
Contactar: www.cdcps.org
978-688-4343
lperez@cdpcps@rway.org

Todas las escuelas Grados K1-8
2022-23

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

El requisito de máscara escolar en todo el estado se levantará el 28 de febrero

MALDEN – El comisionado del Departamento de Educación Primaria y Secundaria (DESE, por sus siglas en inglés), Jeffrey C. Riley, anunció hoy que el requisito estatal de mascarilla para las escuelas K-12 se levantará el 28 de febrero. En ese momento, el DESE y el Departamento de Salud Pública recomiendan que los estudiantes y el personal docente usen máscaras en ciertos escenarios consistentes con los protocolos COVID de DESE.

La decisión se tomó en consulta con médicos de enfermedades infecciosas, el Departamento de Salud Pública de Massachusetts y otros expertos médicos. Las vacunas son la mejor protección contra el COVID-19, y Massachusetts tiene una de las tasas más altas de vacunación de jóvenes y es líder nacional en vacunación general. En Massachusetts, el 52 por ciento de todas las personas que están completamente vacunadas han recibido una dosis de refuerzo, en comparación con el 42 por ciento de la población nacional.

Massachusetts también tiene programas de pruebas escolares líderes en el país, incluido un programa de pruebas en el hogar lanzado recientemente para estudiantes y educadores. Estas opciones de prueba permanecerán vigentes.

“Con Massachusetts como líder nacional en la vacunación de niños, combinado con nuestros sólidos programas de pruebas, es hora de levantar el mandato de máscara en las escuelas y dar a los estudiantes y al personal una sensación de normalidad después de enfrentar enormes desafíos en los últimos dos años”, dijo el gobernador. Charly Baker. “Tenemos todas las herramientas para mantener las escuelas seguras a medida que avanzamos en la siguiente fase de manejo de COVID”.

“Las escuelas son entornos seguros, la mayoría de los niños ahora han tenido acceso a vacunas que reducen en gran medida el riesgo de enfermedades graves durante varios meses, y miles de familias en todo el Commonwealth han aprovechado esta oportunidad para proteger a sus hijos”, dijo la vicegobernadora Karyn Polito. “Este es el momento adecuado para levantar el mandato de la máscara, y continuaremos alentando la vacunación y organizando clínicas en cualquier escuela que quiera realizar una para proteger aún más a sus estudiantes de COVID”.

El Departamento de Educación y Cuidado Tempranos también eliminará los requisitos de máscara actualmente vigentes para todos los proveedores de cuidado infantil con licencia a partir del 28 de febrero y permitirá que los programas desarrollen políticas específicas para los niños a los que atienden. El Departamento de Educación y Atención Temprana publicará orientación adicional para los programas la próxima semana.

Con el levantamiento del requisito de mascarilla en todo el estado, los distritos escolares ya no necesitan solicitar una exención del DESE para quitarse las mascarillas en los edificios escolares donde el 80 por ciento del personal y los estudiantes están vacunados. El uso de cubrebocas será una opción comunitaria en las escuelas de todo el Commonwealth, independientemente de las tasas de vacunación dentro de una escuela; sin embargo, un distrito escolar podría establecer un requisito local. Muchas escuelas de la Commonwealth ya alcanzaron el punto de referencia de vacunación y solicitaron permiso para quitarse las máscaras. Hasta la fecha, DESE ha recibido 68 solicitudes

de escuelas que presentaron certificaciones de que el 80 por ciento de sus estudiantes y personal están vacunados. El Departamento ha aprobado 42 solicitudes y está en proceso de revisar otras 21 solicitudes antes de que finalice el requisito estatal.

“En un estado con una de las tasas de aceptación de vacunas más altas del país, y el estado con las segundas tasas de vacunación más altas entre los niños de 5 a 11 años, debemos navegar la transición cuidadosa para abrir nuestra sociedad y, al mismo tiempo, emplear al público estrategias de mitigación de la salud. Estamos pasando de un requisito de mascarilla a una mascarilla opcional, y queremos que los distritos escolares se muevan junto con el estado haciéndola opcional, mientras creamos entornos de apoyo para los estudiantes y el personal que eligen usar una mascarilla”, dijo el secretario de Educación, James Peyser.

Varios otros estados, incluidos Connecticut, Nueva Jersey, Pensilvania y Delaware, han rescindido sus requisitos de mascarillas escolares en los últimos días.

Los sólidos programas de pruebas escolares líderes en el país del estado permanecerán vigentes. El mes pasado, DESE y DPH lanzaron opciones actualizadas de pruebas de COVID-19 en las escuelas, que incluyen proporcionar a los maestros y al personal participantes pruebas rápidas en el hogar semanalmente, para optimizar el aprendizaje en persona. Los dos departamentos también publicaron datos actualizados sobre las pruebas conjuntas y los programas Test and Stay, que muestran muy pocos casos positivos y bajas tasas de transmisión.

Con más de 2000 escuelas públicas y privadas en el Commonwealth participando en las pruebas de COVID-19, DESE y DPH han recopilado datos sólidos sobre la prevalencia de COVID-19 en las escuelas que ilustran claramente que las escuelas son entornos seguros para la enseñanza y el aprendizaje. Las escuelas son uno de los pocos tipos de entornos en el estado donde las personas son evaluadas regularmente.

Los datos recopilados durante los últimos meses del programa Test and Stay son convincentes en cuanto a lo que revelan sobre la seguridad escolar. Los estudiantes y el personal identificados individualmente como contactos cercanos asintomáticos y en repetidas ocasiones dieron negativo en la prueba en la escuela a través de Test and Stay en más del 90 por ciento de las veces. Al 9 de enero se habían realizado 503.312 pruebas de Prueba y Permanencia; 496.440 de ellos fueron negativos (casi el 99 por ciento).

“Durante los últimos dos años, el impacto de la COVID-19 en los niños ha causado tensión en su salud mental, bienestar emocional y éxito académico. Nos sentimos aliviados de estar ahora en un lugar donde podemos brindarles a los jóvenes un alivio adicional de las restricciones de COVID-19 para que puedan continuar regresando a la normalidad en el salón de clases”, dijo el Comisionado Riley.

El enmascaramiento sigue siendo obligatorio en todos los autobuses escolares, según orden federal.

En agosto, la Junta de Educación Primaria y Secundaria otorgó al comisionado la autoridad para exigir máscaras para el personal y los estudiantes de las escuelas públicas (de 5 años en adelante) en todos los grados al menos hasta el 1 de octubre de 2021. El comisionado usó su autoridad para extender el requisito tres veces.

Statewide School Mask Requirement Will Be Lifted February 28

MALDEN – Department of Elementary and Secondary Education (DESE) Commissioner Jeffrey C. Riley announced today the statewide mask requirement for K-12 schools will be lifted on February 28. At that time, DESE and the Department of Public Health recommend students and faculty wear masks in certain scenarios consistent with DESE's COVID protocols.

The decision was made in consultation with infectious disease physicians, the Massachusetts Department of Public Health, and other medical experts. Vaccinations are the best protection against COVID-19, and Massachusetts has among the highest vaccination rates of young people and is a national leader in overall vaccination. In Massachusetts, 52 percent of all individuals who are fully vaccinated have received a booster dose, compared to 42 percent of the national population.

Massachusetts also has nation-leading school testing programs, including a newly launched at-home testing program for students and educators. These testing options will remain in place.

“With Massachusetts a national leader in vaccinating kids, combined with our robust testing programs, it is time to lift the mask mandate in schools and give students and staff a sense of normalcy after dealing with enormous challenges over the past two years,” said Governor Charlie Baker. “We have all the tools to keep schools safe as we move into dealing with the next phase of managing COVID.”

“Schools are safe environments, most children now have had access to vaccinations that greatly reduce the risk for severe disease for several months, and thousands of families across the Commonwealth have taken this opportunity to protect their children,” said Lt. Governor Karyn Polito. “This is the right time to lift the mask mandate, and we will continue to encourage vaccination and host clinics at any school that wants to hold one to further protect their students from COVID.”

The Department of Early Education and Care will also lift the mask requirements currently in place for all licensed child care providers effective February 28, and allow programs to develop policies specific to the children they serve. The Department of Early Education and Care will release additional guidance for programs next week.

With the lifting of the statewide mask requirement, school districts no longer need to request a waiver from DESE to remove masks in school buildings where 80 percent of staff and students are vaccinated. Masking will be a community choice in schools across the Commonwealth, regardless of vaccination rates within a school; however, a school district could establish a local requirement. Many schools across the Commonwealth have already reached the vaccination benchmark and requested permission to remove masks. To date, DESE has received 68 requests from schools that submitted attestations that 80 percent of their students and staff are vaccinated. The

Department has approved 42 requests and is in the process of reviewing another 21 requests before the statewide requirement ends.

“In a state with one of the highest vaccine acceptance rates in the country, and the state with the second highest vaccination rates among 5- to 11-year-olds, we must navigate the careful transition into opening up our society while simultaneously employing public health mitigation strategies. We are moving from mask requirement to mask optional, and we want school districts to move along with the state by making it optional, while still creating supportive environments for students and staff who choose to wear a mask,” said Education Secretary James Peyser.

Several other states, including Connecticut, New Jersey, Pennsylvania, and Delaware, have rescinded their school mask requirements in recent days.

The state’s nation-leading, robust school testing programs will remain in place. Last month, DESE and DPH launched updated school COVID-19 testing options, including providing participating teachers and staff with at-home rapid tests weekly, to optimize in-person learning. The two departments also released updated data on the pooled testing and Test and Stay programs, showing very few positive cases and low transmission rates.

With more than 2,000 public and private schools in the Commonwealth participating in COVID-19 testing, DESE and DPH have gathered robust data about the prevalence of COVID-19 in schools that clearly illustrates schools are safe environments for teaching and learning. Schools are one of the few types of settings in the state where individuals are tested on a regular basis.

Data collected over the past few months from the Test and Stay program is compelling around what it reveals about school safety. Students and staff individually identified as asymptomatic close contacts and repeatedly tested in school through Test and Stay test negative more than 90 percent of the time. As of January 9, 503,312 Test and Stay tests had been conducted; 496,440 of them were negative (almost 99 percent).

“During the past two years, the impact of COVID-19 on children has caused a strain on their mental health, emotional well-being and academic success. We are relieved to now be in a place where we can provide young people additional relief from COVID-19 restrictions so they can continue to return to normalcy in the classroom,” said Commissioner Riley.

Masking continues to be required on all school buses, per federal order.

In August, the Board of Elementary and Secondary Education gave the commissioner the authority to require masks for public school staff and students (ages 5 and above) in all grades through at least October 1, 2021. The commissioner used his authority to extend the requirement three times.

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NECC Theater Student from Newbury Advances to Kennedy Center Finals: Public Invited to Performance of Scene from Competition



Gwynneth Glickman in NECC's fall production, "Tiny Beautiful Things."

Northern Essex Community College student Gwynneth Glickman, a Liberal Arts major from Newbury, MA, recently made it to finals of The Region 1 Kennedy Center American College Theater Festival.

Competing with 180 theater majors from private and public colleges and universities from across New England and Northeast New York, Glickman was one of 16 students selected to compete in the finals which were held virtually on January 29.

On Wednesday, March 2 at 11 am, the public is invited to a performance of a scene from the last round of the competition, Shakespeare's "Romeo and Juliet" which Glickman will perform with partner Zaida Buzan of Brookfield, MA, a 2020 Liberal Arts graduate. The performance will be held in the theater on the third floor of the Spurk

Building on the college's Haverhill Campus, 100 Elliott St.

Northern Essex Professor Brianne Beatrice, who directed the college's fall theater production, says Glickman was selected to compete in the competition based on her "tour de force performance" as Sugar in "Tiny Beautiful Things", a play based on a book by best-selling author Cheryl Strayed and adapted for the stage by actor, director, producer, and screenwriter Nia Vardalos.

A Kennedy Center representative saw the performance and nominated Glickman for the acting competition.

In the Kennedy Center competition, Glickman performed the Shakespeare scene as well as a monologue from "Five Women Wearing the Same Dress" by Alan Ball and a monologue from "Good People" by David

Lindsay-Abaire.

An actor and musician, Glickman teaches locally to groups ranging from preschools to high schools. In addition to her studies at the college, she performs with Newburyport's Theater in the Open, and has recently appeared in "Adventures in Zoomland: A Stay at Home Panto!" (2020), "A Christmas Carol Panto!" (2019), "A Peter Pan Panto!" (2019) "A Cinderella Panto!" (2018), and "Much Ado About Nothing" (2018). She is also the mother of a three-year old daughter.

On being selected to compete in the finals, Glickman said "I feel really lucky to have been able to challenge myself, elevate my craft, and work alongside women I deeply admire to make beautiful art during such trying and unsure times for the theater."

For information on theater opportunities at Northern Essex, contact Brianne Beatrice at bbeatrice@necc.mass.edu.

Northern Essex Community College has campuses in both Haverhill and Lawrence. It offers approximately 60 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal

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



Gwynneth Glickman and Zaida Buzan perform a scene from "Romeo and Juliet" for the Kennedy Center American College Theater Festival.

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**Haverhill's
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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.



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Programa de Capacitación Laboral GRATUITO en Manufactura Avanzada/Mecanizada con Asistencia Bilingüe ofrecido en Merrimack Valley

La Junta de Fuerza Laboral y el Centro de Carreras de MassHire Merrimack Valley, en asociación con la Escuela Técnica de Greater Lawrence y el Consorcio de Fabricación Avanzada del Noreste, está organizando un programa de capacitación GRATUITO para Maquinistas/Fabricación Avanzada a partir del 22 de febrero de 2022. La capacitación está diseñada para adultos cuyo idioma principal es español y se beneficiaría del apoyo en inglés, además de la instrucción técnica.

El objetivo de la capacitación es que los hablantes no nativos de inglés desarrollen una capacidad sostenible para llenar las vacantes de trabajo de fabricación en Lawrence, Haverhill, Newburyport y en todo el Valle de Merrimack. El plan es capacitar a 24 adultos durante el próximo año y medio para trabajos que tienen una gran demanda y brindar una futura carrera profesional en la manufactura.

Los programas de capacitación como este han entrenado a casi 900 personas para un trabajo estable en trabajos de manufactura en todo el noreste.

Brian Norris, director ejecutivo de la Junta de Fuerza Laboral de Merrimack Valley, dijo que la fabricación es la segunda industria más grande del estado y representa aproximadamente el 15% de todos los puestos de trabajo en la región del noreste y Merrimack Valley.

“Esta trayectoria profesional tiene muchas oportunidades de crecimiento y estabilidad en muchos sectores: farmacéutico, biotecnología, dispositivos médicos, aviación, plásticos y más”, dijo Norris. “La gente debería considerar seriamente la capacitación gratuita como una

gran oportunidad para cambiar de carrera o, lo que es más importante, comenzar una nueva carrera”. Las empresas en el Valle de Merrimack fabrican calzado deportivo, implantes dentales, piezas de motores de aviones y otros productos interesantes.

El ex aprendiz Kevin, un operador de máquinas que hace implantes dentales, dijo: “Me gusta mi trabajo convirtiendo nada en algo”, y Christine, después de decirle a un empleador potencial lo que estaba aprendiendo en clase, le ofrecieron un trabajo antes de que completara su capacitación.

El programa se llevará a cabo al final de la tarde y temprano en la noche, de lunes a jueves, con capacitación en línea también. Un “Bootcamp” en inglés de 40 horas preparará el escenario para 315 horas de capacitación técnica con asistencia bilingüe en todo momento. La asistencia para la colocación de empleo estará disponible.

Para obtener más información, llame al (978) 722-7000 para registrarse en una sesión de información.

Este proyecto está financiado por una subvención para el éxito de la fuerza laboral del Senador Kenneth J. Donnelly (Asignación del Fondo Fiduciario para la Competitividad de la Fuerza Laboral del año fiscal 20) a través de la Oficina Ejecutiva de Trabajo y Desarrollo de la Fuerza Laboral de Massachusetts y es administrado por Commonwealth Corporation. Los programas y servicios de MassHire están financiados en su totalidad por las subvenciones de la Administración de Empleo y Capacitación del Departamento de Trabajo de EE.UU.

FREE Job Training Program in Advanced Manufacturing/Machining with Bilingual Assistance offered in the Merrimack Valley

The MassHire Merrimack Valley Workforce Board and Career Center, in partnership with the Greater Lawrence Technical School and the Northeast Advanced Manufacturing Consortium is hosting a FREE Advanced Manufacturing/Machinist training program beginning February 22, 2022. The training is designed for adults whose primary language is Spanish and would benefit from English-language support, in addition to the technical instruction.

The goal of the training is for non-native English speakers to build a sustainable capacity to fill manufacturing job openings in Lawrence, Haverhill, Newburyport, and throughout the Merrimack Valley. The plan is to train 24 adults over the next year and ½ for jobs that are in high demand and provide a future career pathway in manufacturing.

Training programs like this one have trained nearly 900 people for steady work in manufacturing jobs throughout the Northeast.

Brian Norris, Executive Director of the Merrimack Valley Workforce Board said that manufacturing is the second-largest industry in the state and makes up about 15% of all jobs in the Northeast region and Merrimack Valley.

“This career pathway has so many opportunities for growth and stability across many sectors – pharmaceutical,

biotechnology, medical devices, aviation, plastics, and more,” Norris said. “People should seriously look at the free training as a huge opportunity to change careers, or more importantly, start a new career.” Companies in the Merrimack Valley make athletic shoes, dental implants, jet engine parts, and other exciting products.

Previous trainee Kevin, a machine operator making dental implants, said “I like my job turning nothing into something”, and Christine, after telling a potential employer what she was learning in class, was offered a job before she even completed her training.

The program will run in the late afternoon and early evenings, Monday through Thursday, with some online training as well. A 40-hour English “Bootcamp” will set the stage for 315 hours of technical training with bilingual assistance throughout. Job placement assistance will be available.

To learn more, call (978) 722-7000 to register for an information session.

This project is funded by a Senator Kenneth J. Donnelly Workforce Success Grant (Workforce Competitiveness Trust Fund FY’20 Appropriation) through the Massachusetts Executive Office of Labor and Workforce Development and is administered by Commonwealth Corporation. MassHire Programs & Services are funded in full by US Department of Labor, Employment and Training Administration grants.

YWCA Seeks Nominations for their 39th Annual Tribute to Women Set for May 12th

YWCA Northeastern Massachusetts is seeking nominations of women who have made a difference in their work and community. Nominations will be accepted through March 2, 2022 and can be sent to the YWCA, Attention: Eunice Zeigler at 38 Lawrence Street, Lawrence, MA 01840 or by going on-line to [www.ywcanema.org/tribute](https://ywcanema.org/tribute). The Tribute to Women luncheon takes place at the Andover Country Club on May 12, 2021 at 12:00 pm. This event serves as the YWCA’s major fundraising event. Sponsorships are also available by accessing the website.

A hallmark of Tribute is that women honored come from all walks of life; their contributions are varied, and all are remarkable in their own unique way. Since 1983, the YWCA’s Tribute to Women awards luncheon has recognized over 1200 Merrimack Valley and North Shore women leaders from business and community organizations. This year, Tribute to Women’s Diamond sponsor is once again Pfizer and we thank Pfizer for their ongoing



NOMINATE A WOMAN TODAY!

[HTTPS://YWCANEMA.ORG/TRIBUTE](https://ywcanema.org/tribute)

support. We also thank WHAV, our media partner, for their help promoting this event in the Merrimack Valley.

YWCA Northeastern Massachusetts is a social change organization existing today for the same reasons it was founded back in the 1890s to assure that women have the tools, skills and opportunities they need to become and remain personally and economically self-sufficient.

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 PM to 8:30 PM.

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



NECC Faculty/Staff Receive National Recognition

Eight members of the Northern Essex Community College faculty and staff were recently named recipients of the National Institute for Staff and Organizational Development (NISOD) Awards for Excellence, a national honor that recognizes outstanding faculty and staff working at the country's community colleges.

This year's recipients include Michelle Carter of Cambridge, associate professor and department chair, Art & Design; Jennifer Fielding of Methuen, coordinator, Library Services-Lawrence Campus; Edward Flanagan of West Boylston, MA, associate professor and clinical coordinator, Emergency Medical Services.

Tammy Foster of Amesbury, administrative assistant, Liberal Arts; Jaime McLennan of Woburn, associate professor of Nursing, Level 1 coordinator; Brian MacKenna-Rice of Middleton, professor and coordinator, Human Services; Donna Tanner of Pelham, NH, assistant professor and coordinator for Educational Studies; and Jason Termini of Manchester, NH, assistant professor and department chair, Computer Information Systems.

Since 1978, NISOD has been dedicated to the professional development of faculty, administrators and staff; and to the continued improvement of teaching and learning, with the ultimate goal of student success. NISOD's Excellence Awards recognize men and women each year who have demonstrated an outstanding commitment and contribution to their students and colleagues. Excellence Award recipients are recognized during NISOD's annual international conference, which will be held in Austin, Texas, May 28-31.

Here is additional information on each of the recipients:

Michelle Carter is in her eighth year as a full-time professor and chair of the Art & Design Department. She was nominated by Dean of Liberal Arts Amy Callahan, who praised her for increasing art student enrollment during the pandemic by 10% to 85 students. "Professor Carter has developed a successful program that stands as a model for student engagement, academic excellence, experiential learning, faculty collaboration, and community outreach... her students engage in gallery events and complete internships." Callahan also credited Carter with building relationships with four-year transfer schools and generating participation in the annual Portfolio Day.

Tammy Foster, who has been at the college for 22 years, was also nominated by Dean Callahan. "Foster is renowned and respected for her dedication in serving students and faculty. "Behind the scenes, she has helped ensure the success of many Liberal Arts departmental events and programs, including the student newspaper, theater productions, and faculty meetings. She applies her intricate knowledge of NECC systems for the good of students and faculty, helping everyone do their work more effectively and efficiently," wrote Callahan in the nomination.

In nominating Jennifer Fielding for this award, Mike Hearn, assistant dean of libraries, praised her recognized expertise and scholarly work in information literacy.

"Jenny has published and presented nationally on information literacy engagement in higher education, and has spoken locally on the topic. Jenny's areas of scholarly interest include information literacy as a critical thinking skill, and the

societal effects of the use and misuse of information," he wrote. "She has dedicated her academic career to teaching students how to engage with information sources – both print and digital – and advancing the pedagogy related to information literacy."

For the past seven years, Edward (Ted) Flanagan has been on the college's paramedic faculty and clinical coordinator for the program.

"In his time here, he has worked to revamp the clinical experiences for students, including new standards and increasing availability of diverse clinical experiences. This has been extremely challenging during COVID especially, as clinical sites rapidly and abruptly shut down causing the need for rapid action," wrote Scott Lancaster, dean of health professions, in his nomination.

Graduates of the Paramedic Program have a current pass rate for licensure ranging from 90% to 100% which exceeds the national average of 73%, and Lancaster credits Flanagan with that success.

Brian MacKenna-Rice has served as coordinator of the Human Service Program for the past seven years and he started teaching in the program part-time five years before that. According to Kelly Sullivan, former dean of professional studies, who nominated MacKenna-Rice, he is very responsive to the needs of the local community and has created two certificate programs—Peer Recovery Specialist and Children's Behavioral Health Specialist—to address community need.

Sullivan also wrote "Brian has an excellent rapport with his students, he personally meets with most of his students to advise and register them, lately through Zoom. He also has contact with all incoming students over the summer, advising them and welcoming them to the program. This work is mostly voluntary."

Jaime McLennan of the Nursing faculty was nominated by Kelly Fisher, assistant dean of nursing and health professions, who praised her success in helping nursing students complete their first year. Fisher wrote "In her role as the course coordinator for the first year courses her colleagues see her as a strong and knowledgeable leader. Jaime has demonstrated a passion to work as a team of nursing faculty to educate and support our nursing students. She participates in our Nursing Committee's meetings by offering creative suggestions to improve our nursing program curriculum to assist students to achieve our program outcomes." McLennan also serves as faculty advisor for the Nursing Club.

A former elementary school principal, Donna Tanner has served as coordinator of the college's Educational Studies Program for the past eight years. Since joining the college, she has evaluated the curriculum and added courses that would align the curriculum to the Massachusetts frameworks.

For the past four years, Tanner has worked with the Lawrence Working Family Initiative, a partnership of the Lawrence Public Schools, Lawrence Community Works, Northern Essex, and the City of Lawrence, training Lawrence Public School parents to become paraprofessionals. "Donna has worked tirelessly to ensure students, many of whom speak English as a second language, succeed." wrote Kelly Sullivan in her nomination. Approximately 80% of these students are hired as paraprofessionals at the conclusion of the program.

In nominating Jay Termini for the

NISOD Award, Carolyn Knoepfler, dean of STEM Programs, cited his focus on connecting his students with employers. "He has been able to support scholarship/internship opportunities for students that lead

to full-time employment in many cases."

Termini has been teaching at Northern Essex for the close to seven years and has recently served as department chair of Computer Science.



Brian MacKenna-Rice



Donna Tanner



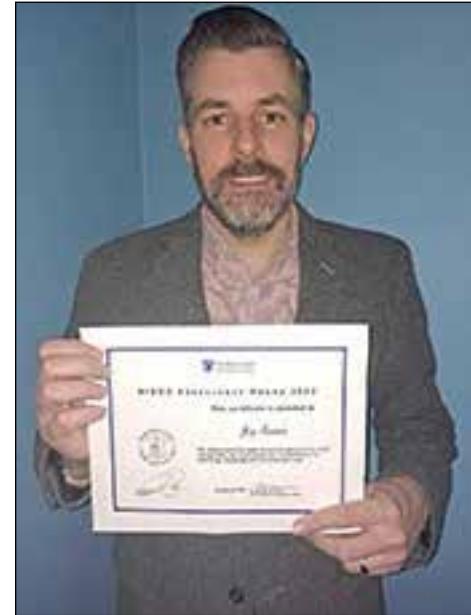
Ted Flanagan



Jenny Fielding



Jaime McLennan



Jason Termini



Tammy Foster



Michelle Carter

MVCC names Michael Sullivan as president of the Board of Directors

Dear Members of the Merrimack Valley Chamber of Commerce,

I am writing with some exciting news about the MV Chamber Board of Directors. The first, is after nearly a decade of strong, visionary and committed leadership, Sal Lupoli, has retired from the Board of Directors. Sal served as Chairman during a trying period, leading the Chamber through the worst recession since the great depression and then working with us all as we faced together the COVID crisis which hopefully will abate soon. Thank you to Sal Lupoli for his dedicated leadership and we all wish him well as he continues to expand Lupoli Companies!

As is the procedure when the Annual Meeting is distant and a Board position needs to be addressed, the Nominating Committee met and recommended to the Executive Committee in response to Sal Lupoli voluntarily retiring from the Board, that Michael Sullivan be considered as the Board Chairman. The Executive Committee met and after discussion with members of the Nominating Committee, voted to elect Michael Sullivan as the new Chairman of the Board. Michael, as you know, was the Chairman of the Chamber's Education Workforce Development Committee. In addition, Michael served two successful terms as Mayor of the City of Lawrence and understands the interaction of business



and government. His company, TA Sullivan Insurance and Real Estate, has been a member of the Chamber for nearly thirty years and is well respected and known throughout the Merrimack Valley. We welcome Michael and know he will do well for our members!

Thank you and please watch your emails for all upcoming events and say hello to our new Chairman at many of these Chamber programs.

Joseph Bevilacqua
President/CEO
Merrimack Valley Chamber of Commerce

Merrimack Valley Chamber of Commerce Gold Star Family Needs Help

Marine Corps Sergeant Johanny Rosario Pichardo who volunteered to be stationed in Afghanistan to screen women and children at the Hamid Karzai Airport was killed by a terrorist attack on August 26, 2021 along with 12 other brave service members.

It is now time to honor Sergeant Rosario Pichardo's brave service to the United States by helping her family who have been deeply shocked and saddened by the loss of their beloved, Johanny. It was the dream of Johanny to support her mom and sister financially by servicing her country. It is only fitting, to carry out Sergeant Johanny's wish to bestow her family with the gift of homeownership. It is clearly ironic and sad, that Johanny's life insurance proceeds will help make that dream come true.

Today, we make this offer to begin to allow the Pichardo family to get a taste of the American dream and to honor this fallen soldier who has kept us safe.

Moving forward:

The good news is that their dream of homeownership is becoming a reality but we need your help!

Property is being purchased located at 23 Durant St. in Lawrence, MA. Closing date is 2/25/2022. The family will plan on their permanent move in by the end of March.

Please connect as soon as possible if you can help.

The House is in need of repairs and improvements and I am writing to ask all interested contractors, home improvement suppliers, etc. if they will consider volunteering their time and/or donating needed building equipment or supplies so that we can together provide the Pichardo family with a fully renovated house at no cost to them (the family has used their funds to purchase the home).

If you can assist in any way, it will be greatly appreciated. Please feel free to call me or Chamber President Joe Bevilacqua to discuss if you need to view the house, how you may be able to assist and/or any questions you may have. I can setup access to the house anytime to view for estimates. Thank you in advance,

Mike Sullivan, Chairman
Board of Directors
978-204-2758

Pentucket Regional High School Senior Selected for All-State Jazz Band



Pentucket Regional High School senior Spencer Magan will participate in Massachusetts Music Educators' Association (MMEA) All-State Festival. (Photo Courtesy Pentucket Regional School District)

WEST NEWBURY — Superintendent Justin Bartholomew, Principal Jonathan Seymour, and Director of Jazz David Schumacher are pleased to share that a Pentucket Regional High School senior will participate in Massachusetts Music Educators' Association (MMEA) All-State Concert.

Spencer Magan of Groveland was one of just five trumpet players chosen for the All-State Jazz Band from among 25 students who were selected to audition. Magan and the All-State Jazz Band will perform at Symphony Hall in Boston on March 5. The concert also features performances by the All-State Choir, Orchestra, and Concert Band.

"We could not be prouder of Spencer," Director Schumacher said. "It has been a joy watching him grow as a musician, and see him succeed during such a competitive selection process this year."

Magan has performed in the school's Big Band and Concert Band for four years, and performs with the Jazz Combo this

year as well. He is also heavily involved with the theatre arts program. He writes his own music and plans to major in music composition in college next year.

The Massachusetts Music Educators' Association is a member of the National Association for Music Education, among the world's largest arts education organizations and the voice of music education in the United States.

"Spencer is incredibly dedicated to his music and the performing arts," Principal Seymour said. "The All-State Concert is representative of the best high school musicians in Massachusetts, and the event pushes them to new heights. It is great to see Spencer's many hours of hard work be recognized."

Tickets go on sale on Feb. 14, at the Symphony Hall Box Office at www.bso.org or by calling 1-888-266-1200.

Information on Pentucket Regional School District music programs and the Pentucket Music Boosters can be found at www.PentucketMusic.com

The Merrimack Valley Chamber of Commerce

Government Affairs Committee
Presents...

A SPECIAL REPORT FROM WASHINGTON

The Challenges and Opportunities Facing The United States in 2022

How are You, Your Family and Your Business Impacted?

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CONGRESSMAN SETH MOULTON & CONGRESSWOMAN LORI TRAHAN

Monday, February 28th, 2022

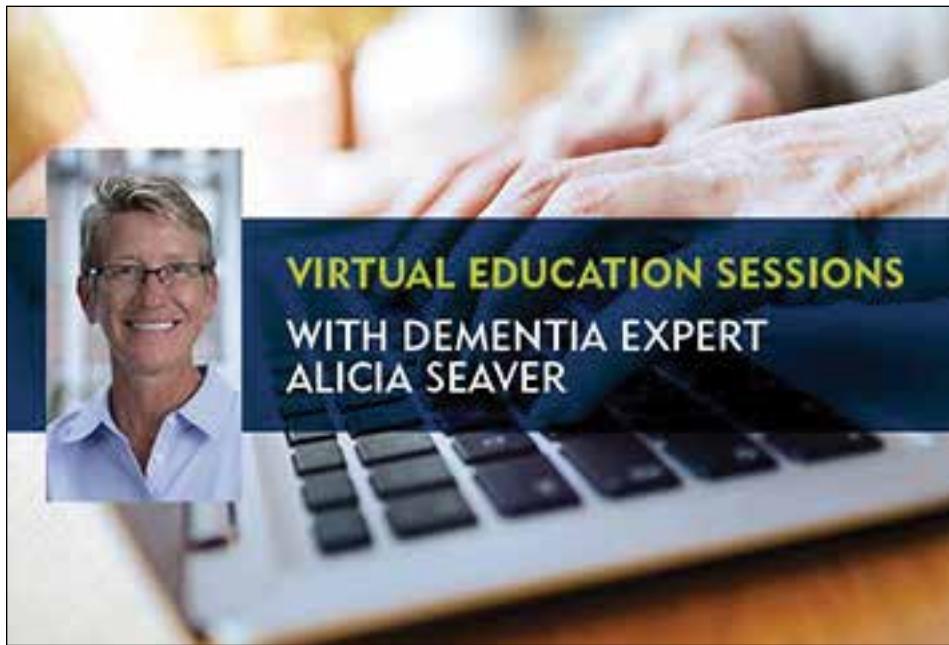
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Thank you to our Sponsors to date: All-Pro Electric; Covanta; Merrimack Valley Chamber Means Business Program; TEC, Inc The Engineering Corp; National Grid and UniCare

Sponsorship is available call Joe Bevilacqua at Chamber 978-686-0900

\$30.00 Chamber Member MVCC Congressional Breakfast February 28th, 2022 \$50.00 Future Member

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.

TO REGISTER:

<https://www.bridgesbyepochmemorycare.com/webinar/>

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LEGAL NOTICE

NOTICE OF PUBLIC SALE

Notice is hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicle on or after February 16, 2022 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicle is being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2017 Hyundai Santa Fe VIN KM8SMDHF0HU207162

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
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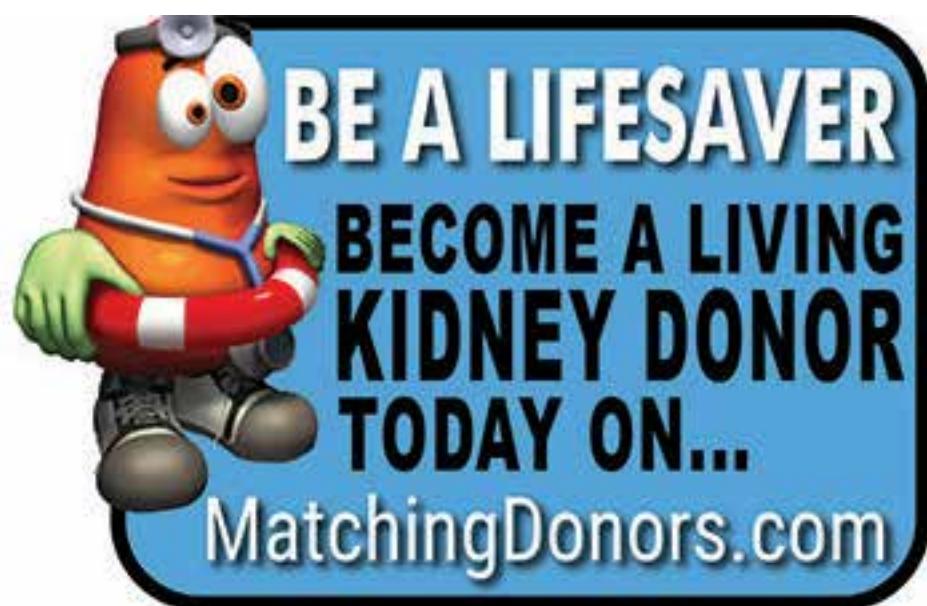


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La EPA reafirma bases científicas, económicas y jurídicas acerca de los límites para las emisiones tóxicas

Tomar medidas aseguraría una protección continua para los niños y las comunidades vulnerables

WASHINGTON (31 de enero de 2022) – La EPA propone reafirmar las bases científicas, económicas y jurídicas de las Normas de mercurio y sustancias tóxicas en el aire de 2012 (MATS, por sus siglas en inglés) para las plantas generadoras, las cuales requieren reducciones significativas de mercurio, gases ácidos y otros contaminantes nocivos. Controlar estas emisiones mejora la salud pública de todos los estadounidenses al reducir ataques cardíacos fatales, reducir riesgos de cáncer, evitar retrasos del desarrollo neurológico en los niños, y ayudar a restaurar ciertas funciones del ecosistema que son valoradas por las personas y las empresas. Estas mejoras de salud pública son especialmente importantes para los niños y para los segmentos particularmente vulnerables de la población como las comunidades indígenas, las comunidades de bajos ingresos y las personas de color que viven cerca de plantas generadoras o que se ven afectadas por la contaminación peligrosa del aire. La propuesta, que responde a la Orden Ejecutiva 13990 del presidente Biden de fecha 20 de enero de 2021 titulada “Proteger la salud pública y el medioambiente y restaurar la ciencia para enfrentar la crisis climática”, revertiría una regla emitida por la administración anterior en mayo de 2020, la cual perjudicó la base jurídica de estas protecciones vitales para la salud.

“La ciencia fidedigna deja en claro que necesitamos limitar el mercurio y las toxinas en el aire para proteger a los niños y a las comunidades vulnerables contra la contaminación peligrosa”, explicó Michael S. Regan, administrador de la EPA. “La EPA está comprometida a reducir agresivamente la contaminación del sector energético para que todas las personas, sin importar su código postal ni la cantidad de dinero que tengan en el bolsillo, puedan respirar aire limpio y vivir vidas sanas y productivas.”

La propuesta dejaría inalteradas las normas actuales de emisiones, pero aseguraría la continuación de las protecciones de salud pública que exigen estos requisitos, procurando a la vez obtener información del público sobre oportunidades de lograr reducciones adicionales de la contaminación. Tomando en cuenta la carga que imponen en la salud pública los contaminantes peligrosos en el aire como el mercurio, así como los costos de controlar estas emisiones, la EPA propone determinar que es adecuado y necesario regular las emisiones de sustancias tóxicas en el aire provenientes de las plantas generadoras según la Ley de Aire Limpio.

Las normas de MATS, combinadas con avances en el sector energético, han impulsado reducciones drásticas en contaminantes nocivos. La EPA ha estimado

que para 2017, las emisiones de mercurio de las plantas generadoras se redujeron en un 86 por ciento, las emisiones de gases ácidos se redujeron en un 96 por ciento y las emisiones de metales que no son mercurio se redujeron en un 81 por ciento en comparación con los niveles previos a las normas de MATS en 2010.

Antes de las normas MATS, las plantas generadoras eran la mayor fuente nacional de emisiones de mercurio y otros contaminantes tóxicos como cloruro de hidrógeno y selenio. También estaban entre los que más contribuían en el país sustancias como arsénico, cromo, cobalto, níquel, cianuro de hidrógeno, berilio y cadmio.

El hallazgo inicial adecuado y necesario se efectuó en 2000 y reafirmó en 2012 y 2016. En mayo de 2020, la administración anterior revirtió el hallazgo de 2016 de la EPA, perjudicando la base jurídica para las Normas de mercurio y sustancias tóxicas en el aire. La Orden Ejecutiva 13990 del presidente Biden dio instrucciones a la EPA de revisar dicho hallazgo y considerar una medida para dejar esto sin efecto. En la medida de hoy, la EPA propone determinar que la medida de 2020 se basó en una interpretación fundamentalmente deficiente de la Ley de Aire Limpio que indebidamente pasó por alto o subvaloró beneficios vitales de salud derivados de reducir la contaminación peligrosa en el aire proveniente de las plantas generadoras. Basándose en una evaluación integral de estos beneficios, los costos razonables de los controles, y otros factores relevantes, la EPA propone reafirmar que es adecuado y necesario regular las emisiones de contaminantes peligrosos en el aire que provienen de plantas generadoras que operan a base de carbón y petróleo.

La agencia también continúa considerando la Evaluación de Riesgo y Tecnología de MATS, como lo indica la Orden Ejecutiva 13990, a fin de determinar si son factibles y se justifica aplicar protecciones más estrictas contra la contaminación peligrosa del aire que proviene de las plantas generadoras. Para apoyar dicha evaluación, la EPA solicita información sobre el desempeño y costo de tecnologías o métodos nuevos o mejorados de operación para controlar las emisiones peligrosas de contaminantes al aire, así como información relacionada con el riesgo, como parte de esta propuesta.

La EPA aceptará comentarios sobre la propuesta durante 60 días después de la publicación en el Registro Federal. La agencia también planea llevar a cabo una audiencia pública virtual. Se anunciarán en línea los detalles sobre la audiencia en las semanas venideras.

“Resolvamos ser dueños, no víctimas, de nuestra historia, controlando nuestro propio destino sin dar paso a sospechas y emociones ciegas”.

“Let us resolve to be masters, not the victims, of our history, controlling our own destiny without giving way to blind suspicions and emotions.”

— John F. Kennedy

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.

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LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

The Hypocrisy at the Council is Nothing New, but the Stupidity gets Grandiose

I waited until the Lawrence City Council meeting was over to write this column because the hypocrisy of many council members was so huge that one could cut it with a knife.

I was screaming through the monitor at the streaming meeting. Hypocrisy doesn't result from having double standards but pretending you have one standard when no one does. We all try to figure out the contexts in which it's better to be honest vs. dishonest, receptive vs. unreceptive, etc. However, defending ourselves when the rules come back to bite us is how we reinforce our hypocrisy, and the council members were all about it last Tuesday at the full council meeting.

How do people reconcile themselves to saying one thing and doing another? And are there benefits? Yes! First, let's begin with the highlight of the council meeting, the

approval of the Leahy School Construction Project. Half of the councilors sat there, looked at the television camera, and fed you a bunch of hogwash. At least four of the councilors contradicted themselves and two others were hypocrites.

Let's start with Councilor Jeovanny Rodriguez who began the night by stating that he voted for the 2.5% tax override last November, in support of the Leahy construction. Then immediately he stated, "The reason I am voting yes tonight is that there are no tax increases"; then went on to argue that the money should be used for its intended purpose – ARPA. Well, councilor, which is it?

Then you had Councilor Ana Levy stating that she voted no, for the Leahy project, during last November's election, but then she "would have voted yes even if there were taxes increases" on the table during tonight's meeting. Which is it Councilor?

I don't even know what Councilor De La Cruz was talking about, or even Councilor Payano. María's microphone was off for a while and her mask was on her chin; another sign of hypocrisy. If it bothers you,

stay at home but don't pretend to comply with the rule.

Each of those councilors spoke about how the City needed to support school constructions and ensure capital is added to school maintenance budgets moving forward. They said this like they were never part of the council. In each of the last 10 years, councilors have voted to increase housing builds and never once complained about oversize classrooms, or the deterioration of school buildings.

Then further into the meeting, when the council was debating on approving the mayor's budget amendment, Councilor Jeovanny Rodriguez decided to play dumb and forget about every vote he has taken that went against everything he stated at last Tuesday's meeting. He asked whether changes to salary required a classification of any kind. He then asked for the Budget Director to answer some follow-up questions on the same topic, knowing that there was a more expert knowledge person in the audience.

Here is something for Councilor Rodriguez to understand the level of

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hypocrisy that he portrayed. You, councilor, approved every budget that came down to council, from the two previous mayors, and they all included increases of salary that you voted for without asking for a salary classification.

And then there was the charter objection that Councilor Rodriguez threw out there. He made a motion on top of a motion that was already on the table and being discussed. I have to say that the level of anger in him of losing the presidency to Marc Laplante is getting to him. Why would one charter object, just to spite?

They were discussing the mayor's list of salaries and travel expenses requested and I was in agreement with Jeovanny. The charter objection is only going to kick the can down the road further instead of talking about it and put an end to it.

Again, if you are a person that views these meetings, you could see the hypocrisy blocking our television screen. That's how thick it was.

This was a very important meeting; I will be able to write further next week about all that was discussed.

Documentary Highlights Work of Master Ceramicist & MCC Professor

"As a Cambodian-American filmmaker, I feel that Cambodians have a lot of untold stories," said Vibol Sungkriem, Director and Producer of the new documentary "Yary Livan: Khmer Traditional Ceramic Artist."

The documentary tells the story of Yary Livan, one of two master Cambodian ceramicists in the world, a 2015 National Endowment for the Arts National Heritage Fellow, and a ceramics professor at Middlesex Community College.

Sungkriem was introduced to Livan at his studio at Western Avenue Studios by a friend who suggested making the documentary. At first, Sungkriem hesitated because he did not know much about ceramics. After seeing Livan's work, he was inspired to move forward with the project.

"I knew of the importance of his work and to document it for the next generation," Sungkriem said. "Due to the rareness and uniqueness of his talent, I decided to work on it. Overall, his rarity got the best of me."

MCC hosted a film screening of the documentary on Thursday, February 10, 2022 at the college's Richard and Nancy Donahue Family Academic Arts Center. The event was free, open to the public, and included a reception and ceramics exhibit and a Q&A with Livan and the filmmaker.

Middlesex was honored to have held the event in Lowell where Livan lives and works, according to Dona Cady, MCC's Professor of Humanities.

"Yary is a national and community treasure whose passion for teaching and preserving the Cambodian artistic form yet also reimagining it, illustrates the power of art and culture to inspire and educate," Cady said. "His work touches the soul."

"I am so pleased to see Yary and his work highlighted in this documentary film," said Matthew Olson, MCC's Dean of Humanities. "It is important to understand that Yary is one of the last surviving practitioners of this traditional Cambodian

art form. We are proud to have him on our teaching staff, continuing this tradition with new generations and all across our community."

Livan studied Khmer traditional ceramics and architectural ornamentation at the Royal University of Fine Arts in Phnom Penh in 1971, according to Margaret Rack, retired MCC Chair of Art and Design and current adjunct faculty member.

"Cambodian design, or Khmer Kbach, is a thousand-year-old tradition of ornamentation – it decorates objects and architectural surfaces throughout Cambodia and in the diaspora," Rack said. "It is passed on as an oral tradition, with scant written scholarship except for the collection of examples. Even in Cambodia today, students trying to learn Kbach mostly copy forms without knowing the many intricacies of meaning, nor how to distinguish designs that are distinctly Khmer compared to neighboring countries. This is largely the legacy of the Cambodian genocide, as there are few surviving master artists."

Rack is at the forefront of sharing Livan and his work with the community of Lowell. In partnership with Livan and Lowell Public School Art Teacher Jacqui Miller, Rack participated in a 2016 Fulbright Hayes Group Project to Cambodia and has helped organize the classes Livan teaches to Lowell public school teachers.

Her most recent project — supported by a grant from the Lowell Cultural Council — is in collaboration with Joe Eiler, MCC's Graphic Design Program Coordinator, to introduce classic Cambodian designs into an adult coloring book.

The project will feature descriptive definitions to "both educate and enchant" to go along with Livan's hand drawn ink illustrations Eiler helped format to print, according to Rack. Miller will help with distribution, which will also be offered to local schools and community groups, and



Middlesex Community College hosted a film screening of the documentary "Yary Livan: Khmer Traditional Ceramic Artist" directed by Vibol Sungkriem. The documentary highlights the work of Yary Livan who is one of two master Cambodian ceramicists in the world, a 2015 National Endowment for the Arts National Heritage Fellow, and a ceramics professor at MCC. L-R: Arlene Rodríguez, MCC's Interim Provost and Vice President of Academic and Student Affairs; Phil Sisson, MCC's President; Vibol Sungkriem, Director and Producer; Yary Livan, master Cambodian ceramicist.

sold in Spring 2022.

Middlesex students have the opportunity to learn ceramics from Livan, working on hands-on projects and practicing techniques. At the end of the course, Livan brings his classes to the Cambodian Kiln located in the Lowell National Historic Park to finish their artwork.

This is just one example of how MCC provides students with valuable and relevant learning experiences inside and outside of the classroom. Flexible and affordable courses and accessible and equitable student support services — with on campus, online and hybrid options — prepare students for the workforce or to transfer to four-year schools.

Get a jumpstart on summer and fall plans by registering now for MCC's Spring 2022 Mini-mester II — an accelerated eight-week session that offers the same content, academic standards and instructional hours

as courses scheduled during the traditional 15-week semester.

MCC's Spring 2022 Mini-mester II starts on Monday, March 28. For more information, visit www.middlesex.mass.edu/registration/ or call 1-800-818-3434 to register.

Discover your path at Middlesex Community College. As one of the largest, most comprehensive community colleges in Massachusetts, MCC has been a proven leader in education for more than 50 years. Middlesex puts the student first. Meeting each learner where they are, MCC provides them with a safe, welcoming and engaging place to learn. Offering more than 80 degree and certificate programs — plus hundreds of noncredit courses — Middlesex features flexible course formats and a variety of award-winning student support services and resources. Student success starts at MCC!

In Celebration of Black History Month, SBA Administrator Guzman Announces New Funding to Expand Outreach Centers for Women Entrepreneurs through Minority Serving Institutions

\$1.5M Will be Awarded to Support the Expansion of the Agency's Women's Business Centers Across HBCUs and Higher Education Institutions Serving Hispanic, Tribal and AAPI Communities

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, announced the availability of \$1.5 million for 10 new grant opportunities for established Minority Serving Institutions aspiring to host a Women's Business Center (WBC) to provide local outcome-oriented business services for women entrepreneurs.

As Black History Month gets underway, the announcement highlights the Agency's commitment to creating funding opportunities that increase equity for small business owners – a priority under Administrator Guzman. Through the SBA's Office of Women's Business Ownership's (OWBO), the WBCs will help entrepreneurs pivot, grow and navigate new opportunities created through President Biden's Bipartisan Infrastructure Law, such as competing in the burgeoning industries solving climate change and to grow clean-energy supply chains that will help expand global exporting.

"Our efforts to help establish more Women's Business Centers at Minority Serving Institutions across America will not only deliver on the Biden-Harris administration's priority to invest in equity but also will help more women entrepreneurs—one of the most energetic, innovative and fastest-growing segments of our small business economy—drive America's strong recovery and Build a Better America," said Administrator Guzman. "Our Women's Business Centers provide vital support, connecting women entrepreneurs with many of the SBA's most valuable resources including access to capital, professional networks, skills training for business growth and resilience, and much more. My hope is that leaders of every qualifying institution will seize this opportunity to establish a Women's Business Center and start building bridges to opportunity for our nation's women business owners."

The purpose of the new funding will be for up to 10 private, non-profit organizations to provide entrepreneurial development services to women, with an emphasis on socially and economically disadvantaged entrepreneurs in locations that are outside of the geographical areas of existing WBCs.

Eligible applicants include the following institutions of higher education or their affiliates:

- Historically Black Colleges and Universities (HBCUs)(as defined in 20 USC §1061)
- Hispanic Serving Institutions (HSIs)(as defined in 20 USC § 1101a)

- Tribal Colleges and University (TCUs) (as defined in 20 USC 1059c)
- Native Hawaiian Serving Institutions (NHSIs)(as defined in 20 USC § 1059d(b))
- Alaska Native Serving Institutions (ANSIs)(as defined in 20 USC § 1059d(b)) of higher learning with existing minority entrepreneurship or related programs

"Under the leadership of Administrator Guzman, the Office of Women's Business Ownership continues to work to advance the priorities of the Biden-Harris Administration. Our office looks forward to supporting initiatives to ensure that multicultural women and the academic institutions that support them across the nation, have access to resources and support to advance entrepreneurial opportunities and preparation," said Natalie Madeira Cofield, Assistant Administrator, U.S. Small Business Administration. "This notable expansion builds on our historic expansion in 2021, where our center footprint grew to include 24 new centers, 60-percent of which were located in rural communities across the nation, including Puerto Rico."

Since March 2021 alone, twenty-four new centers have opened. Among the newest WBCs are three affiliated with Historically Black Colleges and Universities (HBCU) and two in Puerto Rico, as well several focused on reaching entrepreneurs from rural communities. Currently, OWBO funds and supports the largest WBC network in the history of the SBA, with 140 centers in 49 states and Puerto Rico.

The SBA's WBC network provides one-on-one counseling, training, networking, workshops, technical assistance, and mentoring to women entrepreneurs on numerous business development topics, including business startup, financial management, marketing, and procurement. To find other WBC locations and additional SBA resources, visit www.sba.gov/tools/local-assistance.

How to Apply

Eligible applicants must be private, non-profit organizations with 501(c) tax-exempt status from the U.S. Treasury's Internal Revenue Service and must or be affiliated with a Minority Serving Institution.

The application acceptance period for this grant opportunity is Wednesday, Feb. 2, 2022, through Monday, March 14, 2022. Proposals responding to this program must be submitted through www.grants.gov by Monday, March 14, 2022, at 11:59 p.m. Eastern Daylight Time (EDT). No other methods of submission will be permitted. Proposals submitted after the stipulated deadline will be rejected without being evaluated.

Interested applicants may direct any questions about the WBC funding opportunity to Donald Smith, SBA Deputy Assistant Administrator for the Office of Women's Business Ownership, at Donald.Smith@sba.gov. For issues with grants.gov, please visit www.grants.gov/web/grants/support, call the Grants.gov Support Line at 1-800-518-4726, or email support@grants.gov.

Parabrisas de Armstrong Ambulance destrozado por un gran trozo de hielo de un vehículo en la I-93



El parabrisas de una ambulancia de Armstrong fue destrozado por un gran trozo de hielo que salió volando de otro vehículo en la I-93 el sábado, 5 de febrero. (Foto cortesía de Armstrong Ambulance)

An Armstrong Ambulance's windshield was shattered by a large chunk of ice that flew off another vehicle on I-93 on Saturday, Feb. 5. (Photo Courtesy Armstrong Ambulance)

ARLINGTON – Armstrong Ambulance informa que uno de los parabrisas de su ambulancia sufrió daños durante el fin de semana después de que un gran trozo de hielo saliera volando de otro vehículo en la I-93.

Aproximadamente a las 11:30 a.m. del sábado, 5 de febrero, una ambulancia de Armstrong transportaba a un paciente en el área del cruce de la I-93 y la I-95 cuando un gran trozo de hielo salió volando de otro vehículo y golpeó el parabrisas de la ambulancia.

En el momento del incidente, dos técnicos de emergencias médicas y un paciente se encontraban en la ambulancia.

Armstrong Ambulance pudo transportar al paciente de manera segura a su ubicación prevista sin más incidentes. No hubo lesionados producto del incidente.

Armstrong Ambulance presentó un informe ante la Policía Estatal de Massachusetts y la ambulancia estará fuera de servicio hasta que se repare el parabrisas.

"Después de cualquier tipo de tormenta de nieve o clima helado, es imperativo que los conductores retiren la nieve y el hielo de sus vehículos, especialmente de los techos, ya que la caída de hielo puede causar daños importantes a otros vehículos o lesiones graves a sus ocupantes", dijo el director ejecutivo de Armstrong, Richard Raymond.

Armstrong Ambulance's Windshield Shattered by Large Chunk of Ice From Vehicle On I-93

ARLINGTON – Armstrong Ambulance reports that one of its ambulance's windshield sustained damage over the weekend after a large chunk of ice flew off another vehicle on I-93.

At approximately 11:30 a.m. on Saturday, Feb. 5, an Armstrong Ambulance was transporting a patient in the area of the I-93 and I-95 interchange when a large chunk of ice flew off another vehicle and struck the windshield of the ambulance.

At the time of the incident, two EMTs and a patient were in the ambulance. Armstrong Ambulance was able to safely

transport the patient to their intended location without further incident. There were no injuries as a result of the incident.

Armstrong Ambulance filed a report with Massachusetts State Police and the ambulance will be out of service until the windshield is repaired.

"Following any type of snowstorm or icy weather, it's imperative that drivers remove snow and ice from their vehicles, especially the roofs, as falling ice can cause major damage to other vehicles or serious injury to their occupants," Armstrong CEO Richard Raymond said.

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.

Un nuevo estudio revela que los usuarios jóvenes de cigarrillos electrónicos desarrollan sibilancias y otros síntomas respiratorios

Investigación de la Universidad de Boston refuerza que no existe un cigarrillo electrónico seguro

Un nuevo estudio financiado por la American Lung Association revela que los adultos jóvenes que usaban cigarrillos electrónicos tenían más probabilidades de desarrollar problemas respiratorios dentro del año de vapear. El estudio, titulado "Asociación del uso de cigarrillos electrónicos con el desarrollo de síntomas respiratorios entre adultos jóvenes de EE.UU.", se publicará en el American Journal of Respiratory and Critical Care Medicine.

En el estudio, el autor principal Andrew Stokes, Ph.D., de la Facultad de Salud Pública de la Universidad de Boston, descubrió que los participantes que usaban cigarrillos electrónicos tenían una mayor incidencia de síntomas respiratorios auto informados, como sibilancias, tos seca durante el sueño y sibilancias durante el ejercicio, dentro de los 12 meses de uso. Estos síntomas se informaron independientemente del uso anterior de cigarrillos combustibles.

"El presente estudio encuentra una asociación prospectiva significativa de vapeo con el desarrollo posterior de síntomas respiratorios en una gran cohorte representativa a nivel nacional de adultos jóvenes sin antecedentes previos de síntomas respiratorios", dijo el Dr. Stokes. "Esta evidencia destaca un imperativo urgente de salud pública para estándares regulatorios más sólidos en todos los niveles de gobierno para detener la epidemia de vapeo entre jóvenes".

Específicamente, el estudio encontró que:

- Los usuarios actuales de cigarrillos electrónicos tenían
 - 32% más de probabilidades de desarrollar cualquier síntoma respiratorio y
 - 51% mayor probabilidad de desarrollar sibilancias en el pecho.
- Los antiguos usuarios de cigarrillos electrónicos tenían
 - 20% más de probabilidades de desarrollar cualquier síntoma respiratorio y
 - 41% mayor probabilidad de desarrollar sibilancias en el pecho.

"Este estudio proporciona más evidencia de que los cigarrillos electrónicos son dañinos para los pulmones y que la Administración de Drogas y Alimentos de los EE. UU. (FDA, por sus siglas en inglés) debe brindar protecciones de salud pública más sólidas para estos productos, incluida la eliminación de todos los productos con sabor del mercado", dijo Albert Rizzo, MD, director médico de la Asociación Americana del Pulmón. "Esta investigación agrega evidencia adicional de que no existe un cigarrillo electrónico seguro y que el vapeo es dañino para la salud".

Además, el estudio informó que los usuarios de cigarrillos electrónicos con sabor a tabaco tenían un 170 % más de probabilidades de desarrollar cualquier síntoma respiratorio en comparación con quienes nunca los usaron.

La Lung Association ha pedido a la FDA que cree un estándar y defina qué productos químicos deben incluirse en los cigarrillos electrónicos con sabor a tabaco. La organización reconoce que todos los sabores de los cigarrillos electrónicos son aditivos y que no hay un sabor a "tabaco" inherente a los cigarrillos electrónicos.

Este artículo utilizó datos del estudio PATH (Evaluación de la población sobre el tabaco y la salud), un estudio longitudinal que rastrea los cambios en el consumo de tabaco a lo largo del tiempo entre los participantes. Este artículo analizó a adultos jóvenes (de 18 a 24 años de edad) que eran usuarios actuales o anteriores de cigarrillos electrónicos y no tenían enfermedades respiratorias ni síntomas antes de ingresar al estudio.

El Dr. Stokes actualmente está financiado por el Premio de Investigación de Políticas Públicas de la Asociación Estadounidense del Pulmón, un nuevo premio que permite a los científicos examinar cuestiones de políticas públicas que afectan la salud pulmonar.

Obtenga más información sobre los peligros de los cigarrillos electrónicos en E-Cigarettes & Vaping | Asociación Americana del Pulmón.

La American Lung Association es la organización líder que trabaja para salvar vidas mejorando la salud pulmonar y previniendo enfermedades pulmonares a

través de la educación, la promoción y la investigación. El trabajo de la American Lung Association se centra en cuatro imperativos estratégicos: vencer el cáncer de pulmón; defender el aire limpio para todos; para mejorar la calidad de vida de las personas con enfermedad pulmonar y sus familias, y para crear un futuro libre de tabaco. Para obtener más información acerca de la American Lung Association, poseedora de la codiciada calificación de 4 estrellas de Charity Navigator y miembro Gold-Level GuideStar, o para apoyar el trabajo que realiza, llame al 1-800-LUNGUSA (1-800-

586-4872) o visite: Lung.org.

Fundada en 1976, la Escuela de Salud Pública de la Universidad de Boston es una de las cinco mejores escuelas privadas de salud pública del mundo. Ofrece educación a nivel de maestría y doctorado en salud pública. El cuerpo docente de seis departamentos lleva a cabo investigaciones de salud pública que cambian las políticas en todo el mundo, con la misión de mejorar la salud de las poblaciones, especialmente las desfavorecidas, desatendidas y vulnerables, a nivel local y mundial.

New Study Reveals Young E-Cigarette Users Develop Wheezing, Other Respiratory Symptoms

Research from Boston University reinforces that there is no safe e-cigarette

A new study funded by the American Lung Association reveals that young adults who used e-cigarettes were more likely to develop respiratory issues within one year of vaping. The study, titled, "Association of Electronic Cigarette Use with Respiratory Symptom Development among US Young Adults," will be published in the American Journal of Respiratory and Critical Care Medicine.

In the study, senior author Andrew Stokes, Ph.D., from Boston University School of Public Health found that participants who used e-cigarettes had greater incidence of self-reported respiratory symptoms, such as wheezing, dry cough during sleeping and wheezing during exercise, within 12 months of use. These symptoms were reported regardless of former combustible cigarette use.

"The present study finds a significant prospective association of vaping with subsequent respiratory symptom development in a large, nationally representative cohort of young adults with no previous history of respiratory symptoms," said Dr. Stokes. "This evidence highlights an urgent public health imperative for more robust regulatory standards at all levels of government to stop the youth vaping epidemic in its tracks."

Specifically, the study found that:

- Current e-cigarette users had
 - 32% greater odds of developing any respiratory symptom and
 - 51% greater odds of developing wheezing in the chest.
- Former e-cigarette users had
 - 20% greater odds of developing any respiratory symptom and
 - 41% greater odds of developing wheezing in the chest.

"This study provides more evidence that e-cigarettes are harmful to the lungs and that the U.S. Food and Drug Administration (FDA) needs to provide stronger public health protections from these products including removing all flavored products from the marketplace," said Albert Rizzo, M.D., Chief Medical Officer for the American Lung Association. "This research adds further evidence that there is no safe e-cigarette and that vaping is harmful to your health."

Additionally, the study reported that tobacco flavored e-cigarette users had 170% greater odds of developing any respiratory symptom compared to never users.

The Lung Association has called on the FDA to create a standard and define which chemicals should go into the tobacco flavored e-cigarettes. The organization recognizes that all flavors in e-cigarettes are additives and there is no "tobacco" flavor inherent in e-cigarettes.

This article used data from the PATH study (Population Assessment of Tobacco and Health), a longitudinal study tracking changes in tobacco use over time among participants. This article looked at young adults (aged 18-24 years) who were current or former e-cigarettes users and had no respiratory disease or symptoms prior to entering the study.

Dr. Stokes is currently funded by the American Lung Association's Public Policy Research Award, a new award empowering scientists to examine public policy issues that impact lung health.

Learn more about the dangers of e-cigarettes at E-Cigarettes & Vaping | American Lung Association.

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. The work of the American Lung Association is focused on four strategic imperatives: to defeat lung cancer; to champion clean air for all; to improve the quality of life for those with lung disease and their families; and to create a tobacco-free future. For more information about the American Lung Association, a holder of the coveted 4-star rating from Charity Navigator and a Gold-Level GuideStar Member, or to support the work it does, call 1-800-LUNGUSA (1-800-586-4872) or visit: Lung.org.

Founded in 1976, Boston University School of Public Health is one of the top five ranked private schools of public health in the world. It offers master's- and doctoral-level education in public health. The faculty in six departments conduct policy-changing public health research around the world. New Study Reveals Young E-Cigarette Users Develop Wheezing, Other Respiratory Symptoms



Community Teamwork

Board of Directors Monthly Meeting

Wednesday, 2/23/22, 6:30pm

PUBLIC WELCOME

**To participate virtually, contact:
headquarters@commteam.org**