

Marzo/March 8, 2022

EDICIÓN NO. 806

The BILINGUAL Newspaper of the Merrimack Valley

"Let's build a country of opportunities, where everybody is equal before the law and where the rules of the game are honest and transparent, and the same for everyone."

"Construyamos un país de oportunidades, donde todos sean iguales ante la ley y donde las reglas del juego sean honestas, transparentes e iguales para todos".

- Volodymyr Zelensky

PRIDEStar EMS Paramedics Honored



(Photos Courtesy PRIDEStar EMS)

From left, PRIDEStar EMS Paramedic Samantha Kuenzler, Haverhill resident Steven St. Germaine, and Paramedic Bobby Thorne reunite after the City Council meeting. Pg. 6

International Women's Day

The month of March is Women's History Month and today is International Women's Day! Last week, the Club started its celebrations by having a Girl's Day with a few of our Girl Lab volunteers!

Girl Lab is a STEM program here at the Club, led by Raytheon employee Meredith M. and a few other women engineers, inspiring young women to see STEM differently. Girl's Day is a national celebration of all girls interested and considering a career in STEM. This year was the first Girl's Day event at the Club since 2020, and it was a success.

With pizza, brownies, and anticipation, girls ages ten and up were invited to participate in science activities. The activity was to teach the girls about moon landings before creating a moon lander. In teams of 3, the girls had to learn to work

and collaborate while designing and building their product using straws, cardboard, and marshmallows.

After creating their landers, they had to test it out by dropping a cup of marshmallows from a ladder onto their landers. Although two teams could only make a sustainable lander, the girls still enjoyed the project and learned about the technology behind rockets and safely landing on the moon.

"I love STEM events at the Club because they're always new and exciting. Without the Club, I would never do these activities," Rochelle, age 11, said.

When putting together these events, our goal is not only to teach our members a new skill but to allow them to experience something different and exciting.

Happy International Women's Day to all the amazing women out there!

Join us for the next lecture in our spring series at the Buttonwoods!

On Tuesday, March 22nd at 6 PM, Carol Majahad, Coordinator of Museum Education, North Andover Historical Society, will present, "Moving Beyond Salem: The Andover Phase of the 1692 Witch Trials."

Lecture starts at 6 pm, free lecture, no reservations required, masks required, light refreshments will be served.

For more information, contact Jen Turner at programs@buttonwoods.org



ZOOM "HONORING AMERICA'S 401ST BIRTHDAY" PRESENTATION FOR RETIREMENT HOME RESIDENTS OFFERED AT NO COST

LIBERTY TREE SOCIETY A Non-profit group , est. 1967, to celebrate the American elm

"Before they got off the boat, they wanted organize themselves. The Mayflower Compact was created for them to know who was in charge how to deal with indiscretions and problems much like our Constitution. (These) documents created a compact, a promise, a trust." David Weidner, Exec. Dir., Pilgrim Monument and Museum, Provincetown, MA

Liberty Tree Society, Walpole, NH is offering a no cost 30 minute presentation about the Mayflower Compact, the men who drafted it and the possibility that it may be considered America's "First Constitution."

"There are several million people living in America today who are considered Mayflower descendants. Many do not know it. My wife, Frances Soule, was a daughter of a descendant of Pilgrim George Soule. She was also related to more than (10) of the other Mayflower passengers. Her death in 2016, after 71 years of marriage, prompted me to investigate the importance of the Mayflower Compact. I wish to honor her memory with this ZOOM presentation and by making Mayflower Compact certificates available at no cost," says John Hansel, Founder of the Liberty Tree Society.

Please address your inquiry to John Hansel or call Yvonne, (603)209-2434 or email libertytreesociety@gmail.com to schedule a virtual presentation and to request materials.



Virtual Legislative Forum

Friday, March 25, 2022

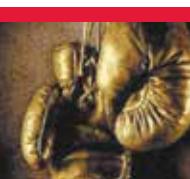
10:00 A.M.-12:00 Noon

via Zoom

Save the Date

Por/By Dalia Diaz
rumbonews.com/blogs

Desde Mi Esquina

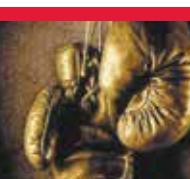


Padres en la enseñanza
Vehículos eléctricos
Todos odian a los ricos

Página 4

Por/By Dalia Diaz
rumbonews.com/blogs

From My Corner



Parents in education
Electric vehicles
Everybody hates the rich

Page 16

Un nuevo sistema electoral para Haverhill: Es hora de implementar la voluntad de los votantes

Por Manuel Matías, Presidente
La Coalición Latina de Haverhill

En noviembre pasado, los votantes de Haverhill aprobaron abrumadoramente dos iniciativas electorales para mejorar la forma en que elegimos a nuestro Concejo Municipal y al Comité Escolar.

Bajo nuestro actual sistema electoral "en general", los candidatos al Concejo Municipal y al Comité Escolar son elegidos sin importar dónde residan dentro de la ciudad.

Las iniciativas que los votantes aprobaron abrumadoramente el otoño pasado exigen que la ciudad cambie a un sistema basado en distritos electorales en el

que los votantes podrán elegir representantes de sus propios vecindarios. También se mantendrán algunos asientos para toda la ciudad para asegurar una perspectiva de toda la ciudad.

El nuevo sistema electoral garantizará una representación más diversa de cada parte de la ciudad, para que el poder no se concentre en unos pocos barrios. Y alentará a más personas a postularse para un cargo.

Este martes, el Concejo Municipal tendrá la oportunidad de comenzar a hacer realidad ese cambio y de marcar el comienzo de un nuevo sistema electoral que fortalecerá a nuestra Ciudad en su conjunto.

A New Electoral System For Haverhill: Is time to implement the will of the voters

Manuel Matias, President
The Latino Coalition of Haverhill

This past November, Haverhill voters overwhelmingly approved two ballot initiatives to improve the way we elect our City Council and School Committee.

Under our current "at-large" electoral system, City Council and School Committee candidates are elected regardless of where they reside within the city.

The initiatives that voters overwhelmingly approved last fall call for the city to change to a ward-based system in which voters will be able to elect representatives from their own

neighborhoods. Some city-wide seats will remain as well to ensure a city-wide perspective.

The new electoral system will ensure more diverse representation from every part of the city, so power is not concentrated in just a few neighborhoods. And it will encourage more people to run for office.

This Tuesday the City Council will have the opportunity to start making that change reality – and to usher in a new electoral system that will strengthen our City as a whole.

Organiza tus finanzas y protege lo más importante para ti.

Descubre los grandes beneficios que Pérez Financial te ofrece en asesoría financiera personal y empresarial.

**ASEGÚRATE
INVIERTE
JUBÍLATE**

978.728.1529

213 Broadway, Suite 5
Methuen, MA 01844
sarah@perezfinancial.com



Mes de la Historia de la Mujer: marzo de 2022

El Mes Nacional de la Historia de la Mujer se remonta al 8 de marzo de 1857, cuando las mujeres de varias fábricas de la ciudad de Nueva York organizaron una protesta por las malas condiciones laborales. La primera celebración del Día de la Mujer en los Estados Unidos fue en 1909, también en la ciudad de Nueva York. Más de siete décadas después, el Congreso en 1981 estableció la Semana Nacional de la Historia de la Mujer que se conmemora anualmente la segunda semana de marzo. En 1987, el Congreso amplió la semana a un mes y, desde entonces, todos los años ha aprobado una resolución (y el presidente ha emitido una proclamación) designando marzo como el Mes de la Historia de la Mujer.

Mientras celebramos el Mes de la Historia de la Mujer 2022, reflexionamos sobre los avances que las mujeres han logrado en la última década. Las mujeres han aumentado sus ingresos, educación y campos de ocupación, y continúan teniendo una vida media más larga que los hombres. A continuación se presentan algunas estadísticas de la Oficina del Censo que destacan estos y otros cambios a lo largo de los años. Agradecemos la cooperación del público para ayudarnos a medir la gente, los lugares y la economía de los Estados Unidos.

¿Sabía?

164,8 millones

El número de mujeres de todas las edades en los Estados Unidos. Había 159,9 millones de hombres de todas las edades.

Fuente: Encuesta sobre la comunidad estadounidense de 2019, estimaciones de 5 años.

2 a 1

La proporción aproximada de mujeres a hombres de 85 años o más (4,1 millones a 2,2 millones) en los Estados Unidos.

Fuente: Encuesta sobre la comunidad estadounidense de 2019, estimaciones de 5 años.

20,7%

En 2019, el porcentaje de mujeres de 25 años o más con una licenciatura como grado más alto; El 19,9% de los hombres tenían una licenciatura como grado más alto.

Fuente: Encuesta sobre la comunidad estadounidense de 2019, estimaciones de 5 años.

80,8%

Ingresos medios de las mujeres como porcentaje de los ingresos medios de los hombres, para trabajadores a tiempo completo durante todo el año de 16 años o más. Fuente: Encuesta sobre la comunidad estadounidense de 2019, 5 años.

Women's History Month: March 2022

National Women's History Month traces its roots to March 8, 1857, when women from various New York City factories staged a protest over poor working conditions. The first Women's Day celebration in the United States was in 1909, also in New York City. More than seven decades later, Congress in 1981 established National Women's History Week to be commemorated annually the second week of March. In 1987, Congress expanded the week to a month and every year since has passed a resolution (and the president has issued a proclamation) designating March Women's History Month.

As we celebrate Women's History Month 2022, we reflect upon advances women have made over the last decade. Women have increased their earnings, education, and fields of occupation, and continue to have longer average life spans than men. Below are some Census Bureau stats highlighting these and other changes over the years. We appreciate the public's cooperation in helping us measure America's people, places, and economy.

Did You Know?

164.8 million

The number of females of all ages in the United States. There were 159.9 million males of all ages.

Source: 2019 American Community Survey, 5-Year Estimates.

2 to 1

The approximate ratio of women to men ages 85 and older (4.1 million to 2.2 million) in the United States.

Source: 2019 American Community Survey, 5-Year Estimates.

20.7%

In 2019, the percentage of women 25 and older with a bachelor's degree as their highest degree; 19.9% of men had a bachelor's degree as their highest degree.

Source: 2019 American Community Survey, 5-Year Estimates.

80.8%

Women's median earnings as a percentage of men's median earnings, for full-time, year-round workers 16 years and older.

Source: 2019 American Community Survey 5-Year Estimates.

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

DIRECTOR AND GRAPHIC DESIGN

Dalia Diaz

daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Suris

albertosuris@rumbonews.com

Publicación de SUDA, Inc.

315 Mt. Vernon Street Lawrence, MA 01843-3206

Tel: (978) 794-5360 | www.rumbonews.com



facebook.com/rumbonews

twitter.com/rumbonews

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

The COVID-19 vaccine is



By getting the COVID-19 vaccine, you are supporting the health of your family and your community



Safe

The vaccines were tested in trials involving tens of thousands of people, including communities of color.

Free

At GLFHC, there is no charge to receive the vaccine, even if you do not have health insurance.

Effective

The more people who get the vaccine, the less likely the virus is to spread.



All COVID vaccines and boosters are available

SIGN UP FOR YOUR COVID-19 VACCINE/BOOSTER APPOINTMENT TODAY

by calling GLFHC at (978) 686-6029
or on our website at www.glfhc.org

La vacuna contra el COVID es



Al vacunarse contra el COVID-19, usted está apoyando la salud de su familia y la de su comunidad



Segura

Las vacunas fueron probadas en estudios en los que participaron decenas de miles de personas, incluyendo las comunidades de color.

Gratis

En GLFHC, no se cobra por ponerle la vacuna, aún si usted no tiene seguro médico.

Efectiva

Mientras más personas se vacunan, hay menos probabilidades de que el virus se propague.



Todas las vacunas contra el COVID y las dosis de refuerzo (boosters) están disponibles

INSCRÍBASE HOY PARA HACER SU CITA PARA VACUNARSE/ REFUERZO (BOOSTERS) CONTRA EL COVID-19

llamando a GLFHC al (978) 686-6029
o en nuestra página de internet www.glfhc.org

POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

Los padres en la enseñanza

Durante mi programa de radio el sábado pasado, mencioné el tipo de educación que están recibiendo nuestros niños en el sistema de escuelas públicas de los Estados Unidos. En todo el país hay quejas de que los estudiantes de secundaria se gradúan sin habilidades para llevar una chequera o llenar una solicitud de empleo.

Las clases de educación cívica son inexistentes y los estudiantes no tienen un conocimiento básico de geografía. Recuerdo como teníamos que dibujar los países individuales de cada continente y para colmo memorizar la capital de cada uno.

Historia es probablemente la peor de todas las asignaturas porque su enseñanza ha estado en decadencia durante decenas de años y últimamente ha sido totalmente alterada para enseñar solo un aspecto con un giro hacia la inducción al odio entre las razas.

The Epoch Times publicó un artículo que decía que “En 1941, el puntaje promedio en el examen de Scholastic Aptitude Test (SAT) era de 500 puntos. En la década de 1990, este promedio cayó a 424. Para ocultar esta disminución, el College Board, creadores del SAT, recalibró el sistema de puntuación para que un 424 fuera el nuevo 500 y que no luciera tan mal.

“Si bien la aptitud académica de los estudiantes está en declive, sus planes de estudios se están llenando de ideologías

marxistas como la teoría crítica de la raza”.

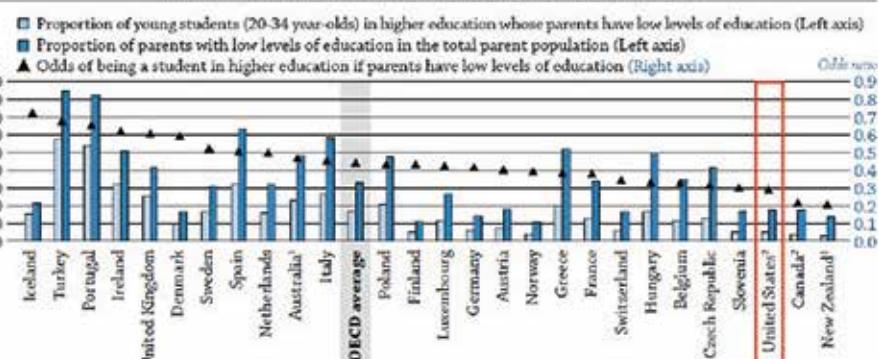
A los padres se les dice que no deben involucrarse en la educación de sus hijos y que debe dejarse en manos de los educadores. Bueno, mire los resultados de arriba. El sistema se está adaptando a los cambios simplificándolos.

Todas las estadísticas indican que Estados Unidos está muy por detrás de muchos otros países en educación. El Secretario General de Política Educativa, Director Adjunto de Educación (OCDE) clasifica a los Estados Unidos:

- 14º en el mundo el porcentaje de personas de 25-34 años con educación superior (42%).
- Las probabilidades de que un joven en los EE. UU. obtenga una educación superior si sus padres no tienen una educación secundaria superior son solo del 29%, uno de los niveles más bajos entre los países de la OCDE.
- EE. UU. ocupa el puesto 28 en el porcentaje de niños de 4 años en educación infantil temprana, con una tasa de matrícula del 69%.
- En todos los países de la OCDE, el 30% del gasto en educación superior proviene de fuentes privadas, mientras que en EE. UU. lo hace el 62%.
- Los maestros en los EE. UU. dedican entre 1050 y 1100 horas al año a la enseñanza, mucho más que en casi todos los países.

Muchas familias quieren conservar

Chart A6.1. Participation in higher education of students whose parents have low levels of education (2009)



Note: The number of students attending higher education are under-reported for Australia, Canada, New Zealand and the United States compared to the other countries as they only include students who attained ISCED 5A, while the other countries include students who attained ISCED 5A and/or 5B. Therefore, the omission of data on 5B qualifications may underestimate intergenerational mobility in these countries.

1. Data source from Adult Literacy and Lifeskills Survey (ALL) of 2006.

2. Data source from Adult Literacy and Lifeskills Survey (ALL) of 2003.

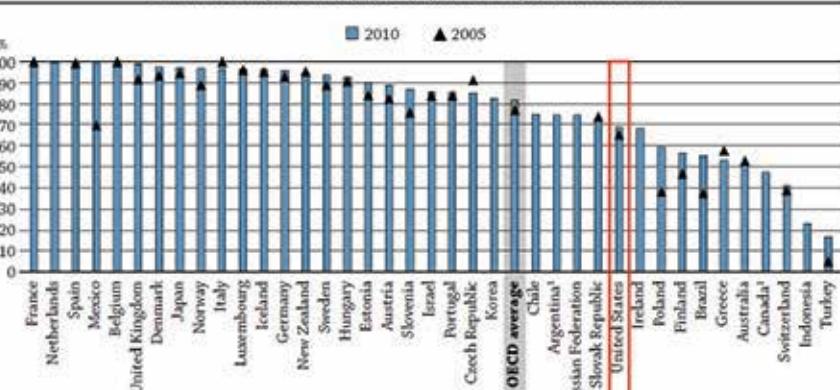
Countries are ranked in descending order of the odds of attending higher education.

Source: OECD, Table A6.1. See Annex 3 for notes (www.oecd.org/edu/eng/2012).

StatLink <http://dx.doi.org/10.1787/558932661934>

Chart C2.1. Enrolment rates in early childhood and primary education at age 4 (2005 and 2010)

Full-time and part-time pupils in public and private institutions



1. Year of reference 2009.

Countries are ranked in descending order of the enrolment rates of 4-year-olds in 2010.

Source: OECD. Argentina and Indonesia: UNESCO Institute for Statistics (World Education Indicators programme). Table C2.1.

See Annex 3 for notes (www.oecd.org/edu/eng/2012).

StatLink <http://dx.doi.org/10.1787/558932661934>



CARTAS AL EDITOR RUMBO

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

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

eléctricos se encuentran que la fabricación de autos eléctricos genera más emisiones, las materias primas para fabricar el automóvil deben extraerse y el proceso de minería genera una gran cantidad de gases de efecto invernadero. Luego, las materias primas deben refinarse antes de que puedan usarse, lo que nuevamente emite más gases de efecto invernadero.

Los autos eléctricos están severamente limitados por varios inconvenientes, que incluyen la escasez de estaciones de carga, los altos costos de electricidad y la decepcionante capacidad de la batería que limita la distancia que los autos pueden recorrer entre cargas.

La carga en el hogar es mucho más barata que la gasolina, y la mayoría de los propietarios de vehículos eléctricos hasta ahora han sido propietarios de viviendas. Pero en los viajes por carretera, la situación se invierte si se detiene para una carga rápida. La gasolina suele ganar y recuerde que puede llevar horas “llenar” su batería.

Antes de comprar, infórmese de dónde están las estaciones de carga eléctrica en su comunidad o instale una en su casa. Calcule cuánto viaja diariamente y dónde se encuentran cerca del lugar de trabajo.

Decir “energía verde” suena lógico pero solo si lo hacemos lentamente. Además, ¿de qué le sirve a este país hacer todos esos cambios si el resto del mundo no los acata?

¡Todo el mundo odia a los ricos!

Observe con qué frecuencia las personas condenan a los ricos como si fueran todos corruptos y no merecieran su forma de vida.

En este momento, si los ucranianos tienen el uso de Internet es porque Elon Musk lanzó Starlink, una constelación de Internet basada en satélites que pretende cubrir el planeta con banda ancha de alta velocidad y podría brindar conectividad a miles de millones de personas que aún carecen de un acceso confiable a Internet. ¡Gratis!

¿Cuántos de nosotros, pobres almas, podemos hacer tal contribución a la humanidad?

**LEA EDICIONES PREVIAS DE RUMBO EN LA INTERNET
RUMBONEWS.COM**



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



NECESITAMOS SU AYUDA...

Es hora de nuestro Censo Anual de la Ciudad!

La Ciudad de Lawrence ha enviado por correo el Censo Anual de la Ciudad. Debe recibirla en su domicilio esta semana. ¡Por favor complete y devuélvalo! Se proporciona un sobre de devolución con franqueo pagado.

¿Qué es el Censo Municipal?

El Censo Anual de la Ciudad permite a los funcionarios de la Ciudad saber dónde está creciendo y cambiando la Ciudad. Ayuda a planificar para el futuro y a tomar buenas decisiones sobre el uso de recursos para cosas como la salud pública, la educación, las necesidades de las personas mayores, los beneficios para veteranos, la infraestructura y otras formas de apoyo comunitario.

tales como: salud pública, sector educativo, necesidades de las personas mayores, beneficios para veteranos", infraestructura y otras formas de apoyo comunitario. También permite a los planificadores de la ciudad evaluar los cambios en la calidad de la vivienda y las instalaciones relacionadas, y planificar las necesidades futuras de vivienda y negocios".

La Secretaria Municipal, Diane LeBlanc, señaló que el censo anual de la ciudad es diferente del censo federal que se realiza cada 10 años, pero es igual de importante. También enfatizó que el formulario debe estar firmado antes de ser devuelto por correo o no podrán procesarlo.

Martha Vélez, Directora de Servicios Humanos de la Ciudad y residente de toda la vida de Lawrence, dijo: "Es fundamental que nuestros residentes ayuden a la ciudad a recopilar un recuento preciso de nuestros residentes. Al hacerlo, permite a los líderes de la ciudad como yo ver el crecimiento de nuestra ciudad, ayudarnos a encontrar fondos para programas comunitarios, analizar cómo usamos nuestros recursos y desarrollar nuestra hermosa ciudad de una manera cultural, diversa e inclusiva".

Si no recibió su Censo de la Ciudad, o si tiene preguntas o necesita ayuda para completarlo, comuníquese con la División de Elecciones de la Ciudad al 978-620-3290. También puede comunicarse con The Center, (también conocido como Senior Center) al 978-620-3540. El personal está disponible para ayudarlo si la necesita para completar el Censo Anual de la Ciudad, solo toma unos minutos.

Por favor, ayude a su ciudad, ¡llénelo!

¿Quién necesita completar el censo de la ciudad y por qué?

Es importante que TODOS los que viven en el hogar estén incluidos en el formulario del Censo. Todos deben ser contados, incluso si no es un votante. Si es un votante registrado y no devuelve el censo, su estado cambiará y se le considerará un "Votante Inactivo". Como votante inactivo, la próxima vez que vaya a votar, deberá mostrar una identificación y prueba de residencia continua.

El Alcalde Brian A. DePeña alienta a los residentes a completar el censo y devolverlo rápidamente. Dijo: "El censo de la ciudad se usa en casi todas las decisiones de planificación. Esto nos ayuda a planificar para el futuro y a tomar las mejores decisiones al utilizar los recursos en áreas

City of Lawrence Ciudad de Lawrence		IMPORTANT LEGAL DOCUMENT ANNUAL STREET LISTING		DOCUMENTO LEGAL IMPORTANTE LISTADO ANUAL CALLEJERO	
2022				12THD1903000	
WARD D PRECINCT 4					
IMPORTANT: General Laws of Massachusetts mandate an annual street listing of residents as of January 1 each year. Update the information provided by adding, deleting, or making changes below the printed information. Please sign and respond within ten (10) days, even if no changes are necessary. For assistance, call the City Census Office at 978-620-3290.					
IMPORTANTE: Las Leyes Generales de Massachusetts requieren un listado anual de todas las personas que viven en la ciudad desde el 1 de Enero de cada año. Actualice la información provista abajo, borrando, o haciendo cambios a la información impresa abajo. Favor de firmar y responder dentro de diez (10) días, sin si ningunos cambios son necesarios. Para asistencia, llame a la Oficina del Censo de la ciudad al 978-620-3290.					
Resident Address/Dirección del Residente: 5 LEONARD AVE 000007 00008 SCHS-DIGIT 01840 Su dirección aquí / Your address here LAWRENCE MA 01841					
If this address is incorrect, make corrections below. Si esta dirección es incorrecta, haga correcciones abajo. _____ _____					
WARNING: Failure to respond to this mailing shall result in removal from the active voting list and may result in removal From the voter registration rolls. AVISO: Si no responde a esta correspondencia resultara en su eliminación de la Lista Activa de Votantes y puede ser eliminado del Registro de Votantes.					
PLEASE PRINT / POR FAVOR IMPRIMIR					
Last Apellido Su nombre aparecerá aquí.	NAME First NOMBRE Primer	Middle Segundo	Date of Birth [mm/dd/yy] Fecha de Nacimiento [mes/día/año]	Occupation Ocupación	Party Partido Minority Feminista Veteran U.S. [P.N.] U.S. Veterano [P.N.]
Your name will appear here.					
12/19/2003					
Previous Address if the above address for less than one year Dirección Previa Si es residido en esta dirección menos de un año					

Telephone Number: _____ <input type="checkbox"/> Unlisted Número de Teléfono: _____ <input type="checkbox"/> Privado					
Signature of Respondent/Firma de Respondiente _____ Date/Fecha _____ 5004 <small>Signed under the penalties of perjury as Prescribed by M.G.L. Ch. 56, §4 Firmado bajo las penas de perjurio tal dictado por ley, Capítulo 56, §4</small>					

WE NEED YOUR HELP... It's time for our Annual City Census!

The City of Lawrence has mailed the Annual City Census. You should receive it at your home this week. Please Complete and Return! A return envelope with paid postage is provided.

What is the City Census?

The Annual City Census allows City officials to know where the City is growing and changing. It helps in planning for the future and to make good decisions about using resources for things like public health, education, senior citizen needs, veterans' benefits, infrastructure, and other forms of community support.

Who needs to fill out the City Census and Why?

It is important that EVERYONE who lives at the home be listed on the Census form. Everyone needs to be counted even if you are not a voter. If you are a registered voter and you do not return the census, your status will be changed and you will be considered an "Inactive Voter". As an Inactive Voter, the next time you go to vote, you will need to show identification and proof of continuous residence.

Mayor Brian A. DePeña is encouraging residents to fill out the Census and return it quickly. He said "The City Census is used in just about all planning decisions. This helps us to plan for the future and to make the best decisions in utilizing resources

in such areas as; public health, education sector, senior citizen needs, veterans' benefits, infrastructure, and other forms of community support. It also allows city planners to assess changes in the quality of housing and related facilities, and plan for future housing and business needs."

The City Clerk, Diane LeBlanc noted that the Annual City Census is different from the Federal Census that is done every 10 years but it is just as important. She also emphasized that the form must be signed before it is mailed back or they will not be able to process it.

Martha Velez, Director of Human Services for the City and lifelong resident of Lawrence said "It is critical for our residents to assist the city in compiling an accurate count of our residents. By doing so, it allows city leaders like myself to see the growth in our city, assist us with finding funds for community programs, analyze how we use our resources and develop our beautiful city in a cultural, diverse, and inclusive manner."

If you did not receive your City Census, or if you have questions or need help filling it out, contact the City's Elections Division at 978-620-3290. You can also contact The Center, (aka the Senior Center) at 978-620-3540. Staff are available to help you if you need help filling out the Annual City Census only takes a few minutes.

Please, help your City – fill it out!

Board of Registrars
Election Division
200 Common Street, STE 4
City Hall
Lawrence, MA 01840-1578

IMPORTANTE!! CENSO DE LA CIUDAD

"Advertencia- el incumplimiento de responder a este correo durante 2 años consecutivos resultará en la eliminación de la lista de votación activa y puede resultar en la sustitución de la lista de registro de votantes". (M.G.L. CAPITULO 51. SEC 4)

FIRST - CLASS
MAIL
PRESORTED
U.S. POSTAGE
PAID
LAWRENCE, MA
PERMIT NO. 135

IMPORTANT!! CITY CENSUS
"Warning - failure to respond to this mailing for 2 consecutive years shall result in removal from the active voting list and may result in removal from the voter registration rolls." (M.G.L. CHAPTER 51, SEC 4)

Cuando reciba este sobre, ábralo.

When you receive this envelope, open it.

BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 800 LAWRENCE, MA

POSTAGE WILL BE PAID BY ADDRESSEE
 BOARD OF REGISTRARS
 ELECTION DIVISION
 LAWRENCE CITY CLERK
 200 COMMON ST STE 107
 LAWRENCE MA 01840-9913



Use este sobre para devolver el Censo.

Use this envelope to return your Census.

"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

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

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

- Thomas Jefferson

PRIDEStar EMS Paramedics Honored by City of Haverhill for Reviving Resident

(Photos Courtesy PRIDEStar EMS)

LOWELL – PRIDEStar EMS is proud to share that two paramedics from its Trinity EMS Division were honored by the Haverhill City Council on Tuesday night for reviving a Haverhill resident.

The Haverhill City Council and Mayor James J. Fiorentini presented Paramedics Samantha Kuenzler and Bobby Thorne with a certificate recognizing their quick response and lifesaving work.

Paramedics Kuenzler and Thorne performed approximately 18 minutes of CPR and used an automated external defibrillator to revive Steven St. Germaine after he suffered cardiac arrest while outside his home next to PRIDEStar's Haverhill base.

Paramedic Kuenzler had spoken with St. Germaine earlier in the day while he was shoveling snow, and jokingly told him he likely lived in the safest house in Haverhill because he lives next door to PRIDEStar..

After reviving St. Germaine, Paramedics Kuenzler and Thorne transported the patient to Lawrence General Hospital, where he recovered.

St. Germaine and his family attended

the City Council meeting on Tuesday night and reunited with Kuenzler and Thorne, sharing hugs and conversation after the council's presentation.

City officials praised Paramedics Kuenzler and Thorne for their actions, and thanked PRIDEStar EMS and Trinity EMS for its high level of care.

"We have some true heroes in our community," Mayor James Fiorentini said. "We are very, very proud of you and your service."

"Too often we don't recognize the people that do the day-to-day work," Councilor Joseph Bevliacqua said. "I want to thank you, and let you know that you are noticed."

"I want to once again thank Samantha and Bobby for their exceptional work. They set an example that makes all of us at Trinity and PRIDEStar proud," said PRIDEStar CEO and Founder Dave Daly. "I would also like to thank the Haverhill City Council and Mayor Fiorentini for their recognition and continued partnership. It was truly a joy to see Mr. St. Germaine smiling along with his family."



From left, Haverhill Mayor James J. Fiorentini reads a citation presented to PRIDEStar EMS Paramedics Samantha Kuenzler and Bobby Thorne during the Haverhill City Council's meeting on Tuesday night.



From left, Steven St. Germaine and his family sit in the audience as PRIDEStar EMS Paramedics Samantha Kuenzler and Bobby Thorne speak to the Haverhill City Council.

**Beat the Spring Crowd:
Lock in Now.**

**3.250%
INTEREST RATE | 3.279%
APR***

30-YEAR FIXED RATE RESIDENTIAL MORTGAGE

Purchase or Refinance • Loans up to \$2 Million, No Points!**

APPLY ONLINE 24/7 at institutionforsavings.com

Call us at 978-358-8890 to learn more about our low to moderate income First-time Homebuyer programs in Essex County.



INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

institutionforsavings.com



From left, PRIDEStar EMS CEO and Founder Dave Daly, Paramedic Samantha Kuenzler, Haverhill resident Steven St. Germaine, Paramedic Bobby Thorne, and Senior Vice President of Strategic Planning John Chemaly. (Photo Courtesy PRIDEStar EMS)

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.

*APR denotes Annual Percentage Rate as of 3/7/22 and is based on a \$300,000 purchase loan or no-cash out refinance loan with minimum credit score of 720 and maximum LTV of 80%. Rate is subject to change without notice. Unit cost per \$1,000 borrowed is \$4.35. Minimum loan amount is \$100,000, maximum loan amount is \$2 million. One to 4-family, owner-occupied residences only. Offer subject to credit approval. Property insurance required. Flood insurance required if the property is located in a FEMA Special Hazard Flood Zone. Monthly payment examples do not include escrow amounts for real estate taxes and/or insurance, if applicable. This may increase payment amount. Other terms and conditions may apply. Member FDIC • Member DIF • NMLS ID. #409410
**Points and/or additional fees may be assessed for borrowers with credit scores lower than 720 and/or cash-out refinance loans.

\$7.1 millones construye centro de cuidado infantil en Lawrence

Greater Lawrence Community Action Council, Inc. utiliza bonos exentos de impuestos de MassDevelopment y Eastern Bank para construir nuevas instalaciones de cuidado infantil, ampliar la inscripción y crear empleos

MassDevelopment emitió un bono exento de impuestos de \$7.1 millones en nombre de Greater Lawrence Community Action Council, Inc. (GLCAC), que utilizará las ganancias para demoler su centro de cuidado infantil obsoleto existente en 585 Andover St. en Lawrence y construir un nuevo centro de cuidado infantil de dos pisos y 28,790 pies cuadrados en su lugar. La organización construirá el nuevo centro de cuidado infantil en el estacionamiento existente de las instalaciones actuales, y reutilizará el terreno donde se encuentra el edificio actual, una vez que sea demolido, para un área de juegos y estacionamiento. En el nuevo centro de cuidado infantil, GLCAC podrá aumentar la cantidad de niños que atiende, con edades comprendidas entre los 15 meses y los 11 años, de 238 a 297. Además de las aulas, el nuevo edificio contará con un estado de -cocina de última generación, que se utilizará para preparar comidas para más de 800 niños en toda la red de educación temprana de GLCAC. La organización espera crear 16 nuevos puestos de trabajo a tiempo completo en los próximos tres años como resultado de la mayor capacidad. Eastern Bank compró el bono, que también se utilizará para refinanciar deuda emitida anteriormente.

"Podemos crear economías locales prósperas asegurando que las familias tengan acceso a cuidado infantil económico y de alta calidad", dijo Mike Kennealy, Secretario de Vivienda y Desarrollo Económico, quien se desempeña como presidente de la Junta Directiva de MassDevelopment. "La Administración Baker-Polito se enorgullece de que el financiamiento exento de impuestos de MassDevelopment pueda apoyar a los proveedores de cuidado infantil que buscan construir nuevas instalaciones y ampliar los servicios".

"Greater Lawrence Community Action Council, Inc. es un líder comunitario en proporcionar a las personas y las familias los recursos que necesitan para vivir vidas saludables y plenas", dijo el presidente y director ejecutivo de MassDevelopment, Dan Rivera. "MassDevelopment se enorgullece de ayudar a la organización a invertir más en Lawrence a través de la creación de un nuevo centro de cuidado infantil que atenderá a casi 60 niños más, creará empleos y apoyará a las familias trabajadoras".

"Estamos orgullosos de apoyar los planes de Greater Lawrence Community Action Council, Inc. para construir un nuevo centro de cuidado infantil y ayudar con el financiamiento de la construcción inicial del centro, además de seguir invirtiendo en el centro después de su apertura", dijo Angela Meehan, vicepresidenta y gerente de relaciones de préstamos para el desarrollo comunitario de Eastern Bank. "Los programas de cuidado infantil son esenciales para una economía más equitativa e inclusiva, y es un placer trabajar con MassDevelopment para crear mayores oportunidades para las familias en Lawrence".

"La educación en la primera infancia

tiene una miríada de beneficios, incluidos resultados mejores y más equitativos a largo plazo para los niños de entornos económicos divergentes", dijo el alcalde de Lawrence, Brian A. DePeña. "Agradecemos a MassDevelopment ya que ven y apoyan las inversiones en cuidado infantil temprano que ayuda a cultivar una futura fuerza laboral, asegura la competitividad económica a largo plazo y desarrolla a los futuros líderes de nuestra ciudad. "La expansión de los servicios de cuidado infantil de GLCAC, con un sitio nuevo y ampliado, es una de las claves del futuro de nuestra juventud, pero también proporciona un beneficio importante para los padres que trabajan en Lawrence, especialmente para las madres que trabajan".

MassDevelopment ha apoyado previamente a GLCAC. En 2007, MassDevelopment emitió un bono exento de impuestos de \$4,3 millones para ayudar a la organización a comprar su instalación de cuidado infantil existente en 585 Andover St. en Lawrence.

Bajo la administración del presidente Lyndon B. Johnson y a través de la Oficina de Oportunidades Económicas (OEO), Greater Lawrence Community Action Council, Inc. se originó en 1965 como Lawrence Community Action Council y en enero de 1966 se estableció Greater Lawrence Community Action Council, como medio para librarse la guerra contra la pobreza. Como se establece en los estatutos de la agencia, el objetivo principal de GLCAC es alentar y promover la mejora de la vida comunitaria en Greater Lawrence con especial énfasis en, pero no limitado a, el inicio de programas en educación, servicios sociales, cuidado infantil, salud, vivienda, empleo juvenil y campos relacionados. Desde sus inicios, GLCAC ha sido un socio constante en el trabajo con locales, estatales, y gobiernos federales y agencias privadas para crear oportunidades y brindar esperanza a las personas que viven en la pobreza. Actualmente GLCAC atiende a más de 35,000 clientes en una variedad de programas y tiene un presupuesto operativo anual de más de \$20 millones.

"Estamos encantados de poner en marcha este proyecto y encantados con la participación de MassDevelopment", dijo la directora ejecutiva de Greater Lawrence Community Action Council, Inc., Evelyn Friedman. "Su financiación y flexibilidad nos permitieron unir todas las piezas complejas".

MassDevelopment, la agencia financiera de desarrollo y el banco de tierras del estado, trabaja con empresas, organizaciones sin fines de lucro, bancos y comunidades para estimular el crecimiento económico en todo el Commonwealth. Durante el año fiscal 2021, MassDevelopment financió o gestionó 416 proyectos que generaron una inversión de más de \$1860 millones en la economía de Massachusetts. Se estima que estos proyectos crearán o respaldarán 6578 puestos de trabajo y construirán o conservarán 1909 unidades de vivienda.



Representación de la nueva instalación de cuidado infantil en 585 Andover St. en Lawrence, cortesía de Greater Lawrence Community Action Council, Inc. y Davis Square Architects

\$7.1M builds child care center in Lawrence

Greater Lawrence Community Action Council, Inc. Uses Tax-Exempt Bond from MassDevelopment & Eastern Bank to Build New Child Care Facility, Expand Enrollment & Create Jobs

MassDevelopment has issued a \$7.1 million tax-exempt bond on behalf of Greater Lawrence Community Action Council, Inc. (GLCAC), which will use proceeds to demolish its outdated existing child care center at 585 Andover St. in Lawrence and build a new two-story, 28,790-square-foot child care center in its place. The organization will construct the new child care center in the existing parking lot of the current facility, and repurpose the land where the current building lies, once it is demolished, for a playground and parking. At the new child care center, GLCAC will be able to increase the number of children it serves – ranging in age from 15 months to 11 years old – from 238 to 297. In addition to classrooms, the new building will feature a state-of-the-art kitchen, which will be used to prepare meals for more than 800 children across GLCAC's entire early education network. The organization expects to create 16 new full-time jobs in the next three years as a result of the increased capacity. Eastern Bank purchased the bond, which will also be used to refinance previously issued debt.

"We can create thriving local economies by ensuring families have access to high-quality affordable child care," said Housing and Economic Development Secretary Mike Kennealy, who serves as chair of MassDevelopment's Board of Directors. "The Baker-Polito Administration is proud that MassDevelopment's tax-exempt financing is able to support child care providers looking to build new facilities and expand services."

"Greater Lawrence Community Action Council, Inc. is a community leader in providing individuals and families with the resources they need to live healthy and fulfilling lives," said MassDevelopment President and CEO Dan Rivera. "MassDevelopment is proud to help the organization further invest in Lawrence through the creation of a brand-new child care center that will serve nearly 60 additional children, create jobs, and

support working families."

"We are proud to support the Greater Lawrence Community Action Council, Inc.'s plans to build a new child care center, and to help with the financing of the center's upfront construction in addition to staying invested in the center after it opens," said Eastern Bank Vice President and Relationship Manager of Community Development Lending Angela Meehan. "Child care programs are essential to a more equitable and inclusive economy, and it is a pleasure to work with MassDevelopment to create greater opportunity for families in Lawrence."

"Early childhood education has myriad benefits, including better, more equitable long-term outcomes for children of divergent economic backgrounds," said Lawrence Mayor Brian A. DePeña. "We thank MassDevelopment as they see and support investments in early child care that helps cultivate a future workforce, secures long-term economic competitiveness, and develops our city's future leaders. "The expansion of GLCAC child care services, with a new and expanded site, is one of the keystones of our youth's future, but it also provides an important benefit to Lawrence's working parents, especially working mothers."

MassDevelopment has previously supported GLCAC. In 2007, MassDevelopment issued a \$4.3 million tax-exempt bond to help the organization buy its existing child care facility at 585 Andover St. in Lawrence.

Under the administration of President Lyndon B. Johnson and through the Office of Economic Opportunity (OEO), the Greater Lawrence Community Action Council, Inc. originated in 1965 as the Lawrence Community Action Council and in January 1966 the Greater Lawrence Community Action Council was established as a means of fighting the war on poverty. As stated in the agency by-laws, the primary purpose of

(Cont. on page 8)

**Find us in / Búsqenos en
Facebook/Rumbo**

Recordando a Luis Bonilla

"Recordar es volver a vivir" este fue nuestro Editorial del 8 de marzo, 2017, Edición 569. Por su importancia y de la persona que se trata, lo publicamos de nuevo.

Por costumbre, diariamente miramos al almanaque en busca de referencias que nos traigan a la memoria eventos ocurridos en el pasado. Algunos de estos eventos ocurrieron antes de nuestra era y de sus pormenores solo sabemos por lo que nos cuenta la historia aunque aún continúan afectándonos de una forma u otra.

Otras, sin embargo, nos llenan de recuerdos sobre la persona relacionada con la fecha que se celebra, en este caso, el miércoles, 6 de marzo, 2013, el día que rodeado de familiares y amigos dejó de existir nuestro querido Don Luis Bonilla.

Don Luis Bonilla, más conocido como "El Muñequito de Oro", nació el día 19 de junio de 1920 en el pueblo de Aibonito, Puerto Rico. A la edad de un año, sus padres, Doña Vicenta González y Ramón Bonilla mudaron a la familia al pueblo de Caguas, donde Don Luis creció. Desde temprana edad, Bonilla mostró interés por la música y a los 12 años ya asistía a una estación de radio conocida como "La Güira", cuando esta producía un programa titulado "Buscando Estrellas".

Don Luis comenzó a cantar a través de las emisoras radiales WVJP y WNEL con el grupo Rítmico Cagüeño, donde hacía la segunda voz. Ya Don Luis hacía alarde de su talento en las Parrandas de diferentes pueblos, tales como Gurabo, Yabucoa, Humacao, Cayey, Aguas Buenas, San Lorenzo, etc. A la temprana edad de 24 años, Bonilla contrajo nupcias con Doña Francisca Rodríguez y tuvieron tres hijas.

Bonilla llegó a la Ciudad de New York con su familia, donde se desempeñó en



distintas actividades y no fue hasta el año 1979 que llegó a la Ciudad de Lawrence, donde abrió una dulcería en la calle Park.

Don Luis tenía una personalidad alegre, gustaba de hablar y compartir con las personas y siempre fue un amante de la música puertorriqueña. No nos sorprende que por estos últimos años haya convertido con el amor y el carisma que lo caracterizaba, el programa radial Así Canta Puerto Rico como su compromiso primordial con la comunidad.

Don Luis dejó un inmenso vacío en la comunidad, sobre todo en María Ortiz y Luis David Hiraldo, que con él compartían el programa Así Canta Puerto Rico cada domingo. No llenemos ese vacío con lágrimas por la pérdida, sino con alegres canciones y una plegaria de agradecimiento al Todo Poderoso por habernos concedido la dicha de tenerlo entre nosotros.

Remembering Luis Bonilla

"Remembering is to live again" This was our March 8, 2017, Edition 569 Editorial. Because of its importance and the person in question, we publish it again.

Customarily, every day we look at the almanac in search of references that bring to our memory events that occurred in the past. Some of these events occurred before our era and its details we only know for what history tells us, although they still continue to affect us in one way or another.

Others, however, fill us with memories about the person related to the date that is celebrated, in this case, on Wednesday, March 6, 2013, the day that surrounded by relatives and friends, our beloved Don Luis Bonilla ceased to exist.

Don Luis Bonilla, better known as "The Golden Little Doll", was born on June 19th, 1920 in the town of Aibonito, Puerto Rico. At the age of one, his parents, Doña Vicenta Gonzalez and Ramon Bonilla moved the family to the town of Caguas, where Don Luis grew up. From an early age, Bonilla showed his interest in music and by the time he was 12, he was a regular at a radio station known as "La Güira", producing a program entitled "Stars Search".

Don Luis began singing at radio stations

WNEL and WVJP with the group Rítmico Cagüeño, where he was the second voice. Don Luis already flaunted his talent thru Parrandas around different towns, such as Gurabo, Yabucoa, Humacao, Cayey, Aguas Buenas, San Lorenzo, etc.

At the young age of 24, he married Doña Francisca Rodríguez and had three daughters. Bonilla came to New York City with his family, where he served in various activities and it was not until 1979 that he came to the City of Lawrence, where he opened a candy store on Park Street.

Don Luis had a cheerful personality, liked to talk and share with people and was always a lover of Puerto Rican music. No wonder that in recent years he turned all the love and charisma that characterized him, over the radio program Asi Canta Puerto Rico as his primary commitment to the community.

Don Luis has left a huge void in the community, especially in María Ortiz and Luis David Hiraldo, with whom he shared the radio show every Sunday. Do not fill these gaps with tears for the loss, but with lively songs and a prayer of thanks to the Almighty for giving us the joy of having him around.

Los CDC y Prevención publicaron nuevos datos sobre lesiones fatales

Los Centros para el Control y la Prevención de Enfermedades (CDC) publicaron nuevos datos de lesiones fatales para Massachusetts. El suicidio es la segunda causa principal de muerte entre los jóvenes de edad escolar media y secundaria. De hecho, perdemos a una persona joven (de 10 a 24 años) cada 4.93 días en Massachusetts.

Según una encuesta de 2019 realizada por los CDC, el 17.5% de los jóvenes de secundaria de Massachusetts dijeron que habían "considerado seriamente el suicidio en los últimos 12 meses". Dicho esto, el suicidio es una de las principales causas de muerte PREVENTIBLE.

Muchas veces, los jóvenes que intentan suicidarse presentan claras señales de alerta ante un intento. Eso significa que tenemos la oportunidad de reconocer estas señales de advertencia e intervenir. Si conoce las señales de advertencia asociadas con el suicidio y sabe cómo ayudar, podría salvar una vida.

Si usted o alguien a quien ama está luchando contra la depresión y/o pensando en suicidarse, busque ayuda ahora. La Línea

Nacional de Prevención del Suicidio, 1-800-273-TALK (8255), es un recurso gratuito que está disponible las 24 horas del día, los siete días de la semana, para cualquier persona que se encuentre en una crisis suicida o angustia emocional.

Crisis Text Line es una línea de texto gratuita disponible las 24 horas del día, los 7 días de la semana, donde asesores de crisis capacitados brindan apoyo a las personas en crisis. Envíe un mensaje de texto con la palabra "Jason" al 741741 para hablar con un consejero de crisis compasivo y capacitado. Soporte confidencial 24/7, gratis.

Otro gran recurso es The Jason Foundation, un líder reconocido a nivel nacional en prevención y concienciación sobre el suicidio de jóvenes y adultos jóvenes. Todos los programas y materiales están disponibles para el público sin costo alguno.

Para obtener más información sobre las señales de advertencia asociadas con el suicidio y cómo puede ayudar, visite su sitio web. www.jasonfoundation.com

CDC and Prevention Released New Fatal Injury Data

The Centers for Disease Control and Prevention (CDC) released new fatal injury data for Massachusetts. Suicide is the 2nd leading cause of death for middle and high school aged youth. In fact, we lose a young person (ages 10 – 24) every 4.93 days in Massachusetts.

According to a 2019 survey conducted by the CDC, 17.5% of Massachusetts High School Youth said that they had "seriously considered suicide within the last 12 months." That being said, suicide is one of the leading causes of PREVENTABLE death.

Many times, young people who attempt suicide exhibit clear warning signs before an attempt. That means we have an opportunity to recognize these warning signs and intervene. By knowing the warning signs associated with suicide and knowing how to help, you could save a life.

If you or someone you love is struggling

with depression and/or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress.

The Crisis Text Line is a free 24/7 text line where trained crisis counselors support individuals in crisis. Text "Jason" to 741741 to speak with a compassionate, trained Crisis Counselor. Confidential support 24/7, for free.

Another great resource is The Jason Foundation, a nationally recognized leader in youth and young adult suicide prevention and awareness. All programs and materials are available to the public at no cost.

To learn more about the warning signs associated with suicide and how you can help, visit their website. www.jasonfoundation.com

"You can fool some of the people all of the time; you can fool all of the people for some of the time; but you cannot fool all the people all the time."

"Uno puede engañar a algunas personas todo el tiempo; puede engañar a todos por algún tiempo; pero no puede engañar a todo el mundo todo el tiempo."

- Abraham Lincoln

New day care center...

(Cont. from pae 7)

the GLCAC is to encourage and promote the improvement of community life in Greater Lawrence with special emphasis on, but not limited to, the initiation of programs in education, social services, child care, health, housing, youth employment, and related fields. Since its inception, GLCAC has been a consistent partner in working with local, state, and federal governments and private agencies in creating opportunities and providing hope for people living in poverty. Currently GLCAC serves more than 35,000 clients in a variety of programs and has an annual operating budget of over \$20 million.

"We are thrilled to get this project underway and delighted with MassDevelopment's

involvement," said Greater Lawrence Community Action Council, Inc. Executive Director Evelyn Friedman. "Their financing and flexibility allowed us to fit all the intricate pieces together."

MassDevelopment, the state's development finance agency and land bank, works with businesses, nonprofits, banks, and communities to stimulate economic growth across the Commonwealth. During FY2021, MassDevelopment financed or managed 416 projects generating investment of more than \$1.86 billion in the Massachusetts economy. These projects are estimated to create or support 6,578 jobs and build or preserve 1,909 housing units.

Rescisión del mandato de mascarilla



cerca de poblaciones vulnerables y no vacunadas".

Si bien ya no se requerirán máscaras según la Orden Ejecutiva de la Ciudad, todas las personas en Massachusetts, independientemente de su estado de vacunación, deben continuar usando cubrebocas en ciertos entornos, incluidos algunos transportes e instalaciones de atención médica. Visite el siguiente enlace para obtener una lista completa de los lugares donde los cubrebocas faciales siguen siendo obligatorios desde el 29 de mayo de 2021: www.mass.gov/maskrules.

Tenga en cuenta también que, con la suspensión de la Orden Ejecutiva de la Ciudad, la Junta de Salud Local emite los siguientes avisos y recomendaciones:

Aviso para personas completamente vacunadas

La Junta de Salud Local recomienda que una persona completamente vacunada debe usar una máscara o un cubreboca cuando esté en el interior de un establecimiento y no en su propia casa, (1) si tiene un sistema inmunitario debilitado, (2) si tiene un mayor riesgo de padecer enfermedades graves, enfermedad debido a su edad, (3) si tiene una afección médica subyacente, (4) si alguien en su hogar tiene un sistema inmunitario debilitado, (5) si alguien en su hogar tiene un mayor riesgo de contraer una enfermedad grave, o (6) si alguien en su hogar no está vacunado.

Aviso para personas que no están completamente vacunadas

La Junta de Salud Local recomienda que las personas que no estén completamente vacunadas deben usar una máscara cuando estén en el interior de un establecimiento con otras personas para ayudar a prevenir la propagación de COVID-19.

Las personas que dieron positivo o son un contacto cercano de alguien con COVID-19 deben seguir la guía de aislamiento y cuarentena, que incluye usar una máscara en público durante 5 días más, después de salir del aislamiento o la cuarentena el día 5, independientemente del estado de vacunación.

Cuando usa un cubreboca o una máscara de tela, debe:

- Usar máscara de la más alta calidad que sea cómoda y que usará constantemente,
- Ajustar ceñido pero cómodo contra el lado de la cara,
- Estar asegurada con lazos o ganchos para las orejas.

Visite el siguiente enlace para obtener orientación actualizada de los CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Visite el siguiente enlace para obtener orientación actualizada del Departamento de Salud Pública sobre el uso de cubiertas faciales: <https://www.mass.gov/info-details/covid-19-mask-requirements>.

It's easy finding Rumbo
(978) 794-5360

Mask mandate rescission



per the City's Executive Order, all people in Massachusetts, regardless of vaccination status, are required to continue wearing face coverings in certain settings, including some transportation and health care facilities. Please visit the following link for a complete list of venues where face coverings have remained mandatory since May 29, 2021: www.mass.gov/maskrules.

Please also note, with the suspension of the City's Executive Order, the Local Board of Health issues the following advisories and recommendations:

Advisory for individuals fully vaccinated

The Local Board of Health advises that a fully vaccinated person should wear a mask or face covering when indoors, and not in your own home, (1) if you have a weakened immune system, (2) if you are at increased risk for severe disease because of your age, (3) if you have an underlying medical condition, (4) if someone in your household has a weakened immune system, (5) if someone in your household is at increased risk for severe disease, or (6) if someone in your household is unvaccinated.

Advisory for individuals not fully vaccinated

The Local Board of Health advises that individuals not fully vaccinated should wear a mask when indoors with others to help prevent spreading COVID-19.

Individuals who have tested positive or are a close contact of someone with COVID-19 must follow the isolation and quarantine guidance, which includes wearing a mask in public for 5 more days after leaving isolation or quarantine on Day 5, regardless of vaccination status.

When you wear a face covering or cloth mask, it should:

- Be the highest quality mask that is comfortable and that you will wear consistently,
- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

Please visit the following link for updated CDC guidance: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Please visit the following link for updated Department of Public Health guidance regarding the use of face coverings: <https://www.mass.gov/info-details/covid-19-mask-requirements>.

Rumbo
“The Bilingual Newspaper of the Merrimack Valley”
WWW.rumbonews.COM

La Secretaría Municipal anuncia ganadores del concurso "Top Dog" de Haverhill 2022



En 1er lugar "Mitzi" / 1st Place was "Mitzi"



En 2do lugar "Maddie" / 2nd Place was "Maddie"



En 3er lugar "Rigby" / 3rd Place was "Rigby"

La Secretaría Municipal Adjunta, Kaitlin Wright, se complace en anunciar a los ganadores del primer concurso anual "Haverhill Top Dog". El concurso alienta a los residentes a sacar licencias para sus perros ofreciéndoles una competencia amistosa. Los ganadores fueron elegidos el martes en la Secretaría Municipal.

El 1er lugar fue otorgado a "Mitzi", una mezcla de Labrador Retriever hembra de doce años. Ella es propiedad de Terry Kenny. Mitzi ahora muestra con orgullo la licencia de perro #1.

El 2do lugar fue otorgado a "Maddie", una King Charles Cavalier Spaniel hembra de quince años. Su dueña es Judy DeMellia. Maddie recibió la licencia de perro #2.

Finalmente, el 3er lugar fue otorgado a "Rigby", un sabueso macho de siete años. Su dueña es Nancy Beirne. Rigby recibió la licencia #3.

La Secretaría Municipal Adjunta,

Kaitlin Wright, comentó: "Muchas gracias a todos los que participaron en el concurso y felicitaciones a los ganadores. Hemos disfrutado viendo las fotos de sus amigos peludos y estamos emocionados de colgar las fotos en nuestra oficina para mostrar a los ganadores. Tenemos muchas ganas de continuar con la tradición el próximo año".

Los perros deben tener una licencia antes del 31 de mayo o incurrirán en un cargo por retraso. Los perros nuevos pueden obtener una licencia en cualquier momento. La licencia se puede completar en persona en la Oficina de la Secretaría ubicada en City Hall, Room 118, 4 Summer Street, en línea en www.cityofhaverhill.com/government/city_clerk, o por correo. Se requiere una copia de un certificado de rabia válido para obtener la licencia.

Puede comunicarse con la oficina al (978) 374-2312 para obtener más información.

City Clerk Announces Haverhill 2022 "Top Dog" Contest Winners

Assistant City Clerk, Kaitlin Wright, is pleased to announce the winners of the 1st Annual "Haverhill Top Dog" contest. The contest encourages residents to license their dogs by offering them a friendly competition. The winners were chosen Tuesday at the City Clerk's Office.

1st Place was awarded to "Mitzi," a twelve-year old female Labrador Retriever mix. She is owned by Terry Kenny. Mitzi is now proudly displaying dog license #1.

2nd Place was awarded to "Maddie," a fifteen-year old female King Charles Cavalier Spaniel. Her owner is Judy DeMellia. Maddie was awarded dog license #2.

Finally, 3rd Place was awarded to "Rigby," a seven-year old male Hound. His owner is Nancy Beirne. Rigby was given license #3.

Assistant City Clerk, Kaitlin Wright commented "A huge thank you to everyone who entered the contest and congratulations to the winners. We have enjoyed seeing the photos of your furry friends and are excited to hang the photos in our office to showcase the winners. We are very much looking forward to continuing the tradition again next year."

Dogs must be licensed before May 31st or will incur a late fee. New dogs may be licensed at any time. Licensing can be completed in person at the Clerk's Office located at City Hall, Room 118, 4 Summer Street, online at www.cityofhaverhill.com/government/city_clerk, or by mail. A copy of a valid rabies certificate is required for licensing.

You may contact the office at (978) 374-2312 for more information.

Are you ready for a Spring Fling?

"For the first time in forever, there'll be actual real live people, and I know it'll feel really strange. But wow, aren't you ready for this change?"

Our annual auction is back in person this year on April 9th at our new location Andover Country Club! Please join us and click here for the invitation. Tables of 10 are available at a discounted price!

There'll be plenty to do while supporting a great cause, and you could win overnight stays at a beachside hotel, tickets to Red Sox games, a suite to a concert, a new bag or a relaxing day of golf with friends and more! The auction has been virtual for the last two years, and although they were successful, there is nothing better than being able to gather and enjoy a night of festivities together.

By attending the auction, you can support the youth of Lawrence and allow our staff to continue doing their duties here at the Club. We pride ourselves on being a safe place for children ages 7-18 to make memories and connections that'll last them a lifetime by connecting with other children and passionate adults. We couldn't have made it this far without you.

So, pull out your stylish spring attire and come out! Have a night of fun, meet everyone and change a youth's life.



GREATER LAWRENCE TECHNICAL SCHOOL

VOCATIONAL TEACHER WORKSHOP

Wednesday, March 16, 2022 | 6:00 PM
57 River Road, Andover, MA 01810
GLTS Performance Art Center (PAC)

Did you know... You can use your **industry experience** to become a day, evening or night program vocational teacher?

The Vocational Teacher Workshop will provide you with the necessary skills and tools needed to become a Vocational Educator at Greater Lawrence Technical School. Not only will you be giving back to your community, but this can open many doors to newer and **greater opportunities!**

SIGN UP TODAY!





UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

Hombre de guerra

Estoy seguro de que no soy la primera persona que ha expresado las palabras en el título de este artículo para describir la famosa medusa. Y ciertamente no para describir a los seres humanos. Y ha sido mencionado también por figuras religiosas y filósofos más famosos que yo en momentos de angustia o introspección.

La mayoría de las especies animales carnívoras se alimentan entre sí. También son los más agresivos. Los que se alimentan de productos de la tierra como hierba, semillas u hojas, los menos agresivos y más agradables. Tan pronto como los carnívoros tienen hambre, miran a su alrededor tratando de localizar la próxima comida que se mueve cerca, generalmente un miembro de otra especie. Lo persiguen y terminan comiéndose a los perseguidos o, si el otro es más fuerte o más hábil, a los que se les persigue. Hay una lucha evolutiva entre especies que ocurre todo el tiempo donde el más fuerte o el más apto sobrevive. Pero somos un animal diferente.

Somos los únicos que nos alimentamos de nuestra propia especie, ya no canibalizándonos a nosotros mismos, sino atacándonos premeditadamente unos a otros en guerras criminales inútiles y derrochadoras que justifican nuestro esfuerzo por matar, esclavizar o poseer el destino o la vida de nuestros vecinos. Y el hambre no tiene nada que ver directamente con eso, a menos que alguien quiera robar su carrito de compras; nuestras razones son muchas y complejas: raciales, políticas, religiosas, étnicas, geográficas, lo que sea. Razones que nos obligan a crear organizaciones, comités e instituciones de

aprendizaje para controlarlos.

Hemos estado traumatizados, escandalizados y preocupados a lo largo de la historia cada vez que presenciamos, escuchamos o experimentamos una de esas guerras. Se han desperdiciado innumerables horas y recursos para hacerlos más eficientes y letales. Incluso hay Colegios de Guerra.

Ahora estamos experimentando otro período de incertidumbre cuando un país grande, Rusia, decide que está bien atacar y destruir a uno más pequeño, Ucrania. Pero sostenga los caballos. Las guerras no siempre son entre personas que hablan diferentes idiomas o viven en diferentes tierras o diferentes lados de una cerca. También hay muchas guerras en nuestro propio vecindario.

Hay guerras cuando los vecinos se lastiman entre sí porque quieren lo que el otro tiene; o cuando los cónyuges, generalmente hombres, golpean, lastiman o matan a sus parejas, o cuando los niños son abusados física, psicológica o sexualmente; cuando los niños abusan de sus padres ancianos. Cuando una persona religiosa abusa de un menor, la institución religiosa del abusador se convierte en cómplice.

En otras palabras, no tenemos que cruzar las fronteras para ver una guerra, a veces ni siquiera tenemos que mirar por la ventana para ver un crimen cometido. Debemos repensar nuestra definición de guerra. Puede que no sea un ejército marchando al ataque, podría ser que cometemos un suicidio moral, si no físico.

Y ese es mi punto de vista hoy.



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

Man of war

committees, and institutions of learning to control them.

We've been traumatized, scandalized, and worried throughout history every time we witness, hear or experience one of those wars. Countless hours and resources have been wasted in making them more efficient and lethal. There are even Colleges of War. Now we are experiencing another period of uncertainty when one big country, Russia, decides that it's OK to attack and destroy a smaller one, Ukraine. But hold the horses. Wars are not always between folks who speak different languages or live on different lands or on different sides of a fence. There are also many wars in your neighborhood.

There are wars when neighbors hurt each other because they want what the other has; or when spouses, usually men, beat, hurt or kill their partners, or when children are abused physically, psychologically, or sexually; when children abuse their elderly parents. When a religious person abuses a minor the abuser's religious institution becomes complicit.

In other words, we don't have to cross borders to see war, sometimes we don't even have to look out the window to see a crime committed. We must rethink our definition of war. It may not be an army marching to attack; it could be we are committing moral if not physical suicide.

And that is my point of view today.

PARA TODO TIPO DE SEGURO



Yomari, Elizabeth, Nini, Joan y Carla

Personales Automóviles Casas Negocios

* Tarifas bajas para
seguro de AUTOS y CASAS

SE HABLA
ESPAÑOL

DEGNAN INSURANCE AGENCY, INC.

85 Salem Street., Lawrence MA 01843
TEL. (978) 688-4474 . FAX (978) 327-6558

WWW.DEGNANINSURANCE.COM

The Exchange Club of Haverhill presents the
20th Annual Rick Barry St Patrick's Day Celebration

Thursday, March 17, 2022
Haverhill Country Club
Doors Open 7:00 am

Breakfast Buffet & Networking 7:30 am
\$10 per person / \$350 table of 10
prizes! give-a-ways! live drawings! raffles!

Amazin\$ Opportunities & Tickets

Learn more about Sponsorships
Ron Carpenito
(978) 494-0316
roncarpenito@comcast.net

Learn more about Ads in Program Book
Sarah Wescott
(508) 428-1897
Sarah.Wescott@comcast.net

Get your tickets or table codes!

Scan QR code:

www.haverhillexchangeclub.com/stpats



Meaningful Activities To Do with Your Loved One

Thursday, March 10 | 11 a.m. | Zoom

The best activities for a person with dementia are simple and also combine the senses to promote mental stimulation. Join us to help set realistic expectations for activities and get insight on creating meaningful moments with your loved one.

Family Dynamics & Spousal Stress

Thursday, March 24 | 11 a.m. or 7 p.m. | Zoom

Join us to explore the emotional and practical challenges that occur within relationships when a loved one has dementia. We'll discuss how to manage spousal stress and other changing family dynamics to reduce conflict and maintain healthy relationships.

TO REGISTER:

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

www.rumbonews.com

Diapers Delivered = Happy Babies!



500 babies each month rely on Neighbors In Need for diapers. We have the diapers - but we need drivers to deliver them!

Will you help?!

If you'd like to drive, but our schedule doesn't work for you, contact Alisa at volunteer@needfood.org to coordinate the time that is best for you.

Looking for a family volunteer experience?
Make deliveries with your kids!
Pick up diaper bundles early in the day,
but deliver them after school.

2 hours of your time for Neighbors In Need means babies have diapers and families have food.

There are many shifts available THIS WEEK.

For the safety of our clients, volunteers, and staff, all volunteers must be vaccinated against Covid-19.

?? Thank you again for helping us to provide food and diapers to local families.??

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!



March 2022 Events at Lawrence Heritage State Park

Lawrence Heritage State Park is located at 1 Jackson Street, Lawrence, Massachusetts. All programs are free and open to the public. Bring water. Wear sturdy closed toe shoes. Consider sunscreen and insect repellent. An adult must accompany children. Inclement weather cancels outdoor programs. Reasonable accommodations upon advance request. For more information send email to nicole.mcgovern@mass.gov <https://www.mass.gov/locations/lawrence-heritage-state-park>. Parking is free in the Visitor Center Park Parking Lot between 9:00 a.m. and 4:00 p.m.

the planned city of Lawrence and its role in American industrialization, immigration, and labor history, with emphasis on waterpower and the textile industry. All ages. Meet in the lobby of the Visitor Center at 1 Jackson Street, Lawrence.

Kidleidoscope

Wednesdays, March 16, 10:30-11:30am

A fun program for ages 3-6, accompanied by an adult. Program includes a story and activity. Whenever possible, activities will be outdoors. In case of bad weather, activities will be in the Community Room, with social distancing. No shared materials/items. Siblings and friends welcome. Meet in the lobby of the Visitor Center at 1 Jackson Street, Lawrence.

Walk to the Great Stone Dam

Tuesdays, March 15, 10:00-11:00am and 2:00-3:00pm

Thursdays, March 10, 17, 10:00-11:00am and 2:00-3:00pm

Join us for a walking tour of Lawrence's historic mill district, through Pemberton Park, and leading to the base of the Great Stone Dam while learning about the waterpower system for the textile mills. Weather permitting. Best for ages 13 and above. Meet in the lobby of the Visitor Center at 1 Jackson Street, Lawrence.

Dog Walks Along the Canal

Fridays, March 11, 18, 2:00-3:00pm

Already walking your dog? Does your dog love other dogs? Bring your four-legged best friends on a walk along the canal to Pemberton Park. Socialize your dog and enjoy the views of this historical city. Weather permitting. Dogs must be dog friendly and on leash. Meet on the front deck of the Visitor Center at 1 Jackson Street, Lawrence.

The Massachusetts Department of Conservation and Recreation (DCR), an agency of the Executive Office of Energy and Environmental Affairs, oversees 450,000 acres of parks and forests, beaches, bike trails, watersheds, dams, and parkways. Led by Commissioner Stephanie Cooper, the agency's mission is to protect, promote, and enhance our common wealth of natural, cultural, and recreational resources. To learn more about DCR, our facilities, and our programs, please visit www.mass.gov/dcr.

Discovery Table

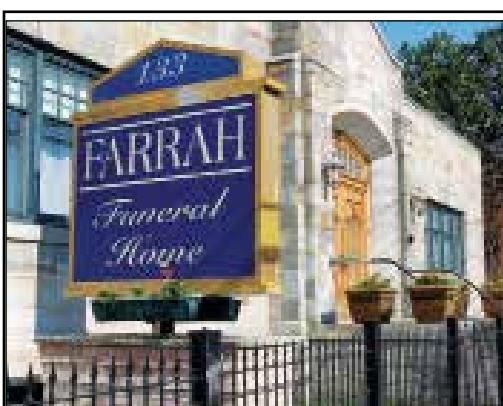
Open daily, Self-Guided, 9:00am-4:00pm

Exploring Lawrence Heritage State Park Visitor Center? Play a game of Find & Seek Bingo, color a picture of Lawrence's history, or weave your own placemat. Come check out what we have at our Discovery Table and find something for all ages. Children must be accompanied by an adult. Located in the lobby of the Visitor Center at 1 Jackson Street, Lawrence.

Guided Museum Tour

Daily, Upon Request, 9:00am-4:00pm

Explore our permanent exhibit about



**137 Lawrence Street
Lawrence, MA 01841**

(978)682.4060

Somos expertos en precios módicos y servicio de alta calidad.

La Primera Funeraria hispana sirviendo con esmero y satisfacción a la comunidad latinoamericana.

Brindamos servicio de asistencia social y enviamos el cuerpo a cualquier lugar incluyendo a Puerto Rico, la República Dominicana, Centro y Suramérica. También ofrecemos planes pagados con anticipación y

¿Tienes el reloj biológico averiado? "El horario de verano" puede traer inconvenientes para la salud del corazón

La American Heart Association cita estudios que muestran un aumento en incidentes del corazón y de ataques o derrames cerebrales asociados con el cambio al horario de verano

DALLAS, 4 de marzo del 2022. Según la American Heart Association, la investigación científica respalda la idea de que perder una hora de sueño muy necesaria no es lo único que se debe considerar sobre el "horario de verano" cuando se adelantan los relojes para ahorrar luz diurna más adelante este mes. El próximo cambio de horario también puede afectar negativamente la salud del corazón y del cerebro.

El concepto del horario de verano describe la práctica de adelantar los relojes una hora después de la hora estándar durante la transición a los meses de verano a fin de extender el uso práctico de la luz natural. Este año, el horario de verano comienza el domingo 13 de marzo. Muchos estudios científicos informan que hay un aumento en la incidencia de cardiopatías y ataques o derrames cerebrales durante esta transición de horario.

En un estudio de Nueva York, presentado en las sesiones científicas de la American Heart Association en el 2018, se informó que las hospitalizaciones

por fibrilación auricular (FibA), el tipo más común de latido cardíaco irregular, aumentan con la transición al horario de verano. Los investigadores descubrieron que entre el lunes y el jueves que vienen después del inicio de la transición de horario en primavera hubo 3.13 admisiones hospitalarias FibA al día en comparación con las 2.56 admisiones diarias durante los mismos días en promedio durante el resto del año. No hubo una diferencia notable en las admisiones por FibA de lunes a jueves después de la transición de otoño al final del horario de verano.

El lunes después del cambio de hora de primavera (después de perder una hora de sueño) se asoció a un aumento del 24% en los recuentos de ataques cardíacos diarios, y el martes siguiente al cambio de hora de otoño (que aumenta una hora de sueño) se asoció a la inversa, con una reducción del 21% en los ataques cardíacos, según un estudio de Michigan.

Las tasas de ataques o derrames cerebrales también aumentan con el cambio de horario de verano. En un estudio de Finlandia, los investigadores descubrieron que la tasa general de accidentes cerebrovasculares isquémicos era un 8% más alta durante los primeros dos días después de la transición al horario de verano.

"No sabemos realmente la razón específica de los aumentos en las cardiopatías y los ataques o derrames cerebrales durante el cambio al horario de verano, pero es probable que esté relacionado con la

alteración del reloj interno del cuerpo o su ritmo circadiano", dijo Donald M. Lloyd-Jones, M.D., Sc.M., FAHA, presidente de la American Heart Association, presidente del departamento de medicina preventiva, profesor de investigación del Corazón de Eileen M. Foell y profesor de medicina preventiva, medicina y pediatría en la Facultad de Medicina Feinberg de la Universidad Northwestern en Chicago. "Si ya estás en riesgo de padecer enfermedades cardiovasculares, el cambio de horario podría ser aún más riesgoso. Es importante trabajar en mejorar sus factores de riesgo para la salud durante todo el año, y hay algunos pasos específicos que puedes tomar a fin de prepararte para el impacto de adelantar el reloj cada primavera".

- Comienza ahora por recibir tanta luz como sea posible cada día. Esto puede ayudar a ajustar el ritmo corporal para el cambio que se viene.
- Comienza a desconectarte un poco más temprano por las noches. Si bien nunca se puede recuperar el sueño perdido, pasar el cambio de horario bien descansado puede ser de ayuda.
- No compenses con cafeína adicional. Puede que sientas que un café adicional o dos pueden ayudarte a superar el cansancio del mediodía, pero consumir demasiada cafeína no es saludable para el corazón.
- No tomes siesta. La mayoría de las

personas no duermen lo suficiente en ningún momento; agregar una siestecita a tu tarde puede dificultar aún más dormir bien esa noche.

Según Lloyd-Jones, la mejor preparación para el cambio de horario es realizar mejoras graduales en el estilo de vida durante todo el año. Muévase más. Controla el colesterol y la presión arterial. Asegúrate de trabajar en hábitos de sueño saludables y a comer de forma inteligente.

Además, añade lo siguiente: "Estos comportamientos saludables en el estilo de vida no solo suavizarán el impacto del reloj biológico anual, sino que también han demostrado ser formas de reducir el riesgo de sufrir cardiopatías y ataques o derrames cerebrales, lo que te ayudará a vivir una vida más larga y más saludable".

La American Heart Association es una fuerza incansable para un mundo de vidas más largas y saludables. Nos dedicamos a garantizar una salud equitativa en todas las comunidades. A través de la colaboración con numerosas organizaciones, e impulsados por millones de voluntarios, financiamos la investigación innovadora, abogamos por la salud pública y compartimos recursos que salvan vidas. La organización con sede en Dallas ha sido una fuente líder de información de salud durante casi un siglo. Comunícate con nosotros a través de heart.org, Facebook, Twitter, o llama al 1-800-AHA-USA1.



CARING FOR YOUR HEART

If you have heart disease, the Advanced Illness Management Program of Home Health VNA can provide innovative treatment options, teach you about your medications and help you manage and improve symptoms through our telehealth program. Working together with your physician, we'll be your trusted partner, guiding you to a healthy lifestyle.

Visit HomeHealthFoundation.org/resources for more information on how we can help.

Home Health VNA | **Proudly wellforce**
Affiliated with Home Health Foundation

homehealthfoundation.org/resources

Rumbo

"The Bilingual Newspaper of the Merrimack Valley"

WWW.rumbonews.COM



Health & Safety Training

8 hr. - First Aid, CPR-AED, Blood Borne Pathogen Training Course & Stop The Bleed Program



American Heart Association
CPR & First Aid



STOP
THE BLEED

American Heart Association (AHA) Heartsaver First Aid CPR-AED

In this one-day course, The AHA's Heartsaver First Aid CPR AED course trains participants to provide First Aid, CPR, and use an Automated External Defibrillator (AED).

The AHA's Heartsaver First Aid CPR AED course is designed for anyone with little or no medical experience who needs training for their job, regulatory (e.g., OSHA), or other requirements, or anyone who wants to be prepared for an emergency in any setting.

What does this course teach?

First aid basics; Medical Emergencies; Injury Emergencies; Environmental Emergencies; Preventing illness and injury; Adult CPR and AED use; Opioid-associated life-threatening emergencies; Optional modules in Child CPR AED and Infant CPR; and Optional modules in bloodborne pathogens.

The Bloodborne Pathogens: This course is designed to meet the Occupational Safety and Health Administration (OSHA) requirements for bloodborne pathogens training when paired with site-specific instruction.

STOP THE BLEED: By learning how to STOP THE BLEED, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques. Taking the training course helps you to become empowered to make a life-or-death difference when a bleeding emergency happens.

Each Student after completing the course modules will receive:

- American Heart Association (AHA) Heartsaver First Aid CPR AED Completion card
- The New England Consortium Blood Borne Pathogen Certificate
- STOP THE BLEED Completion Certificate
- CPR Face Shield Mask Keychain

For information to bring this course to your organization, please contact Dave Coffey at Dave_Coffey@uml.edu.

Just Starting Out? Jumpstart Your Financial Future

Learn to budget, build credit, and save for retirement at Jumpstart Your Financial Future, a series of virtual workshops offered by the Nashua Public Library for ages 17 to 30.

The programs will help you achieve financial prosperity and independence. They are free, but registration is required to get Zoom invitations. Register at tinyurl.com/nplmoney.

All workshops are presented by the Babson Financial Literacy Project in partnership with the Tewksbury Public Library. They start at 7 p.m.

For more information contact Carol at carol.eyman@nashualibrary.org or 603-589-4610.

Tips and Tricks for Managing Your Credit

Credit cards are convenient and can help you build your credit profile, but they

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

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

— Indira Gandhi

Merrimack Valley Chamber of Commerce Gold Star Family Needs Help

February 28, 2022

Good afternoon friend:

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

The Chamber is helping to organize the effort to improve the home her family has purchased in Lawrence. It was the dream of Johanny to support her mom and sister financially by servicing her country and we can help by donating our time, building materials, or finances to assist in this effort.

If you are able to make a donation, please send a check made out to the Merrimack Valley Chamber Foundation and put on the subject line: Sgt. Johanny Rosario Pichardo Home Project. 100% of the funds received will be applied to the house rehabilitation and/or given to the family for home related expenses.

As noted in the first e-mail, the home is in the process of being purchased at 23 Durant Street, Lawrence and is in need of repairs and improvements. In addition to donations, any interested contractors, home improvement suppliers, etc. interested in 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) is also greatly needed. If you can help in any way, that is also much appreciated.

Please feel free to call me at 978 204 2758, or e-mail Chamber President Joe Bevilacqua assist and/or any questions you may have.

Thank you in advance,

Mike Sullivan
Chairman
Board of Directors
978-204-2758 (C)

Joe Bevilacqua
President/CFO
MVCC
978-686-0900

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.

Library Sets Goals for 2022-2024

Over the last seven months, Nashua Public Library staff and trustees took some time to step back from their day-to-day work and set goals for the coming three years.

They surveyed the public, staff, and trustees; talked with focus groups; and held retreats for staff and trustees to answer the question, What does Nashua want and need from its library? As a result of this data gathering, and analysis of demographic data, they decided to focus on three strategic directions:

- Welcoming and comfortable: Make the library a trusted, safe place that is inviting, easy to use, and a hub of community activity.
- Learning and culture: Support community members in living enriched lives by connecting them to learning opportunities throughout their lifetime in an equitable and inclusive way.
- Collaborative and connected: Integrate the library into the community to achieve high awareness, meaningful partnerships, and recognition of its value.

For each of these directions, three long-term goals were set. Now library

staff are working on an action plan that identifies what services, policies, and other resources are needed to meet those nine goals. For example, under the "Welcoming and comfortable" strategic direction, library staff will work toward the goal of "Serving as a welcoming community-gathering place for every member of the community" by implementing technology that will help staff communicate with customers who speak languages other than English.

The three-year action plan for carrying out the strategic plan will be completed later this spring.

Read the plan

The complete strategic plan includes a list of all the goals, the results of the surveys and focus groups, and a profile of the Nashua community. You can read it at <https://www.nashualibrary.org/wp-content/uploads/2022/02/Strategic-plan-2022-2024.pdf>.

Amanda Standerfer of Standerfer Consulting facilitated development of the plan.

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

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

- Thomas Jefferson



Youth and adult winter classes are listed online. Register today! Many classes fill up in just a day or two. We've highlighted a few classes below

Intro to Monotype with a Twist

Expand your ideas of what is possible in printmaking! Students learn to create beautifully layered images using monotype plates, stencils, relief plates, and the intaglio process. First, the instructor will introduce a new relief process using Sintra, a PVC flat material used in sign making. Then, students will carve into the Sintra to create relief prints with a Twist! Students will experiment with this new material and use stencils and collage elements to create unique works on paper. The class is designed for the beginner and the more experienced printmaker. Come, learn the tools of the printmaker and the unique qualities of Akua ink.

Thu | Mar 3-Apr 7 | 10:00 AM-2:00 PM
6 Sessions
Ages: Adults (16+) | \$360 | Kathy Reming

Drawing the Portrait in Charcoal

Students will learn to see the relationship of values, angles, proportions, and edges in this class. Basic handling and sharpening of charcoal and how to create a wide value range will also be taught. All levels are welcome.

Mon | Mar 7-Apr 11 | 6:30 PM-8:30 PM
6 Sessions
Ages: 14 yrs. to 99 yrs. | \$170 | Margie Carrier

Elements of Drawing

This beginner's drawing class is full of tips to improve your art. Learning the basics—how to create shapes, lines, and shadows—will help you advance your skills and draw like a pro!

Mon | Mar 14-Apr 11 | 4:30 PM-6:00 PM
5 Sessions
Ages: 10 yrs. to 16 yrs. | \$110 | Ricardo Nassif

Our spring class session will run for 8 weeks (4/18/22 - 6/18/22). Stay tuned! Enrollment will begin March 8th.

Don't miss Marla L. McLeod's solo exhibition! Her work is on view through March 17, 2022.

February Vacation Week (Feb 21-Feb 26)

Gallery Hours

Monday 9:00AM-12:00PM
Tuesday 9:00AM-6:00PM
Wednesday 9:00AM-4:00PM
Thursday 9:00AM-4:00PM
Friday 9:00AM-3:00PM
Saturday 1:30-4:00PM

**It's easy finding Rumbo
(978) 794-5360**

**Wednesday, March 23rd, 2022 – 7:30 PM
Merrimack Valley Chamber Night
at the Boston Celtics vs Utah Jazz!**



Be there in the Top Shelf Bar for when the Boston Celtics take on Donovan Mitchell and the Jazz!

Enjoy an exciting night with your family, friends and/or reward your business associates!

ONLY \$65 EACH - in the Balcony Section 309!

3/23/22 ... Celtics vs Jazz - \$65.00 Each

of Tickets _____ Total _____ Check (Payable to Merrimack Valley Chamber)
You can now pay online with secure credit card payments/Amex, Discover, MasterCard, Visa
www.merrimackvalleychamber.com

Name _____ Company _____
Email _____ Address _____

Telephone: 978-686-0900 Fax 978-794-9953

Email: michael.bevilacqua@merrimackvalleychamber.com

IMPORTANT! PLEASE READ CAREFULLY

Payment Must Accompany Ticket Order. No Refunds, No Cancellations, Thank You!

[LIKE MVCC on Facebook](#) [Join MVCC LinkedIn Group](#) [Follow us on Twitter](#) [Instagram](#)



Faith Ringgold's Tar Beach encourages children to soar high and follow their dreams.

February Vacation Week at Essex Art Center has me feeling all the feels.

It's so rewarding to see our classrooms and galleries filled with young artists and witness their creativity on display. Plus, I'm part of a passionate and dedicated team that makes the magic happen every day. So, after an exceptional week, I feel compelled to share some well-deserved gratitude.

Thank you, Maria (EAC's Director of Education + Community Outreach). Your work with teachers and community partners ensures that students have enriching classroom experiences and leave with a sense of pride and new skills. Whether the learning takes place in our studios or at one of our partner sites, you always find the best teacher for each learning opportunity.

Thank you, Mariana (EAC's Admin + Communications Coordinator + Faculty). Your ability to multi-task is so impressive. On any given day, you gracefully juggle teaching, designing, photographing, and sharing the activities taking place at the Center. Your skillset is diverse, and we are lucky to have you.

Big thanks to each and everyone one of our Faculty. You plan such thoughtful activities that inspire students to see and connect with the world in new ways. On Wednesday, Miss Lisa read the magical story Tar Beach by acclaimed African American artist Faith Ringgold. Then, she walked her students through Marla L. McLeod's exhibition, whose garments contain beadwork that spell out some of Ringgold's famous sayings. Through these experiences, students learned the power of using their voices and saw how one artist can inspire another.

And thanks to all of you! Essex Art Center is a VERY SPECIAL community because of all the people who teach, create, learn, volunteer, and support the magic that happens in our galleries and maker spaces every day. Thank you for being a part of our community.

Monica

P.S. Check out the photos below to see some of the magical moments Mariana captured this week.



**READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE
RUMBONEWS.COM**

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

Parents in education

During my radio show last Saturday, I mentioned the kind of education our children are receiving in the public school system in the United States. All over the country there are complaints that high schoolers are graduating with no skills in keeping a checkbook or filling out an employment application.

Civics classes are non-existent and students have an abdominal knowledge of geography. I remember how we had to draw the individual countries in each continent and to top it off, memorize the capital of each one.

History is probably the worst of all subjects because its teaching has been in decadence for dozens of years and lately it has been totally altered to teach only one aspect of it with a twist towards inducing hatred among the races.

The Epoch Times published an article stating that "In 1941, the average score on the SAT language exam was 500 points. In the 1990s, this average fell to 424. To hide this decrease, the College Board, makers of the SAT, recalibrated the scoring system so that a 424 was the new 500."

"While students' academic aptitude is in decline, their curricula are being filled with Marxist ideologies like critical race theory."

Parents are being told that they should not be involved in their children's education and it should be left to educators. Well, see the results above. The system is adapting to the changes by dumbing them down.

All statistics indicate that the United

States is way behind many other countries in education. The Secretary-General on Education Policy, Deputy Director for Education (OECD) ranks the United States:

- 14th in the world in the percentage of 25-34 year-olds with higher education (42%).
- The odds that a young person in the U.S. will be in higher education if his or her parents do not have an upper secondary education are just 29% -- one of the lowest levels among OECD countries.
- The U.S. ranks 28th in the percentage of 4-year-olds in early childhood education, with a 69% enrollment rate.
- Across all OECD countries, 30% of the expenditure on higher education comes from private sources, while in the U.S., 62% does.
- Teachers in the U.S. spend between 1,050 and 1,100 hours a year teaching – much more than in almost every country.

Many families want to hold on to their children while they are young and register them only when they are ready to begin first grade, skipping kindergarten and pre-primary school. These classes are vital to teaching many social practices, methods of learning, and even skills that will be useful for the rest of their lives.

Parents hold the main responsibility for their children and they send them to school to formally learn what they cannot teach them. Each day that goes by, we see more families' home-schooling their children if they cannot opt for private education once they discover their offspring is not learning

the right subjects which will leave them behind.

While higher education is an expensive proposition for most people, let me tell you what a wise Secretary of Education told me around 1990: "There is more than one way to skin a cat." And she was right! Adults returning to school are people to be admired. It's a great sacrifice of time and money but very much worth it and there are many incentives around that make it attainable. Just look into it.

Electric vehicles

While EVs usually have higher upfront purchase prices, owners can save a lot on operating expenses. A 2020 Consumer Reports study found that EV owners, on average, spend 60% less on fuel compared to internal combustion engine vehicles.

That sounds good but before you go ahead and get into a bill of more than \$40,000, you must calculate other expenses and inconveniences. A recent Consumer Reports study found that the average electric vehicle driver will spend 60 percent less to power the car, truck, or S.U.V. and half as much on repairs and maintenance — no oil changes needed — when compared with the average owner of a gas-powered vehicle.

Among the disadvantages of electric cars are that making electric cars creates more emissions the raw materials for making the car have to be mined, and the process of mining creates a lot of greenhouse gases. Then the raw materials have to be refined before they can be used, which again emits more greenhouse gas.

LETTERS TO THE EDITOR

RUMBO

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

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

Electric cars are severely limited by several drawbacks, including a shortage of charging stations, high electricity costs, and disappointing battery capacity that limits the distance the cars can be driven between charges.

Home charging is much cheaper than gasoline, and most electric vehicles owners so far have been homeowners. But on road trips, the situation reverses if you stop for a fast charge. Gasoline usually wins out and remember that it may take hours to "fill up" your battery.

Before you buy, find out where are the filling stations in your community or install one in your home. Figure how far you travel daily and where they are located near your place of work.

Going "green" sounds logical but only if we do it slowly. Also, what good is it for this country to make all those changes if the rest of the world won't abide by them?

Everybody hates the rich!

Notice how often people condemn the wealthy as if they are all corrupt and don't deserve their way of life.

Right now, if Ukrainians have the use of the internet it's because Elon Musk launched Starlink is a satellite-based internet constellation intended to blanket the planet in high-speed broadband and could potentially bring connectivity to billions of people who still lack reliable internet access – Free of Charge!

How many of us poor souls can make such a contribution to humanity?

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

– Voltaire

Sons Of Italy



Lodge #902

Methuen

Hall Rental Available for all your family and work events

Our versatile staff and business partners will assist in creating a successful event for you and your guests!

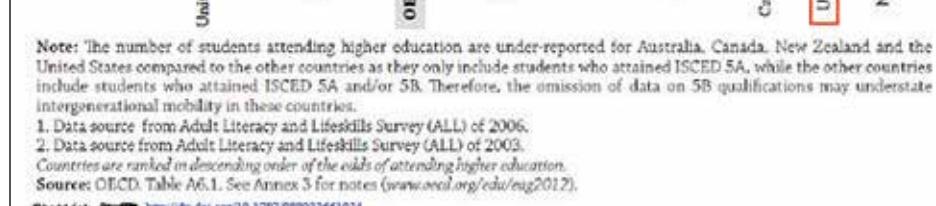
Birthdays - Anniversaries - Quinceañeros - Bereavement Meals - & More.

Salón de Fiestas para todos sus eventos familiares y laborales Nuestro personal y socios los asistirán en la creación de un evento exitoso para usted y sus invitados.

Cumpleaños - Aniversarios - Quinceañeros - Cenas de duelo - y Más.

Call / Llame 978-688-2258, option 3

www.methuensonsoftitalylodge902.com



Note: The number of students attending higher education are under-reported for Australia, Canada, New Zealand and the United States compared to the other countries as they only include students who attained ISCED 5A and/or 5B. Therefore, the omission of data on 5B qualifications may underestimate intergenerational mobility in these countries.

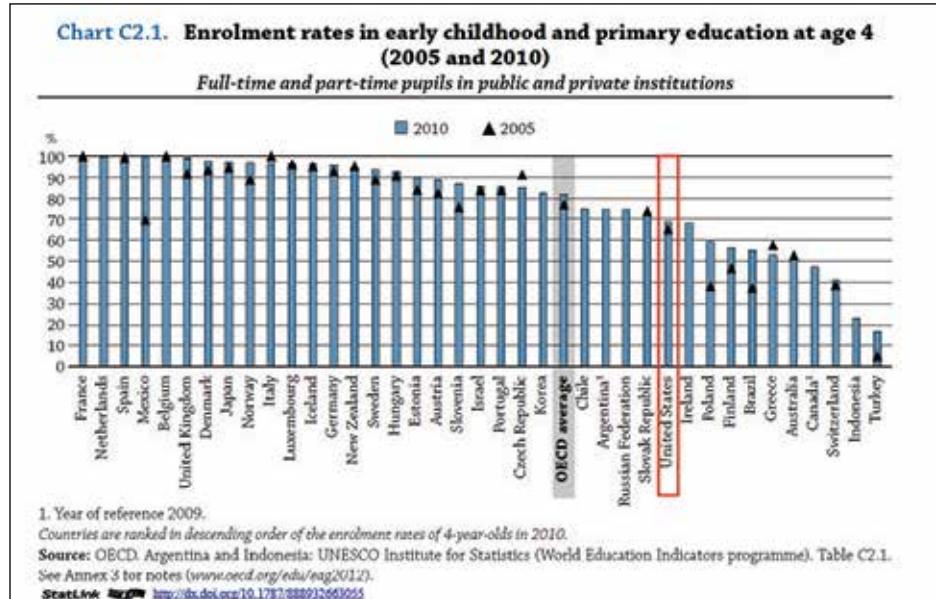
1. Data source from Adult Literacy and Lifeskills Survey (ALL) of 2006.

2. Data source from Adult Literacy and Lifeskills Survey (ALL) of 2003.

Countries are ranked in descending order of the odds of attending higher education.

Source: OECD. Table A6.1. See Annex 3 for notes (www.oecd.org/edu/eag2012).

StatLink <http://dx.doi.org/10.1787/888932661934>



1. Year of reference 2009.
Countries are ranked in descending order of the enrolment rates of 4-year-olds in 2010.
Source: OECD. Argentina and Indonesia: UNESCO Institute for Statistics (World Education Indicators programme). Table C2.1.
See Annex 3 for notes (www.oecd.org/edu/eag2012).
StatLink <http://dx.doi.org/10.1787/888932663055>

Baker-Polito Administration Launches New \$75 Million Small Business Relief Program

New program directs \$50 million toward businesses reaching underserved markets, minority-, women-, and veteran-owned businesses, and \$25 million for businesses that did not qualify for prior MGCC aid.

The Baker-Polito Administration announced the launch of a new \$75 million grant program to support Massachusetts small businesses impacted by the COVID-19 pandemic. The new program is part of the plan to spend \$4 billion in American Rescue Plan funding that was signed into law by Governor Charlie Baker in December 2021.

The new program is modeled after Massachusetts Growth Capital Corporation's (MGCC) successful COVID-19 small business relief program. Under that effort, which became the biggest state-sponsored business relief program in the nation, MGCC oversaw the distribution of approximately \$705 million to over 15,000 small businesses across Massachusetts.

"We have been proud to support small businesses in every corner of the Commonwealth through the MGCC small business program during the pandemic, but we know that some challenges remain for many businesses," said Governor Charlie Baker. "With the launch of this new effort, we can build on MGCC's successful work and direct important federal funding to those businesses with the greatest need quickly and effectively."

The \$75 million will be focused on small businesses that employ between two and 50 people, with \$25 million directed toward businesses that did not qualify for previous MGCC grants because of a lack of revenue loss in 2020; and \$50 million directed to businesses that reach underserved markets and historically underrepresented groups, or are minority-, women-, or veteran-owned businesses, or

are owned by individuals with disabilities or who identify as a member of the LGBTQ+ community.

Under both categories, grants will range from \$10,000 to \$75,000, and will be capped at the lesser of \$75,000 or three months of operating expenses. Grant funding can be used for employee and benefit costs, mortgage interest, rent, utilities, and interest on debt.

"When help was needed the most during the pandemic, the Massachusetts Growth Capital Corporation scaled up a nation-leading program to support our small businesses and the families and entrepreneurs behind them," said Housing and Economic Development Secretary Mike Kennealy. "I'm grateful to the MGCC team for once again stepping up to direct vital funding to the neighborhoods and communities that continue to face challenges created by this unprecedented public health crisis."

"MGCC is pleased to be an instrument of recovery for the smallest of businesses throughout Massachusetts most affected by COVID-19 with these two new grants programs," said Lawrence Andrews, CEO and President of MGCC. "The Baker-Polito Administration and the Legislature recognize that certain communities have been disproportionately impacted by the pandemic, and the goal of this funding will bring relief and stability to additional businesses throughout the Commonwealth."

In addition to prioritizing applications from businesses that did not qualify for prior aid and businesses owned by individuals from historically underserved populations or operate in underserved markets, eligible businesses must currently be in operation and based in Massachusetts. Applicants must also demonstrate that business revenues for 2020 were between \$40,000 and \$2.5 million.

www.rumbonews.com



March in like a Lion and Volunteer!

Thank you to all who volunteered last week!
Could you volunteer this week?
Or could you refer a friend?

2 hours of your time for Neighbors In Need means babies have diapers and families have food.

There are many shifts available.



Each year we give out approximately 100,000 diapers to help babies stay healthy and dry.

Some parents can only afford one diaper a day. You can help babies stay dry and healthy. Our partner, Community Giving Tree is conducting a Diaper Drive.

Please see their website for details on how to give and where to drop off your donations.

El gobernador lanza un nuevo programa de \$75 millones de ayuda para pequeñas empresas

El nuevo programa destina \$50 millones a empresas que llegan a mercados desatendidos, empresas propiedad de minorías, mujeres y veteranos, y \$25 millones para empresas que no calificaron para la ayuda anterior de MGCC.

La Administración de Baker-Polito anunció el lanzamiento de un nuevo programa de subvenciones de \$75 millones para apoyar a las pequeñas empresas de Massachusetts afectadas por la pandemia de COVID-19. El nuevo programa es parte del plan para gastar \$4 mil millones en fondos del Plan de Rescate Estadounidense que el Gobernador Charlie Baker promulgó en diciembre de 2021.

El nuevo programa se basa en el exitoso programa de ayuda para pequeñas empresas que fueron impactadas por el COVID-19 de Massachusetts Growth Capital Corporation (MGCC). Bajo ese esfuerzo, que se convirtió en el programa de ayuda empresarial patrocinado por el estado más grande de la nación, MGCC supervisó la distribución de aproximadamente \$705 millones a más de 15,000 pequeñas empresas en todo Massachusetts.

"Nos enorgullece apoyar a las pequeñas empresas en todos los rincones del estado a través del programa de pequeñas empresas de MGCC durante la pandemia, pero sabemos que aún quedan algunos desafíos para muchas empresas", dijo el Gobernador Charlie Baker. "Con el lanzamiento de este nuevo esfuerzo, podemos aprovechar el trabajo exitoso de MGCC y dirigir importantes fondos federales a aquellas empresas con mayor necesidad de manera rápida y efectiva".

Los \$75 millones se enfocarán en pequeñas empresas que emplean entre dos y 50 personas, con \$25 millones dirigidos a empresas que no calificaron para subvenciones anteriores de MGCC debido a la falta de pérdida de ingresos en 2020; y \$50 millones dirigidos a empresas que llegan a mercados desatendidos y grupos históricamente sub representados, o son empresas propiedad de minorías, mujeres o

veteranos, o son propiedad de personas con discapacidades o que se identifican como miembros de la comunidad LGBTQ+.

En ambas categorías, las subvenciones oscilarán entre \$10,000 y \$75,000 y tendrán un tope de \$75,000 o tres meses de gastos operativos, lo que sea menor. Los fondos de la subvención se pueden utilizar para los costos de los empleados y los beneficios, los intereses de la hipoteca, el alquiler, los servicios públicos y los intereses de la deuda.

"Cuando más se necesitó ayuda durante la pandemia, Massachusetts Growth Capital Corporation amplió un programa líder en el país para apoyar a nuestras pequeñas empresas y a las familias y empresarios detrás de ellas", dijo Mike Kennealy, secretario de Vivienda y Desarrollo Económico. "Estoy agradecido con el equipo de MGCC por dar un paso adelante una vez más para dirigir fondos vitales a los vecindarios y comunidades que continúan enfrentando los desafíos creados por esta crisis de salud pública sin precedentes".

"MGCC se complace en ser un instrumento de recuperación para las empresas más pequeñas de Massachusetts más afectadas por el COVID-19 con estos dos nuevos programas de subvenciones", dijo Lawrence Andrews, director ejecutivo y presidente de MGCC. "La Administración Baker-Polito y la Legislatura reconocen que ciertas comunidades se han visto afectadas de manera desproporcionada por la pandemia, y el objetivo de esta financiación brindará alivio y estabilidad a empresas adicionales en todo el Estado Libre Asociado".

Además de priorizar las solicitudes de empresas que no calificaron para la ayuda anterior y las empresas propiedad de personas de poblaciones históricamente desatendidas o que operan en mercados desatendidos, las empresas elegibles deben estar actualmente en funcionamiento y con sede en Massachusetts. Los solicitantes también deben demostrar que los ingresos comerciales para el 2020 estuvieron entre \$40,000 y \$2.5 millones.

Other Opportunities:

Work for NIN

We are still looking for a talented administrative assistant with a can-do attitude to join our team! See [Work for NIN](#) for more details!

Convenience

If you'd like to make deliveries for NIN, but our schedule doesn't work for you, contact Alisa at volunteer@needfood.org to coordinate the time that is best for you.

Family Fun

*Make deliveries with your kids: Pick up diaper bundles early in the day, but deliver them after school.
* Contact Alisa at volunteer@needfood.org to schedule a weekend warehouse shift.
* Organize a diaper or food drive.
* Other ideas welcome!

For the safety of our clients, volunteers, and staff, all volunteers must be vaccinated against Covid-19.

?? Thank you again for helping us to provide food and diapers to local families. ??

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!



Multicultural Watercolors on Display at Nashua Library



Those Eyes

Akha

her portraits from photos found on Instagram.

Chandrasekaran attempts to capture the story behind the portrait, through her interpretation of the emotion in the eyes and every small detail in jewelry or a headdress. She especially enjoys creating family portraits that include relatives who no longer live with them.

Self-taught

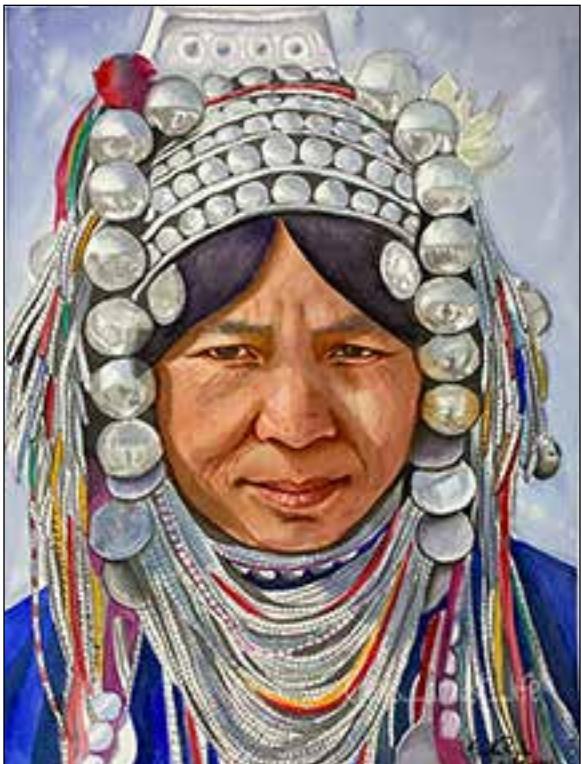
Chandrasekaran has a master's in human physiology but when it comes to art, she is self-taught. She has enjoyed drawing and crafts since childhood. Feeling lonely and bored when she moved to Nashua three years ago, she picked up her brush again. Since then, she has not missed a day of painting.

Meet the artist

The exhibit can be viewed anytime the library is open. You can meet the artist at a reception on Thursday, April 14, from 6:30 p.m. to 8 p.m.

The library is located at 2 Court Street. Visit nashualibrary.org/about/directions for directions and parking information.

Artists wanting information about exhibiting at the library should contact Holly Klump at holly.klump@nashualibrary.org or 603-589-4633.

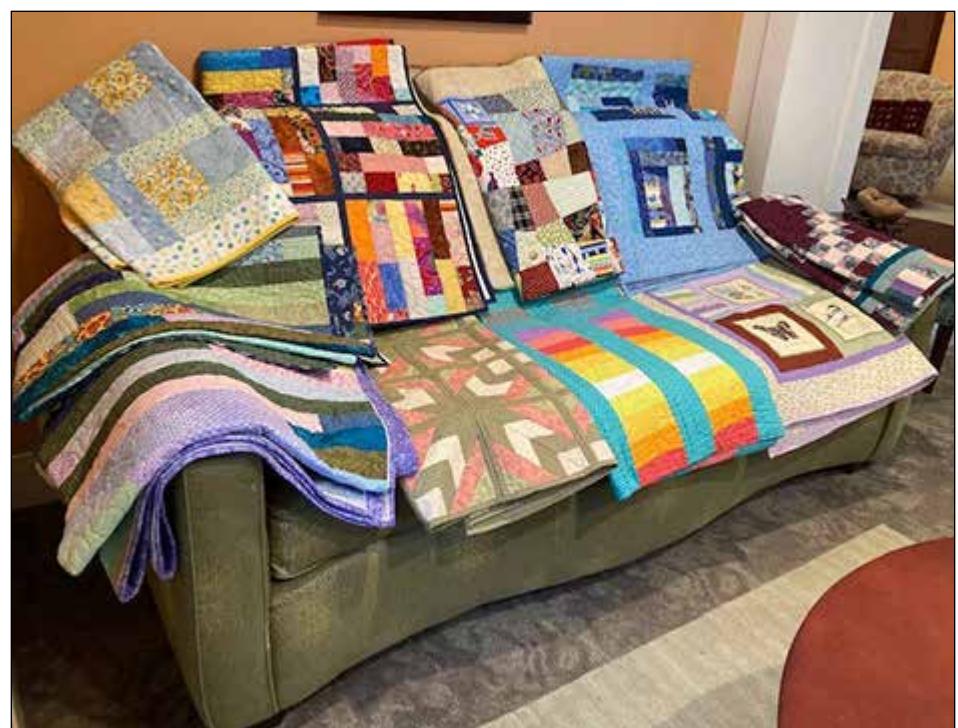


"Faces in Watercolors," an exhibit of portraits by Kavitha Chandrasekaran, is on display in the Nashua Public Library in March and April.

The works include depictions of a diverse collection of people from Africa and Asia. There are also a couple of portraits of pets, because, Chandrasekaran says, "Painting fur is something I love to do."

From a young age, Chandrasekaran has been fascinated with different cultures and ethnicities, and that is reflected in her work. "When traveling is challenging, it is a treat to see people from around the globe on one gallery wall." She painted some of

Squanicook Colonial Quilt Guild Provides Comfort and Warmth to Patients at Merrimack Valley Hospice



Members of the Squanicook Colonial Quilt Guild recently donated 21 handcrafted quilts to High Pointe House in Haverhill, one for each patient suite at the hospice and palliative care residence of Merrimack Valley Hospice.

According to Susan Houde, co-coordinator of the Squanicook Colonial Quilt Guild's Quilt Cupboard, the organization is comprised of more than 100 members from northern and central Massachusetts and southern New Hampshire. Monthly meetings take place at the VFW in Pepperell, while open sews and workshops are held at the Pepperell Community Center.

Patterns, fabric and other supplies are stored at the Groton Senior Center, which is also the site of monthly meetings, open sews and workshops offered by the Quilt Cupboard. While some members complete quilts independently, others work in teams to piece tops, machine quilt and bind the quilts.

"We have amazing, talented and generous quilters," said Houde, noting that more than 200 quilts and baby blankets were donated to individuals and area agencies in the past year alone. "Our members are very

involved with sharing their quilting skills, providing quilts for comfort to members of the community and inspiring hope and healing through quilting."

Director of Hospice Services Linda Miller, RN said generous community supporters such as the Squanicook Colonial Quilt Guild assist Merrimack Valley Hospice in its mission to provide compassionate care to patients as they face life-limiting illnesses with peace and dignity.

"These quilts are beautiful gifts from the heart that will wrap patients and their family members in comfort," Miller said, "much as we do as clinicians."

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

Greater Haverhill Chamber of Commerce

Team Haverhill's Possible Dreams

March 14, 2022, 7 p.m.

Online Event



Team Haverhill's annual Possible Dreams event is back this year with the theme Small Steps-Big Impact. This community conversation provides an opportunity to meet new people, discover more that Haverhill has to offer and shape the future of our community by sharing and incubating new ideas.

Rain Barrels

Now through March 30, 2022

The city of Haverhill is offering rain barrels for residents this year. The cost is \$30 per barrel and the deadline to order is March 30. Click on the link below and select "Haverhill" to order yours.

[LEARN MORE](#)



"We don't go into journalism to be popular. It is our job to seek the truth and put constant pressure on our leaders until we get answers."

— Helen Thomas

Greater Haverhill Chamber of Commerce

Business Awards Breakfast- Buy Your Tickets!
March 11, 2022, 7:30-9:30 a.m.
Atkinson Country Club

The Greater Haverhill Chamber of Commerce will hold its Annual Business Awards Breakfast on March 11, 7:30 a.m. – 9:30 a.m., at the Atkinson Country Club, 85 Country Club Drive, Atkinson, NH. The business awards breakfast will honor over twenty businesses, nonprofits, and individuals who exemplify the highest ideals of civic engagement. With over 320 members, the Greater Haverhill Chamber of Commerce is a leader in the Merrimack Valley, promoting economic development, arts and education, strong neighborhoods, and lively political discourse. The Chamber's commitment to diversity and inclusion is at the core of its mission. Tickets for the Business Awards Breakfast may be purchased by logging on to the Chamber's website at www.haverhillchamber.com. For more information, contact Kate Martin at kate@haverhillchamber.com or George Moriarty at president@haverhillchamber.com.

