

Marzo/March 22, 2022

EDICIÓN NO. 808

The BILINGUAL Newspaper of the Merrimack Valley

¡Cuando reciba el Censo,  
devuélvalo!

When you get the Census,  
return it!

Pg. 9

## Chamber honors Nomsa Ncube



During the mixer on March 9 at Joseph's Trattoria celebrating Women's Month, Joseph Bevilacqua, CEO of Merrimack Valley Chamber of Commerce recognized Nomsa Ncube for her receipt of the Black Excellence on the Hill Award from the Mass. Black and Latino Legislative Caucus for her community volunteerism.

Durante el almuerzo celebrado el 9 de marzo en Joseph's Trattoria para celebrar el Mes de la Mujer, Joseph Bevilacqua, director ejecutivo de la Cámara de Comercio de Merrimack Valley, reconoció a Nomsa Ncube por haber recibido el premio Black Excellence on the Hill Award del Mass. Black and Latino Legislative Caucus por su trabajo voluntario en las comunidades .

## En esta edición / In this edition:

**El Alcalde Brian A. De Peña y The Lawrence Partnership lanzan The Lawrence Citizens Academy** Pg. 6

**Mayor Brian A. DePeña and the Lawrence Partnership launch the Lawrence Citizens Academy** Pg. 6

Informe de la Asociación Americana del Corazón:

**Los patrones dietéticos pueden explicar las diferentes tasas de ECV entre los grupos hispanos/latinos en EE.UU.** Pg. 17

"I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones."

Albert Einstein

**Rumbo presenta**  
**"Desde Mi Esquina" con Dalia Diaz**  
sábados 8 am por WNNW 800 AM y 102.9 FM

Por/By Dalia Diaz  
rumbonews.com/blogs

Desde Mi Esquina

Desperdicio de dinero  
The sub jefe de bomberos  
Niños indoctrinados  
Reunión de LCAT

Página 4

## Spring Brings Alvin Ailey Back to Boston April 28-May 1

Alvin Ailey American Dance Theater returns for the first time since 2019 with Boston premieres, new productions and company classics

Lawrence-born Belén Indhira Pereyra, a long-time Company member, is scheduled to perform during this visit. She is joined by dancers from around the world and many different backgrounds.

Celebrity Series of Boston presents the return of Alvin Ailey American Dance Theater from April 28 to May 1 - the company's first performances here since 2019, with a dynamic slate of Boston premieres, returning favorites, and new productions of the company's repertory highlights. Ailey's signature masterpiece Revelations, which has inspired generations through powerful storytelling and soul-stirring spirituals since its creation in 1960, closes each program. All performances are at the Boch Center Wang Theatre, 270 Tremont Street in Boston.

More details next week.



(Photo of her LHS graduation in 2005)

Performances are Thu. Apr 28, Fri. Apr 29, and Sat. Apr 30 @ 8 pm; Sat. Apr 30 @ 2pm; and Sun. May 1 @3pm.

## Our JROTC kids shine!



The ceremony honored skills in Marksmanship, Academic & Physical Fitness teams / Drill awards. Every year Lawrence High School's JROTC Cadets are constantly involved in school and the community. Some of the activities include:

- During the fall season training on drill and ceremony.
- Winter season are for Marksmanship, Academic, and Physical Fitness.
- Spring Season Raider Team
- Military Ball
- Parades

Pg. 7

Por/By Dalia Diaz  
rumbonews.com/blogs

From My Corner

Wasting our money  
Hiring a deputy chief  
Brainwashing our kids  
LCAT meeting

Page 16

## GLFHC llega a un acuerdo con el Comité de Internos y Residentes de SEIU

La Junta Nacional de Relaciones Laborales (NLRB) informó recientemente que la mayoría de los votos elegibles se emitieron en apoyo del Comité de Internos y Residentes (CIR), una representación local de la Unión Internacional de Empleados de Servicios (SEIU) de los residentes en Greater Lawrence Family Health Center.

Aunque nuestros residentes a veces pasan la mayor parte de su tiempo en el Lawrence General Hospital, somos su empleador. A lo largo de este proceso, hemos sido consistentes en mantener nuestro respeto por el derecho de los residentes a decidir por sí mismos si apoyaban o no al CIR/SEIU. Respetamos el resultado de esta votación.

Greater Lawrence Family Health Center

hará todo lo posible para garantizar que este cambio no afecte el entorno de aprendizaje de nuestros residentes y el espíritu de compromiso para mejorar la comunidad que existe en nuestra organización.

La misión de Greater Lawrence Family Health Center es mejorar y mantener la salud de las personas y las familias en Merrimack Valley proporcionando una red de servicios integrales de atención médica de alta calidad y capacitando a profesionales de atención médica para responder a las necesidades de una población culturalmente diversa. Más de 62,000 pacientes dependen de GLFHC para sus necesidades de atención médica primaria en ubicaciones en Lawrence, Haverhill y Methuen. Para obtener más información, visite <https://glfhc.org>.

## GLFHC in agreement with Committee of Interns and Residents of SEIU

The National Labor Relations Board (NLRB) recently reported that a majority of the eligible votes were cast in support of Committee of Interns and Residents (CIR) a local of Service Employees International Union (SEIU) representation of residents at Greater Lawrence Family Health Center.

Though our residents at times spend a majority of their time on site at Lawrence General Hospital, we are their employer. Throughout this process, we have been consistent in maintaining our respect for the residents right to decide for themselves whether or not they supported the CIR/SEIU. We respect the outcome of this vote.

Greater Lawrence Family Health Center will do everything we can to

assure that this change does not impact the learning environment for our residents and the spirit of commitment to uplifting the community that exists across our organization.

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

## DICEN QUE LA PERDIDA DE UN HIJO NUNCA SE SUPERA,

pero es más fácil llevar un duelo sin la preocupación de trabajar y con el dinero suficiente para pagar sus gastos, al menos por un tiempo.

**Comuníquese conmigo y yo le explico cómo puede lograr esto.**

**Sarah B. Perez**

[www.sarahbperez.com](http://www.sarahbperez.com)  
**978.728.1529**

213 Broadway, Suite 5  
Methuen, MA 01844



## 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 PREVENTABLE.

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](http://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](http://www.jasonfoundation.com)

## 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.

## Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

**DIRECTOR AND GRAPHIC DESIGN**

**Dalia Diaz**  
[daliadiaz@rumbonews.com](mailto:daliadiaz@rumbonews.com)

**SALES & CIRCULATION DIRECTOR**  
**Alberto M. Suris**  
[albertosuris@rumbonews.com](mailto:albertosuris@rumbonews.com)

Publicación de SUDA, Inc.  
315 Mt. Vernon Street Lawrence, MA 01843-3206  
Tel: (978) 794-5360 | [www.rumbonews.com](http://www.rumbonews.com)



[facebook.com/rumbonews](http://facebook.com/rumbonews)  
[twitter.com/rumbonews](http://twitter.com/rumbonews)

Published on the 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> and 22<sup>nd</sup> 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](http://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](http://www.glfhc.org)

POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16



# Desde Mi Esquina

## Desperdicio de dinero de la ciudad

A los pocos días de tomar las riendas de la alcaldía, Brian De Peña me dijo con disgusto que le entristecía ver el despilfarro en prácticamente todos los departamentos de esta ciudad. Ha hecho cambios y ajustes donde consideró necesarios, contrario al juicio de muchas personas.

La semana pasada describí una de las muchas formas en que se despilfarraba el dinero de los contribuyentes en Lawrence y, para mi sorpresa, fue peor de lo que esperaba. Si no lo ha leído, le recomiendo que vaya a nuestro sitio web y consulte el artículo sobre "Corrupción" en la página 4 de la edición del 15 de marzo del 2022.

Se trata de la contratación de una bibliotecaria que terminó recibiendo una cantidad exorbitante de dinero entre pagarle a su empleador anterior unos \$15,000 que la empresa le pagó por su licenciatura para que pudiera ser liberada para venir aquí. La Lic. Jessica Valentín devengaba un sueldo de \$81,000 y el reembolso de \$34,143.50 por cursos conducentes a la Maestría en Biblioteconomía. Luego dejó su empleo con nosotros.

En los últimos días, la gente me ha estado preguntando de dónde obtengo esta información y quiénes son mis fuentes. Simplemente envío una solicitud bajo la Ley de Libertad de Información y cualquier cosa solicitada debe enviarse dentro de 10 días. Sin magia, sin informantes. Documento todo lo que hago.

Si los detalles no me quedan claros o necesito información adicional, puedo hablar con los jefes de departamento para satisfacer mi curiosidad. A decir verdad, a veces, después de tanto trabajo, no hago nada. Podría ser porque resultó no ser gran cosa o porque había una explicación razonable.

Además, puedo decidir no seguir adelante porque puede afectar mi reputación y no hay nada que me importe más que lo que la gente piense de mí y de Rumbo. Quiero que la gente crea de todo corazón en lo que digo y en lo que lee, confiando en que ha sido bien investigado y que es verdad.

Eso es lo que hice recientemente. Estaba investigando otro tema y decidí dejarlo de lado por temor a que el público pensara que estaba resentida y que había dinero de por medio. Como dije antes, mi integridad es lo más importante.

Cuando alguien me dijo que el estado estaba cuestionando por qué el departamento de reciclaje gastó tanto en publicidad que se estimó que era excesivo, me dispuse a investigarlo.

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

AZ QUOTES

READ IT IN ENGLISH ON PAGE 16

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

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.

sexo que se administran en las escuelas públicas de Lawrence. Making Proud Choices (Orgulloso de lo que Escogimos), Our Whole Lives (Nuestras Vidas), y FLASH están configurados por niveles de grado desde el jardín de infantes hasta la escuela secundaria. Agradezco a Michael King, director de Community Alliances, en Massachusetts Family Institute, quien me proporcionó una copia.

Tenía la intención de imprimir segmentos para mostrarles que el sexo explícito (partes del cuerpo, métodos, protección, lenguaje, etc.) se explica en un vocabulario callejero sencillo, común y simple, pero no había nada que pudiera reproducir sin ser irrespetuoso e inapropiado a la audiencia.

Si desea verlo, envíeme un correo electrónico a daliadiaz@rumbonews.com y con gusto se lo enviaré. También puede encontrarlo en Internet en Making Proud Choices, Our Whole Lives o FLASH. También hay información en línea sobre cómo puede hacer que su hijo opte por no participar en ese programa.

La mayoría de las familias observan quienes se asocian sus hijos, tienen controles parentales en su televisor y cuidan que su vocabulario sea adecuado; sin embargo, desde una edad temprana, están aprendiendo en la escuela cómo realizar todo tipo de relaciones sexuales, protección, enfermedades, homosexualidad y cambio de sexo.

Pensé que CRT representa un peligro para la sociedad porque promueve el odio entre las razas; sin embargo, esto promoverá la promiscuidad, la confusión sexual y devaluará la moralidad.

## Reunión con LCAT

Después de casi 17 años, hay señales de que algo está pasando con la estación de televisión local, Lawrence Community Access Television. El alcalde De Peña formó una comisión y programó una reunión en abril donde se desarrollarán los planes.

En este momento, no tengo más detalles, pero quiero que todos sepan que me invitaron a formar parte de ese comité, pero rechacé. Me he estado quejando todos estos años por la falta de servicio mientras usaba nuestro dinero para administrar los canales 8 y 22, pero no tengo interés en participar de ninguna manera.

Si desea participar, contacte al alcalde.

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



# Four NECC Students Selected for STEM Fellowship

Four Northern Essex Community College students have been chosen for the New England Venture Capital Association's Hack.Diversity Fellowship after a rigorous selection process.

This selective program is focused on addressing the underrepresentation of Black and Latinx talent in STEM (science, technology, engineering and math).

The four Northern Essex recipients include:

Adonis Almonte of Lawrence, who graduated from Northern Essex's Computer Information Science Transfer Program in the summer 2021; Haverhill's Ana Veloz Parks, a CIS: Computer Science major; Heather Brillant also a CIS: Computer Science major, from Methuen; and CIS: Computer Science major Pedro Gutierrez Rincon of Haverhill.

The fellowship spans eight months. In that time, the students will have access to mentors, professional development workshops, an expansive alumni network, and full-time, paid, summer internships with Boston's fastest growing technology companies. The goal of the program is to help talented individuals who are part of underrepresented populations, attain careers in STEM fields.

In his bio, Adonis Almonte says "My interest in technology started in my high school years when I was introduced to coding by a friend of mine." He finished his associate degree at NECC and is now pursuing a bachelor's in software development. He's already working on a warehouse management tool.

Ana Veloz Parks, a 2008 graduate of Lynn Vocational-Technical High School, is on a data analytics track. She says she knows what it's like to not fit the mold. But she's found a way to harness that: "My greatest motivator is the satisfaction of overcoming an obstacle." Parks first worked in healthcare and became interested in data science when she began working with health insurance. Now at a start-up, she's been instrumental in implementing new software to help the business and its clients.

Heather Brillant, a 2018 Lawrence High School graduate, is studying web development. She taught herself English before moving to the United States several years ago. "I am most proud of this because, being self-taught, it showed me that if I made good use of my time, I could learn something that would make my, and someone else's life, a lot easier." Now, she says she's looking forward to working in a team environment during her time with Hack.Diversity.

Language is also at the root of Pedro Gutierrez Rincon's interest in software. "I think software is the perfect way for humans to merge language and pure math to express things that otherwise were impossible or very limited in any other medium," he writes. He says where he grew up in Mexico, finishing high school was rare, let alone going to college. He's proud of this opportunity to pursue his dream of getting a degree and starting a career in the tech field. Gutierrez Rincon is a 2013 graduate of Haverhill High School.

Northern Essex offers programs in



Heather Brillant, a 2018 Lawrence High School graduate.



Ana Veloz Parks, a 2008 graduate of Lynn Vocational-Technical High School,



Pedro Gutierrez Rincon, Haverhill graduate, is interested in software development.



Adonis Almonte of Lawrence, graduated from Northern Essex's Computer Information Science Transfer Program in the summer 2021

computer science, information technology, networking and security, technology and business, and computer networking. For more information, visit the Computer & Information Science homepage.

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

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

## New Report Examines Health Benefits of Switching to Electric Vehicles in Massachusetts

American Lung Association report on zero-emission electric cars, buses, and trucks to be released on March 30

at 12:01 a.m. ET on March 30, 2022.

WHEN: Prior to the public release on March 30, embargoed copies of the report and interviews are available upon request.

WHO: Lung Association experts and medical experts, including Will Barrett, national senior director of advocacy, clean air, for the American Lung Association and "Zeroing in on Healthy Air" report author.

WHAT: "Zeroing in on Healthy Air" focuses on the health and climate benefits of a major shift away from polluting vehicles and toward zero-emission cars, buses and trucks powered by non-combustion electricity. The report illustrates the potential health and climate benefits if all new passenger vehicles sold are zero-emission by 2035 and all new heavy-duty vehicles sold are zero-emission by 2040. "Zeroing in on Healthy Air" will reveal the impact the transition would have nationwide and locally in Massachusetts.

WHERE:

"Zeroing in on Healthy Air" report will be available at [Lung.org/ev](http://Lung.org/ev)

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

**3.499%  
INTEREST RATE | 3.535%  
APR\***

**30-YEAR FIXED RATE RESIDENTIAL MORTGAGE**

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

**APPLY ONLINE 24/7 at [institutionforsavings.com](http://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](http://institutionforsavings.com)



\*APR denotes Annual Percentage Rate as of 3/21/22 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 \$4.49. Minimum loan amount is \$100,000, maximum loan amount is \$2 million. Owner-occupied single family primary 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 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.

# El Alcalde Brian A. De Peña y The Lawrence Partnership lanzan The Lawrence Citizens Academy

El programa proporcionará una comprensión más profunda de la práctica comercial del gobierno local

El Alcalde Brian De Peña y el director ejecutivo de Lawrence Partnership, George Ramirez, anunciaron recientemente la creación de LAWRENCE CITIZENS ACADEMY. Esta iniciativa es un programa de 12 sesiones diseñado para educar a los residentes sobre el funcionamiento interno de su gobierno local. Está abierto a cualquiera que tenga curiosidad sobre cómo funciona el gobierno y cómo se toman las decisiones.

"La Academia de Ciudadanos de Lawrence es solo otra forma en que mi administración está devolviendo el poder al pueblo. Nuestros electores no solo pueden interactuar con los servidores públicos a través de este programa, sino que también tienen la oportunidad de participar más en el proceso de toma de decisiones de nuestro gobierno" ofreciéndome como voluntario para servir en las juntas y comisiones de la ciudad", dice el Alcalde De Peña.

El público tendrá la oportunidad de obtener información detrás de escena en las siguientes áreas del gobierno local:

- El alcalde
- El secretario de la ciudad
- El Departamento Escolar
- Presupuesto y Finanzas
- Desarrollo Económico y Empresarial
- Desarrollo Comunitario y Vivienda
- Departamento de Policía
- Jefe de bomberos



- Departamento de Obras Públicas
- Consejo de Ancianos
- Votación y Elecciones
- Salud pública
- Biblioteca

"Estamos encantados de asociarnos con el Alcalde De Peña y su administración en este emocionante programa. La participación comunitaria es una parte importante de nuestra misión aquí en Lawrence Partnership", indica el director Ramirez.

La idea de Citizens Academy surgió de Lawrence Partnership debido a su compromiso con la participación comunitaria. Las sesiones se llevarán a cabo en la Biblioteca Pública de Lawrence durante una hora de 6 pm a 7 pm. Se espera que el programa comience en abril.

## Mayor Brian A. DePeña and the Lawrence Partnership launch the Lawrence Citizens Academy

The Program Will Provide a Deeper Understanding of the Local Government Business Practice

Mayor Brian De Peña and Executive Director of the Lawrence Partnership, George Ramirez, recently announced the creation of the LAWRENCE CITIZENS ACADEMY. This initiative is a 12-session program designed to educate residents about the inner workings of their local government. It's open to anyone curious about how the government works and decisions are made.

"The Lawrence Citizens Academy is just another way my administration is returning the power to the people. Our constituents can not only interact with the public servants through this program but also have the opportunity to be more involved in the decision-making process of our government by volunteering to serve on city boards and commissions," says Mayor DePeña.

The public will have the chance to get a behind-the-scenes in the following areas of local government:

- The Mayor
- The City Clerk

- The School Department
- Budget & Finance
- Economic & Business Development
- Community Development & Housing
- Police Department
- Fire Chief
- Department of Public Works
- Council on Aging
- Voting & Elections
- Public Health
- Library

"We are thrilled to partner with Mayor DePeña and his administration on this exciting program. Community Engagement is an important part of our mission here at the Lawrence Partnership," indicates Director Ramirez.

The idea for the Citizens Academy came from the Lawrence Partnership because of its commitment to Community Engagement. The sessions will take place at the Lawrence Public Library for one hour from 6 pm to 7 pm. The program is expected to start in April.

# El secretario Cardona presenta su visión para la educación en Estados Unidos

En un importante discurso, el secretario Cardona revela sus prioridades para la recuperación continua de la pandemia y mejorar el sistema educativo de EE.UU. en general.

En un notable discurso desde la sede del Departamento de Educación, el secretario de Educación de EE. UU., Miguel Cardona, expuso su visión para la recuperación continua durante la pandemia y sus prioridades para inversiones más amplias en el sistema educativo de Estados Unidos para garantizar que todos los estudiantes tengan éxito y prosperen.

Durante el discurso, el Secretario Cardona presentó las estrategias que el Departamento, las escuelas y universidades deben tomar para ayudar a los estudiantes, educadores y a las escuelas, desde preescolar hasta la educación postsecundaria, a continuar recuperándose de la pandemia y abordar las desigualdades que han existido durante mucho tiempo en nuestro sistema educativo.

"Aunque reabrir las escuelas y mantenerlas abiertas es crítico, hay que hacer más. La labor más difícil y compleja está por hacer", dijo el secretario Cardona durante su discurso. "El éxito de nuestros estudiantes está en juego, y no solo para los estudiantes de hoy, sino también para los que aún no han nacido. Nuestra tarea no es solo reconstruir el sistema educativo para que sea mejor que el que existía antes de la pandemia, sino también elevarlo con medidas contundentes para que sea el mejor del mundo".

Durante sus comentarios, el Secretario Cardona subrayó el trabajo que la Administración Biden-Harris ha hecho durante el último año para reabrir casi todas las escuelas del país para el aprendizaje presencial. Cuando el presidente Biden asumió su cargo, solo el 46% de las escuelas de Estados Unidos estaban abiertas a tiempo completo con los alumnos en el aula. Hoy, el 96% de ellas están abiertas.

Con la ayuda del Plan de Rescate Estadounidense, el apoyo del Departamento de Educación, los Centros para el Control y la Prevención de Enfermedades, un mayor acceso a las pruebas de Covid, y la firme colaboración de los maestros, familias, y dirigentes escolares y locales, los estudiantes de todo el país han podido regresar a las aulas.

Aunque el Departamento continúa enfocándose en mantener las escuelas abiertas, también se centra en estrategias para ayudar a los estudiantes a compensar el tiempo de instrucción perdido, acceder a los recursos de salud mental, invertir en los educadores y hacer mejoras en nuestro sistema educativo para abordar las inequidades que existían mucho antes de la pandemia.

El Secretario Cardona expuso cómo el Plan de Rescate Estadounidense apoya esos esfuerzos actualmente y cómo inversiones adicionales en nuestro sistema educativo mejoraran aún más nuestras escuelas y comunidades. El Secretario Cardona también discutió estrategias para mejorar el sistema de educación postsecundaria en Estados Unidos. Esto incluye la creación de una trayectoria más sólida entre la educación preescolar hasta el 12º y la educación superior, para que la educación postsecundaria sea más asequible, y centrar la gestión del Departamento de Educación

en los estudiantes y las familias.

El Secretario Cardona destacó cuatro áreas prioritarias que guiarán el trabajo del Departamento en los próximos meses y años:

- Apoyo a los estudiantes mediante recursos de recuperación de la pandemia.
- Involucrar a las familias como socios principales de los maestros.
- Recuperar la instrucción perdida mediante tutoría intensiva, tiempo de aprendizaje adicional y otras prácticas comprobadas.
- Aumentar el acceso a los recursos sociales, emocionales y de salud mental para todos los estudiantes.
- Alentar a cada estudiante a que participe en por lo menos una actividad extracurricular.
- Abordar con determinación las brechas de oportunidad y desempeño.
- Aumentar la financiación para las escuelas de Título I y para IDEA (la Ley Educativa para Personas con Discapacidades) con el propósito de eliminar las desigualdades de acceso a la educación.
- Brindar a cada familia la oportunidad de comenzar en igualdad de condiciones mediante la oferta de preescolar gratis universal y cuidado asequible y de alta calidad para niños.
- Invertir en la contratación y desarrollo de un diverso plantel de educadores, incluidos maestros y auxiliares bilingües y de educación especial para que las personas de diversos orígenes quieran entrar en la profesión docente.
- Instar a los estados y distritos a reparar sistemas inadecuados de educación que pueden perpetuar las desigualdades en las escuelas.
- Promover que la educación superior sea más inclusiva y asequible.
- Proporcionar alivio específico a los prestatarios estudiantiles.
- Responsabilizar a las instituciones postsecundarias que se aprovechan de los prestatarios.
- Asegurar que los prestatarios tengan opciones de pago que reflejen sus circunstancias económicas.
- Mejorar a largo plazo los programas de condonación de préstamos por servicio público y crear un fuerte requerimiento de empleo remunerado, para que los programas de capacitación profesional no dejen a los estudiantes con montañas de deuda y pocas probabilidades de obtener empleo.
- Asegurar que los estudios universitarios conduzcan a buenos trabajos.
- Fortalecer la relación entre la educación preescolar hasta el 12º, la educación superior y la fuerza laboral.
- Colaborar con el Departamento de Trabajo y el Departamento de Comercio para invertir en programas de capacitación para carreras que satisfacen las necesidades de la economía de hoy.
- Priorizar los programas de subvención que permiten a los estudiantes regresar a la educación superior o estudiar en programas de educación profesional y técnica en cualquier etapa de la vida o carrera.
- Invertir en universidades y otras instituciones postsecundarias que atienden a grupos con poca representación y aumentar el acceso y la financiación de programas como las becas Pell.

# Honoring Lawrence High School's ROTC Cadets

The ceremony honored skills in Marksmanship, Academic & Physical Fitness teams / Drill awards.

Every year Lawrence High School's JROTC Cadets are constantly involved in school and the community.

Some of the activities include:

- During the fall season training on drill and ceremony.
- Winter season are for Marksmanship, Academic, and Physical Fitness.
- Spring Season Raider Team
- Military Ball
- Parades

Junior Reserve Officer Training Corps, or JROTC, is a high school elective program whose mission is to teach students citizenship, leadership, character, and community service. The core values are at the heart of JROTC, whose creed emphasizes working to better the cadet's family, school, and country.

## High School Junior Reserve Officer Training Corps (JROTC)

Many of you may have heard about Junior Reserve Officer Training Corps (JROTC) but may not really know what it's all about. Is it a military prep program? Do you have to join the military if you participate in JROTC? What are the advantages of the program? What branches of the military have JROTC programs? Is there a program at my high school? These are all great questions! Lucky for you, we have all of the answers.

**High School Junior Reserve Officer Training Corps (JROTC)** If you are a high school student or a parent, we've put together the definitive guide to the Junior Reserve Officer Training Corps (JROTC), so you can make informed decisions on whether JROTC may be right for you.

Junior Reserve Officer Training Corps, or JROTC, is a high school elective program whose mission is to teach students citizenship, leadership, character, and community service. The core values are at the heart of JROTC, whose creed emphasizes working to better the cadet's family, school, and country.

You may think that JROTC is a military-preparation program, but as you can see, it's not in its mission. Since its beginnings in 1916, the purpose of JROTC has been to teach cadets leadership, geography, civics, health, global awareness, life skills, and U.S. history. With this focus, you will be better positioned to function in life itself, even if you never go into the military.

The goal of JROTC programs is good citizenship. As a JROTC cadet, you'll get a sense of home and a greater sense of family. You will be taught the values of citizenship by doing the right thing daily. In a JROTC class, you can build skills such as leadership, self-confidence, and discipline. These are qualities that are necessary for you to succeed in any career. Personal skills like health, nutrition, and financial management are also stressed.



# HUD anuncia \$104 millones en premios para ayudar a las personas sin hogar en Massachusetts

Los premios incluyen subvenciones nuevas y aproximadamente renovadas que promoverán un compromiso de toda la comunidad con el objetivo de terminar con la falta de vivienda.

El Departamento de Vivienda y Desarrollo Urbano (HUD) de EE. UU. anunció hoy más de \$2600 millones en premios de la competencia Continuum of Care (CoC) para el año fiscal 2021 para aproximadamente 7000 programas locales de vivienda y servicios para personas sin hogar en todo Estados Unidos. Esto incluye \$104'616,107 para 243 programas locales en todo el Estado de Massachusetts.

Los premios, anunciados por la secretaria Marcia L. Fudge en Houston, Texas, proporcionarán fondos a las comunidades para ayudar a las personas y familias sin hogar a mudarse a una vivienda permanente con acceso a servicios de apoyo, con el objetivo general de estabilidad a largo plazo.

“El acceso a una vivienda estable es una necesidad básica: la seguridad de un hogar es esencial, especialmente mientras continuamos luchando contra el virus COVID-19”, dijo la secretaria de HUD, Marcia L. Fudge. “Estas subvenciones del programa Continuum of Care, junto con los recursos históricos del American Rescue Plan, brindarán a las comunidades los recursos necesarios para garantizar que cada persona en una comunidad respectiva tenga la oportunidad equitativa de tener un hogar seguro y estable”.

El programa CoC está diseñado para promover un compromiso de toda la comunidad con el objetivo de terminar con la falta de vivienda. El programa es la mayor fuente de fondos de subvenciones federales para servicios para personas sin hogar y programas de vivienda que atienden a personas sin hogar. Los premios de 2021 incluyen aproximadamente \$102 millones para nuevos proyectos de apoyo a la violencia doméstica.

Los premios también financian nuevos proyectos que se enfocan en agregar viviendas permanentes a las comunidades, incluidas nuevas viviendas permanentes de apoyo, nuevos realojos rápidos y proyectos que brindan viviendas de transición a los hogares y luego los cambian a realojamientos rápidos.

El 18 de agosto de 2021, HUD emitió el Aviso de Oportunidad de Financiamiento (NOFO) para los premios de la competencia CoC del año fiscal 2021. El NOFO fue el primer Programa de CoC NOFO de la Administración Biden-Harris y refleja el compromiso de la Administración con la equidad y las soluciones basadas en evidencia para abordar la falta de vivienda. Además, por primera vez, NOFO invitó a las tribus indígenas y las entidades de vivienda designadas por tribus (TDHE) a solicitar subvenciones a través del programa CoC.

Especificamente, HUD buscó proyectos que:

- Ponga fin a la falta de vivienda para todas las personas sin hogar;
- Utilice un enfoque de Vivienda Primero;
- Reducir la falta de vivienda sin protección y reducir la criminalización de la falta de vivienda;
- Mejorar el rendimiento del sistema;
- Asociarse con agencias de vivienda y salud, incluso para aprovechar y coordinar los recursos del Plan de Rescate Estadounidense;
- Promover la equidad racial y abordar las disparidades raciales en la falta de vivienda; e
- Involucrar a personas con experiencia vivida de personas sin hogar en la toma de decisiones.

# HUD Announces \$104 Million in awards to help people experiencing homelessness in Massachusetts

The awards include approximately renewed and new grants that will promote a community-wide commitment to the goal of ending homelessness.

The U.S. Department of Housing and Urban Development (HUD) today announced over \$2.6 billion in FY 2021 Continuum of Care (CoC) Competition Awards for roughly 7,000 local homeless housing and service programs across the United States. This includes \$104,616,107 for 243 local programs throughout the State of Massachusetts.

The awards, announced by Secretary Marcia L. Fudge in Houston, Texas, will provide funding to communities to help individuals and families experiencing homelessness move into permanent housing with access to supportive services, with the overarching goal of long-term stability.

“Access to stable housing is a basic necessity – the safety of a home is essential, especially as we continue to fight the COVID-19 virus,” said HUD Secretary Marcia L. Fudge. “These Continuum of Care program grants, coupled with the historic resources in the American Rescue Plan, will deliver communities the resources needed to ensure that every person in a respective community has the equitable opportunity to a safe and stable home.”

The CoC program is designed to promote a community-wide commitment to the goal of ending homelessness. The program is the largest source of federal grant funding for homeless services and housing programs servicing people experiencing homelessness. The 2021 awards include approximately \$102 million for new domestic violence support

projects.

The awards also fund new projects that focus on adding permanent housing to communities including new permanent supportive housing, new rapid rehousing, and projects that provide transitional housing to households and then shift them to rapid rehousing.

On August 18, 2021, HUD issued the Notice of Funding Opportunity (NOFO) for the FY 2021 CoC competition awards. The NOFO was the first CoC Program NOFO of the Biden-Harris Administration and reflects the Administration’s commitment to equity and evidence-based solutions to address homelessness. Additionally, for the first time, the NOFO invited Indian Tribes and Tribally Designated Housing entities (TDHE) to apply for grants through the CoC program. Specifically, HUD sought projects that:

- End homelessness for all persons experiencing homelessness;
- Use a Housing First approach;
- Reduce unsheltered homelessness and reduce the criminalization of homelessness;
- Improve system performance;
- Partner with housing and health agencies, including to leverage and coordinate American Rescue Plan resources;
- Advance racial equity and addressing racial disparities in homelessness; and
- Engage people with lived experience of homelessness in decision-making.

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

Reading Cooperative Bank, 180 Haven Street, Reading, MA, tiene la intención de solicitar permiso a la Junta de la Reserva Federal para establecer una sucursal en la intersección de Canal y Union Streets, Lawrence, MA. La Reserva Federal considera una serie de factores para decidir si aprueba la solicitud, incluido el historial de desempeño de los bancos solicitantes para satisfacer las necesidades locales de crédito. Usted está invitado a enviar comentarios por escrito sobre esta solicitud al Federal Reserve Bank of Boston, 600 Atlantic Avenue, Boston, MA 02210-2204. El período de comentarios no finalizará antes del 06 de abril de 2022. Los procedimientos de la Junta para procesar las solicitudes se encuentran en 12 C.F.R. Part 262. Los procedimientos para procesar las solicitudes protestadas se pueden encontrar en 12 C.F.R. 262.25. Para obtener una copia de los procedimientos de la Junta de la Reserva Federal, o si necesita más información sobre cómo presentar sus comentarios sobre la solicitud, comuníquese con Prabal Chakrabarti, Vicepresidente Senior y Oficial de Asuntos Comunitarios, al (617) 973-3959. La Reserva Federal considerará sus comentarios y cualquier solicitud de reunión pública o audiencia formal sobre la solicitud si el Banco de la Reserva los recibe por escrito el último día del período de comentarios o antes.

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

Reading Cooperative Bank, 180 Haven Street, Reading, MA, intends to apply to the Federal Reserve Board for permission to establish a branch at the intersection of Canal and Union Streets, Lawrence, MA. The Federal Reserve considers a number of factors in deciding whether to approve the application including the record of performance of applicant banks in helping to meet local credit needs. You are invited to submit comments in writing on this application to the Federal Reserve Bank of Boston, 600 Atlantic Avenue, Boston, MA 02210-2204. The comment period will not end before April 6, 2022. The Board's procedures for processing applications may be found at 12 C.F.R. Part 262. Procedures for processing protested applications may be found at 12 C.F.R. 262.25. To obtain a copy of the Federal Reserve Board's procedures, or if you need more information about how to submit your comments on the application, contact Prabal Chakrabarti, Senior Vice President and Community Affairs Officer, at (617) 973-3959. The Federal Reserve will consider your comments and any request for a public meeting or formal hearing on the application if they are received in writing by the Reserve Bank on or before the last day of the comment period.

## DONATE YOUR REAL ESTATE, BOAT, CAR OR RV

YOU DON'T HAVE TO DONATE A KIDNEY TO SAVE A LIFE.

We will accept any vehicle running or not  
Tax deductible

100% of the proceeds will go to help  
saving the lives of people needing  
organ transplants on

**MatchingDonors.com**  
a 501(c)(3) nonprofit organization

Call us at  
**1-800-385-0422**  
or donate online at  
[www.REALESTATE4KIDNEYS.COM](http://www.REALESTATE4KIDNEYS.COM)





# Los candidatos que han sacado papeles de nominación hasta ahora

Por Carmen García

A partir del marzo 21, 2022, esta es la lista de candidatos, hasta ahora, que han sacado los papeles de nominación. Recuerde que, debido a la redistribución de los distritos, algunos de estas posiciones representarán a una o más de una ciudad.

## Senado/a Estatal

Dos posiciones - Haverhill representado por el 1er y 2do Distrito de Essex

Una posición - Methuen y Lawrence representados sólo por el 1er Distrito de Essex

1er Distrito de Essex (nuevo escaño que representa a Haverhill, Methuen y Lawrence)

- Eunice Zeigler (de Methuen) / Demócrata
- Pavel Payano (de Lawrence) / Demócrata
- William Lantigua (de Lawrence) / Demócrata
- Doris Rodriguez (de Lawrence) / Demócrata

El 2º Distrito de Essex y Middlesex ya no representará a Lawrence, sino parte de Haverhill y otras ciudades

- Alexander William (de Amesbury) / Independiente
- Kenneth Gray (de North Andover) / Republicano
- Barry Finegold no ha sacado los papeles de nominación

## Representante Estatal

Tres posiciones – Haverhill representado por el 3º y 15º Distrito de Essex

Tres posiciones - Methuen representado por el 4º, 15º y 16º Distrito

Tres posiciones - Lawrence representado por el 4º, 16º y 17º Distrito de Essex

3er Distrito de Essex (representando sólo a Haverhill)

- Andy Vargas / Demócrata

4º Distrito de Essex (nuevo escaño que representa a Methuen y Lawrence)

- Estella Reyes / Demócrata
- Tanto James McCarty como Frank Surillo de Methuen no han sacado los papeles de nominación. Otros dos candidatos (uno de Lawrence y otro de Methuen) también están considerando esta posición, pero no han sacado papeles de nominación.

15º Distrito de Essex (representando a Haverhill y Methuen)

- Ryan Hamilton / Demócrata

16º Distrito de Essex (representando a Methuen y Lawrence)

- Francisco Paulino / Demócrata
- Marcos Devers no ha sacado los papeles de la nominación

17º Distrito de Essex (representando a Lawrence y Andover)

- Frank Moran no ha sacado los papeles de la nominación

# The candidates who pulled nomination papers out so far

By Carmen García

As of March 21, 2022, here is a list of candidates, so far, that have pulled out nomination papers. Remember that due to the redistricting some of these seats will be representing one or more than one city.

## State Senate

Two seats - Haverhill represented by 1st and 2nd Essex District

One seat - Methuen and Lawrence represented only by 1st Essex District

1st Essex District (new seat representing Haverhill, Methuen, and Lawrence)

- Eunice Zeigler (from Methuen) / Democrat
- Pavel Payano (from Lawrence) / Democrat
- William Lantigua (from Lawrence) / Democrat
- Doris Rodriguez (from Lawrence) / Democrat

2nd Essex District & Middlesex will no longer be representing Lawrence but will be representing part of Haverhill and other cities

- Alexander William (from Amesbury) / Unenrolled
- Kenneth Gray (from North Andover) / Republican
- Barry Finegold has not pulled out nomination papers

## State Representatives

Two seats - Haverhill represented by 3rd and 15th Essex District

Three seats - Methuen represented by 4th, 15th, and 16th District

Three seats - Lawrence represented 4th, 16th, and 17th Essex District

3rd Essex District (representing only Haverhill)

- Andy Vargas / Democrat

4th Essex District (new seat representing Methuen and Lawrence)

- Estella Reyes / Democrat
- Both James McCarty and Frank Surillo from Methuen have not pulled out nomination papers. Two other candidates (one from Lawrence and another from Methuen) are also considering this seat but have not pulled out nomination papers.

15th Essex District (representing Haverhill and Methuen)

- Ryan Hamilton / Democrat

16th Essex District (representing Methuen and Lawrence)

- Francisco Paulino / Democrat
- Marcos Devers has not pulled out nomination papers

17th Essex District (representing Lawrence and Andover)

- Frank Moran has not taken out nomination papers

# Coalition for a Better Acre is the New Home to the Roberto Clemente League of Lowell

Coalition for a Better Acre (CBA) is pleased to announce that the Roberto Clemente League of Lowell (RCLL) has joined our program offerings as of January 2022. CBA is proud to leverage our organization's resources and deep ties to the Acre to add programming that meets community need. Maria Claudio will continue as Director, along with board members and volunteers who have been contributing vital knowledge and maintaining relationships to support the RCLL since 2008.

The RCLL will remain an inclusive athletics program with human service at the core of its mission. CBA plans to engage at least 150 youth in free or low-cost participation in its baseball, basketball, and dance programs. Youth will also be included in CBA's youth development programming to build their leadership and community engagement skills. CBA's Director of Programs, Cecilia Gutierrez Yapur, and Youth Development Program Coordinator, Pam Larocque, will work closely with RCLL's Director, Ms. Claudio, to advance the league's mission in the Acre and beyond.

The catalyst for this transition is CBA's CEO, Yun-Ju Choi, who has led the organization since 2014. "Throughout my

time with CBA, I have admired Maria's dedication to the league and what they have been able to accomplish with a team of volunteers," Choi said. "CBA was happy to be able to support the RCLL in small ways until now: sponsoring teams, providing meeting space, and even a mailbox. Then in 2021, we were able to help jumpstart the league after a year off due to the pandemic. We are really looking ahead to creating some much-needed enrichment opportunities for Acre youth."

The RCLL prioritizes the recruitment of Hispanic athletes but promotes a globally inclusive environment. Ms. Claudio is eager to enable Acre youth to develop their skills and talents in a safe, supportive environment with CBA's support, "As the only Spanish speaking league in the city we give the opportunity to all the children in our community to be part of our teams, and we teach them a discipline while they have fun and make friends. We are excited to be a part of CBA because our goals align. We want to offer better opportunities to everyone and incorporate anyone who is interested in being part of our programs."

CBA has already secured funding through the Women Working Wonders



Fund, specifically for the RCLL's Acre Dance Group. Funds will be used to continue the cultural education work provided by the Acre Dance Group, where youth learn and perform dances that meld the traditional dance styles of Puerto Rico with modern, multi-genre dance. This past summer, the RCLL was able to host 17 baseball players and their coaches from a Roberto Clemente League in Colombia

thanks to CBA's partnership, adding to more than 48 international players and 30 coaches that visited the league since 2015.

The Roberto Clemente League of Lowell is accepting registrations now until April 4, 2022. Sign up on Tuesdays and Thursdays at the Moody Street Center, 517 Moody Street, 1st Floor, Lowell, MA, or contact Maria Claudio at 978-608-7246 or Carmen Lara at 978-319-7134.

## David Tousignant named Northern Essex Cross Country Coach

Northern Essex Community College Director of Athletics Dan Blair has announced the hiring of David Tousignant as men's and women's cross-country coach. Tousignant will officially begin his duties at the college on Monday March 21st.

Tousignant has 17 years of track and field and cross-country coaching experience at the high school level in the Merrimack Valley. He is currently a member of the track and field coaching staff at Billerica Memorial High School. Prior to Billerica, he has spent time on the staffs at Greater Lowell Technical High School, Burlington and Tewksbury High Schools and Notre Dame Academy.

He has been the head coach of three different high school cross-country programs at Innovation Academy (Tyngsborough),

Matignon High School and Lexington Christian Academy.

"I'm pleased to welcome Coach Tousignant to the Knights Athletic Department and look forward to seeing him grow our cross country program. His experience throughout the Merrimack Valley should prove beneficial to our program," stated Blair.

As a collegian, Tousignant was nationally ranked in the Decathlon as a member of the track and field team at Boston College. He is a retired Detective Sergeant from the Lowell Police Department where he served for 33 years. He is a member of the Massachusetts Track and Field Coaches Association and earned National Coaching Certification from USA Track and Field.

## NECC Launches a Podcast

Northern Essex Community College has launched NECC Now, a podcast designed to highlight members of the college community who are doing exciting things within and outside the college.

Each month, Marc Lemay, a veteran broadcast journalist, will interview a member of the college's faculty or staff, a student, an alumni or a community partner on a timely topic of interest.

Recent podcasts featured Joshua Stokel, director of the NECC Police Academy, who talked about community policing, a day in the life of an academy police recruit, and changes in police education, and Melba Acevedo, director of instructional technology and online education, who shared an International Virtual Exchange which the college started with two French universities in the midst of a pandemic.

The podcast is designed to amplify newsroom content, said Ernie Greenslade, director of public relations. "It's another channel for sharing our college news."

The college plans to highlight topics that have broad appeal, attracting audiences from the college and the community.

Podcast usage is growing, according to recent statistics. In early 2021, 41% of the United States population reported that they had listened to a podcast in the past



month, a three-fold increase over ten years before.

The podcast will be produced once a month and aired on the third Wednesday. The 28-minute broadcast is currently available on the college's website, Apple Podcasts, Spotify, and other platforms.

Goals include highlighting Northern Essex programs and their relevance to the community, showcasing Northern Essex student and alumni success stories, and positioning Northern Essex as a vital community partner, helping to improve the quality of life in the Merrimack Valley through innovative educational, workforce development, and cultural programs.

To listen, visit [necc.mass.edu/engage/necc-now/](http://necc.mass.edu/engage/necc-now/)

## Fire victims / Víctimas de incendios

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

\*\*\*\*\*

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

<http://heallawrence.org/>

heallawrence@aol.com

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

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

**SEMANA HISPANA  
EN LAWRENCE INC.**

**LA PANDEMIA EN NUESTRA  
COMUNIDAD**

**CLINICA INFORMATIVA DE SALUD  
HEALTH INFORMATIONAL FAIR**

**CUANDO/HORA: SABADO MARZO 26, 2022  
WHEN / TIME : SATURDAY MARCH 26, 2022**

**2 - 4 PM**

**WHERE/ LUGAR: LAWRENCE PUBLIC LIBRARY  
51 LAWRENCE ST LAWRENCE MASS 01841**

**FOR MORE INFORMATION:  
PRESIDENTA: GERMINUDY ROSARIO 978-918-9267  
MIEMBRO: JOHELLY CHALAS 978-390-0132**

**TAMBIEN DISPONIBLE EN:  
FACEBOOK LIVE : SEMANAHISPANAENLAWRENCEINC**

**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**

## Eastern Bank Foundation Expands Work To Address Economic Inclusion & Mobility With Newest Foundation Fellow Hire

Eastern Bank Foundation, the philanthropic arm of Boston-based Eastern Bank, is pleased to announce Natalia Urtubey has joined its team as a Foundation Fellow focused on advancing equity in the small business ecosystem, a strategic area in the Foundation's work to support economic inclusion and mobility across the region. Eastern Bank Foundation Fellows bring deep expertise to the Foundation's investments to affect profound systems change to eliminate inequities.

"Entrepreneurs and business owners serve as building blocks for the local economy, especially in communities and Gateway Cities where economic opportunity is declining and economic mobility is stalled," said Nancy Huntington Stager, President and CEO of the Eastern Bank Foundation. "Supporting their growth provides real opportunity for economic participation and improved community health, and we are thrilled to welcome Natalia Urtubey as an Eastern Bank Foundation Fellow to help advance this work. Her background as a civic and nonprofit leader and experience leading collaborations and advocacy in our small business community create many exciting opportunities from which to grow our Foundation's focus on building ecosystems of support for business owners in historically underrepresented communities."

Ms. Urtubey's extensive knowledge of local neighborhoods and the small business community, combined with her background in creating growth strategies and building partnerships across community stakeholders, make her ideally situated for this new Foundation Fellow role. She most recently served as Director of Small Business in the Office of Economic Opportunity & Inclusion for the City of Boston. She led a team focused on researching small business development, coordinating with local residents and existing businesses on strategic policies to advance growth, and working with residents and other city officials to remove barriers to do business. Throughout the COVID-19 pandemic, Ms. Urtubey was instrumental in leading the city's Small Business relief efforts, including the distribution of more than \$28.6M in direct grants and the implementation of innovative programming to ensure the growth and survival of Boston's small businesses. Before then, she was Executive



Director of Imagine Boston 2030 where she led the implementation of the citywide plan.

She is a strong advocate for the nonprofit sector, serving as a board member of several nonprofits including the Dorchester YMCA, Future Chefs and Hyde Square Task Force, and has engaged many community partners to drive collaborative action. In the small business community, she serves as an Advisor to Small Business Strong and is a member of the Advisory Board of the Foundation for Business Equity. In 2020, she was recognized as one of Ten Outstanding Young Leaders by the Greater Boston Chamber of Commerce.

"Small businesses are the backbone of our economy, and I am committed to ensuring their economic opportunity and advancing equity in our communities for and with them," said Natalia Urtubey. "I am honored that the Eastern Bank Foundation has welcomed me as a Fellow, and I look forward to collaborating with the Foundation and its many community partners."

The Eastern Bank Foundation works to support the growth of entrepreneurs and businesses of color through capacity building, access to capital, and connections for contracts as part of its strategic focus on advancing equity through the work of nonprofit organizations and collaborations driving economic inclusion and mobility. The Foundation seeks to fund organizations that build networks and a stronger ecosystem for business owners of color, including Black, Latinx, Asian, Women, LGBTQ+, Veterans and people with disabilities. It has recently supported the Foundation For Business Equity, Massachusetts LGBT Business Network and Center for Women & Enterprise, among others.



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 estampas de recordatorios.

## 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 PREVENTABLE.

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](http://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](http://www.jasonfoundation.com)


**JEANNE GEIGER CRISIS CENTER**  
**10th Annual White Ribbon Campaign**  
**March 28th- April 1st 2022**


Join the Jeanne Geiger Crisis Center for their week-long White Ribbon event! This year's online and social media campaign will unveil a series of educational videos, joining a worldwide movement for human rights that engages men and boys to help end gender-based violence.

Thank you to our presenting sponsors:




Learn more at [jeannegeiger.org](http://jeannegeiger.org)





## Men's Hockey's Carlile Inks NHL Contract with Tampa Bay Lightning

Merrimack College men's hockey junior defenseman Declan Carlile has signed a two-year entry level contract with the NHL's Tampa Bay Lightning, as announced by the club.

Carlile will start his professional career in Syracuse, N.Y. with the Lightning's American Hockey League (AHL) affiliate. A Hartland, Mich. native, Carlile was an undrafted free agent and concludes his Merrimack career after a dominant three seasons on defense.

"We are very excited for Declan. His work ethic and desire to get better were present every day at Merrimack," said Warriors head coach Scott Borek. "Tampa Bay has gotten a good one. His impact on our campus and in our locker room will always be appreciated and we are excited for his next steps."



The 2021-22 campaign was a dominant one for the defenseman. He led all Warrior rearguards with 24 points on seven goals and 17 assists. He also topped the team with 87 blocked shots and a +14 on-ice rating. In his Merrimack career, he had 56 points in 83 games with 13 goals and 43 helpers.

The Syracuse Crunch return to the ice this evening in the Empire State to take on the Hartford Wolf Pack, AHL affiliate of the New York Rangers.

## Minor Named to Second Team by NABC

Merrimack College men's basketball junior forward Jordan Minor was named to the 2021-22 National Association of Basketball Coaches (NABC) Division I All-District second team on Tuesday. The Warriors are included in District 15 along with all of the teams in the Northeast Conference, as well as the Mid-Eastern Athletic Conference (MEAC).

During the 2021-22 season the Warriors played six games against national tournament qualifying teams. On the stage against the best the country had to offer, Minor averaged 13 points and 7.3 rebounds per game, including a 17-point performance against overall number one seed Gonzaga back in December. The junior forward also had a team-high 14 points against Atlantic Coast Conference (ACC) tournament winner Virginia Tech.

The Kingston, Mass native averaged 15.1 points per game during the season, which was good enough for eighth in the conference. Minor scored 20+ points eight different occasions, including a career-high 28 points against Central Connecticut State University back in early February. The junior forward ranked first in the NEC in double-doubles with 13, which was good enough to put him in the top 20 nationally in the category. He also averaged just over three offensive rebounds per game, which ranked him first in the conference and currently puts him in the top 25 nationally. Minor was also extremely efficient from the floor, scoring 182 times on 346 attempts, good enough for .526 which ranked him eighth overall in the conference.

On defense, he ranked first in the conference with 73 blocks, which put him at an average of 2.37 per game. His 73 blocks put him right outside the top 15 nationally. He ranked first on the conference in total rebounds with 247 boards on the season and third in rebounds per game with 8.2



on the season. Minor also came in ninth in steals per game with 1.47 swipes during the season.

The National Association of Basketball Coaches (NABC), located in Kansas City, Mo., was founded in 1927 by Forrest "Phog" Allen, the legendary University of Kansas basketball coach. Formation of the NABC began as an emergency measure for the presentation of a united opinion the Joint Basketball Rules Committee, then the central governing authority of the game, announced without notice that it had adopted a change in the rules which virtually eliminated the dribble. Allen, a student of basketball founder James Naismith, organized coaches to take a stand in a nationwide protest which successfully postponed the adoption of the rule change for one year. It is worthy to note that the dribble still is part of the game of basketball. This marked the beginning of this collective group of coaches to serve as Guardians of the Game. Since its inception, the NABC has contributed numerous ideas and programs to help preserve and enhance the positive aspects of college basketball. These initiatives include establishing the original Basketball Hall of Fame (Naismith Memorial Basketball Hall of Fame), creating the format for today's NCAA Division I Men's Basketball Championship, supporting Coaches vs. Cancer, and building the College Basketball Experience, which houses the National Collegiate Basketball Hall of Fame, as part of Sprint Center located in downtown Kansas City, Mo.

### Get help to quit.



[mass.gov/vaping](http://mass.gov/vaping)

@GetTheVapeFacts



### 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](mailto: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.??

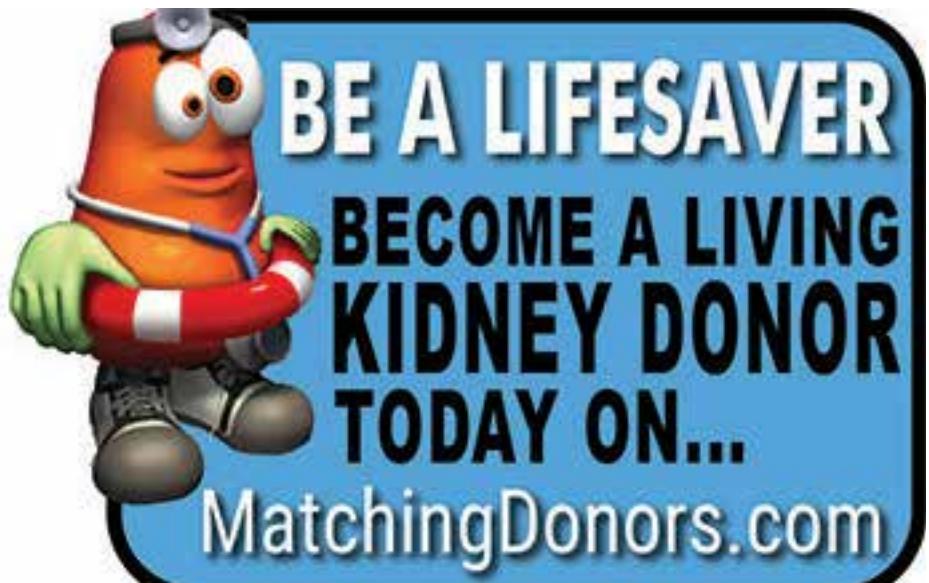
Have questions? Contact us at [volunteer@needfood.org](mailto:volunteer@needfood.org) or 978.685.8321 for more information!



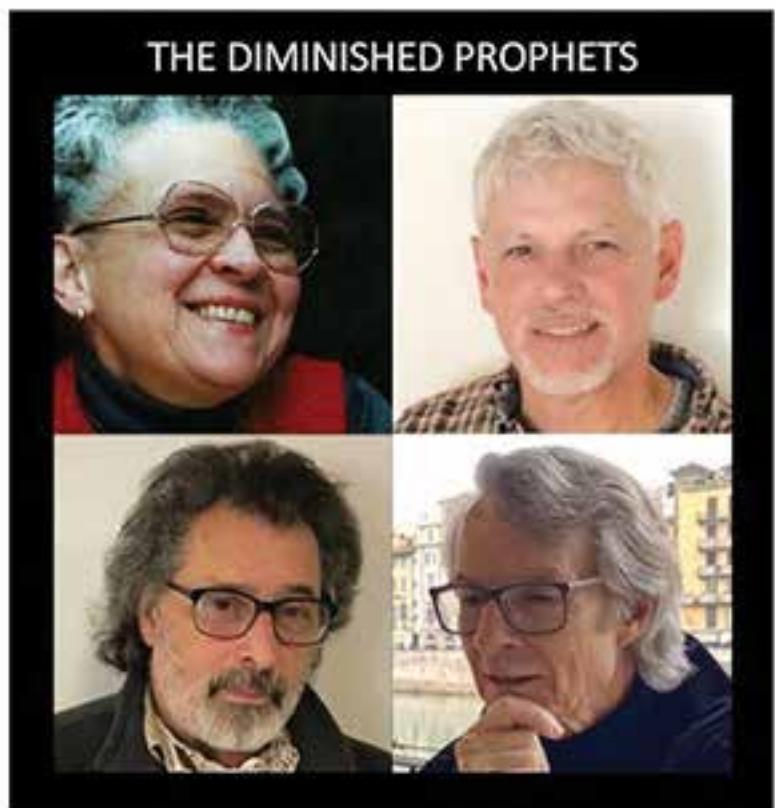
"Resolvamos ser dueños, no víctimas, de nuestra historia, controlando nuestro propio destino sin dar paso a sospechas y emociones ciegas".

"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



## Our spring poetry series is starting off with a bang, featuring:



The Friday, April 1st poetry night from 7:00-8:30 pm is going to be an extra special treat combining poetry and music performed by The Diminished Prophets! The Diminished Prophets will be doing more of a performance than reading and will be presenting "The Gallery," a new program of melopoëia: poets Rhina Espaillat and Alfred Nicol recite their own poems and those of Emily Dickinson, Sor Juana, David Berman, and Charles Coe to the accompaniment of music written by Francisco Tarraga, Heitor Villa-lobos, Manuel Ponce and other

composers, performed by guitarist John Tavano and bassist/cellist Roger Kimball.

There will be no open mic portion at this event but there will be a short time for questions and answers at the end of their performance and readings. See you there!

\*\*This is a free program that will be held in-person at HC Media (2 Merrimack St, Haverhill). Registration is not necessary and masks are not required, but strongly recommended.

## MCC to Host In-Person Open Houses, First on Lowell Campus

"Middlesex Community College is excited to return to hosting in-person Open Houses for prospective students and their families to come to campus and learn all about what the college has to offer," said Camille Brown, MCC's Director of Admissions & Recruitment.

The first in-person Open House will take place at 5 p.m. on Wednesday, April 6 on the Lowell campus. Middlesex will host two additional Open Houses in April – one on the Bedford campus at 5 p.m. on Wednesday, April 13 and a Virtual Open House at 5 p.m. on Tuesday, April 26.

"There is a lot of information to consider when starting college, and it is reassuring for prospective students and their families attending an Open House to walk through all of the details with us as they transition to Middlesex," Brown said. "Our Open Houses, particularly the in-person ones, will allow participants to meet with staff and faculty from across the college, walk through the campus, and learn how MCC can help set them up for success."

During the in-person Lowell Open House, participants will have the opportunity to make connections with MCC faculty and staff from across the college, gain

information about how MCC sets up students for success, have their questions answered about MCC's programs and support services, and take a tour of the campus.

Please note that Middlesex requires proof of vaccination in order to attend the in-person Open Houses in both Lowell and Bedford. Participants who are unvaccinated can still choose to come to the Virtual Open House, register for online classes, and access online student support services and resources while attending MCC.

Visit [www.middlesex.mass.edu/admissions](http://www.middlesex.mass.edu/admissions) for more information and to register for the event.

MCC is registering now for the accelerated eight-week Spring Mini-mester II – starting on Monday, March 28 – and the Summer 2022 semester. Get a jumpstart on summer and fall plans and register now by visiting [www.middlesex.mass.edu/registration/](http://www.middlesex.mass.edu/registration/) or calling 1-800-818-3434. CAPTION (MCC\_Open\_House\_Lowell\_S22.jpg: Middlesex Community College will host its first in-person Open House at 5 p.m. on Wednesday, April 6 on the Lowell campus.

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

## Media freedom champion to be honored by UMass Lowell

Soe Myint named 2022 Greeley Scholar for Peace Studies

LOWELL, Mass. – Journalist Soe Myint, who continues to publish the independent Mizzima News in defiance of the Myanmar government that drove him into exile when the military seized power in the country last year, has been named UMass Lowell's 2022 Greeley Scholar for Peace Studies.

Appearing remotely, Myint will be in virtual residence at the university next month, when he will deliver the talk "Reflections on the Struggle for Media Freedom and Democracy in Military-Ruled Myanmar," during UMass Lowell's annual Day Without Violence.

The free program will be held on campus at 9 a.m. Wednesday, April 6. Members of the public who would like to attend may either come to University Crossing, 220 Pawtucket St., Lowell, to watch the broadcast of Myint's remarks, or they may register to watch online via Zoom at [www.uml.edu/greeley](http://www.uml.edu/greeley).

In addition to his time with the UMass Lowell community, Myint will deliver the keynote "Personal Inspiration in the Quest for (Media) Freedom" remotely during a public event hosted by the Greater Lowell Interfaith Leadership Alliance on Thursday, April 7 at 8 a.m. Members of the public who wish to attend should email [Greeley@uml.edu](mailto:Greeley@uml.edu) for more information.

Myint's courage came to the fore as a college student during the 1988 Uprising, when Myanmar was known as Burma. That year, hundreds of thousands of the country's citizens – led by young people – rose up against the dictatorship of Ne Win. In response, the country's military brutally cracked down on the protests, killing more than 3,000 people. As a member of the resistance movement, Myint was targeted by the military and forced to flee to the Thailand border. Later, in exile in India, he worked as a journalist to provide independent and uncensored news. In 1998, he co-founded Mizzima to promote democracy and freedom of expression in Burma.

In 2012, the military-backed government implemented a series of political reforms in the country and Myint returned to his homeland after 24 years in exile. When he did, Mizzima became the first exiled news organization to officially move back inside the country, where, over the course of nearly a decade, it rose to become one of the leading independent media companies in the nation.

Yet, on Feb. 1, 2021, Myint and fellow journalists were forced to flee again after another military coup. Today, Myint and his colleagues are working from different locations in and outside Myanmar to operate the Mizzima group of media platforms, even though the journalists face the possibility of life in prison for pursuing their work. In the past year, four of Myint's Mizzima fellow journalists, including Mizzima co-founder Daw Thin Aung, were arrested and later released, but two reporters are still imprisoned in Myanmar. With 26 journalists imprisoned, Myanmar in 2021 became the world's second-largest jailer of journalists, just behind China; in the last four months, at least three journalists have been killed in the country, according to the Committee to Protect Journalists (CPJ).

"Soe Myint's long and continuing devotion to create international awareness about military atrocities in Myanmar and to provide easily accessible and credible

alternative news to Burmese citizens at constant risk of his own life is a profound testament to his commitment to promote freedom and democracy, something that many of us in a freer society have taken for granted," said UMass Lowell Political Science Prof. Ardeth Thawngthung, a former college classmate of Myint who sat together with him and bore witness to the 1988 Uprising that profoundly impacted both of their lives.

"We decided to leave the classroom and join the protest movement on campus and marched toward another campus. That's where the riot police stopped and dispersed protesters, beat and killed dozens of students and detained hundreds more; we all ran in different directions. That was the last time I saw Soe Myint," she said.

Next month's program will reunite the former classmates, if but remotely, and share Myint's work with the campus and community.

"Soe Myint is a renowned journalist who has championed media freedom while working in a country with one of the most restricted media systems in the world," said UMass Lowell's Jenifer Whitten-Woodring, dean of the university's Honors College, associate professor of political science. "The U.S. and Western democracies have advocated for media freedom in countries like Myanmar with the idea that it will promote democratization, yet we have no idea of the struggle that journalists in non-democracies face. This is an excellent opportunity for students, journalists, human rights activists and politicians to hear what it is like to provide news and information from a conflict zone. We can learn first-hand why Soe Myint and his colleagues continue to do their work even though they are risking their lives to do so."

Greeley Scholars are selected for their achievements as humanitarians and their efforts promoting peace and conflict resolution at the local, regional, national or international level. With the honor, Myint joins distinguished past recipients who include Nobel Peace Prize winners Tawakkol Karman and Leymah Gbowee. A list of past scholars is available at [www.uml.edu/Research/PACSI/Greeley-Scholars/About.aspx](http://www.uml.edu/Research/PACSI/Greeley-Scholars/About.aspx).

The honor is named for the late Rev. Dana McLean Greeley, who was a longtime Unitarian Universalist minister in Concord. The Greeley Scholar Program is funded by the Greeley Endowment for Peace Studies, established with a gift from the Dana McLean Greeley Foundation for Peace and Justice and a contribution from the Commonwealth of Massachusetts via the UMass Foundation. In addition, this year's programs are sponsored by UMass Lowell's College of Fine Arts, Humanities and Social Sciences.

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

# Grupo local de tejido busca miembros adicionales para retribuir al Hospicio de Merrimack Valley

Después de que su esposo, Daniel, perdiera su larga y valiente batalla contra el cáncer en 2015, Pat Brodie encontró consuelo al asistir a un grupo de duelo para cónyuges sobrevivientes ofrecido por Merrimack Valley Hospice. Para "mantener mis manos ocupadas", la residente de Merrimac, Massachusetts, se unió al grupo de tejido dirigido por las consejeras de duelo Nancy Thornton y Lois Marra.

"Necesitaba algo para salir de la bruma del dolor", dijo Brodie, quien estuvo casada con su novio de la escuela secundaria durante 41 años. "Después de todo este tiempo, todavía estoy aquí".

Más que eso, Brodie se ha convertido en una de las tejedoras más prolíficas del grupo. Los miembros trabajan en sus propios proyectos o fabrican chales de oración hechos a mano y otros artículos para donarlos a High Pointe House, la residencia de hospicio y cuidados paliativos de Merrimack Valley Hospice ubicada en Haverhill, Massachusetts.

Marra, quien recientemente se retiró de Home Health Foundation (de la cual Merrimack Valley Hospice es una agencia miembro) luego de una carrera de 26 años, dijo que todos los niveles de tejedores están invitados a unirse al grupo. También son bienvenidas las donaciones de hilo lavable de cualquier color, preferiblemente de hogares de no fumadores.

"Este grupo es un espacio seguro para las personas que buscan involucrarse. Y siempre puede esconderte detrás de tu tejido si no se siente con ganas de socializar", dijo Marra, que vive en North Reading, Massachusetts. "Nos sentamos, hablamos y nos reímos un poco mientras donamos a High Pointe House porque hay mucha necesidad allí. Somos afortunados de tener tejedoras talentosas que también son tan generosas con su tiempo".

Thornton, una consejera de duelo desde hace mucho tiempo en Merrimack Valley Hospice que también trabajó para el Programa HL Farmer and Sons Aftercare

en Haverhill, dijo que se sintió "conmovida para retribuir al hospicio" después de la muerte de su madre en 1989. El grupo social de tejido, dijo, fue una extensión natural de esos esfuerzos.

"Somos un grupo muy acogedor", dijo el residente de East Kingston, N.H., "y nos divertimos juntos".

Susan Bailey, capellán de High Pointe House y consejera de duelo en Merrimack Valley Hospice, dijo que el grupo de tejido y sus donaciones son "una bendición para todos". Señaló que los pacientes de High Pointe House aprecian profundamente recibir chales de oración cosidos con intención espiritual, mientras que sus familiares afligidos encuentran significado en llevarlos a casa y "envolverse mientras mantienen el recuerdo de este momento sagrado cuando su ser querido se estaba muriendo". Además, las tejedoras se han beneficiado al mantener un sentido de comunidad y propósito durante la pandemia.

"Solo el hecho de que alguien se sentó durante horas para hacer algo con amabilidad para otros que no conocen es asombroso", dijo Bailey. "Es un increíble acto de amor que nos recuerda lo que realmente importa".

Se invita a los nuevos miembros a unirse al grupo social de tejido que se reúne todos los miércoles, de 1 a 3 p. Chrissy Drummond en High Pointe House, 360 North Ave. en Haverhill, Massachusetts.

Merrimack Valley Hospice es una agencia sin fines de lucro que brinda atención reconfortante y servicios de apoyo a pacientes que se acercan al final de la vida, así como también grupos de apoyo gratuitos para el duelo y otros recursos. Junto con Home Health VNA, las agencias brindan una continuidad completa de cuidados de salud en el hogar y cuidados paliativos en más de 110 comunidades en el noreste de Massachusetts, el sur de New Hampshire y el sur de Maine como York Hospital Hospice. Para obtener más información, visite MerrimackValleyHospice.org.



Un grupo de tejido social, que se reúne los miércoles en la Biblioteca Pública de Plaistow, busca nuevos miembros para la camaradería, así como donaciones artesanales para Merrimack Valley Hospice. En la foto (desde la izquierda) están Nancy Thornton de East Kingston, NH, Barbara Donovan de Plaistow, NH, Kathleen Barron de Merrimac, Mass. y Lois Marra de North Reading, Mass. Pat Brodie de Merrimac, Mass no aparece en la foto. (Foto cortesía)

A social knitting group, which meets on Wednesdays at the Plaistow Public Library, seeks new members for camaraderie as well as handcrafted donations to Merrimack Valley Hospice. Pictured (clockwise, from front left) are Nancy Thornton of East Kingston, N.H., Barbara Donovan of Plaistow, N.H., Kathleen Barron of Merrimac, Mass. and Lois Marra of North Reading, Mass. Not pictured: Pat Brodie of Merrimac, Mass. (Courtesy photo)

## Local knitting group seeks additional members to give back to Merrimack Valley Hospice

After her husband, Daniel lost his long and courageous battle with cancer in 2015, Pat Brodie found comfort in attending a bereavement group for surviving spouses offered by Merrimack Valley Hospice. To "keep my hands busy," the Merrimac, Mass. resident then joined the knitting group run by bereavement counselors Nancy Thornton and Lois Marra.

"I needed something to get myself out of the haze of grief," said Brodie, who was married to her high school sweetheart for 41 years. "All this time later, I'm still here."

More than that, Brodie has become one of the most prolific knitters of the group. Members work on their own projects or handcraft prayer shawls and other items for donation to High Pointe House, the hospice and palliative care residence of Merrimack Valley Hospice located in Haverhill, Mass.

Marra, who recently retired from Home Health Foundation (of which Merrimack Valley Hospice is a member agency) following a 26-year career, said all levels of knitters are invited to join the group. Donations of washable yarn of any color are also welcome, preferably from non-smoking homes.

"This group is a safe space for people looking to get involved. And you can always hide behind your knitting if you're not feeling up to socializing," said Marra, who lives in North Reading, Mass. "We sit, talk and have a few laughs while donating to High Pointe House because there is such need there. We're fortunate to have talented knitters who are also so generous with their time."

Thornton, a longtime bereavement counselor with Merrimack Valley Hospice who also worked for the H.L. Farmer and Sons Aftercare Program in Haverhill, said she was "moved to give back to hospice" after her mother's death in 1989. The social knitting group, she said, was a natural

extension of those efforts.

"We are a very welcoming group," said the East Kingston, N.H. resident, "and we have fun together."

Susan Bailey, a chaplain at High Pointe House and bereavement counselor with Merrimack Valley Hospice, said the knitting group and its donations are "a blessing all around." She noted that patients at High Pointe House deeply appreciate receiving prayer shawls stitched with spiritual intention, while their grieving family members find meaning in taking them home and "wrapping themselves up while keeping the memory of this holy time when their loved one was dying." In addition, the knitters have benefitted from maintaining a sense of community and purpose throughout the pandemic.

"Just the fact that someone sat for hours to make something with kindness for others they don't know is amazing," Bailey said. "It's an incredible act of love that reminds us what really matters."

New members are invited to join the social knitting group which meets every Wednesday, 1 to 3 p.m., at the Plaistow Public Library, 85 Main St. in Plaistow, N.H. Yarn donations may be delivered to the group during that time, or dropped off to Chrissy Drummond at High Pointe House, 360 North Ave. in Haverhill, Mass.

Merrimack Valley Hospice is a not-for-profit agency providing comfort care and supportive services to patients nearing the end of life, as well as free bereavement support groups and other resources. 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.

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

## 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.



BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



# From My Corner

## Wasting city money

A few days after taking the reins of the mayor's office, Brian De Peña told me in disgust that he was saddened to see the waste in practically every department in this city. He has made changes and adjustments where he deemed were needed, contrary to the judgment of many people.

Last week I described one of the many ways taxpayers' money is being squandered in Lawrence and to my surprise, it was worse than what I expected. If you have not read it, I recommend that you go to our website and check out the "Corruption" piece on page 16 of the March 15, 2022 edition.

It deals with the hiring of a librarian who ended up getting an exorbitant amount of money between paying back her previous employer some \$15,000 that the company paid for her bachelor's degree so she could be released to come here. Ms. Jessica Valentin earned a salary of \$81,000 and the reimbursement of \$34,143.50 for courses leading to a Master's degree in Library Sciences. She then left her employment with us.

In the past few days, people have been asking where I get this information and wondering who my sources are. I simply send a request under the Freedom of Information Act and anything requested has to be sent within 10 days. No magic, no informants. I document everything I do.

If the details are not clear to me or I need additional information, I can talk to department heads to satisfy my curiosity. To tell you the truth, sometimes, after all that work, I do nothing. It could be because it turned out not to be a big deal or there was a reasonable explanation.

Also, I may decide not to follow through because it may affect my reputation and there's nothing I care about more than what people think of me and Rumbo. I want people to wholeheartedly believe in what I say and what they read, confident that it has been well-researched and the truth.

That's what I did recently. I was looking into another issue and decided to put it aside fearing the public would think that I was resentful and there was money involved. As I said earlier, my integrity is most important.

"The central dilemma in journalism is that you don't know what you don't know."

-Bob Woodward

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

AZ QUOTES

## 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.

I'm trying to get the curriculum being used in our public schools regarding Critical Race Theory (CRT) and as soon as I get it, you'll see it. For now, I have at least the texts on sex being administered by the Lawrence Public Schools. Making Proud Choices, Our Whole Lives, and FLASH are set up by grade levels beginning with kindergarten through high school. I thank Michael King, director of Community Alliances, at Massachusetts Family Institute who provided me with a copy.

Now, they know this is another political appointment because the mayor doesn't want this non-union position to be posted and open to anyone who would like to apply for it, once approved by the city council.

Mayor De Peña has put his request on hold while he continues his negotiations with the union.

## Brainwashing kids at school

They are being brainwashed and we are doing nothing about it.

A newspaper article caught my attention recently because a young woman was interviewed about her depression. Explaining why she regrets having changed her gender from male, she had been told that it was her dysphoria that was causing her mental state. She now realizes that it was a mistake.

There's a controversy in the media involving Lia Thomas, the swimmer who used to be a man and is now competing on women's teams. S/he is now breaking previous records and winning wherever they go. The argument is that Lia's body has the physical hormonal attributes of a man which does not change with the elimination of body parts.

The fight to have the approval of Title IX allowing the universities to create equal opportunities in sports for females took many years. The admission of transgender students will eliminate the chances of winning.

The media has a lot to do with getting the public accustomed to seeing this as "normal." President Biden appointed Dr. Rachel Levine, a transgender woman as United States Assistant Secretary for Health, and now, USA Today named her Woman of the Year which has produced a heap of publicity.

Lia Thomas and Dr. Levine contribute to our children's belief of this being normal and the fact that they are famous, educated people could instill the wrong idea in them.

"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

## REQUEST FOR PROPOSALS

Greater Lawrence Community Action Council, 305 Essex St Lawrence MA 01840 seeks qualified contractors to perform the following required residential work, cellulose/fiberglass insulation (including dense packed cellulose in walls), general carpentry and energy efficiency related repairs, and blower door assisted air sealing, knob and tube inspections. Bath fan and whole house fan installation, for a copy of RFP call John Guay at 978-681-4956 ext. 4789.

Complete applications and price bids must be received, as instructed in the RFP, no later than two weeks after the posting of this notice.

This advertisement is subject in all respects to the terms and conditions of the Request for Proposals. Small and minority owned business are encouraged to apply. Greater Lawrence Community Action is an AA/OEO/ADA Employer

# Los patrones dietéticos pueden explicar las diferentes tasas de ECV entre los grupos hispanos/latinos en EE.UU.

Los Dietary patterns pueden ayudar a explicar diferentes tasas de enfermedades cardíacas y ataques o derrames cerebrales entre varias poblaciones hispanas y latinoamericanas en los EE. UU., según la investigación preliminar que se presentará en Epidemiology, Prevention, Lifestyle & Cardiometabolic Health Conference 2022 de la American Heart Association. La reunión se llevará a cabo tanto presencialmente en Chicago como virtualmente del martes 1 de marzo al viernes 4 de marzo del 2022, y ofrece lo último en ciencia basada en la población relacionada con la promoción de la salud cardiovascular y la prevención de las enfermedades cardíacas y los ataques o derrames cerebrales.

“A pesar de que comúnmente se agrupa como un grupo étnico, la población hispana/latina de EE. UU. se compone de varias comunidades culturales diversas de numerosos países con patrones dietéticos distintos. Comprender los hábitos dietéticos particulares de cada grupo y el potencial de afectar la salud tienen una relevancia de salud pública considerable”, afirmó Yi-Yun Chen, M.D., M.Sc., autora principal del estudio y residente del Jacobi Medical Center en el Albert Einstein College of Medicine en el Bronx, Nueva York.

Las guías dietéticas para estadounidenses recomiendan varios patrones de alimentación saludable del Departamento de Salud y Servicios Humanos de EE. UU. para la prevención de enfermedades cardiovasculares (ECV). El estudio actual mide el cumplimiento de tres de estos patrones de alimentación saludable y su relación con el riesgo de ECV: La dieta mediterránea alternativa, un plan de alimentación que enfatiza el consumo de frutas, verduras, aceite de oliva, frijoles, frutos secos, granos integrales y semillas; el índice de alimentación saludable, que evalúa el grado en que la dieta de una persona se alinea con las pautas nutricionales para estadounidenses del 2015 al 2020; y el índice de dieta saludable basado en plantas, que evalúa el consumo de alimentos saludables de plantas, alimentos no saludables de plantas y alimentos de origen animal.

El estudio incluyó a 10,766 adultos (edad promedio de 46 años; 63.4% mujeres) que participaron en el Estudio de salud de la comunidad hispana/Estudio de latinos. El estudio de salud de la comunidad hispana es un estudio poblacional de adultos de entre 18 y 74 años que viven en 4 centros

urbanos de los EE. UU., el Bronx de la Ciudad de Nueva York, Chicago, Miami y San Diego, que reclutó a participantes de ascendencia cubana, dominicana, mexicana, puertorriqueña, centroamericana y sudamericana. Ninguno de los participantes tenía cáncer ni enfermedad cardiovascular cuando se inscribieron en el estudio.

Todos los participantes completaron dos cuestionarios de recuerdo dietario de 24 horas, uno realizado durante las visitas en persona en la inscripción inicial en el estudio y el segundo realizado por teléfono aproximadamente 30 días después, para detallar qué alimentos y cuánto de cada tipo de alimento consumieron en las últimas 24 horas. Estos se utilizaron para obtener puntajes sobre las medidas de calidad dietética mediante su comparación con los tres planes de alimentación saludable de las Guías alimentarias para estadounidenses: La dieta mediterránea alternativa, el índice de alimentación saludable y el índice de alimentación basada en plantas.

“Estas dietas comparten varios componentes similares, como un mayor consumo de granos integrales, verduras, frutas, frutos secos y legumbres”, comentó Chen. “Los puntajes dietéticos más altos para cada una de las tres dietas representan mejores patrones de alimentación saludable individuales”.

Para cada patrón de alimentación, los investigadores analizaron los riesgos de ataque cardíaco o ataque o derrame cerebral durante un período de seguimiento promedio de 6 años. Los resultados se ajustaron en función de las variables demográficas y socioeconómicas.

## El análisis observó lo siguiente:

- Durante el período de seguimiento promedio de 6 años, 248 participantes (2.3%) sufrieron un ataque cardíaco o un ataque o derrame cerebral.
- El cumplimiento promedio de cada una de las tres medidas de calidad dietética fue significativamente diferente entre los seis grupos de antecedentes hispanos/latinos. Las dietas más saludables se encontraron entre los adultos mexicanos, seguidas por personas de la República Dominicana, Sudamérica, Centroamérica, Cuba y Puerto Rico.
- Al comparar a aquellos en el tercio superior del cumplimiento de cada dieta con aquellos en el tercio más bajo, el riesgo de ataque cardíaco o ataque o derrame cerebral se redujo en un 46% para aquellos que

siguieron más de cerca la dieta mediterránea alternativa, un 36% para aquellos con un puntaje alto en el patrón dietario del índice de alimentación saludable y un 44% para aquellos que obtuvieron un puntaje más alto según el índice de alimentación basada en plantas.

- Cuando se evaluó por separado, la relación entre la calidad de la dieta y el riesgo de ataque cardíaco o ataque o derrame cerebral fue similar en los seis grupos hispanos/latinos.

“Nuestra investigación demuestra que los puntajes más altos en cualquiera de los tres patrones alimentarios saludables para el corazón se asocian con un menor riesgo cardiovascular, lo que sugiere la posibilidad de que no sea necesario cumplir con un patrón dietario específico para lograr una mejor salud cardiovascular. Por lo tanto, las personas pueden tener más opciones para dietas saludables”, comentó Chen.

Los participantes del estudio que nacieron fuera de EE. UU. cumplieron significativamente mejor con las dietas saludables para el corazón en comparación con los participantes nacidos en EE. UU., impulsados principalmente por una mayor ingesta de alimentos saludables a base de plantas, como granos integrales, frutas, verduras, legumbres y frutos secos.

“En comparación con los adultos hispanos/latinos que emigraron a EE. UU., descubrimos que aquellos que nacieron en los EE. UU. consumieron más alimentos de estilo estadounidense, como se esperaba. Esto refleja la influencia de la aculturación en los patrones dietéticos, particularmente

hacia un patrón dietético occidental menos saludable. Dado que el mayor cumplimiento de los tres patrones alimentarios saludables se asoció con un menor riesgo de enfermedades cardiovasculares, sugerimos que aumentar el consumo de alimentos saludables basados en plantas puede ayudar a la generación más joven a lograr una mejor salud cardiovascular similar a sus familiares que nacieron fuera de EE. UU.”, dijo Chen.

El estudio incluye varias limitaciones, incluido el informe dietario de 24 horas autoinformado de los participantes en el período inicial del estudio, que puede estar sujeto a errores en la memoria y es posible que no haya capturado los tipos de alimentos ingeridos con menos frecuencia. Debido a que el tiempo de seguimiento promedio de 6 años fue relativamente corto, solo hubo una pequeña cantidad de participantes diagnosticados con enfermedad cardiovascular, lo que puede haber limitado la capacidad de detectar asociaciones significativas entre la dieta y el riesgo de enfermedad cardíaca en subgrupos individuales. Es posible que estos resultados de un estudio de adultos hispanos y latinos en 4 áreas urbanas no sean generalizables a personas hispanas/latinas que viven en otras comunidades en todo EE. UU. y sus territorios.

El estudio fue financiado por el National Heart, Lung, and Blood Institute de los National Institutes of Health a través de subvenciones a las universidades que participaron en el Estudio de salud de la comunidad hispana/Estudio de latinos.

**www.rumbonews.com**

## THE MERRIMACK VALLEY CHAMBER OF COMMERCE

### Networking Breakfast with Millennium Cleaning Services at Jersey Mike's!



Tuesday, March 29, 2022

8:00 AM to 9:15 AM

Jersey Mike's

90 Pleasant Valley St.,

Methuen, MA 01844



Located at the Loop in Methuen!

Attend this MVCC Networking Breakfast and Enjoy:



- ★ Business Connections and Networking!
- ★ Complimentary Coffee & Breakfast!
- ★ Business Card Drawing for Door Prizes!

Pre-register and bring a Potential New Member for FREE!  
When they join, you get a Free \$50 Restaurant Card courtesy of the MVCC

The Merrimack Valley Chamber of Commerce

\* 264 Essex Street, Lawrence, MA 01840 \*



Networking Breakfast

Jersey Mike's

at the Loop in Methuen

Tuesday, March 29th, 2022

\$10 - Members      \$20 - Future Members

[www.MerrimackValleyChamber.com](http://www.MerrimackValleyChamber.com)

Name: \_\_\_\_\_

Company: \_\_\_\_\_

REGISTER NOW!

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

Check enclosed payable to

Merrimack Valley Chamber of Commerce

Bill Me (Members only)

Credit Card on location or Securely

Online

Follow Us On:



# ReStore<sup>SM</sup>

647 Andover Street  
Lawrence, MA 01843  
Tel: 978-686-3323  
[www.mvrestore.org](http://www.mvrestore.org)

Store Hours  
Wednesday-Friday: 10am-6pm  
Saturday: 10am-5pm

Abierto al público, comre-dono-hágase voluntario

Favor de no dejar donaciones después del horario

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

