



## GLCAC inaugura proyecto de vivienda económica



El jueves, 7 de abril, el Greater Lawrence Community Action Council, Inc. celebró la inauguración de un proyecto de vivienda asequible de 39 unidades en el centro de la ciudad.

Pg. 5

## GLCAC Marks Opening of Affordable Housing Project

The Greater Lawrence Community Action Council, Inc. celebrated the grand opening of a 39-unit affordable housing project in downtown Lawrence on Thursday, April 7.

Pg. 5

## The Boston Marathon is back this year! 126th Boston Marathon® TEAM LAZARUS HOUSE Turns Miles into Meals

Pg. 12

## Celebrating Annual Autism Awareness Day at Lawrence Police Department

Pg. 10

Rumbo presenta  
“Desde Mi Esquina” con Dalia Díaz  
sábados 8 am por WNNW 800 AM y 102.9 FM

## Fiorentini nombra dos nuevos miembros en Planificación



“I would like to take this moment to thank Mayor Fiorentini of Haverhill for appointing me tonight to the Planning Board. It will be an honor and pleasure to serve on the board and our community. Thank you again.”

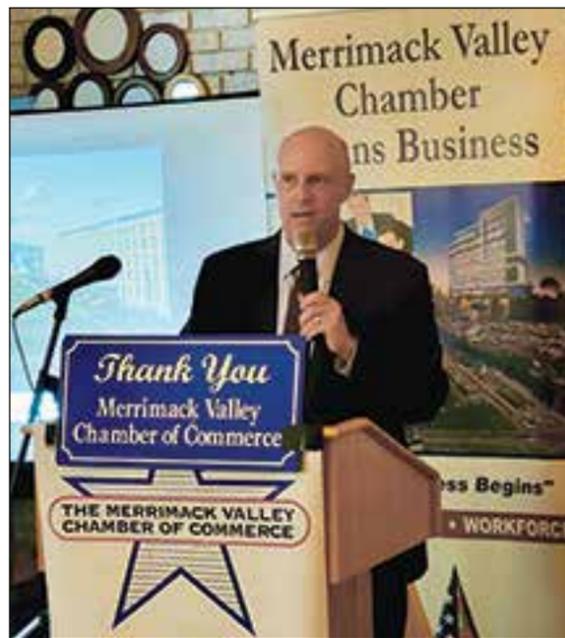
Pg. 2

## Fiorentini appoints two members in Planning Board

“Quisiera aprovechar este momento para agradecer al Alcalde Fiorentini de Haverhill por nombrarme esta noche para la Junta de Planificación. Será un honor y un placer servir en la junta y en nuestra comunidad. Gracias de nuevo.”

Pg. 2

## Annual Merrimack Valley Chamber Economic Development Forum



The Merrimack Valley Chamber recently hosted the Annual Merrimack Valley Chamber Economic Development Forum with Secretary Mike Kennealy at the Expo.

Pg. 15

## El Alcalde Fiorentini nombra a Brown, García a la Junta de Planificación

Bobby Brown y Carmen García, residentes de Haverhill, son los miembros más nuevos de la Junta de Planificación de la ciudad, anunció el Alcalde James J. Fiorentini.

El Concejo Municipal confirmó los nombramientos del alcalde en su reunión del martes, 5 de abril.

“Somos muy afortunados de tener dos residentes calificados y competentes que se ofrecieron como voluntarios con su tiempo y energía para su ciudad y para el importante trabajo de la Junta de Planificación”, dijo el Alcalde Fiorentini. “Espero trabajar con ambos para que Haverhill siga avanzando”.

Brown, quien tiene una licenciatura en administración pública y es secretario general del Concejo Laboral de Merrimack Valley, reemplaza a Karen Peugh. Su mandato expirará el 14 de agosto de 2024.

“Aprecio el desarrollo y el embellecimiento de nuestra ciudad que ha tenido lugar”, dijo Brown, también miembro de la junta ejecutiva de IAM Local 264 Boston, en su solicitud para la Junta de Planificación. “Sería un honor servir en una capacidad que pueda garantizar que el desarrollo de nuestra ciudad continúe por un camino exitoso y beneficioso. Haverhill

va por buen camino hacia un futuro muy brillante y sería un privilegio ayudar a asegurar ese futuro”.

García, especialista en talleres bilingües en MassHire Career Center en Lawrence, cuyas credenciales incluyen una Maestría en Administración de Empresas (MBA) y Certificación de Inspección de Viviendas de Northern Essex Community College, reemplaza a Kenneth Cram. Su mandato expirará el 23 de octubre de 2022.

“Las juntas y comités de la ciudad siempre necesitan personas que entiendan el cambio, especialmente en comunidades específicas”, dijo García en su solicitud. “Como residente que siempre está buscando cambios, me gusta brindar mi perspectiva cada vez que se necesitan cambios para garantizar que estos cambios coincidan con las tendencias actuales y las necesidades de la comunidad”.

El trabajo principal de la Junta de Planificación es revisar y aprobar nuevas subdivisiones de terrenos y caminos asegurándose de que cumplan con las leyes estatales y las normas locales. El panel también revisa, celebra audiencias públicas y hace recomendaciones al Concejo Municipal sobre grandes desarrollos de vivienda y proyectos relacionados.

## Mayor Fiorentini Appoints Brown, Garcia to Planning Board

Haverhill residents Bobby Brown and Carmen Garcia are the newest members of the city’s Planning Board, Mayor James J. Fiorentini announced.

City Council confirmed the mayor’s appointments at its meeting Tuesday, April 5.

“We are very fortunate to have two qualified and competent residents step up to volunteer their time and energy to their city and to the important work of the Planning Board,” Mayor Fiorentini said. “I look forward to working with them both to keep Haverhill moving forward.”

Brown, who holds a Bachelor of Arts degree in public administration and is secretary general for the Merrimack Valley Labor Council, replaces Karen Peugh. His term will expire Aug. 14, 2024.

“I appreciate the development and beautification of our city that has taken place,” Brown, also an executive board member of IAM Local 264 Boston, said in his Planning Board application. “It would be an honor to serve in a capacity that can ensure that the development of our city continues on a successful and beneficial path. Haverhill is on track for a very bright

future, and it would be a privilege to help secure that future.”

Garcia, a bilingual workshop specialist at MassHire Career Center in Lawrence whose credentials include a Master’s in Business Administration (MBA) and Home Inspection Certification from Northern Essex Community College, is replacing Kenneth Cram. Her term will expire Oct. 23, 2022.

“The city’s boards and committees are always in need of individuals who understand change, especially in specific communities,” Garcia said in her application. “As a resident that is always seeking change, I like to provide my perspective whenever changes need to happen to ensure these changes coincide with current trends and the community’s needs.”

The Planning Board’s main job is to review and approve new subdivisions of land and roadways by ensuring they adhere to state law and local rules. The panel also reviews, holds public hearings on and makes recommendations to City Council on large housing developments and related projects.

## Mes Nacional de la Salud de las Minorías 2022: ¡Protegiendo a su Comunidad!

Abril es el Mes Nacional de la Salud de las Minorías, y la Oficina de Salud de las Minorías (OMH, por sus siglas en inglés) del Departamento de Salud y Servicios Humanos (HHS, por sus siglas en inglés) está destacando el importante rol que pueden desempeñar las personas y las organizaciones. Todos podemos ayudar a reducir las disparidades en la salud de las minorías raciales y étnicas y de las comunidades de indios americanos y nativos de Alaska.

El tema del Mes Nacional de la Salud de las Minorías 2022 es ¡Proteja a su comunidad! El tema se centra en lo importante que siguen siendo las vacunas y las dosis de refuerzo como una de las herramientas más potentes que podemos usar para proteger a las comunidades del COVID-19, que ha puesto de manifiesto las desigualdades sociales y raciales en la salud. El tema también apoya las iniciativas que ocurren en muchas comunidades de todo el país para promover la equidad en salud.

“En este Mes Nacional de la Salud de las Minorías estamos abogando por las vacunas y las dosis de refuerzo contra el COVID-19 para nosotros mismos, nuestras familias y nuestras comunidades”, dijo la doctora y contraalmirante Felicia Collins, subsecretaria adjunta de salud de las minorías y directora de OMH. “Si bien

es posible que las personas vacunadas contraigan COVID-19, las vacunas y las dosis de refuerzo son seguras y eficaces en la reducción de las formas graves de la enfermedad, hospitalizaciones y muertes, que son muchísimo más frecuentes entre las minorías raciales y étnicas y en las comunidades de indios americanos y nativos de Alaska”.

Las desigualdades sociales y de salud persistentes han hecho que muchas de las personas que pertenecen a minorías raciales y étnicas o que son indios americanos o nativos de Alaska corran un mayor riesgo de enfermarse gravemente o morir a causa del COVID 19, independientemente de su edad. Hasta el 10 de marzo de 2022, los datos de los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) indican que las personas afroamericanas y latinas tienen más del doble de probabilidades que las personas blancas no-hispanas de ser hospitalizadas por una infección por COVID 19. Por su parte, los indios americanos y los nativos de Alaska tienen 3.1 veces más probabilidades de ser hospitalizados por una infección por COVID-19. Al 23 de marzo de 2022, más de 340,000 personas que pertenecen a minorías raciales y

Continúa en la página 10

### Otros miembros incluyen:

- Paul Howard (chairman)
- Bob Driscoll
- April Der Boghosian
- Bill Evans

### Other members include:

- Ismael Matias
- Karen Buckley
- Nate Robertson

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**DIRECTOR AND GRAPHIC DESIGN**  
**Dalia Díaz**  
daliadiaz@rumbonews.com

**SALES & CIRCULATION DIRECTOR**  
**Alberto M. Surís**  
albertosuris@rumbonews.com

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POR DALIA DÍAZ  
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



## The Movement Family (TMF)

En la reunión del concejo municipal del martes pasado, hubo un nuevo tema en la agenda sobre una petición de The Movement Family (TMF), una organización fundada hace 10 años que patrocina las cenas de los miércoles por la noche para las personas sin hogar.

Estaban solicitando el uso del Garaje Buckley, ya que solían celebrar sus cenas allí en el pasado. Fueron suspendidos porque la ciudad encontró basura y evidencia de uso de drogas allí y esta vez, vinieron preparados con suficiente apoyo para asegurarse de que no vuelva a suceder.

El concejo no tenía planes de discutirlo en ese momento o tomarlo como una "emergencia", pero dado que fue patrocinado por la vicepresidenta Estela Reyes, solicitó una moción para tomarlo como una emergencia. Estaban solicitando un contrato de dos años con la ciudad.

El Alcalde Brian De Peña me dijo que hay un proceso que deben seguir, similar a cualquier organización sin fines de lucro. La organización debe recoger un paquete de información en las oficinas de DPW con instrucciones para la documentación necesaria como seguro de responsabilidad

civil, un contrato con la ciudad en la oficina de los abogados de la ciudad y el permiso de la MVRTA porque tienen un contrato para ese espacio.

El grupo fue apoyado de manera impresionante por varios voluntarios incluyendo a un señor que se comprometió a dejar todo limpio. El aseguró a la ciudad que él hará la limpieza.

Al principio, no podía entender por qué se aprobó sin discutir ninguno de los requisitos anteriores. Como se tomó como un artículo de emergencia, se les dio 60 días para buscar todos esos requisitos. El martes, 12 de abril, el Comité de Ordenanza lo discutirá extensamente.

## El que tiene padrino...

Si alguna vez se pregunta por qué los fanáticos se ofrecen como voluntarios para trabajar en campañas políticas, no siempre es porque el candidato llena sus esperanzas de un futuro mejor, sino por las promesas hechas. Si resulta que es el jefe, tienden a ponerse del lado de él en caso de que haya una recompensa en el futuro.

Si hay algo positivo que puedo decir sobre Dan Rivera es que es leal a sus amigos. Sabía cómo jugar el juego de la política y logró conseguir un trabajo estatal ganando un cuarto de millón de dólares al

año. Luego, comenzó a llevar consigo a los empleados de la ciudad y la última muestra de agradecimiento fue el nombramiento por parte del gobernador de la abogada municipal Raquel Ruano como jueza asociada del Tribunal de Distrito.

Cuando Charley Boddy dejó vacante el puesto de abogado de la ciudad, el Alcalde Rivera y el concejo municipal comenzaron a jugar con la selección de un nuevo abogado municipal. Raquel Ruano había demostrado ser competente y era la única persona de ascendencia latina que hablaba español entre los aspirantes.

Una vez que fue nombrada, centró toda su atención en los intereses del alcalde y valió la pena.

Creo que una cita del gran Yogi Berra de los Yankees es aplicable en su caso: "Tienes que tener mucho cuidado si no sabes a dónde vas, porque es posible que no llegues".

Ella estará aquí hasta junio.

## Superintendente Escolar y solicitud de FOIA

En una conversación reciente con la madre de un niño de 8 años, casi lloraba al contarme algo que le dijo al niño una maestra que le explicaba cómo eran las relaciones raciales en el pasado.

El niño tiene rasgos similares a los de su padre, mientras que su madre tiene la piel más clara y el mensaje de la maestra fue que ella no habría podido tomarlo de la mano en público debido a la obvia diferencia. "Estaba visiblemente molesto por ese pensamiento", y ella estaba dolida al recordar ese intercambio.

¿Hay alguna necesidad de que un niño pequeño aprenda sobre las crueldades del pasado y, en particular, ser elegido para ilustrar su punto? Todos debemos aprender sobre ese período vergonzoso de la historia de los Estados Unidos en el momento y la edad adecuados cuando podamos asimilar su significado y consecuencias.

Hay profesionales dictando cómo debe cambiar la educación en este país y los padres no son conscientes de lo sórdidos que son para lograrlo. Esta generación está creciendo asustada, confundida e incapaz de lidiar con las realidades de la vida en la edad adulta.

Es por eso que el 29 de marzo de 2022, solicité, en virtud de la Ley de Libertad de Información, documentación sobre cualquier material, libro, gráfico, juguete, etc. que se utilice en los grados K-12 en relación con la enseñanza sobre la diferencia entre razas, conocida como Teoría Crítica de la Raza, Proyecto 1619, o cualquier otro nombre que las Escuelas

## CARTAS AL EDITOR RUMBO

315 Mt. Vernon St.  
Lawrence MA 01843  
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Las cartas deben tener menos de 300 palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Públicas de Lawrence utilicen para enseñar las disparidades raciales históricas en los EE. UU. Hasta la fecha, no he recibido respuesta de las Escuelas Públicas de Lawrence. Según la ley, tienen diez días para cumplir.

Una vez que les traiga los ejemplos de lo que se les está enseñando, les estaré pidiendo su apoyo para llevar sus inquietudes a la administración, y créanme, cuando obtengan los detalles, se indignarán.

## Martin Luther King se retuerce en su tumba

Martin Luther King dijo en su famoso discurso I Have a Dream: "Tengo el sueño de que mis cuatro hijos pequeños algún día vivirán en una nación donde no serán juzgados por el color de su piel sino por el contenido de su carácter."

Eso fue en 1963 y poco después, en 1964, el Presidente Lyndon B. Johnson firmó la histórica Ley de Derechos Civiles de 1964 que prohibía la discriminación por motivos de raza, color, religión, sexo y origen nacional. Abordó los derechos de voto, el empleo, los lugares públicos, la educación y más.

Las luchas continuaron pero se promulgaron otras leyes para proteger esos derechos y prevenir la discriminación, siendo la más importante la que prohíbe la discriminación en la vivienda y el empleo. Las mujeres de todas las razas también se beneficiaron de estas medidas que protegen sus oportunidades laborales y la igualdad de ingresos.

Las cosas en este país parecían una verdadera democracia para todos. La raza, el género o la nacionalidad no se podían considerar en la contratación, ya que se entendía que todos somos "iguales" hasta hace poco, cuando el péndulo comenzó a oscilar hacia el otro lado.

Durante las últimas semanas, he estado siguiendo la nominación de la Jueza Ketanji Brown Jackson a la Corte Suprema hasta la votación oficial de esta semana. No quise comentar sobre ese proceso porque tengo una opinión y hay gente que -antes de escuchar toda la explicación y razones- empieza con acusaciones y la palabra de moda en estos días es "racista".

Me pregunto por qué ninguno de los senadores se quejó de que tenemos leyes que prohíben el uso de la raza o el género en la contratación. Este no es un comentario negativo sobre la Jueza Jackson; no estoy hablando de sus calificaciones. Estoy hablando del requisito de que se debe considerar "solo una mujer negra". Eso es ilegal porque es discriminación basada en género y raza al más alto nivel. Los blancos no necesitan aplicar.

"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



## La para lograr la compra de su casa Para primeros compradores que califiquen

Haverhill Bank se asocia con el Federal Home Loan Bank of Boston para ofrecer ayuda con el pago inicial y los costos de cierre para compradores de vivienda elegibles.

El Programa **Equity Builder** ofrece subvenciones para compradores que ganan hasta el 80% del ingreso medio del área con pago inicial y asistencia para los costos de cierre junto con educación y asesoramiento para compradores de vivienda. Los prestatarios pueden recibir hasta \$22,000. **Housing Our Workforce** brinda a aquellos que ganan entre el 80% y el 120% del ingreso medio del área con subvenciones equivalentes para pagos iniciales de hasta \$20,000.

Debido a que ambos programas se ofrecen según el orden en que se recibieron, llame a un oficial de préstamo hoy al (978) 374-0161 para entrar en la vía rápida a la propiedad de la vivienda.

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# GLCAC marca la apertura de un proyecto de vivienda económica

El jueves, 7 de abril, el Greater Lawrence Community Action Council, Inc. celebró la inauguración de un proyecto de vivienda asequible de 39 unidades en el centro de la ciudad.

El alcalde de Lawrence, Brian De Peña, se unió a funcionarios de la ciudad y el estado, socios del proyecto, miembros de la comunidad y líderes de GLCAC para la ceremonia inaugural en 370 Essex Street.

Evelyn Friedman, la directora ejecutiva de GLCAC, agradeció a los socios de la ciudad y el estado por colaborar en este proyecto de 18 millones de dólares que ofrecerá una vivienda muy necesaria para las personas de bajos ingresos y revitalizará un corredor clave del centro de Lawrence. El proyecto contó con el apoyo de la Massachusetts Housing Partnership, el Departamento de Vivienda y Desarrollo Comunitario, la Ciudad de Lawrence, la Agencia de Financiación de la Vivienda de Massachusetts, el Banco Santander, la Community Economic Development Assistance Corporation y Boston Financial Investment Management.

“Este es el tipo de proyecto que puede cambiarles la vida a las familias que tienen dificultad para encontrar una vivienda segura y a su alcance”, dijo Friedman. “Aún queda un largo camino por recorrer para satisfacer la creciente demanda, pero nos enorgullece haber dado este importante paso para ayudar a las familias trabajadoras a conseguir vivienda”.

GLCAC le compró el predio de 370-376 Essex St. a la Ciudad de Lawrence en 2018. El diseño original del edificio abandonado en 370 Essex St. se renovó, y en el lote vacante de 376 Essex St. se construyó un edificio nuevo.

“Sabemos lo importante que es contribuir a la salud de nuestros vecindarios, y por eso estamos orgullosos de apoyar al Greater Lawrence Community Action Council con el financiamiento de este proyecto de vivienda económica”, dijo Christopher Memoli, director principal de Financiación al Desarrollo Comunitario en el Banco Santander. “Al financiar proyectos importantes de vivienda asequible como éste, podemos contribuir de forma significativa a que nuestros vecinos se

beneficien y nuestras comunidades locales se fortalezcan”.

El resultado son 39 unidades nuevas de apartamentos de uno, dos y tres ambientes, en cuatro pisos, con más de 7.700 pies cuadrados de espacio comercial en la planta baja.

Hay tres espacios separados para uso comercial, y MassDevelopment es el primer inquilino comercial.

La ubicación del centro es ideal porque ofrece acceso a transporte público, tiendas de comestibles y minoristas, servicios sociales y de salud, guarderías y organizaciones cívicas y religiosas, dijo Johan López, el presidente del consejo de administración de GLCAC.

“Los residentes disfrutaron de todas las comodidades del centro, con servicios para todas sus necesidades justo afuera de su puerta principal”, dijo López.

GLCAC, que está a pocas cuadras de 305 Essex St., ofrece anualmente, entre otros, servicios de cuidado de niños, WIC, clases de inglés, protección al consumidor, inmigración y asistencia con el combustible, a casi 34.000 personas.

“GLCAC ha visto de forma directa la necesidad de viviendas asequibles y de mejor calidad”, dijo Friedman.

Todos los apartamentos son para familias con ingresos del 60 por ciento o menos de los ingresos promedio de la zona. Más de 1.200 personas presentaron solicitudes el otoño pasado y 39 solicitantes fueron seleccionados mediante una lotería.

Ocho unidades son para beneficiarios de cupones de Sección 8 de muy bajos ingresos. El número de ambientes por apartamento es el siguiente:

- 14 unidades de un ambiente de 850-975 pies cuadrados. (Dos reservadas para Sección 8.)
- 20 unidades de dos ambientes de 1,100 a 1,250 pies cuadrados. (Cinco reservadas para Sección 8.)
- Cinco unidades de tres ambientes de 1,350 a 1,400 pies cuadrados. (Una reservada para Sección 8.)

GLCAC ha contratado a Trinity Management para administrar localmente la propiedad.



## GLCAC Marks Opening of Affordable Housing Project

The Greater Lawrence Community Action Council, Inc. celebrated the grand opening of a 39-unit affordable housing project in downtown Lawrence on Thursday, April 7.

Lawrence Mayor Brian De Peña joined city and state officials, project partners, community members and GLCAC leadership for the ribbon cutting at 370 Essex Street.

Evelyn Friedman, GLCAC’s executive director, thanked city and state partners for working together on the \$18 million project that will provide much needed housing for low-income residents and revitalize a key downtown corridor. The project was supported by the Massachusetts Housing Partnership, Department of Housing & Community Development, the City of Lawrence, Massachusetts Housing Finance Agency, Santander Bank, Community Economic Development Assistance Corporation, and Boston Financial Investment Management.

“This is the type of project that can be life-changing for families struggling to find safe, affordable housing,” said Friedman. “We have a long way to go to meet the rising demand, but we are proud to have taken this step to help working families put a roof over their heads.”

GLCAC bought 370-376 Essex St. from the City of Lawrence in 2018. The abandoned building at 370 Essex St. was renovated to its original design and a new building was constructed in the vacant lot at 376 Essex St.

“We know how important it is to contribute to the health of our neighborhoods, which is why we are proud to support the Greater Lawrence Community Action Council to finance this affordable housing project,” said Christopher Memoli, Senior Director, Community Development Finance at Santander Bank. “By financing important affordable housing projects like this, we can play a meaningful role in helping our

neighbors and strengthening our local communities.”

The result is 39 new units of one-, two-, and three-bedroom apartments on four floors above 7,700 square feet of commercial space on the ground level. There are three separate spaces for commercial use; MassDevelopment is the first commercial tenant.

The downtown location is ideal as it provides tenants access to public transportation, grocery and retail stores, health and social services, childcare and civic and faith organizations, said Johan Lopez, the chair of the GLCAC Board of Directors.

“Residents have all the amenities of downtown and services to help them succeed right outside their front door,” Lopez said.

GLCAC, which is located a block away at 305 Essex St., provides services such as childcare, WIC, English classes, consumer protection, immigration support and fuel assistance to nearly 34,000 individuals annually.

“GLCAC has seen first-hand the need for more quality, affordable housing in the region,” Friedman said.

All the apartments are for families with an income of 60 percent or less of the area median income. More than 1,200 people applied for the units last fall and 39 applicants were randomly selected through a lottery.

Eight units are for very low-income recipients of Section 8 vouchers. The number of bedrooms per apartment are:

- 14 one-bedroom units of 850-975 square feet. (Two reserved for Section 8.)
- 20 two-bedroom units of 1,100-1,250 square feet. (Five reserved for Section 8.)
- Five three-bedroom units of 1,350-1,400 square feet. (One reserved for Section 8.)

GLCAC contracts with Trinity Management to provide the on-site property management.



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# Ciudad de Lawrence y Metro Credit Union se asocian para aumentar las oportunidades de propiedad de vivienda

Esta iniciativa hipotecaria de 40 años hará que el proceso de convertirse en propietario de una vivienda sea una realidad y más fácil para más residentes de bajos ingresos, incluidos los primeros compradores de vivienda que tienen dificultades para comprar una casa

El Alcalde Brian A. De Peña y el Director Ejecutivo de Metro Credit Union, Robert Cashman, acordaron combinar esfuerzos e iniciativas a través del Programa de Primeros Compradores de Vivienda (FTHB, por sus siglas en inglés) de la ciudad con el programa de hipoteca de tasa fija a 40 años de Metro. Este esfuerzo colectivo busca garantizar que los residentes de bajos a medianos ingresos tengan más oportunidad de convertirse en propietarios de casas. Metro agregó recientemente la hipoteca a 40 años a su línea de productos, que incluye opciones por préstamos jumbo y pagos quincenales.

“Para muchos de nuestros residentes, comprar una casa decente, segura y bonita, es parte del Sueño Americano en esta Tierra de Oportunidades, para otros esto es simplemente imposible,” dijo el Alcalde De Peña. “Nuestra Administración está comprometida a continuar removiendo las barreras que impiden que la mayoría de nuestra gente mejore su nivel de vida”. El Alcalde De Peña recientemente aprobó un monto adicional para el subsidio que otorga la ciudad a los primeros compradores de \$25,000 a \$40,000 a partir del 1 de agosto de 2022.

“En Metro estamos muy alegres de agregar la hipoteca a 40 años a nuestra línea existente de ofertas de hipotecas con una tasa fija”, dijo Cashman. “Esta hipoteca será atractiva no solo para los compradores que busca conseguir su casa por primera vez, sino también para cualquier persona que tenga dificultades para cumplir con los requisitos del préstamo, así como para los compradores de viviendas existentes que quieran cambiar por una casa más grande”.

La administración del alcalde De Peña también incrementó el fondo del Programa Compradores de Vivienda para Héroes Comunitarios, de \$15,000 a \$115,000. Este programa diseñado para miembros del Departamento de Policía de Lawrence, el Departamento de Bomberos de Lawrence y el personal médico. “Agradecemos a los policías, bomberos y personal médico de nuestra ciudad por su sacrificio y esfuerzo para mantener nuestra seguridad y salud pública. Estos \$100,000 dólares que aprobamos, garantizará que más héroes puedan ser elegibles para comprar sus casas”, indicó el alcalde De Peña.

**VENTAJAS DE ESTE AMBICIOSO PROGRAMA DE PRÉSTAMOS A 40 AÑOS:**

- Tasa de interés fija durante la vida del préstamo que se puede configurar como un pago en cuotas mensuales o quincenales,
- Los aplicantes pueden comprar una propiedad de una familia, dos familias o cuatro, una unidad de condominio, una casa prefabricada o una casa móvil,
- El comprador debe tener un puntaje de crédito mínimo de 620,

- El prestatario solo necesita aportar el 1,5% del precio de compra en un préstamo del 5%,
- El proceso de solicitud se realiza en línea,
- Los solicitantes que se conviertan en miembros de Metro Credit Union pueden recibir talleres gratuitos de reparación de deuda y crédito para ayudarlos a prepararse para la hipoteca.

#### CRITERIOS DE ELEGIBILIDAD:

- Ser un comprador de vivienda por primera vez,
- Tener un certificado de educación para propietarios y compradores de vivienda aprobado por CHAPA,
- Cumplir con las pautas de límite de ingresos de HUD-HOME,
- Tener un informe de inspección de HUD aprobado,
- Cumplir con los criterios de relación de asequibilidad del programa FTHB de la ciudad de Lawrence,
- No puede tener activos en efectivo de más de \$25,000 (excluyendo ahorros para la jubilación),
- Aportar el 1,5% del precio de compra con fondos propios,
- Comprar una casa residencial en la ciudad de Lawrence que cumpla con el límite de precio de compra de HUD.

#### UN COMPRADOR DE CASA POR PRIMERA VEZ SE DEFINE COMO:

- Una persona que nunca ha tenido bienes raíces,
- Una persona que no ha sido propietaria ni ha tenido ningún interés en la propiedad de una vivienda en los últimos tres años antes de la compra de la vivienda.
- Una madre/padre desplazado(a) y/o una madre/padre soltero(a) según lo definido por las regulaciones de HUD HOME.

Para obtener más información, comuníquese con Marlene Ferrer al 978-620-3531 o envíe un correo electrónico a [mferrer@cityoflawrence.com](mailto:mferrer@cityoflawrence.com)

Las agencias aprobadas por HUD que ofrecen clases y sesiones de asesoramiento para compradores de vivienda son:

- Lawrence Community Works, (LCW) 978-685-3115
- ACTO Lawrence Inc., (ACTO) 978-685-6274
- Centro de Apoyo Familiar, (CAF) 978-332-7108



Alcalde Brian De Peña, junto al Director Ejecutivo Metro Credit Union Robert Cashman.

Mayor Brian A. De Peña and Metro Credit Union's Chief Executive Officer, Robert Cashman.

## City of Lawrence and Metro Credit Union partner to increase homeownership opportunities

*This 40-year mortgage initiative will make the process of becoming a homeowner a reality and easier for more low-income residents, including first-time homebuyers who are having difficulty buying a home.*

LAWRENCE, April 05, 2022 – Mayor Brian A. DePeña and Metro Credit Union's Chief Executive Officer, Robert Cashman agreed to join forces and initiatives through the City's First Time Home Buyer Program (FTHB) and the Metro's 40-year fixed rate mortgage program. This collective effort will ensure that low-to-mid income residents have more opportunity to become homeowners. Metro recently added the 40-year mortgage to its product lineup, which includes options for jumbo loans and bi-weekly payments.

“For many residents, buying a decent, safe and nice-looking home is part of the American Dream in the Land of Opportunities, for others, this is simply impossible, said Mayor DePeña. “Our Administration is committed to continuing overcoming the barriers that prevent most of our low-income residents from improving their standard of living.” Mayor DePeña has approved the awarded subsidy amount FROM \$25,000 to \$40,000 starting August 1, 2022.

“Metro is very excited to add the 40-year mortgage to our existing line-up of mortgage offerings,” said Cashman.

“The 40-year mortgage will be attractive not only to first-time homebuyers, but also to anyone having difficulty meeting loan qualifications, as well as for existing homebuyers who want to trade up to a bigger home.”

Mayor DePeña's administration also increased the Community Heroes Homebuyer Program fund from \$15,000 to \$115,000. This program is tailored for members of the Lawrence Police Department, Lawrence Fire Department, and medical personnel. “We thank our city's police, fire, and medical personnel for their sacrifice and effort to keep our public safe and healthy. This \$100,000 that we approved will ensure that more heroes are eligible to purchase their homes,” said Mayor DePeña.

#### ADVANTAGES OF THIS AMBITIOUS 40-YEAR LOAN PROGRAM:

- Fixed interest rate for the life of the loan that can be set up as a monthly or bi-weekly installment payment,
- Applicants can purchase a single-family, two-family to a four-family property, a condominium unit, a manufactured home, or a mobile home,
- Buyer must have a minimum credit score of 620,
- Borrower only needs to contribute 1.5% of the purchase price on a 5% loan,
- Application process is done online,
- Applicants that become members of Metro Credit Union can receive a free debt and credit repair workshops to help them get mortgage ready.

#### ELIGIBILITY CRITERIA:

- Be a First Time Homebuyer,
- Have a CHAPA-approved Homebuyer & Landlord Education Certificate,
- Meet the HUD-HOME income limit guidelines,
- Have a passing HUD Inspection report,
- Meet the City of Lawrence FTHB program's affordability ratio criteria,
- Cannot have cash assets of more than \$25,000 (excluding retirement savings),
- Contribute 1.5% of the purchase price with own funds,
- Purchase a residential home in the City of Lawrence that meets the HUD Purchase Price Limit.

#### A FIRST TIME HOMEBUYER IS DEFINED AS:

- A person who has never owned real estate,
- A person who has not owned or had any ownership interest in a home in the past three years prior to the home purchase
- A Displaced Homemaker and/or a Single Parent as defined by the HUD HOME regulations.

For more information, please contact Marlene Ferrer at 978-620-3531 or email her at [mferrer@cityoflawrence.com](mailto:mferrer@cityoflawrence.com)

The HUD approved agencies that offer Homebuyer classes & counseling sessions are:

- Lawrence CommunityWorks, (LCW) 978-685-3115
- ACT Lawrence Inc., (ACT) 978-685-6274
- Centro de Apoyo Familiar, (CAF) 978-332-7108



## Merrimack Valley Hospice Chaplain Heather Angell to Receive Champagnat Award from Central Catholic High School



Somerville resident Heather Angell, a chaplain with Lawrence-based Merrimack Valley Hospice, will be honored with the St. Marcellin Champagnat Witness to Faith Award from Central Catholic High School on May 5 at DoubleTree by Hilton Hotel Boston-Andover. (Photo by Eric Redard)

Heather Angell, a chaplain with Merrimack Valley Hospice, will be honored with the St. Marcellin Champagnat Witness to Faith Award from Central Catholic High School. The awards ceremony will take place as part of the school's Honoring Excellence: Champagnat Awards and Athletic Hall of Fame dinner at 6 p.m. on Thursday, May 5 at DoubleTree by Hilton Hotel Boston-Andover, 123 Old River Road in Andover.

The Champagnat Awards are presented in honor of Marist Brothers founder St. Marcellin Champagnat, who urged his followers to live their lives "doing ordinary things extraordinarily well." The awards recognize alumni and members of the wider community whose lives reflect extraordinary faith, service to the least favored, professional achievement and dedication to the Marist mission.

Angell said she feels "honored and humbled" to be recognized for her acts of kindness and contributions as a dedicated chaplain, educator, program coordinator and writer with a passion for social justice, service and working with marginalized populations.

"It is the highest privilege to provide spiritual care for those who turn to Merrimack Valley Hospice for compassion at end of life," she said. "After such a positive experience at Central Catholic, it feels like I've come full circle by returning to work in Lawrence – a place that still means so much to me."

While attending Central Catholic High School as a member of the Class of 2000, Angell was a dedicated peer leader and campus ministry retreat leader who also participating in cross country, basketball, softball, Academic Olympics and Knowledge Bowl.

After graduating from Central Catholic, Angell continued her service to others at Loyola University in Chicago where she earned a bachelor's degree

in theology and was active in peace and justice issues on campus. She went on to earn a master's degree in pastoral ministries from Boston College. Angell then completed two years of post-graduate service, first as a Holy Cross associate in Portland, Oregon and then at Bethlehem Farm in West Virginia.

Angell joined Merrimack Valley Hospice in March 2019, after serving as a campus minister at St. John's Preparatory School in Danvers and a tutor director/chaplain at EVkids, a youth organization empowering underserved Boston youth with skills and confidence to realize their potential. She also currently works as a chaplain associate at St. Elizabeth's Medical Center in Boston.

Angell's role in delivering emotional and spiritual support has been particularly important throughout the COVID-19 pandemic, as several of her patients were in need of support and comfort at the end of life.

As her nominator wrote, "Heather is the perfect example of what this award embodies. She lives her life simply and humbly, and has done so since a very young age here at Central Catholic High School. She is a saint among us who continues to devote her life to doing God's work."

Angell lives in Somerville.

About Merrimack Valley Hospice

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 services to their loved ones. Together with Home Health VNA, the agencies provide a full continuum of home health and hospice care in more than 110 communities throughout northeastern Massachusetts, southern New Hampshire and southern Maine as York Hospital Hospice. For more information, visit [MerrimackValleyHospice.org](http://MerrimackValleyHospice.org).

## Advertencia del experto: 5 razones para considerar ser donante de órganos

ROCHESTER, Minnesota. Pese a que el 2021 fue un año en que se batió el récord en los Estados Unidos respecto a la donación de órganos, muchas personas todavía dudan en inscribirse como donantes. En todo el país, solamente alrededor del 48 por ciento de las personas se han inscrito como donantes, según informa LifeSource. Esta situación ocurre, pese a que las encuestas muestran que el 95 por ciento de las personas en los Estados Unidos están a favor de la donación de órganos.

Abril es el Mes Nacional para Donar Vida. A continuación, se mencionan cinco razones para pensar en marcar esa casilla y convertirse en donante:

### 1. Existe imperiosa necesidad.

En los Estados Unidos, más de 106 000 personas esperan por un trasplante de órgano que les salve la vida, según informa la Red de Obtención y Trasplante de Órganos. Cada nueve minutos, se añade otro nombre más a la lista de espera. Es lamentable que, en promedio, 17 personas mueran a diario mientras esperan por un trasplante.

### 2. Un donante puede salvar muchas vidas.

Un solo donante de órganos puede salvar hasta ocho vidas. Los donantes de tejido pueden ayudar con la curación de hasta 75 personas. La gente que dona sus córneas puede restablecer la vista a dos personas. Uno puede donar a cualquier edad.

«Debido a que el hígado se regenera continuamente, las personas mayores, incluso de 80 o más años de edad, también pueden donarlo», comenta la Dra. Julie Heimbach, directora del Centro William J. von Liebig para Trasplantes y Regeneración Clínica en Mayo Clinic de Minnesota.

### 3. Hay necesidad de más donantes diversos.

Se requiere más donantes de toda procedencia, pero es particularmente importante que más gente de orígenes diversos se inscriba como donante de órganos.

Aproximadamente el 60 por ciento de las personas que están en la lista de espera no son de raza blanca. Si bien los órganos no se emparejan según la raza ni el origen étnico, hay mayor probabilidad de coincidencia con alguien de similar procedencia racial o étnica.

Al haber menos donantes diversos, la gente que no es de raza blanca puede tener que esperar más tiempo por un trasplante que le salve la vida.

### 4. La gente sana también puede considerar donar en vida.

Las personas sanas tienen la alternativa de convertirse en donantes vivos. En la donación en vivo de un riñón, que es el tipo más frecuente de trasplante con donante vivo, alguien dona uno de sus riñones sanos a un receptor. La gente sana y con excelente función renal solo necesita un riñón para llevar una vida normal y activa.

Otra alternativa es convertirse en donante vivo de hígado. En ese caso, se extrae una parte del hígado del donante y se la coloca dentro del receptor. El hígado del donante vuelve a crecer hasta su tamaño normal en cuestión de semanas.

La gente puede donar a un pariente, un amigo, un conocido o hasta a un desconocido, como donación no dirigida.

### 5. Gracias a los avances médicos, los donantes de órganos salvan más vidas.

Las últimas investigaciones y los avances técnicos permiten confirmar que más órganos lleguen a quienes desesperadamente los necesitan. Entre los principales avances está la tecnología de perfusión que prolonga el tiempo entre la extracción del órgano y el trasplante. Los fármacos antivirales también sirven para eliminar el riesgo de contraer hepatitis C por aceptar el órgano de un donante infectado.

Varios expertos en trasplante que trabajan en Mayo Clinic pueden hablar acerca de la importancia de la donación de órganos, entre ellos, los siguientes:

- El Dr. David Douglas director del Centro de Trasplantes en Mayo Clinic de Arizona.
- La Dra. Julie Heimbach, directora del Centro William J. von Liebig para Trasplantes y Regeneración Clínica en Mayo Clinic de Minnesota.
- El Dr. Juan Carlos Leoni Moreno, cardiólogo del Centro de Trasplantes en Mayo Clinic de Florida.
- El Dr. C. Burcin Taner, director del Centro de Trasplantes en Mayo Clinic Florida.
- El Dr. Timucin Taner, presidente de la División de Cirugía de Trasplantes en Mayo Clinic de Minnesota.



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

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Producción de Luis Piñeyro

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# POV Announces the Acquisition of Acclaimed Cuban Baseball Documentary 'The Last Out'

The film, which chronicles the intersection of the migrant trail and professional sports, will air on PBS this fall.



On baseball opening day, award-winning PBS series POV announced the acquisition of the Cuban baseball feature *The Last Out*, directed by Oscar-nominated filmmaker Sami Khan (St. Louis Superman) and Michael Gassert and produced by Gassert, Khan, and Jonathan Miller. The *Last Out* premiered at the 2020 Tribeca Film Festival, where it won a Special Jury Mention. Both the English and Spanish versions of the film will premiere on PBS as part of POV's 35th season in October to coincide with Hispanic Heritage Month and the start of the baseball playoffs.

Set amidst the migrant trail and the dark side of professional sports, *The Last Out* tells the inspiring story of Happy Oliveros, Carlos O. González, and Victor Baró, three Cuban baseball players who risk exile to train in Central America as they chase their dreams of playing in the Major Leagues. Filmed over more than four years, *The Last Out* focuses on people caught between countries who want nothing more than to make a better life for their families. The film is a co-production between Brew Media, Oscura Film, and Trogon Productions and received backing from the Sundance Institute, Rooftop Films, and The Gotham. On top of its honor at Tribeca, the film won the Audience Award at Hot Springs Documentary Festival, Grand Jury

Prize at the Florida Film Festival, and Best Documentary at the Buffalo Film Festival, among others.

"Baseball is not just America's pastime," said Chris White executive producer at POV. "These young men are rooted in the game, yet their quest to get signed reveals the tenuous and tortured relationship between big league ball and the players sacrificing everything to get there. Baseball fan or not, you'll be moved by the spirit and humanity in their stories."

"As huge believers in public broadcasting, we are absolutely thrilled to partner with Erika Dilday, Chris, and the incredible team at American Documentary to bring *The Last Out* to a diverse, bilingual U.S. audience," said Gassert, Khan, and Miller. "We were raised on PBS and are excited knowing that Happy, Carlos, and Victor's powerful immigrant journeys will be showcased bilingually using the accessible, democratic, and inclusive features of POV's reach. For 35 years, POV has been a beacon to non-fiction filmmakers and participants, and we are so thankful for the indispensable role it plays in the documentary world."

White and Kristal Choy negotiated the deal on behalf of POV, while UTA and Drew Patrick worked on behalf of the filmmakers.



Spring Registration is live!



Try something new or deepen your knowledge with a class or workshop this season. There's truly something for everyone, including youth, adults, homeschoolers, and parent/child programs. Explore the complete listing of ceramics, drawing, painting, printmaking, weaving, digital art, collage, stained glass, and color theory offerings [here](#).

## UPCOMING WORKSHOPS

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## Mes Nacional de la Salud de las Minorías

(Continúa de la página 2)

étnicas e indios americanos y nativos de Alaska habían muerto a causa del COVID 19. Además, según un artículo de Kaiser Family Foundation publicado el 9 de marzo de 2022, en total, las personas de origen asiático (59%) y blancas (54%) son las que tienen los índices más altos de aplicación de dosis de refuerzo. Sin embargo, menos de la mitad de los nativos de Hawái y de otras islas del Pacífico (46%), de los indios americanos y nativos de Alaska (45%), de los afroamericanos (44%) y de los hispanos (40%) han recibido la dosis de refuerzo.

Durante el mes de concientización este año, OMH también promoverá las recomendaciones actuales de los CDC sobre las iniciativas comunitarias destinadas a prevenir las infecciones por COVID-19. Además, el tema ¡Proteja a su comunidad! apoya las recomendaciones

de la Oficina del Cirujano General de Estados Unidos sobre cómo combatir la desinformación respecto al COVID-19 y a las vacunas a nivel individual, de la comunidad y de las organizaciones.

Este abril, OMH invita a todas las personas; a las organizaciones comunitarias; a los gobiernos locales, estatales y federales; y a otras entidades públicas y privadas a compartir lo que están haciendo para proteger a sus comunidades. Y para fomentar la aplicación de vacunas del COVID-19 y dosis de refuerzo. También los invita a compartir otras iniciativas destinadas a promover la equidad en salud.

Visite el sitio web del Mes Nacional de la Salud de las Minorías 2022 en inglés y en español para buscar recursos, eventos, mensajes para compartir, gráficos e información y ¡Proteja a su comunidad!

# Lawrence Family Medicine Residency Announces Physician Match

The residency program is accredited by Greater Lawrence Family Health Center

The first “Match Day” for Lawrence Family Medicine Residency (LFMR) since announcing it was expanding its program proved to be extremely successful. The program filled all 12 of its resident physician slots in March through the National Resident Matching Program.

In December, LFMR announced it was awarded a grant that allows it to expand its four-year program to 48 doctors, up from the current capacity of 40. The grant is from the Health Resources and Services Administration (HRSA) an agency of the U.S. Department of Health and Human Services.

The 12 residents come from across the United States and have diverse backgrounds and experiences. They begin their residencies in July. Greater Lawrence Family Health Center (GLFHC) is the sponsor organization for LFMR.

“They are all outstanding students

and people who will be excellent additions to our health center and the Lawrence community,” said Dr. Wendy Barr, Vice President of Clinical Education, and Residency Program Director at GLFHC. “They were attracted to our health center because of our mission and the education and experiences that we all provide.”

While most family medicine residency programs are three years in length, LFMR is a four-year training program that is part of a national pilot looking at training innovation. Residents spend an extra year of training to further expand their scope of practice, particularly in an area of concentration, and to develop further expertise in population health, health systems management and leadership, and integrating that care into communities. The goal of the training program is to train family physicians who provide comprehensive primary care to vulnerable



The Lawrence Family Medicine Residency welcomes the following 12 new resident physicians to the health center and family medicine residency program:

Biology  
Medical School: Pennsylvania State University College of Medicine

**Yesenia Martino-Cortez**  
**Hometown: Bronx, NY**  
Undergraduate: State University of New York (SUNY), Albany - Chemistry  
Medical School: Tufts University School of Medicine

**Brenda Navarro Galindo**  
**Hometown: Fontana, CA/ Tepatitlan, Mexico**  
Undergraduate: California State University, San Bernardino - Biology  
Medical School: Universidad Autonoma de Guadalajara de Medicina Guadalajara

**Marissa Paz**  
**Hometown: Tucson, AZ**  
Undergraduate: University of Arizona – Microbiology and Physiology  
Medical School: University of Arizona College of Medicine

**Amanda Snow**  
**Hometown: Southington, CT**  
Undergraduate: College of the Holy Cross – Cellular and Molecular Biology  
Medical School: Boston University School of Medicine

**Bronwyn Wada-Gill**  
**Hometown: Lincoln, MA/ Lexington, MA**  
Undergraduate: Boston University – Behavioral Health  
Medical School: University of Massachusetts T.H. Chan School of Medicine

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

## Austin Prep Names John McLean Head Boys Ice Hockey Coach

READING---Austin Prep has appointed John McLean as the school’s new Head Varsity Boys Ice Hockey Coach. MacLean takes the helm of the program after achieving considerable playing and coaching success at the high school, college and professional levels.

“As with any coaching position at Austin Prep, the best candidate will have the right experience, exceptional gifts, and be mission-aligned. We are fortunate to add an individual who brings a unique balance of these attributes,” Director of Athletics Pat Driscoll said. “Coach McLean’s experience and passion for developing the student-athlete makes him an excellent choice to lead our Boys Ice Hockey Program.”

McLean has had an impressive playing career. He was a high school standout leading Arlington Catholic to a MIAA State Championship. After Arlington Catholic, he attended Boston College, where he was the captain of the Eagles Men’s Ice Hockey team and was a member of the USA Select Hockey East All-Star team. He was also the recipient of Snooks Kelly Award and Pierre Club Award. Following Boston College, McLean went on to play professionally for the IHL and AHL affiliates of the Hartford Whalers.

In addition to Coach McLean’s playing experience, he brings an extensive coaching background to Austin Prep, having coached at various levels since 1989. McLean coached at the collegiate level at Boston College and Merrimack College. At Merrimack College, he was an assistant

coach responsible for the defensemen and the skating and skill development for all players. Additionally, he was the skating coach for the Tampa Bay Lightning and the on-ice Head Skating Instructor for the Boston Bruins. Coach McLean was an assistant coach for a number of years at Malden Catholic before becoming the Head Coach in 2012, winning four MIAA Super 8 State Championships in 5 straight appearances. He is the president and owner of Dynamic Skating and is the Director of Player Development for the Islanders Hockey Club.

Coach McLean is enthusiastic about the opportunity to lead the Austin Prep Boys Ice Hockey Program. “I would like to thank Head of School Dr. James Hickey and Athletic Director Patrick Driscoll for the opportunity to coach at Austin Prep. Austin Prep is a tremendous institution with a very strong academic and athletic tradition. I look forward to meeting the team and starting the new journey into the NEPSAC,” McLean said. “This is a unique opportunity for our student-athletes to compete and develop at a high level within their school community.”

In January, Austin Prep announced a transition of all the school’s athletic programs to the New England Private School Athletic Council (NEPSAC) beginning in the 2022-23 academic year. Austin Prep is an independent, Augustinian Catholic school serving young men and women in grade 6-12, located in Reading, Massachusetts.

**Camila Chile**  
**Hometown: Rockville, MD**  
Undergraduate: Massachusetts Institute of Technology - Biology  
Medical School: Tufts University School of Medicine

**Kristin Chu**  
**Hometown: South Bend, IN**  
Undergraduate: University of Minnesota – Genetics and Cell Biology  
Medical School: University of Minnesota School of Medicine

**Jorge De Avila**  
**Hometown: Norwalk, CA**  
Undergraduate: University of Southern California – Health Promotion and Disease Prevention  
Medical School: University of Chicago Pritzker School of Medicine

**Sheila Eghbali**  
**Hometown: Boston, MA / Tehran, Iran**  
Undergraduate: University of California, Davis – Integrated Human Biology  
Master of Science: University of California, Davis – Nutritional biology  
Medical School: Frank H. Netter School of Medicine at Quinnipiac University

**Leah Genn**  
**Hometown: Sarasota FL / Maplewood, NJ**  
Undergraduate: Florida State University – Exercise Physiology  
Medical School: Florida State University College of Medicine, Sarasota Campus

**Julie “Ryan” Huff**  
**Hometown: Singleton, TX**  
Undergraduate: University of Texas, Austin – Biology, Psychology  
Medical School: Columbia University Vagelos College of Physicians and Surgeons

**Emily Laboffe**  
**Hometown: Hartwick, NY**  
Undergraduate: Susquehanna University -

## Fire victims / Víctimas de incendios

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

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

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

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

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# 126th Boston Marathon® **TEAM LAZARUS HOUSE** Turns Miles into Meals

This year marks the 126th running of the Boston Marathon. “The Boston Marathon connects eight Massachusetts cities and towns...and the entire world in the spirit of competition, camaraderie and community. It brings everyday athletes, many of whom are connected to extraordinary causes, to the same road as elite, world-class athletes.”(1)

Lazarus House Ministries in Lawrence, MA is one of those extraordinary charities - serving people struggling with homelessness and food insecurity – and each of our four dedicated and extraordinary marathoners will run 26.2 difficult miles to support this good work. Together, and with community support, Team Lazarus House is trying to raise over \$40,000 to support Lazarus House Shelters, Food Pantry and Soup Kitchen.

Donations and more information on the following fundraising pages:

Nicole Wiggins is raising money for Lazarus House Ministries | GivenGain  
 Jeffrey Mcmanama is raising money for Lazarus House Ministries | GivenGain  
 Carla Rasetta is raising money for Lazarus

House Ministries | GivenGain  
 Hope Mabry is raising money for Lazarus House Ministries | GivenGain  
[www.LazarusHouse.org/Donate](http://www.LazarusHouse.org/Donate)  
 (1)[www.baa.org](http://www.baa.org)

Lazarus House Services: Our aim is to provide what is needed most by families and individuals facing material poverty, homelessness, and food insecurity in the areas of Shelter, Clothing, Food, Advocacy and Community Resources. These core Ministries work simultaneously to provide emergency care, family enrichment, holistic programming, hope for a good future, and life skills to gain independence and sustain self-sufficiency. The people we serve are our Guests – cherished, beloved, and treated with the utmost in respect, dignity, and care. We believe that every Guest deserves the chance to thrive. Lazarus House Mission: To honor God in our work by serving every person we encounter with dignity and respect. We offer community, food, shelter, clothing, and advocacy services with an open and non-judgmental heart.



Carla Rasetta, North Reading, MA, shares her reasons for running for Lazarus House Ministries, “This will be my 3rd Boston marathon & my 7th marathon in all. Lazarus House does great work for a cause that’s very close to my heart, so I knew it was meant to be when I reached out to them, and on that day they had just received 4 charity Boston marathon Bibs.” Carla adds, “So, here I am, combining my passion for Lazarus House & running TOGETHER!” Carla has raised \$8,065 so far for Lazarus House – she is 81% of the way to her \$10,000 goal.



Nicole Wiggins, Methuen, MA, says she runs for Lazarus House “because of the impact they have on those struggling in my own community. Growing up in the Merrimack Valley, my family has been involved with the Ministry since I was young.” She adds, “I am extremely honored to run the Boston Marathon for Lazarus House Ministries because I know that the money I fundraise will go directly to the families and individuals that need it the most.” Nicole has raised \$6,682 so far for Lazarus House – she is 67% of the way to her \$10,000 goal.



Jeff McManama, Wakefield, MA, runs for Lazarus House Ministries “for everyone who can’t. I’m running in their honor... for the doctors and nurses who are hard at work helping fight this pandemic, for the volunteers at the homeless shelters distributing food, for the kids who are sick and, in the hospital recovering and for the people who have passed on. I am running on behalf of them.” Jeff says “Let’s go Lazarus House!” Jeff has raised \$10,016 so far for Lazarus House – he is 101% of the way to his \$10,000 goal and wants to encourage the community to continue to give past this goal for the Guests in need at Lazarus House.



Hope Mabry, a self-employed photographer from Medford, MA, deeply believes in the work that Lazarus House does to mitigate homelessness and food insecurity in their community. She shares, “Lazarus House not only helps to meet basic needs, but also enables those receiving services to grow in confidence while being treated with dignity in order to maintain self-sufficiency.” Hope has raised \$6,000 so far for Lazarus House – she is 60 % of the way to her \$10,000 goal.

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## PRUEBAS DE ETS, VIH Y VHC

<p><b>MIÉRCOLES</b>  <b>10 AM - 12 PM</b>                  Biblioteca Pública de Nashua                  (2 Court Street)                  No Necesitas Cita</p>	<p><b>JUEVES</b>  <b>3 - 6 PM</b>                  División de Salud Pública de la Ciudad de Nashua                  (18 Mulberry Street)                  Registro: 603-589-4500, #2</p>
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Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!

# Greater Commonwealth Virtual School Prepares to Launch Hadley Support Center for Middle and High School Students

## Center Would Provide In-Person Option to Supplement Virtual Learning

Special Education Director Darlene Thorpe is pleased to announce that the Greater Commonwealth Virtual School will soon be opening an in-person satellite location for students in need of additional support and instruction.

The Hadley Support Center will be the school's new brick and mortar location, designed to meet additional needs of students beyond the exclusively virtual model. It will be located at 1 Mill Valley Road in Hadley.

This will be a full-time in-person learning center for GCVS students. The school had a one-year pilot program for a satellite support center in Leydon prior to the pandemic, but the space wasn't optimal for the school's needs and the location wasn't central enough given student demographics. When a location in Hadley became available for lease in March of 2020 the school acted quickly to secure it.

The pandemic put plans for the new support center on hold temporarily, and the past few years have been spent planning and coordinating the new space.

"We worked hard to find a location that would meet our needs and the needs of students, and we couldn't be happier with this space," Director Thorpe said. "It's very close to the highway, and the proximity to the Five Colleges will make it easier to work with potential college interns in the future."

Like the original Leydon location, the Hadley Support Center will be a place for students with special needs or on Individualized Education Programs (IEP's), but will also be for those students who may just need an additional boost.

"The center is for any student who may need help with their growth," Director Thorpe said. "There is no one singular type of student who will benefit from this space. We envision it meeting the needs of a diverse group of students, and because of that we are making sure it is multi-purpose and can grow along with our school as we increase enrollment and look to serve an even wider range of students."

The center will offer a blended approach, where students will still take

their virtual classes but also receive additional assistance as needed.

### 'A Welcoming Space'

The Leydon support center was not only too small, but it was also dark and did not meet the needs of a modern classroom setting. By contrast, the Hadley location will provide plenty of natural light and a much more suitable learning environment. It will consist of a large open central room with multiple office spaces for staff and private lessons.

Once operational, the center will host daily morning meetings where students and staff can discuss the day's lessons but also engage in mindfulness exercises. Breakfast and lunch will also be served, as the goal is to feed both the spirit and the body of students so that it is easier to feed their minds.

The center will additionally promote mindfulness exercises, healthy living and self discipline, with the ultimate goal of helping students become better advocates for themselves. Life skills, such as creating a budget and managing finances, will also be taught in addition to traditional classroom education.

"We hope to make the space very inviting, as it's just as important for students to feel welcome and secure physically and emotionally as it is to have a place where they can learn," said Hadley Support Center Coordinator Kris Provost. "The goal is for students to make the space their own. A lot of what we are trying to accomplish is to get students to take ownership of the space, as part of them ultimately taking ownership of their overall education. This will allow them to understand what it is they need to do to achieve their goals in life, no matter what those goals may be."

In addition to providing in-person instruction for students when needed, the center will also offer the ability to stream classes virtually to those in a remote setting, hold events such as job fairs and career days, host guest speakers, allow access to additional professional development and training for staff, and serve as a place where teachers can do projects and



The Hadley Support Center will promote mindfulness exercises, healthy living and self discipline. Calming signs are located throughout the center. (Photo courtesy Greater Commonwealth Virtual School)

presentations that would otherwise not be possible remotely.

### Eligibility

GCVS plans to launch the center sometime next month. It will be available for any middle school or high school student currently enrolled in GCVS. The center will alternate days so that middle and high school students are not in the building at the same time, having each grade level in the center two days per week.

Any student who is within a reasonable commutable distance will be eligible, and busing will be available.

GCVS staff has been reaching out to families of students to encourage enrollment in the center (and in many cases, working with the students directly), and any other student or family wishing to learn more is encouraged to inquire.

The goal is to cap the number of students using the space at any given time to approximately 12-15 middle school students and 12-15 high school students.

"We have spoken to many students and their families about what this new space will offer, and there has been a genuine interest and curiosity," Coordinator Provost said. "We have spent years learning what works and what doesn't in terms of virtual education, and having this in-person space available to us will serve to supplement what we provide and what students are able to get out of their GCVS education. We are all very excited to launch this new center and start a new chapter for our school."

For more information about the Hadley Support Center, call GCVS 413-475-3879 or email Kris Provost at [kprovost@gcvs.org](mailto:kprovost@gcvs.org).



The Greater Commonwealth Virtual School will soon be opening the Hadley Support Center, a full-time in-person learning center for GCVS students. (Photo courtesy Greater Commonwealth Virtual School)



The Greater Commonwealth Virtual School's new Hadley Support Center will be located at 1 Mill Valley Road in Hadley. (Photo courtesy Greater Commonwealth Virtual School)

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## UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

# Las Memorias se hacen así

En mi último artículo, comenté mi joven experiencia con el teatro y el triste final de la vida de mi amigo de escuela Javier en manos de criminales militares cubanos en diciembre de 1958.

En estos días, si visita Belen High School en Miami, Florida, puede ver su Muro de los Mártires con una foto de Javier y su biografía, entre otros considerados mártires por los jesuitas que dirigen la escuela. La vida se trata de vivir y morir, pero no es necesario hacerlo tan trágicamente.

Pero la historia es complicada. Puede que no la recordemos, pero la Historia ciertamente nos recuerda a nosotros. El problema es que nuestro olvido puede no parecer tener consecuencias, pero la memoria de la Historia ciertamente sí.

El 10 de marzo del mes pasado, fuimos testigos mudos del septuagésimo aniversario del golpe de Estado del general Fulgencio Batista contra el entonces presidente Carlos Prío Socarras, un jefe de Estado debidamente electo que tuvo que dejar su cargo y su país. El hecho de que tal indignación pudiera tener lugar solo unos meses antes de que se celebraran elecciones generales lo empeoró legal e históricamente.

No creo que tenga el tiempo ni la necesidad de enumerar en este artículo las consecuencias de esa violación de la

integridad de Cuba. A menos que haya estado viviendo en Marte esperando que llegue la próxima cápsula espacial de Jeff Bezos, estoy seguro de que ha leído o escuchado sobre los últimos setenta años del legado de Batista en Cuba. Hay un viejo dicho que dice algo así: "no hay mal que dure cien años ni cuerpo que pueda soportarlo." Digo que setenta años está lo suficientemente cerca.

Los gobiernos de los Estados Unidos en ese momento no volvieron sus rostros oficiales para evitar mirar tal violación histórica en su vecindario de la inclinación de Estados Unidos por los principios democráticos. Hasta el presidente Dwight D. Eisenhower apartó su verdadero rostro de Batista en la Conferencia Del hemisferio occidental de Panamá el 22 de julio de 1956, el presidente cubano estaba convencido de que no podía hacer daño cuando se trataba de Washington.

Nuestro amigo Javier fue solo una de las víctimas que cayeron bajo el régimen de Batista como cientos y miles de otros lo hicieron bajo la dictadura de inspiración comunista de Castro que siguió.

Compartí con ustedes mi propia experiencia el 13 de marzo de 1957 no hace mucho, cuando mi inocente visita al palacio presidencial para entregar un documento oficial coincidió por solo minutos con la llegada de una decena de

guerrilleros armados que invadieron el palacio en busca de Batista para matarlo. Cuba se fue por el proverbial desagüe después de ese ataque y las vidas que antes eran baratas se volvieron desechables después.

Según el Miami Herald, "más de cuarenta y seis mil cubanos, la mayor ola en años, han llegado a Estados Unidos en cinco meses", con la mayoría llegando a la frontera entre Estados Unidos y México

tratando de cruzarla.

El 10 de marzo de 1952 fue el comienzo histórico. Hoy el éxodo no tiene fin. Estamos hablando de los nietos de quienes vivieron el golpe de Estado. No sé quién está recordando, la Historia o nosotros, pero realmente no me importa; es doloroso igualmente.

Y ese es mi punto de vista de setenta años hoy.



## A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

# Memories Are Made of This

In my last article, I commented on my young experience with the theatre and the sad end of my school friend Javier's life in the hands of Cuban military criminals in December of 1958.

These days, if you visit Belen High School in Miami, Florida, you may see their Martyr's Wall with a photo of Javier and his biography amongst others considered martyrs as well by the Jesuits who run the school. Life is about living and dying, but it is not necessary to do it so tragically.

But History is complicated. We may not remember it, but History certainly remembers us. The problem is that our forgetfulness may not seem to have consequences, but History's memory certainly does.

On March 10 of last month, we were silent witnesses to the seventieth anniversary of General Fulgencio Batista's coup d'état against then President Carlos Prío Socarras, a duly elected head of state who had to leave his office and his country. That such an outrage could take place only months before general elections were supposed to take place made it worse legally and historically.

I do not think that I have the time or the need to list in this article the consequences of that violation of Cuba's integrity. Unless you have been living in Mars waiting for the next Jeff Bezos's space capsule to arrive, I am sure you have read or heard about the last seventy years of Batista's legacy in Cuba. There is an old saying that goes something like this: "there is no evil that lasts a hundred years nor body that can endure it." I say that seventy years is close enough.

The United States governments at the time did not turn their official faces to avoid looking at such historical violation in their neighborhood of America's penchant for democratic principles. Until President Dwight D. Eisenhower turned his real face away from Batista at Panama's Western Hemisphere Conference on July 22, 1956, the Cuban President was convinced that he could do no harm when it came to Washington.

Our friend Javier was only one of the victims who fell under the Batista regime as hundreds and thousands of others did under the Castro communist inspired dictatorship that followed.

I shared with you my own experience on March 13, 1957, when my innocent visit to the Presidential palace to deliver an official document coincided by only minutes with the arrival of a dozen armed guerrillas who invaded the palace looking for Batista to have him killed. Cuba went down the proverbial drain after that attack and the lives who were cheap before became disposable after.

According to the Miami Herald, "more than forty-six thousand Cubans, biggest wave in years, have arrived in the U.S. in five months," with the majority reaching the U.S. Mexican border trying to cross it.

March 10, 1952, was the historic beginning. Today there is no end to the exodus. We are talking about the grandchildren of those who lived through the coup d'état. I do not know who is remembering, History or us, but I really do not care; it is painful just the same.

And that is my seventy-year-old Point of View today.

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# Annual Merrimack Valley Chamber Economic Development Forum



Expo 1: L to R; Michael Bevilacqua and Joe Bevilacqua, Merrimack Valley Chamber; Mass Economic Development Secretary, Michael Kennealy; Louis Minicucci, MINCO Development Corp; Gerry-Lynn Darcy, Lupoli Companies; Nate Robertson, Merrimack Valley Planning Commission; Joe Muraco, Chairman, MVCC, Economic Development Forum.

The Merrimack Valley Chamber recently hosted the Annual Merrimack Valley Chamber Economic Development Forum with Secretary Mike Kennealy at the Expo.

Over 100 attendees had a chance to hear directly from the Secretary as well as our panel including Gerry-Lynn Darcy

of Lupoli Companies; Louis Minicucci of Minco Development Corp. and Nate Robertson of Merrimack Valley Planning Commission.

The event took place during the Annual Business Expo at the Phoenixian Restaurant in Haverhill.

## CLASIFICADOS | CLASSIFIEDS

### LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicle on or after April 23, 2022 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2012 Freightliner Chassi VIN 4UZFCBBS8ACAT1848

Vehicle is being stored at Coady's Towing Service and may be viewed by appointment only.

Signed  
Frank Coady  
Coady's Towing Service  
4/8, 4/15, 4/22

### LEGAL NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after April 23, 2022 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2016 Ford Fusion VIN 3FA6P0HD9GR123664
2. 2015 Honda Accord VIN 1HGCR2F76FA123793
3. 2021 Honda Civic VIN 2HGFC2F89MH517777
4. 2007 Honda CRV VIN JHLRE487X7C089198

Robert Sheehan  
Owner, Sheehan's Towing L.L.C.  
4/8, 4/15, 4/22

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

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

— Indira Gandhi

## THE MERRIMACK VALLEY CHAMBER OF COMMERCE

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Wednesday, April 13, 2022  
5:00 PM to 7:00 PM  
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Directions: I-495 South to Rte 38 South proceed approx. 2 miles, see Wamesit Lanes on left.

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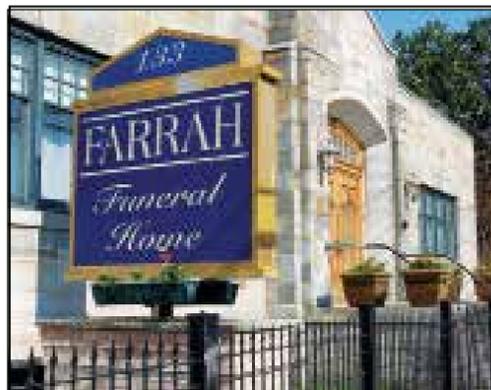
## Fire victims / Víctimas de incendios

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](mailto:heallawrence@aol.com)  
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BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LEÁLO EN ESPAÑOL EN LA PÁGINA 4

# From My Corner



## The Movement Family (TMF)

At last Tuesday's council meeting, there was a new item on the agenda about a petition from The Movement Family (TMF) an organization founded 10 years ago sponsoring the Wednesday night dinners for the homeless.

They were petitioning the use of the Buckley Garage as they used to hold their dinners there in the past. They were suspended because the city found some trash and evidence of drug use there and this time, they came prepared with enough support to make sure it doesn't happen again.

The council had no plans to discuss it at that time or take it as an "emergency" but since it was sponsored by Vice President Estela Reyes, she requested a motion to take it as an emergency. They were petitioning for a two-year contract with the city.

Mayor Brian De Peña told me that there is a process they must follow, similar to any non-profit organization. The organization must pick up a package of information at the DPW offices with instructions for the necessary documentation such as liability insurance, a contract with the city at the city attorney's office, and permission from the MVRTA because they have a contract for that space.

The group was impressively supported by several volunteers including a gentleman who is committed to leaving everything clean. He assured the city that he'll do the clean-up.

At first, I couldn't understand why it was approved without discussing any of the above requirements. Since it was taken as an emergency item, they were given 60 days to collect all of those requirements. On Tuesday, April 12, the Ordinance Committee will discuss it at length.

## It's all who you know!

If you ever wonder why fans volunteer to work in political campaigns, it is not always because the candidate fills their hopes for a better future but for promises made. If he happens to be the boss, they tend to side with him to get in his good graces in case there's a recompense in the future.

If there's one positive thing I can say about Dan Rivera is that he is loyal to his friends. He knew how to play the game of politics and managed to get a state job earning one quarter million dollars a year. Then, he started taking city employees with him and the latest token of appreciation was a governor's appointment to City Attorney

Raquel Ruano as Associate Justice of the District Court.

When Charley Boddy left the position of city attorney vacant, Mayor Rivera and the city council started playing games with the selection of a new city attorney. Raquel Ruano had proven herself as his assistant and she was the only person of Latino descent who spoke Spanish among the applicants.

Once she was appointed, she turned all her attention toward the mayor's interests and it paid off!

I believe that a quote from the Yankees great Yogi Berra is applicable in her case: "You've got to be very careful if you don't know where you're going, because you might not get there."

She will be here until June.

## School Superintendent and FOIA request

In a recent conversation with a mother of an 8-year-old boy, she was almost in tears telling me about something the child was told by a teacher who was explaining how racial relations were in the past.

The child has features akin to his father's, while his mother has lighter skin and the message from the teacher was that she wouldn't have been able to hold his hand in public because of the obvious difference. "He was visibly upset at that thought," and she was hurting remembering that exchange.

Is there any need for a young child to learn about the cruelties of the past and particularly, being chosen to illustrate her point? We all must learn about that shameful period of the history of the United States at the right time and age when we can assimilate its meaning and consequences.

There are professionals dictating how education must change in this country and parents are not aware of how sleazy they are to accomplish it. This generation is growing up scared, confused, and unable to deal with the realities of life in adulthood.

That's why on March 29, 2022, I requested under the Freedom of Information Act documentation on any materials, books, graphics, toys, etc. being used in grades K-12 relative to teaching about the difference in races, known as Critical Race Theory, Project 1619, or any other name that Lawrence Public Schools uses to teach racial historical disparities in the U.S. To this date, I have heard no response from the Lawrence Public Schools. According to the law, they have ten days to comply.

Once I bring you the examples of what

they are being taught, I will be asking for your support to bring your concerns to the administration, and believe me, when you get the details, you will be outraged.

## Martin Luther King is turning on his grave

Martin Luther King said in his famous I Have a Dream speech, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

That was 1963 and soon after that, in 1964, President Lyndon B. Johnson signed the landmark Civil Rights Act of 1964 which banned discrimination on the basis of race, color, religion, sex, and national origin. It addressed voting rights, employment, public accommodations, education, and more.

The struggles continued but other laws were enacted to protect those rights and prevent discrimination being the most important one forbidding discrimination in housing and employment. Women of all races also benefitted from these measures

## 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.

protecting their job opportunities and equality in income.

Things in this country looked like a real democracy for all. Race, gender, or nationality could not be considered in hiring since it was understood that we are all "equal" until recently when the pendulum began to swing the other way.

For the past few weeks, I have been following the nomination of Judge Ketanji Brown Jackson to the Supreme Court until the official vote this week. I didn't want to comment on that process because I have an opinion and there are people that - before listening to the entire explanation and reasons - begin with accusations and the word in fashion these days is "racist."

I question why none of the senators complained that we have laws prohibiting the use of race or gender in hiring. This is not a negative comment about Judge Jackson; I am not talking about her qualifications. I'm talking about the requirement that "only a Black woman" should be considered. That's illegal because it is discrimination based on gender and race at the highest level. White people need not apply.

## Virtual Education Sessions To Support Family Caregivers

### Dementia and Depression Thursday, April 14 | 11 a.m.

Dementia and depression often coexist, intensifying each other's symptoms. Learn about the link between dementia and depression, risk factors and warning signs, and how to alleviate symptoms and reduce triggers.

### Dementia 360° Thursday, May 5 | 11 a.m.

Get the full picture of what every stage of dementia could look like through the eyes of the individual, caregiver, family member, friend and medical professional. We'll share resources for everyone affected by this unpredictable disease.

### Feedback from Recent Attendees

*I look back at the time spent attending the sessions at Bridges and the knowledge you shared (along with your smiling optimism) to bolster us on our journeys. I never would have thought I would gain so much.*

– Pat

*The web classes have been immensely informative. With your kindness and compassion, I feel less anxious because I know that I have valuable information and that I can contact you at any time for a question.*

– Karen

## 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 xtn. 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

To register, go to [BridgesbyEPOCH.com](http://BridgesbyEPOCH.com)

# El banco de alimentos de Merrimack Valley organiza la colecta de alimentos Stuff-A-Truck de abril

(Lowell, MA; 31 de marzo de 2022) – El Merrimack Valley Food Bank (MVFB) llevará a cabo una colecta de alimentos Stuff-A-Truck durante todo el mes de abril, con el objetivo de recolectar más de 5,000 libras de alimentos no perecederos. Las colectas de alimentos en los vecindarios de MVFB se llevan a cabo en Lowell durante 19 años y hasta la fecha han recolectado aproximadamente 390,000 libras de alimentos para los programas de alivio del hambre de la organización. Esta primavera, el formato se ha ajustado para permitir más flexibilidad para los horarios de los donantes.

Las donaciones de alimentos no perecederos se pueden llevar a un lugar de entrega en el estacionamiento de MVFB (733 Broadway Street, Lowell) durante todo el mes, de lunes a viernes, de 8 am a 3 pm. También se aceptarán donaciones desde las 9 am hasta el mediodía del sábado, 30 de abril, tanto en MVFB como en Cawley Stadium (424 Douglas Road, Lowell). Los alimentos donados se utilizarán para ayudar a alimentar a casi 70,000 personas al mes a través de los programas de servicio directo de MVFB y mediante asociaciones con más de 100 despensas de alimentos y programas de comidas que obtienen alimentos de MVFB.

La subdirectora de MVFB, Debbie Callery, alentó a la comunidad a participar

y dijo: “Dependemos en gran medida de las donaciones de los miembros de la comunidad para ayudar a mantener nuestros estantes abastecidos. La demanda de alimentos sigue siendo más alta que antes de que comenzara la pandemia y necesitamos su apoyo para seguir satisfaciendo esa necesidad”.

Si desea donar pero no puede cumplir con los tiempos de entrega, MVFB también acepta donaciones de alimentos enviados desde Amazon Pantry u otros minoristas en línea a 733 Broadway Street, Lowell, MA 01854. Las contribuciones financieras también se pueden hacer en [www.mvfb.org](http://www.mvfb.org).

La misión del Banco de Alimentos del Valle de Merrimack es proporcionar una nutrición adecuada y evitar el hambre. Los programas del Banco de Alimentos actualmente atienden a 70,000 personas mensualmente en Massachusetts y New Hampshire. MVFB ha estado brindando alimentos nutritivos a niños, veteranos, personas mayores y familias trabajadoras desde 1991. Los alimentos se distribuyen a través de un servicio directo y una red de despensas de alimentos asociadas, programas de comidas, escuelas y centros para personas mayores. Visite <http://www.mvfb.org> o llame al 978-454-7272 para obtener más información. Puede seguir a MVFB en Facebook, Twitter e Instagram.

## Merrimack Valley Food Bank Hosting April Stuff-A-Truck Food Drive

(Lowell, MA; March 31, 2022) – The Merrimack Valley Food Bank (MVFB) will be holding a Stuff-A-Truck Food Drive throughout the entire month of April, with a goal of collecting more than 5,000 pounds of nonperishable food. MVFB's neighborhood food drives have been taking place in Lowell for 19 years and to date have collected approximately 390,000 pounds of food for the organization's hunger relief programs. This spring the format has been adjusted to allow more flexibility for donor schedules.

Donations of nonperishable food items can be brought to a drop-off location in MVFB's parking lot (733 Broadway Street, Lowell) all month on weekdays from 8 am-3pm. Donations will also be accepted from 9 am-noon on Saturday, April 30th, both at MVFB and at Cawley Stadium (424 Douglas Road, Lowell). The food donated will be used to help feed nearly 70,000 people a month through MVFB's direct service programs and through partnerships with more than 100 food pantries and meal programs that get food from MVFB.

MVFB's Assistant Director Debbie Callery encouraged the community to participate, saying, “We rely heavily on

donations from members of the community to help keep our shelves stocked. The demand for food is still higher than it was before the pandemic began, and we need your support to keep meeting that need.”

If you would like to donate but can't make the drop-off times, MVFB also accepts donations of food shipped from Amazon Pantry or other online retailers to 733 Broadway Street, Lowell, MA 01854. Financial contributions can also be made at [www.mvfb.org](http://www.mvfb.org).

The mission of the Merrimack Valley Food Bank is to provide adequate nutrition and freedom from hunger. The Food Bank's programs currently serve 70,000 people monthly in Massachusetts and New Hampshire. MVFB has been providing nutritious food to children, veterans, seniors, and working families since 1991. Food is distributed through direct service and a network of partner food pantries, meal programs, schools and senior centers. Visit <http://www.mvfb.org> or call 978-454-7272 for more information. You can follow MVFB on Facebook, Twitter, and Instagram.

# Abril: Mes de Concienciación sobre el Estrés

Dado que abril es el Mes de Concienciación sobre el Estrés y uno de cada tres estadounidenses dice que el estrés de la pandemia a veces les impide tomar decisiones básicas, el sitio web de finanzas personales WalletHub publicó hoy su informe sobre los estados más y menos estresados de 2022, así como los videos y expertos que lo acompañan. comentario.

Para determinar los estados con los niveles de estrés más altos, WalletHub comparó los 50 estados en 41 métricas clave. El conjunto de datos varía desde el promedio de horas trabajadas por semana hasta la tasa de bancarrota personal y la proporción de adultos que duermen lo suficiente.

Niveles de estrés en Massachusetts (1 = más estresado, 25 = promedio):

- 46° – Promedio. Horas trabajadas por semana
- 29: Porcentaje de adultos que duermen lo suficiente
- 42.º: % de adultos con salud regular/mala
- 38 - Seguridad laboral
- 47° – Puntaje de crédito promedio
- 42° – % de Población que Vive en la Pobreza
- 40° – Tasa de divorcio
- 44 - Tasa de criminalidad per cápita
- 50 – Psicólogos per cápita

Para ver el informe completo, visite: <https://wallethub.com/edu/most-stressed-states/32218>

## April: Stress Awareness Month

With April being Stress Awareness Month and one in three Americans saying that stress from the pandemic sometimes prevents them from making basic decisions, the personal-finance website WalletHub today released its report on 2022's Most & Least Stressed States, as well as accompanying videos and expert commentary.

To determine the states with the highest stress levels, WalletHub compared the 50 states across 41 key metrics. The data set ranges from average hours worked per week to the personal bankruptcy rate to the share of adults getting adequate sleep.

Stress Levels in Massachusetts (1=Most Stressed, 25=Avg.):

- 46th – Avg. Hours Worked per Week
- 29th – Share of Adults Getting Adequate Sleep
- 42nd – % of Adults in Fair/Poor Health
- 38th – Job Security
- 47th – Median Credit Score
- 42nd – % of Population Living in Poverty
- 40th – Divorce Rate
- 44th – Crime Rate per Capita
- 50th – Psychologists per Capita

For the full report, please visit: <https://wallethub.com/edu/most-stressed-states/32218>

### The Merrimack Valley Immigrant & Education Center

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

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

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



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, compre-done-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

Donations / Donaciones  
(please call ahead for large donations)

Tuesday-Friday: 10am-5:00pm  
Saturday: 10am-4:30pm

Open to the public, shop-donate-volunteer

Please do not drop off items after store hours

Bring this ad to either store (Lawrence or Billerica) for a 10% discount on your purchase



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

-Bob Woodward