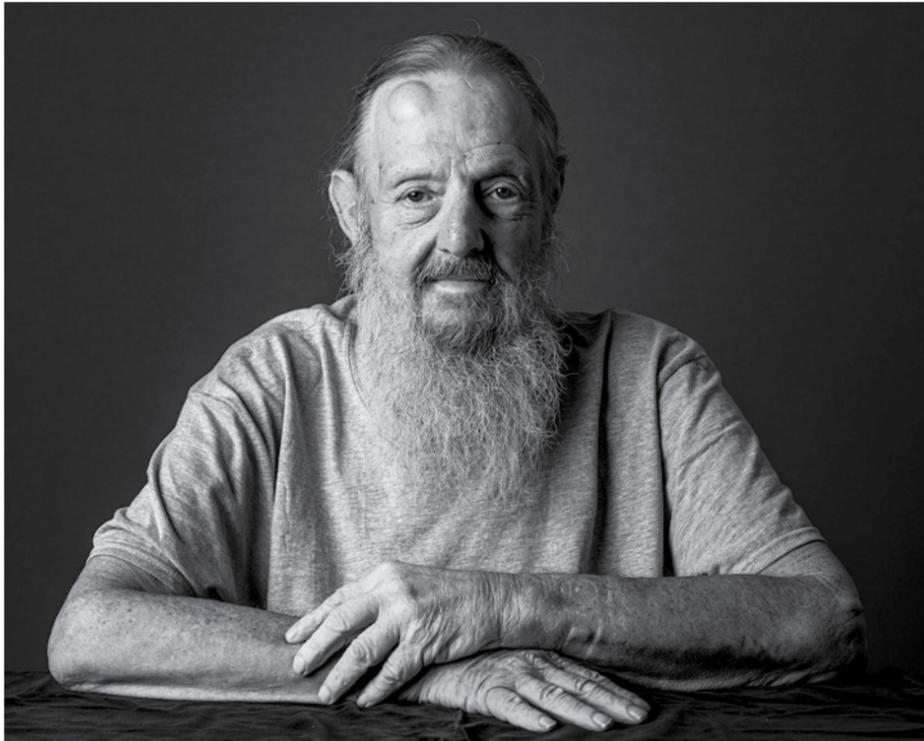


Lessons I've Learned in Hospice



Everyone should get sick. Maybe not dying sick, but sick enough to realize where they stand in life. Pg. 2

Lecciones que he aprendido en el hospicio

Todo el mundo debería enfermarse. Tal vez no muriendo enfermo, pero lo suficientemente enfermo como para darse cuenta de cuál es su posición en la vida. Pg. 2

MCC Provides Access to 24/7 Mental & Emotional Support Services

While getting an education can add onto challenges presented by other personal and professional stressors, Middlesex Community College is here to help. In partnership with Christie Campus Health, Middlesex is providing students with free, additional mental health support and resources.



"This has been a uniquely challenging time and we understand that our students are dealing with complex and stressful circumstances," said Leonard Russ, MCC's Assistant Dean of Student Support Services. "MCC is excited to partner with Christie Campus to offer a free program that will be available to our student 24/7 through a support line. The service also provides a plethora of articles and resources students can access at any time, and providers are available to meet with our students at a location and time that best supports their needs."

MCC's partnership with Christie Campus is meant to help the college guide students to reach their academic goals by supporting their mental and emotional needs. The 24/7 year-round access to services includes a support line, counseling services, and suite of self-help materials. Regardless of the day or where a student is, a student can call the support line for in-the-moment help, speak to a counselor, and get connected to next steps. Christie Campus also provides free telehealth or off-campus face-to-face counseling sessions. Students can access these sessions anywhere across the globe, no insurance necessary. For both the support line and counseling services, MCC will offer space on the Bedford and Lowell campuses for students to have privacy if they do not wish to call from home. Articles, resources and self-help tools are available on the My Wellness Hub. Topics include information on mental and emotional health, fitness and nutrition, academic performance, stress management, healthy relationships, and more. "The partnership enhances the services MCC offers through the Wellness Resource Center," Russ said. "At Middlesex, we want our students to succeed here at the college and beyond, and that starts by helping to address their most basic, physical and mental needs."

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The Psychological Center, Inc. Grateful for Community Response to Music Bingo Fundraiser



From left, Board Members Stephanie Sewade, Charlie Manzi, CEO Carina Pappalardo, and Board Member Joseph Solomon at the fundraiser. (Photo Courtesy The Psychological Center, Inc.)

The Psychological Center held the event on Wednesday, Sept. 14 — its first in-person fundraiser since the start of the COVID-19 pandemic more than two years ago.

The event, featuring This Ain't Your Momma's Music Bingo, raised

\$10,000 and also helped raise awareness of around the clock treatment and services happening at Daybreak Shelter, Pegasus House, and Women's View, according to Liz Bakinowski, Director of Development.

La población del país envejece y se hace más diversa

Nation Continues to Age as It Becomes More Diverse

Pg. 5

All are Welcome to Attend!
Join us to show your Haverhill Pride and Support of our Men and Women of the US Navy and participate in our Naval trivia game to be entered into a chance drawing for a Navy Challenge Coin!

Join us at the Haverhill Citizen's Center on Friday, October 14th at 11am to Celebrate The 247th US Navy Birthday
Cake Celebration & Trivia Challenge

For more information please contact Jeff Wadgett, Veterans' Services Officer at 978-374-2353 or jwadgett@haverhill.com

Lecciones que he aprendido en el hospicio

Por **Walter "Skip" Mannke**

de High Pointe House, la residencia de cuidados paliativos y cuidados paliativos de Tufts Medicine Care at Home en Haverhill

Todo el mundo debería enfermarse. Tal vez no muriendo enfermo, pero lo suficientemente enfermo como para darse cuenta de cuál es su posición en la vida.

Toda mi familia se ha vuelto más unida desde que me diagnosticaron cáncer en julio de 2021. Desde entonces, he recibido los últimos ritos dos veces. Así que ahora he aprendido a aceptar ayuda y a apreciarla.

Cuando nació la mayor de mis dos hijas, yo era un gran bebedor con 13 bares a poca distancia de donde vivíamos en Boston. Cuando dejé de beber, me convertí en una mejor persona. Nos mudamos para estar cerca de la familia en Methuen, y no he tomado un sorbo de alcohol en 38 años.

Solía hacer trabajos de climatización y era supervisor de mantenimiento en un asilo de ancianos. Pensé que sabía lo que es un hospicio: el final del camino. Pero ahora que me convertí en un paciente de hospicio, descubrí que todavía tengo mucho por lo que vivir, mucho más de lo que nunca supe. Y entender eso ha cambiado mi vida.

Hace un mes, era como todos los demás, pero ahora soy diferente. Ya no uso las palabras "gracias" como una frase desechable. Cuando digo gracias, o te amo, lo digo de corazón. Aprecio mucho las pequeñas cosas de la vida y las personas que me rodean. En muchos casos, mis visitantes son personas que nunca hubiera esperado. Incluso he recibido llamadas de vecinos preguntando dónde estoy y si todo está bien. ¡Tres llamaron para decirme que soy un engranaje vital en el vecindario!

Recibo tantos visitantes; Nunca sé quién va a cruzar la puerta. Necesitaba un cargador de reloj y un amigo me trajo el suyo. Pasó un vecino cuyo paseo paleé cuando estaba haciendo el mío. Alguien más trajo una bandera firmada por 28 amigos de nuestro campo de golf para decir que todos están pensando en mí. Les pedí a todas las enfermeras aquí que me cuidan que firmen el otro lado, y se quedará conmigo. Personas como mi enfermera de noche que, en su noche libre, me compró cuatro pares diferentes de anteojos para leer porque no sabía mi talla. Eso significa más para mí que cualquier otra cosa.

Felicito a cada persona que ayuda a otro ser humano. En el hospicio, parece que la compasión es más de la mitad del trabajo. La dedicación de mis enfermeras para manejar mis síntomas tan bien me ha permitido concentrarme en encontrar significado y propósito. Soy la persona menos enferma de este edificio, así que les digo que soy su última prioridad. Trato de no presionar el botón de llamada, pero las enfermeras siempre me dicen: "Estamos aquí para hacer eso por usted". Tener a alguien que te limpie, que se ocupe de ti, eso es especial. Bebo muchas Coca-Colas, pero me sale más líquido de los ojos que el que entra en la bolsa del catéter cada vez que pienso en lo buenos que han sido todos conmigo.

¿Sabría que vine a High Pointe House dos veces a lo largo de los años para visitar pacientes? ¡Nunca en un millón de años pensé que yo mismo sería un paciente!

Pero ahora tengo 77 años y no me preocupa morir. Les digo a las enfermeras que sigan así porque tienen un talento especial, y el próximo Skip que estará en esta cama te necesita.

Me siento muy afortunada de poder hablar con mis dos hijas, mi nieta y mis tres nietos. Estoy triste porque nunca antes

supe cuánto le importaba a la gente, pero ahora veo cuántas personas se preocupan por mí. Hay tanto amor por ahí.

Tendría que inventar mi propio idioma para tener las palabras para decir lo afortunado que soy. Llegué a saber dónde estoy parado en la vida, y es mejor de lo que nunca supe.

Lessons I've Learned in Hospice

By **Walter "Skip" Mannke**

from High Pointe House, the hospice and palliative care residence of Tufts Medicine Care at Home in Haverhill

Everyone should get sick. Maybe not dying sick, but sick enough to realize where they stand in life.

My entire family has gotten tighter since I was diagnosed with cancer in July 2021. Since that time, I've received the last rites twice. So now I've learned to accept help – and appreciate it.

When the older of my two daughters were born, I was a heavy drinker with 13 bars within walking distance of where we lived in Boston. When I quit drinking, I became a better person. We moved to be near family in Methuen, and I haven't had a sip of alcohol in 38 years.

I used to do HVAC work, and I was a maintenance supervisor at a nursing home. I thought I knew what hospice is: the end of the road. But now that I've become a hospice patient, I've found that I still have a lot to live for – much more than I ever knew. And understanding that has changed my life.

A month ago, I was like everybody else – but I'm different now. I no longer use the words "thank you" as a throwaway phrase. When I say thank you, or I love you, I mean it from my heart. I'm very appreciative of the small things in life and the people around me. In many cases, my visitors are people I never would have expected. I've even gotten calls from neighbors asking where I am and if everything is ok. Three called to tell me I'm a vital cog in the neighborhood!

I get so many visitors; I never know who is going to walk through the door. I needed a watch charger and a friend brought his right over. A neighbor whose walk I shoveled when I was doing my own stopped by. Someone else brought a flag signed by 28 friends from our golf course to say they're

all thinking about me. I asked all the nurses here who are taking care of me to sign the other side, and it's going to stay with me. People like my night nurse who, on her night off, bought me four different pairs of reading glasses because she didn't know my size. That means more to me than anything.

I commend every single person who helps another human being. In hospice, it seems like compassion is more than half the job. My nurses' dedication to managing my symptoms so well has enabled me to focus on finding meaning and purpose. I'm the least sick person in this building, so I tell them I'm your last priority. I try not to press the call button, but the nurses always tell me, "We're here to do that for you." To have somebody clean you, to deal with you, that's special. I drink a lot of Cokes, but I have more fluid coming out of my eyes than going into my catheter bag whenever I think of how good everybody has been to me.

Would you know I came to High Pointe House twice over the years to visit patients? Never in a million years did I think I'd be a patient myself! But I'm 77 now, and I'm not worried about dying. I tell the nurses to keep it up because they have a special talent, and the next Skip who will be in this bed needs you.

I feel so fortunate to be able to talk with my two daughters, my granddaughter, and my three grandsons. I'm sad that I never knew how much I matter to people before, but now I see how many people care about me. There's so much love out there.

I'd have to make up my own language to have the words to say how lucky I am. I got to know where I stand in life, and it's better than I ever knew.

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

"El amor y la compasión son necesidades, no lujos. Sin ellos, la humanidad no podrá sobrevivir."

Dalai Lama

We Moved!
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POR DALIA DÍAZ
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■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR RUMBO

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

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

La semana pasada, sucedieron tantas cosas en Lawrence que no tuve tiempo de escribir mi columna. Supongo que hoy, va a ser largo.

¡Ay! El tema de la basura

La gente se quejaba por toda la ciudad de que no recogían su basura (y con razón) aunque el alcalde no es responsable, dicen que él tiene toda la culpa.

El Alcalde De Peña emitió una carta explicando sus negociaciones con Republic desde que compraron a JRM y el problema ya se resolvió.

Por favor, no me llame con sus quejas; No soy apologista del alcalde ni soy un representante con los medios.

Aunque M. M. de Upper Tower Hill escribió que "Este nuevo alcalde es basura", y creo que esta persona fue demasiado lejos con la crítica, estoy de acuerdo con el resto del mensaje. "...La basura y el reciclaje siempre se retrasan... la contaminación con el ruido está fuera de control... las motos (dirt bikes) y los vehículos de 4 ruedas piensan que es cuestión de libertad para todos en la carretera".

En semanas anteriores ya he comentado que hay que hacer algo al respecto.

Elecciones y el tema del aborto

La Corte Suprema de EE. UU. descriminalizó el aborto en todo el país en 1973. Otorgó a las personas el derecho a acceder al aborto legalmente en todo el país y liberó a las pacientes para acceder a la atención médica que necesitaban cuando la necesitaban sin temor.

Según Planned Parenthood, de 1973 a 2021, los estados promulgaron 1336 restricciones al aborto, el 44 % de las de la última década". Las mujeres que querían abortar tenían que viajar a otros estados que lo permitieran.

La decisión reciente de la Corte Suprema fue que eso es algo que cada estado debía decidir por separado porque la Constitución no tiene nada que ver con eso.

Mientras tanto, en cada elección, el tema del aborto ha sido clave en la selección de candidatos.

Las personas considerarían sus opciones sobre si estaban o no a favor o en contra del aborto. Así es como llegamos a la América actual.

Tenemos elecciones para el 8 de noviembre y este tema está muy latente con personas de todas las edades, creencias

religiosas, razas y nacionalidades, de ambos partidos políticos. Se necesita más de un tema para ser un buen candidato para cualquier cargo, porque se necesita el acuerdo entre muchos legisladores para lograr cualquier cambio en las leyes actuales.

Puede terminar votando por alguien con quien está de acuerdo en una posición en la que estará aislado, incapaz de cumplir una promesa. Por eso debemos mirar al político en general para encontrar el que mejor se ajuste a nuestros intereses y, si en el tema del aborto también estamos de acuerdo, eso es una coincidencia.

Un buen ejemplo de ello es Stacy Abrams, candidata a gobernadora en Georgia. Ella dijo: "No existe tal cosa como un latido del corazón a las seis semanas. Es un sonido fabricado diseñado para convencer a la gente de que los hombres tienen derecho a controlar el cuerpo de una mujer", dice Abrams.

Juzguen ustedes mismos si esa es una declaración racional a favor del aborto.

También puedo mostrarle una imagen de un aborto espontáneo de 14 semanas que estaba completamente formado (dedos de los pies, de la mano, uñas, lengua, pene, etc.). Cuando el médico no pudo detectar un latido del corazón, recomendó un aborto. Ella insistió en tener un parto forzado porque no quería que su bebé fuera descartado como "desecho médico". La imagen es demasiado gráfica para publicarla aquí, pero si alguien quiere ver el artículo con imágenes, hágamelo saber.

Un problema no convierte a un buen candidato en un buen legislador. Hay mucho que considerar.

La Cuarta Enmienda de la Constitución

Esta sección de Rumbo tiene el propósito de discutir cosas de las que no se suele hablar en los medios, particularmente en español.

Hace un par de semanas, Mike Lindell, más conocido como My Pillow Guy (un gran seguidor de Donald Trump) salía de un restaurante cuando un grupo de agentes del FBI se le acercó con una orden judicial y le pidió que les diera su teléfono. Cumplió, pero esperaba que se lo devolvieran pronto.

Pasaron las semanas y el FBI se negó a devolverlo.

El problema del Sr. Lindell es que tiene sus registros médicos en ese teléfono y muchas otras cosas que todos tenemos, no solo nombres, teléfonos y direcciones. Lo

peor es que no es sospechoso de nada, no ha sido acusado por nadie de ninguna fechoría.

Ahora está demandando al Departamento de Justicia (DOJ) y al FBI por violar sus derechos de la Primera, Cuarta, Quinta y Sexta Enmienda. A menudo menciono la Primera Enmienda porque garantiza la libertad de expresión y de prensa. Debe consultar las Enmiendas Quinta y Sexta para ver cómo se aplican a este caso.

Solo estoy hablando de la Cuarta por ahora.

La Cuarta Enmienda protege a las personas contra "registros e incautaciones irrazonables". Requiere que el gobierno obtenga una orden judicial mostrando en una declaración jurada que tiene causa probable para creer que un lugar en particular necesita ser registrado y describiendo personas o cosas específicas para ser apoderado."

Mi pregunta es, ¿el FBI está jugando una mala pasada junto con el Departamento de Justicia para violar los derechos de los ciudadanos?

Tenga cuidado cuando se involucre en una discusión política a menos que sepa que lo que está diciendo es verdad. Están sucediendo muchas cosas que la mayoría de la gente no entiende.

Terminaron las elecciones municipales y rezamos

El año pasado, dije que el Senador Barry Finegold era un "traidor" a esta comunidad por aprovecharse de presentar una "petición de autonomía" a la Cámara de Representantes con el propósito de ignorar la Carta Constitutiva de la Ciudad y no tener una Elección Especial. Eso fue una farsa porque fue aprobado por el concejo de la ciudad al día siguiente de haber sido aprobado por los legisladores y firmado por el Gobernador Baker. Lo mantengo porque fue un truco sucio contra los votantes.

Ahora debo admitir que perder a Barry Finegold fue algo serio para Lawrence.

Con las reasignaciones del nuevo distrito, Barry Finegold ya no está en Lawrence y no podemos negar que era un buen amigo de esta comunidad que hizo mucho bien por nosotros. Gracias.

Ahora, hay que rezar para que Pavel Payano siga su ejemplo aunque lo dudo; Pavel ha demostrado durante los años en el concejo municipal que empuja a otros miembros a estar de acuerdo con él y que sus intereses son lo primero.

¡Qué Dios nos ayude!

Dotación de personal y atención en LGH

De vez en cuando recibo quejas de personas sobre las largas esperas en la Sala de Emergencias (ER) y la mala atención que

reciben, en su opinión.

Desafortunadamente, soy una que tiene que depender de los servicios de urgencias con demasiada frecuencia.

Primero, voy regularmente a mi proveedor de atención primaria (PCP) y ella me envía allí o corro automáticamente a la sala de emergencias porque mi condición se está convirtiendo en una rutina para mí.

Yo, como todos los mortales, debo hacer cola como todos los demás y fui testigo del tipo de problemas por los que la gente acude a emergencia y de sus expectativas.

Muchas veces he visto a una enfermera salir a explicar que están faltos de personal y que las personas que llegan en ambulancias por accidentes u otros delitos violentos tienen preferencia porque en realidad son EMERGENCIAS.

Por lo general, los padres con niños pequeños que han estado esperando quizás durante cinco horas les gritan y ellos simplemente les dicen que deberían haber ido al médico del niño, porque no hay mucho que puedan hacer.

No es un mal servicio. Están atendiendo pacientes en camillas en los pasillos porque no hay más espacio en la sala de emergencias. No pueden enviarlos a una habitación porque no hay camas disponibles.

Lo que eso significa es que secciones enteras del hospital están cerradas porque hay escasez de enfermeras y, de acuerdo con las reglas de su sindicato, las enfermeras están limitadas a atender a una cantidad de pacientes y eso es todo. El hecho de que haya camas disponibles no significa que la sala de emergencias pueda enviarlas arriba si no hay suficientes enfermeras.

Entonces, imagínese que está en mi situación. Cada pocas semanas, necesito transfusiones de sangre inesperadamente, y me dicen que necesito dos o tres unidades, pero solo pueden darme una debido a la escasez.

¿Cómo reaccionaría usted? La Cruz Roja y todos los hospitales siguen pidiendo al público que donen, pero nosotros no lo hacemos. La cantidad de sangre disponible debe ser asegurada para otros accidentes o crímenes cuando la vida del paciente esté en peligro.

¿Se quejaría de eso como un mal servicio? Tómese el tiempo para entender las razones y trate de cooperar.

Para problemas menores, especialmente con niños, acuda a un centro de salud o a su médico particular. Eso también se aplica a los adultos con cualquier dolor; los médicos allí le dirán si debe ir a la sala de emergencias.

Y cuando se trata de llamar a una ambulancia, recuerde que el costo promedio es de \$1,300 por viaje. Si la persona puede caminar, tome un taxi o pídale a alguien que lo lleve. Usted está contribuyendo al alto costo de la atención médica.



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

— Voltaire

AZ QUOTES

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

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

- Thomas Jefferson

La población del país envejece y se hace más diversa

En las últimas dos décadas la población del país ha envejecido continuamente. Desde el 2000, la mediana de edad nacional –el punto en el que la mitad de la población es mayor y la otra mitad es menor– ha aumentado en 3.4 años, y en el 2021 la mediana de edad aumentó en 0.3 años, el mayor aumento en un solo año. Con esto la mediana llegó a 38.8 años, de acuerdo con las Estimaciones de población del 2021 de la Oficina del Censo de los EE. UU. publicadas recientemente. La mediana de edad para la mayoría de los estados también aumentó del 2020 al 2021, lo cual indica que sus poblaciones están envejeciendo.

“Los estados que tenían las menores medianas de edad experimentaron los mayores aumentos entre el 2020 y el 2021. Aunque la población de Utah se mantuvo como la más joven del país, la mediana de edad del estado aumentó en 0.3 años, de 31.5 a 31.8. De la misma manera, el Distrito de Columbia tenía la segunda menor mediana de edad, pero tuvo el mayor aumento, de 0.5 años, de 34.4 a 34.9”, señaló Kristie Wilder, demógrafa de la División de Población de la Oficina del Censo. “Con la tendencia a reducirse de las tasas de natalidad y el envejecimiento de las poblaciones de la generación del baby boom y la generación X, es probable que la mediana de edad siga aumentando en los próximos años”.

Solo la población de un estado – Maine– se tornó ligeramente más joven, cuando su mediana de edad disminuyó de 44.8 en 2020 a 44.7 en el 2021. Aunque su mediana de edad disminuyó, Maine siguió siendo el estado con la mayor mediana de edad en todo el país, después de más de dos décadas de envejecimiento todos los años. Durante ese mismo periodo, 47 estados experimentaron un aumento de la mediana de edad. Montana (40.1), Nueva Hampshire (43.0) y Virginia Occidental (42.8) fueron los únicos estados cuyas medianas de edad no cambiaron.

Un país con más diversidad

Nota: Las referencias a composiciones de raza y origen hispano son para grupos de raza solamente o en combinación, o para poblaciones hispanas de cualquier raza a menos que se especifique de otra manera.

A la vez que envejece, la población del país también se torna más diversa. A nivel nacional, todos los grupos raciales y de origen hispano experimentaron aumentos de la población, a diferencia de la población blanca que disminuyó ligeramente en un 0.03%. Entre las categorías de raza u origen hispano, la población nativa de Hawái y de otras de las islas del Pacífico fue la de más rápido crecimiento entre el 2020 y el 2021, con un aumento del 1.54% en ese periodo de 12 meses. Hispano (de cualquier raza) fue la categoría de raza u origen hispano con mayor aumento de población y la segunda de más rápido crecimiento, con un aumento de 767,907, o el 1.24%.

Otros datos destacados para cada categoría de raza u origen hispano y Puerto Rico:

Blanca

La población blanca en los Estados Unidos era de 260,183,037 en el 2021, una disminución del 0.03%, o 79,836 personas, desde el 2020.

California tenía la mayor población blanca, con un total de 29,365,260, seguida

por Texas con una población blanca de 23,593,392. Texas también experimentó el mayor aumento de población blanca, con un incremento de 184,747 en el 2021.

Idaho tuvo el más rápido crecimiento (2.8%, o 49,918) de la población blanca del 2020 al 2021.

Entre los condados, el condado de Los Ángeles, California, tenía la mayor población blanca con 7,184,792, mientras que el condado Maricopa, Arizona, tuvo el más rápido crecimiento de la población blanca (40,378, o 1.1%) entre el 2020 y el 2021.

El área metropolitana de Nueva York-Newark-Jersey City, NY-NJ-PA tenía la mayor población blanca del país (13,120,012). Phoenix-Mesa-Chandler, AZ, fue el área metropolitana que más aumentó de población, con un incremento de 56,905 para alcanzar 4,202,038, mientras que el área metropolitana de St. George, UT, tuvo el más rápido crecimiento de población blanca con un incremento del 5.1% (8,775).

Negra o afroamericana

En el 2021 la población negra de los Estados Unidos era de 49,586,352, un aumento del 0.7% desde julio del 2020. En el 2021 la población negra constituía el 14.9% de la población del país.

Texas tenía la mayor población negra en el 2021, con un total de 4,190,554, un aumento de 83,478 (2.0%) desde julio del 2020. Idaho tuvo el más rápido crecimiento de la población negra, con un incremento del 5.7% entre el 2020 y el 2021.

La mediana del tamaño de la población negra para los condados en el 2021 era de 1,280 personas.

El condado de Cook, Illinois, y el condado de Harris, Texas, tenían las mayores poblaciones negras con totales de 1,279,976 y 1,006,791, respectivamente, lo cual los convertía en los únicos condados del país con una población negra de más de 1 millón de personas.

El área metropolitana de Nueva York-Newark-Jersey City, NY-NJ-PA tenía la mayor población negra del país en el 2021, con 4,194,108. El área de Atlanta-Sandy Springs-Alpharetta, GA, tuvo el mayor aumento de la población, con un incremento de 36,004 para alcanzar 2,308,337. De las áreas metropolitanas con 20,000 habitantes o más de raza negra, Scranton-Wilkes-Barre, PA, tuvo el más rápido crecimiento de la población negra (43,241), con un incremento del 7.1% del 2020 al 2021.

Origen hispano (cualquier raza)

La población hispana aumentó en 767,907 en el 2021, un incremento del 1.2%.

California (15,754,605), Texas (11,857,401) y Florida (5,830,908) eran los estados con las mayores poblaciones hispanas en el 2021.

En diciembre, la Oficina del Censo publicará las Estimaciones de población del 2022 por componentes de cambio y la población de 18 años o más para el país, los estados y Puerto Rico. El cronograma de publicación completo para el 2022 está disponible por internet. Con cada nueva publicación de estimaciones anuales, se revisa la serie temporal completa de estimaciones para todos los años hasta la fecha del último censo. Todas las estimaciones publicadas con anterioridad (p. ej., ediciones pasadas) son sustituidas y archivadas en el sitio FTP2.

Nation Continues to Age as It Becomes More Diverse

The last two decades have seen the country grow continuously older. Since 2000, the national median age – the point at which one-half the population is older and one-half younger – has increased by 3.4 years, with the largest single-year gain of 0.3 years coming in 2021, bringing it to 38.8 years, according to newly released 2021 Population Estimates from the U.S. Census Bureau. Median age for most states also increased from 2020 to 2021, indicating their populations are getting older overall.

“The states with the lowest median ages saw the largest increases between 2020 to 2021. While Utah remained the youngest state in the nation, the state’s median age increased by 0.3 years from 31.5 to 31.8. Similarly, the District of Columbia had the second-lowest median age but saw the largest increase of 0.5 years from 34.4 to 34.9,” said Kristie Wilder, a demographer in the Census Bureau’s Population Division. “With birth rates trending downwards and the aging of the Baby Boom and Generation X cohorts, the median age will likely continue to rise in the coming years.”

Only one state’s population – Maine – became slightly younger, as its median age decreased from 44.8 in 2020 to 44.7 in 2021. Although its median age decreased, Maine remained the state with the oldest median age in the nation, after more than two decades of getting older each year. During that same period, 47 states experienced an increase in median age. Montana (40.1), New Hampshire (43.0) and West Virginia (42.8) were the only states that had no change in median age.

A More Diverse Nation

Note: References to race and Hispanic origin compositions are for race-alone-or-in-combination groups or Hispanic populations of any race unless otherwise specified.

While aging, the nation is also becoming more diverse. Nationally, all race and Hispanic origin groups experienced population increases, apart from the White population, which declined slightly by 0.03%. The Native Hawaiian and Other Pacific Islander population was the fastest-growing race or Hispanic origin category between 2020 and 2021, increasing by 1.54% in the 12-month period. Hispanic (of any race) was the largest gaining and second-fastest-growing race or Hispanic origin category, increasing by 767,907 or 1.24%.

Other highlights for each race and Hispanic origin category and Puerto Rico:

White

The White population in the United States was 260,183,037 in 2021, a decrease of 0.03% or 79,836 people since 2020.

California had the largest White population, totaling 29,365,260 – followed by Texas with a White population of 23,593,392. Texas also had the largest-gaining White population, which grew by 184,747 in 2021.

Idaho had the fastest growth (2.8% or 49,918) in its White population from 2020 to 2021.

Black or African American

The Black population in the United States in 2021 totaled 49,586,352, up 0.7% from July 2020. The Black population in 2021 comprised 14.9% of the nation.

Texas had the largest Black population in 2021, totaling 4,190,554 – an increase of 83,478 (2.0%) since July 2020. Idaho had the fastest-growing Black population, expanding 5.7% between 2020 and 2021.

Asian

The Asian population in the United States was 23,962,215 in 2021, up 281,167 or 1.2% from 2020.

California had the largest Asian population (7,139,394), followed by New York (2,032,935) and Texas (1,842,911), respectively. Idaho, with an increase of 5.4%, had the fastest-growing Asian population in 2021.

Hispanic Origin (Any Race)

The Hispanic population grew by 767,907, in 2021, an increase of 1.2%.

California (15,754,605), Texas (11,857,401) and Florida (5,830,908) were the states with the largest Hispanic populations in 2021.

In December, the Census Bureau will release 2022 Population Estimates by components of change and the population ages 18 and over for the nation, states and Puerto Rico. The full release schedule for 2022 is available online. With each new release of annual estimates, the entire time series of estimates is revised for all years back to the date of the last census. All previously published estimates (e.g., old vintages) are superseded and archived on the FTP2 site.

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Alcalde Brian A. De Peña agradece Gobernador Baker por proveer \$400,000 en fondos estatales para ayudar a renovar y expandir el Parque Donovan

La ciudad de Lawrence recibió \$400 mil dólares en fondos a través del Programa de Subsidios para Adquisiciones y Renovaciones de Parques para Comunidades (PARC) para ayudar con la renovación y expansión del Parque Donovan en el sur de Lawrence. El proyecto incluirá la instalación de nuevos equipos de juego, una estación de chorro de agua, un sendero para caminar, bancos nuevos, mesas de juego, recipientes para basura, el mantenimiento y elevación de los árboles-canopy existentes.

"Invertir en estos importantes proyectos de espacios abiertos hará que los parques de Massachusetts sean más resistentes al cambio climático, aumentará la disponibilidad de espacios abiertos y mejorará el acceso al aire libre para las personas en las comunidades de todo el estado", dijo el Gobernador

Charlie Baker.

Se espera que la contribución municipal sea de \$300,000 a través del Programa de Mejoras de Capital para un total de \$700,000 para completar el proyecto. El 20 de septiembre, Baker anunció más de \$12 millones en subvenciones para mejoras de parques y adquisiciones de espacios abiertos en 43 comunidades de Massachusetts.

"Donovan Park es un área recreativa muy apreciada por las familias en el sur de Lawrence. Estas actualizaciones, junto con el increíble trabajo y la creatividad de Groundworks Lawrence, permitirán que más familias de nuestra comunidad usen y disfruten el parque", dijo el alcalde De Peña. "Agradezco al Gobernador Baker por su liderazgo y compromiso para continuar impulsando la calidad de vida de nuestros

residentes. Además, quiero agradecer a la Concejala Stephany Infante por abogar con firmeza por este necesario proyecto".

Hay dos categorías de subvenciones PARC: la categoría de subvenciones para pueblos pequeños para pueblos con menos de 35,000 residentes, con una subvención máxima de \$100,000, y una categoría separada para ciudades y pueblos con más de 35,000 residentes, que tiene una subvención de \$400,000 máximo.

"La renovación de Donovan Park está muy relegada, y ver que esto se haga realidad es una victoria emocionante para el distrito y las familias que rodean el parque. Nuestro Jefe de Gabinete me comentó sobre grandes recuerdos de las familias en este parque", dijo la Concejal de Distrito E. Stephany Infante. "Estamos preservando esos recuerdos y permitiendo que nuestras familias creen nuevos recuerdos en este parque en los años venideros. Me siento honrada de ser parte de este proyecto, y agradezco sinceramente a todos los que ayudaron a que esto sucediera en nuestro distrito".

El programa de subvenciones PARC

se estableció en 1977 para ayudar a las ciudades y pueblos a adquirir y desarrollar terrenos para parques y recreación al aire libre. Cualquier comunidad con un Plan de Recreación y Espacios Abiertos actualizados es elegible para solicitar el programa.

"Las renovaciones en Donovan Park brindarán a todos los residentes espacio para caminar, jugar, tiempos de ocio y mantenerse frescos durante los calurosos veranos. El liderazgo brindado por el alcalde De Peña y la Concejala Infante garantizará que el parque se convierta en el orgullo de la comunidad por su abundante naturaleza, áreas recreativas oportunas y diseño inteligente", dijo Brad Buscher, Director de Proyecto de Groundworks Lawrence.

Donovan Park recibió su nombre del ayudante médico de Tercera Clase del Hospital Thomas Stephen Donovan de la Marina de los Estados Unidos. El ayudante médico Donovan murió en acción el 3 de junio de 1967 en Vietnam. El parque cuenta con áreas cercadas y asientos de juegos para niños y adultos. El parque está ubicado en la Calle Andover entre la Beacon y la Amherst.

UMass Lowell named leader in diversity among higher ed institutions

UMass Lowell has been named a recipient of the 2022 Higher Education Excellence in Diversity, or HEED, award. It is a national honor given by INSIGHT Into Diversity magazine recognizing U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion on campus.

This is the third year UMass Lowell has received the award, having also been recognized in 2015 and 2016.

"We are honored by this award," said UMass Lowell Chancellor Julie Chen. "A commitment to diversity is a commitment to a culture of continuous improvement.

UMass Lowell's students, faculty and staff understand that an inclusive and welcoming campus environment is constructed with countless individual choices we make with respect every day as we encounter new ideas, differences and disagreements. Beyond campus, this university is proud to reflect the diversity of our city and our community."

Forty-five percent of full-time UMass Lowell students identify as people of color, while more than one in four are the first in their families to pursue a college education. In addition, more than half (53%) of the university's administrative leadership positions are held by women.

"The HEED award process consists of a comprehensive and rigorous application that includes questions relating to the



UMass Lowell has received a 2022 HEED Award for its efforts to promote diversity and inclusion. Above, students are greeted by university mascot Rowdy the River Hawk as they move into campus for the start of the fall semester. (Photo credit: Tory Wesnofske)

recruitment and retention of students and employees – and best practices for both – leadership support for diversity, campus culture and climate, supplier diversity, and many other aspects of campus diversity and inclusion," said Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine. "We take a detailed approach to reviewing each application in deciding who will be named a HEED award recipient. Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being done every day across their campus."

For more information and the full list of 2022 HEED award recipients, visit insightintodiversity.com.

Mayor Brian A. De Peña grateful to Governor Baker for providing \$400k in state funding to help renovate and expand Donovan Park

The City of Lawrence was awarded \$400 thousand in funding through the Parkland Acquisitions and Renovations for Communities (PARC) Grant Program to help with the renovation and expansion of Donovan Park in South Lawrence. The project will include installing new play equipment, a misting station, a walking path, new benches, game tables, trash receptacles, and maintaining and raising the existing tree canopy.

"Investing in these important open space projects will make Massachusetts parks more resilient to climate change, increase the availability of open space and improve access to the outdoors for people in communities across the state," said Governor Charlie Baker.

The municipal share is expected to be \$300K through the Capital Improvement Program for a total of \$700 thousand to complete the project. On September 20, Baker announced over \$12 million in grant funding for park improvements and open space acquisitions in 43 Massachusetts communities across the state.

"Donovan Park is a well-loved recreation area for families in South Lawrence. These updates, coupled with the amazing work and creativity by Groundworks Lawrence, will allow more families in our community to use and enjoy the park," said Mayor De Peña. "I thank Governor Baker for his leadership and commitment to continue boosting the quality of life of our residents. Also, I want to thank Councilor Infante for firmly advocating for this needed project."

There are two categories of PARC grants: the Small-Town grant category for towns with less than 35,000 residents, with a maximum grant award of \$100,000, and a

separate category for cities and towns with more than 35,000 residents, which has a \$400,000 grant award maximum.

"The renovation of Donovan Park is long overdue, and seeing this come to reality is an exciting win for the district and the families surrounding the park. Our Chief of Staff reminded me of families' memories at this park," said City Councilor for District E, Stephanie Infante. "We are preserving those memories and allowing our families to create new memories at this park for years to come. I am humbled to be part of this project, and I sincerely thank all who helped make this happen for our district."

The PARC Grant Program was established in 1977 to assist cities and towns in acquiring and developing land for parks and outdoor recreation. Any community with an up-to-date Open Space and Recreation Plan is eligible to apply for the program.

"The renovations to Donovan Park will give all residents space to walk, play, hang out, and stay cool during hot summers. The leadership provided by Mayor De Peña and Councilor Infante will ensure the park becomes the community's pride for its abundant nature, recreational opportunities, and smart design," said Brad Buscher, Director of Project at Groundworks Lawrence.

Donovan Park was named for Hospital Corpsman Third Class Thomas Stephen Donovan of the United States Navy. Corpsman Donovan was killed in action on June 3rd, 1967, in Vietnam. The park is located on Andover Street between Beacon Street and Amherst Street. The park has a fenced-in playground for the kids and seating for adults.

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.

Alcalde Brian A. DePeña Anunciará Más de \$8 Millones para Instalación y Reconstrucción de Nueva Pista de Aterrizaje en el Aeropuerto Municipal de Lawrence

La Ciudad de Lawrence recibió más de \$8 Millones en fondos de subvenciones federales para la reconstrucción de una pista de aterrizaje en el Aeropuerto Municipal de Lawrence, otorgado por el Departamento de Transporte de los Estados Unidos a través de la Administración Federal de Aviación (FAA) y el Programa de Mejoramiento Aeroportuario (AIP). Al alcalde se le unirán también las autoridades del aeropuerto y oficiales electos.

Cuándo: Miércoles. 19 de octubre de 2022. a las 10:00 am

Dónde: Aeropuerto Municipal de Lawrence, 492 Sutton St., No. Andover

Lawrence, Massachusetts Disability Awareness Month Celebration 2022

The City of Lawrence together with the Lawrence Commission on Disability invite you to celebrate Disability Month, where we're bringing together the disability community for networking and enlightening discussion of what services are available for people with disabilities.

In this Meet and Greet, Mayor Brian A. De Peña and ADA Coordinator Richard Rodriguez would recognize and thank those service providers for their contributions in servicing the disabled.

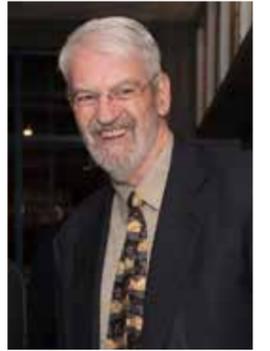
When: October 20, 2022
Where: The Center 155 Haverhill Street Lawrence, MA 01841
Time: 3:00 PM to 5:00 PM

For further information about this event contact Richard Rodriguez Lawrence ADA Coordinator Email Richard.rodriguez@cityoflawrence.com Tel: 978-620-3312.

(Among the organizations invited include Northeast Independent Living Program, Massachusetts Rehabilitation Commission, Massachusetts Commission for the Blind (MCB), Asperger Works, Disability Law Center, Point After Club, Lazarus House Ministries, Massachusetts Commission Against Discrimination and more)

Steve Kelley is retiring

Steve Kelley is retiring, and you do not want to miss sending him off. This event will be a wonderful evening full of heartwarming stories, touching speeches, great food, and an all-around night of fun! Packed full of alum, volunteers, and all those Steve has impacted in his 56 years of service; we will share and create new memories as we honor his incredible legacy.



The celebration will be at the Andover Country Club on Tuesday, October 18th, 2022, at 5:30 PM, and tickets are limited. All interested in attending must purchase tickets at <https://one.bidpal.net/stevekelly/browse/fixPrice>. We will not be selling tickets at the door.

You do not want to miss this event. It's going to be one for the books! For any questions please contact Sarah Hogue at shogue@lawrencebgc.com

Final Haverhill Art Walk of 2022

The five month Art Walk program of live music, mural talks, art exhibits and demonstrations throughout downtown Haverhill comes to a close for the 2022 season on Saturday, October 8th, 3-6pm.

The rotating lineup of music at Washington Square will be presented by Heaventown Haverhill, a community of local artists, musicians, and enthusiasts who use their skills and passion to encourage creativity in the Merrimack Valley. The Punk in the Park show features Jonee Earthquake Band, Stereo Vulture, Diablogato and The Grubs.

Across the street at 200 Merrimack, Shoe Town Art Center hosts a sidewalk sale and exhibit of work by students and staff. If you have yet to attend a history tour, join Tom of Buttonwoods Museum at 4:30 pm outside the MVRTA bus station for an Italian Architectural Heritage Walking Tour.

G's Restaurant brings live music to their patio with "The Tims," and art by Grace Marchese will be on exhibit next door at Exit Realty. Join Rosemary Smith for your last opportunity to hula hoop in Columbus Park! Accompanying the jam will be live music by Neck Dive.

The Winged Rabbit Features pottery, fused and stained glass, paintings, digital art, photography and jewelry by local artists. On your way, you can't miss the Art Market on Wingate Street hosted by Array of Trades and featuring over 20 artists.

This program is hosted by Creative Haverhill to support the artists and businesses of our community while helping to activate downtown. Follow the Haverhill Art Walk Facebook page to see updates and programming details. Haverhill Art Walk is a grant-funded program made possible by the Haverhill Cultural Council and the Mass Cultural Council. Inquiries can be emailed to haverhillartwalk@gmail.com.



ISLAND PARKSIDE FASE I

La primera fase de Island Parkside ofrecerá nuevos y modernos apartamentos asequibles en la comunidad de Lawrence a partir de abril del 2023. La comunidad incluirá apartamentos de 1, 2 y 3 habitaciones y área de lavado, salón comunitario, estacionamiento y mucho más. El proyecto se compromete en atraer familias con ingresos bajo y/o promedio. Toda solicitud debe llenar los requisitos de ingreso para poder cualificar. Vea posteriormente lo requisitos de ingreso para determinar si cualificará para uno de nuestros apartamentos.

Límites de Ingreso por Tamaño de Familia

Número de Unidades por tamaño de unidad	Numero de Unidades al 30%	Numero de Unidades al 50%	Numero de Unidades al 60%
1 Habitación - 7	4	3	2
2 Habitaciones - 15	5	2	8
3 Habitaciones - 18	7	2	9

Tamaño de Familia						
30% AGMI	1	2	3	4	5	6
Ingreso Maximo	24,200	27,650	31,100	34,550	37,350	40,100

Tamaño de Familia						
50% AGMI	1	2	3	4	5	6
Ingreso Maximo	40,300	46,050	51,800	57,550	62,200	66,800

Tamaño de Familia						
60% AGMI	1	2	3	4	5	6
Ingreso Maximo	48,360	55,260	62,160	69,060	74,640	80,160

Rentas para Unidades al 50% AGMI		60% AGMI	
1 Habitación	\$1,079.00	2 Habitaciones	\$1,295.00
2 Habitaciones	\$1,295.00	3 Habitaciones	\$1,554.00
3 Habitaciones	\$1,496.00		\$1,796.00

* Rentas para unidades al 30% AGMI serán determinadas por ingreso familiar.

Casa Abierta: Durante la Casa Abierta este 1 de octubre del 2022, la gerencia explicara el proyecto, las restricciones de ingreso y el proceso de la lotería.

Proceso de Solicitud: La gerencia aceptara solicitudes a partir del 1 de noviembre del 2022 hasta el 15 de enero del 2023. Las aplicaciones estarán disponibles visitando al 50 Island St., y por fax o correo.

Proceso de Lotería: Solicitudes recibidas antes del 15 de enero serán participes de la Lotería la cual se llevara a cabo el 13 de Febrero del 2023. Toda solicitud escogida tendrá que llenar los requisitos de elegibilidad e idoneidad. Familias deben llenar los requisitos de ingresos de acuerdo a la tabla de ingreso anteriormente mencionada para participar en la Lotería. La Lotería se llevara a cabo el 13 de enero en el 50 Island St., Lawrence, MA 01840. Aplican restricciones de uso y ocupación.

CASA ABIERTA

SABADO, 1 DE OCTUBRE
10 AM

50 ISLAND ST.
LAWRENCE, MA 01840

APLICACIONES PARA LOTERIA

Aceptando solicitudes

1 DE NOVIEMBRE, 2022
A 15 DE ENERO, 2023

50 ISLAND ST.
LAWRENCE, MA 01840

INFO DE ALQUILER

FIRST REALTY MGT.
50 Island Street Suite 201
Lawrence, MA 01840
Para más información o alojamiento razonable, llame al
T: 978-683-3089
F: 978-683-3122
TTY 711

islandparkside@firstrealtymgt.com

Horas de Oficina
Lunes – Viernes
9:00am – 5:00pm
O por cita



The Psychological Center, Inc. Grateful for Community Response to Music Bingo Fundraiser

Chief Executive Officer Carina Pappalardo and the staff and guests of The Psychological Center would like to thank those who supported an in-person fundraiser for the non-profit's substance use and homelessness programs.

The Psychological Center held the event on Wednesday, Sept. 14 — its first in-person fundraiser since the start of the COVID-19 pandemic more than two years ago.

The event, featuring This Ain't Your Momma's Music Bingo, raised \$10,000 and also helped raise awareness of around the clock treatment and services happening at Daybreak Shelter, Pegasus House, and Women's View, according to Liz Bakinowski, Director of Development.

"It was wonderful to be able to get back out and see friends and supporters in person, especially at Salvatore's, a beautiful location on the Merrimack River that reminds us how far Lawrence has come," said CEO Pappalardo. "Our work to ensure everyone in Lawrence shares in the city's success continues, though, and the support from those who attended will help us continue to change lives, save lives, and help those who are struggling."

Special thanks go to Dancing Queen level sponsors: Eagle Investigation Services (EIS) Inc., Enterprise Bank, Just Build It, Comfort Home Care, and Cook & Company Real Estate.

Additional thanks go to Hit the Floor Level Sponsors: LukeJackson Corp., CommSat, and the Breakfast Exchange Club of Greater Haverhill.

About The Psychological Center, Inc.

The Psychological Center, Inc., which celebrated its 50th anniversary last year, provides programming to those with substance abuse disorders, mental health struggles, and the homeless.

The Psychological Center cares for individuals through three programs dedicated to addiction and recovery services: Pegasus House, Women's View, and the Daybreak Shelter. The programs focus on improving mental health and recovery from substance abuse disorders, which help individuals gain the skills necessary to reintegrate back into the community and live better lives.

If you would like to donate to the Psychological Center, Mail check payable to The Psychological Center, 11 Union Street, Lawrence, MA 01840



Selcuk Amasya, Director of Finance, Carina Pappalardo, CEO, Virginia Gomez, Chief of Staff, Liz Bakinowski, Director of Development, and Donna Kivlin, Program Director were on hand to meet and greet the generous supporters who attended the event.



CEO Carina Pappalardo, at rear, with Enterprise Bank managers Cheryl Parent, Christine St. Onge, and Jessica Phillips.



CEO Carina Pappalardo, at rear, with the Cook & Co. Real Estate Team. (Photo Courtesy The Psychological Center, Inc.)



From left, Lori Ferreira of Guild Mortgage checks her bingo card as Psychological Center CEO Carina Pappalardo lends a hand to Lori McGuerty, of the Cook & Co. Real Estate Team.



Lisa Ann Sapia and Lisa Rafferty Balboni check out gift baskets available as raffle prizes before selecting where to leave their raffle tickets.



Eric Costello and Michelle Rutina, office manager at LukeJackson HR and Benefit Solutions, pour over their bingo cards.

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

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

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

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

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

The Psychological Center, Inc. Recognizes Chief of Staff Virginia Gomez for 20 Years of Service and Caring

Chief Executive Officer Carina Pappalardo would like to recognize Chief of Staff Virginia Gomez for 20 years of service and caring she has provided to The Psychological Center and its guests.

Gomez joined The Psychological Center as a receptionist in September of 2002, and has learned from her coworkers, grown, and advanced through the organization ever since, becoming Chief of Staff in 2021.

After working as a receptionist, Gomez was the front desk supervisor overseeing six team members in the outpatient clinic. She was promoted to Office Manager in 2011, leading the front desk department, intake department, and medical records department. She is bilingual and also serves as an agency interpreter when needed.

According to CEO Pappalardo, Gomez has been a constant and loyal employee, bringing her knowledge, skills, and upbeat attitude to work every day.

"She has been here through the opening and closing of multiple programs over the years, a few changes in leadership, and consistently goes above and beyond. I have learned a lot along the way through her. Her passion, dedication, and achievements are highly commendable. Without question she is always available and willing to help in any area needed," CEO Pappalardo said. "I am honored to celebrate her 20th work anniversary and look forward to working alongside her for another 20."

Gomez was born in Chicago, but moved to Lawrence with her family when she was 10 and attended Lawrence High School.

Gomez said she grew up in a city where drugs were prevalent, quickly realizing even as a child that she did not want to follow those paths.

Gomez said she was drawn to The Psychological Center, and to work helping those with substance use disorders, because people she knew struggled.

"I thought I'd be able to help them more if I gained knowledge. I wanted to be able to help," said Gomez. "I was hired as a receptionist, but I was able to learn from people in every department and absorbed things like a sponge whenever I could. I wanted to keep learning."

Recently Gomez has worked at Pegasus House, Women's View, and at the Daybreak Shelter as needed due to staffing shortages assisting with anything when needed. Working directly with guests has taught her that kindness and patience are far more effective when trying to reach people.



CEO Carina Pappalardo and Chief of Staff Virginia Gomez. (Photo Courtesy The Psychological Center, Inc.)

"I've learned so much just from being in this job, being in the community, and being in this environment," said Gomez. "I've learned that you can be understanding and patient, but also not be an enabler."

As Chief of Staff, Gomez's current duties include helping CEO Pappalardo, however she can, handling some human resource duties, billing, and other daily operations.

As The Psychological Center has grappled with a staffing shortage recently, Gomez has also worked to help recruit new employees, and has also filled in at Pegasus House working as a case manager for some of the guests, an assignment she enjoyed because she enjoys connecting with guests.

Gomez said the biggest thing she has learned over her two decades with the organization is that substance use disorders are truly indiscriminate in who they affect.

"Anyone can fall into addiction. I've met scientists, engineers, judges and lawyers who were struggling," said Gomez. "It's not just some select group of people. It can be anybody, and that's something that's really blown my mind."

Over the past few months, Gomez and even CEO Pappalardo have also pitched in by helping at the organization's three programs, and Gomez said she is often inspired by Pappalardo's willingness to do any jobs that are needed, despite her position as CEO.

"Carina plays a very active role in the agency jumping in wherever and whenever anyone needs her. Her presence at the programs makes a big difference and she has a big, amazing personality. You don't find many leaders like her," Gomez said. "I think the only way they'll ever get me out of here is to drag me out. I love this place. I love what we do, and I will forever keep waking up and wanting to come here every day."

For more information on The Psychological Center, Inc., or for information on positions available within the organization, visit: <https://psychologicalcenter.com/>.

Chief of Staff Virginia Gomez works in her office last week. A decorative nameplate on Chief of Staff Virginia Gomez's desk. (Photo Courtesy The Psychological Center, Inc.)



New Balance continúa apoyando a Programa de Ciencias Activas en Merrimack Valley YMCA

El programa Active Science de Merrimack Valley YMCA, que combina el aprendizaje con el movimiento en un esfuerzo por frenar la obesidad infantil, continúa apoyando a más niños en la ciudad de Lawrence este año, gracias a una subvención de \$125,000 de la Fundación New Balance.

Active Science combina a la perfección la actividad física y la instrucción educativa como una forma de combatir la creciente tasa de obesidad infantil en los EE. UU. y aumentar el rendimiento académico en el aula.

Durante Ciencias Activas, los estudiantes participan en actividad física monitoreada por un dispositivo similar a un podómetro. Una vez que el estudiante registra los datos, se utilizan para guiar a los estudiantes a través de su propia lección diseñada a medida. Active Science está lleno de planes de lecciones divertidos y atractivos que se alinean con los estándares nacionales para su grupo de edad en las áreas de ciencia, tecnología, ingeniería y matemáticas (STEM), todo lo cual conduce a resultados positivos.

El programa encaja perfectamente con la Fundación New Balance, cuyo objetivo es prevenir la obesidad infantil mediante el apoyo de organizaciones benéficas.

"Estamos muy complacidos de que New Balance Foundation continúe apoyando este programa innovador", dijo Frank Kenneally, presidente y director ejecutivo de Merrimack Valley YMCA. "Nuestra asociación con New Balance

se basa en nuestro interés compartido en prevenir la obesidad infantil en la ciudad de Lawrence y más allá".

Active Science presentó todas las sucursales de cuidado infantil de Merrimack Valley YMCA; Lawrence, Andover/North Andover, Boxford y Methuen. Además, se desarrolló una programación especial en Camp Otter de Merrimack Valley YMCA en Salem New Hampshire para las Escuelas Públicas de Lawrence, así como una programación que está integrada en cuatro escuelas en Lawrence.

Gracias a New Balance Foundation y su donación de \$125,000 más de 1,200 niños están participando en el programa y aprendiendo la importancia de la actividad física.

Con su sede central ubicada en Lawrence, Massachusetts, ubicada en el corazón del valle de Merrimack, la YMCA de Merrimack Valley está representada por la YMCA de Andover/North Andover, la YMCA de Lawrence, la YMCA de Methuen, Camp Lawrence y Camp Nokomis en el lago Winnepesaukee, y Day Camp Otter en Salem, New Hampshire. Cada una de estas sucursales y campamentos atiende las necesidades de comunidades distintas y únicas, lo que convierte a Merrimack Valley YMCA en una organización rica en diversidad cultural, social y económica. A través de programas, servicios, voluntarios y personal de calidad, Merrimack Valley YMCA trabaja constantemente para ayudar a que todos tengan una vida más saludable.

New Balance Continues Support of Active Science Program at Merrimack Valley YMCA

The Merrimack Valley YMCA's Active Science program, which combines learning with movement in an effort to curb childhood obesity, continues to support more children in the city of Lawrence this year, thanks to a \$125,000 grant from the New Balance Foundation.

Active Science, seamlessly blends physical activity and educational instruction as a way to combat the growing rate of childhood obesity in the U.S. and increase academic performance in the classroom.

During Active Science, students participate in physical activity monitored by a device similar to a pedometer. Once the data is logged by the student, it is then used to guide students through their very own custom-designed lesson. Active Science is filled with fun and engaging lesson plans that align with national standards for their age group in the areas of science, technology, engineering, and math (STEM), all leading to positive results.

The program is a natural fit for the New Balance Foundation, which aims to prevent childhood obesity through the support of charitable organizations.

"We are so pleased that the New Balance Foundation continues to support this innovative program," said Merrimack Valley YMCA President and CEO, Frank Kenneally. "Our partnership with New Balance is based on our shared interest in

preventing childhood obesity in the city of Lawrence and beyond."

Active Science featured all Merrimack Valley YMCA childcare branches; Lawrence, Andover/North Andover, Boxford and Methuen. In addition, special programming was developed at Merrimack Valley YMCA's Camp Otter in Salem New Hampshire for the Lawrence Public Schools, as well as programming that is integrated into four schools in Lawrence.

Thanks to the New Balance Foundation and their grant of \$125,000 more than 1,200 children are participating in the program and learning the importance of physical activity.

With its headquarters located in Lawrence, Massachusetts, nestled in the heart of the Merrimack Valley, the Merrimack Valley YMCA is represented by the Andover/North Andover YMCA, the Lawrence YMCA, the Methuen YMCA, Camp Lawrence and Camp Nokomis on Lake Winnepesaukee, and Day Camp Otter in Salem, New Hampshire. Each of these branches and camps serves the needs of distinct and unique communities, making the Merrimack Valley YMCA an organization rich in cultural, social, and economic diversity. Through quality programs, services, volunteers, and staff, the Merrimack Valley YMCA is constantly working to help make healthier lives achievable for everyone.

Los servicios de apoyo al estudiante de MCC marcan la diferencia en el camino del estudiante

Después de dar a luz a su hija a los 17 años, Leticia Torres, de Methuen, no estaba segura de adónde la llevaría la vida. Mientras crecía, vio a su madre inmigrante soltera luchar para trabajar en múltiples trabajos de salario mínimo. Con Middlesex Community College, Torres encontró una manera de equilibrar el tiempo que pasa con su familia trabajando y continuando su educación para mantenerlos.

“Me enorgullece decir que MCC me ha preparado para la grandeza”, dijo Torres. “Hasta ahora, mi mayor logro ha sido tener la fuerza para continuar asistiendo a MCC y mantener buenas calificaciones mientras lo hago”.

El Programa TRIO para el Logro Estudiantil de MCC, financiado por el Departamento de Educación de los EE. UU., facilitó la experiencia universitaria de Torres. Para ayudarla a que le vaya bien en las clases, el programa le enseñó estrategias de estudio y habilidades académicas a través de tutorías. El personal del programa también ofreció orientación para mantenerla mentalmente sana cuando luchaba contra la depresión y la ansiedad.

“Realmente se preocupan por el bienestar de sus estudiantes”, dijo. “Han estado allí para apoyarme cuando tengo ganas de rendirme. Me motivan a ser mejor estudiante. Me prepararon para la excelencia académica y el éxito. Puedo decir que no estaría donde estoy sin el programa TRIO”.

Una de las formas en que el personal de TRIO es “mentor más allá de Middlesex” es inspirando a Torres a continuar su educación. La estudiante de Business Transfer planea aprovechar el proceso de MassTransfer para asistir a la Universidad de Massachusetts Lowell después de graduarse de MCC.

Otra influencia en el tiempo de Torres en Middlesex es Stacie Hargis, Coordinadora del Programa de Emprendimiento de MCC. Ya sea enseñándole más sobre conceptos y planes comerciales o aconsejándola en sus próximos pasos, Hargis le ha demostrado a Torres que “realmente se preocupa por sus estudiantes”.

Los miembros del personal de TRIO y profesores como Hargis le han mostrado a Torres las formas en que MCC “hace un esfuerzo adicional por los estudiantes”. Torres también le da crédito a su madre y su resiliencia en la crianza de Torres y sus hermanos por dar forma a sus experiencias de vida. Ahora, como madre soltera, Torres cree que le está mostrando a la comunidad, ya sí misma, lo que es posible a través de la educación.

“Estoy superando las probabilidades como la primera generación en asistir a la universidad”, dijo Torres. “Voy a continuar con mi educación y cumplir los sueños y objetivos que tengo para mi futuro. MCC me ha dado la oportunidad de volver a tener esperanza”.



Con Middlesex Community College, Leticia Torres encontró una manera de equilibrar el tiempo que pasa con su familia trabajando y continuando su educación para mantenerlos. Los empleados que trabajan para los programas TRIO de la universidad apoyan a los estudiantes en su camino hacia el éxito.

With Middlesex Community College, Leticia Torres found a way to balance spending time with her family with working and continuing her education to provide for them. Employees working for the college’s TRIO programs support students on their paths to success.

MCC’s Student Support Services Make Difference on Student’s Path

After giving birth to her daughter at 17, Leticia Torres, of Methuen, was unsure of where life would take her. Growing up, she watched her single immigrant mother struggle to work multiple minimum wage jobs. With Middlesex Community College, Torres found a way to balance spending time with her family with working and continuing her education to provide for them.

“I am proud to say that MCC has prepared me for greatness,” Torres said. “So far, my greatest achievement has been having the strength to continue to attend MCC and maintain good grades while at it.”

MCC’s TRIO Program for Student Achievement – funded by the U.S. Department of Education – made Torres’s college experience easier. To help her do well in classes, the program taught her study strategies and academic skills through tutoring. Staff in the program also offered guidance to keep her mentally well when she struggled with depression and anxiety.

“They truly care about their students’ well-being,” she said. “They have been there to support me when I feel like giving up. They motivate me to be a better student. They set me up for academic excellence and success. I can say I wouldn’t be where

I am without the TRIO program.”

One of the ways TRIO staff “mentor beyond Middlesex” is by inspiring Torres to continue her education. The Business Transfer student plans to take advantage of the MassTransfer process to attend the University of Massachusetts Lowell after she graduates from MCC.

Another influence on Torres’s time at Middlesex is Stacie Hargis, MCC’s Entrepreneurship Program Coordinator. Whether teaching her more about business concepts and plans or advising her through her next steps, Hargis has proven to Torres that “she truly cares about her students.”

The staff members of TRIO and professors such as Hargis have shown Torres the ways in which MCC “goes the extra mile for students.” Torres also credits her mother and her resilience in raising Torres and her siblings for shaping her life experiences. Now as a single mother, Torres believes she is showing the community – and herself – what is possible through education.

“I am beating the odds as the first generation to attend college,” Torres said. “I am going to continue with my education and accomplish the dreams and objectives that I have for my future. MCC has given me a chance to hope again.”



Volunteers needed at the NIN Warehouse

“Life’s most persistent and urgent question is, what are you doing for others?” – Martin Luther King, Jr.



Thank you to Merrimack College Freshmen!

Volunteering as a group makes for fast, fun, efficient work- and it also provides a real-life context for an honors writing class at Merrimack College! As part of Dr. Deanna Danforth’s course, “Doing Food Justice”, students volunteered at the Neighbors In Need Food Warehouse to explore “how food can inform our understandings of race, class, gender, morality, politics, and a variety of cultures.” We look forward to students from this class returning to the NIN Warehouse in October- and to learning more about their work in this exciting course!

Rumbo

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

“Nosotros no somos periodistas para ser popular. Nuestro trabajo es escudriñar hasta hallar la verdad y poner presión constante en nuestros líderes hasta conseguir la verdad.”

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

— Helen Thomas

La Columna de Audy

El Latinx Community Center for Empowerment recibe una subvención de MASS HUMANITIES por \$19,605

El Latinx Community Center for Empowerment (LCCE) se complace en anunciar que recibió una subvención de \$19,605.00 de la iniciativa Expand Mass Stories de Mass Humanities. Junto con LCCE, Mass Humanities anunció subvenciones a 42 organizaciones culturales sin fines de lucro para proyectos que incluyen audioguías, documentales, historias orales y eventos públicos. Con un total de \$713,867.00, las subvenciones reexaminarán y reinventarán la historia de Massachusetts.

Estos fondos apoyarán el Archivo Lowell Latinx, que busca trabajar con la comunidad para dar visibilidad a las historias de los pueblos Latinx de Lowell a través de la colección de historia oral y fotografía, así como la creación de eventos de desarrollo comunitario. La LCCE cree que tales esfuerzos ayudarán a:

- Desmontar la narrativa de los pueblos latinx carentes de organización y liderazgo en la ciudad.
- Formar y fortalecer lazos de conexión y confianza entre los diversos grupos Latinx.
- Mostrar la heterogeneidad de las culturas, identidades, experiencias y razas latinas.
- Reimaginar y recuperar lugares públicos a través de la creación creativa de lugares.
- Ampliar la narrativa de Lowell al incluir un grupo pobre y rara vez representado en su historia.

Según Diego Leonardo, presidente y cofundador de Latinx Community Center for Empowerment, "Estos fondos proporcionarán a nuestra institución los recursos necesarios para poder responder a algunos de los problemas más abrumadores que enfrentan algunos de los miembros de nuestra comunidad a diario." "Estamos muy seguros de que una gran cantidad de personas se beneficiarán una vez que nuestros programas en planes se implementen por completo al servicio de nuestra comunidad".

Para ver la lista completa de beneficiarios, visite el sitio web de (LCCE).

Las organizaciones interesadas en obtener información sobre futuras subvenciones deben seguir a Mass Humanities en las redes sociales @ masshumanities.

Acerca del Centro Comunitario Latinx para el Empoderamiento (LCCE)

LCCE es una organización sin fines de lucro que promueve el desarrollo socioeconómico de la comunidad Latinx a través de programas sociales que cultivan y fortalecen su potencial como activos comunitarios. Por lo tanto, empoderamos a nuestra comunidad a través de la educación para su participación activa en la fuerza laboral de la ciudad, la vida cívica y la comunidad en general. El éxito de nuestros 5 programas diferentes demuestra nuestra capacidad para educar, empoderar e involucrar a nuestros electores. Nuestros programas son 1) Desarrollo de la fuerza laboral, 2) Eventos comunitarios, 3) Servicios de referencia, 4) Compromiso cívico y 5) Educación financiera. Para obtener más información, visite www.latinxcenter.org

Acerca de Mass Humanities

Mass Humanities, una fundación sin fines de lucro con sede en Northampton, crea oportunidades para la gente de Massachusetts para transformar sus vidas y construir una comunidad más equitativa a través de las humanidades. Desde su fundación en 1974, la organización ha proporcionado millones de dólares para apoyar miles de proyectos de humanidades en todo el Commonwealth. Establecido como el afiliado estatal de la National Endowment for the Humanities (NEH), Mass Humanities es una organización independiente de programación y concesión de subvenciones que recibe apoyo de NEH y el Consejo Cultural de Massachusetts, así como de fuentes privadas. Para obtener más información, visite www.masshumanities.org

Audy's Column

The Latinx Community Center for Empowerment receives grant from MASS HUMANITIES for \$19,605

The Latinx Community Center for Empowerment (LCCE) is pleased to announce it has received a \$19,605.00 grant from the Expand Mass Stories initiative from Mass Humanities. Alongside LCCE, Mass Humanities announced grants to 42 cultural non-profits for projects that include audio tours, documentary films, oral histories, and public events. Totaling \$713,867.00, the grants will reexamine and reimagine the story of Massachusetts.

These funds will support the Lowell Latinx Archive which seeks to work with the community to bring visibility to the stories of Latinx peoples of Lowell through the collection of oral history and photography as well as the creation of community building events. The LCCE believes that such efforts will help:

- Dismantle the narrative of Latinx peoples lacking organization and leadership in the city.
- Form and strengthen bonds of connection and trust across the various Latinx groups.
- Show the heterogeneity of Latinx cultures, identities, experiences, and races.
- Reimagine and reclaim public places through creative place making.
- Expand Lowell's narrative by including a group poorly and rarely depicted in its history.

According to Diego Leonardo, President and Co-founder of Latinx Community Center for Empowerment, "These funds will provide our institution needed resources to be capable to respond to some of the most overwhelmed problems some of our community members confront on daily basis." We are very sure that a high number of people will benefit once our programs in plans are fully implemented serving our community."

For the full list of grantees, visit the (LCCE) website.

Organizations interested in learning about future grants should follow Mass Humanities on social media @ masshumanities.

About Latinx Community Center for Empowerment (LCCE)

LCCE is a non-profit that promotes the socio-economic development of the Latinx community through social programs that cultivate and strengthen their potential as community assets. Thus, we empower our community through education for their active participation in the city's workforce, civic life, and community at large. The success of our 5 different programs demonstrate our capacity to educate, empower and engage our constituents. Our programs are 1) Workforce Development, 2) Community Events, 3) Referral Services, 4) Civic Engagement and 5) Financial Literacy. For more information, visit www.latinxcenter.org

About Mass Humanities

Mass Humanities, a non-profit foundation based in Northampton, creates opportunities for the people of Massachusetts to transform their lives and build a more equitable commonwealth through the humanities.

Since its founding in 1974, the organization has provided millions of dollars in support of thousands of humanities projects across the Commonwealth. Established as the state-based affiliate of the National

Endowment for the Humanities (NEH), Mass Humanities is an independent programming and grant-making organization that receives support from the NEH and the Massachusetts Cultural Council as well as private sources. For more information, visit www.masshumanities.org.

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RUMBONEWS.COM

"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

"El amor y la compasión son necesidades, no lujos. Sin ellos, la humanidad no podrá sobrevivir."

Dalai Lama

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/> heallawrence@aol.com
<https://www.facebook.com/heallawrence.mass>



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

"Impactando la vida de los oyentes"

Producción de Luis Piñeyro

Miércoles, de 2 a 3 de la tarde por la 1110 AM

Help fill Neighbors In Need (NIN) Diaper Pantry shelves during Diaper Need Awareness Week

After a year of 13 to 20% increases in the price of diapers, Neighbors In Need will host a community-wide diaper drive to sustain their diaper distribution efforts throughout the year and to build awareness by the public about diaper need during National Diaper Need Awareness Week (Sept. 24 – Oct. 2, 2022). One in three U.S. families struggles to provide enough diapers for their baby. An often-hidden consequence of poverty, diaper need harms the physical, mental, and economic well-being of children and families.

The Neighbors In Need diaper drive will take place on Wednesday, September 28, 2022, from 3:00 p.m. until 7:00 p.m. in the parking lot of 60 Island Street, Lawrence, MA. At 5:30 p.m., Neighbors In Need staff, joined by Representative Christina Minicucci and Representative Tram Nguyen will read Governor Baker's National Diaper Need Awareness Week proclamation and will offer brief remarks. Other local legislators have also been invited and may be in attendance. All size diapers, infant wipes and rash creams will be collected. The most needed diaper sizes are: 4, 5, 6, and 7.

Neighbors In Need has been supplying diapers to Greater Lawrence families for much of their 38-year history. Through their diaper pantry, the nonprofit distributed more than 120,000 diapers last year alone. "We're proud of the work we've done," said Linda Zimmerman, Neighbors In Need Executive Director. "But there is much more to do. It is important to raise awareness of this issue so that more people will commit to a solution. No child in Greater Lawrence should ever become sick because their adults could not afford to change them."

Led by the National Diaper Bank Network, more than 225 local diaper bank programs are working with individuals, community organizations, and elected officials to help get free, clean diapers to babies who need them.

"All families should have an adequate supply of diapers for their children," said Joanne Goldblum, founder, and CEO of the National Diaper Bank Network. "National Diaper Need Awareness Week recognizes that small things affect big things. Diapers matter. And, for families in need, diaper banks like Neighbors In Need frequently provide the only resources available to help moms, dads, grandparents and other caregivers obtain the diapers needed to keep a child healthy."

Government programs designed to help children do not provide funding for diapers,



"Neighbors in Need will distribute all of these diapers in one month!"



"Another happy customer at the Neighbors In Need Diaper Pantry."

a necessity for all babies. There are currently 5.2 million infants and toddlers living in low-wage families, many of whom face a daily struggle to secure a necessary supply of diapers. According to the Center for Economic and Policy Research, the poorest 20% of Americans who buy diapers spend 14% of their post-tax income on diapers.

Of families in diaper need, three-in-five parents (57%) miss work or school due to a lack of sufficient diapers required by childcare, day care or early education programs to care for a baby or toddler. As a result, parents experiencing diaper need missed an average of four days of work or school in the past month (source: Diaper Need and Its Impact on U.S. Families, 2017).

73% of all families feel they are not being good parents when their children are left too long in dirty diapers, while one-in-three households in need experience feeling stressed or overwhelmed by diapering always or often (source: Diaper Need and Its Impact on U.S. Families, 2017).

About Neighbors In Need

For over 35 years Neighbors in Need has served the poor and hungry in Greater Lawrence without question or means testing by providing food, diapers, formula, and other basic necessities. Neighbors in Need is concerned about the consequences of poverty and poor nutrition on the families that we serve. Over the last year, Neighbors In Need has partnered with Community Giving Tree to bring a Diaper Bank to the Greater Lawrence area.



"Another happy customer at the Neighbors In Need Diaper Pantry."

GLCF to Host Annual Celebrate Giving Event with Focus on the Power of Philanthropy



GLCF Celebrate Giving 2022 will focus on the power of philanthropy in Greater Lowell with panelist Nancy Huntington Stager, President & Chief Executive Officer, Eastern Bank Foundation.



GLCF Celebrate Giving 2022 will focus on the power of philanthropy in Greater Lowell with panelist John Flanagan, Senior Director, Westford Corporate Citizenship for Red Hat.



GLCF Celebrate Giving 2022 will focus on the power of philanthropy in Greater Lowell with panelist Siddhi Shah Cheong, Head of Strategy Development, MilliporeSigma and representing the Shruti N. Shah Memorial Scholarship Fund.



GLCF Celebrate Giving 2022 will focus on the power of philanthropy in Greater Lowell with panelist Sophy Theam, Trustee of the Theodore Edson Parker Foundation and DEI and Leadership Program Specialist at Enterprise Bank.

On Wednesday, October 26, 2022, the Greater Lowell Community Foundation (GLCF) will host its annual Celebrate Giving event in a hybrid format, with limited in-person tickets. The event will focus on the Power of Philanthropy.

This year's event will feature a panel discussion moderated by GLCF president and CEO Jay Linnehan. Panelists will include Nancy Huntington Stager, President & Chief Executive Officer, Eastern Bank Foundation; Sophy Theam, Trustee of the Theodore Edson Parker Foundation and DEI and Leadership Program Specialist at Enterprise Bank; John Flanagan, Senior Director, Westford Corporate Citizenship for Red Hat; and Siddhi Shah Cheong, Head of Strategy Development, MilliporeSigma and representing the Shruti N. Shah Memorial Scholarship Fund. Highlighting their philanthropic support, panelists will engage in conversation about creating change in the community, the transformational effect of giving time, talent, and treasure, and the future of philanthropy.

The event will also include awarding three 2022 GLCF awards: Business Philanthropy Partner Award, Steven Joncas Community Connector Award, and the Inaugural GLCF Newell Flather Legacy Fund Grant Award.

"We believe that philanthropy is something everyone can and should

engage in, as fundamentally, philanthropy is about civic engagement," said Jay Linnehan, Greater Lowell Community Foundation President and CEO. "This year's Celebrate Giving will provide an opportunity to showcase a broad range of philanthropists and hopefully inspire others in our community to get involved in this important work."

Celebrate Giving reception will begin at 5:00 p.m. and the program will begin at 6 p.m. Tickets are \$100 for in-person, \$25 for virtual and need to be reserved by October 25 online at www.glcfoundation.org. Sponsorships are available.

About Greater Lowell Community Foundation

Established in 1997, the Greater Lowell Community Foundation (GLCF) is a philanthropic organization comprised of more than 400 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of more than \$55 million, GLCF annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from Foundation staff, and an in-depth understanding of local needs. The generosity of our donors has enabled GLCF to award more than \$30 million to the Greater Lowell community.

12th Annual



In Pink

Brunch & Comedy Show

HEADLINE ENTERTAINMENT



Christine Hurley

As a mom of 5 kids, Christine Hurley has learned to laugh in order to survive the tough times. She's a favorite on the Boston comedy scene and will have all of us laughing while raising money for a great cause.

OCTOBER 22, 2022
 11:00 am - 2:00 pm
Andover Country Club
 60 Canterbury Street
 Andover, Massachusetts

Proceeds support GLFHC women's health programs and services.
 The show also features:
 Live Entertainment
 Brunch
 Silent Auction
 Mystery Boxes
 Raffles
 Sponsorship Opportunities

For more information about the event, [click here to view our In Pink 2022 web page.](#)

All questions may be directed to Mary Lyman, Director of Community Relations, at mary.lyman@glfhc.org or (978) 722-2871.

GLFHC.org

www.rumbonews.com

CLASIFICADOS | CLASSIFIEDS

LEGAL NOTICE
NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after October 2, 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. 2005 Chevrolet Silverado 2500HD VIN 1GCHK29U45E224929
2. 2001 Toyota Sequoia VIN 5TDBT44A91S004931
3. 2006 Chevrolet Silverado 1500 VIN 1GCEK19B06Z171104
4. 2003 Chevrolet Express VIN 1GBHG31U731121189

Robert Sheehan
 Owner, Sheehan's Towing L.L.C.
 9/15, 9/22, 10/1

LEGAL NOTICE
NOTICE OF PUBLIC SALE

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

1. 2006 Mack 600 VIN 1M1AK05Y96N014519
2. 2008 Honda Accord VIN 1HGCP26888A042344

Robert Sheehan
 Owner, Sheehan's Towing L.L.C.
 10/1, 10/8, 10/15

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1. 2014 Honda Accord VIN 1HGCR2F30EA260112
2. 2005 Ford F-250 VIN 1FTSX21P75EC92428
3. 217 Kawasaki Z125 Pro VIN JKABRRJ12HDA04482

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Signed
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 Coady's Towing Service
 10/1, 10/8, 10/15

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Introducing Bread and Roses Housing's new Executive Director

Bread and Roses Housing Inc is thrilled to announce that Annmary Connor will become our new executive director on October 11th, 2022.

When we launched our Executive Director search earlier this summer, we set out to find a visionary and dynamic leader who could build on our previous successes, continue Bread and Roses Housing's important work on affordable homeownership, and lead our efforts to increase our impact in the greater Merrimack Valley community. We sought someone with leadership experience in moving affordable housing and social services teams towards systemic change, with demonstrated commitment and deep connections in the communities we serve, and with the management skills to tap into our extraordinary staff and Board members. Ms. Connor brings all of this and more. We're so excited for her to apply her passion, strong community engagement, and solid experience as she steps into this role.



Annmary Connor is a Social Worker who was born and raised on the North Shore of Boston. Growing up she was taught the value of family, community and service. Ms. Connor attended Fitchburg State College where she received her Bachelor of Science in Human Services. Annmary later moved to New Mexico where she attended New Mexico State University and received her Master in Social Work with a focus on Family Preservation.

Annmary has worked in the social services field for her entire professional career. Through her work, she identified a passion for equality and recognized the gap in affordable housing to combat oppression. She served on the YWCA of Greater Newburyport Board of Directors for six years, two of which as Board President, and was part of the affordable housing expansion. In her last role as the Division Director of Social Services at the Greater Lawrence Community Action Council, Inc (GLCAC) Annmary considerably expanded the organization's housing services footprint. She also led the teams and programs for Housing and Homelessness, the Child Abuse Prevention Program, the Community Service center and SNAP. Among her accomplishments in this role, Ms. Connor programmed the rapid expansion of housing programs during the COVID-19 pandemic and executed a \$1.5 million Emergency Solutions Grant for households in Lawrence. Earlier in her

tenure at GLCAC, she developed grants to support a housing initiative in support of the communities impacted by the 2018 Columbia gas explosion.

Annmary shared with us about her appointment:

"I am honored to be selected as the next Executive Director of Bread and Roses Housing. The legacy of Mary Marra and Yesenia Gil has made life-altering positive impacts on over fifty families in the Merrimack Valley who have become homeowners, thus building generational wealth. It is in their spirit that I will continue to broaden the impact of Bread and Roses Housing through building community, one home, one family at a time."

As Board President, I'm excited that Annmary is ready to lead and to grow with our organization, and I am so enthusiastic about what the future holds for Bread and Roses Housing as we continue to address the affordable homeownership crisis. My sincere thanks go out to our Board and staff for continuing our organization's outstanding work during the transition.

We hope you'll join us in wishing a warm welcome to Annmary; we look forward to our future working together with all of you.

With gratitude and optimism, Teresa Irene Gonzales, PhD President of the Board of Directors Bread and Roses Housing Inc.

Controversial opinion? Some teachers are insane

By Connor Boyack

Wasn't it Einstein who said that the definition of insanity is to repeat the same thing over and over again while expecting a different result?

So... could we call social studies teachers insane?

Year after year, they use the same fact-filled textbooks to cram students' minds full of names and dates and superficial tidbits... and then they bemoan the high rates of civic illiteracy and apathy.

Maybe we need a different change. And that's exactly why we created our new American history book and curriculum that actually teaches history in an interesting and relevant way for children.

I'll cut to the chase.

I want to get that book and curriculum into thousands of schools across the country. And I need your help.

I just hired two people whose sole job is to speak with principals, school owners, and educators who want to use our history materials in their class.

Do you know of a private school, charter school, or large homeschool co-op that would like to use our book and curriculum? (We can do steep discounts for class sets of books.)

Here's a super quick form where you can share with us a particular school you know of that would be a good fit.

Please note: ideally this is a school where you have a connection to the decision maker and know who we should talk to. General leads like "I think this school would like it!" are okay, but what is really helpful is a school where you know the person in charge we need to connect with.

My team is ready to get on the phone and reach out. We want your help to know who to call. Let's work together to get millions of kids learning history the right way.

So that we can all be a little less insane, yes?

Libertas Institute 2183 W Main St Suite A102 Lehi, UT 84043

NORTHERN MIDDLESEX COUNCIL OF GOVERNMENTS
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NMCOG to hold Annual Meeting on October 19th

NMCOG Press Release
 September 21, 2022

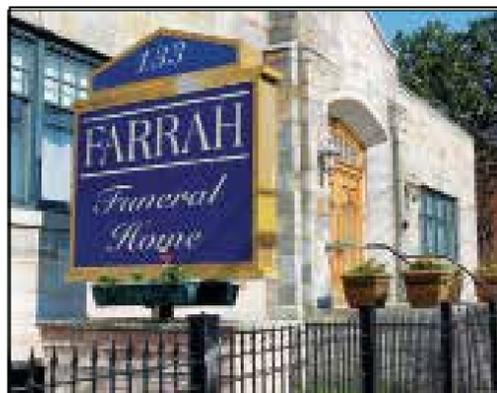
The Northern Middlesex Council of Governments (NMCOG) is excited to announce its Annual Meeting to be held the evening of October 19th, featuring special guest Jay Linnehan, Jr., Esq., President and CEO Greater Lowell Community Foundation (GLCF). The meeting will be held at UTEC, 35 Warren Street Lowell MA 01852. There will be a short business meeting at 6:30, followed by the main program at 7:00 PM with remarks by NMCOG Chair Andrew Deslaurier and Executive Director Jennifer Raitt. To RSVP for this event, please go to our website at <https://www.nmcog.org/2022-annual-meeting-rsvp>

About NMCOG

The Northern Middlesex Council of Governments (NMCOG) works with communities in the Greater Lowell region to support and enhance a wide range of community and regional planning objectives. We plan for and advance actions related to climate resiliency and adaptation, energy, economic development, environmental protection, housing, land use, municipal service delivery, public health, public safety, regional collaboration, and transportation. NMCOG is governed by a policy board of local elected officials from its member municipalities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Pepperell, Tewksbury, Tyngsborough, and Westford. NMCOG also serves as technical staff to the Metropolitan Planning Organization providing comprehensive transportation planning services for the region under contract with MassDOT and the Lowell Regional Transit Authority.

For questions about the NMCOG's Annual Meeting, please contact Katrina Garavanian at 978-454-8021 or kgravanian@nmcog.org.

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at/ en Nevins Memorial Library - Methuen
305 Broadway, Rte.26, Methuen MA
- EVERY SATURDAY / CADA SABADO**
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Q: My dad was just diagnosed with memory loss. Since this is the first time I've dealt with the disease, I'm trying to gather information to help make this time easier on him – as well as myself. I've already joined your support group, but is there anywhere else I can gather information to review in my free time?

A: I'm so happy to know you've joined our support group, and I'd love to share some more resources with you. While there are a lot of articles you can read on the internet, it's also possible to find so much that it feels overwhelming, so I'm glad you're reaching out to see what we recommend.

My recommendations span a couple of categories – one being books and another being podcasts. There are plenty more out there, but this is generally a good place to start. Check out these dementia resources to find some that may work for you or the older adult you're caring for.

Cognitive Impairment and Instrumental Activities of Daily Living With Mass General Hospital Thursday, November 3 | 7 p.m.

Learn about new assessments of early deficits in everyday functioning and their associations with brain changes. Dr. Marshall will discuss research on new tests that detect early changes in daily functioning and how they may be used as screening tools for dementia and tracking daily functioning changes over time.



Dr. Gad Marshall Director of Clinical Trials at the Center for Alzheimer Research and Treatment at the Brigham and Women's Hospital & Assistant in Neurology at Massachusetts General Hospital

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BY DALIA DÍAZ
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■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Last week, there was so much going on in Lawrence that I didn't have time to write my column. I guess today, it's going to be a long one.

Oh! The trash issue

People were complaining all over the city about their trash not being picked up (and rightfully so) although the mayor is not responsible, he got all blame.

Mayor De Peña issued a letter explaining his negotiations with Republic since they bought out JRM and the problem has been resolved by now.

Please, don't call me with your complaints; I'm not the mayor's apologist or media person.

Although M. M. from Upper Tower Hill wrote that "This new mayor is trash," and I think this person went too far with the criticism, I do agree with the rest of the message. "...Trash and recycling are always delayed... noise pollution is out of control... dirt bikes and 4-wheelers think it's a free for all on the road."

In previous weeks I have commented that something must be done about all of that.

Elections and the abortion issue

The U S. Supreme Court decriminalized abortion nationwide in 1973. It gave people the right to access abortion legally all across the country and freed patients to access the health care they needed when they needed it without fear.

According to Planned Parenthood, from 1973 to 2021, states enacted 1,336 abortion restrictions — 44% of those in the last decade." Women wanting an abortion had to travel to other states allowing it.

The Supreme Court's recent decision was that this is something that each state should decide separately because the Constitution has nothing to do with it.

Meanwhile, in every election, the abortion issue has been key in the selection of candidates.

People would consider their choices on whether or not they were for or against abortion. That's how we got to present-day America.

We have an election coming up on November 8th and this subject is very latent with people of all ages, religious beliefs, races, and nationalities, of both political parties. It takes more than one subject to make a good candidate for office, while it takes agreement among many of them to achieve any changes to present laws.

You may end up voting for someone you agree with in a position where he or she will be isolated, unable to fulfill a promise. That's why we must look at the politician in general to find the one that best conforms to our interests and, if we also agree on the abortion issue, that's a match.

A good example of that is Stacy Abrams, a gubernatorial candidate in Georgia. She said, "There is no such thing as a heartbeat at six weeks. It is a manufactured sound designed to convince people that men have the right to take control of a woman's body," says Abrams.

Judge for yourselves if that is a rational statement in favor of abortion.

I can also show you a picture of a 14-week miscarriage that was fully formed (toes, fingers, nails, tongue, penis, etc.). When the doctor couldn't detect a heartbeat, recommended an abortion. She insisted on having forced labor because she didn't want her baby to be thrown out like "medical waste." The picture is too graphic to post here but if anybody wants to see the article with pictures, please let me know.

One issue doesn't make a good candidate into a good legislator. There's a lot to consider.

The Fourth Amendment of the Constitution

This section of Rumbo has the purpose of discussing things not usually talked about in the media, particularly in Spanish.

A couple of weeks ago, Mike Lindell, better known as My Pillow Guy, (a big supporter of Donald Trump) was leaving a restaurant when a group of FBI agents approached him with a warrant and asked him to give them his telephone. He complied but expected to have it returned soon.

Weeks went by and the FBI refused to return it.

The problem for Mr. Lindell is that he has his medical records on that phone and many other things we all have, not just names, telephones and addresses. Worst yet, is that he is not suspected of anything, he has not been charged by anyone with any misdeeds

He is now suing the Department of Justice (DOJ) and the FBI for violating his First, Fourth, Fifth, and Sixth Amendment rights. I often mention the First Amendment because it guarantees freedom of Expression and the press. You should check the Fifth and Sixth Amendments to see how they apply to this case.

I'm just talking about the Fourth one for now.

The Fourth Amendment protects people against 'unreasonable searches and seizures.' It requires the government to get a warrant by showing in a sworn statement that it has probable cause to believe that a particular place needs to be searched and describing specific people or things to be seized."

My question is, Is the FBI playing a dirty trick along with the DOJ to violate citizens' rights?

Please be careful when you get involved in a political discussion unless you are aware of what you are saying is true. There's a lot going on that most people don't understand.

Municipal elections are over and we pray

Last year, I said that Senator Barry Finegold was a "traitor" to this community for availing himself to bring a "home rule petition" to the State House for the purpose of ignoring the City Charter and not having a Special Election. That was a farce because it was approved by the city council the day after it had been approved by the legislators and signed by Governor Baker. I stand by that because it was a dirty

trick against the voters.

I must now admit that losing Barry Finegold was a huge loss for Lawrence. With the new district's reassignments, Finegold is no longer in Lawrence and we can't deny that he was a good friend of this community who did lots of good for us. Thank you.

Now, we must pray that Pavel Payano follows his example although I doubt it; Pavel has shown during the years in the city council that he pushes other members to agree with him and that his interests come first.

God helps us!

Staffing and care at LGH

Every now and then I receive complaints from people about the long waits in the Emergency Room (ER) and the poor care they receive, in their opinion.

Unfortunately, I am one that has to depend on ER services much too often.

First, I go regularly to my Primary Care Provider (PCP) and she either sends me there or I automatically run to the ER because my condition is becoming a routine for me.

I, like all mortals, must wait in line like everybody else and witnessed the kinds of problems for which people come to the ER and their expectations.

Many times, I have seen a nurse come out to explain that they are short-handed of personnel and that people arriving in ambulances due to accidents or other violent crimes have a preference because they are in fact, EMERGENCIAS.

Usually, parents with small children who have been waiting perhaps for five hours screamed back to them, they are

LETTERS TO THE EDITOR

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simply told that they should have gone to the child's doctor, instead, because there's not much they can do.

It's not poor service. They are treating patients on stretchers in the hallways because there's no more room in the emergency room. They can't send them to a room because there are no beds available.

What that means is that entire sections of the hospital are closed off because there's a shortage of nurses and, according to their union rules, nurses are limited to caring for a number of patients and that's all. Just because beds are available doesn't mean that the ER can send them upstairs if there are not enough nurses.

Then, imagine that you are in my situation. Every few weeks, I need blood transfusions unexpectedly, and I'm told that I need two or three units but they can only give me one because of the shortage.

How would you react? The Red Cross and all hospitals keep asking the public to donate but we don't. The amount of blood available must be secured for other accidents or crimes when the life of the patient is in danger.

Would you complain about that as poor service? Take the time to understand the reasons and try to cooperate.

For minor problems, especially with children, go to a health center or their private doctor. That goes also for adults with any pain; the doctors there will tell you if you should go to the emergency room.

And when it comes to calling an ambulance, remember that the average cost is \$1,300 per trip. If the person can walk, take a taxi or ask someone to drive his or her. You are contributing to the high cost of medical care.

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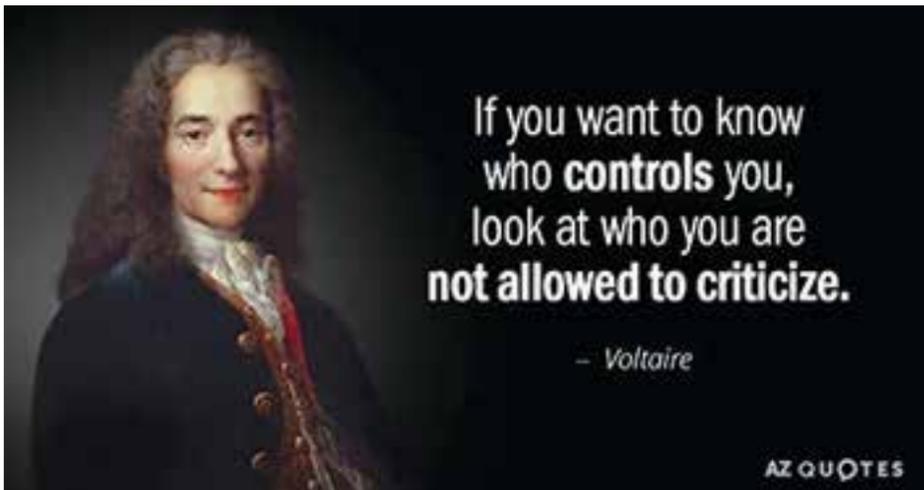
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— Voltaire

AZQUOTES

Resettlement Fund Provides Critical Support to Afghan Refugees

By Kathy Register

Melissa Marrama's initial efforts to assist Afghan refugees started modestly. Last summer and fall, the Andover financial planner rallied members of area mosques to collect household items for Afghani families newly housed in Lowell-area hotels.

Now, thanks to grants from the Greater Lowell Community Foundation's Afghan Resettlement Fund, Marrama has developed a network of individuals, businesses and religious organizations throughout the Merrimack Valley focused on helping more than 400 local Afghan refugees adjust to life in the United States.

Working through the Andover Islamic Center, Marrama assists refugee families and individuals living in Greater Lowell locate permanent housing, enroll in schools, line up transportation, learn English, and find jobs.

"Our generous donors who gave to the GLCF Afghan Resettlement Fund provided area nonprofits with the critical support needed to help welcome and resettle our new Afghan neighbors," said Jay Linnehan, GLCF's President and CEO. "This grant funding complemented the work of local nonprofits and expanded our community's capacity to meet the needs of Afghans who fled their homeland to come to the U.S. seeking safety."

"I'm not a resettlement agency," stressed Marrama. "I'm trying to build support systems for these Afghan families. My thing is, when I help them, I help them as a group."

For 25 years, Marrama had done charity work by writing checks. "But during the COVID-19 pandemic, I started volunteering and encouraged others to volunteer," she said.

In August 2021, Marrama got a call from Patricia Coffey, Director of Community Relations at UMass Lowell, asking if she could help collect household items for newly arriving Afghan refugees. "So, I put out calls for help to my own mosque and other mosques," she explained. "I thought we'd just do it quietly."

But a story about their efforts ran in a local newspaper and Marrama's phone started ringing. "We got calls from Jewish temples, Christian churches, local businesses, and community organizations -- they all wanted to help. I would post on Facebook that we needed 50 microwaves or 50 sets of sheets, and the items would just come in."

At first, Marrama brought everything she collected to resettlement agencies for distribution. But once the refugees arrived in Lowell, she began making home visits and asking them directly what they needed. "I got very close to these families," she said. "Now, I'm in close contact with 90 percent of them."

The local refugees fall roughly into two distinct groups, she explained. The first group consists of single men who worked with the U.S. military. The second group is made up of large families -- married men who came over with wives and often six to



With the GLCF grant funds, Marrama helped Afghan refugees work toward achieving three key milestones: learning English, earning a driver's license, and finding a job. (l-r) Sediqulla Karimi, Zabiullah Karimi and Melissa Marrama from the Andover Islamic Center at the Registry of Motor Vehicles where they successfully received their driver's licenses.

eight children.

"Some of these men were military pilots, trained by U.S. troops," said Marrama. Others were military maintenance workers, journalists, or medical workers, she added. They come from all over Afghanistan, from many different walks of life. And the vast majority don't speak English.

With the GLCF grant funds, Marrama helps the refugees work toward achieving three key milestones: learning English, earning a driver's license, and finding a job.

"The biggest challenge is learning English. To get a driver's license, you must be able to read road signs" she said. "I have airplane pilots who have never driven a car before!"

Marrama has helped many Afghans enroll in driving schools. Once they earn their licenses, they can better travel to and from work -- and drive other refugees on the weekends. "I tell all the drivers we have assisted, 'I will help you, but you need to help others by joining our network.'"

Through her local connections, Marrama has also generated a variety of other goods and services. "We work with companies like Timberland, which just gave us 86 pairs of boots for our men working in factories," she said. The Bike Connector, a Lowell nonprofit, has donated free bikes -- often the first means of transportation for these refugees, Marrama explained.

"And a number of local businesses have reached out to us with job offers," she said. "Recently Vicor Corp. hired 25 Afghans to make chips for electric vehicles. Plus, we were able to provide technology to help Afghani pilots training to be pilots here in the U.S.," Marrama said. And Staples and Leap Year Publishing have donated school supplies for the kids.

However, Marrama realized the youngest refugees needed special attention. "These kids have no sense of normalcy," she said. "They have been uprooted from their country, lived for months in refugee camps around the U.S., then moved here. They've lost their sense of play and how to have fun."

So, she connected with Leah Okimoto, founder of the Lowell-based nonprofit Aaron's Presents, who helped arrange playdates with the refugee children.

"Aaron's Presents works with local students in grades 4-8 to give them the opportunity to do whatever they want to do -- as long as it benefits somebody else," explained Okimoto. Last winter and spring, middle-school volunteers from Lowell

Community Charter Public School elected to arrange fun activities with the Afghan children, to make them feel welcome, she said.

"We were simply trying to bring an afternoon of joy and fun to these kids," Okimoto said. "We did about 20 projects this past school year, mostly playdates with our middle-schoolers and the Afghan kids. And we'll continue arranging them this fall.

"Because of the language barrier, we couldn't have done it without Melissa," added Okimoto. "She knows many of these families and made the initial introductions." And both groups of children benefited.

"It has been so amazing to see how just playing transcends language," she said. "At the beginning of these playdates, the kids might gather in a circle and pass a ball around in a park. Within minutes, they just start playing together.

"It's really impactful for our middle-schoolers," said Okimoto. "They are learning that 'Yes, these children are from a different country, but they're just like us. All they want to do is play and be happy and make friends.' Kids just instantly get that through in-person experiences like this."



The Lowell-based nonprofit Aaron's Presents helped arrange playdates with the refugee children. Socialization opportunities funded by a recent GLCF Afghan Resettlement Fund grant.

To learn more about GLCF's Afghan Resettlement Fund, visit: glcfoundation.org.

Established in 1997, the Greater Lowell Community Foundation (GLCF) is a philanthropic organization comprised of more than 400 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of more than \$55 million, GLCF annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from Foundation staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$30 million to the Greater Lowell community.

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XVI FERIA INTERNACIONAL DEL LIBRO LAWRENCE, MA

Honduras

Letras por los vientos de esperanza

SABADO 22 10 AM - 2PM
FERIA INFANTIL
LAWRENCE PUBLIC LIBRARY
51 LAWRENCE ST

DOMINGO 23 10 AM
FERIA PARA ADULTOS
10AM
NORTHERN ESSEX COMMUNITY COLLEGE
45 FRANKLIN ST
LAWRENCE, MA 01840
TERTULIAS, VENTAS DE LIBROS

21 AL 23 DE OCTUBRE DE 2022

VIERNES 21 6 PM
NOCHE INAUGURAL
PERFORMING ARTS CENTER
LAWRENCE HIGH SCHOOL
70 PARISH RD
LAWRENCE, MA 01843

CENA ANUAL 7PM
ST ANDREW'S HALL
90 BROADWAY
METHUEN, MA 01844

Homenaje Póstumo a Amanda Castro

Premio de Poesía a Helen Umaña

Premio de Novela a Julio Escoto

Premio de Cuenta a Eduardo Barba

Feria Internacional del Libro en Lawrence
LawrenceIBF@gmail.com
978-242-7866

Massachusetts Cultural Council
Lawrence Public Library
Northern Essex Community College

XVI INTERNATIONAL BOOK FAIR INC. | LAWRENCE, MA

Feria Infantil / Children's Book Fair

Sábado 22 de octubre de 2022 / 10-22-22
10 am - 2pm

Dedicada a / Dedicated to Honduras

Manny Nunez
Noah and Baby Dragon
WHY ARE YOU CRYING?
Written & Illustrated by MANUEL A. NUÑEZ

Raquel Quezada
Wagücha
CADA CUERPO TIENE SU VIBRACIÓN DE BOSQUE
Por Raquel Quezada

John R. Miller
The Magical Heart of Honduras
Written & Illustrated by John R. Miller

Cinthia Bernandez
Wagücha
Cada cuerpo tiene su vibración de bosque

Lawrence Public Library
51 Lawrence Street,
Lawrence, MA 01843

- ✓ Gratis / free
- ✓ Cuenta cuentos / book reading
- ✓ Venta de libros / book sale
- ✓ Refrigerios / snacks

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Massachusetts Cultural Council



2022 FALL SEASON AT MMMH

TICKETS: ADULTS: \$15, CHILDREN: \$5 UNLESS OTHERWISE SPECIFIED DOORS OPEN 30 MINUTES BEFORE THE PERFORMANCE

SEPTEMBER 18 – HUGH HINTON PIANO AT METHUEN @ 3PM
Westford, Massachusetts
Works by Beethoven, Debussy, and Schubert
Presented in Memory of Roger E. Benoit

OCTOBER 16 – THE GOLDEN AGE OF BROADWAY @ 3PM
A Musical Revue
Works by Rodgers & Hammerstein, Gershwin, Porter and more
Sponsored by The Savings Bank

SEPTEMBER 23 – KATELYN EMERSON FALL SCHOLARSHIP FUND ORGAN CONCERT @ 7:30PM
Champaign, Illinois
Works by Lounsbury, Engel, Sweeley, Parry, Weber, Boly, Karg-Elert and Beethoven
Sponsored by Leon Diego Fernandez

OCTOBER 23 – RANDALL HOOBKINSON PIANO AT METHUEN @ 3PM
Sharon, Massachusetts
Works by Bach, Schumann and Chopin
Presented in Memory of Roger E. Benoit

OCTOBER 2 – NEAL FERREIRA, TENOR JAMES MYERS, PIANO @ 4PM
Haverhill and Chelsea, Massachusetts
Songs and Spiritual arrangements by Halekian, Munis and Bonds. World Premiere of a new work by Myers
Sponsored by a Friend of and a Trustee of the Hall

NOVEMBER 6 – SHRINERS SWING BAND @ 3PM
Wilmington, Massachusetts
Big Band Era music by Miller, Shaw, James, Drake and more

OCTOBER 15 – CHILDREN'S EVENT (FREE) PETER AND THE WOLF @ 10AM RAYMOND HAWKINS, ORGAN
In Conjunction with Nevins Memorial Library, Methuen, MA
A Musical Fairytale for Children.

NOVEMBER 20 – FOLK MUSIC AT METHUEN KIRSTEN MANVILLE / SUSAN LEVINE / GRACE MORRISON @ 3PM
An afternoon of acoustic Americana and folk music.

DECEMBER 3 & 4 – A MERRY MUSIC HALL CHRISTMAS – RAY CORNELL, ORGAN GREG GETTEL & ROBINSON PYLE, TRUMPETS
Saturday @ 7pm / Sunday @ 3pm
Tickets: \$25 Adult / \$5 Children 12 & Under (On Line \$17)
Sponsored by Kenneth H. Pollard Funeral Home, Michael Insurance Agency, Cheryl Dunn, Steve Young and Debbie Law Offices, P.C.

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TICKETS AVAILABLE AT DOOR OR ONLINE- <http://mmmh.brownpapertickets.com>



2nda CENA D' GALA

2nd D' GALA DINNER

SÁBADO SATURDAY OCT 15 **AT 6:00PM**
PUERTAS ABREN / DOORS OPEN AT 5PM

RECONOCIMIENTOS / RECOGNITIONS


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VANESSA CALDERÓN ROSADO

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VANESSA CALDERÓN ROSADO

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MÚSICA BY: ERIC GERMÁN Y SU ORQUESTA & DJ

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




NOCHE DE APERTURA

PERFORMING ARTS CENTER

70 PARISH RD
LAWRENCE, MA

VIERNES 21 DE OCTUBRE DE 2022 @ 6PM

Gratis

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Cena Anual



XVI FERIA INTERNACIONAL DEL LIBRO LAWRENCE, MA

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\$60 p/p RSVP

Sábado 7 PM | **22** | octubre 2022

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