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The BILINGUAL Newspaper of the Merrimack Valley

El Alcalde Brian De Peña celebra su primer Aniversario

Mayor Brian De Peña celebrates his First Anniversary - Pg. 7

## Methuen Exchange Club Honors Police Officer and Firefighter of the Year



Methuen Police Officer of the Year Sgt. Matthew Mueskes shakes hands with Firefighter of the Year Sean Wholley after both men were recognized by the Methuen Exchange Club at the Irish Cottage Restaurant on Tuesday evening.

Pg. 8

**Winter parking // Estacionamiento de Invierno Pg. 9**

## Gennetti Named Assistant Coach of the Year by Gridiron Club of Greater Boston

Merrimack College football associate head coach and defense coordinator Mike Gennetti was named the Assistant Coach of the Year in FBS/FCS by the Gridiron Club of Greater Boston as announced on Monday.

Mike Gennetti spent his 18th season as part of the Merrimack College football coaching staff during the 2022 campaign and is the longest tenured member. Gennetti's staff has guided a defense that has enjoyed tremendous success in recent seasons, transforming the group into one of the most respected units in the Northeast.

"I couldn't be happier for Mike and his family," said head coach Dan Curran. "He has done so much for Merrimack football and our student-athletes. It is great to see all his work and dedication recognized."

This season, Genetti led a defense who helped tie the program record in victories in just their third full season in Division I. They finished the year ranked first in sacks and first in rushing yards allowed per game, fewest rushing average per attempt, and second in yards gained total. The Warriors also finished first in third down stops, second in the conference for



defensive efficiency, second in average points allowed per game and third in total points allowed.

The defense was anchored by graduate linebacker Rodney Samson who led the team with 80 tackles which was good enough for second in the conference. Brandon Roberts and Myles Taylor both ranked in the top 10 in tackles for loss after getting a combined 20 on the season. James Nyamwaya finished the season with 5.5 sacks, which was good enough for fourth in the conference. Garry Rosemond Jr. and Shayne Butler came in the top three in interceptions after getting a combined seven in 11 games.

## 33rd Annual Firefighter of the Year Awards



Captain Eric Zahn and Juan "Manny" Gonzalez with their awards.

Read it in English on page 5

Léalo en español en la página 6

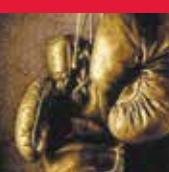
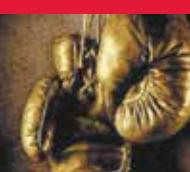
## La 33va entrega anual de premios al bombero del año

**¡Juntos somos más!**



Indudablemente, cuando nos unimos podemos lograr. Estas son algunas de las personas que asistieron a la reunión del Concejo Municipal apoyando a la familia DiMarca para que nombraran el Ferrous Park en honor a Nunzio. Allí había representación de dos organizaciones que ya usaban otro nombre sin obtener aprobación de la ciudad.

Undoubtedly, when we come together we can achieve. These are some of the people who attended the City Council meeting supporting the DiMarca family in naming Ferrous Park after Nunzio. There was representation from two organizations that were already using another name without obtaining approval from the city.



## Methuen Police Department To Welcome Assessors from Massachusetts Police Accreditation Commission

Chief Scott J. McNamara is pleased to announce that a team of assessors from the Massachusetts Police Accreditation Commission is scheduled to arrive on Dec. 13 to begin examining various aspects of the Methuen Police Department's policies and procedures, operations, and facilities.

The department achieved initial Certification on Oct. 16, 2022, and will now be assessed for Accelerated Accreditation.

Verification by the assessment team that the department meets the Commission's standards is part of a voluntary process to gain state Accreditation — a self-initiated evaluation process by which police departments strive to meet and maintain

standards that have been established for the profession, by the profession.

The Massachusetts Police Accreditation Program consists of 257 mandatory standards as well as 125 optional standards. In order to achieve accreditation status, the department must meet all applicable mandatory standards as well as 60% of the optional standards.

Achieving Accreditation is a highly prized recognition of law enforcement professional excellence. Anyone interested in learning more about this program is invited to call Chief Scott McNamara or the Department's Accreditation Managers, Lieutenant Eric Ferreira, and Sergeant Matthew Mueskes.

### Find us in / Búsquenos en Facebook/Rumbo

## 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](http://www.mviec.org) for directions and more details.



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## El Departamento de Policía de Methuen dará la bienvenida a asesores de la Comisión de Acreditación de la Policía de Massachusetts

El Jefe Scott J. McNamara se complace en anunciar que un equipo de asesores de la Comisión de Acreditación de la Policía de Massachusetts llegará el 13 de diciembre para comenzar a examinar varios aspectos de las políticas y procedimientos, operaciones e instalaciones del Departamento de Policía de Methuen.

El departamento obtuvo la Certificación inicial el 16 de octubre de 2022 y ahora será evaluado para la Acreditación Acelerada.

La verificación por parte del equipo de evaluación de que el departamento cumple con los estándares de la Comisión es parte de un proceso voluntario para obtener la Acreditación estatal, un proceso de evaluación autoiniciado mediante el cual los departamentos de policía se esfuerzan por cumplir y mantener los estándares establecidos para la profesión, por la profesión.

El Programa de Acreditación de la Policía de Massachusetts consta de 257 estándares obligatorios y 125 estándares opcionales. Para lograr el estado de acreditación, el departamento debe cumplir con todos los estándares obligatorios aplicables, así como con el 60% de los estándaresopcionales.

Lograr la Acreditación es un reconocimiento muy preciado de la excelencia profesional de las fuerzas del orden. Se invita a cualquier persona interesada en obtener más información sobre este programa a llamar al Jefe Scott McNamara o a los Gerentes de Acreditación del Departamento, el Teniente Eric Ferreira y el Sargento Matthew Mueskes.

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

Albert Einstein

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Protect yourself, your family and your community this holiday season by getting your flu shot and COVID vaccine booster. At GLFHC, you can get both at the same time!

We are administering the Bivalent COVID Booster which targets both the original coronavirus strain and the Omicron strains. Health experts are again predicting a surge this fall and winter. Additionally, there are indications that the upcoming flu season will be severe, and the flu shot is recommended for everyone ages 6 months and older.



Adults may walk in to any one of our six pharmacies and receive both a flu shot and COVID booster.

Children ages 5-18 may receive COVID boosters and flu shots at one of our four vaccine clinics in Lawrence, Haverhill and Methuen. Call 978-686-6029, or schedule an appointment through our website.

For children under age 5, please call 978-686-6029 to schedule an appointment.



# PREPÁRESE PARA LOS DÍAS FESTIVOS

En esta temporada festiva, protéjase a sí mismo, a su familia y a su comunidad vacunándose contra el flu (la gripe) y poniéndose la dosis de refuerzo de la vacuna contra el COVID. En GLFHC, puede recibir ambas al mismo tiempo.

Ahora estamos administrando dosis de refuerzo actualizadas contra el COVID que se centran tanto en la cepa del coronavirus original como en las cepas de Omicron. Los expertos en salud nuevamente predicen un aumento en los casos de COVID este otoño e invierno. Además, hay indicaciones de que la próxima temporada del flu (gripe) será grave y se recomienda la vacunación contra el flu para todas las personas



a partir de los 6 meses de edad.

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Los niños de 5 a 18 años pueden recibir dosis de refuerzo contra el COVID y la vacuna contra el flu/gripe en una de nuestras cuatro clínicas en Lawrence, Haverhill y Methuen. Llame al 978-686-6029, o programe una cita a través de nuestro sitio web.

Para niños menores de 5 años, llame al 978-686-6029 para programar una cita.

POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina

## El Sindicato de Oficiales Superiores de Lawrence emitió un voto de NO CONFIANZA sobre el Jefe Vasque

En nombre de los miembros de la Asociación de Oficiales Superiores de la Policía de Lawrence (LPSOA), lamentablemente escribimos esta carta después de votar NO CONFIANZA y, como resultado, publicamos esta información. Desafortunadamente, las circunstancias nos han dejado sin otro recurso. Hemos perdido toda confianza, fe y seguridad en la capacidad del Jefe Roy Vasque para dirigir este departamento.

El Jefe Vasque fomenta una atmósfera de hostilidad, represalias y comportamiento intimidatorio. El Jefe Vasque ha establecido un patrón y una práctica de trato desigual del personal del departamento. Su falta de liderazgo, mala gestión y malas decisiones políticas han dañado la relación entre la administración del Departamento de Policía de Lawrence y los hombres y mujeres del Departamento de Policía de Lawrence.

Los intentos de abordar los problemas en el lugar de trabajo y evitar quejas con el Jefe Vasque han sido desatendidos. Su falta de liderazgo y estilo de gestión deficiente han contribuido a la mala retención de personal calificado. La disciplina excesivamente dura, el debilitamiento de la cadena de mando y las preocupaciones por la seguridad de los oficiales son solo algunos de los problemas actuales dentro del departamento. La moral está peligrosamente baja en este momento dentro del Departamento de Policía de Lawrence.

Un mal gerente puede tomar un buen personal y destruirlo provocando que los empleados altamente calificados abandonen el Departamento y los que quedan pierdan toda motivación. El abuso de poder del Jefe Vasque, la actitud narcisista hacia los oficiales y la intimidación son más de lo que cualquier empleado debería tener que soportar.

Para terminar, nos gustaría reiterar que los hombres y mujeres de la Asociación de Oficiales Superiores de la Policía de Lawrence han perdido la fe en la capacidad del Jefe Roy Vasque para dirigir este Departamento.

Ejemplos específicos de la mala gestión del Departamento de Policía de Lawrence por parte del Jefe Vasque son los siguientes:

El Jefe Vasque no ha logrado dotar de personal a 3 de 3 Oficinas dentro del



## NOTA DE LA EDITORA

Departamento de Policía de Lawrence con Oficiales al mando designados, dejando estos puestos vacantes y sin administrar por períodos de tiempo que superan las normas aceptables. Estos incluyen la Oficina de Servicios de Campo (patrulla), Investigaciones / (Detective) y Administración. Estas vacantes deben delegarse al personal apropiado de manera oportuna que facilite las operaciones adecuadas y mantenga la integridad de la cadena de mando. Además, el Jefe Vasque no ha asignado un oficial de evaluación de riesgos para el Departamento desde que el puesto quedó vacante.

El Jefe Vasque ha manejado mal el presupuesto del departamento de policía al involucrarse repetidamente en la mala práctica de administración de otorgar tiempo adeudado/tiempo compensatorio a niveles excesivos que superan con creces los estándares razonables. Este abuso del presupuesto de LPD ha creado una responsabilidad no financiada para el Departamento de Policía y, por extensión, para la Ciudad de Lawrence que afecta negativamente la capacidad de la Ciudad de Lawrence para aumentar los salarios y los beneficios de los empleados.

El Jefe Vasque ha estado desatento con respecto a los ingresos por subvenciones del Departamento, ya que repetidamente no ha mantenido los controles adecuados sobre los empleados delegados para asegurar esos fondos. Esto ha llevado a casi perder millones de dólares en ayuda estatal y federal que se utiliza para dotar de personal y pagar programas esenciales de aplicación de la ley de los que dependen los ciudadanos de Lawrence.

El liderazgo tóxico del Jefe Vasque ha contribuido a un entorno que ha provocado que casi 30 oficiales juramentados se separen voluntariamente del Departamento de Policía de Lawrence en los últimos dos años y medio y tememos que para principios de 2023 este número supere los 40 oficiales, ya que muchos están en proceso de separarse a otras agencias de aplicación de la ley. La pérdida de años de liderazgo invertido, capacitación y conocimiento institucional tendrá un efecto en la LPD en los próximos años. La hemorragia de nuestros oficiales debe llegar a su fin para poder administrar de manera efectiva la LPD y vigilar la ciudad de Lawrence.

### Nota de la Editora:

La noticia del voto de no confianza de la unión de Policias Superiores de Lawrence capta tanta importancia que decidí no escribir sobre otros temas.

El Alcalde Brian De Peña nunca ha querido despedir a ningún empleado temiendo una batalla en los tribunales que termine costando más a la ciudad. Esta carta es testimonio que

está corriendo un gran riesgo con los oficiales que están siendo expuestos al trato que la unión alega y sería posible presentar una demanda por abuso en las cortes.

El sindicato de los patrulleros no tomó un voto porque solamente 40 de 120 asistieron a la reunión.

Esta es una situación que merita atención inmediata.

## 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.

## Leyendo Juntos A Frederick Douglass en el contexto de la esclavitud moderna

El 5 de julio de 1852, Frederick Douglass promulgó su famoso discurso ¿Qué es el 4 de julio para el esclavo? en el que abogaba por la abolición de la esclavitud y denunciaba la hipocresía de una nación que se enorgullecía de la libertad, pero permitía que la esclavitud y la opresión persistieran.

Ya han pasado 170 años, pero los temas del discurso siguen vigentes y resonando en Estados Unidos. La Biblioteca Nevins Memorial, con el apoyo de Mass Humanities y el National Endowment for the Humanities, ha organizado el programa Leyendo juntos a Frederick Douglass en el contexto de la esclavitud moderna, como un llamado a reflexionar sobre la esclavitud y las promesas de la democracia. La actividad, gratuita y abierta al público adulto, tendrá lugar el próximo 3 de diciembre de 2022 a las 9:30 AM el Auditorio de la Biblioteca ubicada en 305 Broadway, Methuen MA. El programa será en inglés con interpretación al español.

El programa comenzará con la lectura

en voz alta y discusión del discurso de Douglass dirigido por Matthew McKeon, profesor de Historia de Estados Unidos, seguido de varias presentaciones (en línea y presenciales) relacionadas con el tema de la esclavitud y la trata de personas. Entre los presentadores se destacan la historiadora, escritora, conferenciente e intérprete Jo Ann Tufo; Terry Fitzpatrick, director de la Alliance to End Slavery and Trafficking; y George Richardson, fotógrafo y cineasta. También estarán presentes Lina Lah lou y Phoebe Wraith quienes hablarán sobre la labor que realiza la organización My Life, My Choice para acabar con la explotación sexual comercial de los niños.

Se distribuirán copias del discurso de Douglass a todos los asistentes quienes podrán turnarse para leer pasajes del discurso. La gente puede simplemente asistir o asistir, leer y participar de las presentaciones.

Para información y registro pueden visitar <https://www.nevinslibrary.org/> o comunicarse al teléfono 978-686-4080.

“La excelencia moral surge como resultado del hábito. Nos volvemos justos al hacer actos justos, moderados al hacer actos moderados, valientes al hacer actos valientes”.

ARISTÓTELES



Brian A. DePeña  
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# Baker-Polito Administration Presents 33rd Annual Firefighter of the Year Awards

22 Individuals and Seven Groups Recognized for Bravery, Heroism, and Service



**WORCESTER**—Governor Charlie Baker, Lieutenant Governor Karyn Polito, and Public Safety Secretary Terrence M. Reidy today joined State Fire Marshal Peter J. Ostroskey to honor firefighters from across Massachusetts at the 33rd annual Firefighter of the Year Awards ceremony, held at Worcester’s Mechanics Hall. WCVB’s Doug Meehan emceed the event.

“Over and over again, we see firefighters putting themselves in harm’s way or even life-threatening danger to rescue strangers from harm,” said Governor Baker. “These awards reflect selfless acts of courage, compassion, and service by truly remarkable public servants.”

“Even by the high standards we see in the fire service every day, certain actions truly rise above and beyond the call of duty,” said Lt. Governor Polito. “The Firefighter of the Year awards recognize those heroes among us who rush to help whenever that bell rings. On duty or off, they’re the ones we can always count on to risk everything so that others might live.”

“Across the Commonwealth, professional and volunteer firefighters use their training and expertise to deliver life-saving service in – what is for many – their greatest hour of need,” said Public Safety and Security Secretary Terrence Reidy.

“We honor today’s recipients for their extraordinary acts of bravery and service and extend our sincere gratitude to fire safety personnel who work selflessly and tirelessly to keep our communities safe.”

“The common theme in these awards is heroic action to protect vulnerable people from harm,” said State Fire Marshal Ostroskey. “It may be pulling a trapped occupant through the third-floor window of a burning home. It may be protecting a distraught person on the ledge of a building. It may be providing education, services, and crisis resources in their communities. And it may be protecting firefighters from the grave threat that occupational cancer poses to their health and safety. Regardless of the circumstances, each of them is a true hero.”

Since their inception in 1990, the Firefighter of the Year Awards have grown from a simple ceremony to the premier annual event for the Massachusetts fire service, honoring truly remarkable acts of courage, service, and sacrifice by the Commonwealth’s firefighters and recognizing their invaluable contributions to the communities they serve.

The awards and recipients from Lawrence are as follows, with incident summaries below:

## Lawrence Fire Department Norman Knight Award for Excellence in Community Service Firefighter Juan “Manny” Gonzalez



Firefighter Manny Gonzalez is the co-founder of “HealLawrence,” an organization that works with families who have been affected by a fire at home. Heal Lawrence steps in after a disaster and helps provide families with clothes, food, housing, and personal care items. This past April, when 73 residents were displaced from their homes after a large building fire, Heal Lawrence was able to partner with city and state resources and provide lodging free of charge for victims for five days.

Having seen firsthand the devastation

that fires can cause, FF Gonzalez frequently appears on a local radio show to speak about fire prevention, fire safety, and the importance of renter’s insurance. He even helps residents complete the renter’s insurance application.

His ability to communicate in English and Spanish has been invaluable in reaching a wide range of Lawrence’s Latino population. He is a source of comfort, knowledge, assistance, and resources for his community. In the words of Chief Brian Moriarty, “This guy is Lawrence.”

‘¿Qué dulzura queda en la vida, si le quitas la amistad? Robar la vida a la amistad es como robarle al mundo el sol. Un verdadero amigo es más digno de estima que un pariente’.

“What sweetness is left in life, if you take away friendship? Robbing life of friendship is like robbing the world of the sun. A true friend is more to be esteemed than kinsfolk.”

CICERO

## Lawrence Fire Department Individual Citation for Meritorious Conduct Captain Eric Zahn



Captain Eric Zahn was off-duty on the morning of June 9 when he saw a car that had hit the guardrail on Route 495 and driven off the road. There was no one else at the scene – he was the first of the first responders and pulled over to help.

Capt. Zahn found a man at the wheel unconscious and bleeding from the head. He was unresponsive, had no pulse, and wasn’t breathing. Moments later, a good Samaritan stopped to assist, and together

they removed the passenger from the car. They performed CPR on the patient until additional firefighters and paramedics arrived, defibrillated him, and continued resuscitation efforts.

The man was transported to Lawrence General Hospital where he was alert upon arrival. Capt. Zahn’s instinct to help and effective early action made him the first link in the chain of actions that saved the patient’s life.

## Lawrence Fire Department Group Citation for Meritorious Conduct Lieutenant Ryan Lavallee Firefighter Luis Severino (Could not attend) Firefighter Jeffrey M. Young



When Lawrence firefighters responded to an early morning call on Christmas Eve to a shed near the Falls Bridge, they found smoke coming from the small utility building. Ladder 4 forced the metal commercial door from the jamb but soon realized it was chained and padlocked from the other side. This could only mean one thing – someone was inside, and they were in danger.

Firefighters immediately grabbed a set of bolt cutters and snapped the chain. They entered to find a heavily involved

room with fire and heavy smoke over their heads. Inside, they discovered a man in his 80s who was unconscious and slumped over debris. They dragged him out to safety, where they administered oxygen and cardiopulmonary resuscitation until he regained consciousness.

Firefighters later learned that the man was homeless and had lit a candle in this makeshift shelter. Given the locked door and his condition on their arrival, there is no question that he would have lost his life if not for their rapid action.

# La administración de Baker-Polito presenta la 33va entrega anual de premios al bombero del año

22 individuos y siete grupos reconocidos por valentía, heroísmo y servicio



**WORCESTER**—El Gobernador Charlie Baker, la Vicegobernadora Karyn Polito y el Secretario de Seguridad Pública Terrence M. Reidy se unieron hoy al Jefe de Bomberos del Estado Peter J. Ostroskey para honrar a los bomberos de todo Massachusetts en la 33va ceremonia anual de Premios al Bombero del Año, celebrada en Worcester's Mechanics Hall. Doug Meehan de WCVB presentó el evento.

“Una y otra vez, vemos a los bomberos poniéndose en peligro o incluso en peligro de muerte para rescatar a extraños del peligro”, dijo el gobernador Baker. “Estos premios reflejan actos desinteresados de coraje, compasión y servicio por parte de servidores públicos verdaderamente notables”.

“Incluso con los altos estándares que vemos en el servicio de bomberos todos los días, ciertas acciones realmente superan y van más allá del llamado del deber”, dijo el Vicegobernador Polito. “Los premios al Bombero del Año reconocen a aquellos héroes entre nosotros que se apresuran a ayudar cada vez que suena la campana. En servicio o fuera, son con los que siempre podemos contar para arriesgarlo todo para que otros puedan vivir”.

“En todo el Commonwealth, los bomberos profesionales y voluntarios utilizan su capacitación y experiencia para brindar un servicio que salva vidas en lo que para muchos es su hora de mayor necesidad”, dijo Terrence Reidy, secretario de Seguridad Pública.

“Honramos a los ganadores de hoy por sus extraordinarios actos de valentía y servicio y extendemos nuestra sincera gratitud al personal de seguridad contra incendios que trabaja desinteresada e incansablemente para mantener seguras a nuestras comunidades”.

“El tema común en estos premios es la acción heroica para proteger a las personas vulnerables de cualquier daño”, dijo el Jefe de Bomberos del Estado Ostroskey. “Puede estar tirando de un ocupante atrapado a través de la ventana del tercer piso de una casa en llamas. Puede estar protegiendo a una persona angustiada en la cornisa de un edificio. Puede estar brindando educación, servicios y recursos de crisis en sus comunidades. Y puede estar protegiendo a los bomberos de la grave amenaza que representa el cáncer ocupacional para su salud y seguridad. Independientemente de las circunstancias, cada uno de ellos es un verdadero héroe”.

Desde su creación en 1990, los Premios al Bombero del Año han pasado de ser una simple ceremonia al principal evento anual del servicio de bomberos de Massachusetts, en honor a los actos de valentía, servicio y sacrificio verdaderamente notables de los bomberos de la Mancomunidad y reconociendo sus invaluables contribuciones a las comunidades a las que sirven.

Los premios y destinatarios de Lawrence son los siguientes, con resúmenes de incidentes a continuación:

## Departamento de Bomberos de Lawrence Premio Norman Knight a la excelencia en el servicio comunitario Bombero Juan “Manny” González



El bombero Manny González es cofundador de “HealLawrence”, una organización que trabaja con familias que han sido afectadas por un incendio en su hogar. Heal Lawrence interviene después de un desastre y ayuda a proporcionar a las familias ropa, alimentos, vivienda y artículos de cuidado personal. En abril pasado, cuando 73 residentes fueron desplazados de sus hogares después de un gran incendio en un edificio, HealLawrence pudo asociarse con los recursos de la ciudad y el estado y proporcionar alojamiento sin cargo a las víctimas durante cinco días.

Habiendo visto de primera mano la devastación que pueden causar los



incendios, FF González aparece con frecuencia en un programa de radio local para hablar sobre la prevención de incendios, la seguridad contra incendios y la importancia del seguro para inquilinos. Incluso ayuda a los residentes a completar la solicitud de seguro para inquilinos.

Su habilidad para comunicarse en inglés y español ha sido invaluable para llegar a una amplia gama de la población latina de Lawrence. Es una fuente de consuelo, conocimiento, asistencia y recursos para su comunidad. En palabras del jefe Brian Moriarty, “Este tipo es Lawrence”.

## Departamento de Bomberos de Lawrence Mención grupal por conducta meritoria Teniente Ryan Lavallee, Bombero Luis Severino and Bombero Jeffrey M. Young



Cuando los bomberos de Lawrence respondieron a una llamada temprano en la mañana en la víspera de Navidad a un cobertizo cerca de Falls Bridge, encontraron humo saliendo del pequeño edificio de servicios públicos. Ladde y 4 forzó la puerta comercial de metal desde la jamba, pero pronto se dio cuenta de que estaba encadenada y cerrada con candado desde el otro lado. Esto solo podía significar una cosa: alguien estaba adentro y estaba en peligro.

Los bomberos tomaron inmediatamente un juego de cortadores de barras y rompieron la cadena. Entraron

para encontrar una habitación muy involucrada con fuego y humo denso sobre sus cabezas. En el interior, descubrieron a un hombre de unos 80 años que estaba inconsciente y desplomado sobre los escombros. Lo arrastraron hasta un lugar seguro, donde le administraron oxígeno y reanimación cardiopulmonar hasta que recuperó el conocimiento.

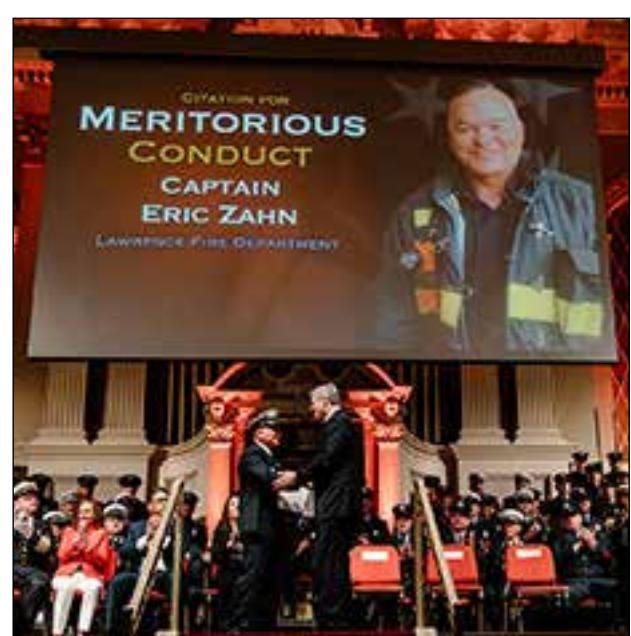
Los bomberos supieron más tarde que el hombre no tenía hogar y había encendido una vela en este refugio improvisado. Dada la puerta cerrada y su condición a su llegada, no hay duda de que habría perdido la vida si no fuera por su rápida acción.

## Departamento de Bomberos de Lawrence Citación individual por conducta meritoria Capitán Eric Zahn

El Capitán Eric Zahn estaba fuera de servicio la mañana del 9 de junio cuando vio un automóvil que había golpeado la barandilla en la ruta 495 y se había salido de la carretera. No había nadie más en la escena: él fue el primero en responder y se detuvo para ayudar.

El Capitán Zahn encontró a un hombre al volante inconsciente y sangrando por la cabeza. No respondía, no tenía pulso y no respiraba. Momentos después, un buen samaritano se detuvo para ayudar y juntos sacaron al pasajero del automóvil. Le realizaron RCP al paciente hasta que llegaron más bomberos y paramédicos, lo desfibrilaron y continuaron con los esfuerzos de reanimación.

El hombre fue transportado al Hospital General de Lawrence, donde estuvo alerta



a su llegada. El instinto de ayuda del capitán Zahn y su acción temprana eficaz lo convirtieron en el primer eslabón de la cadena de acciones que salvaron la vida del paciente.

# Alcalde Brian A. DePeña Presenta Pléthora de Logros y Mejoras en Primer Año de Administración



Rodeado por un grupo de desarrolladores privados, su equipo, jefes de departamento, funcionarios electos de la ciudad y partes interesadas, el Alcalde De Peña dio a conocer una gran cantidad de logros en su primer año como alcalde en TEC, The Engineering Corp en el segundo piso en el 282 Merrimack St. Los logros destacados y cumplimiento de la meta para responder a la visión del alcalde de su plan integral de prosperidad económica, que comprende la atracción de más inversiones para impulsar nuestra economía, crear una comunidad segura y limpia para hacer de Lawrence un excelente lugar para vivir, trabajar e invertir, estudiar y mejorar.

“Cuando comenzamos el gobierno, encontramos un déficit presupuestario de alrededor de \$4,000,000 que fue eliminado por el uso planificado de efectivo gratis para los servicios de deuda adicionales relacionados con los proyectos de la Escuela Leahy, la Escuela Oliver y la Estación de Policía; una práctica de contratación pública y un proceso de licitación cuestionables, que corregimos en consecuencia, y algunos departamentos dirigieron sin la debida orientación y supervisión. Abordamos esto

en consecuencia”, dijo el alcalde.

Continúa el Alcalde De Peña “También encontramos un sistema de archivo de propiedades de la ciudad desorganizado que condujo a una pérdida de tiempo, pérdida de información y disminución de la eficiencia. Esto ha sido corregido a través del Grupo de Trabajo de Bienes Raíces del Alcalde para hacer que el proceso de compra/venta de propiedades sea más transparente y eficiente; y una relación contraproducente entre algunos empleados en algunos departamentos, que afectó la productividad, la eficiencia y, en última instancia, el servicio al electorado. Este ambiente adverso se ha mejorado significativamente. La gente de Lawrence siempre estará en el centro de mi gobierno, donde el poder de la gente es mayor que la gente en el poder”.

Me enorgullece anunciar que estamos mejorando debido a las muchas buenas iniciativas y decisiones que hemos estado implementando, la increíble actitud de trabajo en equipo de mi oficina, el buen espíritu y profesionalismo de nuestros jefes de departamento y sus equipos. El dinero siempre será suficiente si aprendemos a invertirlo sabiamente.

## Mayor Brian A. DePeña Released Plethora of Accomplishments and Improvements in First Year in Office

Surrounded by a group of private developers, his team, Department Heads, city elected officials, and stakeholders, Mayor DePeña released a plethora of accomplishments and improvements in his first year as Mayor at TEC, The Engineering Corp on the second floor at 282 Merrimack St. The highlighted achievements and to goal met to respond to the Mayor’s Vision of his comprehensive Economic Prosperity Plan, which comprehends the attraction of more investment to boost our economy, create a safe community and clean to make of Lawrence a great place to live, work, invest, study, and improve.

“When we first started the government, we found a budget deficit of about \$4,000,000 that was eliminated by the planned use of free cash for the additional debt services related to the Leahy School, Oliver School, and Police Station projects; a questionable public procurement practice and bidding process, which we corrected consequently, and a few departments led without proper guidance and supervision. We addressed this

accordingly,” the mayor said.

“We also found a real estate property filing system disorganized which led to a waste of time, loss of information, and decreased efficiency. This has been corrected through the Mayor’s Real Estate Task Force to make the property sale/purchase process more transparent and efficient; and a counterproductive relationship among some employees in some departments, which affected productivity, efficiency, and ultimately the constituent service. This adverse atmosphere has been significantly improved. The people of Lawrence will always be at the center of my government where the power of the people is greater than the people in power.”

I am proud to announce that we are in better shape due to the many good initiatives and decisions we have been implementing, the incredible teamwork attitude of my office the good spirit and professionalism of our department heads, and their teams. Money will always be enough if we learn how to spend it wisely.



## El problema de la recogida de basura llegó a su fin

Durante esta celebración, el Alcalde De Peña presentó al dueño de la compañía Capitol Waste Services. Este proceso ha sido desafiante y le agradecemos su comprensión y paciencia a través de estos inconvenientes. Juntos,

jardín, la transición a un nuevo contrato de transporte de basura con Capitol Waste Services. Este proceso ha sido desafiante y le agradecemos su comprensión y paciencia a través de estos inconvenientes. Juntos, podemos continuar trabajando para mover a Lawrence hacia adelante,” explicó.

## The trash dilemma came to an end

During this celebration, Mayor De Peña introduced the owner of Capitol Waste, the new trash collection company, with whom he signed a five year contract.

“We are proud to announce the acquisition of new garbage and yard waste collection trucks, transitioning into a new

trash hauler contract with Capitol Waste. This process has been challenging, and we thank you for your understanding and patience through these inconveniences. Together, we can continue working to move Lawrence forward,” he explained.



Mientras la celebración se realizaba en el segundo piso del 282 de Merrimack St., los dos camiones nuevos, comprados para el uso en Lawrence, estaban en exhibición.



While the celebration was taking place in the second floor at 282 Merrimack St., the two new trucks, purchased specifically for use in Lawrence, were in exhibition.

# Methuen Exchange Club Honors Police Officer of the Year Sgt. Matthew Mueskes

Photos Courtesy Methuen Police Department



Police Chief Scott McNamara, center, explains why he selected Sgt. Matthew Mueskes to be the Methuen Police Officer of the Year.

Pg. 8

Chief Scott J. McNamara is pleased to report that the Methuen Exchange Club honored Police Officer of the Year Sgt. Matthew Mueskes on Tuesday night as part of their annual ceremony recognizing first responders.

Sgt. Mueskes was honored for his tireless work leading the department's yearslong effort to earn certification from the Massachusetts Police Accreditation Commission. The ceremony was held Tuesday evening at the Irish Cottage Restaurant.

The Methuen Exchange Club, chartered in 1983, is a civil organization that works to further child abuse prevention, Americanism, and Community Service throughout the community. The club annually recognizes the top firefighter and top police officer in Methuen, as selected by each department's chief.

The club honored Sgt. Mueskes as Police Officer of the Year, and Methuen Fire Department Firefighter Sean Wholley as Firefighter of the Year. Both men were also presented with citations from the Massachusetts House of Representatives and the Massachusetts Senate.

In May 2021, Sergeant Mueskes volunteered and was selected to become a part of the newly formed Accreditation Unit. He supervised and managed a complete overhaul of the department's policy manual, forms, and directives. This massive undertaking included the editing, updating, and writing of over 150 policies; formatting and creating over 100 electronic forms; and modernizing numerous department procedures.

"Sergeant Mueskes' efforts have helped to usher in a new age of the Methuen Police Department whereby professionalism and accountability are emphasized through memorialization," said Chief McNamara. "Largely because of his efforts and his extraordinary ability to pull the various

facets of our department together, the Methuen Police Department is now officially recognized as a Certified Law Enforcement Agency by the Massachusetts Police Accreditation Commission.

"The consummate professional always striving for perfection, Sergeant Mueskes continues to push the Department to be better. Instead of relaxing and enjoying this great accomplishment, he is pushing the Department toward Accelerated Accreditation, and with Sgt. Mueskes leading the charge, I am confident we will accomplish this long sought-after goal."

The Department is scheduled to be assessed again by MPAC representatives on Dec. 12 and 13, and after that assessment the department will be considered for full accreditation.

Sgt. Mueskes is a lifelong Methuen resident and graduate of Methuen High School. He has a bachelor's degree from Northeastern University and a master's degree from UMass Lowell. In 2018, he earned the department's lifesaving award.

Sgt. Mueskes thanked Lt. Eric Ferriera, who helped oversee the certification process, Andover Police Lt. Edward Guy, who provided guidance, and the Methuen Police Department's unions, which were fully on board with changes needed to earn certification.

"I'm honored to receive this recognition and sincerely appreciate all the hard work and dedication from all members of our department," said Sgt. Mueskes. "I'm proud to work for a respected police department and look forward to continued success for our organization."

Chief McNamara thanked the Methuen Exchange Club for organizing the event, the Irish Cottage Restaurant for hosting, as well as Mayor Neil Perry, the Methuen City Council, and the Methuen community for supporting the department's efforts to earn certification and accreditation.



Jack MacLeod from the Methuen Exchange Club reads the Officer of the Year award as it is presented to Sgt. Matthew Mueskes. Chief Scott McNamara stands at rear.



Sgt. Matthew Mueskes, center, holds his Police Officer of the Year award as he is flanked by his wife, Jessica, and Police Chief Scott McNamara.

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**Pago competitivo**

**Beneficios de salud y vacaciones**

**Reembolso de matrícula**

**Entrenamiento Competitivo**

Jornada completa: de lunes a viernes (horario híbrido)

Diploma de escuela secundaria: \$ 17 / hora

Licenciatura: \$ 18.02 / hora

(Pago adicional para candidatos bilingües)

**Aplicar aquí**

## ESTACIONAMIENTO de EMERGENCIA: Estacionamiento Alterno Permitido en Ciertas Calles Entre 12:01AM a 6:00PM

La Ordenanza del estacionamiento alterno durante la temporada de invierno solamente estará en efecto durante las fechas y horas que se especifiquen en la declaración de "EMERGENCIA DE NIEVE Y HIELO" decretada por el Alcalde o la persona que el designe.

El estacionamiento alterno debe significar que, en las siguientes calles, entre las 12:01 am a las 6 pm, todos los días, los vehículos deben, si no ha sido prohibido por ley, ser estacionados en un solo lado de la calle, de manera tal que, en los números pares del calendario, los vehículos deben ser estacionados en el lado par de las calles y en los números impares del calendario, los vehículos Deben ser estacionados en el lado impar de las calles: ORD 10.36.031 (**\*SI SU CALLE NO ESTA EN ESTA LISTA DETALLADA ABAJO, EL ESTACIONAMIENTO EN ELLA ESTARA PROHIBIDO\***)

Abbott St	Colonial Dr	Forest St	Lowell St (Lawrence St a W. Lowell St)	Richmond St
Allen St (General St a Angle)	Colonial Rd	Foster St	Lynn St	Rita Lane
Allston St.	Colonial Terrace	Foxcroft St	Manchester St	Roberta Lane
Ames St. (Riverside Dr. a Haverhill St)	Columbus Ave (Haverhill St a Meadow St)	Franklin St	Maple St	Rockwood Lane
Amesbury St	Concord St	Frost Dr	Margin St	Rowe St
Amherst St	Congress St	Furber St	Marie Lane	Russell St
Appleton St	Coolidge St	Garden St	Marion Ave (except Holly St a Spicket River)	Salem St
Atkinson St	Copley St	Garfield St (Cambridge St a Fallmouth St)	Marique Dr	Sanborn St
Auburn St	County St	Gilbert St	Mark Lane	Sargent St
Bailey St	Crescent St	Glenn St	Market St	School St
Ballard St	Crestwood Cir	Glenwood Drive	Marlboro St	Shattuck St
Barker St	Crosby St	Gorham St	Marston St	Shawsheen Rd
Barnard St	Cross St	Grafton St	Martha Lane	Sheridan St
Basswood St	Cutler St (Chickering St a Marlboro St)	Grainger St	Mason St	Shepard St
Bay State Rd (McFarlin St a Mater St.)	Cyr Drive	Grant Rd	May St	Short St (Chestnut a Maple St)
Beacon St	Dana St	Green St	Medford St	So. Bowdoin St
Beaconsfield St	Danforth St	Greenfield St	Melrose St	Sparkle Drive
Belknap St	Dartmouth St	Greenwood St	Melvin St	Springfield St
Bellevue St	Davis St.	Groton St	Middlebury St (Olive Ave a Endicott St)	Standish Rd
Bennett St	Debbie Lane	Grove St	Mill St	Stevens St (Mt. Vernon St a Stevens Ave)
Bennington St (Auburn St a Chestnut St)	Dorchester St	Hamlet St	Milton St (Haverhill St a Bodwell St)	Storrow St
Beresford St	Dracut St (So. Bway a Dunstable St)	Hancock St	Monroe St	Summer St
Berkeley St	Dunstable St	Hawley St	Morton St	Summit Ave
Bigelow St	Durham St	High St (Except E. Haverhill St a	Mt. Auburn St	Swan St
Blanchard St	Durso Ave	Ferry St)	Mt. Vernon Cir	Sylvester St
Bodwell St	East Boxford St	Highgate St	Mt. Vernon St	Taft St
Bowdoin St	East Boxford Terrace	Hillside Ave	Mt. Vernon Terrace	Temple St
Boxford St	East Haverhill St	Hobson St.	Newbury St	Tewksbury St
Bradford St	East Kingston St	Howard St	Newton St	Thomas Rd
Brookfield St	East Pleasant St	Hudson Ave	No. Parish Rd	Tremont St
Bruce St	East St	Hurst St	Oak St (East Haverhill a Short St)	Tyler St
Burke St	Easton St (So. Bway a Jefferson St.)	Inman St	Oakland Rd	Valley St
Burlington St	Eastside St	Jamaica St	Olive Ave (W. Lowell St a Ames St)	Vandergrift St
Butler St	Eaton St	Jefferson St	Orchard St	Walnut St
Byron Ave	Ellis St	Juniper St. (En el lado este) Kenneth St	Osgood St	Warren St
Cabot Rd	Elm St	Kent St	Oxford St	Water St
Cambridge St	Emerald Ave.	Kingston St	Packard St	Weare St
Canal St	Erving Ave	Laurel St	Patton St	West Hawley St
Canterbury St	Eutaw St	Lea St	Pembroke Dr	West Kenneth St
Carleton St (Andover St to Everett St)	Everett St	Lebanon St (Hampshire St a Amesbury St)	Perry Ave	Westchester Drive
Carver St	Exeter Pl	Leeds Ter.	Philips St	Westwood Terrace
Castle St	Exeter St	Lenox Circle	Pilgrim Rd	White St
Cedar St	Exeter Terrace	Lenox St	Pleasant St (Ferry St a High St)	Whitman St
Chandler St	Fairmont St	Lincoln Ct	Portland St	Wilmot St
Chester St (So. Bway a Dunstable St.)	Fallon St	Lisa Lane	Powers St	Winston Dr
Chestnut St	Falmouth St	Lorenzo Rd	Proctor Rd	Winter St
Chickering St (Cutler St. a Pilgrim Rd.)	Farley St	Loring St	Prospect St	Woodland St
Cleveland St	Farnham St	Louisburg St	Providence St	Wyman St
Clifton St	Ferry St		Railroad St	
Clinton St	Ferguson St			

**EN LAS SIGUIENTES CALLES, DE 12:01 AM Y 6:00 AM, DE LUNES A VIERNES, EL ESTACIONAMIENTO ALTERNO SERÁ ENFORZADO TODO EL AÑO: ORD 10.36.190**

Ames St, de Haverhill St. a Water St.  
Andover St  
Arlington St, de Broadway a la línea de Methuen.  
Broadway, de la línea de Methuen a Canal St.  
Canal St, de Prospect Street a Union St.  
Common St  
East Haverhill St, de Steiner St. a Avon St.  
Eastside St, calle entera  
Essex St.  
Ferry St, de Marston St a East Haverhill St.  
General Street, de Prospect Street a Union Street.  
Hampshire St, de Lawrence St a Arlington St

Hampshire St, de Myrtle St a Canal St.  
Hampshire St, de Canal St. a Arlington St.  
Haverhill St, excepción de la Jackson St. a Amesbury St y Broadway  
Jackson St, de Canal St a Kendrick St. y de Berkeley St hasta la línea de Methuen.  
Lawrence St  
Lowell St, de Ames St a Lawrence St.  
Market St, de Loring St a Parker St.  
Merrimack St.  
Methuen St, de Broadway a Amesbury St.  
Methuen St, de Lawrence St a Union St.

Parker St, de Andover St a Merrimack St.  
Prospect St, de la línea de Methuen a Canal St.  
Salem St, de Emmett St a Shawsheen Road, con la excepción de la porción de Salem St., entre Newton St y Everett St.)  
Salem St, de Emmett St a South Union St.  
South Broadway  
South Union St.  
Tremont St, de Hampshire St a West St.  
Union St.  
Water St, de Ames St a Broadway.  
West St.  
Winthrop Avenue, de Chickering St. a Parker St.

Las disposiciones de esta sección no se aplicarán a las partes de las siguientes calles designadas como carreteras estatales:

Jackson Street, al norte de Berkley Street hasta Methuen Line-Route 110.  
Riverside Drive, al oeste de Ames Street hasta Methuen Line.  
Winthrop Avenue, desde el cruce de Osgood Street hacia el sur hasta la Interestatal 495.

### ESTACIONAMIENTO NOCTURNO TODA LAS NOCHES EN LOS SIGUIENTES LUGARES

ESCUELA BREEN – Solamente en el exterior y en el estacionamiento  
PARQUE CARL LINDQUIST – Solamente en la calle Emmett  
PARQUE CHARLES STORROW – Solamente en la calle High, desde la calle Pleasant hasta el sur de calle Storow Terrace  
ESCUELA JAMES F. LEONARD PATIO DE JUEGO – Lado sur  
ESCUELA ARLINGTON – Calle Arlington  
ESCUELA LAHEY – Patio solamente  
ESCUELA ROLLINS – Calle Platt solamente  
PARTHUM SCHOOL – El patio de juego de la calle E. Haverhill

### ANOTE POR FAVOR

Es muy importante que los automovilistas cooperen y retiren sus vehículos de todas las áreas públicas a más tardar a las 7:00 A.M... Todos los vehículos serán remolcados por cuenta y cargo del PROPIETARIO que no cumpla con el horario anterior. Además, todos los vehículos inmovilizados por accidente, mecánicos, sin seguro o no inspeccionados que queden en todas las tierras de la ciudad serán remolcados a expensas del PROPIETARIO.

–Jorge Jaime, Director de Obras Públicas

# Los Milagros de mi Madre

Ayudando a Familias con Acceso a los Alimentos Durante la Temporada Navideña

Por Diego Calderón

La temporada de otoño y las fiestas del fin de año son sin duda las favoritas de muchos. Las cosas como, ir a recoger manzanas, comer o tomar cualquier cosa que sea de sabor a calabaza, más la belleza de los colores, los rojos, naranjas, y amarillos vibrantes que nos rodean, alegran nuestra vista y el corazón. Todos estos son recordatorios de una época de felicidad, en la cual toda la familia se reúne para disfrutar de deliciosas comidas y tradiciones. Sin embargo, para demasiadas familias en Massachusetts, estos también son recordatorios que provocan ansiedad por los presupuestos ya ajustados, y las muchas horas extra de trabajo que son necesarias para satisfacer las necesidades básicas como alimentos, vivienda, y ropa para sus familias. Recordatorios de todo lo que tienen que hacer para seguir nuestras amadas tradiciones, y elegir: alimentar a su familia durante un mes o solo durante una noche.

Como muchos niños lo hacen, yo viví mi infancia felizmente ignorante de estas preocupaciones. La Navidad era mi favorita en Perú. Todos los años le escribía una carta a Santa Clos, con una larga lista de regalos. Sabiendo que era un buen niño, y tal vez para la mala suerte de mi madre, recibía la mayoría de mis regalos. Como tradición en la Nochebuena, mi familia compartía una cena deliciosa. El menú constituía de pollo o un delicioso cerdo asado, acompañado de relleno y lo que parecía ser una pléthora de guarniciones interminables. Después de nuestra tradicional cena de medianoche, los niños se reunían alrededor del árbol de Navidad y abrían los sus regalos. Nuestros padres se sentaban y observaban, como nuestros rostros se iluminaban de alegría con cada regalo que abríamos. Era realmente una noche mágica.

Poco después de mudarme a los Estados Unidos, aprendí acerca el Día de Acción de Gracias. Mi familia se hizo participante de esta maravillosa celebración, llena de pavo, salsa de arándanos, cacerola de bainitas verdes, pan de maíz dulce, puré de papas, tarta de manzana, calabaza y nueces. Esto se convirtió rápidamente en una de mis fiestas favoritas, me dio otra razón para pasar tiempo con mi familia y marco el inicio de mi cuenta regresiva para

la Navidad.

Sin embargo, como es la infancia de muchos niños, los recuerdos pueden ser distorsionados. Estas maravillosas experiencias de abrir regalos y compartir mis comidas favoritas, proveyeron de sacrificios, y milagros que hizo mi madre. Sacrificios que constituyan muchas tardes de pies doloridos por las múltiples horas de sus múltiples trabajos. Por sus muchos días de no comer y fingir estar en una dieta, solo para que no cuestionemos por qué no comía. Y por sus muchas noches sin dormir, preocupada de cómo iba a elegir, si dar de comer a sus hijos durante un mes, o darles las dichosas alegrías de estas dos noches de fiesta.

Esta temporada navideña, mis recuerdos distorsionados serán compartidos por demasiados niños en nuestro estado, ya que 1 de cada 5 hogares con niños en Massachusetts sufren de inseguridad alimentaria. Estos recuerdos de sentarse a la mesa, y morder una pierna de pavo, o un pedazo de cerdo, compartir las ensaladas interminables y tener el privilegio de abrir los regalos en la mañana de Navidad, serán parte de nuestra juventud por muchos años que vienen. Al contrario, los sacrificios que harán muchos padres y tal como lo hizo mi madre para crear estos recuerdos, pasará desapercibidos. Como adulto, ahora trabajo en Project Bread, una organización comprometida con resolver el problema del hambre en Massachusetts, y escucho historias todos los días sobre los sacrificios que hacen estos padres, pero también sé que por cada sacrificio, están creando milagros.

Usted, puede ayudar a que familias puedan concentrarse en crear sus propios recuerdos apoyando a Project Bread en esta temporada navideña, y si usted está buscando esa ayuda, puede comunicarse con nuestra línea directa de FoodSource al 1-800-645-8333 para encontrar asistencia alimentaria y hacer que estas festividades sean un poco más mágicas este año.

#### Sobre el Autor:

Diego Calderón es Gerente de Asociaciones de Atención Médica en Project Bread, la organización estatal destacando contra el hambre en Massachusetts. Para obtener más información, visite: [www.projectbread.org](http://www.projectbread.org).

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## St. Michael's Teens help Neighbors In Need

"Thanksgiving Day is a good day to recommit our energies to giving thanks and just giving."

—Amy Grant



#### Special Thanks to St. Michael's CCD Program

This past Saturday, 10 CCD students from St. Michael's Church of Andover packed groceries and produce, and reinforced Thanksgiving meal boxes. This team was ready for action, super organized, and fabulous to work with! Thank you to Eric Imperato for helping to organize this opportunity.

We rely on over 50 volunteers each week for our Food Warehouse and Delivery Service our Neighbors In Need.

Thank you to all of you who have volunteered this month and throughout the year!

Can you Volunteer in November or December?

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# Dignity Matters Expands Access to Period Products in Greater Lowell

By Kathy Register

It's a formerly taboo subject that is getting some of the community awareness needed: period poverty.

Many economically disadvantaged women and girls in Massachusetts receive no assistance when it comes to accessing the menstrual products that they need every month.

Not covered by federal food-stamp programs, these expensive products are a regular necessity that can cripple low-income family budgets. Consequently, many women and girls often do without and just stay home during their periods – which impacts their ability to attend school or hold down a job.

However, Dignity Matters -- with support from the Greater Lowell Community Foundation (GLCF) -- has stepped up to help women "manage their whole periods with dignity."

Each month, 15,000 women in Massachusetts receive period products through Dignity Matters, explained Meryl Glassman, Development Director. "We are the largest provider of menstrual care products in the state."

The Framingham-based nonprofit is also educating the public about this under-recognized issue. "We tell people all the time, 'Look, we don't talk about menstrual periods. And we don't talk about what can go wrong with periods. And that's why so few people are aware that period poverty is happening here in Massachusetts,'" said Glassman.

"But more and more people are starting to realize this is an area of great need for women. And the financial impact of the pandemic and rising costs have only made it worse."

"Families struggling with food insecurity in our community rarely have enough money to keep their households fully fed, much less to purchase period care supplies," added Jennifer Aradhy, GLCF's Vice President of Marketing, Programs & Strategy.

"The Foundation wants to create awareness that period poverty does exist, and we are working to fund this important need in Greater Lowell."

Studies show that one in four teens are missing school because of period poverty, according to Glassman. "If girls get their periods and have no access to menstrual care products, they often stay home from school three or four days each month – month after month. That makes it difficult for them to advance in school and eventually graduate."

"We also know that one in three women who work in low-wage jobs miss work due to period poverty. When they miss work, they don't get paid. And if they miss too much work, they can lose their jobs."

Dignity Matters currently serves women in Eastern Massachusetts and is one of a growing number of nonprofits around the nation dedicated to helping women-in-need. It provides menstrual products to schools, shelters, and food pantries, including many in Greater Lowell. These community partners then distribute pads and tampons to their clients.

One of Dignity Matters' most successful school partnerships is with Catie's Closet, a Dracut-based nonprofit that provides clothing, toiletries, and other

essentials to low-income students.

Catie's Closet sets up free "stores" in schools, where students can "shop" for any items they need to attend class with confidence, explained Mickey Cockrell, Catie's Closet CEO and co-founder.

"We only build Closets in schools where 50 percent of students are below the poverty level," she said. "We have grown to 117 locations, in 11 school districts in Massachusetts and New Hampshire, and now serve 78,000 children a year."

Lowell-area girls and teens have access to free menstrual products in Catie's Closets, courtesy of Dignity Matters, through a GLCF-funded grant, titled Dignity in Lowell Schools.

"We have Closets in all the Lowell schools: elementary, middle and high schools," said Cockrell. "And thanks to Dignity Matters, we now offer period products in all of them."

"Period poverty is a big deal," she added. "These products are expensive, so students don't buy them – which means they stay home from school when they have their periods. How can they graduate if they don't go to school?"

Another Dignity Matters community partner is the Boys & Girls Club of Greater Lowell, which serves kids ages 8 to 18. Approximately 80 teens and girls receive free period products each month through Dignity Matters, estimated Shirley Pimentel, Youth Development Director at the Club.

"A lot of our families are low income and struggle with general food insecurity," said Pimentel. "So it only follows that they may need help with providing hygiene products, from soap and shampoo, to period products."

And while the Boys & Girls Club prioritizes its girls, the organization also distributes menstrual care products from Dignity Matters to members' families. "Whenever we have a special family event, we always set up Resource Stations and put out pads and shampoos so parents can pick them up," she explained.

"It's great that Dignity Matters allows us to supply these products," said Pimentel. "Our girls are so thankful – and we get good feedback from our families, too."

Dignity Matters distributes period products to women of all ages through the Wish Project, a nonprofit that helps families in need establish long-term residency. "We supply everything from clothing, furniture, hygiene products, cleaning products, diapers and baby wipes, and menstrual products," explained Tina DiNino, Volunteer & Social Media Manager at the Wish Project.

Based in North Chelmsford, the Wish Project serves Greater Lowell, Lawrence, and the wider Merrimack Valley. "We assist anyone in our community that has a need," said DiNino. "There is no need for proof of income or proof of services. We just require clients to bring a photo ID to receive these items."

And community need is growing, added DiNino. "When our fiscal year ended in June, the number of clients we provided clothing to was four times higher than the previous year. And the number of diapers we distributed was eight times higher, compared to the pre-COVID years."

The Wish Project is also distributing more and more menstrual products, she



GLCF's Jennifer Aradhy with Dignity Matters' Maureen Winkler Belger, Foundation Relations Officer and Meryl Glassman, Director of Development at the Dignity Matters warehouse/offices in Framingham.

said. "We now provide period products for almost 250 women each month. About a year ago, that number was 100 women per month."

"We are so thankful for our partnership with Dignity Matters," said DiNino. "It has made a huge impact on our clients."

To learn more about GLCF, visit: [www.glcfoundation.org](http://www.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 \$35 million to the Greater Lowell community.

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# Greater Lawrence Technical School Students Honor Command Sgt. Major Franklin Velez

(Photos Courtesy Greater Lawrence Tech)

ANDOVER – Superintendent John Lavoie and Principal Susan Zielinski are pleased to share that Greater Lawrence Technical School hosted an event in observation of Veterans Day.

Greater Lawrence Tech hosted a veterans day event on Friday, Nov. 4 to honor and recognize Command Sgt. Major Franklin Velez and Sgt. Eduardo Ortiz of the Continental Color Guard, 3d U.S. Infantry Regiment.

Command Sgt. Major Velez, a 1988 graduate of Greater Lawrence Tech, and members of the U.S. Army Band: Swamp Romp, U.S. Army Drill Team, and Sgt. Eduardo Ortiz of the Continental Color Guard, 3d U.S. Infantry Regiment, were greeted at GLTS by Andover and Lawrence Fire departments who raised an American flag using fire trucks.

Members of the U.S. Army Band, Drill Team, and Sgt. Ortiz of Continental Color Guard, 3d U.S. Infantry Regiment, along with Command Sgt. Major Velez, took a tour of GLTS to see how it developed and changed over the years, and a reception with food and drinks prepared by students from GLTS culinary arts program, was held in the library.

Following the reception, a ceremony was held in the performing arts center, where Command Sgt. Major Velez, Sgt. Ortiz of the Continental Color Guard, 3d U.S. Infantry Regiment spoke to junior's about their experiences in the army and why they joined.

Members of the U.S. Army Band kicked off the ceremony by performing the National Anthem, and GLTS senior Xavier Tirado sang the Pledge of Allegiance. Students from Lawrence High School's Jr. ROTC program presented flags, led by Lt. Colonel Stephen F. Howe, U.S. Army (Ret).

Opening statements were made by GLTS Principal Zielinski, and GLTS Math Instructor Jacob Elwell, a U.S. Air Force Veteran, commanding the efforts of veterans everywhere and the sacrifices they make for our country.

After graduating GLTS in 1988, Command Sgt. Major Velez went on to join the U.S. Military in 1990 as an Infantryman. The Lawrence native quickly excelled in his role holding over 13 positions during his career, eventually attaining one of the most senior ranks an enlisted soldier can earn.

Command Sgt. Major Velez talked to students and answered questions about his career, including what his favorite badge that he earned is. He went on to tell students about the time he got his Paratrooper wings, telling a light-hearted story about his first and second jump out of a plane.

During his first jump, he explained that he and his class weren't nervous because they didn't know what jumping out of a plane was like yet. It was only until their second time jumping that their nerves kicked in. However, Command Sgt. Major Velez stated that when he joined the army all he wanted to do was jump out of planes, and in doing so gaining his Paratrooper wings was his most memorable and special accomplishment.

Command Sgt. Major Velez earned merit awards and badges including, Legion of Merit (1OLC), Bronze Star with "V"

device, Bronze Star Medal (3 OLC), Meritorious Service Medal (7 OLC), Army Commendation Medal (6OLC), Army Achievement Medal (3OLC), the Ranger Tab, Maser Parachutist Badge, Air Assault Badge, Pathfinder Badge, Expert Infantryman's Badge, and the Combat Infantryman's Badge second award, along with numerous others.

He was deployed and was a part of numerous missions including Desert Storm and Operation Iraqi Freedom.

Currently he is the Senior Enlisted Advisor with the Joint Task Force-National Capital Region and the U.S. Army Military District of Washington. This role provides operational, ceremonial and musical support for local and worldwide public events, and national security and special events on behalf of the nation's leadership.

Sgt. Ortiz of the Continental Color Guard, 3d U.S. Infantry Regiment shared with students his own personal story about joining the Army after graduating high school in 2019. Sgt. Ortiz grew up in Mexico and moved to the US when he was 17.

When he arrived in the U.S., he did not speak English, but want to join the Army. After he graduated high school, he went to a recruiting office and signed-up. During this time, Sgt. Ortiz used social media in an effort to learn more about the Army and teach himself basic parts of the English language. After joining the Army, he shipped off to basic training where he learned how to speak English. Sgt. Ortiz later joined the U.S. Army Color Guard and has presented flag all over the country, even at the Tomb of the Unknown Solider, where he says he felt the most pride in his country.

The ceremony continued with members of the U.S. Army Drill team putting on a performance for students, and the U.S. Army Band performing a musical number.

Members of the Greater Lawrence Technical School District Committee were in attendance including Zoila Disla representing Lawrence, and Thomas Hatem and Francisco Surillo representing Methuen.

Command Sgt. Major Velez commended teachers and staff for their hard work and dedication in setting students up for success.

"We are honored that Command Sgt. Major Velez and his soldiers came to Greater Lawrence to speak with our students ahead of Veterans Day," said Principal Zielinski. "We would like to thank those who serve for their dedication and commitment to our country. I am very happy students got the chance to speak with Command Sgt. Major Velez and learn more in depth about the army."

"I would like to thank Command Sgt. Major Velez as well as members of the U.S. Army Band, U.S. Army Drill team and Sgt. Ortiz for taking the time to come to our school district," said Superintendent Lavoie. "We are honored to be a part of this ceremony. Students were able to gain a new understanding about what it means to be in the service and were shown another path that they are able to pursue once they graduate."

Greater Lawrence Tech would like to commend all Veterans for their service and sacrifice ahead of Veterans Day.



Members of the U.S. Army Band, members of the Greater Lawrence Tech School Board Thomas Hatem, Zoila Disla, Francisco Surillo, Principal Susan Zielinski, Command Sgt. Major Velez, Sgt. Ortiz of the Continental Color Guard, 3d U.S. Infantry Regiment, Director of Veterans Services Jaime Melendez (far right), and members of the U.S. Army Drill Team (front), after the Veterans Day ceremony held at Greater Lawrence Tech.



Members of the U.S. Army Band Swamp Romp gearing up to perform for Greater Lawrence Tech students during Veterans ceremony.



Above, members of the U.S. Army Drill Team and U.S. Army Band, Swamp Romp, enjoy refreshments courtesy of Greater Lawrence Tech Culinary Arts students.



Command Sgt. Major Velez visits students at their shops during his tour of GLTS.

## Girls Cross Country Captures Austin Prep's First NEPSAC Championship



READING---- The Austin Prep Girls Cross Country team captured the New England Preparatory School Athletic Council (NEPSAC) Division 2 Championship last Saturday at St. Mark's School in dominating fashion, placing three runners in the top 10 and four runners in the top 15 in the team's first appearance in the championship event. With the transition of Austin Prep's athletics program to the NEPSAC to start the 2022-2023 academic year, the cross country victory brings Austin Prep its first NESPAC title.

"It was an honor to be the first team to win a NEPSAC championship and hopefully it sets a trend for more to come," Head Cross Country Coach Nicolle Renick said. "It was a historical moment that we probably won't realize the magnitude of until many years down the road."

Freshman Anya Budzinski led Austin Prep in the 5,000-meter race finishing fourth individually in 20:46. She was followed by teammates sophomore Madi Valade in sixth (20:49), senior Sophia DiNanno in ninth (21:29) and sophomore Victoria Tenreiro in 15th (21:53). All four runners earned All-NEPSAC Honors at the race. They were joined by senior Sydney Pilla in 22nd (22:40), junior Cailin Fennessy in 26th (22:48) and sophomore Colleen Simmons in 53rd (24:12). The race was won by Sadie Millett of Middlesex School in 20:11.

Austin Prep finished with a low score of 55 points. The top five teams were rounded out by Middlesex (80), Hopkins (115), Governor's Academy (138), and Buckingham Browne & Nichols (145).

Budzinski – who won five races during the course of the fall, leading Austin Prep to an undefeated dual meet season – pressed the pace from the beginning of

the race and finished in her customary top team spot. Expecting a challenge from Middlesex, Austin Prep needed strong efforts from their two through five (scoring) runners, which is exactly what they got as Valade, DiNanno, Tenreiro and Pilla all closed quickly in the final stretch to gain placing and disrupt the top runners from Middlesex.

"We knew going into the race we had to beat as many Middlesex runners as possible."

Budzinski said. "So our plan was to work together in the race and focus on a strong finish, making sure we didn't get passed by any runners at the end, especially Middlesex runners."

"We went and did a course preview run the weekend before the race which was really helpful," Renick said. "They knew what to expect in terms of the course. It let them focus on being patient in the hills and middle section of the course, and then passing as many jerseys as possible as they approached the finish."

Runners who finished in the top 20 placings earned the right to run as individuals in the NEPSAC Meet of Champions race on Saturday, November 19, also at St. Mark's. Budzinski, Valade, DiNanno and Tenreiro will be participating. The championship run was further highlighted by the Austin Prep Girls Junior Varsity Cross Country team's victory in the JV NEPSAC Championship race to end the day.

"It was great to win with this team. We worked hard this fall and were able to achieve the goal we had since the beginning of the season," Budzinski added. "It is awesome to make history with some of your best friends."



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# Massachusetts se encuentra entre los mejores estados para la detección, el diagnóstico en etapa temprana y la cirugía para el cáncer de pulmón según un nuevo informe

Nuevos datos de la American Lung Association muestran que Massachusetts lidera el camino en el manejo de la carga del cáncer de pulmón

El informe "Estado del cáncer de pulmón" de 2022 revela que Massachusetts ocupa el puesto número 1 en la nación en cuanto a tasas de detección, tasas de tratamiento quirúrgico y diagnóstico en etapa temprana de cáncer de pulmón. El quinto informe anual de la American Lung Association, publicado hoy, destaca el número de víctimas del cáncer de pulmón en Massachusetts y examina los indicadores clave, incluidos los casos nuevos, la supervivencia, el diagnóstico temprano, el tratamiento quirúrgico, la falta de tratamiento y las tasas de detección en todo el país.

A nivel nacional, el informe "Estado del cáncer de pulmón" muestra un progreso continuo para la supervivencia del cáncer de pulmón. La tasa de supervivencia a cinco años del cáncer de pulmón ahora es del 25% en todo el país y aumentó un 21% de 2014 a 2018. Desafortunadamente, el informe también destaca que las personas de color a las que se les diagnostica cáncer de pulmón enfrentan peores resultados en comparación con los estadounidenses blancos, incluida una supervivencia más baja, menos probabilidades de recibir un diagnóstico temprano, menos probabilidades de recibir tratamiento quirúrgico y más probabilidades de no recibir tratamiento. En Massachusetts, los estadounidenses de origen asiático o los habitantes de las islas del Pacífico tienen menos probabilidades de recibir un diagnóstico temprano de cáncer de pulmón.

"La detección del cáncer de pulmón es clave para el diagnóstico temprano, y el diagnóstico temprano salva vidas. Massachusetts lidera la nación con una tasa de detección del 16,3%, pero eso significa que el 83% de las personas elegibles y de alto riesgo en nuestro estado no están siendo evaluadas", dijo Daniel Fitzgerald, director de defensa de la American Lung Association en Massachusetts. "Todos podemos ayudar a reducir la carga del cáncer de pulmón en Massachusetts. Si es elegible para la prueba de detección de cáncer de pulmón, lo alentamos a que hable con su médico al respecto. Si un ser querido es elegible, animelo a hacerse la prueba".

Actualmente, 14,2 millones de estadounidenses cumplen con las pautas del Grupo de trabajo de servicios preventivos de EE. UU. para la detección. Según estas pautas, una persona es elegible para la prueba de detección de cáncer de pulmón si tiene entre 50 y 80 años de edad, tiene un historial de 20 paquetes por año (1 paquete por día durante 20 años, 2

paquetes por día durante 10 años) y es un fumador actual, o ha dejado de fumar en los últimos 15 años. Averigüe si es elegible para la prueba de detección de cáncer de pulmón en SavedByTheScan.org.

El informe encontró que Massachusetts clasificó:

- 30 en la nación para la tasa de nuevos casos de cáncer de pulmón en 60,4 por 100.000. La tasa nacional es de 56,7 por 100.000.
- 1 en la nación para diagnóstico temprano con 31.9%. A nivel nacional, solo el 25,8% de los casos se diagnostican en una etapa temprana cuando la tasa de supervivencia es mucho mayor.
- 1 en la nación para la detección del cáncer de pulmón con un 16,3 %. Las pruebas de detección del cáncer de pulmón con tomografías computarizadas de dosis baja anuales para las personas con alto riesgo pueden reducir la tasa de mortalidad por cáncer de pulmón hasta en un 20%. A nivel nacional, solo el 5,8% de las personas con alto riesgo fueron examinadas.
- 1 en la nación para la cirugía en el 31,2%. El cáncer de pulmón a menudo se puede tratar con cirugía si se diagnostica en una etapa temprana y no se ha propagado. A nivel nacional, el 20,8% de los casos fueron intervenidos quirúrgicamente.
- 2 en la nación por falta de tratamiento con un 14%. A nivel nacional, el 20,6% de los casos no reciben tratamiento.

No hay datos sobre la tasa de supervivencia en Massachusetts. La tasa nacional de personas vivas cinco años después de un diagnóstico de cáncer de pulmón es del 25 %.

"State of Lung Cancer" destaca que Massachusetts debe hacer más para reducir la carga del cáncer de pulmón y alienta a todos a unirse al esfuerzo para acabar con el cáncer de pulmón. Obtenga más información sobre el informe y envíe un correo electrónico al presidente Biden para agradecerle su liderazgo en la Iniciativa Cancer Moonshot e instarlo a trabajar para aumentar las pruebas de detección de cáncer de pulmón para personas con alto riesgo en Lung.org/solc.

Sobre la Asociación Americana del Pulmón

La American Lung Association es la

organización líder que trabaja para salvar vidas mejorando la salud pulmonar y previniendo enfermedades pulmonares a través de la educación, la promoción y la investigación. El trabajo de la American Lung Association se centra en cuatro imperativos estratégicos: vencer el cáncer de pulmón; defender el aire limpio para todos; mejorar la calidad de vida de las

personas con enfermedad pulmonar y sus familias; y crear un futuro libre de tabaco. Para obtener más información sobre la American Lung Association, que tiene una calificación de 4 estrellas de Charity Navigator y es miembro de GuideStar de nivel Gold, o para apoyar el trabajo que realiza, llame al 1-800-LUNGUSA (1-800-586-4872). ) o visite: Lung.org.

## Massachusetts Ranks Among Best States for Screening, Early-Stage Diagnosis, and Surgery for Lung Cancer According to New Report

New American Lung Association data shows Massachusetts leads the way on managing the burden of lung cancer

The 2022 "State of Lung Cancer" report reveals that Massachusetts ranks #1 in the nation for screening rates, surgical treatment rates, and early-stage diagnosis of lung cancer. The American Lung Association's 5th annual report, released today, highlights the toll of lung cancer in Massachusetts and examines key indicators including new cases, survival, early diagnosis, surgical treatment, lack of treatment and screening rates across the nation.

Nationally, the "State of Lung Cancer" report shows continued progress for lung cancer survival. The lung cancer five-year survival rate is now 25% nationwide, and increased 21% from 2014 to 2018. Unfortunately, the report also highlights that people of color who are diagnosed with lung cancer face worse outcomes compared to white Americans, including lower survival rate, less likely to be diagnosed early, less likely to receive surgical treatment and more likely to receive no treatment. In Massachusetts, Asian Americans or Pacific Islanders are least likely to be diagnosed with lung cancer early.

"Lung cancer screening is key to early diagnosis, and early diagnosis saves lives. Massachusetts leads the nation with your screening rate of 16.3%, but that means that 83% of eligible, high-risk people in our state are not being screened," said Daniel Fitzgerald, Director of Advocacy at the American Lung Association in Massachusetts. "We all can help reduce the burden of lung cancer in Massachusetts. If you are eligible for lung cancer screening, we encourage you to speak with your doctor about it. If a loved one is eligible, please encourage them to get screened."

Currently, 14.2 million Americans meet the US Preventive Services Task Force guidelines for screening. Under these guidelines, a person is eligible for lung cancer screening if they are between 50-80 years of age, have a 20 pack-year history (1 pack/day for 20 years, 2 packs/day for 10 years) and are a current smoker, or have quit within the last 15 years. Find out if you are eligible for lung cancer screening at SavedByTheScan.org.

The report found that Massachusetts ranked:

cancer cases at 60.4 per 100,000. The national rate is 56.7 per 100,000.

- 1 in the nation for early diagnosis at 31.9%. Nationally, only 25.8% of cases are diagnosed at an early stage when the survival rate is much higher.

- 1 in the nation for lung cancer screening at 16.3%. Lung cancer screening with annual low-dose CT scans for those at high risk can reduce the lung cancer death rate by up to 20%. Nationally, only 5.8% of those at high risk were screened.

- 1 in the nation for surgery at 31.2%. Lung cancer can often be treated with surgery if it is diagnosed at an early stage and has not spread. Nationally, 20.8% of cases underwent surgery.

- 2 in the nation for lack of treatment at 14%. Nationally, 20.6% of cases receive no treatment.
- There is no data for survival rate in Massachusetts. The national rate of people alive five years after a lung cancer diagnosis is 25%.

"State of Lung Cancer" highlights that Massachusetts must do more to reduce the burden of lung cancer and encourages everyone to join the effort to end lung cancer. Learn more about the report, and email President Biden to thank him for his leadership on the Cancer Moonshot Initiative and urge him to work to increase lung cancer screening for individuals at high risk at Lung.org/solc.

## About the American Lung Association

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

## 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>

# GLFHC Pledges to Reduce Emissions

**The health center joins the president's pledge to decarbonize the health care sector**

Greater Lawrence Family Health Center (GLFHC) has committed to doing its part to reduce emissions and become more resilient to climate change.

The health center was recognized for making this pledge by the U.S. Department of Health and Human Services (HHS) on Thur., Nov. 10 at the 2022 United Nations Climate Change Conference.

GLFHC is one of 102 health care organizations in the country who have committed to the White House/HHS Health Sector Climate Pledge. The pledge aims to decarbonize the health care sector and make health care facilities more resilient to the effects of climate change. The Biden administration's goal is to reduce emissions by 50-percent by 2030,

and achieve net zero emissions by 2050.

While caring for its patients, GLFHC said that social determinants of health play a major factor in a person's overall health. Spearheaded by the health center's Greater Lawrence Family Medicine Residency program, GLFHC promises ongoing action to curb this major looming factor in the health of individuals and families seeking health care services throughout the Merrimack Valley.

"Pursuing health equity means that we must each do our part in providing people and patients a fair chance at healthful lives," said Guy L. Fish, MD, MBA, President & CEO of GLFHC. "That means examining our practices and eliminating climate impacts we are creating. While the goal

is ambitious, the negative consequences of inaction are as unfathomable as they are immoral. GLFHC is delighted that our residents have once again provided insight and guidance on the path forward towards healthy communities."

A September 2021 consensus statement from more than 200 medical journals named climate change the number one threat to global public health, according to HHS. It exposes millions of people in the United States to harm every year — with disproportionate impacts on communities that are often already the victims of longstanding disparities. The healthcare sector also contributes to climate change,

accounting for approximately 8.5-percent of U.S. domestic emissions.

**About GLFHC:** The mission of Greater Lawrence Family Health Center is to improve and maintain the health of individuals and families in the Merrimack Valley by providing a network of high quality, comprehensive health care services and by training health care professionals to respond to the needs of a culturally diverse population. More than 68,000 patients depend on GLFHC for their primary health care needs at locations in Lawrence, Haverhill and Methuen. For more information, visit <https://glfhc.org>.



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Call 1-800-QUIT-NOW  
or connect at [mass.gov/quitting](http://mass.gov/quitting)

## Surprise! We've Added a Special Poetry Night!

Join us on Friday, December 2nd!



HAVERHILL RIVER BARDS PRESENTS:  
**A SPECIAL NIGHT OF POETRY & MUSIC CELEBRATING HAVERHILL**  
IN PARTNERSHIP WITH  
CREATIVE HAVERHILL & HC MEDIA

DECEMBER 2ND  
7:00 - 8:30 PM  
IN-PERSON | FREE  
HC MEDIA STUDIO 101  
2 MERRIMACK ST  
THIS NIGHT WILL BE A SPECIAL DECEMBER PRESENTATION OF THE RIVER BARDS WITH MUSICAL PERFORMANCES, POETIC EXPRESSIONS AND AN OPEN MIC, ALL BASED ON THE THEME OF HAVERHILL, AND WILL INCLUDE A PERFORMANCE OF THE HAVERHILL ANTHEM WRITTEN BY HAVERHILL POET LAUREATE DAN SPEERS!  
\*SNOW DATE DECEMBER 9TH

- FEATURING -  
**EJ OUELLETTE**

Join us for one final extra special night of poetry and music! This night will be all about celebrating Haverhill with musical performances, poetic expressions, and an open mic, all based on the theme of Haverhill – the heart of the Merrimack River Valley. This evening will feature EJ Ouellette and the Haverhill Anthem poem by our Poet Laureate, Dan Speers!

EJ Ouellette plays many roles within the music, film, and entertainment industries. He is a frontman, singer-songwriter, multi-instrumentalist, content

creator, storyteller, producer, recording engineer, studio musician, artist, composer, film director, actor, professional side man, fiddler, and guitarist.

As an Americana, rock, and folk singer-songwriter and multi-instrumentalist, EJ performs regularly with his band, EJ Ouellette & Crazy Maggy. EJ Ouellette is a member of the National Academy of Recording Arts & Sciences (NARAS/Grammys) in 5 categories: Singer, Songwriter, Instrumentalist, Producer, and Engineer. He is also a member of ASCAP.



Northern Essex Community College is excited to announce a new curriculum addition. The cannabis industry is booming, and the need for trained professionals continues to rise. NECC has taken note of this rising interest and wants alumni interested in joining this emerging and exciting industry to be prepared.



Advanced Dispensary Associate



Advanced Manufacturing Agent



Advanced Cultivation Technician

We are now offering three cannabis certificates: [Advanced Dispensary Associate](#), [Advanced Manufacturing Agent](#), and [Advanced Cultivation Technician](#), to prepare individuals with the skills and knowledge needed to succeed in the cannabis industry. The programs can be completed in just 8 weeks, and because they are 100% online, you can study when it's most convenient for you.

Ready to get started? Contact us at 978-556-3060 to learn more or [register today](#) to start your cannabis education journey!

Northern Essex Community College  
Center for Corporate & Community Education  
100 Elliott Street, Haverhill, MA 01830  
978-556-3060 | [www.necc.mass.edu/community-education](http://www.necc.mass.edu/community-education)



**craftivism** [kraft-uh-viz-uhm] verb  
the act of creating through craft (knitting, crocheting, embroidery, etc.) and using the craft to make a statement.

In this free class teens (ages 13-18) will learn craft-forms and develop artwork that makes a statement about something they're passionate about culminating in a community exhibition at the Haverhill Public Library (12 spots available).

**class details:**

- when - Wednesdays 5:30 - 7:30 pm  
Nov 2nd, 9th, 16th, 30th, and Dec 7th
- where - HC Media Studio 101, 2 Merrimack St, Haverhill
- more info/register - [www.creativehaverhill.org/programs](http://www.creativehaverhill.org/programs)

**FIND YOUR VOICE, SHOW THE WORLD!**



BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



# From My Corner

## Lawrence Superior Officers Union took a NO CONFIDENCE vote on Chief Vasque

On behalf of the members of The Lawrence Police Superior Officers Association (LPSOA), we regretfully write this letter after taking a vote of NO CONFIDENCE and as a result are releasing this information. Unfortunately, circumstances have left us with no other recourse. We have lost all trust, faith and confidence in Chief Roy Vasque's ability to lead this department.

Chief Vasque fosters an atmosphere of hostility, retaliation and intimidating behavior. Chief Vasque has established a pattern and practice of inequitable treatment of department personnel. His lack of leadership, mismanagement, and poor policy decisions have damaged the relationship between the administration of The Lawrence Police Department and the men and women of The Lawrence Police Department.

Attempts to address workplace problems and avoid grievances with Chief Vasque have gone unheeded. His lack of leadership and poor management style have contributed to poor retention of qualified personnel. Overly harsh discipline, undermining of the chain of command and officer safety concerns are only a few of the ongoing problems within the department. Morale is perilously low at this time within the Lawrence Police Department.

A bad manager can take a good staff and destroy it thereby causing highly qualified employees to leave the Department and those who remain to lose all motivation. Chief Vasque's abuse of power, narcissistic attitude toward Officers and intimidation are more than any employee should have to endure.

In closing, we would like to reiterate that the men and women of The Lawrence Police Superior Officers Association have lost faith in Chief Roy Vasque's ability to lead this Department.

Specific examples of Chief Vasque's mismanagement of the Lawrence Police Department are as follows;

Chief Vasque has failed to staff 3 of 3 Bureaus within the Lawrence Police Department with designated

Commanding Officers leaving these positions vacant and unmanaged for periods of time that exceed acceptable norms. These include the Bureau's of Field Services (patrol), Investigations / (Detective) and Administration. These vacancies should be delegated to the appropriate personnel in a timely manner that would facilitate proper operations and maintain the integrity of the chain of command. Additionally Chief Vasque has not assigned a risk assessment officer for the Department since the position became vacant.

Chief Vasque has mishandled the budget of the police department by means of repeatedly engaging in the poor management practice of awarding time owed / compensatory time to excessive levels that far exceed reasonable standards. This abuse of the LPD budget has created an unfunded liability for the Police Department and by extension the City of Lawrence that negatively impacts the ability of the City of Lawrence to raise pay and benefits for employees.

Chief Vasque has been inattentive regarding the Department's grant income as he had repeatedly failed to maintain proper controls over the employees delegated with securing those funds. This has led to nearly losing millions of dollars in State and Federal aid that is utilized for staffing and paying for essential law enforcement programs that the citizens of Lawrence rely upon.

Chief Vasque's toxic leadership has contributed to an environment causing nearly 30 Sworn Officers to voluntarily separate from the Lawrence Police Department in the last two and a half years and we fear by early 2023 this number will exceed 40 Officers as many are in the process of actively separating to other law enforcement agencies. The loss of years of invested leadership, training and institutional knowledge will have an effect on the LPD for years to come. The hemorrhaging of our officers must come to an end in order to effectively manage the LPD and police the City of Lawrence.

### Editor's Note:

The news from the Lawrence Superior Police Officers Union's vote of no confidence captures such importance that I decided not to write about other topics.

Mayor Brian De Peña has never wanted to fire any employee fearing a court battle that would end up costing the city more. This letter is

testimony that he is taking a great risk with the officers being exposed to the treatment the union alleges and it would be possible to file an abuse lawsuit in court.

The patrolmen's union did not take a vote because only 40 of 120 attended the meeting.

This is a situation that warrants immediate attention.

"Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts."

ARISTOTLE

### LETTERS TO THE EDITOR RUMBO

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

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

## Reading Frederick Douglass together in the context of modern slavery

On July 5, 1852, Frederick Douglass promulgated his famous speech What is the Fourth of July to the Slave? in which he advocated the abolition of slavery and denounced the hypocrisy of a nation that prided itself on freedom but allowed slavery and oppression to persist.

It's 170 years later, but the themes of the speech still live on and resonate in the United States. Nevins Memorial Library, with support from Mass Humanities and the National Endowment for the Humanities, has organized Reading Frederick Douglass Together in the Context of Modern Slavery as a call to reflect on slavery and the promises of democracy. The activity, free and open to the adult public, will take place next December 3, 2022, at 9:30 AM in the Library Auditorium located at 305 Broadway, Methuen MA. The program will be in English with Spanish interpretation.

The program will begin with a reading aloud and discussion of Douglass' speech

led by Matthew McKeon, Professor of U.S. History, followed by several presentations (online and in-person) related to the topic of slavery and human trafficking. Featured presenters include historian, writer, lecturer, and performer Jo Ann Tufo; Terry Fitzpatrick, director of the Alliance to End Slavery and Trafficking; and George Richardson, photographer, and filmmaker. Also in attendance will be Lina Lahlou and Phoebe Wraith who will speak about the work of My Life, My Choice to end the commercial sexual exploitation of children.

Copies of Douglass' speech will be distributed to all attendees who can take turns reading excerpts from the speech. People can simply attend or attend, read, and participate in the presentations.

For information and registration, visit <https://www.nevinslibrary.org/> or call 978-686-4080.

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Brian A. DePeña  
Mayor of Lawrence



### LAWRENCE PUBLIC SCHOOLS ADULT LEARNING CENTER

COME SEE OUR BEAUTIFUL NEW SPACE, MEET  
OUR TALENTED STAFF, AND ENJOY SOME  
REFRESHMENTS AT OUR

## OPEN HOUSE



## FOR COMMUNITY PARTNERS

THURSDAY, DECEMBER 1, 2022  
3:00-5:00PM

255 ESSEX ST. 2ND FLOOR  
LAWRENCE, MA  
(978) 722-8110

## La Oficina del Censo publica un nuevo informe sobre seguro médico por raza y origen hispano

La Oficina del Censo de los EE. UU. publicó hoy un informe sobre la cobertura de seguro médico y la tasa de personas sin seguro médico en los Estados Unidos, por raza y origen hispano. El informe usa estimaciones de 1 año de la Encuesta sobre la Comunidad Estadounidense (ACS, por sus siglas en inglés) para describir cómo varía la cobertura de seguro médico entre grupos, es decir, si las personas tienen seguro médico y qué tipo de cobertura tienen.

El informe muestra que persisten las desigualdades en cobertura de salud por raza y origen hispano a pesar de datos que indican que las diferencias en las tasas de personas sin seguro médico entre personas blancas no hispanas menores de 65 años y los miembros de otros grupos raciales y de origen hispano se redujeron después de las disposiciones de la Ley del Cuidado de Salud de Bajo Precio (ACA, por sus siglas en inglés) en el 2014.

### Otros datos destacados:

En el 2021, la tasa de personas sin seguro médico en los EE. UU. por grupos raciales y de origen hispano osciló entre el 5.7 % para las personas blancas, no hispanas, y el 18.8 % para las que se identificaron como indígenas de las

Américas y nativas de Alaska, no hispanas. Las personas hispanas o latinas tuvieron una de las tasas más altas de personas sin seguro médico del país, con un 17.7 %.

Las tasas de cobertura privada de seguro médico oscilaron entre el 43.1 % para personas indígenas de las Américas y nativas de Alaska no hispanas, y el 74.2 % para personas blancas no hispanas. Las tasas más bajas de cobertura privada para algunos grupos fueron compensadas en parte por las tasas más altas de cobertura pública para estos grupos.

Entre los grupos raciales y de origen hispano, los niños que vivían con sus padres tenían las tasas más altas de cobertura privada en el 2021. Sin embargo, tenían cobertura de seguro médico privado menos de la mitad de los niños que vivían con sus padres y eran de los grupos negro no hispano, indígena de las Américas y nativo de Alaska no hispano, e hispano.

La ACS es una encuesta que se realiza en todo el país, diseñada para proporcionar datos oportunos y confiables cada año sobre las características demográficas, sociales, económicas y de vivienda del país, los estados, los condados y otros lugares. La Oficina del Censo ofrece más información acerca del diseño de la muestra de la ACS y otros temas en la página web de ACS.

## Census Bureau Releases New Report on Health Insurance by Race and Hispanic Origin

The U.S. Census Bureau today released a brief on health insurance coverage and the rate of uninsured in the United States by race and Hispanic origin. The brief uses 2021 American Community Survey (ACS) 1-year estimates to describe how health care coverage — whether people have health insurance as well as the type of coverage they hold — varies across groups.

The report shows that disparities in health coverage by race and Hispanic origin persist despite data showing that differences in the uninsured rate between White, non-Hispanic individuals under the age of 65 and members of other race and Hispanic origin groups narrowed after provisions of the Affordable Care Act (ACA) were implemented in 2014.

### Other highlights:

- The U.S. uninsured rate in 2021 across race and Hispanic origin groups ranged from 5.7% for White, non-Hispanic people to 18.8% for those identifying as American Indian and Alaska Native, non-Hispanic. Hispanic or Latino people had among the highest uninsured rate in the nation at 17.7%.

- Private health coverage rates ranged from 43.1% among American Indian and Alaska Native, non-Hispanic people to about 74.2% for White, non-Hispanic people. Lower rates of private coverage for some groups were partly offset by higher rates of public coverage for these groups.

- Across race and Hispanic origin groups, children living with their parents had the highest rates of private coverage in 2021. However, fewer than half of Black, non-Hispanic; American Indian and Alaska Native, non-Hispanic; and Hispanic children living with their parents were covered by private health insurance.

The ACS is a nationwide survey designed to provide timely and reliable data every year on the demographic, social, economic and housing characteristics of the nation, states, counties and other localities. More information on the ACS sample design and other topics is available on the Census Bureau's ACS webpage.

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

## The Merrimack Valley Immigrant & Education Center

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

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

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



Dear Friends,

Did you know that Essex Art Center has been fostering creativity through opportunities to make, see, and learn about art since 1993? That's right! We are coming up on our 30th year of service.

Since the beginning, we have been working to create accessible arts experiences for people of all ages in Greater Lawrence. And over the past year, we strived to make our classes and public programs richer and more engaging for everyone.

There's still a lot to be done! In the coming year, Essex Art Center aims to:

- Continue providing people from all backgrounds the means to participate, create, and benefit from the dynamic programs we offer
- Curate ambitious new exhibitions and public art projects that spark conversations that are relevant to our community
- Advance racial equity through programs that support BIPOC Artists/Curators
- Support opportunities for regional

artists through exhibitions and our newly envisioned community-based artist residency

- Increase support for our teaching artists
- Contribute to Lawrence's economic development by inspiring visitors to our neighborhood and growing Lawrence's reputation as a destination for contemporary art

We invite you to read this year's Impact Report and to engage with our work. If you feel inspired, we'd be grateful if you consider making a gift to Essex Art Center.

Thank you for being a valued member of our community!

Monica + the Staff + Board of Essex Art Center

### Support Essex Art Center

Checks can be mailed to:

Essex Art Center  
56 Island Street  
Lawrence, MA 01840

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

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## Fire victims / Víctimas de incendios

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

\*\*\*\*\*

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

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

# "Running the Campus" NECC President Lane Glenn shares stories and perspectives on leadership, higher education, and going the extra mile



For many years now, there has been a dinnertime tradition at my house: As we sit down to enjoy each other's company and the evening meal, we share something we are thankful for and something we are hopeful for.

There aren't too many rules about what we call our "Thankfuls and Hopefuls." We used to say them first and try to keep the lists short enough that the food wouldn't get cold, but as my daughters grew older, and the "Thankfuls and Hopefuls" became even more involved and interesting, we finally decided to go ahead and eat while we share (and do what we can not to speak with our mouths full).

As idyllic and Norman Rockwellish as this tradition of ours may sound, it actually began during a time of hardship in our family, when seeking out things to be thankful for and dreams of the future to aspire toward helped us get through the many difficulties of the day.

As Thanksgiving approaches, and we all prepare to sit down and enjoy the company of those closest to us over a good meal together, whatever challenges and rewards the past year has held for you, sharing a sense of gratitude and hopefulness may be just what we all need most.

Here are a few things from 2022 that I'm Thankful for:

## A Swift Recovery

I wrote about my recent health challenge in A Competitor's Heart, and am happy to share that my surgery in October was successful and my recovery was swift.

I am grateful for the tremendous support of my NECC and community friends and colleagues, including the cards, phone calls, flowers, fresh fruit, matzo ball chicken soup and other thoughtful (and delicious) healing gifts and good wishes.

## They worked!

I will be returning to campus again next week and will be starting my training soon for next year's Mount Aconcagua climb.

## Talented Teachers

One of the most frequent comments I hear from NECC alumni who transfer to four-year universities to complete their bachelor's degrees is, "I wish I could have stayed at NECC!"

It's not that they don't enjoy their new schools, or benefit from larger, often better-funded campuses. Massachusetts is home to some of the best public and private higher education institutions anywhere in the world.

But they aren't all NECC, and our students know a good thing when they experience it.

One of the best things about Northern Essex Community College is our small class sizes with tremendously talented faculty, and the personal attention students receive from them, including:

- Reading Professor Patricia Schade and Art Adjunct Professor Brian Martin, who were honored this year with Course of Distinction (COD) Awards from Massachusetts Colleges Online for their creative use of technology, video production, Open Educational Resources and other teaching tools that help students learn more effectively online.

- Criminal Justice Professors Paul Cavan and Scott Joubert, who are creating a new National Intelligence and Security Certificate program as part of a \$2.5 million collaboration with the University of New Hampshire and other colleges to train the next generation of intelligence officers.

- Early Childhood Education Professor Deirdre Budzyna, Career Pathways Director Doris Buckley, and Professor-Recently-Turned-Dean Jody Carson who collaborated to help NECC become the first community college in the country to offer a competency-based degree in Early Childhood Education to help connect more students to this in-demand field affordably and flexibly.

- Art Professors Michelle Carter and Marc Mannheimer, and Art Adjunct Professor Dianne Pappas, along with their colleagues and students in the Art and Design Department, Liberal Arts Dean Amy Callahan and Assistant Provost Sharon McDermott who have transformed the lobby of the Louise Haffner Fournier Education Center on NECC's Lawrence campus into a new Student Art Gallery.

And the list goes on, with hundreds of full-time and adjunct professors who are not only recognized experts in their fields, but gifted teachers as well, who care about the success of all of their students.

## NECC Knights Athletes

What a thrilling year it has been so far for NECC Knights athletes!

The Men's Soccer team recently finished their season 7-5-1, tying for third place in Region 21, the best record for the team since it started playing again in 2019 after a 25-year hiatus.

And after an astounding 109-79 win over Mass Bay on Saturday, the Men's Basketball team leaped into the national NJCAA standings at #14 this week.

Want to catch these guys in action? Join me at "Pack the Stands Fan Fest" next Tuesday evening from 5:00-7:30, get free dinner and a t-shirt, and cheer the Knights as they take on Bristol Community College.

## The Center for Professional Development

There are many things that make NECC a special place to learn, to work, and to grow, and right there at the heart of it all is our Center for Professional Development.

Dean of Academic Innovations and Professional Development Marcy Yeager, Assistant Director of Professional Development Lorena Constant, Director of Instructional Technology & Online Learning Melba Acevedo, Executive Director of Human Resources Patty Gauron, and dozens of other talented and supportive faculty and staff collaborate

on an amazing array of professional development experiences, from our very own NECC Leadership Academy to Teaching and Learning Academies, Mental Health First Aid training, instructional design workshops and a whole lot more.

Since November is National Gratitude Month, Lorena and Melba even arranged for a collegewide LinkedIn Learning "Practicing Gratitude Challenge." All month long, participating NECC staff and faculty (including me!) have been watching videos about gratitude, reframing, and finding positivity, and (like this list of Thankfuls and Hopefuls) reflecting on things they are grateful for.

## I am grateful for you, CPD.

And here are a few things I am Hopeful for:

## The NECC Board of Trustees

The Board of Trustees of Northern Essex Community College consists of eleven members, nine appointed by the Governor of Massachusetts, one elected by the students, and one elected by college alumni. They are the public's representatives in the governance of the college, and they play vital roles in ensuring that NECC successfully serves our students and communities.

Each trustee volunteers her/his time and talents for a five-year term, and many choose, and are chosen, to serve two terms—a full decade supporting Northern Essex Community College.

This year, we are saying farewell to three trustees who have all spent more than ten years on our board: Former Chair Jeff Linehan, former Vice Chair Bill Cox, and alumni representative and former Chair of the board's Nominating Committee Ron Guilmette.

Collectively, they have attended more than 300 board meetings and countless subcommittee meetings. They have lobbied for college resources, approved major grants and partnerships that have launched new programs, as well as more than \$100 million in new construction and renovation projects that have created a comprehensive college campus in downtown Lawrence and modernized our now 50-year-old Haverhill campus.

## And so much more.

Their decade of leadership and service has been a remarkable one in the history of Northern Essex Community College.

And as we celebrate the contributions of these outstanding trustees, we are also welcoming three new leaders to our Board: Alumni Representative Jouel Gomez, Newburyport Bank President Lloyd Hamm, and, in an announcement to be made next week, Silverio Insurance President Evan Silverio.

They join a Board of Trustees that has been evolving and is as diverse as the student body and the communities we serve.

I am tremendously grateful for all of NECC's trustees, especially trustees Linehan, Cox, and Guilmette, and I am hopeful that over the next decade, today's board and the new trustees we are welcoming find their experience rewarding, and help lead the college to even greater accomplishments.

## E Pluribus Unum

Last year, I reflected on the meaning of our national motto:

"Out of many, one": The motto of the United States of America since 1776, and a recognition that our highest aspiration has always been to become greater than the sum of our separate parts.

Differences of opinion have driven us since our founding and have caused us to grow stronger; and although we have lived through perilous times, such as a bloody civil war, when our differences may have never seemed greater, today's rancor and ideological divides have our democracy pushed quite close to the edge.

## It's time to restore some "unum" to the "pluribus."

Thankfully, this November's elections seem to have given us some reason for greater hope, as election denialism appears to be losing its cachet, and defeated candidates from both parties offered graceful concession speeches.

But there is still plenty of reason to be wary. A number of global surveys, like the Economist Intelligence Unit Democracy Index 2021 and the International Institute for Democracy and Electoral Assistance (International IDEA) Global State of Democracy show democracies in more countries around the world, including the United States, slipping from "full" to "partial" or "hybrid" democracies, with an increasing number becoming "authoritarian" regimes.

The story goes that Benjamin Franklin was walking out of Independence Hall after the Constitutional Convention in 1787, when someone in the crowd shouted, "Doctor, what have we got? A republic or a monarchy?"

To which one of our most famous Founding Fathers reportedly responded, "A republic, if you can keep it."

## I am hopeful we do.

A Congressional Solution for DACA Students

As I recently wrote in this piece for Commonwealth Magazine, the Deferred Action for Childhood Arrivals (DACA) program has been one of the most popular and successful immigration programs in US history; but it has always been a temporary, imperfect quick fix calling out for a more permanent solution.

Following an October ruling by the Fifth Circuit US Court of Appeals that ruled DACA unlawful, now is the time that Congress needs to find one.

American voters, even in deep red Texas overwhelmingly support DACA. So does the Coalition for the American Dream, representing thousands of American businesses, large and small.

We need DACA students, and Congress needs to protect them. Hundreds of thousands of young people, including many at Northern Essex Community College, cannot wait any longer.

## Thanksgiving

Finally, I am hopeful for a peaceful, restful, healthy, and enjoyable Thanksgiving holiday for you and yours. As you sit down to dinner and enjoy the company of those closest to you, may you truly give thanks for the good things in your life, and let the spirit of hope lift you up and inspire you and those around you.



# Foster Kids of the Merrimack Valley Issues Call For Santa's Helpers

Seeking Santa's Helpers To Support a Foster Child During the Christmas Season

Foster Kids of the Merrimack Valley (FKMV), a non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, issues a call for Santa's Helpers to support the Annual Foster Kids Christmas Party. The Santa's Helpers is a volunteer program designed to anonymously match up individuals or groups from the local community with one or more foster children to help fulfill their Christmas wish lists. This program is part of the Annual Foster Kids Christmas Party organized by the FKMV, whereby age appropriate toys & clothing are distributed to local foster children. The Santa's Helpers program provides a personalized, unique kind of gift-giving and creates a memorable holiday season for foster children. The Annual Christmas Event is scheduled in early December each year.

"The Annual Christmas Party has been a mainstay of the organization. I'm always amazed at how our community participation continues to grow. Last year, with the help of our Santa's Helpers, we provided toys and gifts for more than 250 children and their respective foster parents." stated Larry Giordano, President and Founder of the Foster Kids of the Merrimack Valley. "The holidays are always difficult times for foster children, they often feel alone and disconnected from their families."

This year more than ever, with everyone's finances being affected we have high hopes that our community will step forward again and help support our local foster children and bring a smile to their faces again."

## What is a Santa's Helper?

We are looking for volunteers including businesses and/or individuals to volunteer to be a Santa's Helper and bring joy to a foster child this holiday season. Each Santa's Helper will be anonymously assigned a child and will receive a personal wish list for that child that includes personal items like clothing as well as toys.

The foster children participating in this program are ages birth to 12 years of age, and are currently under the care of the Department of Children and Families (DCF) in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. Individuals, groups, or businesses may sign up to sponsor one child or more. Cash donations are accepted in lieu of receiving a Christmas wish list.

## Program Details:

**October:** The sign up process when businesses and individuals volunteer to become a Santa's Helper.

**November:** Each Santa's Helper will be assigned a child and receive a wish list

that will provide the age, gender and sizes of the child.

**December 4th:** All gifts are due and can be dropped off at:

**Methuen Karate Association  
70C Bonanno Court  
Methuen, MA**

## Sign Up Information:

To register as a Santa's Helper, please contact

**Our Website:** [www.fosterkidsmv.org](http://www.fosterkidsmv.org)  
**Email:** [fkmvsantashelper@gmail.com](mailto:fkmvsantashelper@gmail.com) – Wrapping Party:

Our Wrapping Party will be by reservation only. It is being held on Thursday, December 8 at St. Lucy Church Hall, 254 Merrimack St., Methuen - Please go to our website – [www.fosterkidsmv.org](http://www.fosterkidsmv.org) to sign up for the time slot best for you.

## Other Donations Needed:

In addition to being a Santa's Helper, the FKMV is accepting in-kind donations for the Wrapping Party, Gift Boxes, Gift Bags, Wrapping Paper, Tape, Tissue, Ribbons, Scissors and more.

**Cash donations may be sent directly to:**

**Foster Kids of the Merrimack Valley, Inc.  
Larry Giordano  
P.O. Box 2166  
Methuen, MA 01844**

## About Foster Kids of the Merrimack Valley

We are a certified 501(c)3 non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, including Lawrence, Methuen, Andover, North Andover and the greater Haverhill region. With hundreds of foster children in our local area, they need role models who can make a difference in their lives. Through the efforts of the organization, our goal is to bring a positive influence into the lives of these children and support them as they grow. We offer a range of programs for local foster children of all ages. We work closely with the Department of Children and Families (DCF) to make sure our programs are complementary and needed, and do not overlap with state and federally funded programs. For more information, please visit our website at: <http://www.fosterkidsmv.org>.

# Artist Explores Relationship with Genetic Disorder in New Show

The Linda Hummel-Shea ArtSpace at Northern Essex Community College hosts a new exhibit by Cleveland-based artist Max Denney. The show is called "Max Denney: The Challenge Drawings" and features works on paper using oil-base crayon. Denney says the works are "informed by a relationship with a Cosmic (Cognitive) Genetic Disorder. I call it, The Mystic Man. Through the creative process, I accept, cope, and manage my disorder successfully, with joy."

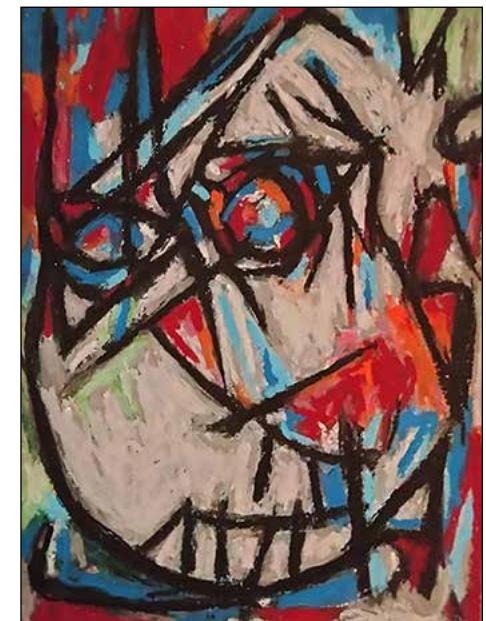
Denney holds a Bachelor's in Art from the former Bradford College in Haverhill and a master's in fine arts from the prestigious School for American Craftsmen at Rochester Institute of Technology. For 25 years, he enjoyed a career as an educator and a world-renowned ceramicist. But he recently felt the pull to return to a medium he had left behind nearly 20 years before. "In 2019, I just stopped working in clay and started drawing again. I hadn't drawn at all since 1997. I was called back to drawings and felt a strong desire for creating in two dimensions, rather than three," he states.

Many of the drawings in this show explore faces. NECC Art professor and gallery coordinator Marc Mannheimer says, "These are passionately charged pieces that speak to the work of Cy Twombly and Jean-Michel Basquiat. These works are much more than surface. Spending time in front of them reveals not only the obvious layers of color and marks but an elicitation of visceral emotion that art has the power to evoke. Denney's works are a prime example of how visual art can reach us on multiple levels."

The Linda Hummel-Shea ArtSpace is located in the Bentley Library on NECC's Haverhill Campus, 100 Elliot Street. It is open Monday- Thursday from 8 am-9 pm and Friday 8 am-4 pm. This show is sponsored by the NECC Art Department and the Liberal Arts Division. For more information, contact [mcarter@necc.mass.edu](mailto:mcarter@necc.mass.edu) or [mmannheimer@necc.mass.edu](mailto:mmannheimer@necc.mass.edu).



"Gathering" Oil Based Crayons on Paper, 19'x23', 2022



"Sewn Up" Oil Based Crayons on Paper, Oil Based Crayons on Paper, 18'x23', 2022

The show runs through December 2.

## Celebrate the Holidays on Boston's Historic Freedom Trail®

*Historic Holiday Strolls Kicks-Off November 18*

The Freedom Trail® Foundation invites revelers to celebrate this holiday season on the annual Historic Holiday Strolls. The festive atmosphere of the city, set against the unique backdrop of Boston's historic sites and centuries of history, makes these merry 90-minute tours a perfect way to celebrate the holidays. Walk the Freedom Trail and discover how Boston's holiday traditions evolved on the Strolls offered Fridays and Saturdays at 3:30 p.m. from November 18 through December 31, and Thursday, December 22.

Led by 19<sup>th</sup>-century Dickensian costumed guides departing from the Visitor Information Center on Boston Common, the Strolls are complete with a tour of holiday lights and Christmas trees along the Freedom Trail while learning about 19<sup>th</sup>-century holiday traditions. Following the Stroll, guests receive discounts off museum store purchases at Freedom Trail sites, including the Old South Meeting House, Old State House, Paul Revere House, and Old North Church's Heritage and Gift Shops (valid with any Historic Holiday Stroll receipt from November through December).

Tickets are \$20 for adults and \$10 for children for public tours. The Strolls may also be scheduled as private group tours pending availability.

"The Freedom Trail welcomes people year-round to experience Boston's historic sites while learning about our rich history." said Suzanne Taylor, Freedom Trail Foundation Executive Director. "The Strolls offers tour goers a glimpse into this unique history of the holidays and is the perfect way to celebrate the season!"

The Freedom Trail Foundation continues to offer daily public Walk Into History® Tours throughout November and December and during the winter months. All Freedom Trail tours are available as private family or group tours by reservation. To more information and to purchase tickets for the Historic Holiday Strolls and Walk Into History Tours, please visit [TheFreedomTrail.org](http://TheFreedomTrail.org) and for group tour reservations, please call 617.357.8300.

Join City Councilor Stephany Infante, School Committeewoman Patricia Mariano, South Lawrence West Neighborhood Association and Carleen's For A

# Christmas Celebration

Monday December 5, 2022 6:00 P.M.

Carleen's  
209 South Broadway  
Lawrence, MA 01843

**SPECIAL GUEST:  
SANTA CLAUS**

Co-Hosts:  
Mayor Brian A. DePeña  
City Councilors At-Large  
Pavel Payano  
Celina Reyes  
Ana Levy

"Most of us probably feel we couldn't be free without newspapers, and that is the real reason we want newspapers to be free."

Edward R. Murrow

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## MVCC ANNUAL HOLIDAY PARTY!

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INCLUDES THE FOLLOWING AND MUCH MORE!

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- ★ COMPLETE EXCLUSIVE HOLIDAY DINNER BUFFET!
- ★ FASHION SHOW  
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- ★ HOLIDAY DECORATIONS! ★ MUSIC! ★ DANCING!

ONLY \$49.95 Per Person OR Reserved Table of 10 for JUST \$499.50

Date: Thursday, December 1st, 2022  
Salvatore's at the Riverwalk (Entrance B)  
354 Merrimack Street, Lawrence, MA 01843  
6:00 PM - 7:00 PM Complimentary Wine Tasting/Cocktail Hour  
7:00 PM Festivities Begin!

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A 100 años de TRILCE  
Homenaje a César Vallejo

Video sobre la vida de César Vallejo  
Picaderas Entrada GRATIS

Música peruana en vivo

Viernes 2 de diciembre 2022 | 6 pm | 275 Essex St Lawrence, MA

EL TALLER NE WORKS

"I know that my plainness of speech makes them hate me, and what is their hatred but a proof that I am speaking the truth?"

SOCRATES

Únase a la Concejala Stephany Infante, Miembro del Comité Escolar Patricia Mariano, Zona Sur de Lawrence Oeste Asociación y Carleen's Para Una

# Christmas Celebracion

Lunes 5 de Diciembre de 2022 6:00 P.M.

Carleen's  
209 South Broadway  
Lawrence, MA 01843

**INVITADO ESPECIAL:  
SANTA CLAUS**

Coanfitriones:  
Alcalde Brian A. DePeña  
Concejales Pavel Payano, Celina Reyes y Ana Levy

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# An international poster exhibit

## From the collection of STEPHEN LEWIS

**November 3 – November 29, 2022**

Haverhill Public Library

99 Main St., Haverhill, MA

Open Mon. through Thurs. 9 am to 9 pm.

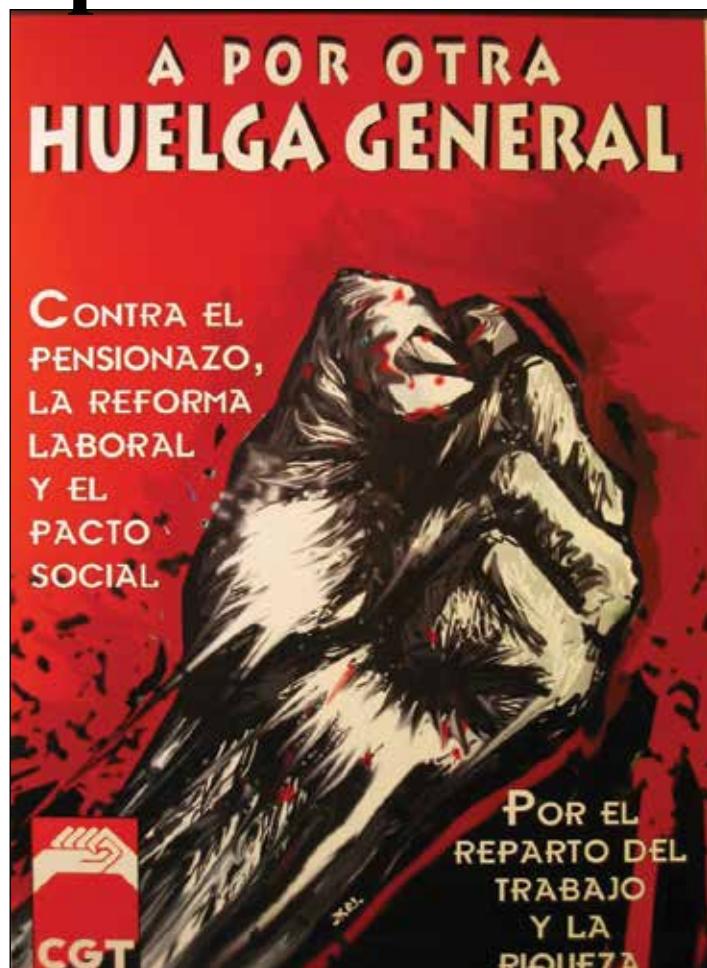
Fri. & Sat. 9 am to 5 pm Sun. 1 pm to 5 pm.

For library information call 978/373-1586

Fully accessible This program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency,



And by Painters District Council 35



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KEITH LOCKHART AND THE BOSTON POPS!**

**KEITH LOCKHART AND THE BOSTON POPS  
2022 HOLIDAY POPS CONCERT!**

**SUNDAY, DECEMBER 18<sup>th</sup>, 2022 - 2:30 PM  
LOWELL MEMORIAL AUDITORIUM**

**ONLY \$89.99 PER TICKET PROMINENTLY LOCATED IN  
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**TICKET ORDERS DUE BY FRIDAY, NOVEMBER 18<sup>TH</sup>**

**Dé el primer  
paso hacia una  
vida sin nicotina**