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The BILINGUAL Newspaper of the Merrimack Valley

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Llegan últimos cheques de Columbia Gas

Last round of checks from Columbia Gas

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Marines reparten juguetes Honran a Ana Luna



La organización Hope Dove y los Marines fueron a Lowell con Toys For Tots en una grandiosa celebración. Desde la izquierda vemos a Maria Claudio, la Pastora Carmen Bermudez, el City Manager Tom Golden y Ana Martinez.

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El Representante Estatal Frank Morán entregó una proclama a Ana Luna en agradecimiento por 26 años frente a ACT Lawrence. Lea artículo por Audy Ramirez en la página 8.

State Representative Frank Morán honored Ana Luna with a proclamation for 26 years of service at ACT Lawrence. Read Audy Ramirez's article on page 8.

MCC ayuda para convertirse en abogada en los EE.UU.

MCC Helps Student Become a Lawyer in the U.S. Pg. 14

¡Vuelven los parquímetros!



El Concejal Gregory Del Rosario probando los nuevos parquímetros de ADA que se instalarán a principios de enero del 2023.

Eficiencia energética con panel solar. Forma de pago con monedas, tarjeta o por la aplicación. Ya no se requiere el boleto de papel en el tablero. Pague con su matrícula.

La organización en el cumplimiento del tráfico permitirá a las empresas impulsar la economía al tener más visitas de clientes.

Councilor Gregory Del Rosario trying out the new ADA parking meters that will be installed early in January.

Energy efficiency with solar panel. Pay with coins, card or by app. Paper ticket on dashboard is not longer required.

Pay using your license plate. Organization, traffic enforcement will allow businesses to boost economy by having more customers visiting.

MVCU anuncia al ganador del concurso "Esta es mi gente"

Merrimack Valley Credit Union (MVCU) y Kasasa, un galardonado proveedor de marketing y tecnología financiera, anunciaron hoy el ganador del concurso local "Esta es mi gente". Brittanie Ramirez de Lawrence, Mass. ganó \$2,500 para ayudar a mantener la conexión humana con sus personas favoritas.

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Brittanie Ramirez is Coach Mentor & Former Player at Beyond Soccer. She joined more than 12 years ago, making an immediate impression with her tenacious play.

Merrimack Valley Credit Union (MVCU) and Kasasa, an award-winning financial technology and marketing provider, today announced the winner of the local "These Are My People" contest. Brittanie Ramirez of Lawrence, Mass. won \$2,500 to help support human connection with her favorite people.

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Por/By Della Diaz
rumbonews.com/blogs

From My Corner

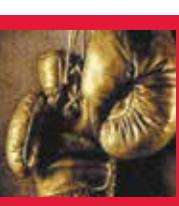
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Declaración del Sindicato de Maestros de Lawrence sobre la partida de la superintendente de Lawrence, Cynthia Paris

Lawrence, MA - Sindicato de Maestros de Lawrence, Kim Barry, emitió la siguiente declaración en respuesta a la partida de la superintendente de Lawrence, Cynthia Paris.

"La partida de la superintendente Cynthia Paris y el inicio de la búsqueda de su reemplazo es una oportunidad para corregir una injusticia impuesta a las familias trabajadoras de Lawrence. Después de once años y tres superintendentes diferentes, está claro que ha llegado el momento para que termine la toma estatal fallida de las Escuelas Públicas de Lawrence.

"La toma del poder por parte del

estado se ha convertido en un purgatorio educativo que priva a las familias de Lawrence de una voz democrática en la educación de sus hijos. Para que cualquier superintendente busque realmente atraer a los mejores candidatos posibles, la administración judicial debe terminar y la democracia debe restaurarse".

El Sindicato de Maestros de Lawrence, Local 1019, AFT Massachusetts, AFL-CIO, representa a todos los maestros, enfermeras registradas, suplentes a largo plazo y educadores en edificios en las escuelas públicas de la ciudad.

Lawrence Teachers' Union Statement on Departure of Lawrence Superintendent Cynthia Paris

Lawrence Teachers' Union President Kim Barry released the following statement in response to the departure of Lawrence Superintendent Cynthia Paris:

"The departure of Superintendent Cynthia Paris, and the launch of a search for her replacement, is an opportunity to correct an injustice imposed upon the hard-working families of Lawrence. After eleven years and three different superintendents it is clear that the time has come for the failed state takeover of the Lawrence Public Schools to end."

"State takeover has become an educational purgatory that robs Lawrence families of a democratic voice in their children's education. For any superintendent search to truly attract the best possible candidates, receivership must end, and democracy must be restored."

The Lawrence Teachers' Union, Local 1019, AFT Massachusetts, AFL-CIO, represents all teachers, registered nurses, long-term substitutes and building-based educators in the city's public schools.

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Última ronda de cheques de liquidación de explosiones de gas para salir en Merrimack Valley



Columbia Gas resolvió una demanda colectiva por \$ 143 millones después de las explosiones de gas de Merrimack Valley en 2018, pero muchas personas en el área han permanecido sin cheques durante años.

Miles de residentes de Merrimack Valley han tenido que esperar más de un año para recibir sus cheques de compensación de la demanda colectiva multimillonaria contra Columbia Gas después de las explosiones de la región en 2018.

Pero nos hemos enterado de que se emitirán cheques de aproximadamente \$1,000 a los reclamantes atrasados a partir de la próxima semana, el jueves 29 de diciembre.

John Roddy, uno de los abogados principales en la demanda contra Columbia Gas, había dicho a Telemundo Nueva Inglaterra y NBC10 Boston el año pasado que la última ronda de cheques se distribuiría a fines del otoño de 2021. Pero los reclamantes residentes terminaron

esperando más de un año, debido a reclamos comerciales pendientes que, según Roddy, tomaron prioridad legal, negociación y tiempo.

Unos 2700 residentes que presentaron un reclamo para recibir su parte del acuerdo quedaron fuera porque no cumplieron con la fecha límite de marzo de 2020, en gran parte debido a la pandemia. Los cheques llegarán a las direcciones registradas con el administrador de la demanda colectiva.

Las comunidades de Lawrence, Andover y North Andover en Massachusetts se vieron afectadas por las explosiones, que desplazaron a unas 8,000 personas y mataron a Leonel Rondon, de 18 años.

Columbia Gas se vio obligada a pagar más de \$56 millones en multas y se le prohibió operar en Massachusetts después de una demanda de la procuradora general Maura Healey. La empresa de servicios públicos también resolvió la demanda colectiva que aún se está pagando por \$143 millones.

Last round of gas explosions settlement checks to go out in Merrimack Valley

Columbia Gas settled a class-action lawsuit for \$143 million after the Merrimack Valley gas explosions in 2018, but many people in the area have remained without checks for years

Thousands of Merrimack Valley residents have had to wait over a year for their compensation checks from the multimillion-dollar class-action lawsuit against Columbia Gas after the region's explosions in 2018.

But we've learned that roughly \$1,000 checks will be issued to late claimants starting next week, on Thursday, Dec. 29.

John Roddy, one of the lead attorneys on the lawsuit against Columbia Gas, had told Telemundo Nueva Inglaterra and NBC10 Boston last year that the last round of checks would be distributed by the end of fall 2021. But resident claimants ended up waiting over a year due to pending

business claims that, according to Roddy, took legal priority, negotiation, and time.

Some 2,700 residents who filed a claim to receive their part of the settlement were left out because they missed the deadline on March 2020, largely due to the pandemic. Checks will arrive at the addresses on record with the class-action administrator.

The Massachusetts communities of Lawrence, Andover, and North Andover were impacted by the explosions, which displaced about 8,000 people and killed 18-year-old Leonel Rondon.

Columbia Gas was forced to pay more than \$56 million in fines and was barred from operating in Massachusetts after a lawsuit from Attorney General Maura Healey. The utility also settled the class-action lawsuit that's still being paid out for \$143 million.

Rumbo

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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina

¿Podemos hacer que sea un buen Año Nuevo?

¡Por supuesto que podemos! Podemos hacer lo que queramos; solo tenemos que no tomar nada demasiado en serio. Esté alerta por su seguridad; no tome riesgos locos; y mantener todos los ojos en los políticos. Con una nueva cosecha que llega tanto a nivel local como nacional, tenemos que conocerlos.

Los aspirantes locales comenzarán a prepararse para las elecciones de este año y ya estamos saturados de entrevistas para cargos más altos en el 2024.

En Lawrence, me pregunto cuántos de los que intentan ingresar al concejo municipal tienen alguna idea de en qué consiste el trabajo. Tendré curiosidad por saber con qué frecuencia miran su reunión para estar al tanto de los temas que se discuten, o si alguna vez han hecho una presentación ante ellos. Apuesto a que nunca han leído la Carta Constitucional de la Ciudad.

Eso requiere un proceso de aprendizaje y participación, y deben prestar atención. Si desea ser un concejal eficaz, se requiere algo más que las dos reuniones mensuales ordinarias más las reuniones de los comités; generalmente están asignados a 3 ó tal vez 4 comités que se traducen en muchas horas semanales.

Mi mejor consejo: cuando abran la boca para hablar, asegúrense de saber de lo que está hablando. No necesitamos otro.

Me ha llamado la atención que Estela Reyes quiere completar su mandato además de trabajar en Boston. Como representante estatal, tendrá mucho que aprender y trabajar lo cual la mantendrá muy ocupada (suponiendo que pretenda llegar a ser eficaz como Frank Moran), y Pavel Payano ha dicho que quiere quedarse hasta marzo. Eso es por rencoroso porque a Richard Russell le pertenece legalmente su asiento. Llegará el momento en que no quedará suficiente tiempo en el término y el concejo no necesitará nombrarlo. ¡Eso es un golpe bajo!

Varias personas ya han tirado el sombrero a la pista como posibles sucesores de Estela Reyes. Si ella se va antes de tiempo y se nombra a alguien para completar su mandato, espero que él o ella tenga cerebro y se haya preparado para asegurarse y conseguirlo; de lo contrario, leerá sobre esto aquí.

La policía de Methuen está reclutando

El Departamento de Policía de Methuen está trabajando en el reclutamiento de residentes para tomar el Examen de Policía del Servicio Civil que se realizará pronto. ¡La fecha límite para solicitar la Prueba de Servicio Civil es el

17 de enero de 2023!

La información también se ha publicado en las cuentas de redes sociales del departamento de policía para compartir rápidamente. Cualquier difusión de este contenido es muy apreciada en nuestros esfuerzos por hacer crecer un departamento de policía más diverso.

Bienvenida a la nueva Auditora-electa

La semana pasada, Diana DiZoglio, senadora estatal de Methuen, anunció a Sasha Weinreich, residente de North Andover, como su directora de transición. Weinreich, ex presidenta del Comité de Finanzas de North Andover, aportará su experiencia en finanzas y operaciones al cargo. Se desempeña como directora de administración de carteras de la firma de bienes raíces Eden Properties y presidenta y directora de Cyrus Boston.

"Tenemos la oportunidad de aprovechar el trabajo de la oficina del Auditor actual, observando su estructura y evolución, la priorización y asignación de recursos, y cómo se comunica con la gente común", dijo DiZoglio. "Estoy emocionada de asociarme con los defensores de la transparencia, la responsabilidad y la equidad en todo el Commonwealth que ayudarán a garantizar una transición sin problemas y colaborarán en temas críticos como vivienda, atención médica, justicia social y equidad, cambio climático, educación, transporte y más."

La transición de DiZoglio se centra en: Operaciones; cultura laboral, inclusión y responsabilidad; comunicaciones y participación; Colaboración y Asociaciones; y Política y Prioridades. Ella ha contactado a líderes de todo el Commonwealth, y en los sectores público y privado, para brindar orientación y comentarios adicionales. Estas personas incluyen personas de esta área: **Operaciones:** Mark Ianello, CPA, director administrativo y financiero, ciudad de Lawrence

Cultura, inclusión y responsabilidad en el lugar de trabajo: Wes Ritchie, codirector ejecutivo de Tree House Craft Cannabis; Susan Leger Ferraro, fundadora y directora de transformación, G3 e Imagine

Comunicaciones y Compromiso: Phil DeCologero, Director Ejecutivo, Cámara de Comercio de Amesbury

Colaboración y asociaciones: Dra. Noemi Custodia-Lora, vicepresidenta de Lawrence Campus & Community Relations, Northern Essex Community College; DJ Corcoran, Director Ejecutivo, Asuntos Gubernamentales y Relaciones Comunitarias, UMass Lowell
Política y Prioridades: Abogado Richard Rodriguez, Coordinador de ADA para la Ciudad de Lawrence; Juana B. Matias, exdirectora de operaciones, MassINC



CARTAS AL EDITOR RUMBO

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

Palear la nieve puede ser peligroso para el corazón

La American Heart Association advierte que palear la nieve puede aumentar los riesgos de un evento cardíaco

Remover la nieve de las aceras y accesos para automóviles puede ser esencial para evitar quedar atrapado, sin embargo, la American Heart Association, la organización sin fines de lucro líder en el mundo dedicada a la salud del corazón y el cerebro, recomienda tener precaución al levantar la pala o incluso al encender el quitanieves. Las investigaciones revelan que muchas personas pueden enfrentar un mayor riesgo de sufrir un ataque al corazón o un paro cardíaco súbito después de palear grandes cantidades de nieve.

Las declaraciones científicas de 2020 de la American Heart Association, Eventos cardiovasculares agudos relacionados con el ejercicio y posibles adaptaciones perjudiciales después del entrenamiento físico a largo plazo: los riesgos en perspectiva: datos actualizados, menciona "palear la nieve" entre las actividades físicas que pueden ejercer un estrés adicional en el corazón, especialmente entre las personas que no están acostumbradas al ejercicio regular. Numerosos estudios de investigación científica a lo largo de los años han identificado los peligros de palear nieve para personas con y sin enfermedades cardíacas previamente conocidas.

El autor principal de esa declaración científica y voluntario de la American Heart Association desde hace mucho tiempo, Barry Franklin, PhD., FAHA, es uno de los principales expertos en la ciencia que estudia los riesgos cardiovasculares de palear nieve. Es autor de una serie de estudios sobre el tema, y estima que cientos de personas mueren durante o justo después de realizar tareas de remoción de nieve en los EE. UU. cada año.

"Quitar un poco de nieve de la acera puede no parecer un trabajo duro. Sin embargo, la fuerza empleada al palear nieve pesada puede ser tan o incluso más exigente para el corazón que realizar una prueba de estrés en una caminadora, según una investigación que hemos realizado", explica Franklin, profesor de medicina interna en Oakland University William Beaumont School of Medicine en Royal Oak, Michigan. "Por ejemplo, después de solo dos minutos de palear nieve, la frecuencia cardíaca de los participantes del estudio superó el 85 % de la frecuencia cardíaca máxima, que es un nivel más comúnmente esperado durante una prueba de ejercicio aeróbico intenso. El impacto es más fuerte en aquellas personas que no están en tan buen estado físico".

Un estudio llevado a cabo en Canadá hace algunos años reveló que la posibilidad

de un ataque al corazón después de una nevada aumentaba entre los hombres pero no entre las mujeres. El estudio reveló que, en comparación con la ausencia de nevadas, una nevada intensa (alrededor de 7 a 8 pulgadas) se asoció con un 16 % más de probabilidades hospitalizaciones de hombres por un ataque cardíaco y un 34 % más de probabilidades de que pierdan la vida por un ataque al corazón.

Franklin explicó que el clima invernal en general puede contribuir al aumento del riesgo. Las temperaturas frías pueden elevar la presión arterial y, al mismo tiempo, contraer las arterias coronarias. Esos factores, combinados con una frecuencia cardíaca más alta por el esfuerzo físico adicional, pueden aumentar el riesgo de eventos cardíacos agudos. Incluso hay estudios que muestran un mayor riesgo de ataques cardíacos entre las personas que usan quitanieves automáticos. Al igual que el esfuerzo adicional que se realiza al empujar una pala, acarrear un soplador de nieve puede aumentar rápidamente la frecuencia cardíaca y la presión arterial.

"El impacto que conlleva remover la nieve es especialmente preocupante para las personas que ya tienen riesgos cardiovasculares como un estilo de vida sedentario u obesidad, ser fumadores actuales o en el pasado, tener diabetes, colesterol alto o presión arterial alta, así como personas que han tenido un ataque al corazón o un derrame cerebral", explicó. "Las personas con estas características y las que se han sometido a una cirugía de revascularización o una angioplastia coronaria no deberían palear nieve".

Franklin manifestó que lo más importante es ser consciente de los peligros, estar preparado y tomarse las cosas con calma, incluso tomando descansos breves. Aun las personas relativamente saludables deben tener en cuenta que empujar la nieve con una pala es mejor que levantarla y arrojarla.

La American Heart Association aconseja conocer los signos comunes de los problemas cardíacos y si experimenta dolor o presión en el pecho, mareos o palpitaciones cardíacas o ritmos cardíacos irregulares, detener la actividad de inmediato. Llama al 9-1-1 si los síntomas no desaparecen poco después de dejar de palear o soplar nieve. Si observas que alguien se siente mal mientras padea nieve, pide ayuda y comienza las maniobras de RCP usando solo tus manos si la persona no tiene pulso.

"La precisión para un periódico es lo que la virtud es para una dama; pero un periódico siempre puede publicar una retractación".

"Accuracy to a newspaper is what virtue is to a lady; but a newspaper can always print a retraction."

- Adlai E. Stevenson

El Representante Estatal Frank A. Moran obtiene \$100,000 para Methuen Arlington Neighborhood, Inc.

El Representante Estatal Frank A. Moran (D – Lawrence) entregó a Methuen Arlington Neighborhood, Inc. (MAN, Inc.) un cheque ceremonial por \$100,000 que se aseguró en el proyecto de ley general de desarrollo económico de \$3,76 mil millones recientemente aprobado.

Desde 1995, MAN, Inc. ha trabajado para brindar a los residentes del vecindario de Methuen Arlington, una sección densamente poblada de la ciudad, los servicios que mejorarán en gran medida su calidad de vida general en los años venideros.

Estos servicios incluyen programas extracurriculares para ayudar a los estudiantes a tener éxito dentro y fuera del aula, oportunidades de tutoría para crear vínculos duraderos dentro de la comunidad, iniciativas deportivas y recreativas de verano para promover estilos de vida saludables y más.

Esta financiación crítica apoyará la misión de la organización de brindar programación a familias en riesgo y de bajos ingresos dentro del vecindario Arlington de Methuen, una de las secciones económicamente más desfavorecidas de la ciudad.

“Las palabras no pueden expresar lo agradecido que he estado de tener un grupo tan destacado de personas dedicadas que

trabajan dentro de nuestra comunidad para brindarles a nuestros residentes los recursos y los sistemas de apoyo que los equiparán con las habilidades para tener éxito en todas las facetas de la vida”, dijo el Representante Morán. “MAN, Inc. ha sido un socio increíble para mí en la Cámara de Representantes y ha sido un honor trabajar con ellos durante tantos años”.

“El Representante Morán ha sido un defensor destacado de MAN, Inc. durante sus años de servicio a la ciudad de Methuen y su liderazgo ha sido fundamental para asegurar cientos de miles de dólares en fondos vitales para nuestra comunidad”, dijo Linda Soucy de MAN, Inc.. “Todos nosotros en MAN, Inc. estamos increíblemente agradecidos al representante por su compromiso continuo con los niños y las familias del vecindario de Arlington y lo extrañaremos mucho”.

El representante ha asegurado \$575,000 para MAN, Inc. desde que prestó juramento a la Cámara de Representantes en 2013 y ya no servirá a Methuen una vez que los distritos legislativos recién establecidos entran en vigencia en enero del 2023.



Haciendo la presentación de los \$100,000 estaban el Senador-electo Pavel Payano, la Representante Estatal-electa Estela Reyes, Ruth Estes, el Representante Estatal Frank Morán, la Presidenta de la Junta Directiva Laurie Joslin, y Linda Soucy de MAN, Inc.

Appearing in the photo during the presentation of the \$100,000 check were Senator-elect Pavel Payano, State Representative-elect Estela Reyes, Ruth Estes, State Representative Frank Moran, the President of the Board of Directors Laurie Joslin and Linda Soucy of MAN, Inc.

Carta al Editor / Letter to the Editor



December 30, 2022

Dear Friends,

From the officers and board of directors of the Foster Kids of the Merrimack Valley, we simply want to say Thank You. We know this has been a financially difficult year for so many people, however, we found that we could once again count on our tremendous supporters to help us provide for the foster children in the Merrimack Valley ensuring each of them has another memorable holiday season. From our supporters who donate to our annual appeal, to the participants in our Santa’s Helpers program and the many volunteers who come and help wrap all the gifts, we couldn’t do it without you.

To our partners at the Methuen Fire Department who donate their time to help us move the gifts for hundreds of children and the Methuen Police Department who help with traffic so that the gift pick up goes smoothly, we say thank you.

FKMV is so grateful to the pastor, priests and parishioners of St. Lucy Parish who graciously give up their hall for an entire week so that we have a place to store, wrap and eventually give out a large bag of gifts to each child. Thank you to our new community partner, Launch of Methuen, who helped us host the foster children and their families for a party at their location that was memorable and magical for the children, families and the board of FKMV.

We are grateful to all our volunteers and those who donate to support our many events year-round. Truly, we are humbled by your ongoing generosity!

Finally, the officers and the board of directors of the Foster Kids of the Merrimack Valley are an amazing group of giving individuals who for over 17 years have been volunteering their time organizing events for the kids and fundraisers to ensure our support to the children of the Greater Lawrence, Greater Haverhill area is steady. Their commitment to our mission is heartwarming to be sure. I am proud to say we have a generous and giving community and so blessed to be part of it.

Many thanks to all! Wishing you a very Happy Holiday Season and a Healthy New Year!

Sincerely yours,

Larry F Giordano
Founder and President
Foster Kids of the Merrimack Valley, Inc.

State Representative Frank A. Moran Secures \$100,000 for Methuen Arlington Neighborhood, Inc.

State Representative Frank A. Moran (D – Lawrence) presented Methuen Arlington Neighborhood, Inc. (MAN, Inc.) with a ceremonial check for \$100,000 that was secured in the recently passed \$3.76 billion omnibus economic development bill.

Since, 1995, MAN, Inc. has worked to provide the residents of the Methuen Arlington Neighborhood, a densely populated section of the city, with the services that will greatly improve their overall quality of life for years to come.

These services include after-school programming to assist students succeed in and out of the classroom, mentorship opportunities to build lasting bonds within the community, summer recreational and athletic initiatives to promote healthy lifestyles, and more.

This critical funding will support the organization’s mission to provide programming to at-risk and low-income families within Methuen’s Arlington Neighborhood – one of the most economically disadvantaged sections of the city.

“Words cannot express how grateful

I have been to have such an outstanding group of dedicated individuals working within our community to provide our residents with the resources and support systems that will equip them with the skills to be successful in all facets of life,” said Representative Moran. “MAN, Inc. has been an incredible partner to me in the House of Representatives and it has been an honor to work alongside them for so many years.”

“Representative Moran has been an outstanding champion of MAN, Inc. during his years of service to the City of Methuen and his leadership has been instrumental in securing hundreds of thousands of dollars in vital funding for our community,” said Linda Soucy of MAN, Inc. “All of us at MAN, Inc. are so incredibly thankful for all that the representative has done and for his ongoing commitment to the children and families of the Arlington Neighborhood and he will be greatly missed.”

The representative has secured \$575,000 for MAN, Inc. since being sworn into the House of Representatives in 2013 and will no longer serve Methuen once the newly established legislative districts go into effect in January 2023.

“La precisión para un periódico es lo que la virtud es para una dama; pero un periódico siempre puede publicar una retractación”.

“Accuracy to a newspaper is what virtue is to a lady; but a newspaper can always print a retraction.”

- Adlai E. Stevenson

La administración Baker-Polito otorga \$4.1 millones a 11 organizaciones para mejorar el acceso a los servicios de salud reproductiva

La Administración Baker-Polito anunció \$4,1 millones en subvenciones a 11 organizaciones comunitarias y proveedores de atención médica para mejorar el acceso a la salud reproductiva, incluida la atención del aborto, en todo el Commonwealth.

Las 11 organizaciones financiadas incluyen organizaciones de atención médica existentes que brindan servicios de aborto, proveedores de atención de salud sexual y reproductiva que comenzarán a ofrecer servicios de aborto y apoyo para los costos asociados con la atención del aborto, por ejemplo, transporte, pagos por cuidado de niños, alojamiento, servicios de traducción, y doulas de aborto.

“El anuncio de hoy es un paso más para afirmar el compromiso de esta Administración de garantizar el acceso a la atención de la salud reproductiva, incluido el acceso a la gama completa de servicios de salud reproductiva”, dijo la Secretaria de Salud y Servicios Humanos Marylou Sudders. “Estos fondos ayudan a cumplir ese compromiso al ampliar el acceso a una atención de salud reproductiva segura y oportuna que satisfaga las necesidades de las personas y las familias”.

“Los fondos proporcionados por estos premios respaldarán la infraestructura y la capacidad de los proveedores de salud reproductiva en todo el Commonwealth para garantizar que los servicios de salud sexual y reproductiva sean accesibles para todos los residentes de Massachusetts y otras personas que puedan venir a nuestro

estado para buscar atención”, dijo Public Health Comisionada Margaret Cooke.

Estos fondos provienen del presupuesto estatal del año fiscal 23, que asignó \$2 millones para apoyar mejoras en el acceso, la infraestructura y la seguridad de la salud reproductiva. \$2.1 millones adicionales provienen de un fondo de reserva establecido por el Capítulo 268 de las Leyes de 2022 para abordar las necesidades de servicios reproductivos y de planificación familiar en el Estado. Los beneficiarios de las subvenciones utilizarán los fondos para ampliar el acceso a los servicios de aborto en nuevas regiones de la Commonwealth, aumentar el uso de la telesalud en la atención del aborto, capacitar a los proveedores, implementar el desarrollo organizacional para los fondos de aborto de voluntarios y mejorar el alcance.

Las organizaciones premiadas incluyen:

- Centro Médico Beth Israel Deaconess
- Centro Médico de Boston
- Alianza de Salud de Cambridge
- Imperativos de salud
- SaludQ
- Liga de Planificación de la Familia de Massachusetts
- Tides for Reproductive Freedom y sus sub-beneficiarios, Abortion Rights Fund of Western Massachusetts, Eastern Massachusetts Abortion Fund y Jane Fund of Central Massachusetts
- Servicios de Salud de la Mujer

Baker-Polito Administration Awards \$4.1 Million to 11 Organizations to Improve Access to Reproductive Health Services

The Baker-Polito Administration announced \$4.1 million in grants to 11 community-based organizations and health care providers to improve access to reproductive health, including abortion care, across the Commonwealth.

The 11 funded organizations include existing health care organizations that provide abortion services, sexual and reproductive health care providers that will begin offering abortion services, and support for costs associated with receiving abortion care, for example, transportation, childcare payments, lodging, translation services, and abortion doulas.

“Today’s announcement is one more step in affirming this Administration’s commitment to ensuring access to reproductive health care, including access to the full spectrum of reproductive health services,” said Secretary of Health and Human Services Marylou Sudders. “These funds help fulfill that commitment by expanding access to timely and safe reproductive health care that meets the needs of individuals and families.”

“Funding provided by these awards will support the infrastructure and capacity of reproductive health providers throughout the Commonwealth to ensure that sexual and reproductive health services are accessible to all Massachusetts residents and other individuals who may come to

our state to seek care,” said Public Health Commissioner Margaret Cooke.

These funds come from the FY23 state budget, which appropriated \$2 million to support improvements in reproductive health access, infrastructure, and security. An additional \$2.1 million comes from a reserve fund established by Chapter 268 of the Acts of 2022 to address reproductive and family planning service needs in the Commonwealth. Grant recipients will use the funds to expand access to abortion services in new regions across the Commonwealth, increase the use of telehealth in abortion care, train providers, implement organizational development for all-volunteer abortion funds, and improve outreach.

Awarded organizations include:

- Beth Israel Deaconess Medical Center
- Boston Medical Center
- Cambridge Health Alliance
- Health Imperatives
- HealthQ
- Planned Parenthood League of MA
- Tides for Reproductive Freedom and its sub-grantees, Abortion Rights Fund of Western Massachusetts, Eastern Massachusetts Abortion Fund and the Jane Fund of Central Massachusetts
- Women's Health Services

Merrimack Valley Credit Union y Kasasa® anuncian al ganador del premio en efectivo de \$2,500 en el concurso “Esta es mi gente”

El sorteo de premios en efectivo está ayudando a las personas a conectarse con sus seres humanos favoritos en esta temporada Navideña

Merrimack Valley Credit Union (MVCU) y Kasasa, un galardonado proveedor de marketing y tecnología financiera, anunciaron hoy el ganador del concurso local “Esta es mi gente”. Brittanie Ramirez de Lawrence, Mass. ganó \$2,500 para ayudar a mantener la conexión humana con sus personas favoritas.

“Me sorprendió tanto cuando recibí la llamada de que gané que no creía que fuera cierto”, dijo Ramírez. “Este dinero me da la oportunidad de retribuir a Beyond Soccer, una organización de la que formé parte mientras crecía aquí en Lawrence y donde trabajo ahora como Entrenadora y Mentor. Gracias a este concurso, las niñas de 8 y 9 años que entreno podrán tener una gran fiesta de Navidad este año, y les podré dar a todas tarjetas de regalo para que puedan comprar su propio equipo.”

El concurso “Esta es mi gente” de Kasasa se llevó a cabo del 7 de noviembre al 7 de diciembre y brindó a los participantes la oportunidad de compartir historias personales y cómo el dinero del premio los ayudaría a conectarse con sus seres queridos.

Llegaron historias inspiradoras de los participantes de las regiones metropolitanas de Merrimack Valley y South Shore sobre cómo ganar afectaría sus vidas en esta temporada Navideña. El concurso local de MVCU fue parte de un concurso nacional

que incluyó a más de 150 instituciones financieras comunitarias en todo el país, y algunas ofrecieron premios en efectivo a los miembros de su comunidad local. Además, Kasasa otorgará a un ganador del gran premio \$25,000 y a dos finalistas con \$10,000. En total, Kasasa y los bancos comunitarios y cooperativas de crédito participantes otorgaron más de \$150,000 en premios en efectivo.

“La temporada Navideña se trata de amar y compartirlo con aquellos a quienes llamamos nuestra gente”, dijo Gabe Krajicek, director ejecutivo de Kasasa. “Este concurso celebró a las personas increíbles y amorosas que crean el tejido de su comunidad. Es esta misma red en la que nuestros socios de instituciones financieras comunitarias en todo el país juegan un papel tan vital: ayudar a las personas a mantenerse fuertes en su mundo financiero para que puedan mantenerse fuertes por aquellos a quienes más aman”.

Kasasa se asocia exclusivamente con instituciones financieras comunitarias, el único lugar donde los consumidores pueden encontrar soluciones bancarias innovadoras. Kasasa atiende a cientos de instituciones financieras comunitarias en todo el país, que representan más de 3 millones de cuentas bancarias de consumidores en más de 3400 sucursales en los 50 estados. Desde 2003, las instituciones financieras de Kasasa han devuelto casi \$3 mil millones en recompensas a los titulares de cuentas de Kasasa.

Merrimack Valley Credit Union and Kasasa® Announce \$2,500 Cash Prize Winner In “These Are My People” Contest

Cash prize giveaway is helping people connect with their favorite humans this holiday season

Merrimack Valley Credit Union (MVCU) and Kasasa, an award-winning financial technology and marketing provider, today announced the winner of the local “These Are My People” contest. Brittanie Ramirez of Lawrence, Mass. won \$2,500 to help support human connection with her favorite people.

“I was so surprised when I received the call that I won that I didn’t believe that it was true,” said Ramírez. “This money gives me the opportunity to give back to Beyond Soccer, an organization that I was part of growing up here in Lawrence and where I work now as a Coach Mentor. Thanks to this contest, the 8- and 9-year-old girls that I coach will be able to have a great Christmas party this year, and I’ll be able to give them all gift cards so they can buy their own equipment.”

Kasasa’s “These Are My People” contest took place from November 7th through December 7th and provided entrants with the opportunity to share personal stories and how the prize money would help them connect with their loved ones.

Inspirational stories flooded in from entrants across the greater Merrimack Valley and South Shore regions on how winning would impact their lives this holiday season. MVCU’s local contest

was part of a nationwide contest that included more than 150 community financial institutions across the country, with some offering cash prizes to their local community members. Additionally, Kasasa is awarding one grand prize winner with \$25,000 and two runner ups with \$10,000. In total, Kasasa and participating community banks and credit unions awarded over \$150,000 in cash prizes.

“The holiday season is about love and sharing it with those we call our people,” said Gabe Krajicek, CEO of Kasasa. “This contest celebrated the incredible, loving individuals that create the fabric of their community. It’s this same network that our community financial institution partners across the country play such a vital part in - helping people stand strong in their financial world so they can stand strong for those they love the most.”

Kasasa partners exclusively with community financial institutions — the only place consumers can find their innovative banking solutions. Kasasa serves hundreds of community financial institutions nationwide, representing over 3 million consumer bank accounts across 3,400+ branches in all 50 states. Since 2003, Kasasa financial institutions have given back nearly \$3 billion in rewards to Kasasa account holders.

La cooperativa de crédito donó a múltiples organizaciones en las comunidades a las que sirve

Para apoyar a los niños necesitados y difundir alegría en esta temporada navideña, Merrimack Valley Credit Union (MVCU) realizó una colecta de juguetes en cada una de sus diez sucursales. Cada sucursal recolectó juguetes nuevos sin envolver para donarlos a varias organizaciones en Massachusetts y el sur de New Hampshire.

Para apoyar a tantos niños como sea posible en el campo de membresía de la cooperativa de ahorro y crédito, MVCU donó juguetes a numerosas organizaciones desde Seabrook, NH, hasta Fairhaven, MA. Los juguetes fueron donados al Seabrook Firefighters Toy Bank, Ozzie's Kids, Boys & Girls Club of Greater Haverhill, Boys & Girls Club of Lawrence, Debbie's Treasure Chest, Big Brother Big Sister of Holbrook, Toys for Tots en el Departamento de Bomberos de Fairhaven y Plymouth Coalición del Área para los Desamparados.

MVCU está comprometida a servir a los miembros de la comunidad de todas las edades y está increíblemente agradecida por el apoyo de los miembros y compañeros de equipo de MVCU que donaron. MVCU recibió juguetes, juegos, artesanías, equipo deportivo e incluso una bicicleta que se entregará a los niños necesitados durante las fiestas.

“Cada año, organizamos una fiesta de Navidad que siempre es un punto culminante de nuestro programa”, dice Markus Fischer, director ejecutivo del Boys & Girls Club de Lawrence. “Este año, esperamos que asistan entre 600 y 700 niños, y nuestra meta es que cada niño se lleve un regalo. Esta contribución es muy apreciada. Gracias a todos en la organización de MVCU que están involucrados en la donación y recolección



De izquierda a derecha: Lina Quijano, gerente de la sucursal de Lawrence de MVCU; Sarah Hogue, administradora de la base de datos y coordinadora de eventos especiales del Boys & Girls Club de Lawrence; y José Rodríguez, gerente de la sucursal de North Andover de MVCU.

From left: Lina Quijano, branch manager of MVCU's Lawrence branch; Sarah Hogue, database manager and special events coordinator of the Boys & Girls Club of Lawrence; and Jose Rodriguez, branch manager of MVCU's North Andover branch.

de estos obsequios”.

Las vacaciones están a la vuelta de la esquina, ¡pero todavía hay tiempo para donar y ayudar a los necesitados! Visite los sitios web de cualquiera de las organizaciones enumeradas anteriormente para ver cómo puede difundir alegría y apoyar a su comunidad en esta temporada navideña.

The credit union donated to multiple organizations in the communities it serves

To support as many children as possible throughout the credit union’s field of membership, MVCU donated toys to numerous organizations from Seabrook, NH, to Fairhaven, MA. Toys were donated to the Seabrook Firefighters Toy Bank, Ozzie’s Kids, Boys & Girls Club of Greater Haverhill, Boys & Girls Club of Lawrence, Debbie’s Treasure Chest, Big Brother Big Sister of Holbrook, Toys for Tots at the Fairhaven Fire Department and the Plymouth Area Coalition for the Homeless.

MVCU is committed to serving community members of all ages and is incredibly grateful for the support from MVCU teammates and members who donated. MVCU received toys, games, crafts, sports equipment and even a bicycle that will all be given to children in need for the holidays.

“Each year, we host a Christmas party that is always a highlight of our program,” says Markus Fischer, executive director of the Boys & Girls Club of Lawrence. “This year, we expect to have six-to-seven hundred children attend, and our goal is to have every child walk away with a gift. This contribution is greatly appreciated. Thank you to everyone in the MVCU organization who is involved in donating and collecting these gifts.”

The holidays are right around the corner, but there is still time to donate and help those in need! Visit the websites of any of the organizations listed above to see how you can spread cheer and support your community this holiday season.

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Visit www.mafham.org or call (508)444-9332.

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ME NEGARON UN APARTAMENTO POR NO TENER 3 VECES EL VALOR DEL ALQUILER, AUNQUE QUE TENGO UN VALE.



Cuando un arrendador trató de negarme la vivienda debido a mi vale de vivienda (ejemplo, sección 8), me comuniqué con FHAM y me enteré de mis derechos de vivienda justa. Por ejemplo, si puedes pagar un apartamento con su vale, entonces el arrendador no puede negárselo solo porque sus ingresos son menos de tres veces el alquiler total. Si cree que ha sufrido discriminación, comuníquese con FHAM y presente una denuncia.

Visite www.mafham.org o llame al (508)444-9332.

**La discriminación de vales es ilegal.
¡Repórtalo!**



Ana Luna: Merecido Reconocimiento

Por Audy Ramírez

Después de brindar un determinado tiempo al servicio social comunitario en todas sus facetas, es lógico que en parte de la lista de dicho record, esté incluido el reconocimiento general de determinada porción de la población que se benefició de dichos servicios.

Y es que esa es una de las pruebas más fehacientes del ejemplo de la elaboración y evolución de un líder a través del tiempo y su obra. Sin lugar a dudas que solo el mencionar el nombre de Ana Luna, particularmente en la Ciudad de Lawrence, y el Valle de Merrimack, es una invitación a la reflexión de un trabajo arduo, sano y lleno de amor por casi tres décadas.

ACT Lawrence comenzó bajo el nombre de Arlington Community Trabajando y lo cambiaron a ACT Lawrence por el simple hecho de ser lo que la organización representaba: que a través de actuar se logra todo.

Durante los pasados 26 años ACT Lawrence tuvo muchos éxitos. Una organización que comenzó sirviendo el área de Arlington logró expandir todos sus servicios al resto de la ciudad después de construir 4 viviendas en ese vecindario y asegurar Community Investment Tax Credits por ocho años.

La eficacia de los esfuerzos de esa entidad hizo que fueran reconocidos por The Cummings Foundation y New Commonwealth Fund, Social Innovation Forum. Igualmente, obtuvo por nueve años dádivas de la División de Bancos del Estado de Massachusetts, entre muchos más.

Algo muy importante que desde el principio implementaron fue la educación financiera, empleo para jóvenes y consejería para compradores de viviendas los cuales sumaron más de 15,000 hasta la fecha.

En este año que termina, ACT Lawrence sirvió a más de 1400 personas con 735 participando en consejería de vivienda, educación para compradores de casas, asistencia para inquilinos, programas de jóvenes y educación financiera. ACT Lawrence provee consejería, entrenamiento y talleres para educar empoderar y equipar a sus clientes con un plan para su futuro.

Una obra muy bella que a través de muchos años vienen celebrando es la repartida de juguetes a niños en Navidad con más de 300 niños recibiendo juguetes este año. También, 93 jóvenes servicios como empleo de verano, consejería sobre préstamos estudiantiles y educación financiera.

Todos estos logros fueron el resultado de que el personal aumentara de tres a siete y tuvieran que duplicar el tamaño del espacio para poder hacer frente al crecimiento y las necesidades de los programas. Todo se llevó a cabo mientras que hacíamos la transición para dar la bienvenida a la nueva Directora Ejecutiva Erika Hernández.

La señora que pensó que el mundo se le venía encima porque no tenía ni idea de cómo maniobrar con la extensa burocracia para comprar su casa por primera vez, y al saber de los servicios otorgados por ACT Lawrence, recibe la información y soporte necesario para cumplir tan importante meta.

El hombre que tenía su cerebro lleno de ideas para poner su negocio en función, pero no sabía los trámites burocráticos y acceso a recursos financieros para hacer mejor trabajo, al saber de los servicios y

flexibilidades que otorga ACT, emprende su nueva era en el mundo de los negocios.

La familia inquieta al tener unos hijos en casa durante todo el verano, al saber de los beneficios que otorga ACT a familias de bajos recursos con oportunidades de trabajo para jóvenes y demás, son solo algunas de las historias y ejemplos de los cuales supe personalmente el jueves, 8 de Diciembre durante la Fiesta de Gala que se llevó a cabo en Salvatore's Function Facility.

Diferentes personalidades de la ciudad dijeron presente. Los elogios enviados por el Alcalde Brian De Peña, a través de su Director de Comunicación, Néstor Castillo y todo su equipo de trabajo, fueron recibidos con enorme algarabía por toda la audiencia presente.

El Representante Estatal Frank Morán tuvo palabras muy emotivas al presentarle una proclama del Estado. De igual manera, otros líderes locales electos, líderes comunitarios, instituciones financieras, y pequeños negocios del área.

El potencial que tenemos como seres humanos e integrantes de una comunidad es infinito. Los 26 años de trabajo comunitarios de Ana Luna al frente de ACT son un ejemplo sublime. Es también un ejemplo del verdadero trabajo en equipo, el verdadero respeto al trabajo bien hecho, al trabajo verdaderamente comunitario. Más importante aún, los resultados que vivimos



todos como comunitarios es simplemente invaluable.

Arreglarle la vida a un miembro de mi comunidad es una inversión al común. Un vecindario donde todos sus integrantes tengan las mismas oportunidades, las mismas opciones de desarrollo, en fin, la misma calidad de vida, es una inversión que al final de cuenta nos beneficia a todos, pues como parte íntegra de dicha comunidad, estaremos seguros de que

estando todos bien, muchos problemas automáticamente quedan resueltos. Y ese es el trabajo que ACT, al igual que un sin número de agencias y programas comunitarios intentan hacer cada día.

Por eso es que hoy Ana Luna recibe todo elogio de su comunidad, pues esa gente ha visto y vivido parte de ese trabajo. Esa misma gente, las actuales y futuras generaciones ahora pondrán su confianza en Erika Hernández para que dicho legado continúe.

Ana Luna: Deserved Recognition

By Audy Ramirez

After providing a certain time to community social service in all its facets, it is logical that part of the list of said records includes the general recognition of a certain portion of the population that benefited from said services.

And it is that this is one of the most reliable proofs of the example of the elaboration and evolution of a leader through time and his work. Without a doubt, just mentioning the name of Ana Luna, particularly in the City of Lawrence and the Merrimack Valley, is an invitation to reflect on hard, healthy, and loving work for almost three decades.

ACT Lawrence began under the name of Arlington Community Trabajando and they changed it to ACT Lawrence for the simple fact of being what the organization stood for: that through action everything is achieved.

Over the past 26 years ACT Lawrence has had many successes. An organization that began serving the Arlington area was able to expand all its services to the rest of the city after building 4 homes in that neighborhood and securing Community Investment Tax Credits for eight years.

The effectiveness of this entity's efforts led to their being recognized by The Cummings Foundation and the New Commonwealth Fund, Social Innovation Forum. Likewise, he obtained gifts from the Massachusetts State Banking Division for nine years, among many more.

Something very important that they implemented from the beginning was financial education, youth employment, and counseling for homebuyers, which have totaled more than 15,000 to date.

In this past year, ACT Lawrence served more than 1,400 people with 735

participating in housing counseling, homebuyer education, renter assistance, youth programs, and financial education. ACT Lawrence provides counseling, training, and workshops to educate, empower, and equip its clients with a plan for their future.

A very beautiful work that they have been celebrating for many years is the distribution of toys to children at Christmas with more than 300 children receiving toys this year. Also, 93 youth services such as summer employment, student loan counseling, and financial education.

All of these accomplishments were the result of increasing the staff from three to seven and having to double the size of the space to accommodate the growth and needs of the programs. It all came together as we made the transition to welcome the new Executive Director Erika Hernandez.

The lady who thought the world was closing in on her because she had no idea how to navigate the sprawling red tape to buy her first-time home, and upon learning of the services provided by ACT Lawrence, receives the information and support she needs to comply with such an important goal.

The man who had his brain full of ideas to put his business into operation, but did not know the bureaucratic procedures and access to financial resources to do a better job, knowing about the services and flexibilities that ACT grants, begins his new era in the world of business.

The family is concerned about having their children at home all summer, learning about the benefits that ACT grants to low-income families with job opportunities for young people, and others, are just some of the stories and examples of which I knew the Thursday, December 8 during the Gala Party that took place at Salvatore's

Function Facility.

Different personalities from the city were present. The praise sent by Mayor Brian de Pena, through his Director of Communications, Néstor Castillo, and his entire work team, was received with enormous uproar by the entire audience present.

State Representative Frank Morán had very emotional words when presenting him with a proclamation from the State. Likewise, other local elected leaders, community leaders, financial institutions, and small businesses in the area.

The potential we have as human beings and members of a community is infinite. Ana Luna's 26 years of community work at the head of ACT are a sublime example. It is also an example of true teamwork, true respect for a job well done, and true community work. More importantly, the results that we all experience as a community are simply invaluable.

Fixing the life of a member of my community is a common investment. A neighborhood where all its members have the same opportunities, the same development options, in short, the same quality of life, is an investment that ultimately benefits us all because as an integral part of said community, we will be sure of that being all well, many problems are automatically solved. And that's the job that ACT, like countless other agencies and community programs, tries to do every day.

That is why today Ana Luna receives all the praise from her community because those people have seen and experienced part of that work. Those same people, current and future generations will now place their trust in Erika Hernández so that this legacy continues.

Hope Dove of Lowell y los Marines reparten juguetes

Uno de los eventos Navideños más grandes en la Ciudad de Lowell es la repartida de juguetes a niños. La organización Hope Dove Inc. representada por los pastores Carmen Bermudez y su familia llevaron a cabo este evento el cual se entregó juguetes a más de 400 niños.

La escenografía fue todo una réplica de la película Encanto. Los Marines de Toys For Tots estuvieron presente y el City Manager Tom Golden participó también.

“Muchas gracias a todos los voluntarios que cada año hacen esto posible,” dijo María Claudio. “Los niños quedaron encantados de todo y los adultos de poder llevar alegría a muchos niños de las comunidades adyacentes.”

Among the most notable Christmas events in the City of Lowell, is the distribution of toys to children. The organization Hope Dove Inc. represented by the pastors Carmen Bermudez and her family carried out this event which delivered toys to more than 400 children.

The scenery was all a replica of the movie Enchantment. The Toys For Tots Marines and City Manager Tom Golden were in attendance as well.

“Thank you very much to all the volunteers who make this possible each year,” said María Claudio. “The children were delighted with everything and the adults were able to bring joy to many children in the adjacent communities.”



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Lo que nos entregues ayudará a los niños locales que participan en nuestro programa de tutoría. Debes saber que tu donación es deducible de impuestos.

¡Gracias por tu apoyo!

MVCC's Business Networking Holiday Mixer

The Merrimack Valley Chamber recently hosted a Business Networking Holiday Mixer and want to thank everyone who came out to celebrate the holidays and make new business connections!

Special thank you to the The Phoenician Restaurant who stepped up to host our Holiday Mixer and for putting out amazing food for our members.

Thank you also to everyone who brought a toy to donate to Clarendon Hope For The Holidays Toy Drive. We appreciate everyone's support and had a great time celebrating and networking with everyone!



Margaret McDonald and Cheryl Finney – Both of Clarendon Early Education Services.



Lars Olson of Hilb Group; John Bachman of Norwood Insurance; Hunter Carroll of Goosehead Insurance; Natalie Maliowski of Cross Country Mortgage and Maureen Comitos of Retirement Fiduciary Group.



Bill Kelly of VNOC; Bill Pennington of Run for the Troops; John Bachman and Brian Connell of Norwood Insurance; Dave Trull of Renaissance.



Vikram Venkatassubramanian, Lakshmi Puthanveetil both of Nandi Security, Inc; Joyce Grippen and Claudia Soo Hoo, Both of Merrimack Valley YMCA.

MV Chamber Annual Holiday Networking Mixer at Phoenician Restaurant

State Senator Bruce Tarr in conjunction with The Merrimack Valley Chamber of Commerce, the United Way of Massachusetts Bay, and Merrimack Valley Central Labor Council recently hosted a toy drive benefiting boys and girls in need this holiday season.

This year, the toys were donated to the Boys & Girls Club of Greater Haverhill who were this years recipient of the Toy Drive and will pass them along to boys and girls in need.



(L to R) Tom Raiche, MV Central Labor Council; Rep. Tram Nguyen; State Senator Bruce Tarr; Javier Bristol, Boys & Girls Club of Greater Haverhill Director; Michael Bevilacqua, VP, Merrimack Valley Chamber of Commerce

Haverhill Bank Promotes Weeden and Pickles

Haverhill Bank recently promoted Charlette M. Weeden and Jodie A. Pickles to senior positions at the institution.

Weeden, a Haverhill native who joined the bank in 2011 and serves as chief financial officer, was promoted from senior vice president to executive vice president, while Pickles advances from assistant branch manager to branch manager of the bank's main office in downtown Haverhill.

"Haverhill Bank continues to be served by great talent and Charlette and Jodie demonstrate their outstanding expertise and abilities every day in support of both borrowers and depositors," said President and Chief Executive Officer Thomas L. Mortimer.

Prior to joining Haverhill bank, Weeden was employed by Holbrook Cooperative Bank as senior vice president, chief financial officer and treasurer. She was responsible for the bank's overall financial operations, including asset liability management and regulatory compliance and reporting. She also served as CFO at Marlborough Co-Operative Bank and

vice president at Butler Bank, Lowell. Weeden attended Northeastern University and majored in Business Administration and Accounting. She also attended the Massachusetts School of Financial Studies and National Graduate School of Banking.

Pickles brings four decades of banking experience to Haverhill Bank, entering the profession at 19 years old as a teller at the former BayBank Merrimack Valley. She is a 1981 graduate of Pentucket Regional High School and furthered her education at Northern Essex Community College and New England School for Financial Studies. She is a board member and treasurer of the Methuen Kiwanis Club.

A depositor-owned institution, Haverhill Bank was founded in 1877 and is the oldest cooperative bank in Massachusetts. The bank's Main Office is at 180 Merrimack St. in Haverhill. Haverhill Bank also maintains offices at 163 South Main St., 1094 Main St., 6 West Main St., Merrimac, 281 Main St., West Newbury, and 396 Main St., Salem, N.H.

President and CEO Karen Gomes Announces Retirement from Tufts Medicine Care at Home

Karen Gomes, RN, MS, CPHQ, president and CEO of Tufts Medicine Care at Home, has announced her retirement effective December 31, 2022.

"It has been my life's calling, as well as a tremendous privilege and honor, to dedicate my 30-year career to caring for others. It is gratifying to now look forward to devoting more time to caring for my own growing family," said Gomes, who recently welcomed her first grandchild. "This was a difficult decision, but I am so proud of our team's accomplishments and even more confident of the great advancements ahead for Tufts Medicine Care at Home."

Gomes, who began her career as a bedside nurse, joined Tufts Medicine Care at Home (formerly Home Health Foundation) as chief clinical officer and vice president of clinical services in 2012. She was named president and CEO in 2017.

In her leadership role at Tufts Medicine Care at Home, a Lawrence-based nonprofit organization in its 127th year, Gomes oversees a staff of expert healthcare professionals who deliver the highest quality care in all the places patients call home. Yet perhaps her most impactful accomplishment has been behind the scenes, as the driving force behind the organization becoming a member of the Wellforce health system in 2018.

Earlier this year, Wellforce transitioned to its new name of Tufts Medicine – and Home Health Foundation to Tufts Medicine Care at Home – to reflect the clinically integrated network's closer relationship with Tufts University and commitment to an advanced, completely connected healthcare experience for patients and care teams alike.

Gomes has worked with colleagues at Tufts Medicine to create a smooth transition plan once she departs. Rey Spadoni, a highly experienced healthcare



executive with leadership roles at numerous home health and hospital organizations statewide, has been named as interim president of Tufts Medicine Care at Home, effective January 3, 2023.

"I am honored to take the baton from Karen, while recognizing that she will never be replaced," Spadoni said. "Instead, I am pleased to continue the great work being accomplished daily by this respected team of healthcare heroes to advance community health through expert, compassionate care and essential services in the home."

Tufts Medicine Care at Home, part of the Tufts Medicine health system, provides a full continuum of home health, palliative and hospice care in home and community settings. Our highly skilled healthcare providers are renowned for their expertise in a wide range of cutting-edge clinical and supportive services for infants, children, adults and elders. The Lawrence-based nonprofit organization delivers expert, compassionate care in more than 100 communities throughout the Merrimack Valley, northeastern Massachusetts and southern New Hampshire. For more information, visit www.careathome.org.

CTI Announces New Deputy Division Director of Residential Programs

Lowell – Community Teamwork is pleased to announce that Sean Wilson has joined the organization as the, new Deputy Division Director of Residential Programs within the Housing and Homeless Services Division. In this role, Sean will oversee all of the Emergency Assistance Shelters and Programs. Sean will provide direction and guidance by facilitating on-site supervision and building upon community and state partnerships.

Emergency Housing Assistance provides emergency shelter and supportive services to families who are experiencing housing instability due to loss of housing or fleeing domestic violence. This program assists with finding permanent housing options. CTI provides a variety of housing programming and supportive services across 72 cities and towns within Massachusetts. These programs vary from homelessness prevention and homeless shelters to administering subsidized housing to more than 3,600 tenants.

Sean expressed, "I am excited and grateful to take on this new role at Community Teamwork. I hope to contribute to the agency's mission and integrate myself into the Lowell community. I am looking forward to the work ahead and am pleased to have a positive and passionate team surrounding me."

Sean brings with him over a decade of experience in housing and development. He has worked for the Department of Housing and Community Development (DHCD) as a Homeless Coordinator, Supervisor and Assistant Director. Prior to that, he worked



for a multitude of agencies that serviced Essex and Middlesex Counties.

Sean graduated from the University of Rhode Island with a Bachelor of Arts in Communications Studies. He grew up in the Merrimack Valley and has a passion for working in this field. He is the proud father of two children. In his down time, he enjoys reading and running.

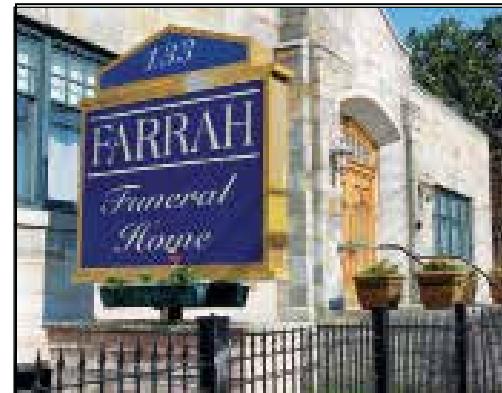
Community Teamwork is a catalyst for social change. Our driving mission is to help people help themselves with childcare, family supports, nutrition, fuel assistance, housing, skills training, employment, financial education, and individual asset and small business development. As a Community Action Agency, a Regional Housing Agency, and a Community Development Corporation, Community Teamwork helps nearly 54,000 individuals from 71 cities and towns in northeastern Massachusetts gain greater economic independence. For more information, please visit www.commteam.org.

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 necesitan 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
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La asistente de salud en el hogar brinda diferentes tipos de atención

Como asistente de salud en el hogar durante 29 años en Tufts Medicine Care at Home, Lillian Silva apoya a sus pacientes ayudándolos con su cuidado personal y otras actividades de la vida diaria. En sus días libres, la cuidadora dedicada extiende su cuidado compasivo a la comunidad en general como voluntaria con Lasagna Love.

Fundada en marzo de 2020 para aliviar las luchas de las familias relacionadas con la pandemia de COVID, Lasagna Love se ha convertido en un movimiento internacional con miles de personas de todos los ámbitos de la vida, diversas etnias y niveles socioeconómicos que cocinan y entregan comidas. La misión no es solo ayudar a abordar la creciente inseguridad alimentaria, sino también brindar un simple acto de bondad en momentos de estrés e incertidumbre.

Silva se inscribió como voluntaria para Lasagna Love después de enterarse de la organización sin fines de lucro en un grupo de Facebook hace unos años. Si bien no tiene problemas con que otros usen la receta impresa en cajas de fideos de lasaña, la cocinera autodidacta ha incorporado su propia mezcla de tres quesos con otros ingredientes, medidas y técnicas especiales. Cuando los fideos de lasaña desaparecieron de los estantes de las tiendas de comestibles durante la pandemia, por ejemplo, los sustituyó por

capas de cualquier otro macarrón que estuviera disponible en ese momento.

Una vez que Silva se empareja con un destinatario, Lasagna Love le informa la cantidad de personas que viven en el hogar, así como las restricciones dietéticas. Silva también da la bienvenida a solicitudes especiales.

“Preparo una lasaña con cualquier tipo de carne que quieran, o la cargo con pimientos, cebollas y champiñones. También les pregunto si les gusta gruesa o delgada”, dijo Silva, estimando que ha entregado al menos 50 lasañas a familias en pueblos alrededor de su casa en Dracut. “He hecho tantos que podría hacerlo mientras duermo, pero aún así pido comentarios porque me ayudan a mejorar”.

Silva ha llevado lasañas a padres de recién nacidos, residentes de edad avanzada, personas que se recuperan de hospitalizaciones, personas que se sienten abrumadas sin tiempo para cocinar y otras personas que simplemente anhelan una comida casera caliente. Si bien solía donar una lasaña semanalmente, ahora lo hace una o dos veces al mes debido al aumento del costo de los ingredientes y los moldes desechables.

Silva, que cumplirá 65 años en enero, dijo que planea seguir trabajando como voluntaria incluso después de que algún día se retire del trabajo.

“Todos están agradecidos y disfruto

conocer gente nueva”, dijo. “Cada uno de nosotros se beneficia de una misión de buena voluntad”.

Tufts Medicine Care at Home, parte del sistema de salud de Tufts Medicine, brinda una continuidad completa de cuidados de salud en el hogar, paliativos y de hospicio en entornos domésticos y comunitarios. Nuestros proveedores de atención médica altamente calificados son reconocidos por su experiencia en una amplia gama de servicios clínicos y de apoyo de vanguardia para bebés, niños, adultos y ancianos. La organización sin fines de lucro con sede en Lawrence brinda atención experta y compasiva en más de 100 comunidades en todo Merrimack Valley, el noreste de Massachusetts y el sur de New Hampshire. Para obtener más información, visite www.careathome.org.



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Home Health Aide Delivers Different Kind of Caring

As a home health aide for 29 years at Tufts Medicine Care at Home, Lillian Silva supports her patients by assisting with their personal care and other daily living activities. On her days off, the dedicated caregiver extends her compassionate caring to the wider community as a volunteer with Lasagna Love.

Founded in March 2020 to ease the COVID pandemic-related struggles of families, Lasagna Love has grown into an international movement with thousands of people from all walks of life, diverse ethnicities and socio-economic backgrounds who cook and deliver meals. The mission is not only to help address increasing food insecurity, but also provide a simple act of kindness during times of stress and uncertainty.

Silva signed up to volunteer for Lasagna Love after learning about the nonprofit organization in a Facebook group a few years ago. While she has no issues with others using the recipe printed on boxes of lasagna noodles, the self-taught cook has incorporated her own three-cheese blend with other special ingredients, measurements and techniques. When lasagna noodles disappeared from grocery store shelves during the pandemic, for example, she substituted layers of whatever other macaroni was available at the time.

Once Silva is matched with a recipient, Lasagna Love informs her of the number of people living in the home, as well as any dietary restrictions. Silva also welcomes special requests.

“I’ll make a lasagna with whatever kind of meat they want, or I’ll load it up

with peppers, onions and mushrooms. I also ask if they like it thick or thin,” said Silva, estimating she has delivered at least 50 lasagnas to families in towns around her home in Dracut. “I’ve made so many that I could do it in my sleep, but I still ask for feedback because it helps me improve.”

Silva has brought lasagnas to parents of newborns, elderly residents, those recovering from hospitalizations, individuals who feel overwhelmed with no time to cook and others who are simply craving a hot, homemade meal. While she used to donate a lasagna weekly, she does so once or twice monthly now due to the increased cost of ingredients and disposable pans.

Silva, who will turn 65 in January, said she plans to continue volunteering even after she retires from working someday.

“Everybody is appreciative, and I enjoy getting to meet new people,” she said. “Every one of us benefits from a mission of goodwill.”

Tufts Medicine Care at Home, part of the Tufts Medicine health system, provides a full continuum of home health, palliative, and hospice care in home and community settings. Our highly skilled healthcare providers are renowned for their expertise in a wide range of cutting-edge clinical and supportive services for infants, children, adults, and elders. The Lawrence-based nonprofit organization delivers expert, compassionate care in more than 100 communities throughout the Merrimack Valley, northeastern Massachusetts, and southern New Hampshire. For more information, visit www.careathome.org.

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Massachusetts Connecting TAFDC Families with High Demand Jobs in Healthcare and Education

The Department of Transitional Assistance (DTA)'s DTA Works Internship Program launched two new career tracks in healthcare and education that support recipients of Transitional Aid to Families with Dependent Children (TAFDC) on their pathway to economic mobility. These public private partnership internship opportunities lead to employment in high demand labor markets.

"Offering low-income individuals and families opportunities to explore exciting careers through DTA Works is not only critical to supporting their success, but the continued and future success of our Massachusetts economy, particularly in these high need workforce areas," said Secretary of Health and Human Services Marylou Sudders. "Innovative initiatives and important partnerships like these address the needs of the whole family, connecting parents and caregivers with career pathways that match their goals, and providing transportation, child care and other supports to allow families to fully participate – which are all essential in helping to break the cycle of poverty."

DTA's two new tracks focused on the healthcare and para educator sectors were created in response to TAFDC households' feedback that there needs to be more preparatory programs that lead to direct hire.

A participant shared, "The training and internship was the best thing I've accepted! This program helped me by getting me a jump start on my career. With the motivation, the hard work, and even some stressful days I completed my course, passed the test, and now I'm in a good spot and I think this was a push to better life. The staff love our kids and support us mommies! Walking into work I'm happy...I appreciated this program so much!"

In the words of another former participant: "I personally have overcome so many of my fears along this journey – I learned that 'I am braver than I believe, stronger than I seem and smarter than I think' – I truly understand and believe this now."

One program, the DTA Works Health Administration Services Training (HAST) internship, is facilitated through a partnership with Mass General Brigham and Project Hope. This program includes a six-week health administration training program through Project Hope and a paid three-month

internship with Mass General Brigham.

All DTA Works interns receive a mentor and financial coaching to help them plan and achieve their goals and support their successful entry or re-entry into full employment along with a monthly stipend. DTA also provides employment-focused supports, including for child care and transportation. These programs are built on a two-generation approach that helps both parents and their children to make progress together and provides interventions that can help break the cycle of multi-generational poverty.

"The Administration has been working to shift our DTA Works Internship Program to focus on employment pipelines in high demand sectors that provide whole family support in addition to education and training," said Department of Transitional Assistance Acting Commissioner Mary Sheehan. "Establishing new tracks in this program was a collaborative opportunity to assist more individuals in achieving their economic mobility goals by providing them with more than just a job placement. DTA looks forward to the success of future cohorts through these partnerships, providing families that receive DTA benefits with more opportunities to achieve their economic goals."

"The DTA's support and insight helps us find people that are smart, capable and ready to work, but need a boost to be able to devote their time and energy to training and an internship. The DTA Works program enables us to give people training in the job-specific skills they need for successful office work in world-class healthcare institutions," said Ben Sherman, Manager of Workforce and Education programs, Project HOPE Boston.

"The program is appealing in that it prepares participants for an entry level job with clear pathways for continuing education, at no cost, as a first step toward a meaningful and career related to participants' skills, interests, and backgrounds," said Robert Frye, HCC Workforce Development Instructor.

For more information on eligibility and the application process, visit Mass.gov/tafdc-pathways-to-work.

CLASIFICADOS | CLASSIFIEDS

LEGAL NOTICE

NOTICE OF PUBLIC SALE

Notice is hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after January 16, 2023 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2006 Honda Accord VIN 1HGCM71346A021019
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5. 2016 Honda Accord VIN 1HGCR3F98GA031691
6. 2001 Chevrolet Silverado VIN 1GCEK19T01E165909
7. 2008 Honda Ridgeline VIN 2HJK16588H529060
8. 2011 Chevrolet Equinox VIN 2CNFLCEC8B6453536
9. 2013 BMW 528XI VIN WBAXH5C55DD113692
10. 2005 Ford F-250 Super Duty VIN 1FTSX21515EB53815

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

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Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicle on or after January 16, 2023 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2020 Volkswagen Jetta VIN 3VWCB7BU6LM048407

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

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

Northern Tier Passenger Rail Study

Virtual Public Workshop

Wednesday, January 11, 2023 - 6:00 p.m.

The Massachusetts Department of Transportation (MassDOT) is announcing a virtual public workshop for the Northern Tier Passenger Rail Study will be held on Wednesday, January 11, 2023 at 6:00 p.m.

The study is examining the potential benefits, costs, and investments necessary to implement passenger rail service from North Adams to Greenfield and Boston, with the speed, frequency, and reliability necessary to be a competitive option for travel along this corridor.

At this meeting, the study team will present the two initial service plan alternatives and evaluation framework. Feedback received will be used to develop

four additional service plan alternatives as part of Phase 2. The meeting materials will also be available after the meeting on the study website.

The meeting information, including the registration link, are currently available on the study website under Upcoming Events. Once registered, individuals will receive a confirmation email from Zoom with information about joining the webinar.

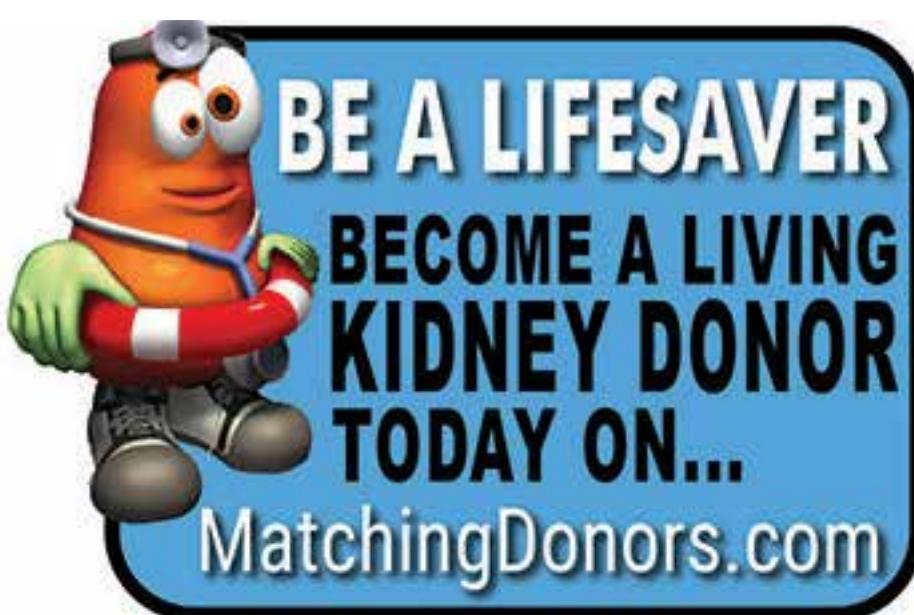
To sign up to receive updates on the Northern Tier Passenger Rail Study, please visit: https://pima.massdotpi.com/public/subscribe/search?project_id=14308.

For more information, please visit the study's website: <https://www.mass.gov/northern-tier-passenger-rail-study>.

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

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

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



MCC ayuda a una estudiante en su camino para convertirse en abogada en los EE.UU.

Abogada en ejercicio durante los últimos 14 años en su país de origen, Colombia, Fernanda Chamorro Arias ahora se dedica al campo en los Estados Unidos. A través del Certificado de estudios paralegales de Middlesex Community College, puede comenzar en el campo en un nuevo país, mientras mejora sus habilidades de hablar inglés.

“Elegí MCC porque están aprobados por la Asociación [American Bar]”, dijo Arias. “Me dio confianza para comenzar el programa aquí, y definitivamente tomé una gran decisión. También tuve la oportunidad de tomar algunos cursos de inglés como requisito del programa y me ha sido de gran ayuda.”

En mayo de 2022, Arias, que ahora vive en Worcester, comenzó una pasantía en el Centro de Derecho de MCC en Lowell. Uno de sus deberes es manejar las quejas de la comunidad por asuntos cotidianos, como embargos, ventas y reparaciones de automóviles, así como derechos de compra y problemas de crédito.

También es una mediadora capacitada y puede practicar sus habilidades de hablar y escribir en inglés en circunstancias relacionadas con la ley. Esto incluye redactar cartas y correos electrónicos, y hacer llamadas.

“Quería involucrarme tanto como pudiera en el sistema legal porque me encanta ayudar a las personas, y creo que este lugar es uno de los mejores para hacerlo posible”, dijo. “La pasantía ha sido una experiencia enriquecedora junto a un equipo de personas altamente capacitadas en la materia con un talento excepcional y que están muy dispuestas a ayudar a quienes necesitan asesoría o dirección en asuntos legales específicos.”

Además de sus responsabilidades como voluntaria, Arias aprendió mucho de su pasantía a través de Heidi Rowell, Coordinadora del Programa de Consumidores Locales de MCC. Con su experiencia en la gestión de resolución de conflictos, Rowell mostró su voluntad de



compartir su conocimiento y trabajo en la prestación de servicios a la comunidad con Arias.

Otra persona que ha impactado a Arias durante su tiempo en la universidad es Halye Sugarman, coordinadora y profesora del programa de estudios paralegales de MCC. En sus clases, Sugarman asigna actividades “interactivas e interesantes”, incluido el trabajo en grupo. Fuera del aula, Sugarman ofrece a Arias y a sus compañeros apoyo y orientación sobre sus próximos pasos en el campo.

“La admiro como mujer, como abogada, como profesora y la calidad humana que tiene”, dijo Arias. “Es una persona empática, siempre dispuesta a ayudar a sus alumnos y a reconocer el esfuerzo que tienen los alumnos en el proceso de aprendizaje.”

Arias disfruta el desafío de aprender todo lo que pueda sobre el sistema legal en un nuevo país, tanto a través de su pasantía como en sus clases. Su objetivo final es convertirse en abogada en los Estados Unidos para ayudar a otros. Si bien comenzó su educación en Middlesex en circunstancias inciertas cuando comenzó la pandemia, MCC la ayudó a encontrar un camino claro para alcanzar sus objetivos.

“MCC me ayudó a creer en mí misma nuevamente”, dijo. “Me siento muy agradecido por”.

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MERRIMACK VALLEY CHAMBER OF COMMERCE

MCC Helping Student on Her Path to Becoming a Lawyer in the U.S.

A practicing lawyer for the past 14 years in her home country of Colombia, Fernanda Chamorro Arias is now pursuing the field in the United States. Through Middlesex Community College's Paralegal Studies Certificate, she is able to start out in the field in a new country, while improving her English-speaking skills.

“I chose MCC because they are approved by the [American Bar] Association,” Arias said. “It made me confident about starting the program here, and I definitely made a great choice. I also had the opportunity to take some English courses as a requirement of the program and it has been helpful for me.”

In May of 2022, Arias – who now lives in Worcester – began interning at MCC’s Law Center in Lowell. One of her duties is to handle complaints from the community for every day issues, such as automobile repossession, sales and repairs, as well as shopping rights and credit problems.

She is also a trained mediator and is able to practice her English-speaking and writing skills in circumstances related to law. This includes drafting letters and emails, and making calls.

“I wanted to get involved as much in the legal system as I could because I love to help people, and I think this place is one of the best for making it possible,” she said. “The internship has been an enriching experience alongside a team of people who are highly trained in the field with exceptional talent and who are very willing to help those who need advice or direction

in specific legal matters.”

In addition to her volunteering responsibilities, Arias learned a lot from her internship through Heidi Rowell, Coordinator for MCC’s Local Consumer Program. With her experience in conflict resolution management, Rowell showed a willingness to share her knowledge and work on providing service to the community with Arias.

Another person who has impacted Arias during her time at the college is Halye Sugarman, MCC’s Paralegal Studies Program Coordinator & Professor. In her classes, Sugarman assigns “interactive and interesting” activities, including group work. Outside of the classroom, Sugarman offers Arias and her classmates support and guidance on their next steps in the field.

“I admire her as a woman, as a lawyer, as a professor, and the human quality she has,” Arias said. “She is an empathetic person, always willing to help her students and to recognize the effort that students have in the learning process.”

Arias is enjoying the challenge of learning as much as she can about the legal system in a new country, both through her internship and in her classes. Her ultimate goal is to become an attorney in the United States to help others. While she started her education at Middlesex under uncertain circumstances as the pandemic began, MCC helped her find a clear path to reach her goals.

“MCC helped me to believe in myself again,” she said. “I feel really grateful for.”

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HHS Issues New Strengthened Conscience and Religious Nondiscrimination Proposed Rule

Proposed changes would increase access to care and prevent discrimination

The U.S. Department of Health and Human Services (HHS) Office for Civil Rights (OCR) announced a Notice of Proposed Rulemaking (NPRM), entitled Safeguarding the Rights of Conscience as Protected by Federal Statutes, which proposes to restore the longstanding process for the handling of conscience complaints and provide additional safeguards to protect against conscience and religious discrimination.

"No one should be discriminated against because of their religious or moral beliefs, especially when they are seeking or providing care," said Secretary Xavier Becerra. "The proposed rule strengthens protections for people with religious or moral objections while also ensuring access to care for all in keeping with the law."

"Protecting conscience rights and enforcing the law to combat religious discrimination is critical," said Office for Civil Rights Director Melanie Fontes Rainer. "Today's proposed rule would strengthen these protections and reinforce our long-standing process for handling

such conscience and faith-based objections. It also would take steps to help ensure that individuals are aware of their rights."

In 2019, OCR issued a regulation that provided broad definitions, created new compliance regulations, and created a new enforcement mechanism for a number of statutes related to the conscience rights of certain federally funded health care entities and providers. The 2019 Final Rule was held unlawful by three federal district courts. In light of these court decisions, and consistent with the Administration's commitment to safeguard the rights of federal conscience and religious nondiscrimination while protecting access to care, this NPRM proposes to partially rescind the Department's 2019 rule while reinforcing other processes previously in place for the handling of conscience and religious freedom complaints.

Public comments on the NPRM are due 60 days after publication of the NPRM in the Federal Register.

The NPRM may be viewed in the Federal Register: <https://www.hhs.gov/sites/default/files/conscience-rule-nprm.pdf>

HHS emite una nueva regla para fortalecer la conciencia y la no discriminación religiosa

Los cambios propuestos aumentarían el acceso a la atención y evitarían la discriminación

La Oficina de Derechos Civiles (OCR) del Departamento de Salud y Servicios Humanos de EE.UU. (HHS) anunció un Aviso de Propuesta de Reglamentación (NPRM), titulado Salvaguardando los Derechos de Conciencia Protegidos por los Estatutos Federales, que propone restaurar el proceso de larga data para el manejo de quejas de conciencia y proporcionar garantías adicionales para proteger contra la discriminación religiosa y de conciencia.

"Nadie debe ser discriminado por sus creencias religiosas o morales, especialmente cuando busca o brinda atención", dijo el secretario Xavier Becerra. "La regla propuesta fortalece las protecciones para las personas con objeciones religiosas o morales al mismo tiempo que garantiza el acceso a la atención para todos de conformidad con la ley".

"Proteger los derechos de conciencia y hacer cumplir la ley para combatir la discriminación religiosa es fundamental", dijo Melanie Fontes Rainer, directora de la Oficina de Derechos Civiles. "La regla propuesta de hoy fortalecería estas

protecciones y reforzaría nuestro proceso de larga data para manejar tales objeciones de conciencia y basadas en la fe. También tomaría medidas para ayudar a garantizar que las personas sean conscientes de sus derechos".

En 2019, la OCR emitió un reglamento que proporcionaba definiciones amplias, creó nuevos reglamentos de cumplimiento y creó un nuevo mecanismo de cumplimiento para una serie de estatutos relacionados con los derechos de conciencia de ciertas entidades y proveedores de atención médica financiados con fondos federales. La regla final de 2019 fue declarada ilegal por tres tribunales federales de distrito.

A la luz de estas decisiones judiciales, y en consonancia con el compromiso de la Administración de salvaguardar los derechos de conciencia federal y la no discriminación religiosa mientras se protege el acceso a la atención, esta NPRM propone rescindir parcialmente la regla del Departamento de 2019 y reforzar otros procesos previamente establecidos para el manejo de denuncias de libertad religiosa y de conciencia.

Greater Haverhill Chamber Of Commerce

Mindful Communication and the Five Chairs

Jan. 13, 2023 7:30 - 9 AM
NECC Spurk Building

We are looking forward to having Leadership development expert Emily Morash. Don't miss this great talk!



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Snowflake Sweepstakes

February 19, 2023 7 - 10 PM

Perfect gift for the holidays! Snowflake Sweepstakes Tickets ON SALE NOW CHANCE TO WIN \$10,000!

Tickets for the Greater Haverhill Chamber of Commerce 1st annual raffle, Snowflake Sweepstakes, are now on sale! Tickets are \$100 each, and the odds are great that you'll win a cash prize. Split a ticket with friends from work, your friends, or your family!

Winterization Grant Available to Restaurants

The Greg Hill Foundation's Restaurant Strong Fund & Grubhub Community Fund are giving away \$10,000 grants to support restaurant owners in Boston, Chicago, New York City & Philadelphia to winterize their outdoor dining spaces! A total of \$2,000,000 will be awarded to 200 restaurants to revamp their outdoor dining area and make space for more guests.

We Want to Hear From You!

We love hearing directly from our Chamber members. Check out the survey below and let your voice be heard.

Complete and return this survey by December 21, 2022 to be entered to win a free culinary class for two from NECCC's state of the art Culinary Center located in The Heights at Haverhill.



Happy Holidays from Essex Art Center!

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Dear friends,

Happy Holidays! We hope that this time of year can serve for some well-deserved rest and reflection. At Essex Art Center, we have a lot to look forward to as we enter 2023, including a new schedule of classes and an exciting upcoming exhibition. The cold might have you stuck inside, but it's a great time to learn a new skill and be with art.

UPCOMING WORKSHOPS

Remember that winter classes are open for registration! Even though classes are filling up fast, there are still spots open. Check out what's available by visiting our website. Don't forget that Lawrence youth receive a 75% off discount, Lawrence adults receive a 30% off discount, and all seniors no matter where you live receive a 10% off discount.

SAVE THE DATE

On January 19, we will welcome Nudo, an artist collective based in Cali, Colombia, into our space. Their exhibition, De-construcción: Lejanías, integrates videos, sculptures, and installations by over a dozen artists to explore notions of feeling far away—from ourselves, and often from each other—and reminds us that we are not alone. We hope to see you at the opening on Thursday, January 19, 6:00 - 8:00 pm!



BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4



From My Corner

Can we make it a good New Year?

Of course we can! We can make it anything we want; we just have to not take anything too seriously. Be on the alert for your safety; don't take crazy risks; and keep all eyes on politicians. With a new crop coming in locally as well as nationally, we have to get to know them.

The local wannabees will start preparing for the local elections this year and we are already being saturated with interviews for higher office in 2024.

In Lawrence, I wonder how many of those trying to get into the city council have any idea of what the job consists of. I'll be curious to know how often they watch their meeting to be abreast of the topics being discussed, or if they have ever made a presentation before them. I bet they have never read the City Charter.

That requires a learning process and involvement, and they must pay attention. If you want to be an effective councilor, it requires more than just the two regular monthly meetings plus committee meetings; they are usually assigned to 3 or maybe 4 committees translating to many weekly hours.

My best advice: When you open your mouth to speak, make sure you know what you are talking about. We don't need another one.

It has come to my attention that Estela Reyes wants to complete her term besides working in Boston. As a state representative, she'll have enough to learn and work to keep her busy (assuming that she aims to be equally effective as Frank Moran), and Pavel Payano has said that he wants to stay until March. That's spiteful because Richard Russell legally belongs in his seat. There comes a time when not enough time is left in the term and the council will not need to appoint him. That's a low blow!

Several people have thrown their hat in the ring as potential successors of Estela Reyes. If she happens to leave early and someone is appointed to complete her term, I hope he or she has a brain and has done some preparation to make sure and get it; otherwise, you'll read about it here.

Methuen Police is recruiting

The Methuen Police Department is working on recruitment of residents to take the Civil Service Police Exam that is coming up soon. The deadline to apply for the Civil Service Test is January 17th, 2023!

The information has been posted

to the police department's social media accounts for quick sharing as well. Any dissemination of this content is greatly appreciated in our efforts to grow a more diverse police department.

Welcoming the new Auditor-elect

Last week, Diana DiZoglio, a State Senator from Methuen, announced North Andover resident Sasha Weinreich as her transition director. Weinreich, a former Chair of the North Andover Finance Committee, will bring her expertise in finance and operations to the role. She serves as the Director of Portfolio Management for real estate firm Eden Properties and President and Director of Cyrus Boston.

"We have an opportunity to build upon the work of the current Auditor's office – looking at its structure and evolution, the prioritization and allocation of resources, and how it communicates with everyday people," said DiZoglio. "I'm excited to partner with transparency, accountability, and equity champions across the Commonwealth who will help ensure a smooth transition, and collaborate on critical issues such as housing, healthcare, social justice and equity, climate change, education, transportation and beyond."

DiZoglio's transition is focused on: Operations; Workplace Culture, Inclusion & Accountability; Communications & Engagement; Collaboration & Partnerships; and Policy & Priorities. She has tapped leaders from across the Commonwealth, and in both the public and private sectors, to provide additional guidance and feedback. These individuals include persons from this area:

Operations: Mark Ianello, CPA, Chief Administrative and Finance Officer, City of Lawrence

Workplace Culture, Inclusion & Accountability: Wes Ritchie, Co-CEO Tree House Craft Cannabis; Susan Leger Ferraro, Founder & Chief Transformation Officer, G3 & Imagine That

Communications & Engagement: Phil DeCologero, Executive Director, Amesbury Chamber of Commerce
Collaboration & Partnerships: Dr. Noemi Custodia-Lora, Vice President of Lawrence Campus & Community Relations, Northern Essex Community College; DJ Corcoran, Executive Director, Government Affairs & Community Relations, UMass Lowell

Policy & Priorities: Attorney Richard Rodriguez, ADA Coordinator for the City of Lawrence; Juana B. Matias, Former Chief Operating Officer



"It is frightful that people who are so ignorant should have so much influence."

— George Orwell
www.facebook.com/poets01

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.

MCC Students & Lowell Police Department Partner on Toy Drive



For students in her Fall 2022 Law, Justice and Society class, Heloisa DaCunha wanted to take on a Service-Learning project that gave back to the community. The Middlesex Community College Chair of Criminal and Social Justice reached out to the Lowell Police Department to partner on running a Toys for Tots toy drive for local families.

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"The content of this particular class is to talk about social problems happening within society that could potentially generate deviant behavior," DaCunha said. "We talk about poverty, homelessness, drug use, unemployment, inflation, education levels, and the gap that keeps widening between social classes. When I approached the police department, I knew there were many different service opportunities, but we wanted to help the community."

Through the Lowell Police Department and their connection with social workers in Lowell Public Schools, the drive received wish lists from students from low-income families. MCC Criminal and Social Justice students set up three bins on the college's campuses in Bedford and Lowell to collect donations.

Thanks to the students' outreach, as well as the community's generosity, the toy drive received thousands of donations, according to DaCunha. Not only did they fulfill every child's wish list, but the drive had extra toys to donate to the House of Hope in Lowell.

"There is no better way to get in the Christmas spirit than being in a room full

of thousands of toys, knowing how many kids will be happy because of it," said Brad Walk, an MCC student from Westford. "I loved my experience in this community service project. The Lowell PD staff was so welcoming and appreciative of our help, and I loved every minute of volunteering."

Once the donation period ended, students in the class went to the police station to sort through the toys and match them with each list. Through this collaboration, they were also able to interact and network with officers in the department.

"I learned the importance of community policing and how the police of a city can be community protectors and caregivers," said Evan Maninos, an MCC student from Wilmington. "Opportunities to do projects like these – to work with departments and learn the community relations side of law enforcement – is an incentive to learn outside of the classroom and apply real life lessons to our studies."

As the final part of the assignment, students reflected on their work on the Service-Learning project. This includes talking about how to avoid criminal behavior and make long lasting improvements in the community by addressing social problems, according to DaCunha.

"I learned the importance of helping other in need, as well as how hard the economy has been," said Ashley Grigg, an MCC Student from Lowell. "It developed my critical thinking skills and helped with my experience in learning."

"Christmas is a time when kids tell Santa what they want and adults pay for it. Deficits are when adults tell the government what they want and their kids pay for it."

Richard Lamm

ONLINE SUPPORT FOR FAMILY CAREGIVERS



Family Caregiver Support Group

Wednesday, December 28 | 11 a.m.

Take this time to connect with other families in similar situations, ask questions about your loved one's symptoms, voice your concerns, and learn strategies to make caring for your loved one at home a less stressful and more fulfilling experience for you both.

Early-Stage Support Group

Wednesday, December 28 | 4:30 p.m.

Know someone recently diagnosed with early-stage memory loss? This session is designed specifically to provide helpful insight and guided conversation for those with early-stage memory loss. It's an opportunity for them to ask questions, share concerns, and connect with others who are on a similar journey.

Winter Woes

Thursday, January 19 | 11 a.m. or 7 p.m.

Sundowning, isolation, seasonal affective disorder, and winter weather conditions can present unique challenges for family caregivers. Join us for tips and strategies to keep your loved one with memory loss – and yourself – safe and happy throughout the winter months.

Bridges® by EPOCH communities are characterized by beautiful residential designs that have been meticulously planned to support the needs of those with Alzheimer's and other forms of dementia. With around-the-clock specialized care, delicious dining, and life-enriching programs that adapt to changing needs, residents can comfortably age in place with familiar people who know and care about them.



TO REGISTER:

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

BridgesbyEPOCH.com

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www.mvrestore.org

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

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Favor de no dejar donaciones después del horario

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

Donations / Donaciones
(please call ahead for large donations)

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

Open to the public, shop-donate-volunteer

Please do not drop off items after store hours

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



Daybreak Shelter Receives \$5,000 Grant to Support Stabilization and Housing Programs

Chief Executive Officer Carina Pappalardo is pleased to share that The Psychological Center, Inc. and the Daybreak Shelter received a \$5,000 grant from the TD Bank Charitable Foundation.

The grant will support existing stabilization and housing programs at the Daybreak Shelter, with a goal of expanding housing-specific case management efforts and stabilization efforts.

Programs at the shelter use evidence-based approaches to help stabilize guests and then assist them in their search for housing. Grant funds will facilitate the expansion of those programs, as well as longer shelter stays for residents who have trouble finding housing immediately.

"As people throughout the region

face a challenging housing market and high rents, these grant funds will enable us to expand our housing and stabilization programs at the Daybreak Shelter, and will help countless people who just need a chance to get their feet back under themselves and find good housing options again," said CEO Pappalardo. "We are grateful for this support, and will put these funds to work as we help our guests find housing of their own."

Since 2002, the TD Charitable Foundation has contributed over \$292 million to non-profit institutions, fulfilling its mission to support, respect and improve the quality of life in the diverse communities served by TD Bank.

Small Business Statement on January 1st Minimum Wage Hike In Massachusetts

Massachusetts' minimum wage is scheduled to reach \$15 per hour on January 1, 2023, the final tier in a series of wage hikes approved by the legislature in the 2018 Grand Bargain law. The silver lining for small businesses is an end to the state's mandatory premium time-and-a-half pay for retail shops on Sundays and holidays.

"Despite facing record-high inflation, labor shortages, and supply chain disruptions, Massachusetts small businesses will now experience another increase in the state minimum wage to \$15 per hour on January 1st, one of the highest base wages in the nation. With economic

uncertainty still high and employers continuing to experience economic challenges, it would be prudent for state lawmakers to allow small businesses ample time to adjust before considering any additional wage hikes this legislative session," said NFIB Massachusetts State Director Christopher Carozzi. "The only sigh of relief from small business owners is in reaction to the end of the state's outlier, and rather antiquated, retailer premium pay laws for Sundays and holidays."

Contact: Christopher Carozzi, NFIB State Director in Massachusetts, 508-243-7520 or christopher.carozzi@nfib.org

NECESITAN CHOFERES PARA TRANSPORTAR ANCIANOS

Interfaith Caregivers of Greater Lawrence, una coalición de comunidades de fe, agencias de servicio social y organizaciones de salud, está buscando voluntarios para llevar a ancianos a citas al médico y otras citas de calidad de vida a través del Programa de Friends in Deed de Elder Services of the Merrimack Valley.

Si usted puede, aunque sea ocasionalmente, por favor, llame a Renee A. Baker, reclutador de voluntarios, al 978-946-1463 (y mencione Interfaith Caregivers.)

Gracias de parte de Interfaith Caregivers y los muchos ancianos que necesitan de los servicios de choferes voluntarios para poder permanecer independientes en su propio hogar.

