



Local Partners Address Youth Food Insecurity with In-School Food Pantries



The Greenhalge Elementary School Mill Market was created to address youth food insecurity in Greater Lowell. Greenhalge student leaders assist with Mill Market distributions, front row from left, Woodge Suffrin, Daniel Caba Heredia, Chanel Diaz, Theresa Muteba and Giada Phillips. Rear from left, Greenhalge Community School Manager Monica Melo Ernest and GLCF's VP of Marketing, Programs and Strategy Jennifer Aradhya.

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MCC Student Named a Difference Maker of the Week by Patriots



Jonathan Valdez, of Lawrence, was named one of the Difference Makers of the Week by the New England Patriots. A Human Services student at Middlesex Community College, Valdez was recognized for his volunteer work at The Carroll Center for the Blind. Pg. 6

Estudiante de GLTS nominado al Programa de Becas Presidenciales de EE.UU.



(Foto cortesía de Greater Lawrence Technical Regional High School)
Nominado al Programa de Becas Presidenciales de EE.UU., Edgar Martínez, estudiante de último año de Greater Lawrence Tech.

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GLTS Student Nominated for U.S. Presidential Scholars Program

(Photo courtesy Greater Lawrence Technical Regional High School)
U.S. Presidential Scholars Program Nominee, Greater Lawrence Tech Senior Edgar Martinez.

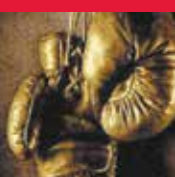
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El Departamento de Trabajo anuncia que la aplicación móvil de hoja de horas ya está disponible para que trabajadores y empleadores de habla hispana registren, rastreen y calculen los salarios

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**Una visita tardía a un aniversario presente
A belated visit to a current anniversary**

Por/By Paul Montesino - Pg. 11



GLTS Student Nominated for U.S. Presidential Scholars Program

Superintendent John Lavoie is pleased to announce that Greater Lawrence Technical Regional High School senior Edgar Martinez has been selected to represent the Commonwealth as a Career and Technical Education (CTE) nominee for the U.S. Presidential Scholars Program. Each year, the U.S. Presidential Scholars Program recognizes up to 161 of the country's most exceptional students. The program was expanded to include and celebrate the accomplishments of students studying career and technical education in 2015.

Presidential Scholars in CTE are selected for outstanding scholarship and demonstrated ability and accomplishment in their respective career and technical education fields. Nominees are selected from each state based on their academic rigor, technical competence, employability skills, and ingenuity and creativity.

Martinez, of Lawrence, is a student in the Greater Lawrence Tech's Dental Assisting program.

Martinez is a member of the National Honor Society, 2023 Senior Class President and is ranked number one in his class holding a GPA of 4.43.

Additionally, Martinez is currently enrolled in Greater Lawrence Tech's

concurrent program with Middlesex Community College where he has received nine credits toward an undergraduate degree.

Outside of academics, Martinez is OSHA and CPR/First Aid certified, an MIAA Student Ambassador, Rising Leader Mentor, Big Future Ambassador, a member of the GLTS Gender and Sexuality Alliance, and a member of the Cheerleading team, where he earned the spot of captain this year.

"I am so proud of Edgar's hard work and accomplishments, especially getting selected for this nationwide program," said GLTS Guidance Counselor Tim Cusack. "Through his academics and extracurriculars, Edgar has developed extraordinary communication and leadership skills, and I am confident he will continue to do great things in the next chapter of his life."

"To me, this nomination is significant because it illustrates my hard work and dedication throughout my high school years," said Martinez. "To be acknowledged at such a prestigious level has been an honor and I am beyond grateful to be given this opportunity. I am excited to continue my journey, with the understanding that my potential has been recognized through this nomination."

Estudiante de último año de GLTS nominado al Programa de Becas Presidenciales de EE.UU.

El Superintendente John Lavoie se complace en anunciar que Edgar Martínez, estudiante de último año de la Escuela Secundaria Regional Técnica de Greater Lawrence, ha sido seleccionado para representar a Massachusetts como candidato a Educación Técnica y Profesional (CTE) para el Programa de Becas Presidenciales de EE.UU.

Cada año, el Programa de Becas Presidenciales de EE.UU. reconoce hasta 161 de los estudiantes más excepcionales del país. El programa se amplió para incluir y celebrar los logros de los estudiantes que estudian educación profesional y técnica en 2015.

Los Becarios Presidenciales en CTE son seleccionados por becas sobresalientes y capacidad demostrada y logros en sus respectivos campos de educación profesional y técnica. Los nominados se seleccionan de cada estado en función de su rigor académico, competencia técnica, habilidades de empleabilidad e ingenio y creatividad.

Martinez, de Lawrence, es estudiante en el programa de Asistencia Dental de Greater Lawrence Tech.

Martinez es miembro de la Sociedad Nacional de Honor, presidente de la clase senior de 2023 y ocupa el puesto número uno en su clase con un GPA de 4.43.

Además, Martínez actualmente está

inscrito en el programa simultáneo de Greater Lawrence Tech con Middlesex Community College, donde ha recibido nueve créditos para obtener una licenciatura.

Fuera de lo académico, Martínez está certificado por OSHA y RCP/Primeros Auxilios, es Embajador Estudiantil de MIAA, Mentor de Líderes en Ascenso, Embajador de Gran Futuro, miembro de la Alianza de Género y Sexualidad de GLTS y miembro del equipo de Porristas, donde se ganó el puesto de capitán este año.

"Estoy muy orgulloso del arduo trabajo y los logros de Edgar, especialmente de haber sido seleccionado para este programa nacional", dijo Tim Cusack, consejero de orientación de GLTS. "A través de sus estudios académicos y extracurriculares, Edgar ha desarrollado extraordinarias habilidades de comunicación y liderazgo, y confío en que continuará haciendo grandes cosas en el próximo capítulo de su vida".

"Para mí, esta nominación es significativa porque ilustra mi arduo trabajo y dedicación a lo largo de mis años de escuela secundaria", dijo Martínez. "Ser reconocido a un nivel tan prestigioso ha sido un honor y estoy más que agradecido de tener esta oportunidad. Estoy emocionado de continuar mi jornada, entendiendo que mi potencial ha sido reconocido a través de esta nominación".

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El Departamento de Trabajo anuncia que la aplicación móvil de hoja de horas ya está disponible para que trabajadores y empleadores de habla hispana registren, rastreen y calculen los salarios

La aplicación de iOS y Androide empodera a los trabajadores, proporciona a los empleadores recursos valiosos

WASHINGTON – El Departamento de Trabajo de los Estados Unidos anunció hoy que la versión en español de la aplicación Timesheet del departamento para dispositivos iOS o Android, que rastrea las horas de trabajo, el tiempo de descanso, las horas extras trabajadas y calcula los salarios adeudados, ya está disponible para su descarga gratuita.

La actualización amplía el acceso de los trabajadores y empleadores a la aplicación de hoja de horas de la división para registrar las horas con precisión y ayudar a garantizar que los empleadores paguen a sus trabajadores sus salarios ganados legalmente y evitar costosas violaciones de las leyes laborales federales.

"Con demasiada frecuencia, los trabajadores vulnerables pueden no conocer sus derechos, pueden no entender inglés y pueden temer perder su trabajo o dañar su estatus migratorio si hacen preguntas sobre las prácticas salariales de sus empleadores," dijo Jessica Looman, administradora adjunta principal de horas y salarios. "Hacer que nuestra aplicación Timesheet sea más accesible para más trabajadores nos ayudará a llegar e informarles, ayudarlos a realizar un seguimiento de sus horas y ganancias, y mostrarles que estamos aquí para ayudar cuando nos necesiten."

Un esfuerzo conjunto de la división y la Oficina del Director de Información del departamento, la aplicación permite a los

trabajadores garantizar que se registren todas sus horas de trabajo, incluidas las horas en que teletrabajan, viajan, realizan trabajos previos o posteriores al turno o inician sesión mientras están de guardia. La aplicación proporciona instrucciones y orientación para garantizar que más trabajadores puedan mantener un registro de las horas de trabajo y verificar que los registros de pago sean correctos.

Para los empleadores, la aplicación proporciona información de cronometraje actualizada y de fácil acceso en su dispositivo móvil. Los empleadores y los empleados pueden usar la aplicación para ingresar todos los datos y calcular los salarios adeudados, independientemente de si a los empleados se les paga por hora, sobre una base salarial o por pieza. La aplicación proporciona cálculos detallados de ganancias y ofrece opciones de frecuencia de pago dependiendo del trabajo de ese día. También están disponibles capacidades extendidas de comentarios para mejorar la comunicación entre los empleados de campo y sus empleadores.

En el año fiscal 2022, las investigaciones de la División de Horas y Salarios recuperaron más de \$213 millones para casi 153,000 trabajadores. En particular, la división recuperó más de \$114 millones para trabajadores en industrias de bajos salarios, incluidos servicios de alimentos, agricultura, atención médica, construcción y venta minorista.

Lawrence Public Schools


virtual


Tu Voz Council

Consejo Tu Voz

Please join our district-wide virtual Tu Voz Council meeting scheduled for
Thursday, January 26, 2023.

Por favor, únase a nuestra reunión virtual del Consejo de Tu Voz a través del distrito
programada para el jueves 26 de enero de 2023.


 **6:00 PM - 7:30 PM**

 **https://bit.ly/3BEorvt**
Link is case sensitive.

LPS Update
Actualización de LPS

Follow up about the Elevator Pitch
Darle seguimiento al discurso del elevador

School Attendance
La Asistencia Escolar

 **TU VOZ COUNCIL**
LAWRENCE PUBLIC SCHOOLS

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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315 Mt. Vernon Street Lawrence, MA 01843-3206

Tel: (978) 794-5360 | www.rumbonews.com



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POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Estipendios - aclaración

Mientras recopilaba documentos la semana pasada para mi artículo sobre estipendios, recibí un montón de papeles que nunca podré leer porque Jeovanny Martes, el jefe de gabinete del alcalde, es muy generoso con la información. Pero también había solicitado información de otros departamentos solo para descubrir que no tenía la imagen completa.

La semana pasada dije que a partir de

este año no habrá más estipendios y eso no fue exacto. Quizás no fui lo suficientemente clara con Jeovanny y él solo me dio la información sobre el equipo de la oficina del alcalde, pero otros empleados dentro de la ciudad todavía los están recibiendo.

Los datos enviados desde el Departamento de Personal tienen otros cinco empleados recibéndolos. Aquellos han sido aprobados por sus respectivos supervisores porque están realizando ciertas funciones que no son requeridas por sus deberes regulares. Los supervisores a

cargo del presupuesto de cada departamento tienen la discreción de otorgarlos, siempre que haya dinero en sus presupuestos y exista la necesidad.

Mi problema no eran los estipendios en primer lugar, sino los aumentos salariales y al escuchar el programa de radio del alcalde, aprendí algunas cosas con las que no estoy de acuerdo y no importa cuán benévolo quiera ser Brian, debe recordar que él no está a cargo del departamento de bienestar público.

Jeovanny explicó que cierta empleada de la ciudad (la Sra. Y) comenzó hace 20 años ganando \$18 por hora pero no dijo cuáles eran sus deberes. Como madre soltera y único sostén de su familia, con el paso del tiempo, \$18 no cubrían mucho. Hoy ella gana \$31 por hora y debemos suponer que es porque él aumentó su salario.

Me identifico con su historia porque crié a mis dos hijos y durante 15 años tuve un mínimo de dos trabajos; durante 5 de esos 15 trabajé sábados y domingos en Filenes y luego en Jordan Marsh. Sé lo que significa el trabajo duro y las largas horas y nunca recibí ningún tipo de ayuda del gobierno.

No espero que nadie haga lo que yo hice; solo quiero señalar lo difícil que es criar una familia sola.

Las solicitudes de empleo no preguntan si está casado, cuántos hijos tiene su familia, cuántas personas mantiene o cuánto necesita ganar.

Mientras tanto, las descripciones de los puestos no especifican el salario en una escala según el número de personas en la familia o si el solicitante tiene algún otro tipo de apoyo económico.

Ningún empleador asignará una figura a un empleado en función de sus necesidades, sino de lo que amerita el puesto y la calificación y requisitos para esa tarea. No dijo qué hace esa señora Sra. Y por la ciudad, pero usando esa lógica de darle lo suficiente para vivir adecuadamente, podría estar recibiendo un sobrepago.

No hace mucho tiempo, los asistentes en los estacionamientos y garajes ganaban el salario mínimo en verano e invierno. Tenían familias que mantener y eso era

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.

abusivo en mi opinión; Espero que estén ganando un salario decente ahora.

¡Estela, Pavel, se les acabó el tiempo!

¡Solo quieren el control!

Tenía la esperanza de que salieran elegidos Estela Reyes y Pavel Payano porque es hora de sangre nueva en el concejo municipal. Cuestioné cosas que Estela hizo o dejó de hacer, dándome la impresión de que estaba actuando como un ex alcalde que pensaba que la ciudad era de su propiedad según la forma en que dirigía el Comité de Ordenanzas.

Las cosas languidecían "engavetadas" durante mucho tiempo mientras se negaba a discutirlos, dependiendo de quién las pusiera en la agenda.

Payano se acostumbró a llegar muy tarde a las reuniones y faltar a muchas por completo. Su prioridad no estaba en esta ciudad y cuando asistía pensaba que estaba en un juzgado y tenía que actuar para impresionar al jurado. ¡Finalmente, se irá! O eso pensé.

Ambos anunciaron con suficiente anticipación que no se irían en enero. Estela dijo que planea terminar su mandato por el resto del año y ser diputada estatal y concejala al mismo tiempo.

Pavel primero mencionó que se quedaría hasta la primavera y luego lo cambió para fines de enero porque tiene "algunas cosas por terminar". ¿Quizás sacar de "la gaveta" algunos de las cosas que Estela está reteniendo? No lo sé y no ha explicado cuáles son.

Mientras tanto, el martes, 11 de enero, la vicepresidenta del Comité de Ordenanzas, Ana Levy, tuvo que dirigir la reunión porque Estela estaba en Boston. Al día siguiente, Marc Laplante (que no es miembro del Comité de Presupuesto y Finanzas) tuvo que reemplazar a Pavel en la reunión para que pudieran tener quórum porque Pavel estaba trabajando en Boston.

No creo que lo hagan por los \$15,000 anuales que ganan de la ciudad sino por mantener el poder. No pueden apartar los dedos de lo que importa o probablemente piensen que sus opiniones son vitales.

MVCC Business Networking Mixer at the Tap Brew Pub in Downtown Haverhill

The Merrimack Valley Chamber started the year with a packed Downtown Experience, Business Networking Mixer tonight hosted by Tap Brewing Company in Downtown Haverhill on January 3rd!

Members networked, enjoyed great food and drinks all while making new business connections.



Left to Right – Hunter Carroll, Sherry Pruyne, Erica Dagbe, Olivia Zappala, Chris Blauvelt.

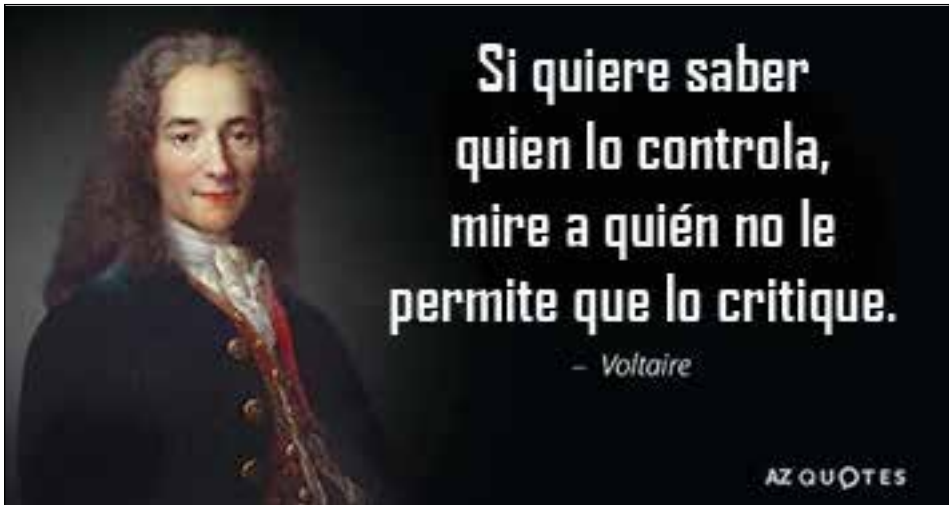


Left to Right – Elizabeth Miller, Diana Dustin Itasaka, Duncan Clark, Cecilia Buckles, Carol Reebenacker, Robert Cerniglia.

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

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

- Thomas Jefferson



La Gobernadora Healey y la Vicegobernadora Driscoll lanzan un Concurso de Ensayos de Retratos para Estudiantes

La Gobernadora Maura T. Healey y la Vicegobernadora Kimberley Driscoll lanzaron un concurso de redacción de retratos para estudiantes de Massachusetts. Es una tradición que cada nuevo gobernador y vicegobernador seleccione un retrato de un ex gobernador de Massachusetts para colgarlo en sus oficinas en la Cámara de Representantes.

La Gobernadora Healey y la Vicegobernadora Driscoll están pidiendo a los estudiantes de Massachusetts que investiguen y sugieran a un exgobernador que los inspire y que debería aparecer en sus oficinas. Los ganadores serán invitados a la Casa del Estado para reunirse con el Gobernador Healey y el Vicegobernador Driscoll para la presentación de los retratos elegidos.

“La Casa del Estado es la casa del pueblo, y la Vicegobernadora Driscoll y yo queremos que nuestros futuros líderes tengan voz en los símbolos y mensajes que elegimos resaltar”, dijo la Gobernadora Healey. “Esta es una oportunidad emocionante para que los estudiantes de Massachusetts aprendan más sobre la historia de nuestro estado y determinen por sí mismos lo que hace a un gran líder. No podemos esperar para revisar las presentaciones”.

“La Gobernadora Healey y yo miraremos estos retratos todos los días mientras tomamos decisiones importantes que impactan la vida de todos los residentes de Massachusetts”, dijo la

Vicegobernadora Driscoll. “Cada vez que veamos los retratos, recordaremos las lecciones que aprendimos de estos ensayos de los estudiantes. Esperamos que todos los estudiantes participen en esta oportunidad única de dar forma al futuro de nuestro estado”.

El concurso está abierto a todos los estudiantes de Massachusetts. Los ensayos deben tener menos de 600 palabras y deben responder a esta pregunta: ¿Qué exgobernador de Massachusetts te inspira más y por qué su retrato debería colgarse en la oficina de la gobernadora o de la vicegobernadora? Los estudiantes también deben incluir al menos 1 ó 2 oraciones sobre cómo investigaron a su gobernador elegido. Los ensayos deben presentarse el viernes, 27 de enero de 2023 a las 11:59 p.m.

“Massachusetts tiene una larga historia de gobernadores impresionantes que han dejado una huella duradera no solo en nuestro estado sino en todo el país. Los estudiantes aprenderán mucho sobre nuestra historia y gobierno a través de este concurso, y tal vez incluso despierte el interés de un futuro gobernador”, dijo el Secretario de Educación, Patrick Tutwiler. “Estamos pidiendo a los administradores escolares, educadores, grupos comunitarios y familias que nos ayuden a correr la voz sobre el concurso de retratos entre todos los estudiantes, incluidos los que asisten a escuelas públicas o privadas y los que reciben educación en el hogar”.

Governor Healey and Lieutenant Governor Driscoll Launch Portrait Essay Contest for Students

Governor Maura T. Healey and Lieutenant Governor Kimberley Driscoll today launched a portrait essay contest for Massachusetts students. It’s a tradition that each new Governor and Lieutenant Governor select a portrait of a former Massachusetts Governor to hang in their offices at the State House.

Governor Healey and Lieutenant Governor Driscoll are asking Massachusetts students to research and suggest a former Governor who inspires them and should be featured in their offices. The winners will be invited to the State House to meet with Governor Healey and Lieutenant Governor Driscoll for the unveiling of their chosen portraits.

“The State House is the people’s house, and Lieutenant Governor Driscoll and I want our future leaders to have a voice in the symbols and messages we choose to highlight,” said Governor Healey. “This is an exciting opportunity for Massachusetts students to learn more about our state’s history and determine for themselves what makes a great leader. We can’t wait to review the submissions.”

“Governor Healey and I will be looking at these portraits every day while we are making important decisions that impact the lives of all Massachusetts

residents,” said Lieutenant Governor Driscoll. “Each time we see the portraits, we’ll be reminded of the lessons we learned from these student essays. We hope that all students will participate in this unique opportunity to shape our state’s future.”

The contest is open to all Massachusetts students. Essays should be less than 600 words and should answer this question: Which former Massachusetts governor inspires you the most, and why should their portrait hang in the Governor or Lieutenant Governor’s office? Students should also include at least 1-2 sentences about how they researched their chosen governor. Essays are due on Friday, January 27, 2023, at 11:59 pm.

“Massachusetts has a long history of impressive governors who have left a lasting mark not only on our state but on our entire country. Students are going to learn a lot about our history and government through this contest, and maybe it will even spark the interest of a future governor,” said Education Secretary Patrick Tutwiler. “We’re asking school administrators, educators, community groups and families to help us get the word out about the portrait contest to all students, including those who attend public or private school and those who are homeschooled.”

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Wednesday, 1/25/23, 6:30pm
PUBLIC WELCOME

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

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¡Repórtalo!



La Asociación Estadounidense del Pulmón en Massachusetts publicará el vigésimo informe anual "Estado del control del tabaco" el 26 de enero

El informe de 2022 reconoce el progreso y el trabajo por hacer para reducir el consumo de tabaco en Massachusetts

El miércoles 26 de enero, la Asociación Estadounidense del Pulmón en Massachusetts publicará el vigésimo informe anual "Estado del control del tabaco". El acceso al informe embargado y las entrevistas embargadas están disponibles a pedido.

El vigésimo informe anual "Estado del control del tabaco" de la American Lung Association muestra el progreso en la reducción del consumo de tabaco en los últimos 20 años, revela qué factores amenazan ese progreso y anticipa la gran cantidad de trabajo que queda por hacer. La "boleta de calificaciones" anual rastrea los esfuerzos federales y estatales para proteger a las personas de los impactos adversos del tabaco. El informe calificará las medidas de control del tabaco de Massachusetts en cinco áreas, incluida la financiación de los programas estatales de prevención del tabaco, los impuestos estatales sobre el tabaco, las leyes de lugares de trabajo

libres de humo, la cobertura y el acceso a los servicios para dejar el tabaco y la finalización de la venta de productos de tabaco con sabor.

Los nuevos hallazgos del informe "Estado del control del tabaco" para Massachusetts estarán disponibles en Lung.org/sotc después del lanzamiento.

Los hallazgos del informe embargado y las entrevistas embargadas están disponibles previa solicitud antes del lanzamiento del informe.

El consumo de tabaco provoca 480,000 muertes por año, lo que lo convierte en la principal causa de muerte prevenible en el país. El informe anual "Estado del control del tabaco" evalúa los estados y el gobierno federal sobre las medidas adoptadas para eliminar el consumo de tabaco y salvar vidas con leyes y políticas de control del tabaco de eficacia comprobada y que se necesitan con urgencia.

American Lung Association in Massachusetts to Release 20th Annual 'State of Tobacco Control' Report on January 26

2022 report recognizes progress, work to be done to reduce tobacco use in Massachusetts

On Wednesday, January 26, the American Lung Association in Massachusetts will release the 20th annual "State of Tobacco Control" report. Access to the embargoed report and embargoed interviews are available upon request.

The American Lung Association's 20th annual "State of Tobacco Control" report shows progress in reducing tobacco use over the past 20 years, reveals what factors are threatening that progress, and looks ahead to the significant amount of work that remains to be done. The annual "report card" tracks federal and state efforts to protect peoples from adverse impacts of tobacco. The report will grade Massachusetts's tobacco control measures in five areas, including funding for state tobacco prevention programs, state tobacco taxes, smokefree workplace laws, coverage of and access to services to

quit tobacco and ending the sale of flavored tobacco products.

New findings from the "State of Tobacco Control" report for Massachusetts will be live on Lung.org/sotc following the launch.

The embargo on "State of Tobacco Control" 2022 lifts on Wednesday, January 26 at 12:01 a.m. Eastern Time.

The following are available for media interviews on report findings and health impacts of tobacco use:

Tobacco use results in 480,000 deaths per year, making it the nation's leading cause of preventable death. The annual "State of Tobacco Control" report evaluates states and the federal government on actions taken to eliminate tobacco use and save lives with proven-effective and urgently needed tobacco control laws and policies.

MCC Student Named a Difference Maker of the Week by Patriots

Jonathan Valdez, of Lawrence, was named one of the Difference Makers of the Week by the New England Patriots. As part of the honor, he attended a Patriots game against the Miami Dolphins at Gillette Stadium on January 1. A Human Services student at Middlesex Community College, Valdez was recognized for his volunteer work at The Carroll Center for the Blind.

"It is an honor for the Patriots to pick me for this recognition," he said. "I received a signed football with my name and organization, and was awarded \$5,000 to the organization where I volunteer for their outstanding work."

Valdez started volunteering at The Carroll Center for the Blind after a summer internship at the Mass Commission for the Blind in 2021. Working in the rehabilitation department, he also helped in the Carroll store. He opted to continue this work as a volunteer, while assisting with campus events and keeping the facilities clean and organized.

"I mainly do two days of volunteer work at the Center," Valdez said. "I commute to and from the Center and home while using public transportation, which takes me two and a half hours using the Commuter Rail, Green Line, express bus and a local bus."

At Middlesex, Valdez enjoys learning in a diverse campus environment that allows

him to meet people "from all over different parts of the world." In his classes toward his Human Services major, he is building a foundation of knowledge and skills to prepare him for working in the field.

Through MCC's Office of Student Access and Support Services (SASS), Valdez was connected to the college's TRIO Program for Student Achievement. Although all of the faculty and staff he has met at Middlesex have helped guide his success, he credits staff in the TRIO office for impacting his journey most.

"With TRIO, it has helped me do better with course assignments and grades, and they are always there when I need help," Valdez said. "It has given me an opportunity to meet one-on-one for tutoring sessions or advising."

After Valdez graduates from Middlesex, he is looking forward to jumping into the Human Services workforce. He is interested in finding a position where he is currently working at the Lowell Association for the Blind.

Combined with his volunteer work, MCC has given him a strong start into his field.

"My overall experience at MCC has been great," he said. "It will help me reach my goals by giving me more opportunities for my next steps when looking for the path for work."

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

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

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Local Partners Address Youth Food Insecurity with In-School Food Pantries

Lowell, MA – Recognizing the growing issue of food insecurity among local children and youth, the Greater Lowell Community Foundation (GLCF) has partnered with Catie’s Closet and the Merrimack Valley Food Bank (MVFB) to establish five school-based food pantries, known as Mill Markets, in Lowell Public Schools.

GLCF’s Youth Food Insecurity Initiative was launched in 2021 and expanded on a pilot food pantry set up at Lowell High School in 2017 by a group of LHS students. These new, GLCF-supported Mill Markets are well-organized and stocked with culturally appropriate foods that appeal to students. They are located at Lowell High School (B House), Bartlett Community Partnership School, Freshman Academy at LHS, Frederic T. Greenhalge Elementary School, and Joseph G. Pyne Arts Magnet School.

“After conducting a regional survey about youth food insecurity, and examining the barriers that can prevent kids and teens from accessing nutritious food, the Foundation learned that a lot of need could be alleviated by establishing and maintaining in-school food pantries,” explained Jay Linnehan, GLCF President and CEO.

“So, we turned to two of our trusted local nonprofit partners -- Catie’s Closet and Merrimack Valley Food Bank -- to help implement our vision of bringing healthy, shelf-stable food directly to youth in their schools.”

Enlisting the assistance of MVFB and Catie’s Closet made sense, as both nonprofits are already addressing the needs of low-income students in the Lowell schools. Through Operation Nourish, Merrimack Valley Food Bank supplies food for 1,200 students a month in Greater Lowell and Lawrence. And Catie’s Closet provides clothing and toiletries to students through its in-school Closets, which are set up like retail stores, where students can “shop” for items, free of charge.

“When GLCF first approached me about establishing Mill Markets, I said, ‘Whatever you do, it needs to be in the schools,’ ” explained Mickey Cockrell, CEO and co-founder of the highly successful Catie’s Closets. “These kids have no means of transportation to visit a regular food pantry and then get the food home.

“We have based our Closets in school settings, and are located in all Lowell schools,” she added. “We want kids to run toward the school to solve these problems.” Another suggestion Cockrell made was to make sure older students can select which food items they want to eat. “I think giving teens the agency to choose is essential,” said Cockrell, who has an extensive background in retail sales.

“That has been key to the success of Catie’s Closet: The kids get to select -- and try on -- the clothes they want to wear. And I imagined it would be key for youth food pantries, too.”

Armed with these suggestions, GLCF elected to add Mill Markets to already-established Catie’s Closets in the five schools, explained Jennifer Aradhya, GLCF’s Vice President of Marketing, Programs & Strategy.

“Mickey and Catie’s Closet supplied the food-storage cabinets, signage and

staffing for the new Mill Markets,” said Aradhya. “And, based on the Catie’s Closet model, students can access the food pantries confidentially.”

GLCF turned to Merrimack Valley Food Bank (MVFB) to provide nonperishable food for its Mill Markets. The Foundation has also provided funding to support a part-time MVFB employee assigned to keep the pantries well stocked, according to Aradhya.

The collaboration has proved so successful that more in-school food pantries are being established, added Aradhya. In early 2023, a new Mill Market will open at Henry J. Robinson Middle School, thanks to a recently announced \$25,000 GLCF grant in honor of the Foundation’s 25th Anniversary. GLCF has also contributed funding to support food pantries at Lincoln Elementary School and Leblanc Therapeutic Day School.

“Mill Markets are basically mini-food pantries,” explained Roberta Emerson, Program Director of MVFB’s Operation Nourish. “They sit right next to, or are located inside, a Catie’s Closet, so students can make one stop and get everything they need.

“For example, if a student needs a sweatshirt or deodorant, they can visit the Catie’s Closet in their school. Then a staff member might say, ‘Check out our new Mill Market over here. You might see some food you’d like to prepare for your family tonight.’ ”

“We do our best to provide familiar foods to the Mill Markets,” said Debbie Callery, MVFB’s Executive Director. “Each school gives us a list of what their students prefer. Staples like macaroni & cheese, and pasta are popular, as well as tuna, peanut butter, and shelf-stable milk – plus different varieties of dried beans and rice.

“Kids can go to Mill Markets whenever they want – and as many times as they want,” stressed Callery. “There’s no registration or application. They could be grabbing something for dinner that night or just picking up a snack. After-school snacks are especially popular with student athletes headed to practice.”

GLCF’s partnership approach aligns with the Lowell Public Schools’ Community Schools Strategy, according to Lauren Campion, Director of LPS’ Student Resource Center.

“Basically, this strategy means we are intentionally integrating community partnerships into our schools to meet the wrap-around needs of our students and their families,” she said. “These strategic partnerships support learning and the academic success of our students.”

All 28 Lowell public schools, at all grade levels, serve free breakfast and lunch, explained Campion. “Mill Market food pantries very much complement the food service we already provide through district funding,” she added.

School administrators with Mill Markets in their facilities, agree. “Having the food pantry here at school is amazing,” said Monica Melo Ernest, Community School Manager at Greenhalge Elementary School, which serves students from pre-K through 4th grade.

“According to my data, we’ve already had about 134 families access the Mill Market at some point this year. We have



The Lowell High School Mill Market was created to address youth food insecurity in Greater Lowell. GLCF funded Mill Markets – a partnership with Catie’s Closet and Merrimack Valley Food Bank that brings healthy, shelf-stable food directly to youth in Lowell Public Schools.

62 families that consistently use it -- and we’re adding families.”

Solangel Polanco, Community School Manager at Bartlett Community Partnership School (pre-K-8) is equally enthusiastic. “The location of the Mill Market here at Bartlett is within the same space as our Catie’s Closet, which works well, because students might need to visit both places.

“We are definitely seeing an increase in students receiving food. Last year, we were providing weekly bags of food to 25 elementary students (who are too young to shop for themselves). This year, we are up to 46. And the kids seem to like the food -- especially the microwave-ready soups and snacks.”

MVFB is so pleased with the new Mill Markets, said Callery, that it’s hoping to expand in-school food pantries to other schools in the area.

To learn more about GLCF, visit: www.glcfoundation.org.

The Greater Lowell Community Foundation was established in 1997, as a philanthropic organization comprised of more than 400 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of almost \$60 million, GLCF annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from Foundation staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$35 million to the Greater Lowell community.



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Dé los Primeros Pasos Hacia Hábitos Más Saludables en 2023 con el Día Nacional de Subir las Escaleras el 11 de enero

La Asociación Estadounidense del Pulmón alienta a los residentes de Massachusetts a subir las escaleras y luego apoyar la salud pulmonar inscribiéndose en Fight For Air Climb

El miércoles, 11 de enero, se celebró el Día Nacional de Subir las Escaleras, y la Asociación Estadounidense del Pulmón en Massachusetts está desafiando a las personas de Boston a dar los primeros pasos hacia hábitos más saludables en 2023 subiendo las escaleras, y luego apoye la salud pulmonar registrándose en Fight For Air Climb en One Boston Place.

El Día Nacional de Subir las Escaleras es una celebración anual el segundo miércoles de enero que brinda a los estadounidenses la oportunidad de adoptar rutinas saludables como subir las escaleras. Subir escaleras es una excelente manera de quemar calorías, pero también es una forma sencilla de mejorar su salud en general.

“Muchas personas hacen resoluciones para adoptar hábitos más saludables en el Año Nuevo, por lo que el Día Nacional de Subir las Escaleras es una forma fantástica de iniciar esos objetivos y ejercitar los pulmones. También nos gustaría invitar a los residentes de Massachusetts a que den un paso más y se unan a nosotros en nuestra lucha por la escalada aérea en One Boston Place el 6 de mayo”, dijo Ashley Carrier, directora ejecutiva de Lung Association.

La American Lung Association está celebrando el Día Nacional de Subir las Escaleras al ofrecer una tarifa de registro en línea con descuento para Fight For Air Climb Boston desde hoy hasta el 1 de

mayo.

Los participantes de Fight For Air Climb subirán 789 escalones en One Boston Place el 6 de mayo, junto con bomberos, socorristas y familias y personas con enfermedades pulmonares. Unirse a Fight For Air Climb apoya el trabajo de Lung Association para vencer el cáncer de pulmón, defender el aire limpio para todos, mejorar la calidad de vida de quienes viven con enfermedades pulmonares y sus familias, y crear un futuro libre de tabaco.

Para obtener más información sobre Boston Fight For Air Climb y registrarse, visite FightForAirClimb.org/Boston.

La American Lung Association es la organización líder que trabaja para salvar vidas mejorando la salud pulmonar y previniendo enfermedades pulmonares a través de la educación, la promoción y la investigación. El trabajo de la American Lung Association se centra en cuatro imperativos estratégicos: vencer el cáncer de pulmón; defender el aire limpio para todos; mejorar la calidad de vida de las personas con enfermedad pulmonar y sus familias; y crear un futuro libre de tabaco. Para obtener más información sobre la American Lung Association, que tiene una calificación de 4 estrellas de Charity Navigator y es miembro de GuideStar de nivel platino, o para apoyar el trabajo que realiza, llame al 1-800-LUNGUSA (1-800-586-4872.) o visitar: ?pulmón.org



Take the First Steps Towards Healthier Habits in 2023 with National Take the Stairs Day on January 11

American Lung Association encourages Massachusetts residents to take the stairs and then support lung health by signing up for the Fight For Air Climb

On Wednesday, January 11 was National Take the Stairs Day, and the American Lung Association in Massachusetts is challenging people in Boston to take the first steps towards healthier habits in 2023 by taking the stairs, and then support lung health by registering for the Fight For Air Climb at One Boston Place.

National Take the Stairs Day is an annual observance on the second Wednesday of January that gives Americans an opportunity to adopt healthy routines like taking the stairs. Stair climbing is a great way to burn calories but is also a simple way to improve your overall health.

“Many people make resolutions to adopt healthier habits in the New Year, so National Take the Stairs Day is a fantastic way to kick off those goals as well as exercise your lungs! We would also like to invite Massachusetts residents to take it a step further and join us for our Fight For air Climb at One Boston Place on May 6,” said Ashley Carrier, Executive Director for the Lung Association.

The American Lung Association is celebrating National Take the Stairs Day by offering a discounted online registration fee for the Fight For Air Climb Boston today through May 1.

Participants of the Fight For Air Climb will climb 789 stairs at One Boston Place on May 6th, alongside firefighters, first responders and families and individuals with lung disease. Joining the Fight For Air Climb supports the work of the Lung Association to defeat lung cancer, champion clean air for all, improve the quality of life for those living with lung disease and their families, and create a tobacco-free future.

For more information about the Boston Fight For Air Climb, and to register, visit FightForAirClimb.org/Boston.

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

DESE Office of Public School Monitoring to Visit Greater Commonwealth Virtual School

The Greater Commonwealth Virtual School announces that the Department of Elementary and Secondary Education's Office of Public School Monitoring (PSM) will conduct a Tiered Focused Monitoring Review of Greater Commonwealth Virtual School during the week of Feb. 27.

The Office of Public School Monitoring visits each district and charter school every three years to monitor compliance with federal and state special education and civil rights regulations.

Areas of review related to special education include student assessments, determination of eligibility, the Individualized Education Program (IEP) Team process, and IEP development and implementation. Areas of review related to civil rights include bullying, student discipline, physical restraint, and equal access to school programs for all students. In past reviews of the SPED program, there have been no findings, and GCVS welcomes this larger review of its civil rights policies and actions.

In addition to the onsite visit, parent outreach is an important part of the review process. The review chairperson from the Office of Public School Monitoring will send all parents of students with disabilities an online survey that focuses on key areas of their child's special education program.

Survey results will contribute to the development of a report.

During the onsite review, the Office of Public School Monitoring will interview the chairs of the district's Special Education Parent Advisory Council (SEPAC). Other onsite activities may include interviews of district staff and administrators, reviews of student records, and onsite observations.

Parents and other individuals may call or email Director of Accountability Sarah Jordan: sjordan@gcvvs.org; 413-862-5684, Director of Special Education Darlene Thorpe: dtorpe@gcvvs.org; 413-862-5685, or call the Department of Elementary and Secondary Education Public School Monitoring Chairperson, Sandra Hanig, at 413-413-6707 to request a telephone interview. If an individual requires an accommodation, such as translation, to participate in an interview, the Department will make the necessary arrangements.

Within approximately 60 business days after the onsite visit, the review chairperson will provide the school with a report with information about areas in which the school meets or exceeds regulatory requirements and areas in which the school requires assistance to correct or improve practices. The public will be able to access the report at <http://www.doe.mass.edu/psm/tfm/reports/>.

Essex County Sheriff Coppinger sworn in for second term by Lt. Gov. Driscoll



Essex County Sheriff Kevin F. Coppinger is sworn in for a second term by Lt. Gov. Kimberley Driscoll at Lynn Classical High School on Wednesday, Jan. 11, 2023.

During his second inaugural address, Essex County Sheriff Kevin Coppinger redefined the role of the state’s Sheriff’s Departments, saying the mission of these agencies goes beyond the “care, control, and custody” of inmates.

“Today, we ask why are individuals incarcerated, what were the root causes of their behavior that brought them to commit crime, and what types of services and treatment options can we offer during their time with us,” Sheriff Coppinger said. “The field of corrections today requires a balanced measure and approach, working hand-in-hand with law enforcement, the courts, social service providers, educators, community groups, families, and elected officials with the ultimate goal of providing the best in public safety for all.”

Coppinger was sworn-in to his second term Wednesday, Jan. 11 by Lt. Gov. Kimberley Driscoll in front of an audience of 250 at Lynn Classical High School. Driscoll thanked Coppinger for his positive years of service in law enforcement and his continued partnership.

“I believe the work of the Sheriff’s Department is critical to the safety of all our communities and the health and well-being of our neighbors who are also confined. Anyone who is in Middleton or spending time in the Sheriff’s care and custody, for the most part, is going to go back to our communities and I think no one recognizes or appreciates that more than Sheriff Coppinger,” said Driscoll. “In the role of sheriff, it certainly brings his service full circle — starting out protecting his community as a first responder, leading the City of Lynn’s Police Department, and now working as Sheriff to ensure folks connected with the criminal system come out of that particular role in that facility better prepared to navigate re-entry. That’s good for all of us, all of our communities, all of those individuals, and certainly the men and women who are working at the Sheriff’s Department.”

Coppinger said the key to his mission is programming, treatment, rehabilitation, and re-entry with an emphasis on education, vocation, and clinical services.

“Our goal is to develop individualized treatment plans that address those needs to

the best of our abilities, given our budget, staffing, and space constraints. To be effective, these treatment plans must be developed with the individual’s eventual return to his/her community in mind. In other words, re-entry starts Day One,” Coppinger said. “I strongly believe that when inmates return to their communities they should return with a solid, well-defined aftercare plan in hand. Without one, they are doomed to failure along with a return to criminal behavior.”

The Sheriff pointed to five achievements of his first term geared at re-entry. They include the Clean and Sober Existence Unit (CASE) to help people beat addiction; the Medication Assisted Treatment Program (MAT), a national modeled program that provides medication and comprehensive clinical, medical, and discharge planning for those with substance use disorder; the Correctional Opportunities for Personal Enrichment (COPE), a specialized housing unit for those with mental illness that includes clinicians embedded in the unit to provide immediate care; and Correctional Alternatives for Re-Entry (CARE), a pre-trial diversion unit working closely with the courts, provides critical institutional programming while securing community-based services for those being released.

Coppinger also pointed to the Department’s new Supporting Transitions And Re-entry (STAR) program as a critical component to improving public safety in Essex County. This community-based program has over 125 community partners working to support a person’s re-entry by removing all impediments to a person’s success. This includes educational and vocational training, clinical support services, and drug treatment.

“I believe a Sheriff must support and be part of efforts throughout the county to keep people out of jail. If these needed services can be provided to individuals at critical times, prior to arrest, the goal is to direct the individual to the proper care providers which in many instances is not the courts, and thus not jail,” Coppinger said. “The result? Less crime, increased public safety, reduced inmate populations. A win-win-win for sure.”

Gov. Healey and Lt. Gov. Driscoll Appoint Lauren Jones as Secretary of Labor and Workforce Development



Governor Maura T. Healey and Lieutenant Governor Kimberley Driscoll today announced that they will appoint Lauren Jones to be Secretary of the Executive Office of Labor and Workforce Development. Jones is currently the Executive Vice President of the Massachusetts Business Roundtable, and previously held roles with the City of Boston under Mayor Marty Walsh and in the Labor and Workforce Development Office under Governor Deval Patrick.

“Massachusetts is facing a serious workforce shortage, and it’s negatively impacting our workers, employers and economic competitiveness,” said Governor Healey. “Lauren Jones has a proven track record of collaborating with businesses and labor to expand workforce development opportunities, attract new businesses to our state, and give both workers and employers the support they need. Lieutenant Governor Driscoll and I are confident she is the experienced, collaborative leader we need to lead the Office of Labor and Workforce Development.”

“Finding skilled talent for in-demand roles is among the greatest challenges impacting Massachusetts’ economy,” said Jones. “We need to harness the full potential of our community colleges, technical schools, apprenticeship programs and untapped talent to train the next generation of workers who will drive our economy, and we need to make sure those

workers’ rights are protected each step of the way. I am honored that Governor Healey and Lieutenant Governor Driscoll have placed their faith in me to confront this challenge and deliver for the workers and businesses of Massachusetts.”

Jones has more than 17 years of experience working in local and state government, non-profits, and the private sector, with a particular focus on workforce development. As Executive Vice President of the Massachusetts Business Roundtable, Jones leads the organization’s workforce development policy and strategy. She was previously led the Massachusetts market for the non-profit Apprenti, where she worked with companies to cultivate and diversify tech talent through registered apprenticeships. She also created and led the Business Strategy Unit for Boston Mayor Marty Walsh’s Office of Economic Development, supporting business attraction and employer engagement in the city of Boston. Prior to that, she held several roles in the Patrick-Murray Administration, including Communications Director for the Executive Office of Labor & Workforce Development, Policy & Communications Director for former Lieutenant Governor Tim Murray, and Senior Program Manager of the Economic Development Incentive Program in the Office of Business Development.

As Executive Vice President of the Roundtable, Jones is the Co-Chair of the Workforce Solutions Group and serves on the Board for the Massachusetts Workforce Association, the Executive Committee for the Alliance for Vocational Technical Education, the Board of Advisors for the Massachusetts Business Alliance for Education, the Boston Private Industry Council, and previously served on the Future of Work Commission. She is also on the Board of Trustees for The Leukemia & Lymphoma Society’s New England Chapter and the Board of Directors for Girls on The Run Greater Boston. She holds a Master in Public Administration from Northeastern University, and has a Bachelor’s Degree in Political Science from Providence College. She lives in Boston.



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Community Teamwork Welcomes Incoming Director of Development

Lowell, MA – Community Teamwork is pleased to announce that Deniz (Denise) Ozturk has joined the organization as the incoming Director of Development (DoD). In this role, Denise will manage the Community Investment Tax Credit (CITC) charitable-giving and State tax reimbursement incentive program unique to Community Development Corporations. She will also oversee strategic fundraising efforts from annual fund and corporate giving to major gifts and planned giving. She is skilled in donor relations, stewardship and prospect research for which she is a member of the fundraising and donor relations professional associations.

Denise has studied the Causes of Regional Variations in the U.S Poverty Rate and, after starting her professional career in the Asset Management and Financial Services industry, she worked in international development managing private sector partnerships and corporate citizenship initiatives for the United Nations, including the UN Global Compact. For over 7 years, she educated and advised companies, investors, stock exchanges and regulators on sustainability reporting and also raised funds from high-net-worth-individuals such as business and investor executives and entrepreneurs for the UN's main Private Sector initiative. After returning to the Commonwealth of Massachusetts, which she considers home, Denise began raising private funding from individual and institutional donors for human and social services agencies and commissions. Denise has a life-long commitment to sustainable development, including poverty eradication.

Denise enthusiastically expressed that, "Philanthropic benevolence has increased in recent years. I am excited to work with donors and their financial advisers to meet charitable giving wishes, objectives and issue-area interests. Thanks to the generous support of Community Teamwork's donors, we are able to



meet the growing needs of marginalized communities who have been adversely affected by the most recent health and humanitarian crisis. Together, as architects of a more inclusive and ultimately better world, I genuinely believe that we can eradicate poverty in the Commonwealth by reducing regional inequities."

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.

Biden-Harris Administration is accepting Applications for SBA Veteran Small Business Certification Program

The U.S. Small Business Administration (SBA) began accepting applications through the Veteran Small Business Certification (VetCert) program as part of the Biden-Harris Administration's commitment to expanding access to resources for Veterans and other underserved populations. The improvements in the customer experience for Veteran entrepreneurs and business owners made by VetCert will build upon the \$25 billion in government contract spending with service-disabled Veteran-owned small businesses (SDVOSBs) in Fiscal Year 2021.

"The SBA's new Veteran small business certification program is designed with our commitment to deliver exceptional support for our skilled entrepreneurs from America's military community," said Administrator Isabella Casillas Guzman. "Supporting these Veteran entrepreneurs with access to government contracting will ensure they can continue their valued service to the American people, whether working in manufacturing, retail, R&D, or helping us build critically needed infrastructure to promote America's long-term growth, job creation, and wealth generation." "Small businesses owned by Veterans are eligible for key benefits and well-deserved support because of their owners' selfless service to our nation," said Denis McDonough, Secretary of Veterans Affairs. "Certification is a critical part of that process, and I encourage all eligible Veterans to submit their verification applications to the Small Business Administration starting today."

The transfer of Veteran certification responsibility from the Veterans Administration (VA) to the SBA aligns with the Biden Administration's focus on stronger interagency collaboration. The two agencies working closely together to accomplish a complex task benefits not only the Veteran community but the nation as a whole.

"When federal agencies work together toward a common goal, great things can be accomplished," said Larry Stubblefield, Deputy Associate Administrator for the SBA's Office of Government Contracting & Business Development. "The collaboration between the SBA and the VA means that Veterans, who have dutifully served our country, will be well served on their entrepreneurial journey and Veteran business owners will have additional opportunities in the federal marketplace."

The program will be the Agency's primary certification vehicle for all Veteran-owned small businesses (VOSBs) and SDVOSBs, important classifications that enable those businesses to qualify for sole-source and set-aside federal contracting awards. Certified VOSBs are eligible to compete for sole-source and set-aside contracts at the Department of Veterans Affairs, while certified SDVOSBs can compete for sole-source and set-aside contracts government-wide. The Agency began accepting applications on January 9, 2023. As the SBA moves forward to ensure more Veteran entrepreneurs have access to economic opportunities, Administrator Guzman has granted a one-time, one-year extension to the current Veteran small businesses verified by the Veterans Administration Center for Verification and Evaluation (CVE) as of January 1, 2023.

The SBA is implementing several improvements to streamline the

certification experience for Veteran entrepreneurs. These include:

- Providing Veterans with a central support platform for their small business certification needs.
- Providing reciprocal certification for businesses with remaining eligibility in the women-owned small business (WOSB) and 8(a) programs.
- Creating a more business-friendly approach by streamlining the application process and aligning ownership and control requirements across the VetCert, 8(a), and WOSB programs.

All changes to the certification process, along with new eligibility requirements may be viewed at: <https://www.federalregister.gov/documents/2022/11/29/2022-25508/veteran-owned-small-business-and-service-disabled-veteran-owned-small-business-certification>

Background on the Veteran Small Business Certification Program

To be eligible to apply for the Veteran Small Business Certification Program, an applicant must:

- Be considered a small business, as defined by the size standard corresponding to any NAICS code listed in the business's SAM profile.
- Have no less than 51% of the business owned and controlled by one or more Veterans.
- For certification as a SDVOSB, have no less than 51% of the business owned and controlled by one or more Veterans rated as service-disabled by VA.
- For those Veterans who are permanently and totally disabled and unable to manage the daily business operations of their business, their business may still qualify if their spouse or appointed, permanent caregiver is assisting in that management.
- Eligible new applicants certified by the SBA after January 1, 2023, will receive the standard three-year certification period.

Firms verified by the VA Center for Verification and Evaluation (CVE) as of January 1, 2023, are automatically granted certification by SBA for the remainder of the firm's eligibility period. The SBA has granted a one-time, one-year extension of certification to current VOSBs and SDVOSBs. This additional year will be added to the existing eligibility period of a current participant.

The 2021 National Defense Authorization Act grants a one-year grace period for self-certified SDVOSBs until January 1, 2024. During the grace period, businesses have one year to file a certification application with the SBA. Self-certified SDVOSBs that apply before January 1, 2024, will maintain eligibility until the SBA makes a final eligibility decision.

Beginning January 1, 2024, both Veteran and service-disabled Veteran small business owners will need to be certified to compete for federal contracting set-asides unless an application from a self-certified firm is pending an SBA decision.

For the latest information on the Veteran Small Business Certification program, visit www.sba.gov/vetcert, reference the program's FAQs, or email vetcert@sba.gov.

Fire victims / Víctimas de incendios

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

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

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

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UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

Una visita tardía a un aniversario presente

Cuando escribo sobre la vida de Martin Luther King Jr., nuestro líder de derechos civiles asesinado, alrededor de su día feriado federal de enero, trato de publicarlo días antes de la fecha real. Lo hago porque quiero darle la bienvenida a través de mis propias palabras y no después de los posibles artículos que alguien más podría escribir haciendo los míos discutibles o repetitivos. Estoy seguro de que el reverendo King no tendría ninguna objeción.

Como sabemos, el asesinato tuvo lugar el 4 de abril de 1968, hace casi cincuenta y cuatro años. Este mes, el 15 de enero, habría cumplido noventa y cuatro años. Uno de los peligros con el paso del tiempo de eventos trascendentales es que pueden perder interés. Los tomamos, si no por sentado, por ser irrelevantes. Tenemos la sensación de que pueden haber sido importantes porque fueron oportunos, no que fueron oportunos porque fueron importantes, y así sucede.

Cuando el Dr. King estaba entre nosotros, no articuló un eslogan titulado Las Vidas Negras Importan, aunque podría haberlo hecho. En sus frecuentes marchas y manifestaciones, ciertamente dejó claro que tal era el caso, pero no bajo ese único techo. Fue el primero que encontró que Todas las Vidas Importan, pero no pudo usar el término para disminuir a quienes marcharon a su lado.

Usted sabe que la historia nos está

alcanzando cuando la cantidad de años pasados en Atlanta, Georgia, el país que fue testigo de su dedicación de toda la vida y su arduo camino hacia el martirio que se convirtió en su marca en esta tierra, se detiene por unas horas para permitirnos encender una vela en la tercera semana para recordarlo con respeto oficial.

No creo que sea capaz o incluso este autorizado para escribir sobre la vida de este hombre y reflexionar sobre su verdadera medida y dimensión. Pero eso está bien. Otros lo han hecho con más prosa y sabor que yo, con más derecho también. Pero creo que puedo compartir de nuevo un pensamiento o dos con mis lectores sobre una vida que se ha convertido en un faro de esperanza para la humanidad, un faro extinguido por la mano de un criminal que representó lo peor de todos nosotros, pero un faro que continúa brillando hasta el día de hoy.

Es fácil reflexionar sobre su vida y perder el verdadero significado y el alcance de lo que hizo. Uno recuerda los rostros cansados y enojados de aquellos que marcharon con él, y podemos llegar a la conclusión errónea de que estaba luchando solo por una causa negra. No me malinterpreten, su objetivo inmediato era elevar las condiciones de vida de aquellos que compartían sus raíces y su raza, pero su tren no estaba destinado a detenerse en esa estación. Su objetivo era liberarnos a todos. No me importa si nuestra piel es

blanca o marrón. Si sufrimos una injusticia, él también murió por nosotros.

Si queremos hacernos justicia a nosotros mismos en esta América del siglo 21 tomando forma frente a nosotros, no tenemos otro recurso que maravillarnos con la visión que sostuvo al Dr. King en su camino hacia la eternidad. Ahora sabemos lo que mantuvo su esperanza: "Tengo un sueño", dijo en Washington el 28 de agosto de 1963, "de que mis cuatro hijos pequeños vivirán algún día en una nación donde no serán juzgados por el color de su piel sino por el contenido de su carácter".

Por supuesto, todavía hay quienes odian y se revuelcan en el barro del prejuicio porque no tienen otra razón para expresar sus débiles creencias y confunden la tradición con la inacción. Pero esas arenas de ignorancia e incompreensión desaparecen cuando un océano de fe en el futuro estadounidense los aniquila. El término "raza" es un espejismo. En su visión del universo, todas nuestras diferencias en realidad nos hacen idénticos. Y hay más que están dispuestos a levantar los ojos y ver ahora la cima de la montaña que se convirtió en la única revelación del Dr. King en ese momento.



No sabemos los detalles de a dónde nos llevará esta nueva esperanza. No podemos comprender el final del camino en términos de personalidades; en realidad, eso es irrelevante, pero cosechamos lo que sembramos, y estamos convencidos de que este paradigma será la rica cosecha de las semillas del sacrificio plantadas por un hombre llamado Martin que no tuvo miedo de morir por su sueño. La muerte nos sobreviene a todos eventualmente; la inmortalidad a sólo unos pocos de nosotros. Y ese es mi punto de vista hoy. Abur.



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

A belated visit to a current anniversary

When I write about the life of Martin Luther King Jr., our assassinated civil rights leader, around his January holiday, I try to have it published days before the actual date. I do it because I want to welcome him through my own words and not after the possible articles that someone else might write making my moot or repetitive. I am sure Reverend King wouldn't have any objections.

As we know, his assassination took place on April 4, 1968, almost fifty-four years ago. This month, on January 15, he would've been ninety-four years old. One of the dangers over time of momentous events is that they may lose interest. We take them, if not for granted, for being irrelevant. We get the feeling that they may have been important. They were timely, not that they were timely because they were important, and so it goes.

When Dr. King was amongst us, he didn't articulate a slogan entitled Black Lives Matter, although he could have. In his frequent marches and demonstrations, he certainly made clear that such was the case, but not under that single umbrella. He was the first who found that All Lives Matter but couldn't use the term to diminish those who marched next to him.

You know history is catching up with us when the number of years gone by in Atlanta, Georgia, and the country that witnessed his life-long dedication and arduous path to martyrdom that has become his mark on this earth stops for a few hours to let us light a candle on the third week to remember him with official respect.

I don't believe I am capable or even authorized to write about the life of this man and reflect on the true measure and dimension of his life. But that is OK. Others have done so with more prose and flavor than me, with more right as well. But I think I can share again a thought or two with my readers about a life that has become a beacon of hope for humanity, a beacon extinguished by the hand of a criminal who represented the worst in all of us, but a beacon that continues to shine to this day.

It is easy to reflect on his life and lose the real meaning and reach of what he did. One remembers the tired and angry faces of those who marched with him, and we may reach the erroneous conclusion that he was fighting a black cause alone. Don't get me wrong, his immediate goal was to raise the living conditions of those who shared his roots and his race, but his train

was not meant to stop at that station. The term "race" is a mirage. In his view of the universe, all differences make us identical. His goal was to liberate all of us. I don't care if our skin is white or brown. If we suffer an injustice he died for us as well.

If we want to do justice to ourselves in this 21st Century America, taking shape in front of us. we have no recourse other than to marvel at the vision that sustained Dr. King on his way to eternity. We now know what maintained his hope: "I have a dream," he said in Washington on August 28, 1963, "that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Of course, there are still those who hate and wallow in the mud of prejudice because they have no other reason to express their weak beliefs and confuse

tradition with inaction. But those sands of ignorance and misunderstanding disappear when a tsunami-like ocean of faith in the American future wipes them out. And there are more that are willing to raise their eyes and see now the top of the mountain that became Dr. King's sole revelation at the time.

We don't know the details of where this newfound hope is going to lead us. We cannot fathom the end of the road in terms of personalities; actually, that is irrelevant, but we reap what we sow, and are convinced that this paradigm will be the rich harvest from the seeds of sacrifice planted by a man named Martin who was not afraid to die for his dream. Death befalls us all eventually; immortality only a few of us.

And that is my point of view today. So long.

"We must dare to be great; and we must realize that greatness is the fruit of toil and sacrifice and high courage."

"Debemos atrevernos a ser grandes, y debemos darnos cuenta de que la grandeza es el fruto del trabajo, el sacrificio y el gran coraje".

Theodore Roosevelt

Mayor Fiorentini Promotes Haverhill Native Kaitlin Wright to City Clerk

Mayor James J. Fiorentini has promoted Kaitlin M. Wright to City Clerk, succeeding Linda Koutoulas, who is retiring this month after leading the Clerk's Office since January 2014.

Wright, Assistant City Clerk since October 2021 and before that Chief of Staff for a state representative, will take over Jan. 23 following Koutoulas' last day Jan. 20.

A Haverhill native and Whittier Tech graduate, Wright holds dual bachelor's degrees in political science & public policy and history from Massachusetts College of Liberal Arts in North Adams, and a master's degree in applied politics from Suffolk University where she graduated with honors.

She is a member of the Haverhill Historical Commission, the Brigadier General James Brickett Old Newbury Chapter of Daughters of the American Revolution, the Pentucket Pacers Running Club, and serves on the board for the Second Chance for Sight Foundation. She formerly served on the Haverhill Cultural Council.

"It is a true honor to be appointed City Clerk," Wright said. "I love working with the public and have enjoyed every minute of my time as the Assistant City Clerk. I am very much looking forward to serving my hometown in a greater capacity. I am extremely grateful to Mayor Fiorentini for this opportunity and am humbled that I was chosen. I also want to thank City Clerk Linda Koutoulas for her steadfast guidance and excellent training along the way -- I could not have asked for a better teacher. I am eager to get to work serving our residents and businesses and look forward to working with the Mayor and City Council."

As Assistant City Clerk, Wright worked closely with Koutoulas in running the Clerk's Office and assisting the public, and she also served as Elections Director, playing a leading role in recent elections as well as the yearly city census and voter registrations. Wright also took the lead in implementing new technology in the Clerk's Office and overseeing all aspects



of census records maintenance as well as preparation of City Council documents.

"I am so pleased that the Mayor has chosen Kaitlin to succeed me," Koutoulas said. "She is organized, innovative, very hard working and understands taking care of our constituents. She is a Haverhill native and appreciates our history and possibilities in the city. I have no doubt she will be outstanding as City Clerk."

Some prominent duties of the City Clerk include:

- Keeper of city records, including birth, death, and marriage records
- Prepares agenda for City Council and serves as Clerk of the Council
- Administers all elections
- Conducts annual city census
- Issues licenses and certificates such as dog licenses, liquor and common victualler licenses, inflammable permits, and business certificates
- Manages special permit process and oversees yearly license renewals.

Nicole Curry joins Knights as Assistant Athletic Director and Athletic Trainer

Northern Essex Community College Director of Athletics Dan Blair has announced the hiring of Nicole Curry as the departments new Assistant Athletic Director and Athletic Trainer. With the Knights, Curry will serve as the programs primary athletic trainer and serve in an administrative roll assisting with day to day operations of the program. She begins her duties effective immediately.

"I'm excited to welcome Nicole to Northern Essex and our athletic program. She brings a wealth of experience and will be a major asset to the program as we continue our upward trajectory within the NJCAA, said Blair

Curry comes NECC from ATI Physical Therapy where she spent the past 14 months working as an Ergonomic Consultant for GE Aviation. Prior to her time at ATI, she brings with her nearly eight years of intercollegiate Athletic

Training experience at the NCAA Division I and III levels.

Her previous college experience includes working three plus seasons with Bryant University while serving as primary athletic trainer to the Division I women's basketball team for two seasons. She also has four years of experience at Virginia Wesleyan University including one year as the programs head athletic trainer.

"I am honored to be joining the Knights community. I am excited to be a part of a culture where the student-athletes are driven to succeed in their careers. I look forward to supporting the student-athletes throughout their journey at Northern Essex Community College," commented Curry.

A native of nearby Hampstead, NH and she earned a Bachelor's of Science in Athletic Training from Keene State College and a Master of Science in Athletic Training from Old Dominion University.

Reynoso triple-double paces Knights past Gateway for 12th straight

The seventh ranked Northern Essex Community College men's basketball team ran their win streak to 12 games on Saturday afternoon as they took down Gateway Community College on the road by a 98-76 final. With the win, the Knights stay perfect in conference play at 11-0 and improve to 16-1 overall on the season.

Luis Reynoso (Lawrence) led the offensive effort as he recorded a triple-double with a game high 26 points, 17 rebounds and 10 assists.

Darlin Santiago (Salem, MA) and Jeremiah Melendez (Lawrence) both

recorded double-digit points for the second consecutive game as they each recorded 10 points. Edwin SamMbaka (Paris, FR) joined the trio in double figures with 13 points.

Peter Lopata (Groveland) keyed a strong defensive effort for the Knights as they took a 17 point lead into the locker room at halftime leading 53-36.

NECC will return to the court on Tuesday when they travel to Holyoke Community College for a 7:00pm tip off from the Bartley Athletic Center.

The Merrimack Valley Immigrant & Education Center

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

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

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

SCORE

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Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

MERRIMACK VALLEY CHAMBER OF COMMERCE



Thursday, February 16th, 2023


8:00 AM - 9:15 AM

Maria's Restaurant

81 Essex Street

Haverhill, MA 01832

Includes Hot Breakfast Buffet



Guest Speakers: Health Connector for Business and Benefit Advisors Group

Health Connector for Business provides small businesses in Massachusetts (under 50 employees) with access to affordable, quality health insurance, with opportunities to save money through lower premiums, tax credits, and the ConnectWell wellness program, while giving employees the unique opportunity to pick their own plan.

Andrew Firmin from Benefit Advisors Group is a certified broker with the Health Connector for Business and works with small businesses to help identify the right plans and to assist in communicating plan benefits and helping employees navigate the enrollment process.

¡La Fundación Big Brother Big Sister necesita tu ayuda!



Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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!

CLASIFICADOS | CLASSIFIEDS



Notice of Combined Sewer
Overflow (CSO) Final Public
Notification Plan

The Greater Lawrence Sanitary District has prepared and submitted a Final Combined Sewer Overflow (CSO) Public Notification Plan to the Massachusetts Department of Environmental Protection (MassDEP). Any interested party can view the plan at the following website: <https://www.glsd.org>. Written comments can be submitted until February 24, 2023. This is a period of 30 days after the date of publication in Environmental Monitor or Rumbo. Submit written comments to MassDEP by email (preferred) to massdep.sewagenotification@mass.gov or by mail to 100 Cambridge St, Suite 900 Boston, MA 02114. Submit written comments to The Greater Lawrence Sanitary District by email to bleavitt@glsd.org or by mail to The Greater Lawrence Sanitary District, 240 Charles Street, North Andover, MA 01845. This Public Notice is published in the Environmental Monitor and Rumbo.

Aviso de Desbordamiento de
Alcantarillado Combinado (Cso)
Plan Final de Notificación Pública

El Distrito Sanitario del Gran Lawrence ha preparado y presentado un Plan Final de Notificación Pública de Desbordamiento Combinado de Alcantarillado (CSO) al Departamento de Protección Ambiental de Massachusetts (MassDEP). Cualquier parte interesada puede ver el plan en el siguiente sitio web: [HTTPS://www.glsd.org](https://www.glsd.org) Los comentarios por escrito se pueden enviar hasta el 24 de Febrero, 2023. Este es un período de 30 días después de la fecha de publicación en Environmental Monitor o Rumbo. Envíe comentarios por escrito a MassDEP por correo electrónico (preferible) a massdep.sewagenotification@mass.gov o por correo a 100 Cambridge St, Suite 900 Boston, MA 02114. Envíe comentarios por escrito al Distrito Sanitario del Gran Lawrence por correo electrónico a bleavitt@glsd.org o por correo al Distrito Sanitario del Gran Lawrence, 240 Charles Street, North Andover, MA 01845. Este Aviso Público se publica en el Environmental Monitor y Rumbo.

WWW.RUMBONEWS.COM

ONLINE SUPPORT
FOR FAMILY
CAREGIVERS



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.



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TO REGISTER:
<https://www.bridgesbyeepochmemorycare.com/webinar/>

BridgesbyEPOCH.com

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
- 2. 2005 Honda Accord VIN 1HGCM66565A057085
- 3. 2006 Toyota Camry VIN 4T1BE32K96U652901
- 4. 2002 Honda Civic VIN 1HGEM21982L071694
- 5. 2016 Honda Accord VIN 1HGCR3F98GA031691
- 6. 2001 Chevrolet Silverado VIN 1GCEK19T01E165909
- 7. 2008 Honda Ridgeline VIN 2HJYK16588H529060
- 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

LEGAL NOTICE
NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicle on or after 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

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Grand Opening – Fitzgerald Physical Therapy

Fitzgerald Therapy Associates is pleased to announce the celebration of the ribbon cutting for the Grand Opening of Fitzgerald Physical Therapy at 196 Ballardvale Street, Wilmington, MA. Owners Sean and Dr. Holly Fitzgerald were joined by family, staff, State Rep, David Robertson, Wilmington Town Manager, Jeffrey Hull, Wilmington/ Tewksbury Chamber President, Mark Kratman and Wilmington/ Tewksbury Chamber Executive Director, Nancy Vallee.

For over 20 years, Fitzgerald Physical Therapy has been providing Sports Medicine and Orthopedic Physical Therapy services to the North Shore area. Their mission is to create patients for life by providing a superior customer experience through tailored, 1-1, evidence-based care.

Fitzgerald PT is owned by Dr. Holly Fitzgerald. She is not only the President, but a practicing physical therapist. Fitzgerald Physical Therapy aims to foster an environment where patients get the individualized treatment needed so they can get better, faster. From pediatrics to geriatric, they treat their patients with care, compassion, and determination – which leads them to come back time and time again. They like to say they create “patients for life.”

Holly and her family (Sean, Hunter & Regan) have lived in Wilmington for almost 10 years and is very active in the local community. She sits on both the Board of Athletics for both Wilmington



From the left: State Rep, David Robertson, Dr. Holly Fitzgerald, Sean Fitzgerald, and Wilmington/ Tewksbury Chamber President, Mark Kratman.

soccer and lacrosse. Holly herself is an athlete, who in her spare time is a soccer coach. Fitzgerald PT has proudly supported and sponsored many teams and events in Wilmington throughout the years.

“We are so excited to now have a clinic open in our hometown! It’s been a long-time coming. I’m so happy that we can now better serve the community we love so much” says Holly Fitzgerald, owner of Fitzgerald Therapy Associates.

No matter what age you are, Fitzgerald Physical Associates is here to help you with nagging pain or injuries. They offer all types of treatments catered to the individual’s needs. They also take all types of insurance.

Fitzgerald Physical Therapy now has 3 convenient locations in Wilmington, Melrose and Woburn, MA. Please give us a call at 978-909-4849 to visit us at Fitzgeraldpt.com to learn more.



Some of the friends and relatives who attended the grand opening of Fitzgerald Physical Therapy in Wilmington.



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Lawrence, MA 01841

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

ARISTOTLE

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SAFETY DRILL WEEK January 15th – January 21st

Dear Members,

Our YMCA has many procedures in place to ensure the safety of all. To that end, we are committed to improving the safety and health of everyone here at the Andover/North Andover and Lawrence YMCA.

Beginning Sunday, January 15th, we will be conducting a week of safety drills. Each day between one and three drills will be performed. The drills will range in nature and will take place throughout the facility. The emergency scenarios will generally start with a person and eventually switch to a mannequin. Drills will take place at all times of day – Monday – Friday 5:00AM to 9:00PM and Saturday/Sunday 7:00AM – 4:00PM ending on January 21st.

We take these safety measures very seriously and as we perform these practice drills, we hope you will be patient and understanding. Please know that we constantly endeavor to improve our culture of safety and member experience at the YMCA.

Thank you,
Jana DiNatale
Executive Director
Andover/North Andover YMCA

Joseph Agosto
Executive Director
Lawrence YMCA



SEMANA DE SIMULACROS DE SEGURIDAD Del 15 al 21 de Enero

Estimados Miembros,

Nuestra YMCA cuenta con muchos procedimientos para garantizar la seguridad de todos. Con ese fin, estamos comprometidos a mejorar la seguridad y la salud de todos aquí en el Andover/North Andover y Lawrence YMCA.

A partir del domingo, 15 de Enero, vamos a llevar a cabo una semana de ejercicios de seguridad. Cada día se realizarán entre uno y tres simulacros. Los simulacros variarán en naturaleza y se llevarán a cabo en toda la instalación. Los escenarios de emergencia comenzarán generalmente con una persona y cambiarán finalmente a un maniquí. Los simulacros tendrán lugar a cualquier hora del día: de lunes a viernes, de 5:00am a 9:00pm, y sábados y domingos, de 7:00am a 4:00pm, hasta el 21 de enero.

Tomamos estas medidas de seguridad muy en serio y mientras realizamos estos ejercicios de práctica, esperamos que sea paciente y comprensivo. Por favor, sepan que nos esforzamos constantemente para mejorar nuestra cultura de seguridad y la experiencia de los miembros de la YMCA. Gracias,

Jana DiNatale
Executive Director
Andover/North Andover YMCA

Joseph Agosto
Executive Director
Lawrence YMCA



Happy Holidays from Essex Art Center!

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.



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.



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!



"When I was a boy of 14, my father was so ignorant, I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."

Mark Twain



"Kindness is one of the greatest gifts you can bestow upon another." — Katherine Hepburn



Happy New Year and Thank You for All Your Support in 2022!

We are thankful for all the passion and energy our volunteers have shown in 2022 supporting Neighbors In Need in so many different ways. We appreciate your love and dedication to helping others.

With gratitude we are looking forward to having you at our side in 2023.

To volunteer this January please choose from the opportunities below?

Neighbors In Need is grateful to the 30+ volunteers who work with us each week to address food and basic needs insecurity in our

For the safety of our clients, volunteers, and staff, all volunteers must be vaccinated against Covid-19.

?? Thank you for helping us to provide food and diapers to local families.??

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!



2023

LUNAR NEW YEAR CELEBRATION

Friday, January 27, 2023
11:00 a.m - 2:00 p.m

The Center
155 Haverhill Street
Lawrence, MA 01840

\$6.00 per ticket
Call to register at 978-620-3550

BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner

Stipends - clarification

While gathering documents last week for my article on stipends, I received a load of papers that I will never be able to read because Jeovanny Martes, the mayor's chief of staff, is very generous with information. But, I had also requested information from other departments only to find that I didn't have the entire picture.

Last week I said that beginning this year, there won't be any more stipends and that was not accurate. Perhaps I didn't make myself clear enough to Jeovanny and he gave me only the information about the mayor's office crew but, other employees within the city are still receiving them.

The data sent from the Personnel Department has five other employees getting them. Those have been approved by their respective supervisors because they are performing certain duties not called for by their regular duties. Supervisors in charge of the department's budget have the discretion of granting them, as long as there's money in their budgets and the need exists.

My issue was not the stipends in their first place but the salary increases and listening to the mayor's radio show, I learned some things that I disagree with and no matter how benevolent Brian wants to be, he must remember that he's not running the welfare department.

Jeovanny explained that a certain city employee started 20 years ago earning \$18 per hour but failed to say what her duties were. As a single mother and sole support of her family, as time went by, \$18 didn't cover much. Today she is earning \$31 per hour and we are to assume that it is because he increased her pay.

I can relate to her story because I raised my two children and for 15 years, I worked a minimum of two jobs; for 5 of those 15, I worked Saturdays and Sundays in Filenes and later at Jordan Marsh. I know what hard work and long hours mean and I never received any type of aid from the government.

I don't expect anyone to do as I did; I just want to point out how difficult it is to raise a family alone.

Job applications don't ask if you are married, how many children in your family, how many people you support, or how much you need to earn.

Meanwhile, job descriptions don't specify the salary on a scale depending on the number of people in the family or if the applicant has any other type of support.

No employer will assign a figure to an employee based on his or her needs, but on

what the job deserves and the qualification and requirements for that task. He didn't say what that lady (Mrs. Y) does for the city but using that logic of giving her enough to live appropriately she could be overpaid.

Not long ago, the attendants in the parking lots and garages were earning minimum wage in summer and winter. They had families to support and that was abusive in my opinion; I do hope they are earning a decent wage now.

Estela, Pavel, your time is up!

They just want control!

I was hoping that Estela Reyes and Pavel Payano would be elected because it's time for new blood in the city council. I questioned things that Estela did or didn't do, giving me the impression that she was acting like a former mayor who thought the city was his property according to the way she ran the Ordinance Committee.

Things would languish "tabled" for a very long time while refusing to discuss them – depending on who placed them on the agenda.

Payano made it a habit of arriving very late at meetings and skipping many completely. His priority was not in this city and when he attended, he thought he was in a courtroom and had to perform to impress the jury. Finally, he'll be gone! Or so I thought.

Both of them announced early enough that they would not be leaving in January. Estela said that she plans to finish her term for the rest of the year and be a state representative and city councilor at the same time.

Pavel first mentioned that he would remain until the spring and then changed it to the end of January because he has "a few things to finish." Perhaps bring out of tabled some of the items that Estela is holding back? I don't know and he has not explained what they are.

Meanwhile, on Tuesday, January 11th, Ordinance Committee Vice-chair Ana Levy had to run the meeting because Estela was in Boston. The next day, Marc Laplante (who is not a member of the Budget and Finance Committee) had to cover for Pavel at the meeting so they could have a quorum because Pavel was working in Boston.

I don't think they do it for the \$15,000 annually they earn from the city but for power. They can't take their fingers away from what matters or probably think their opinions are vital.

Please contribute to help Adelante Scholars Succeed!



The Lawrence YMCA's Adelante Education Center is a community of students and mentors who passionately believe that education is key to success in life.

Adelante places students into our community's leadership pipeline through increased access to top independent and public schools in our area. This rigorous program supports high-achieving 8th grade students improve their educational opportunities by guiding them through the secondary school application process. Through the Adelante Scholarship Fund, participants also have an opportunity for financial support in the form of a 4-year scholarship.

As they prepare for the huge milestone of entering high school, participants evolve into stronger students while also engaging in activities aimed at familiarizing them with their roots as citizens of the Merrimack Valley, and become empowered as change makers in our community.

Please remember that your generosity makes a significant impact in the lives of these young scholars – preparing them for a successful academic future.

Support our Scholars today!

If you have any questions about our Adelante Education Center or you would like more information, please contact Executive Director Joe Agosto at jagosto@mvmca.org

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

SOCRATES

MCC to Honor National Day of Racial Healing Program

Middlesex Community College's Center for Truth, Racial Healing & Transformation (CTRHT) is excited to host a National Day of Racial Healing program, including Racial Healing Circles and a celebratory ribbon cutting and reception for the Center. These events will work to build the community's collective capacity toward racial equity and justice.

MCC envisions a community without racial hierarchy that actively challenges racism, is equity-minded, and is responsive to our diverse identities and community experiences. The MCC CTRHT will serve as a convener for our internal and external communities to engage in racial healing and build deeper collective capacity toward racial equity and justice in relationships, structures, policy and practice.

WHAT: MCC's National Day of Racial Healing Program

- Racial Healing Circles
- Ribbon Cutting
- Reception

WHEN: Tuesday, January 17, 2023
2 p.m. Racial Healing Circle
4 p.m. Ribbon Cutting Ceremony

WHERE: MCC's Federal Building
Assembly Room
50 Kearney Square
Lowell, MA 01852



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Kindly contact Senior Advisor Susan
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<https://www.bridgesbyepochmemorycare.com/webinar/>

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32ND ANNUAL
BUSINESS AWARDS

PRESENTED BY HAVERHILL BANK

Friday, February 10th, 2023
7:30 - 9:30 AM
Atkinson Country club
Atkinson, NH

Annual Award Winners:

Business of the Year: Salem Five Bank

Arts & Culture: Dustin-Duston Garrison House

Education: HP3

Family-Owned Business: Broco Energy

Health: Sarah's Place

Manufacturing: IMI

Pioneer: NECC Culinary Program

Restaurant: Casa Blanca

Retail/Wholesale: Museum of Printing Gift Shop

Rising Star: Wellness Hot Yoga

Rookie of the Year: G's Southern Texas Flare

Service for Non-Profit: Endicott College

Service for Profit: Peddler's Daughter

Technology: Embryotech

Volunteer: Maria Cunha

Women in Business: Jennifer Matthews

John E. Ratka Award: Linda Dean Campbell

Lifetime Achievement Award: Peter Carbone

Monthly Award Winners:

January – River Street Cafe

February – CNA Stores

March – Carmen Johnson Muscular Therapy

April – Jeanne Gelger Crisis Center

May – Casa Blanca

June – US Eco Products Corporation

July – Museum of Printing






August – Stom

September – Cedar's Mediterranean Foods

October – Salem Five Bank

November – Wellness Hot Yoga

December – Coldwell Banker



Greater Haverhill Chamber Of Commerce

2023 Annual Awards Breakfast

Atkinson Country Club

85 Country Club Drive

Atkinson, NH

Our annual Awards Breakfast will be on Friday, February 10th at Atkinson Country Club.

Congratulations to our Award Winners!

Business of the Year: Salem Five Bank

Lifetime Achievement Award: Peter Carbone

Arts & Culture: Dustin-Duston Garrison House

Education: HP3

Family-Owned Business: Broco Energy

Health: Sarah's Place

Manufacturing: IMI

Pioneer: NECC Culinary Program

Restaurant: Casa Blanca

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Technology: Embryotech

Volunteer: Maria Cunha

Women in Business: Jennifer Matthews

John E. Ratka Award: Linda Dean Campbell

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Greater Haverhill Chamber of Commerce

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