

GLCF Seeks Request for Proposals for 2023 Discretionary Grant Cycles



Project LEARN received a 2022 Discretionary Racial Equity and Inclusion grant to expand their Students Making Change, a youth-led antiracism program with Lowell Public Schools. Pg. 13

Lowell, MA – The Greater Lowell Community Foundation will open its 2023 Discretionary Grant Cycles on February 1 and is seeking requests for proposals from nonprofit organizations. The Foundation will award \$200,000 through the Discretionary Grant Cycle.

Nonprofit organizations serving the communities of Acton, Ashby, Ayer, Bedford, Billerica, Burlington, Carlisle, Chelmsford, Concord, Dracut, Dunstable, Groton, Littleton, Lowell, Pepperell, Shirley, Tewksbury, Townsend, Tyngsboro, Westford, and Wilmington are invited to apply.

Reciclar es el futuro: Un resumen histórico



Rosanna Delrosario, Recycling Coordinator.

Como los programas de noticias cubren el tema del calentamiento global, el cambio climático, las emisiones de carbono, etc., se brinda poca información a nivel local sobre las formas en que el reciclaje beneficia a una comunidad. Pg. 7

Mass. Prepares for Summer Eats Meals Program Mass. se prepara para el programa Summer Eats Meals Pg. 12

PHILLIS WHEATLEY

Fue la primera escritora afroamericana en publicar un libro en los Estados Unidos.

SU PRIMER POEMA ES DEL AÑO 1767

BLACK HISTORY MONTH

MAYOR BRIAN A. DEPEÑA

Recycling is the future – A historical overview Happy Valentine's Day

As the news programs cover the issue of global warming, climate change, carbon emissions, etc., there is little information being provided at the local level about the ways recycling benefits a community. Pg. 7

Haverhill High, NECC avanza con STEM Tech Academy Haverhill High, NECC Move Forward with STEM Tech Academy Pg. 9

Por/By Della Diaz rumbonews.com/blog

Desde Mi Esquina

Los mentirosos entre nosotros, siempre terminan en la cima

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From My Corner

The liars among us, always end up on top

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El Representante Estatal Frank A. Morán vuelve a presentar legislación para proteger a los consumidores de electricidad de las prácticas de ventas depredadoras



El Rep. Estatal Frank A. Morán (D – Lawrence) presentó una legislación en la Cámara de Representantes para proteger a los consumidores de las prácticas de venta abusivas

dólares cada año, con aproximadamente 450,000 clientes residenciales individuales perdiendo \$173 millones en los últimos dos años como resultado de tales tácticas de venta.

El informe del fiscal general, el tercero realizado dentro de la industria competitiva del suministro eléctrico, ha demostrado que este problema continúa empeorando sin la supervisión regulatoria de la Mancomunidad de Massachusetts. De hecho, este problema se ha seguido exacerbando en las comunidades de bajos ingresos y comunidades de color, como la ciudad de Lawrence.

“La industria de suministro competitiva en Massachusetts ha podido aprovecharse de nuestros residentes más vulnerables durante demasiado tiempo”, dijo el Representante Morán. “Mi ciudad natal de Lawrence ha sido una de las comunidades más afectadas negativamente como resultado de estas prácticas de venta

depredadoras y discriminatorias. Los hallazgos de este informe muestran la necesidad urgente de que se apruebe esta legislación para brindar las protecciones financieras y el alivio que tanto necesitan los consumidores de quienes se han aprovechado injustamente”.

El Representante Morán ha estado al frente de este tema durante muchos años y ha vuelto a presentar una Ley relativa a la protección de los contribuyentes, con el respaldo de la Fiscal General Andrea Joy Campbell y la Alcaldesa Michelle Wu.

“Los proveedores de electricidad de la competencia están drenando millones de dólares de familias vulnerables en todo Massachusetts con sus falsas promesas de ahorro”, dijo la procuradora general Andrea Joy Campbell. “Mi oficina continuará dando prioridad a la investigación de estas empresas y sus prácticas depredadoras, pero las investigaciones no son suficientes, por lo que esperamos trabajar con el

Representante Morán y el Senador Crighton para aprobar una legislación que detenga a los proveedores competitivos antes de que estafen a nuestros residentes”.

“Muchos residentes de Boston tienen que tomar decisiones financieras difíciles entre pagar alimentos, combustible, alquiler o electricidad”, dijo la alcaldesa Michelle Wu. “Los proveedores de electricidad de la competencia usan tácticas depredadoras para engañar a los residentes para que se unan a sus programas y les cuestan dinero valioso a los residentes. Me gustaría agradecer al Representante Morán por patrocinar esta legislación y me gustaría alentar a todos los residentes de Boston a inscribirse en Boston's Community Choice Electricity para ahorrar dinero y elegir un futuro más verde para nuestras comunidades”.

Se llevará a cabo una audiencia legislativa para este proyecto de ley en los próximos meses.

realizadas por compañías de suministro eléctrico competitivas en Massachusetts.

Informes recientes, realizados por la entonces Fiscal General Maura Healey, han resaltado la urgente necesidad de aprobar esta legislación.

Los hallazgos de uno de los informes más recientes de la oficina muestran que los residentes que se inscriben en contratos con estas compañías de suministro eléctrico continúan pagando de más por la electricidad en decenas de millones de

State Representative Frank A. Moran Re-Files Legislation to Protect Electric Ratepayers from Predatory Sales Practices

State Representative Frank A. Moran (D – Lawrence) filed legislation in the House of Representatives to protect consumers from predatory sales practices conducted by competitive electric supply companies in Massachusetts.

Recent reports, conducted by then-Attorney General Maura Healey, have highlighted the urgent need for the passage of this legislation.

The findings of one of the office’s most recent reports, show that residents who enroll in contracts with these electric supply companies continue to overpay for electricity by tens of millions of dollars each year – with approximately 450,000 individual residential customers losing \$173 million in the past two years as a result of such sales tactics.

The attorney general’s report, the third of such conducted within the competitive electric supply industry, has shown that this issue continues to worsen without regulatory oversight from the Commonwealth of Massachusetts. In fact, this issue has continued to be exacerbated within low-income communities and communities of color – such as the City of Lawrence.

“The competitive supply industry in Massachusetts has been able to take advantage of our most vulnerable residents for far too long,” said Representative Moran. “My hometown of Lawrence has been one of the most adversely impacted communities as a result of these predatory and discriminatory sale practices. The findings of this report show the urgent

need for the passage of this legislation to provide much needed financial protections and relief to consumers who have unjustly been taken advantage of.”

Representative Moran has been at the forefront of this issue for many years and has refiled An Act relative to ratepayer protections – with the endorsements of Attorney General Andrea Joy Campbell and Mayor Michelle Wu.

“Competitive electric suppliers are draining millions of dollars from vulnerable families across Massachusetts with their false promises of savings,” said Attorney General Andrea Joy Campbell. “My office will continue to prioritize investigating these companies and their predatory practices, but investigations are not enough, which is why we look forward to working with Representative Moran and Senator Crighton to pass legislation to stop competitive suppliers before they scam our residents.”

“Many Boston residents are having to make difficult financial choices between paying for food, fuel, rent, or electricity,” said Mayor Michelle Wu. “Competitive electric suppliers use predatory tactics to mislead residents into joining their programs and cost residents valuable money. I’d like to thank Representative Moran for sponsoring this legislation and would like to encourage all Boston residents to sign up for Boston’s Community Choice Electricity to save money and choose a greener future for our communities.”

A legislative hearing will be held for this bill in the coming months.

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POR DALIA DÍAZ
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■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



Los mentirosos entre nosotros, siempre terminan en la cima

Después de la elección del congresista de Nueva York, George Santos, fue cuando empezamos a conocerlo. Primero, nos enteramos de sus mentiras con respecto a su educación en prestigiosas universidades y lugares de trabajo que se inventaron porque nunca trabajó para las firmas prominentes que afirmaba.

Luego, descubrimos las propiedades falsas, las mentiras acerca de que su madre había muerto durante el ataque del 11 de septiembre, que es judío y muchas más. Sin embargo, logró engañar a miles de votantes y ahora se niega a renunciar.

Tal vez las personas que lo conocieron trataron de advertir a los medios o de dejar que la gente lo supiera solo para ser ignorados y, una vez elegido, explotó.

A veces decimos cosas en esta columna tratando de que las personas tomen conciencia de las situaciones y depende de ellos elegir creerlas o investigar más. George Santos me recordó un artículo que escribí el 8 de septiembre de 2021, titulado "¿Puedes confiar en Vilma?" cuando se postuló para alcalde de Lawrence.

Comparé varios documentos con información contradictoria y busqué más. Cuando la Comisión de Planificación del Valle de Merrimack nombró a Vilma como representante de Lawrence, figuraba con más de 24 años de experiencia trabajando con organizaciones municipales y sin fines de lucro, pero ciertamente no con 24 años

trabajando en planificación urbana.

Sus funciones en la YWCA consistían en una amplia capacitación en justicia social y racial, equidad de género y salud. Ella era una trabajadora social que se ocupaba de la violencia doméstica, no de la planificación urbana.

Su currículum, la solicitud para el trabajo de Desarrollo Comunitario y la carta de presentación que la acompaña, todos dicen cosas muy diferentes. Si no pudo coordinar sus experiencias de vida y hacer que coincidan, se presta a la falta de credibilidad.

Su currículum decía que su trabajo en Desarrollo Comunitario brindaba supervisión a CDBG, HOME Investment Partnerships y programas de derecho a Subvención de Soluciones de Emergencia, y a un Programa de Reducción de Plomo. La realidad fue que la ciudad perdió millones de dólares en esos programas durante dos años con la negación de HUD debido a errores administrativos y de mala gestión.

Incluso tuvieron que devolver \$134,630.84 al gobierno federal porque ella no sabía qué hacer con esos fondos. ¡Eso fue un pecado!

Si bien no hay requisitos educativos para ser candidato a alcalde, tenía muchas preguntas sobre su educación y si tenía el título que decía tener. Usted debería leer el artículo original porque los políticos mentirosos y los empleados de la ciudad se encuentran rutinariamente.

Cuando la administración actual asumió el cargo en noviembre de 2021, Vilma se fue para ocupar un puesto en

el Greater Lawrence Community Action Council y ahora será ascendida al puesto de directora ejecutiva y CEO. Eche un vistazo al artículo de la página 8 que anuncia la jubilación de Evelyn Freeman. Esta vez, dijo la verdad sobre sus calificaciones; al menos reconoció que anteriormente trabajó en la YWCA de Northeastern Mass durante 24 años.

Pero, ¿por qué estoy arrastrando esta historia? Mientras estaba a cargo de Desarrollo Comunitario, Vilma "ayudó" a los solicitantes a engañar al sistema para calificar para préstamos de reparación de viviendas al incluir información falsa y la exclusión de detalles que los habrían colocado en un nivel de ingresos más alto, haciéndolos así ilegales.

Greater Lawrence Community Action es una organización regional muy rica que maneja muchos millones de dólares cada año y no podemos permitirnos el riesgo de que los fondos caigan en manos de alguien

CARTAS AL EDITOR RUMBO

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dispuesto a engañar y mentir.

¿Podemos confiar en un mentiroso? Lo peor es que ha cautivado a la junta directiva y al parecer se niegan a leer Rumbo.

Si solo pueden responder, ¿por qué se transfirió \$1 millón del Centro para personas mayores a GLCAC? Cualquiera que haya pedido esto ha respondido con silencio.

Noticias de la alcaldía

He recibido algunas llamadas preguntando si tengo más noticias sobre Jhovanny Martes, Jefe de Gabinete de la oficina del alcalde. Yo recibo la misma información que Néstor Castillo envía a todos los miembros de los medios y nada más.

Sigo los medios locales (TV e impresos) como todos los demás y tan pronto como haya más comunicación oficial, también la compartiré.

Agregar seguridad a las actualizaciones del hogar

Por Nicho Campos

Con calentadores, chimeneas, velas decorativas que dominan los meses más fríos, es fácil tomar en cuenta la seguridad contra incendios en el invierno. Sin embargo, a medida que pasamos hornos a parrillas y celebraciones en interiores a barbacoas en el patio trasero, es importante agregar algunas tareas a su lista de verificación de mantenimiento de primavera que mantengan su hogar seguro para toda la familia. First Alert, la marca de mayor confianza en seguridad contra incendios, ofrece algunos consejos para su lista de verificación de mantenimiento de primavera:

- Mantenga las alarmas de humo y monóxido de carbono: Limpie las alarmas de humo y monóxido de carbono (CO) para eliminar el polvo que pueda estar asentándose en la alarma. Las baterías deben reemplazarse al menos cada 6 meses, y debe probar sus alarmas y asegurarse de que funcionan correctamente. Recuerde que las alarmas de humo y CO no duran para siempre, así que considere instalar alarmas equipadas con una batería de 10 años y olvídense de los reemplazos de la batería durante la vida útil de la alarma.

- Prepara la parrilla – Después de meses de estar inactiva, es importante inspeccionar y limpiar la parrilla antes de usarla de nuevo. Según la Asociación Nacional de Protección contra Incendios (NFPA), la parrilla causa un promedio de 8.900 incendios domésticos por año, y en más de una cuarta parte de esos incendios (29%), la parrilla no se había limpiado. Cuando la parrilla esté lista para usarse de nuevo, asegúrese de guardar un extintor de incendios cerca en caso de emergencia. Si no se siente cómodo con un extintor de incendios tradicional, considere tener a mano el First Alert EZ Fire Spray, que es una alternativa de extinción de incendios ligera y fácil de usar (sin pasadores ni palancas, solo apuntar y rociar).

- Practique la seguridad: revise el plan de escape en caso de incendio de su hogar con su familia. Asegúrese de que todos sepan qué hacer y dónde ir en caso de que suenen las alarmas de humo. Identifique dos salidas de cada sala y establezca un lugar de reunión dedicado afuera. Prácticalo con cada miembro de la familia al menos dos veces al año.

Brian A. DePeña
Alcalde

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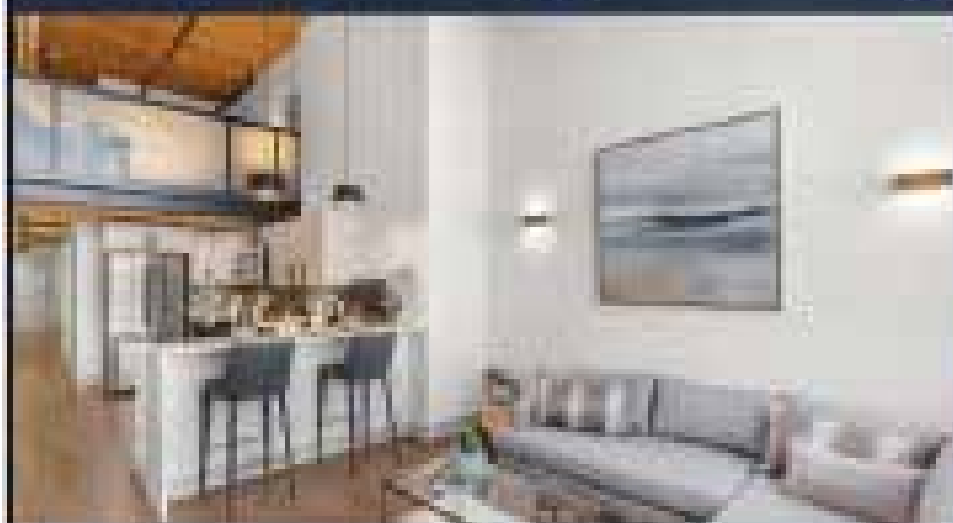


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Departamento de Trabajo emprende campaña para profesores, trabajadores agrícolas, cuidadores y familias sobre nuevas protecciones a madres lactantes

Departamento de Trabajo emprende campaña para profesores, trabajadores agrícolas, cuidadores y familias sobre nuevas protecciones a madres lactantes Informando sobre nuevas disposiciones y recursos al comenzar la aplicación de la Ley PUMP

El Departamento de Trabajo de EE.UU. ha iniciado una campaña para alertar a las familias de todo el país sobre los cambios en la ley federal que extienden a más mujeres sus derechos para extraer leche materna en el trabajo, incluidas las empleadas como maestras, trabajadoras agrícolas y cuidadoras.

La recientemente promulgada ley Prover Protecciones Maternas Urgentes para Madres Lactantes (Ley PUMP) extiende los derechos de madres lactantes a tener tiempo y un espacio privado para extraer leche materna en sus lugares de trabajo. Bajo la Ley PUMP, más trabajadores en más industrias están ahora protegidos por las disposiciones de la Ley de Normas Justas de Trabajo. Las nuevas protecciones también amplían los remedios disponibles para estos trabajadores caso que sus empleadores no cumplan con la ley.

La Ley PUMP -que hace parte de las Asignaciones Presupuestarias del Año Fiscal 2023, se alinea con el Plan Modelo para Abordar la Crisis de Salud Materna de la administración Biden-Harris, un enfoque de todo el gobierno para combatir la mortalidad y morbilidad materna. Las investigaciones revelan que las mujeres de color y las mujeres en comunidades rurales sufren tasas significativamente más altas de mortalidad y morbilidad materna en comparación con sus

contrapartes blancas y urbanas.

La campaña a cargo de la la División de Horas y Salarios del departamento -que hace cumplir la Ley PUMP y la FLSA- brindará información en todo el país sobre las protecciones laborales para madres lactantes, y cuenta con una página en Internet con orientación, datos y muchos recursos para trabajadores y empleadores.

La FLSA se enmendó en el 2010 para incluir disposiciones sobre Tiempo de Pausa para Madres Lactantes que requieren que los empleadores provean tiempo razonable y un espacio privado, que no sea un baño, para que las mujeres trabajadoras puedan extraerse leche materna. Pero el Comité de Lactancia Materna de EE.UU. -entidad sin fines de lucro integrado por más de 100 organizaciones- estimó que las disposiciones aún dejaban sin protección a una de cada cuatro mujeres en edad de tener hijos. La Ley PUMP protegerá ahora a muchas de estas mujeres.

“Las leyes de Normas Justas de Trabajo y de Ausencia Familiar y Médica incluyen disposiciones para proteger los derechos de nuevas madres y embarazadas para cuidar y vincularse con sus hijos”, dijo la administradora adjunta principal de la División de Horas y Salarios Jessica Looman. “Por más de una década, muchos trabajadores han tenido protecciones

legales para que las madres dispongan del tiempo de pausa y el espacio adecuado para extraerse leche materna en el trabajo. La Ley PUMP fortalece y amplía estas protecciones para dar más tranquilidad a los trabajadores cuando se trata de cuidar a sus hijos”, agregó Looman.

La Ley PUMP incluye las siguientes disposiciones:

- Expande derechos y protecciones para tener tiempo de pausa y espacio

para extraer leche materna en el trabajo, incluyendo ahora a millones de mujeres trabajadoras que anteriormente no estaban cubiertas por la FLSA.

- Permite que mujeres trabajadoras emprendan acciones legales y busquen pagos por compensación si su empleador no cumple con la ley federal.

- Aclara que un empleador debe pagar a la trabajadora por el tiempo usado para la extracción de leche materna tal y como si hubiera estado trabajando.

Tufts Medicine Care at Home Offers ‘Five Wishes’ Advance Care Planning Workshop on March 8 in Lowell

Despite the inevitability of death, many people struggle when thinking or talking about end-of-life wishes. However, no one is guaranteed ample time to share their preferences with loved ones and make practical preparations.

To facilitate these important conversations, Tufts Medicine Care at Home will offer the free workshop “Five Wishes: Being the Best Health Advocate for Yourself and Your Family” on Wednesday, March 8, 5:00 to 6:15 p.m., at D’Youville Care Center, 981 Varnum Ave. in Lowell. Care at Home, a Lawrence-based nonprofit organization that is part of the Tufts Medicine health system, provides a full continuum of home health, palliative and hospice care in more than 110 communities throughout the Merrimack Valley, northeastern Massachusetts and southern New Hampshire.

Five Wishes is an advance care planning program used by more than 40 million people nationwide to describe how they want to be comforted, supported, treated and remembered, with unlimited revisions possible. The easy-to-use format, which is available in 30 languages, provides a solid foundation for effective, meaningful communication between patients, families, caregivers and healthcare providers.

“Five Wishes is a comprehensive document that encourages people to think about what kind of care they want under different circumstances,” said workshop leader Susan Toleos, manager of hospice bereavement services and community

education/outreach at Care at Home.

Additional topics include how to select a healthcare agent, funeral planning, getting the document witnessed and who should receive copies. Five Wishes can be used by all ages, and Toleos said she encourages everyone to fill one out.

“No one wants to think about an illness or an accident, or possibly developing dementia, but we are all vulnerable to a catastrophic event that will prevent us from being able to make our own healthcare decisions,” Toleos said. “So many of us fear anxiety from unpleasant conversations, while in reality, the act of preparing for death can actually minimize anguish for ourselves and loved ones.”

The Five Wishes workshop is free and open to the public, with registration required by calling 978-552-4510. For more information, visit www.careathome.org.

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El reciclaje es el futuro: Un resumen histórico

Por Dalia Díaz

Como los programas de noticias cubren el tema del calentamiento global, el cambio climático, las emisiones de carbono, etc., se brinda poca información a nivel local sobre las formas en que el reciclaje beneficia a una comunidad.

Desde los días en que Caroline Ganley fue Comisionada de Servicios de Inspección y Directora de Salud Pública en Lawrence (2003-2007), esta ciudad ha estado tratando de cumplir aunque las administraciones no han tomado el tema muy en serio. Cuando la Sra. Ganley nos dejó debido a sus frustraciones con el concejo municipal, fue una gran pérdida. Hoy es analista ambiental en el Departamento de Protección Ambiental de Massachusetts.

Hemos tenido algunas personas empleadas como coordinadores de reciclaje a lo largo de los años (no con las mismas calificaciones que la Sra. Ganley) pero con la misma falta de apoyo de las administraciones. Más recientemente, tuvimos la suerte de incorporar a Lorena Salazar (julio de 2018), quien fue una figura inspiradora por su arduo trabajo y conocimiento laboral, pero los salarios de Lawrence no eran compatibles con las responsabilidades y calificaciones y en enero de 2020 se fue por razones puramente económicas.

Las cosas han cambiado en ese sentido porque el ayuntamiento se ha comprometido a compensar mejor a los empleados y la nueva administración está poniendo más interés en mantener informada a la comunidad. Parte de eso es educar a los niños en edad escolar y a las familias sobre el beneficio y la importancia de controlar cómo procesamos nuestra basura y hacerla más rentable.

El pasado marzo de 2022, Rosanna Delrosario se convirtió en la coordinadora de reciclaje y este último año ha sido un período de educación y aprendizaje para ella. Se ha estado reuniendo con agencias gubernamentales para averiguar cómo se aplican las diferentes leyes y las consecuencias de no cumplirlas.

Rosanna ha visitado la Estación de Transferencia en Methuen para conocer su funcionamiento y requisitos y entiende la necesidad de explicar todo en términos claros a nuestros residentes para evitar multas y sanciones como único medio para hacerlos entender. Actualmente, las multas oscilan entre \$100 y \$300 por incidente.

“El reciclaje es vital para la salud económica de esta ciudad. Pagamos millones cada año por deshacernos de la basura, pero podemos vender el reciclaje, ahorrando mucho dinero a la ciudad. Puede sonar simple, pero necesitamos la cooperación del público”.

Según la Sra. Delrosario, “Estamos operando con un déficit de personal y herramientas necesarias para hacer cumplir el reciclaje en Lawrence. Con suerte, una subvención de \$10,000 que recibimos de Waste Management con el propósito de educar al público hará mella en ese

alcance”.

Ahora está trabajando con la Ciudad de Methuen en una propuesta para solicitar una subvención de \$1.5 millones para infraestructura.

Este departamento está formado por Rosanna y Carlos Morel, quien es el Coordinador de Cumplimiento de Alcance para el Reciclaje, según ella, una adición debería ser tener un asistente de oficina que pueda manejar los teléfonos y los residentes que vienen en busca de ayuda o información mientras están en el campo, las escuelas, o inspeccionando los vecindarios en los días de recolección de basura con la ayuda del DPW en busca de infractores.

Ella está solicitando una subvención de \$56,000 del Departamento de Protección Ambiental de Massachusetts (MADEP) que ayudará a expandir la educación este año. Por ejemplo, los edificios con menos de seis apartamentos deben saber que el propietario será responsable si los inquilinos no cumplen con el reciclaje adecuado. Si son más de seis apartamentos, se considera un negocio y el propietario o la empresa administradora serán multados si no se hace correctamente.

Estarán distribuyendo nuevos contenedores de reciclaje por toda la ciudad, pero en este momento son muy caros y Rosanna espera que esta subvención ayude a aliviar ese gasto.

“Si la gente recicla, no hay necesidad de desbordar su basurero normal, vemos que ni siquiera pueden cerrar la tapa, llena de bolsas de plástico y elementos que deberían haber sido separados”, insistió Rosanna.

Autoridad de Vivienda de Lawrence

Eso nos lleva a Lawrence Housing Authority (LHA) porque tienen su propio sistema de recolección de basura con sus propios camiones. Al llamar a su director ejecutivo, Efraín Rolón, explicó que hace unos 80 años, el Gobierno Federal entregó fondos para la recolección de basura para compensar a la ciudad por lo que ellos llaman un “tipping fee”. Luego, hace unos 30 años, compraron sus propios camiones.

El Sr. Rolón reconoce que los residentes necesitan mucha educación sobre las necesidades y los beneficios del reciclaje. “Necesitamos alentarlos a reciclar y he tenido un par de reuniones con la ciudad sobre eso”, dijo.

Como Housing no tiene un camión de reciclaje, Efraín ha pedido que la ciudad le provea contenedores de reciclaje y ver cómo logran realizarlo.

A la ciudad le interesa que reciclen; ya que Lawrence está pagando por la recolección de basura y la venta de los materiales reciclados compensa ese costo.

Rumbo seguirá trayendo más información, particularmente en la primavera sobre los servicios disponibles en el garaje municipal.

Recycling is the future – A historical overview

By Dalia Diaz

As the news programs cover the issue of global warming, climate change, carbon emissions, etc., there is little information being provided at the local level about the ways recycling benefits a community.

From the days when Caroline Ganley was Commissioner of Inspectional Services & Public Health Director in Lawrence (2003-2007), this city has been trying to comply although the administrations have not taken the issue very seriously. When Ms. Ganley left us due to her frustrations with the city council, it was a huge loss. Today she is an Environmental Analyst at the Massachusetts Department of Environmental Protection.

We've had a few people employed as recycling coordinators through the years (not with the same qualifications as Ms. Ganley) but with the same lack of support from the administrations. Most recently, we were fortunate to bring on board Lorena Salazar (July 2018) who was an inspiring figure for her hard work and job knowledge but Lawrence salaries were not compatible with responsibilities and qualifications and in January of 2020 she left for purely economic reasons.

Things have changed in that regard because the city council has agreed to compensate employees more adequately and the new administration is placing more interest in keeping the community informed. Part of that is educating school children as well as families regarding the benefit and importance of controlling how we process our trash and make it more profitable.

Last March 2022, Rosanna Delrosario became the recycling coordinator and this past year has been a period of education and learning for her. She has been meeting with government agencies to find out how different laws apply and the consequences of not complying.

Rosanna has visited the Transfer Station in Methuen to learn about its operation and requirements and she understands the need to explain everything in clear terms to our residents to avoid fines and penalties as the only means to make them understand. Currently, fines run between \$100 and \$300 per incident.

“Recycling is vital for the economic health of this city. We pay millions each year for getting rid of the trash but we can sell the recycling, saving the city lots of money. It may sound simple but we need the public's cooperation.”

According to Ms. Delrosario, “We are operating with a deficit in personnel and tools necessary to enforce recycling in Lawrence. Hopefully, a \$10,000 grant we received from Waste Management for the purpose of educating the public will make a dent in that outreach.”

She is now working with the City of Methuen on a proposal to request a \$1.5 million grant for infrastructure.

This department consists of Rosanna and Carlos Morel who is the Outreach Enforcement Coordinator for Recycling, according to her, one addition should be having an office assistant that can handle the



telephones and residents coming looking for help or information while they are out in the field, the schools, or inspecting the neighborhoods on trash pick-up days with the help of DPW searching for violators.

She is applying for a \$56,000 grant from the Massachusetts Department of Environmental Protection (MADEP) that will help in expanding outreach education this year. For example, buildings with fewer than six apartments must know that the landlord will be responsible if tenants don't follow through with proper recycling. If more than six apartments are, it is considered a business and the property owner or the management company will be fined if it's not done correctly.

They will be distributing new recycling containers throughout the city but right now they are very expensive and Rosanna hopes that this grant will help alleviate that expense.

“If people recycle, there's no need for overflow of their regular trash container yet, we see that they cannot even close the cover, filled with plastic bags and items that should have been separated,” Rosanna insisted.

Lawrence Housing Authority

That brings us to Lawrence Housing Authority (LHA) because they have their own system for trash pick-up with their own trucks. Upon calling its Executive Director Efraín Rolón, he explained that some 80 years ago, the Federal Government provided funds for trash removal to compensate the city for what they call a tipping fee. Then, about 30 years ago, they purchased their own trucks.

Mr. Rolón recognizes that residents need plenty of education on recycling needs and benefits. “We need to encourage them to recycle and I've had a couple of meetings with the city on that,” he said.

Since Housing doesn't have a recycling truck, Efraín was asking for recycling bins to be provided and to work out how it's to be done.

It's in the city's interest to get them to recycle; since Lawrence is paying for their trash removal and selling the recycled materials offsets that cost.

Rumbo will continue bringing more information, particularly in the spring about the services available at the City Yard.

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Cambio de liderazgo previsto en GLCAC para julio de 2023

La directora ejecutiva del Greater Lawrence Community Action Council, Inc., que ha trabajado arduamente durante tantos años para ampliar el acceso al cuidado infantil, la vivienda económica y otros servicios para familias de bajos ingresos, planea jubilarse y el cargo será ocupado por primera vez por una mujer latina de Lawrence.

Evelyn Friedman, directora ejecutiva de GLCAC, ha anunciado sus planes de jubilarse en julio, y el Consejo de Administración ha elegido a Vilma Martínez-Domínguez, actual directora de Operaciones, para suceder a Friedman tras un período de transición de seis meses.

“En los últimos 10 años, la familia del GLCAC ha tenido la suerte de contar con el liderazgo de Evelyn, que nos ha permitido lograr avances enormes en la mejora de la organización y el servicio a la comunidad. Le estaremos por siempre agradecidos por su dedicación y compromiso con nuestros clientes. Evelyn ilustra con su ejemplo la misión de la Agencia”, dijo Johan López, presidente del Consejo de Administración.

Friedman tiene previsto retirarse de GLCAC en julio. Esto permitirá una transición de seis meses, período durante el cual la organización buscará un nuevo director o directora de operaciones para cubrir la vacante que dejará Martínez-Domínguez. Aunque Friedman deja el cargo de directora ejecutiva, permanecerá en GLCAC para supervisar proyectos de desarrollo comunitario.

“El ascenso de Vilma al cargo de directora ejecutiva facilitará una transición fluida y promoverá a una persona de Lawrence al puesto más alto de GLCAC. Vilma es una líder que cuenta con una gran experiencia, y su anhelo es seguir contribuyendo al avance de la organización y ampliar su alcance y sus programas como mejor convenga para nuestros clientes”, afirmó López.

Con la finalización reciente de un complejo habitacional de viviendas asequibles en 370 Essex Street y un nuevo centro de cuidado infantil en Andover Street, GLCAC ha iniciado un segundo proyecto de viviendas asequibles para satisfacer aún más la demanda en la ciudad. También bajo la dirección de Friedman, GLCAC ha ampliado sus servicios para brindarles a los clientes de bajos ingresos asesoramiento legal de inmigración, asistencia de vivienda, inscripción en un seguro médico, capacitación financiera y ayuda con la preparación de la declaración de impuestos. Además, el número de clientes atendidos anualmente ha aumentado de menos de 20,000 a más de 30,000 en la última década.

“En los últimos 10 años, hemos hecho que GLCAC se convierta en una fuerza para mejorar vidas y nuestra comunidad. Hemos fortalecido nuestra red de programas para servir mejor a nuestros clientes. Hemos creado viviendas asequibles y ampliado las oportunidades de cuidado infantil, dos necesidades críticas.



Además, y de igual importancia, hemos creado vínculos fuertes con nuestros socios comunitarios del mundo empresarial y el de las organizaciones sin fines de lucro”, afirmó Friedman.

Martínez-Domínguez se incorporó al GLCAC en noviembre de 2021, tras desempeñarse como directora de Desarrollo Comunitario de la Ciudad de Lawrence. Previamente trabajó durante 24 años en la YWCA of Northeastern Massachusetts, siete de ellos coordinando la coalición de salud de la ciudad, el Grupo de Trabajo en Salud del Alcalde de Lawrence. Como directora de Operaciones, Martínez-Domínguez cumple la función de líder interna de la organización y supervisa a los directores de los 17 programas del GLCAC con la administración y las operaciones diarias.

“Me entusiasma la oportunidad de ampliar el extraordinario trabajo realizado por Evelyn y el Consejo de Administración en esta última década, y de conducir a la agencia hacia la fase siguiente. Me comprometo a asegurar que GLCAC siga ofreciendo los servicios y recursos esenciales y relevantes que las personas de nuestras comunidades necesitan para alcanzar su máximo potencial en este clima cambiante”, dijo Martínez-Domínguez.

GLCAC es una agencia de servicios sociales polifacética que asiste anualmente a unas 33.000 personas por medio de una variedad de programas, entre ellos, de educación en la primera infancia, asistencia de combustible, asistencia nutricional de WIC, servicios de inmigración y de vivienda, clases de inglés, y prevención del maltrato infantil y el envenenamiento con plomo.

GLCAC Leadership Change Planned for July 2023

“The promotion of Vilma to Executive Director & CEO will enable a smooth leadership transition and promote a leader from Lawrence in the top position at GLCAC. Vilma is a leader who has a great amount of experience and is eager to continue to move the organization forward and grow our reach and our programs as best suited for our clients,” Lopez said.

With the recent completion of an affordable housing development at 370 Essex Street and a new Child Care Center facility on Andover Street, GLCAC is undertaking a second affordable housing project to help further meet the demand in the city. Also under Friedman’s leadership, GLCAC expanded to provide low-income clients with immigration legal services, housing assistance, health insurance enrollment, financial literacy, and income tax preparation. In addition, the number of clients served annually grew from under 20,000 to more than 30,000 in the past decade.

“In the past 10 years, we have made GLCAC a force for improving lives and our community. We have strengthened our network of programs to better serve our clients. We have created affordable housing and expanded childcare opportunities – two critical needs. And just as importantly, we have built strong ties with our community partners in the non-profit and business worlds,” Friedman said.

Martínez-Domínguez joined GLCAC in November 2021 after serving as the City of Lawrence’s Community Development Director. She previously worked at the YWCA of Northeastern Mass. for 24 years, including seven coordinating the city’s health coalition, the Lawrence Mayor’s Health Task Force. As COO, Martínez-Domínguez serves as the internal leader of the organization and oversees the GLCAC program directors in the day-to-day administration and operations of 17 programs.

“I’m excited about the opportunity to build on the extraordinary work that Evelyn and the board of directors have done over this past decade and lead the agency to its next phase. I remain fully committed to ensuring that GLCAC continues to offer essential and relevant resources and services that people living in the communities that we serve need in this ever-changing climate to reach their fullest potential,” said Martínez-Domínguez.

GLCAC is a multi-faceted social services agency that assists nearly 33,000 individuals through a range of programs including early childhood education, fuel assistance, WIC nutrition assistance, immigration services, housing assistance, English-language classes, child abuse prevention and lead poisoning prevention.

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Haverhill High, Northern Essex Community College avanzan con STEM Tech Academy

(Reproducido y traducido con permiso de WHAV News)

Por John Lee Grant

Haverhill High School y Northern Essex Community College están avanzando con una nueva STEM Tech Career Academy destinada a preparar a los estudiantes para carreras en manufactura, atención médica y ciencias ambientales y de la vida.

Como informó WHAV por primera vez el mes pasado, los estudiantes que participen obtendrán entre 18 y 24 créditos universitarios antes de graduarse de la escuela secundaria. Luego harán la transición a Northern Essex, donde terminarán sus títulos de asociado. El Director del Currículo de Ciencia y Tecnología de Haverhill High School, Kevin R. Higginbottom, les dijo a los miembros del Comité Escolar la semana pasada cómo nació el programa.

“La Beca de la Academia STEM Tech

surgió como resultado de que el estado reconoció una necesidad clave, que era que la fuerza laboral actual dentro de una variedad de campos STEM simplemente no es lo suficientemente grande para satisfacer las necesidades actuales y futuras de una variedad de industrias. También reconocieron que existen algunas brechas y disparidades en la obtención de credenciales, así como en los salarios y la diversidad”, explicó.

La subvención de \$1 millón, que se distribuye en un período de cuatro años, ayuda a pagar los programas de capacitación existentes en ciencia, tecnología, ingeniería y matemáticas. La primera parte, \$50,000, se utilizará para la fase de planificación que se realizará en conjunto con Northern Essex Community College.

La mayor parte de la subvención se introducirá gradualmente durante los años

dos, tres y cuatro y se utilizará para comprar equipos y otros gastos operativos.

Además de la educación tradicional en clase, los programas se basan en el trabajo, lo que permite a los estudiantes recibir capacitación práctica en el mundo real en industrias y otros negocios, con el objetivo final de que 400 estudiantes participen y reciban títulos de asociado de Northern Essex.

El lanzamiento del programa está programado para el otoño de 2025.

Haverhill K-12 Supervisor de Ciencia y Tecnología Kevin R. Higginbottom.

Haverhill K-12 Supervisor of Science and Technology Kevin R. Higginbottom.



(WHAV News file photograph.)

El Rep. Estatal Carlos González será coanfitrión de un evento informativo sobre energía limpia para microempresas locales

El Representante Estatal Carlos González será coanfitrión de un evento informativo para microempresas locales sobre oportunidades relacionadas con programas de incentivos de energía verde. El evento se llevará a cabo en la Corporación de Desarrollo Económico Latino el jueves 9 de febrero a las 12:00 p. m. y será presentado por RLee Cook de RLC Community Consulting. Hay una serie de programas de incentivos estatales y federales disponibles para promover el uso de una variedad de tecnologías de energía verde, incluidos paneles solares, bombas

de calor, baterías de almacenamiento y vehículos eléctricos.

“Es fundamental que nuestras microempresas tengan un asiento en la mesa del sector de la energía verde”, dijo el Diputado González. “Las tecnologías de energía verde van a ser una parte integral de la economía futura, y es esencial que estemos equidad económica en este espacio Necesitamos asegurarnos de que las empresas de todas las comunidades tengan el mismo acceso a las tremendas oportunidades de crecimiento económico que estas tecnologías tienen”.

State Representative Carlos González to Co-Host Clean Energy Informational Event for Local Micro Businesses

State Representative Carlos González will be co-hosting an informational event for local micro businesses on opportunities related to green energy incentive programs. The event will take place at the Latino Economic Development Corporation on Thursday, February 9th, at 12pm, and presented by RLee Cook of RLC Community Consulting. There are a number of state and federal incentive programs available to promote the use of a variety of green energy technologies, including solar panels, heat pumps, storage

batteries, and electric vehicles.

“It is critical for our micro businesses to have a seat at the table in the green energy sector”, said Representative González. “Green energy technologies are going to be an integral part of the future economy, and it is essential that we are promoting economic equity in this space. We need to make sure that businesses from all communities have equal access to the tremendous economic growth opportunities that these technologies have.”

Haverhill High, Northern Essex Community College Move Forward with STEM Tech Academy

(Reproduced and translated with permission from WHAV News)

By John Lee Grant

Haverhill High School and Northern Essex Community College are moving ahead with a new STEM Tech Career Academy aimed at preparing students for careers in manufacturing, healthcare and environmental and life sciences.

As WHAV reported first last month, students participating will earn between 18-24 college credits before graduating high school. They will then transition to Northern Essex, where they will finish their associate degrees. Haverhill High School Science and Technology Curriculum Director Kevin R. Higginbottom told School Committee members last week how the program came into being.

“The STEM Tech Academy Grant came about as a result of the state recognizing a key need, which was that the current work force within a variety of STEM fields is just not large enough to fulfill the current and future needs of a variety of industries. They also recognized

that there are some gaps and disparities in credential attainment as well as wages as well as diversity,” he explained.

The \$1 million grant, which is spread over a four-year period, helps pay for existing training programs in science, technology, engineering and math. The first part, \$50,000, is being used for the planning phase which will be done in concert with Northern Essex Community College.

The bulk of the grant will be phased in during years two, three and four and will be used for purchasing equipment and other operational expenses.

In addition to traditional in-class education, the programs are work based, allowing students to receive hands-on, real-world training in industries and other businesses, with an eventual goal of having 400 students taking part and receiving associates degrees from Northern Essex.

The program is scheduled to launch in the fall of 2025.

97.9 WHAV is Greater Haverhill's only public radio station and nonprofit local news service. There's membership information at whav.net/become-a-whav-member

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

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

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

Mary Immaculate Guild Continues Legacy of Caring with Love and Loyalty Membership Campaign



Mayor of Lawrence and Mary Immaculate Guild Board of Directors. Front Row: Lisa Breen, Paul Gangi, Brian A. DePeña - Mayor of Lawrence, Kristen Fleming, Andrea McCann, John Felci and Charles Gangi. Back Row: Joseph Bourque, Anthony Ngethe, Donald Marinelli, Ann-Marie Giarrusso, Del Downing, Gerard Foley and Joseph Levesque.

The Mary Immaculate (MI) Guild, Inc. is a community service organization that supports Mary Immaculate's Nursing/Restorative Center (MINRC), a 231-bed skilled nursing community that offers long-term care, a short-term rehabilitation unit, secure memory care unit and is an integral part of the full continuum of elder care offered by MI Health/Care Services. Founded in 1868 by the Sisters of Charity Montreal or "Grey Nuns", Mary Immaculate is one of Lawrence's oldest charities and one of New England's largest and most advanced senior healthcare campuses.

Membership Campaign

The MI Guild furthers MINRC's Mission of improving the lives of its residents through service and fundraising. Joseph Bourque, the MI Guild's President who has deep Lawrence roots shares, "MI is all about family. My connection to it began 13 years ago when my father became a resident. He was later joined by my mother. My mom and dad genuinely embraced their MI family – who enthusiastically embraced them right back! I sincerely look forward to giving back by collaboratively working with our guild members to help fulfill Mary Immaculate's Mission and goals. I invite other community members to learn more about our Love and Loyalty Membership Campaign and consider giving back."

Community members are encouraged to learn more about the MI Guild. As a member you will:

- Contribute annual dues and attend the annual dinner
 - Serve as a liaison to others to advance programs, services and care
 - Join with like-minded business and community members in service for our community by working with these MI Guild Officers and Directors.
- Officers: President – Joseph Bourque; Vice President – John Felci, Treasurer – Andrea McCann, Clerk – Anthony Ngethe and Chairperson – Gerard Foley
Directors: Lisa Breen, Del Downing,

Kristen Fleming, Charles Gangi, Paul Gangi, Ann-Marie Giarrusso, Donald Marinelli and Joseph Levesque

To learn more about the MI Guild, its Love and Loyalty Membership Campaign and how you can give back, please visit mihcs.org/guild.

About Mary Immaculate Health/Care Services (MIHCS)

Mary Immaculate Health/Care Services (MIHCS) is a member of Covenant Health, New England's largest non-profit post-acute care provider. MIHCS is one of Massachusetts' most comprehensive senior care communities and enjoys a long-standing reputation of offering high-quality healthcare and housing services for older adults. MIHCS is nestled in the historic heart of Lawrence, Mass. and is distinguished by its continuum of care, which is specifically designed to meet elders' broad medical and spiritual needs. Its array of services includes a 231-bed skilled nursing center, memory care unit, CARF accredited short-term rehabilitation services, an assisted living community, independent senior housing and chair car transportation. Bilingual services are available. To learn more about us, please visit or call 978.685.6321.

About Covenant Health

Covenant Health is an innovative, Catholic regional healthcare system and a leader in values-based, not-for-profit health and elder care. Covenant's family of organizations includes hospitals, skilled nursing and rehabilitation centers, assisted living, independent senior residences and adult day care organizations throughout New England and Pennsylvania. We are New England's largest non-profit post-acute care provider. Covenant Health is fully committed to offering a continuum of high-quality, compassionate care to the individuals and communities we serve. Please visit www.covenanthealth.net to learn more about us or to review a list of associated locations.

Northern Essex Selected for Free Digital Textbook Pilot Program

Northern Essex Community College is one of just seven colleges in the Commonwealth selected to participate in the Digital Textbook and Materials Pilot program. The Massachusetts Department of Higher Education (DHE) has approved a million-dollar grant for the seven schools to access digital textbooks, courseware, and materials on the Lumen Learning platform for free.

"In addition to reducing student textbook costs, this national movement is empowering faculty to curate their own educational materials. In a very real way, this enhances faculty scholarship and has the potential of adding value to student learning. I am so glad that NECC is a leader in Massachusetts in this work" says NECC Provost Paul Beaudin.

Sue Tashjian, the coordinator of instructional technology at Northern Essex, is currently reaching out to faculty about the options on the Lumen platform. Faculty have until June to take advantage of the grant; however, Lumen will continue to provide free use of their platform for the fall 2023 semester. Lumen also offers a wide range of course materials that are always free, and after the grant period ends, their course platform is just \$25 per student. "Lumen offers 50+ courses in almost every academic discipline - especially those taken in the first two years of college. Their College Success course provides new students with skills they need to be successful in college, like goal setting and time management. Modules from this course could be used to complement existing courses," Tashjian points out.

"Over the past few years, Lumen's focus has been on creating equitable courseware to improve student learning outcomes," Tashjian continues. "They received a grant from the Bill & Melinda Gates Foundation focused on improving

educational outcomes for underserved students, which aligns with the DHE's Strategic Plan for Racial Equity and the local work that is happening at NECC."

NECC's recent work to remove barriers includes unveiling the college's first open textbook. Early Childhood Education Professors Doris Buckley and Deirdre Budzyna developed *The Whole Child: Development in the Early Years*. This book replaces a commercial textbook that would cost students \$174. NECC's version is free for educators and students across the country.

Open textbooks are an example of Open Educational Resources (OER). OER is free, openly licensed educational materials that faculty can adopt in place of commercially published textbooks. Buckley and Budzyna developed their OER project through the Remixing Open Textbooks through an Equity Lens (ROTEL) grant—a statewide project funded by the U.S. Department of Education.

NECC was an early adopter of the use of OER. Tashjian is co-chair of the Massachusetts OER Advisory Council. She and Dean of Business and Professional Studies, Jody Carson, introduced OER to the college in 2014 with a textbook task force. Since then, Tashjian estimates that free and low-cost course materials have saved more than 19,000 students \$2 million on textbooks. With the latest offering from Lumen and other open textbook projects underway at Northern Essex, that number will continue to rise.

Faculty interested in learning more about the Digital Textbook and Materials Program pilot program can participate in one of two upcoming information sessions. Register here. They can also email Sue Tashjian with questions about the program or OER.

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

Dalai Lama

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ARISTOTLE



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 Por Paul V. Montesino, PhD, MBA, CCP

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

**De luces y linternas.
 La búsqueda interminable de Diógenes**

Hace muchos años que no me interesa o atrevo contar, mi padre, el periodista Pedro Pablo Montesino, se involucró de lleno en la política cubana. Después de un período particularmente violento en la historia cubana durante una de las dictaduras "du jour" que lo encarceló unos meses, apoyó las ideas liberales y la organización de un abogado y economista amigo que apoyaba la candidatura de otro abogado muy respetado en los círculos políticos cuyo nombre prefiero mantener en el anonimato porque al final perdió las elecciones y mi padre su candidato favorito.

Yo era un estudiante de primaria y solía acompañar a mi padre a muchos de sus mítines políticos en varios lugares y en diferentes ocasiones. Mi presencia no fue una pérdida de tiempo. Para mantener ocupado al niño curioso que había en mí, los organizadores de los eventos me entregaban volantes y folletos para distribuir a la audiencia, una tarea que realicé con orgullo, eficiencia y entusiasmo.

La pérdida de "nuestro" candidato fue una dolorosa decepción no sólo para mí padre, que estaba convencido de los méritos de su amigo, sino también para mí por no haber logrado mucho repartiendo "mis" volantes y folletos. Me olvidé de decir que nunca leí el material que estaba distribuyendo, su significado político o su valor para el electorado. Supongo que no estaba menos informado que muchos políticos en ese entonces o incluso ahora entre nosotros sobre la verdad de las ideas que se discutían. Pero esta alienación entre hombre o mujer con principios no era ni es nada nuevo.

Recordando esos días, me hizo pensar en otros discursos políticos. En los años 404-323 AEC, hubo un griego llamado

Diógenes de Sinope que fue apodado "filósofo cínico." Las diferencias entre él y los políticos de hoy no son el cinismo, sino que no son filósofos.

Este señor Diógenes solía vagar sosteniendo una linterna o una vela en las caras de los ciudadanos de Atenas alegando que estaba buscando a un hombre honesto. Sí, incluso en la época griega precristiana, los hombres honestos eran difíciles de encontrar y no había cámaras en ese momento para hacerse "selfies" con ellos. No faltaban teléfonos inteligentes; Eran los ciudadanos inteligentes lo que faltaba.

Sin saber el nombre o las hazañas de este cínico griego, pensé que mi padre y yo habíamos encontrado un hombre honesto. Su derrota en las urnas puso fin, si no a las ambiciones adultas de mi padre, al menos a mis expectativas infantiles. Juré entonces que nunca me postularía para un cargo político público para evitar una mayor desilusión. La ambición había sido cortada de raíz y nunca miré hacia atrás. El Partido Cínico había ganado las elecciones.

En su búsqueda de un hombre honesto "Diógenes también rechazó el concepto de modales como una mentira y siempre abogó por la veracidad completa y bajo cualquier circunstancia, Wikipedia." ¿Nos sorprende entonces que los políticos actuales, sin linterna ni vela, carezcan de todo sentido de los modales y se insulten unos a otros en todas las circunstancias? Esa práctica no solo los ofende a ellos, sino también a nosotros. Supongo que ahora conoce el resto de la historia y de dónde viene.

Y ese es mi punto de vista hoy. Abur.



A POINT OF VIEW © 1996
 By Paul V. Montesino, PhD, MBA, CCP

**Of lights and Lanterns.
 Diogenes' endless search**

Many years ago I could not care or would dare to count, Pedro Pablo Montesino, my journalist father, became heavily involved in Cuban politics. After a particularly violent period in Cuban history during one of the dictatorships "du jour" that jailed him for a few months, he supported the liberal ideas and organization of a lawyer and economist friend who was himself supporting for president another lawyer well respected in political circles whose name I prefer to keep anonymous because in the end lost the election and my father his favorite candidate.

I was an elementary student and used to tag along with my dad attending many of his political rallies at several venues and on different occasions. My presence was not a waste of time. To keep the curious child in me busy, the organizers of the events gave me flyers and brochures to hand out to the audience, a task I conducted with pride, efficiency, and gusto.

The loss of "our" candidate was a painful disappointment not only for my father, who was convinced of the merits of his friend but also for me for not having accomplished much handing out "my" flyers and brochures. I neglected to say that I never read the material I was handing out, its political meaning, or its value to the electorate. I suppose I wasn't less informed than many politicians back then or even now amongst us about the truth of the ideas being discussed. But this alienation between men and women with principles was and is nothing new.

Remembering those days, made me think of other political discourses.

In the years 404-323 BCE, there was a Greek called Diogenes of Sinope who was dubbed a Cynic Philosopher. The difference between him and politicians today is not the cynicism, but that they are not philosophers.

This fellow Diogenes used to roam about holding a lantern or candle to the faces of the citizens of Athens claiming he was searching for an honest man. Yes, even in Greek pre-Christian times, honest men were hard to find and there weren't cameras at the time to get selfies with them. It was not a lack of smartphones; it was a lack of smart citizens.

Without knowing the name or exploits of this Greek Cynic, I had thought that my father and I had found an honest man. His defeat in the urns put an end, if not to my father's adult ambitions, at least to my childish expectations. I swore then never to run for public political office to avoid further disillusion. The ambition had been nipped in the bud and I never looked back. The Cynic Party had won the election.

In his search for an honest man "Diogenes also rejected the concept of manners as a lie and always advocated complete truthfulness and under any circumstance," Wikipedia. Are we then surprised that current politicians, without lanterns or candles, lack all sense of manners and insult each other under all circumstances? That practice not only offends them but also us. I guess now you know the rest of the story and where it comes from.

And that is My Point of View today. So long.

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

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

Dalai Lama

Tufts Medicine Care at Home enseña a los dolientes a manejar la hora de comer solos

Para aquellos que están de duelo, navegar por nuevos ritmos de compras de comestibles, preparar comidas y cenar sin una pareja amada puede causar una angustia diaria adicional.

Reconociendo la profunda conexión entre la comida y el duelo, Tufts Medicine Care at Home ha introducido una nueva sesión de "Cocinar y comer para uno" a su línea de grupos de apoyo gratuitos que se ofrecen a través de Zoom.

La serie de tres talleres interactivos, que tendrá lugar los lunes de 5:30 p. m. a 7:00 p. m., enseñará recetas sencillas y saludables con ingredientes mínimos: Pasta con champiñones el 13 de febrero; Pollo Piccata el 13 de marzo; y sopa de brócoli y queso cheddar el 10 de abril. Se invita a los participantes a registrarse para una, dos o las tres sesiones.

Los grupos de apoyo de Care at Home para adultos, niños, cónyuges/parejas e individuos de la comunidad LGBTQ+ que están de duelo por una muerte son

gratuitos y abiertos al público. Para registrarse y obtener más información, llame al 978-552-4510 o visite www.careathome.org.

Acerca de Tufts Medicine Atención en el hogar

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

Tufts Medicine Care at Home Teaches Grievers to Navigate Mealtime Solo

For those who are grieving, navigating new rhythms of grocery shopping, preparing meals and dining without a beloved partner can cause added daily distress.

Recognizing the deep connection between food and mourning, Tufts Medicine Care at Home has introduced a new session of "Cooking and Eating for One" to its lineup of free support groups offered via Zoom.

The series of three interactive workshops, which will take place on Mondays from 5:30 to 7:00 p.m., will teach straightforward, healthy recipes with minimal ingredients: Mushroom Pasta on Feb. 13; Chicken Piccata on March 13; and Broccoli Cheddar Soup on April 10. Participants are invited to register for one, two or all three sessions.

Care at Home's support groups for adults, children, spouses/partners and individuals in the LGBTQ+ community

who are grieving a death are free of charge and open to the public. To register and learn more, call 978-552-4510 or visit www.careathome.org.

About Tufts Medicine Care at Home

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

Massachusetts se prepara para el programa Summer Eats Meals

Programa de servicio de alimentos de verano de 2023 para proporcionar comidas sin costo a decenas de miles de niños

La Administración de Healey-Driscoll, en colaboración con el Departamento de Educación Primaria y Secundaria del estado (DESE), lanzará el Programa de Servicio de Alimentos de Verano 2023 o Summer Eats, como se le conoce en Massachusetts, en junio y espera que se unan más organizaciones patrocinadoras a ellos.

Summer Eats es una iniciativa financiada por el Departamento de Agricultura de EE. UU. que proporciona comidas nutritivas y gratuitas a los niños cuando no hay clases. En Massachusetts, DESE administra el programa.

En todo el Estado Libre Asociado, más de 520,000 niños califican para recibir comidas escolares gratuitas o de bajo costo durante el año escolar. Sin embargo, durante los meses de verano, los niños y las familias pierden el acceso a esas comidas nutritivas y, con frecuencia, a las familias les resulta difícil reemplazarlas. A través de Summer Eats, DESE garantizará que decenas de miles de estudiantes de Massachusetts aún tengan acceso a las

comidas de las que dependen durante el año escolar.

Este año, Summer Eats proporcionará comidas nutritivas a niños en cientos de lugares en áreas elegibles en todo el estado. Los sitios de comidas de verano incluyen escuelas y otros centros comunitarios, desde parques hasta campamentos de verano. Al igual que en años anteriores, DESE espera que otras organizaciones se unan a ellos para patrocinar sitios de comidas.

“Ningún estudiante debería pasar hambre solo porque la escuela está cerrada durante el verano. Con el programa Summer Eats, podemos garantizar que los estudiantes de Massachusetts se mantengan saludables y crezcan al brindarles acceso a comidas nutritivas durante todo el año”, dijo el Secretario de Educación, Dr. Patrick A. Tutwiler. “Estamos agradecidos con todos los patrocinadores que han ayudado con esta iniciativa en el pasado, y alentamos a más a unirse a nosotros este año”.

“Las comidas gratuitas para los niños son un apoyo fundamental para las familias

y las comunidades cuando no hay clases”, dijo el comisionado de Educación Primaria y Secundaria, Jeffrey C. Riley. “Summer Eats es una parte importante del trabajo de DESE durante los meses de verano, pero no podemos hacerlo sin socios comunitarios”.

La participación en Summer Eats ha aumentado anualmente desde que se implementaron iniciativas de divulgación específicas en 1992. El verano pasado, 120 organizaciones patrocinadoras alimentaron a miles de jóvenes cada día en más de 1200 sitios de alimentación en todo el estado. El Departamento de Educación Primaria y

Secundaria espera que el programa crezca nuevamente este año.

Muchos programas de Summer Eats abrirán antes del 4 de julio y operarán hasta principios de septiembre. Los patrocinadores administran los sitios con el apoyo técnico cercano de DESE y la asistencia de extensión del Programa de extensión de nutrición infantil en Project Bread.

Para obtener información sobre Summer Eats, incluido cómo convertirse en patrocinador, llame a Project Bread al 617-723-5000.

Massachusetts Prepares for Summer Eats Meals Program

2023 Summer Food Service Program to provide tens of thousands of children meals at no cost

The Healey-Driscoll Administration, in collaboration with the state Department of Elementary and Secondary Education (DESE), will launch the 2023 Summer Food Service Program or Summer Eats, as it is known in Massachusetts, in June and hope additional sponsor organizations join them.

Summer Eats is a U.S. Department of Agriculture-funded initiative that provides free, nutritious meals to children when school is not in session. In Massachusetts, DESE administers the program.

Across the Commonwealth, more than 520,000 children qualify for free or low-cost school meals during the school year. However, during the summer months, children and families lose access to those nutritious meals, and families frequently find it difficult to replace them. Through Summer Eats, DESE will ensure that tens of thousands of Massachusetts students still have access to the meals they depend on during the school year.

This year, Summer Eats will provide nutritious meals to children at hundreds of locations in eligible areas throughout the state. The summer meal sites include schools and other community centers, from parks to summer camps. Like in years past, DESE is hoping additional organizations join them in sponsoring meal sites.

“No student should go hungry just because school is out for the summer. With the Summer Eats program, we can

ensure sure Massachusetts students remain healthy and growing by providing access to nutritious meals year-round,” said Secretary of Education Dr. Patrick A. Tutwiler. “We’re grateful to all the sponsors who have helped with this initiative in the past, and we encourage more to join us this year.”

“No-cost meals for children are a critical support for families and communities when school is out,” Elementary and Secondary Education Commissioner Jeffrey C. Riley said. “Summer Eats is an important part of DESE’s work during the summer months, but we can’t do it without community partners.”

Participation in Summer Eats has increased annually since targeted outreach initiatives were implemented in 1992. Last summer, 120 sponsoring organizations fed thousands of young people each day at more than 1,200 feeding sites across the state. The Department of Elementary and Secondary Education expects the program to grow again this year.

Many Summer Eats programs will open before July 4 and operate until early September. Sponsors run the sites with close technical support from DESE and outreach assistance from the Child Nutrition Outreach Program at Project Bread.

For information on Summer Eats, including how to become a sponsor, call Project Bread at 617-723-5000.

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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!

Liderazgo y Empoderamiento "2023"



El Alcalde Brian A. De Peña recibió en su despacho a la concejal Celina Reyes y a los participantes de las clases de Liderazgo y Empoderamiento "2023" a través de Lawrence Community Works.

En este encuentro el Alcalde DePeña

junto a los asistentes visitaron varios de los departamentos del ayuntamiento y así conocer mejor cómo funcionan y cuáles cosas se pueden optimizar en los servicios que allí se ofrecen a los constituyentes.

The Power of Leadership Institute "2023"

Mayor Brian A. De Peña had the pleasure to have in his office State Representative Estela Reyes, City Councilor Celina Reyes, and other participants in The Power of Leadership Institute "2023" program through Lawrence Community Works.

In this meeting, Mayor DePeña, along with the participants, visited several of the City Hall departments to understand better how these departments work and what things can be optimized in the services offered to the constituents in the City of Lawrence.

CLASIFICADOS | CLASSIFIEDS

LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicles on or after February 9, 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. 2004 Honda CR-V VIN SHSRD78894U235818
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5. 2007 Honda CR-V VIN JHLRE48757C114296

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Coady's Towing Service
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GLCF Seeks Request for Proposals for 2023 Discretionary Grant Cycles

Lowell, MA – The Greater Lowell Community Foundation will open its 2023 Discretionary Grant Cycles on February 1 and is seeking requests for proposals from nonprofit organizations. The Foundation will award \$200,000 through the Discretionary Grant Cycle.

Nonprofit organizations serving the communities of Acton, Ashby, Ayer, Bedford, Billerica, Burlington, Carlisle, Chelmsford, Concord, Dracut, Dunstable, Groton, Littleton, Lowell, Pepperell, Shirley, Tewksbury, Townsend, Tyngsboro, Westford, and Wilmington are invited to apply.

Grant funding from the Greater Lowell Community Foundation's 2023 Discretionary Grants Program includes the following strategic funding categories:

- Racial Equity and Inclusion (details below) - The Foundation will award multiple grants of up to \$15,000 that focus on racial equity and inclusion. The grant funding should focus on one or more of the following goals:
 - o Increase understanding of our community's challenges with racial equity and race relations
 - o Provide access to stories and diverse perspectives on the lived experience of racial inequity in Greater Lowell
 - o Strengthen relationships among Greater Lowell residents, particularly across racial and ethnic groups
 - o Increase awareness of resources and best practices related to advancing racial equity
- Leclair Elder Services - The Foundation will award five grants at \$7,000 each to organizations that support services

to seniors (55 years+) in our service area.

• Children's Services - This year, thanks to the generosity of our donors, GLCF will award seven grants at \$7,500 each to projects that support services for children. The Foundation welcomes proposals that improve the quality of life for children and young adults (birth to age 22.)

Grant applications must be submitted by noon on March 3, 2023. Grant recipients will be announced in May. More information is available on the foundation's website: www.glcfoundation.org.

For more information about the grant process, contact Sharon, GLCF Grants Coordinator with any questions at sharon@glcfoundation.org.

About Greater Lowell Community Foundation -- Established in 1997, the Greater Lowell Community Foundation (GLCF) is a philanthropic organization comprised of more than 400 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of 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.



Clarendon Early Education Services received a 2022 Discretionary Children's Grant to support their Comfort Kits for Foster Kids.

Los premios National Impact With Heart Awards celebran el logro comunitario durante el Mes de la Historia Afroamericana

La American Heart Association reconoce a los agentes de cambio afroamericanos

El jueves, 2 de febrero, la American Heart Association (Asociación Estadounidense del Corazón), que constituye una fuerza global para mejorar las vidas de todos, celebró las contribuciones de los impulsores y agentes de cambio de la comunidad afroamericana de todo el país con los premios Impact With Heart Awards. El evento que se realizó en el centro Long Gallery Harlem de la Ciudad de Nueva York reconoció el trabajo transformador que se está llevando a cabo a nivel local en todo el país para mejorar las vidas de los afroamericanos y de las comunidades de color.

Los premios honran las contribuciones especiales de dos líderes comunitarios que impulsaron el aporte de soluciones basadas en la comunidad que cambian el paradigma de desigualdad en materia de salud, eliminan barreras para lograr la igualdad sanitaria y, por último, sirven a la comunidad de afroamericanos y a otras comunidades de color. El programa inaugural también contó con la presencia especial de la personalidad de radio nacional sindical, Sybil Wilkes, y con la personalidad de televisión, abogada y voluntaria oficial nacional de la American Heart Association, Star Jones.

Los galardonados de 2023 son Charles Daniels, PhD, fundador y director general de Fathers' UpLift, centro que ofrece asesoramiento de salud mental, orientación y apoyo para ayudar a los padres de Boston, superar las barreras que les impiden permanecer involucrados en las vidas de sus hijos; y Brittany Young, fundadora de la Iniciativa B-360, cuya misión es hacer uso de la cultura de la motocicleta todoterreno en Baltimore para ponerle fin al ciclo de la pobreza, eliminar la vía de la escuela a la cárcel y crear puentes entre las comunidades.

“Se les puede decir a las personas que tomen decisiones para lograr un estilo de vida saludable, pero una de las principales causas de la desigualdad sanitaria es la adversidad económica. Tenemos que enfocarnos en esto. En la American Heart Association, abordamos la adversidad económica como un conductor primordial hacia la mala salud, especialmente la salud cardiovascular”, explicó la presidenta voluntaria de la American Heart Association, Michelle A. Albert, M.D., M.P.H., FAHA, titular de la cátedra subvencionada de Cardiología de Walter A. Haas-Lucie Stern, profesora de Medicina y decana de Admisiones en la Facultad de Medicina de la Universidad de California-San Francisco.

“Es un honor ser presentados durante la celebración”, dijo Daniels. “Fathers' UpLift ofrece asesoramiento de salud mental, orientación y apoyo para ayudar a los padres a luchar contra el racismo y superar las barreras emocionales, traumáticas y basadas en adicciones que les impiden permanecer involucrados en las

vidas de sus hijos. Gracias a la fundación Social Impact Fund de la American Heart Association, recibimos los fondos tan necesarios para mejorar las condiciones económicas y sociales de nuestra comunidad. El éxito de los padres a los que hemos apoyado es la prueba de que invertir en emprendimientos y organizaciones locales puede derribar las barreras sociales y económicas de la desigualdad en materia de salud”.

“Nos enorgullece haber sido reconocidos por nuestro historial de logros. Más de 9,000 jóvenes menores de 16 años recibieron servicios que contribuyen a una mejora del 45 % en los resultados de las pruebas estandarizadas de Maryland entre los participantes. Además, 57 exdelincuentes no violentos adquirieron experiencia laboral directa con la Iniciativa B-360 como instructores. Este esfuerzo ahorró \$2.2 millones de dólares a los contribuyentes al emplear a aquellas personas en riesgo de encarcelación y al reducir los arrestos por uso de motocicletas todoterreno en Baltimore en un 83%”, explicó Young.

La organización ha marcado un impacto al abordar la inseguridad alimentaria, el transporte, el acceso a la atención médica, la educación STEM (ciencia, tecnología, ingeniería y matemáticas) y la educación para jóvenes. La Iniciativa B-360 de Baltimore fue finalista en la competencia EmPOWERED to Serve Business Accelerator de 2019, una competencia de fondos que reúne a un grupo diverso de emprendedores y organizaciones sociales y de salud digital que impulsan el cambio a través de la justicia en materia de salud en sus comunidades.

La Fundación Social Impact Fund de la American Heart Association se lanzó en 2018 para respaldar las soluciones basadas en la comunidad que reducen las barreras sociales y económicas hacia la igualdad sanitaria. La estrategia de inversión complementa el trabajo que el objetivo estratégico de la American Heart Association tiene para confrontar las barreras no médicas, sociales y económicas que hacen que una gran cantidad de personas desarrollen enfermedades del corazón y tengan vidas más cortas y menos saludables. Las fundaciones están dedicadas a crear soluciones sostenibles basadas en la evidencia dirigidas por organizaciones sin fines de lucro y pequeñas empresas locales de diversos mercados y ámbitos. La competencia EmPOWERED to Serve Business Accelerator apoya de manera simultánea a los emprendedores y a las organizaciones sociales y de salud digital que impulsan el cambio a través de la justicia en materia de salud en sus comunidades y, específicamente, abordan la inseguridad alimentaria, el transporte, el acceso a la atención médica, la educación STEM, la educación para jóvenes y más.

Puntos clave a tomar en cuenta al presentar declaración de impuestos de 2022

Para ayudar a los contribuyentes a navegar el comienzo de la temporada tributaria de 2023, el Servicio de Impuestos Internos (IRS) ofreció hoy una lista de verificación con recordatorios para las personas, conforme se preparan para presentar la declaración de impuestos.

Desde la recopilación de documentos hasta la presentación de su declaración, estos pasos ayudarán a facilitar la preparación de impuestos en 2023:

1. Reúna la documentación y los archivos de impuestos para verificar que todo se presente con exactitud para evitar perderse de algún beneficio o crédito. Los contribuyentes deben tener todos sus documentos importantes y necesarios antes de preparar su declaración. Esto ayuda a que presente una declaración completa y precisa. Los errores y las omisiones atrasan el procesamiento de impuestos, incluidos los tiempos de entrega de reembolsos.

Cierta información necesaria antes de comenzar incluye:

- Números de Seguro Social de todas las personas que figuran en la declaración de impuestos
- Números de cuentas bancaria y de ruta
- Varios formularios de impuestos como W-2, 1099, 1098, así como cualquier carta del IRS que mencione un monto recibido por algún beneficio tributario.
- Formulario 1095-A, Declaración del Mercado de Seguros Médicos,
- Cualquier carta del IRS que mencione un monto recibido para una determinada deducción o crédito tributario.

2. Recuerde informar todos los tipos de ingresos en la declaración de impuestos. Esto es importante para evitar recibir un aviso o una factura del IRS. No olvide incluir los ingresos de:

- Bienes creados y vendidos en plataformas en línea,
- Ingreso de inversión,
- Trabajo a tiempo parcial o de temporada,
- Trabajo por cuenta propia u otras actividades comerciales,
- Servicios prestados a través de aplicaciones móviles.

3. Presente una declaración precisa haciéndolo electrónicamente y elija depósito directo para evitar demoras en el reembolso. Evite las devoluciones en papel. El software de impuestos ayuda a las personas a evitar errores al hacer los cálculos. Guía a las personas a través de cada sección de su declaración de impuestos a través de un formato de preguntas y respuestas.

Para aquellos que esperan que se procese su declaración de impuestos de 2021, aquí hay un consejo especial para asegurarse de que el IRS acepte su declaración de impuestos de 2022 para su procesamiento. Asegúrese de ingresar \$0 (cero dólares) para el ingreso bruto ajustado (AGI) del año pasado en la declaración de impuestos de 2022. Todos los demás deben ingresar el AGI del año anterior de la declaración del año pasado.

4. Hay recursos gratis disponibles para

ayudar a los contribuyentes a declarar. Free File podría estar disponible para contribuyentes calificados. Para aquellos que buscan evitar posibles demoras al presentar una declaración de impuestos en papel, Free File del IRS es una opción. Free File del IRS está disponible para cualquier persona o familia que haya ganado \$73,000 o menos en 2022.

Con Free File del IRS, los principales proveedores de software de impuestos hacen que sus productos en línea estén disponibles gratuitamente como parte de una asociación de 21 años con el IRS. Este año, hay siete productos en inglés y uno en español. Los contribuyentes deben acceder a estos productos a través del sitio web del IRS.

Las personas que ganan más de \$73,000 pueden usar los formularios rellenables de Free File del IRS. Estas son la versión electrónica de los formularios en papel del IRS. Este producto es mejor para las personas que se sienten cómodas preparando sus propios impuestos.

Los contribuyentes que califican también pueden encontrar ayuda gratis para la preparación de impuestos a través del país por medio de los programas de Ayuda Voluntaria al Contribuyente (VITA) y Asesoramiento Tributario para Personas de Edad Avanzada (TCE).

5. Elija cuidadosamente a un profesional de impuestos. La mayoría de los preparadores de declaraciones de impuestos son profesionales, honestos y brindan un excelente servicio a sus clientes. Sin embargo, existen preparadores de declaraciones de impuestos deshonestos que presentan declaraciones de impuestos falsas. El IRS tiene un Directorio de preparadores de declaraciones de impuestos federales con credenciales y calificaciones selectas, en inglés y más información acerca de cómo elegir un profesional de impuestos en IRS.gov.

6. Evite largas demoras telefónicas; use los recursos en línea antes de llamar al IRS. Para evitar largos tiempos de espera, el IRS insta a las personas a usar IRS.gov para obtener respuestas a sus preguntas de impuestos, en inglés, verificar el estado de un reembolso o pagar impuestos. No se necesita tiempo de espera ni cita: las herramientas y los recursos en línea están disponibles las 24 horas del día. La herramienta Asistente Tributario Interactivo del IRS y los recursos Permítanos ayudarle son especialmente útiles.

Además, el IRS sugiere que los contribuyentes se mantengan actualizados de información tributaria importante en línea al:

- Seguir las cuentas de redes sociales oficiales del IRS y las listas de suscripción de correo electrónico para mantenerse actualizado sobre los últimos temas y alertas de impuestos.

- Descargue la aplicación móvil IRS2Go, mire los videos de YouTube del IRS o siga al IRS en Twitter, Facebook, LinkedIn e Instagram para obtener las últimas actualizaciones acerca de cambios en los impuestos, alertas de estafas, iniciativas, productos y servicios.

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Football Announces 2023 Incoming Class

NORTH ANDOVER, Mass. - Merrimack College football head coach, Dan Curran, announced a 20 newcomers for his class of 2023 on Friday. The class features four transfers and 16 high school seniors. Curran, who has been a staple on the DMV recruiting scene for a number of years grabbed seven players from the area. Merrimack will also be bringing in three recruits from its home state of Massachusetts.

The Warriors finished last season with an 8-3 record, which tied the program record for wins. Merrimack reached the Northeast Conference championship game against Saint Francis (PA). Curran and his squad received votes multiple times in the FCS Football Coaches Poll. The Warriors will return 18 out of their 22 starters next season.

Brendon Wyatt - 5'11 - 195 - RB - DeMatha Catholic

1st Team All WCAC junior and senior year. Held 16 Division I offers including FBS Schools Maryland, Temple, Charlotte, Umass as well as FCS schools Holy Cross, UNH, Monmouth, and Fordham.

Coach Curran Quote: "Brendon is an explosive back who was super productive the last two years in one of the best high school football conferences (WCAC) in the country. Brendon's vision and ability to make defenders miss will give him a chance to develop into an elite back at the next level"

Bryce Warrick - 6'0 - 295 - DL - Springfield Central

1st Team All State performer for Massachusetts state power Springfield Central. Held offers from Sacred Heart and Stonehill.

Coach Curran Quote: "I believe Bryce is hands down the best defensive lineman in the state. He was an absolute force up front for Coach Watson's squad the past two years and he always seemed to play his best in the biggest games. Bryce has an unbelievable get off for an interior defensive lineman and plays the game the way it was meant to be played. Kid is a perfect fit for our culture."

Brandon Smith - 6'2 - 305 - OL - DeMatha Catholic

1st Team All WCAC junior and senior year. Held offers from Duquesne, Elon, Delaware State, Stonehill, LIU, Saint Francis.

Coach Curran Quote: "Brandon was a dominant offensive lineman at DeMatha Catholic the past two seasons playing one of the toughest schedules in the country. Has great athleticism as an interior offensive line and excels at getting movement at the point of attack in the run game. True student of the game who is probably one of the more technical offensive linemen we have seen on film in quite some time. Will have an opportunity to make an impact early because of his physical development and ability to play all three interior spots on the offensive line.

Markeith Hogan - 6'0 - 210 - LB - Gonzaga College Prep

Team Captain who was a 1st Team All WCAC performer junior and senior year. Recruited by UPenn, Columbia.

Coach Curran Quote: " Markeith is a natural leader and a tremendous student athlete who will be a great fit in our defensive scheme. Has excellent instincts and was an accomplished high school track athlete that has elite speed and range for the linebacker position. Has all the tools to be a three down linebacker at the college level.

Matthias Latham - 5'10 - 190 - RB/S - Central Catholic

Team Captain and 3x All Conference Performer, 2x All Scholastic for one of the top programs in the state of Massachusetts. Held an offer from Stonehill and New Haven.

Coach Curran Quote: "Matthias has been one of the best two way players in the state for the past two years. All purpose back that will be able to excel at the college level because of his ability to run, catch, and block out of the backfield. Matthias is just a flat out football player that can impact a game in so many different ways.

Deandre "Juice" Ricks - 5'11 - 180 - DB - DeMatha Catholic

All Conference Performer for WCAC power DeMatha Catholic. One of the top sprinters in the state of Maryland in both the 100 meters and 200 meters. Held offers from Coastal Carolina and Morgan State.

Coach Curran Quote: "Deandre was a prospect we identified early in the process that we were excited about because of his ability to excel playing man to man which is perfect fit for our defensive scheme. He has all the tools to be an elite corner at the next level with his length, speed, and competitive toughness. As good of a high school career as Deandre has had our staff believes his best football is still ahead of him and we are excited to have the opportunity to coach him the next four years."

Cidney Johnson - 6'4 - 230 - DL - St Paul (MD)

All Conference, All Region performer who lead his conference in sacks. Held offers from NC Central and Delaware State.

Coach Curran Quote: "Cidney is a big, long, athletic edge defender who has a chance to develop into an elite pass rusher at the college level. He is a heavy handed kid who plays with a great motor and always seems to find the football. Our staff is excited about Cidney's ceiling and we feel he has the chance to be a special player at the next level.

Austin Palmer - 6'2 - 205 - WR - Bishop McNamara

Leading receiver and 1st Team All WCAC performer junior and senior

seasons. Held offers from Saint Francis, Uconn, Delaware St, and Towson.

Coach Curran Quote: "Austin was another player we identified early in the process that we were excited about. He is a big strong kid with tremendous ball skills and we believe he is going to develop into a nightmare matchup on the perimeter for opposing teams defensive backs."

Paris Lenon - 6'2 - 190 - Hybrid S/LB - Williston Northampton

All Conference performer for Coach Beaton at Williston. Originally from AZ. Paris is a first cousin of junior defensive end Nick Lenon. Held offers from Stonehill and Marist.

Coach Curran Quote: "Paris is a long, rangy defender that has tremendous upside. He is an intelligent kid who has the athleticism to run with Tight Ends and Slot Receivers but also length and physicality to set the edge in the run game. Paris will be a great fit in our defensive scheme and Coach Gennetti will do a good job of utilizing all the different skill sets that he brings to the table."

Sean Mercuri - 5'11 - 215 - LB - Central Catholic

Team Captain, 2x All Conference performer and 2x All Scholastic performer for powerhouse Central Catholic. Older brother Michael was a Team Captain and All New England performer for Merrimack football in 2019. Held offers from New Haven and Assumption

Coach Curran Quote: "Sean is a physical, downhill defender who displays great short area explosiveness and a nose for the football. He was a super productive two way player for Coach Adamopoulos excelling as both an inside linebacker and running back. But what stands out the most when watching Sean on film is the toughness that he competes with which makes him a perfect fit for our program's culture."

Jalen McDonald - 5'11 - 180 - WR - Gonzaga College Prep

Team Captain and 2x 1st Team All WCAC. In addition to being the Gonzaga's top receiver Jalen also excelled in the return game as both a punt return and kick return. Jalen's Uncle Julius Jones (Seahawks/ Cowboys) was a teammate of Coach Curran in Seattle. Held offers from Toledo, Lehigh, Georgetown

Coach Curran Quote: "Jalen is the definition of an all-purpose receiver making an impact as both a receiver, returner, and in the run game off Gonzaga's jet package. Jalen has some suddenness to his game and does a great job creating separation from the defender at the top of the route. He also excels with the ball in his hands breaking tackles and making defenders miss after the catch. I think Jalen's versatility and his ability in the return game will give him an opportunity to make an early impact."

Tavon McGee - 6'1 - 210 - RB - Baltimore Poly Tech

2x All Conference and All Region performer. Held offers from Morgan State, Fairmont State, Frostburg State.

Coach Curran Quote: "Tavon is what our staff likes to call a tone setter... He is a big, violent, downhill RB that fits our offensive scheme very well. It's rare to see a running back with is size have the top end speed and lateral movement that he possess... Tavon has all the tools to be a big time running back at the next level."

Amir Johnson - 6'3 - 305 - OL - East Coast Prep

This Burlington, New Jersey native was East Coast Prep's top offensive lineman in his Post Grad year. Held offers from Central Connecticut State., Shippensburg, and Edinboro.

Coach Curran Quote: "The first thing that stands out on film when watching Amir is his athleticism. He has tremendous feet and good lateral movement for his size. He also does a great job in the run game at getting movement at the point of attack. Amir has an unbelievable amount of potential and our coaching staff believes the sky is the limit for him as he continues to develop."

Anthony Aviles - 6'3 - 290 - OL - Depaul Catholic

Two year starter and 1st Team All-Conference Performer for State Championship team. Held offers from Marist, LIU, and Shippensburg

Coach Curran Quote: "Anthony is a big, athletic offensive lineman coming out of one of the top programs in NJ. He is an ultra-physical kid who plays with a mean streak. Anthony has the frame and the necessary skill sets to develop into a combo guy where he could make an impact at both Tackle and Guard. Kid loves the game and you can see it when watching him on film... his competitiveness and toughness will make him a great fit in our program."

Seth Sweitzer - 5'10 - 185 - WR - Choate School

All-Conference performer for Coach Spinnato in his post graduate year at the Choate School. Was a two sport standout (football and lacrosse) during high school career Daniel Hand High School (CT). Held offers from Central Connecticut State and Columbia

Coach Curran Quote: "Seth was one of our first offers in this recruiting class. We liked his film out of high school and had the opportunity to have him on campus for a prospect day before his Post Grad year at Choate and he blew the staff away. He had everything you look for in a wideout; polished route runner, good ball skills, and he is a great competitor. Seth's versatility and toughness will no doubt make him an impact player at the next level."

(Cont. on page 17)

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LEALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



The liars among us, always end up on top

After New York Congressman George Santos was elected, that is when we started to know him. First, we learned about his lies regarding his education from prestigious universities and places of employment that were made up because he never worked for the prominent firms that he claimed.

Then, we discovered the fake properties, the lies about his mother having died during the September 11 attack, being Jew-ish, and many more. Yet, he managed to fool thousands of voters and now he refuses to resign.

Perhaps people who knew him tried to warn the media or let people know only to be ignored and once elected it blew up.

Sometimes we say things in this column trying to make people aware of situations and it's up to them to choose to believe them or investigate further. George Santos brought to mind an article I wrote on September 8, 2021, entitled "Can you Trust Vilma?" when she was running for mayor of Lawrence.

I compared several documents with conflicting information and looked further. When Merrimack Valley Planning Commission appointed Vilma as Lawrence's representative she was listed as having 24+ years of experience working with both municipal and non-profit organizations but certainly not 24 years working in urban planning.

Her duties at the YWCA were extensive training in social and racial justice, gender, and health equity. She

was a social worker dealing with domestic violence, not urban planning.

Her resume, the application for the Community Development job, and the accompanying cover letter, all say very different things. If she could not coordinate her life experiences and have them match, it lends to lacking credibility.

Her resume said that her job in Community Development provided oversight to CDBG, HOME Investment Partnerships, and Emergency Solutions Grant entitlement programs, and to a Lead Abatement Program. The reality was that the city lost millions of dollars in those programs for two years with HUD's denial due to mismanagement and administrative filing errors.

They even had to return \$134,630.84 to the Federal government because she didn't know what to do with those funds. That was a sin!

While there are no educational requirements to be a mayoral candidate, I had many questions about her education and whether she had the degree she claimed to have. You should read the original article because fibbing politicians and city employees are routinely found.

When the current administration took over in November of 2021, Vilma left for a position at Greater Lawrence Community Action Council and now she's being elevated to the executive director and CEO position. Take a look at the article on page 8 announcing Evelyn Freeman's retirement. This time, she told the truth about her qualifications; at least she acknowledged that she previously worked at the YWCA of Northeastern Mass for 24 years.

But, why am I dragging back this story? While in charge of Community Development, Vilma "helped" applicants to deceive the system in order to qualify for home repair loans by including false information and the exclusion of details that would have placed them at a higher income lever, thus rendering them ineligible.

Greater Lawrence Community Action is a very wealthy regional organization handling many millions of dollars each year and we cannot afford the risk of the books falling into the hands of someone willing to cheat and lie.

Can we trust a liar? The worst part is that she has captivated the board of directors and apparently they refuse to read Rumbo.

LETTERS TO THE EDITOR RUMBO

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

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

If they can only answer why \$1 million was transferred from the Senior Center to GLCAC? Anyone asking for this has been coming up with silence in return.

News from the mayor's office

I have received a few calls asking if I have more news regarding Jhovanny Martes, Chief of Staff at the mayor's office. I receive the same information Nestor Castillo sends to all members of the media and nothing more.

I follow the local media (TV and print) like everyone else and as soon as there's more official communication, I'll share it as well.

Massachusetts Educator Diversity Act is Reintroduced for 193rd General Court

Bill reintroduction builds on growing momentum to create historic legislation that reimagines teaching profession and increases number of teachers of color

Last week, State Representative Alice Peisch and State Senator Jason Lewis reintroduced the Massachusetts Educator Diversity Act (HD3621 and SD1831), a comprehensive bill which would improve and strengthen efforts across the state to train, recruit and retain more teachers of color and move districts closer towards meeting the goal set by the Massachusetts Department of Elementary and Secondary Education to increase the percentage of diverse educators to 25% by 2030. Educators of color currently only make up 13% of all educators in Massachusetts, despite the fact that students of color are 46% of all students.

First introduced in January 2021, the Educator Diversity Act has seen increased support from diverse stakeholders, leaders within the education and workforce community as well as Latino, Black, and API groups. The bill garnered 60 co-sponsors during the 2021-22 legislative cycle and passed with a unanimous vote in the House of Representatives as an amendment to an economic development bill.

Members of the Educator Diversity Act Coalition, led by Latinos for Education, released the following statements in regards to the bill reintroduction:

"The Educator Diversity Act will have profound positive impacts on our state's education system, especially when it comes to ensuring Black and Latino students have positive and affirming school environments that put them on a path to college success. The bill will give school districts the resources they need to reimagine the teaching profession at a time when we are seeing increased need to recruit and retain more educators into the profession, and it will allow our state to continue being at the forefront of innovation when it comes to academic performance

for all students. We are excited to work with Representative Peisch, Senator Lewis and Governor Maura Healey to see this bill through the legislative process and signed into law," stated Amanda Fernandez, Co-Founder and CEO, Latinos for Education.

"Representation matters. Here in Springfield and Holyoke, Black, Latinx and other students of color need teachers that mirror their experience and identity. They need more educators who see and understand them in ways beyond lessons, classes and homework, now, more than ever. National data tells us that teachers of color can increase the graduation rates of their students of color by 39%. Our teachers have the opportunity to teach in ways that empower and uplift their students to put them on the path to success in school and beyond. The Educator Diversity Act is the legislation we need to make this vision a reality," added Pema Latshang, founding executive director, Teach Western Mass.

"Boston Plan for Excellence (BPE) and Boston Teacher Residency are honored to partner with organizations across the Commonwealth to bring much needed educator diversity to our public schools. The data show that students of color who are taught by teachers of color experience stronger outcomes on a number of measures including high school completion and college matriculation and graduation. Only together, with the support of the legislature, can we create programs that make possible the recruitment, development and retention of teachers of color, in a sustainable and lasting manner that leads to student success," added Jesse Solomon, Executive Director at Boston Plan for Excellence.

To learn more about the Educator Diversity Act or the Educator Diversity Coalition, please visit <https://www.latinosforeducation.org/educator-diversity-act/>

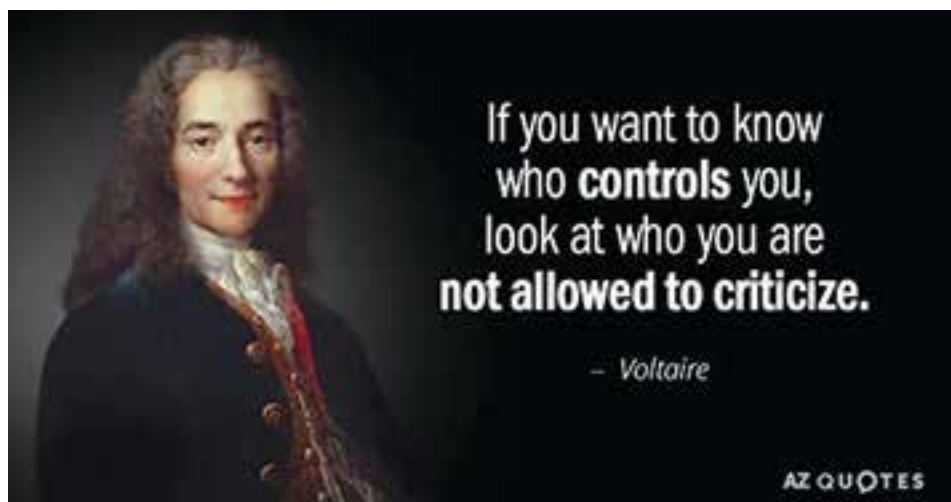
**Merrimack Valley
Planning Commission**

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Haverhill –Thursday, February 16, 2023 VIRTUAL Meeting (public)

The Merrimack Valley Planning Commission will hold its monthly virtual meeting on Thursday, February 16 at 11:00 a.m. The agenda includes updates on the commission's activities and is available at the MVPC website www.mvpc.org. For questions or details of this meeting contact Nancy Lavallee at nlavallee@mvpc.org



If you want to know
who controls you,
look at who you are
not allowed to criticize.

– Voltaire

AZ QUOTES

Merrimack College... (Cont. from page 15)

Transfers

John Griffith - 6'1 - 205 - QB - Maryland

Originally from national power St Frances Academy (MD) where he was a three-year starter for #2 team in the country. Has four years of eligibility left after redshirting last year at Maryland.

Coach Curran Quote: "John was a prospect our staff was familiar with when coming out of high school because of our relationship with Coach Messay and the St Frances Academy program which is one of the best in the country. He is a true duel threat with the ability to beat with his arm and his legs. More importantly he is a big time competitor who is a flat out winner and will be a great addition to Coach Rosenbaum's QB room."

Beau Lanzidelle - 6'5 - 305 - OL - Rutgers

Originally from the Hun School in NJ where he was an All-Conference performer. OL Coach at Rutgers (Augie Hoffman) was a teammate of Coach Curran in New Orleans. Has three years of eligibility left.

Coach Curran Quote: "Beau is big strong offensive lineman who has the ability to play both Tackle and Guard. His college positional coach was a former teammate of mine and he raved about Beau's football IQ and toughness and thought he would be a great fit for our program and our culture. I believe Beau will have the opportunity to compete for playing time next fall."

Collin Heard - 5'9 - 180 - Nickel - Colgate

2x Team Captain and All Conference Performer in the Patriot League. Originally from Michigan. Has one year of eligibility left.

Coach Curran Quote: "The staff was looking for a veteran defensive back who could potentially play multiple roles in our defense and make an impact on special teams and Collin was the prospect we felt was the best fit both from a skill set standpoint and from a culture standpoint. He is a twitchy defender who we believe can play corner and our nickel position covering opposing team's slots. He is also a high character kid who will bring some experience to that room and hopefully provide some leadership as well."

Jabari Echols - 6'0 - 185 - DB - Maine

Former Mount St Joseph (MD) standout started four games for the Black Bears. Was a high school teammate of junior defensive lineman Tyler Leavy. Has three years of eligibility left.

Coach Curran Quote: "Jabari was a player we recruited out of high school before he committed to Maine. He is a long, athletic corner who excels in man to man and will be a great fit for our defensive scheme. We think Jabari has a chance to develop into a very good cover corner."

For continuing coverage of Merrimack College Athletics, visit MerrimackAthletics.com and follow the Warriors on Twitter and on Facebook.

The Merrimack Valley Chamber of Commerce

Government Affairs Committee
Presents...

A SPECIAL REPORT FROM WASHINGTON

The Challenges and Opportunities Facing The United States in 2023

How are You, Your Family and Your Business Impacted?




CONGRESSMAN SETH MOULTON & CONGRESSWOMAN LORI TRAHAN

Monday, February 13th, 2023

7:30 AM Breakfast - 8:00 AM Speaking Program
DoubleTree by Hilton (Formerly Andover Wyndham)
123 Old River Rd., Andover, MA 01810
Includes a Full Hot Breakfast Buffet

Thank you to our Sponsors to date: All-Pro Electric; Covanta; MV Chamber Means Business Program; Merrimack Valley Planning Commission; National Grid; TEC, Inc The Engineering Corp and UniCare

Sponsorship is available call Michael Bevilacqua at Chamber 978-686-0900 or email office@merrimackvalleychamber.com

Sunday, March 5th, 2023 – 7:30 PM

Merrimack Valley Chamber Night at the Boston Celtics VS New York Knicks!





Be there for when Jayson Tatum, Jaylen Brown and the Boston Celtics take on the New York Knicks!

Enjoy an exciting night with your family, friends and/or reward your business associates!

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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.

THE MERRIMACK VALLEY CHAMBER OF COMMERCE

HEALTHCARE SERIES PRESENTS:

GROUP HEALTH INSURANCE FOR SMALL BUS



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 with access to affordable, quality health insurance, with opportunities to save money lower premiums, tax credits, and the ConnectWell wellness program, while giving em the unique opportunity to pick their own plan.

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

The Merrimack Valley Chamber of Commerce

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

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MONDAYS & WEDNESDAYS
4:30PM-6PM at CBA

Boys & Girls

Ages 5-17

PLEASE BRING CHILD'S BIRTH CERTIFICATE, CLOTHING SIZES, AND PHOTO OF CHILD

DISCLAIMER: REGISTRATIONS MUST BE COMPLETED AT CBA BY MARCH 29, 2023.

CONTACT LEAGUE COORDINATOR WITH ANY QUESTIONS:
SHANE CREMIN - shane.cremin@cbacre.org - (617) 520-4435

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Niños & Niñas

5-17 años

POR FAVOR TRAIGA LA PARTIDA DE NACIMIENTO, TAMAÑO DE ROPA, Y FOTO DE SU NIÑO/A

IMPORTANTE: LAS REGISTRACIONES DEBEN COMPLETARSE EN LAS OFICINA DE LA CBA HASTA EL 29 DE MARZO, 2023.

¿PREGUNTAS? CONTACTE AL COORDINADOR DE LA LIGA:
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<https://www.bridgesbyepochmemorycare.com/webinar/>

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“Resolvamos ser dueños, no víctimas, de nuestra historia, controlando nuestro propio destino sin dar paso a sospechas y emociones ciegas”.

"Let us resolve to be masters, not the victims, of our history, controlling our own destiny without giving way to blind suspicions and emotions."

— John F. Kennedy

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 First Game: April 15th (PK-2nd grade)

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Primer juego: 8 de abril (3 a 8 grado)
 Primer juego: 15 de abril (Escuela secundaria)
 Primer juego: 15 de abril (PK-2do grado)

Warehouse Volunteers Needed



“Volunteering can help you make friends, learn new skills, advance your career, and even make you feel happier and healthier.” - *Helpguide.org*

Warehouse Volunteers Needed!

Volunteers are needed on Monday, Wednesday and Thursday mornings at our Food Pantries.



Anna Choi and the kids from *North Parish of North Andover* came out last Saturday helping Rocco pack food in the warehouse. Volunteering offers vital help to people in need in our community.

THANK YOU North Parish Youth for your dedication and hard work!

Do you have questions about volunteering at Neighbors In Need? Please reach out to Helen at volunteer@needfood.org.

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!



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

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/> heallawrence@aol.com
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