

Cuando nadie se presenta a la pelea

When no one shows up for the fight

Por/By Paul Montesino

Pg. 11

Lupoli Cuts Ribbon for Restaurant in Haverhill



(Léalo en español en la página 6.) (Read it in English on page 7)

Taking part in the ceremony / Tomando parte en la ceremonia: Inspectional Services Director Richard McDonald, City Council Vice President John Mitchinson, Senator Pavel Payano, State Representative Ryan Hamilton, Councillor Melinda Barrett, Sal Lupoli, NECC President Lane Glenn, Councillor Joe Bevilacqua, Mayor James Fiorentini, Haverhill Chamber President Alex Eberhardt.

Russell is Sworn-in



Photo: William Castro

Richard Russell, who ran for city council several times and ended up in fourth place in the last election, is being sworn-in by City Clerk Eileen O'Connor Bernal. He is now taking over the seat vacated by Pavel Payano who resigned after being elected to the State Senate.

GLTS honors U.S. Presidential Scholar



Mayor Brian A. De Peña issued a Certificate of Recognition to Edgar Martinez for his nomination as US Presidential Scholar. Pg. 10

Irish flag raising at Lawrence City Hall Pg. 5

Para su información: / For your information:



Parking Meters will begin operating in the City of Lawrence, starting March 1, 2023. \$1.00 per hour, Monday through Saturday from 8:00 AM to 6:00 PM. Sundays and Holidays are free.

Los parquímetros comenzarán a funcionar en la Ciudad de Lawrence, a partir del primero de marzo, 2023. \$1.00 por hora, en horario de lunes a sábados de 8:00 a. m. a 6:00 p. m. Los domingos y días feriados son gratis.

Por/By Delia Diaz

Desde Mi Esquina

Buscando malas noticias

Discrimination al revés, Parte 3

Página 4

Por/By Delia Diaz

From My Corner

Looking for bad news

Reverse discrimination, Part 3

Page 16

Rep. Estatal Frank A. Morán Asciende a Papel Crítico Como Miembro del Equipo de Liderazgo del Portavoz Ronald Mariano



El Representante Estatal Frank A. Morán (D – Lawrence) ha sido designado para servir como Segundo Líder Asistente de la Mayoría en la Cámara de Representantes como miembro del equipo de liderazgo del Portavoz Ronald Mariano para la 193ª sesión legislativa.

Morán fue ascendido a este puesto el 16 de febrero por el Presidente de la Cámara de Representantes, Ronald Mariano, y ahora es un miembro de alto rango de la Cámara de Representantes.

“Me gustaría agradecer al Presidente Mariano por su confianza en mi capacidad para ayudar a liderar nuestra cámara en este papel fundamental durante esta sesión legislativa”, dijo el Representante Morán. “Estoy ansioso por comenzar el arduo trabajo que tenemos por delante para garantizar que cada residente de Massachusetts tenga las oportunidades para tener éxito en todas las facetas de la vida, y que las comunidades de Lawrence y Andover estén bien representadas

en la Casa del Estado”.

Morán se desempeñó anteriormente en una capacidad de liderazgo como líder de división en 2021 y como presidente del Comité de Personal y Administración de la Cámara de Representantes en 2019.

En este nuevo cargo, el líder Morán trabajará en estrecha colaboración con sus colegas en el liderazgo de la Cámara para promover, elaborar y aprobar leyes críticas que mejorarán a las familias de la clase trabajadora, crearán una mayor equidad dentro de nuestro sistema de atención médica, brindarán oportunidades educativas para nuestros estudiantes, y hacer avanzar a Massachusetts para que se convierta en un líder nacional en todos los frentes.

Morán se ha desempeñado en la Cámara de Representantes desde 2013 y, sin ayuda de nadie, ha asegurado millones de dólares en el presupuesto estatal y otros proyectos de ley de gastos para las comunidades del Distrito 17 de Essex para apoyar a los jóvenes en riesgo, promover la seguridad pública, permitir un mejor acceso a la atención médica, y más.

Esta promoción de liderazgo ahora convierte a Morán en el legislador estatal de mayor rango en la historia de la Ciudad de Lawrence, así como en la persona de color de mayor rango en la Cámara de Representantes de Massachusetts.

Además de ser designado como Segundo Líder Asistente de la Mayoría, Morán ha sido designado para el Comité de Ética de la Cámara, el Comité de Operaciones, Instalaciones y Seguridad de la Cámara, el Comité de Reglas de la Cámara y el Comité Conjunto de Reglas.

State Rep. Frank A. Moran Promoted to Critical Role as Member of Speaker Ronald Mariano’s Leadership Team

State Representative Frank A. Moran (D – Lawrence) has been appointed to serve as Second Assistant Majority Leader in the House of Representatives as a member of Speaker Ronald Mariano’s leadership team for the 193rd legislative session.

Moran was promoted to this position on February 16th by House Speaker Ronald Mariano and is now a high-ranking member of the House of Representatives.

“I would like to thank Speaker Mariano for his confidence in my ability to help lead our chamber in this critical role during this legislative session,” said Representative Moran. “I am eager to begin the hard work ahead to ensure that each resident of Massachusetts is provided with the opportunities to succeed in all facets of life, and that the communities of Lawrence and Andover are well represented at the State House.”

Moran has previously served in a leadership capacity as a Division Leader in 2021 and as Chair of the House Committee on Personnel and Administration in 2019. In this new role, Leader Moran will work closely with his colleagues in House

leadership to advance, craft, and pass critical pieces of legislation that will uplift working-class families, create better equity within our healthcare system, provide educational opportunities for our students, and move Massachusetts forward to become a national leader on all fronts.

Moran has served in the House of Representatives since 2013 and has singlehandedly secured millions of dollars in the state budget and other spending bills for the communities of the 17th Essex District to support at-risk youth, promote public safety, allow better access to healthcare, and more.

This leadership promotion now makes Moran the highest-ranking state legislator in the history of the City of Lawrence – as well as the highest-ranking person of color in the Massachusetts House of Representatives.

In addition to being appointed as Second Assistant Majority Leader, Moran has been appointed to the House Committee on Ethics, the House Committee on Operations, Facilities, and Security, the House Committee on Rules, and the Joint Committee on Rules.

hc media
haverhill community tv

HC Media Board Member Applications Now Being Accepted

The application period ends March 31, 2023.

The nominating committee of HC Media is currently accepting applications of persons interested in serving on the HC Media Board of Directors. Nominees for seats on the Board of Directors shall be Members of the Corporation whose application for nomination is made no later than thirty (30) days prior to the date of the Annual Meeting.

If you wish to be considered, please download the [Board of Directors Application Form](#) here, complete and return the form to: HC Media, 60 Elm Street, Haverhill, MA 01830 by Friday, March 31, 2023 no later than 4 pm.

HC Media 60 Elm Street, Haverhill, MA | Website

“Each generation imagines itself to be more intelligent than the one that went before it and wiser than the one that comes after it.”

“Cada generación se imagina más inteligente que la anterior y más sabia que la siguiente”.

- George Orwell

Exchange Club of Haverhill Presents

21st Annual Rick Barry St. Patrick's Day Breakfast

Friday, March 17, 2023
Haverhill Country Club
55 Brickett Lane, Haverhill, MA

Doors Open & Breakfast: 7:00 am
Program Begins: 7:45 am

Rick Barry Pot O'Gold Sponsor: **Haverhill Bank**

It's easy finding **Rumbo**
(978) 794-5360

Rumbo
The BILINGUAL Newspaper of the Merrimack Valley

DIRECTOR AND GRAPHIC DESIGN
Dalia Díaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR
Alberto M. Surís
albertosuris@rumbonews.com

Publicación de SUDA, Inc.
315 Mt. Vernon Street Lawrence, MA 01843-3206
Tel: (978) 794-5360 | www.rumbonews.com

facebook.com/rumbonews
twitter.com/rumbonews

Published on the **1st 8th 15th and 22nd** of Every Month

Save yourself a trip!

You can get the COVID-19 vaccine along with your flu shot.



- For more information:
- Call 978-686-6029
 - View our website at GLFHC.org
 - Scan the QR code



¡Ahórrese un viaje!

Póngase la vacuna contra el COVID-19 junto con su vacuna contra la gripe/flu.



- Para más información:
- Llame al 978-686-6029
 - Visite nuestro sitio web GLFHC.org
 - Escanee el código QR

GREATER LAWRENCE FAMILY HEALTH CENTER

978-686-0090
WWW.GLFHC.ORG

POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR RUMBO

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

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

Buscando malas noticias

Por lo general, tengo acceso a los comunicados de prensa que envía la alcaldía y ya no salgo mucho, lo que significa que no estoy al tanto de muchas cosas que suceden en la ciudad, pero últimamente me ha llamado la atención que no todos están satisfechos con el desempeño de la nueva administración. Como era de esperar, eso es normal.

Dado que no puedo depender del ayuntamiento para mantenerme al tanto de las quejas, agradecería mucho si puedo escuchar directamente a los residentes. Por supuesto, estoy hablando de preocupaciones serias, no de resentimientos y no hago caso a chismes.

Como Rumbo es el único periódico que cubre lo que sucede en Lawrence, quiero hacerlo con toda honestidad como lo he estado haciendo durante los últimos 27 años.

Esto es algo que he mencionado en el pasado: Esta administración debería hacer más para comunicarse, informar y educar a los residentes y las empresas locales en inglés. Hay un segmento completo de personas de habla inglesa en Lawrence que no están al tanto de las noticias a las que tiene acceso la comunidad de habla hispana.

Sí, el director de comunicaciones de la alcaldía envía todo en ambos idiomas a una larga lista de miembros de los medios pero no tenemos un vehículo para difundirlos en inglés.

Le sugeriré a Brian que hiciera subtítulos en inglés en sus transmisiones de radio para, al menos, tratar de comunicarse y ponerlo a disposición en las redes sociales para cualquier persona interesada en lo que tiene para ofrecer. Más tarde me dijo que iba a trabajar en eso.

No se recomienda ver las reuniones del concejo de la ciudad porque son demasiado largas y aburridas; bueno, eso está a punto de cambiar con Richard Russell tomando el asiento de Pavel.

¡Ahí lo tienen! Querían que mostrara negatividad. No le debo nada a la ciudad y soy libre de decir la verdad. La inmensa mayoría de los anuncios de servicio público y comunicados de prensa que ve en Rumbo son gratuitos para la ciudad y las organizaciones que los envían, al igual que no aceptamos entradas de organizaciones locales y siempre pagamos nuestras entradas a sus eventos. ¡Así es! Simplemente haciendo un servicio público, tratando de educar y servir a esta comunidad.

Alberto y yo estamos muy orgullosos del trabajo honesto que estamos haciendo.

Y, para esa dama estadounidense de South Lawrence que siempre me regaña

con enojo cada vez que me ve en Carleen's, tengo este mensaje: Deje de molestarte con sus quejas sobre el alcalde; ¡No soy su asesor, no tengo ninguna influencia sobre él y no trabajo para el ayuntamiento! El recibe visitas sin cita los viernes; ¡Vaya y dígaselo en su cara!

Discriminación inversa, Parte 3

No pensé que seguiría escribiendo sobre la creación de esta nueva profesión "Diversidad, Equidad e Inclusión" (DEI) que organizaciones, universidades, departamentos escolares, etc. sienten la necesidad de contratar consultores para idear un sistema que asegure que su fuerza laboral está compuesta por personas de diferentes razas, géneros y capacidades físicas, lo que resulta en el desorden que tenemos hoy.

Después de luchar tan duro durante tantos años para lograr la igualdad de derechos, nos encontramos tomando decisiones por motivos raciales, pero solo a la inversa. Ahora los blancos son el objetivo, lo cual es completamente ilegal.

Luego, la semana pasada, expliqué cómo las fundaciones se niegan a otorgar subvenciones a agencias cuyo director ejecutivo es blanco, incluso si la junta directiva está compuesta por minorías. Dije que la Fundación Blue Cross Blue Shield de Carolina del Norte revisó la elegibilidad para su subvención de \$300,000 por tres años para promover la "equidad en alimentos saludables" después de que The Daily Signal informara sobre las estrictas limitaciones del programa basadas en la raza. ¡Ahora tenemos Cuotas Raciales!

A menos que levantemos la voz para señalar la injusticia de esto, solo empeorará. Afortunadamente, se han presentado demandas en todo el país y estamos viendo algo de educación.

La empresa farmacéutica Pfizer ha cambiado los requisitos de solicitud para una de sus becas después de la demanda de un grupo sin fines de lucro, que criticó la flagrante discriminación racial del programa contra los solicitantes blancos y asiático-americanos, según The Daily Signal.

Y The Daily Signal dice: "El gigante farmacéutico violó el Título VI de la Ley de Derechos Civiles de 1965, que prohíbe la discriminación racial en cualquier programa que reciba asistencia federal, según la demanda. Pfizer participa en Medicaid, Medicare y programas financiados por los Institutos Nacionales de Salud".

¿Hacia dónde va este país?

¡Martin Luther King, Jr. debe estarse revolviendo en su tumba!

ONLINE SUPPORT
FOR FAMILY
CAREGIVERS



Family Caregiver Support Group

Evening | Monday, March 6 | 7 p.m.
Daytime | Wednesday, March 22 | 11 a.m.

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

Early-Stage Support Group Wednesday, March 8 | 11 a.m.

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

St. Patrick's Celebration Wednesday, March 15 | 11 a.m. 254 Lowell Street | Andover

Bring your loved one to Bridges® for a wee bit o' fun in honor of Ireland's patron saint. Let our chef's magically delicious desserts and live Irish folk music transport you to the Emerald Isle while you catch up on our community's latest shenanigans.

TO REGISTER:

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

BridgesbyEPOCH.com

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

- Thomas Jefferson

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

heallawrence@aol.com

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



**"Es espantoso
que personas tan
ignorantes tengan
tanta influencia".**

— George Orwell
www.facebook.com/poets01

Irish flag raising in Lawrence

Residents and visitors joined the Ancient Order of Hibernians on March 1st in front of City Hall to celebrate the beginning of a month long observance of Irish Heritage Month March 2023

Photos: Richard Russell

(See complete details of scheduled events on page 12)



Lupoli corta la cinta para la inauguración de un restaurante en Haverhill



Sal Lupoli, President & CEO of Lupoli Companies

El Alcalde de Haverhill, Fiorentini, contó a la audiencia la historia de cómo Sal Lupoli llegó a hacer negocios en Haverhill.

“Cuando vi lo que hizo en el Riverwalk en Lawrence, me quedé atónito. Quería eso en Haverhill”, dijo el Alcalde Fiorentini. “Le pedí a Sal que fuera a dar un paseo en mi automóvil y lo llevé a un terreno disponible en el centro de Haverhill. Su respuesta fue un rotundo sí”.

“Tuve mi segunda pizzería en Haverhill hace 30 años”, dijo Lupoli. “Siempre he amado esta ciudad y creí en las oportunidades que hay aquí. Estamos muy agradecidos por la paciencia del concejo municipal, el alcalde y la noble pueblo de Haverhill. Con la contratación de nuestro nuevo vicepresidente de construcción, Gary Armstrong,

estamos listos para comenzar y comenzar a construir un hermoso restaurante nuevo para que todos disfruten en los años venideros”.

El nombre de BOSA proviene de un pequeño y colorido pueblo de pescadores en la provincia italiana de Oristano, parte de la región de Sardinia en Italia. Con vista al Río Merrimack y ubicado en un ambiente amplio y luminoso con ventanales del piso al techo, BOSA ofrecerá un ambiente luminoso y colorido perfecto para cualquier reunión.

El menú de BOSA, influenciado por la generosidad del Mediterráneo y la agricultura de la región, exhibirá sabores ligeros y simples que destacan los mariscos, la pasta hecha a mano y la pizza exclusiva de Sal. El programa de bebidas de BOSA incluirá las mejores cervezas y vinos italianos provenientes directamente de Italia, junto con un menú creativo de cócteles artesanales.

Mientras que el Restaurante Italiano Costero BOSA se ubicará en el primer piso de The Heights, el bar BOSA será otro lugar en el piso superior, brindará vistas impresionantes, una gran cantidad de asientos al aire libre y espacio funcional para hasta 200 invitados.

El Chef Ejecutivo Jimi Gallant, quien ha estado con Lupoli durante 11 años y fue responsable de la apertura de 34 Park, le dijo a la audiencia que tiene algunas ideas muy creativas bajo la manga para el nuevo restaurante.



Haverhill Mayor James Fiorentini.



Gary Armstrong, VP of Construction for Lupoli Companies.

El 21 de febrero, Sal Lupoli, el Alcalde de Haverhill, James Fiorentini, el Presidente de la Cámara de Comercio de Merrimack Valley, Joe Bevilacqua Sr., la Presidenta de la Cámara de Comercio de Haverhill, Alexandria Eberhardt, el Presidente de Northern Essex Community College, Lane Glenn, y muchos dignatarios y funcionarios locales cortaron la cinta para la inauguración del restaurante italiano costero BOSA, que se inaugurará en The Heights at Haverhill a finales de este año.

Durante el programa, Joe Bevilacqua Sr. habló con franqueza sobre los problemas que han tenido los restaurantes en los últimos años, incluidos los problemas de la cadena de suministro, el costo de los materiales y la escasez de personal. Aplaudió a Sal Lupoli por continuar con su compromiso de abrir lo que dijo sería “uno de los restaurantes más conmovedores al norte de Boston”.

Lane Glenn habló sobre lo emocionado que está de volver a asociarse con Lupoli. El Instituto Culinario de Northern Essex Community College está ubicado en el segundo y tercer piso del edificio The Heights. Lupoli previamente prometió \$1,500,000 en apoyo del Instituto Culinario de la Familia Lupoli.

“Estamos muy entusiasmados con esta asociación”, dijo Glenn. “Nuestros estudiantes tendrán la oportunidad de trabajar en BOSA y perfeccionar su oficio con verdaderos líderes en la industria hotelera”.



Lane Glenn, President of NECC, State Rep Andy Vargas, Senator Pavel Payano.

City Clerk Announces Haverhill 2023 “Top Dog” Contest Winners

City Clerk, Kaitlin Wright, is pleased to announce the winners of the 2nd Annual “Haverhill Top Dog” contest. The contest encourages residents to license their dogs by offering them a friendly competition. The winners were randomly chosen Wednesday at the City Clerk’s Office.

City Clerk, Kaitlin Wright commented “A huge thank you to everyone who entered the contest and congratulations to the winners. We were able to double our number of contestants from last year! We have enjoyed seeing the photos of your furry friends and are excited to hang the photos in

our office to showcase the winners. Be on the lookout for our contest next year!”

Dogs must be licensed before May 31st or will incur a late fee. New dogs may be licensed at any time. Licensing can be completed in person at the Clerk’s Office located at City Hall, Room 118, 4 Summer Street, online at www.cityofhaverhill.com/government/city_clerk, or by mail. A copy of a valid rabies certificate is required for licensing.

You may contact the office at (978) 374-2312 for more information.

1st Place was awarded to “Max,” a two-year old male mixed breed. He is owned by Joan Hatem-Roy. Max is now proudly displaying dog license #1.



2nd Place was awarded to “Ginger,” a six-year old female Collie mix. Her owner is David Boucher. Ginger was awarded dog license #2.



Finally, 3rd Place was awarded to “Bruno,” a two-year old male Labrador Retriever. His owner is Anne Rosa. Bruno was awarded dog license #3.



Lupoli Cuts Ribbon for Restaurant Groundbreaking in Haverhill

On February 21st, Sal Lupoli, Haverhill Mayor James Fiorentini, Merrimack Valley Chamber of Commerce President Joe Bevilacqua Sr., Haverhill Chamber of Commerce President Alexandria Eberhardt, Northern Essex Community College President Lane Glenn, and many local dignitaries and officials cut the ribbon for the groundbreaking of BOSA Coastal Italian Restaurant, opening at The Heights at Haverhill later this year.

During the program, Joe Bevilacqua Sr. spoke candidly about the issues restaurants have had in the last few years including supply chain issues, cost of materials, and staffing shortages. He applauded Sal Lupoli for continuing with his commitment to opening what he said would be “one of the most exciting restaurants north of Boston.”

Lane Glenn talked about how excited he is to be partnering with Lupoli again. Northern Essex Community College’s culinary institute is located on the second and third floor of The Heights building. Lupoli previously pledged \$1,500,000 in support of the Lupoli Family Culinary Institute.

“We are so excited about this partnership,” said Glenn. “Our students will have the opportunity to work at BOSA and hone their craft with true leaders in the hospitality industry.”

Haverhill Mayor Fiorentini told the audience the story of how Sal Lupoli came to do business in Haverhill.

“When I saw what he did at Riverwalk in Lawrence, I was stunned. I wanted that in Haverhill,” said Mayor Fiorentini. “I asked Sal to go for a ride in my car and brought him to a piece of land available in Downtown

Haverhill. His answer was a resounding yes.”

“I had my second pizza shop in Haverhill 30 years ago,” said Lupoli. “I have always loved this city and believed in the opportunities here. We are so thankful for the patience of the city council, the Mayor and the great people of Haverhill. With the hiring of our new VP of Construction, Gary Armstrong, we are ready to break ground and start building a beautiful new restaurant for everyone to enjoy for years to come.”

BOSA’s name comes from a small, colorful fishing village in the Italian province of Oristano, part of the Sardinia region of Italy. Overlooking the Merrimack River and set in a bright, airy atmosphere with floor to ceiling windows, BOSA will offer a light and colorful setting perfect for any gathering.

BOSA’s menu, influenced by the bounty of the mediterranean and the agriculture of the region, will showcase light, simple flavors that highlight seafood, handmade pasta and Sal’s signature pizza. BOSA’s beverage program will include the finest Italian beers and wines sourced straight from Italy, along with a creative menu of handcrafted cocktails.

While BOSA Coastal Italian Restaurant will be housed on the first floor of The Heights, BOSA Bar will be another venue on the top floor, provide breathtaking views, an abundance of outdoor seating and function space for up to 200 guests.

Executive Chef Jimi Gallant, who has been with Lupoli for 11 years and was responsible for the opening of 34 Park, told the audience that he has some very creative ideas up his sleeve for the new restaurant.



Sal Lupoli, President & CEO of Lupoli Companies.



Jody Carson, NECC Dean of Business and Professional Studies, Chef Denis Boucher- Program Coordinator Hospitality Management & Culinary Arts, Lane Glenn, President of NECC.



Haverhill Mayor James Fiorentini.



Gary Armstrong, VP of Construction for Lupoli Companies.

SCORE.
 CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

**¿Comenzando un Negocio? ¿Comprando un Negocio?
 ¿Haciendo Crecer su Negocio?**

CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO

Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM
 Excepto el 3^{er} jueves de cada mes

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

MERRIMACK VALLEY CHAMBER OF COMMERCE

¡La Fundación Big Brother Big Sister necesita tu ayuda!



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

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

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

¡Gracias por tu apoyo!

La Stalinización de Las Brujas (The Witches)

Se está volviendo bastante real amigos

Por Connor Boyack

La semana pasada, aprendí que los re-escritores de la historia y aquellos que darían forma al mundo en algo que a muchos de nosotros realmente no nos gustaría, se han cobrado otra víctima.

Roald Dahl, el amado novelista británico que nos dio a Matilda, James y el Melocotón Gigante, Las Brujas y El Fantástico Sr. Zorro (¡por nombrar solo algunos!) sin duda se revuelve en su tumba mientras extractos de sus obras están haciendo rondas en línea con sus nuevas versiones editadas por personas "woke" (por sentimientos, equidad e inclusión, por supuesto) presentadas al lado de la versión original.

Por ejemplo:

En Charlie y la Fábrica de Chocolate, Augustus Gloop ahora es "enorme" en lugar de "gordo", mientras que los Oompa-Loompas ahora son "personas pequeñas" en lugar de "hombres pequeños".

La lista sigue y sigue, sin ningún detalle o descripción aparentemente demasiado intrascendente para escapar de la pluma del editor, como si todo lo que pudiera ofender a un pequeño grupo de un subconjunto de una minoría tuviera que ser buscado y desterrado de los anales de la historia de la ficción.

Esta no es la primera vez, por supuesto, que las historias familiares se han cambiado para hacerlas "más seguras" para el consumo masivo de una población intelectualmente frágil.

Recuerdo hace unos años cuando Lilo y Stitch fueron llevados a Disney Plus y los milenarios recurrieron a las redes sociales para expresar sus sentimientos de traición después de que una escena había sido totalmente recreada para (aparentemente) evitar que los niños jugaran en la secadora de ropa.

¿Deberían los niños jugar en las secadoras? No, probablemente no.

¿Deberían re-escribirse escenas enteras de películas porque algún entrometido (probablemente sin hijos) en Disney ve su película como más influyente en la vida de un niño que sus padres?

También no.

En qué mundo absolutamente aburrido y lúgubre viviríamos si todo lo que se muestra en las novelas y las películas se editara y esterilizara para eliminar todo lo peligroso o potencialmente ofensivo.

Y, sin embargo, ese parece ser exactamente el mundo en el que vamos a terminar si estos re-escritores se salen con la suya.

No es que me encanten las representaciones peligrosas de niños haciendo tonterías, o que quiera aferrarme al lenguaje y las ideas que son ofensivas para nuestra sensibilidad moderna. De hecho, creo que es bueno mirar la forma en que siempre hemos hecho las cosas y compararlas con lo que ahora sabemos que es correcto.

Una de las razones por las que escribí The Tuttle Twins Guide to Beware Your Bias fue exactamente por esta razón.

Es bueno desarrollar una visión más empática de las personas diferentes a usted. Es bueno considerar cambiar las palabras que usa o las opiniones que tiene para evitar causar incomodidad, daño u ofensa a los demás.

Pero también es bueno enfrentar cosas que nos hacen sentir incómodos, ¡incluso cosas que ofenden! ¿De qué otra manera puede una persona desarrollar su propio

sistema de creencias y valores si nunca está expuesta a ideas que la obliguen a decidir cómo se siente acerca de algo?

¿Cómo podría saber que Karl Marx estaba equivocado si nunca lo leí y comparé lo que enseñó con lo que yo sabía que era bueno y correcto? Nunca quisiera que se borrara su trabajo porque es vital para mostrar que sus malas ideas ya han sido probadas y que provocaron un sufrimiento humano y una muerte incalculables.

Algunos de los mejores momentos de enseñanza que he tenido con mis hijos han sido cuando leímos o vimos algo que iba en contra de nuestras creencias, o que era peligroso, y tuve la oportunidad de enseñarles, en ese momento, por qué estaba mal o era peligroso y presentarles una mejor manera de ver o hacer.

Hay una guerra por las mentes de nuestros hijos. Todos lo sabemos. Pero también hay una guerra por nuestra historia y nuestra humanidad. Hay personas poderosas que realizan cambios en tiempo real que pintan una imagen inexacta de quiénes

somos, de dónde venimos y por qué el mundo tiene el aspecto que tiene ahora.

Hay una frase, *damnatio memoriae*, que significa "condenar de memoria". Se ha empleado durante miles de años para borrar o eliminar cosas que sucedieron y que los historiadores o narradores prefieren que no sucedieran. Los ejemplos de *damnatio memoriae* se remontan a la antigua Mesopotamia, cuando las inscripciones en piedra se cincelaban literalmente para eliminar relatos de eventos o menciones de personajes desagradables.

Resulta que la gente en el poder realmente no ha cambiado tanto.

Pero el hecho de que siempre haya habido personas que re-escibieran la historia o editaran eventos o personajes de historias (¡o fotos!) no significa que debamos aceptarlo.

Hace mucho tiempo me prometí a mí mismo que en todo mi trabajo siempre diría la verdad, incluso si la verdad a veces era fea o dura.

Creo que he cumplido esa promesa

y estoy orgulloso de poder ofrecer libros, planes de estudios y entretenimiento en forma de novelas gráficas, una revista y un programa de televisión para ayudar a los padres a enseñar a sus hijos la verdad sobre el mundo que los rodea, y las personas y los eventos reales que nos trajeron a donde estamos hoy: ¡lo bueno, lo malo y lo feo!

No sé qué nos depara el futuro, pero sé que en una era de "reformato" digital y editores impulsados por agendas, las bibliotecas domésticas y las copias físicas de libros y medios que son significativos para nosotros me parecen muy importantes.

Sé que estoy creando mis propias colecciones a prueba de *damnatio memoriae*, y estoy agradecido de que haya elegido hacer que los libros de Tuttle Twins sean parte de los suyos.

¡Gracias por confiar en nosotros!

Connor Boyack es el autor de la Serie Tuttle Twins. Búselos en <https://tuttletwins.com>

The Stalinization of The Witches

It's getting pretty real folks

By Connor Boyack

Last week, I learned that the rewriters of history and those who would shape the world into something that a lot of us really won't like have claimed another victim.

Roald Dahl, the beloved British novelist who gave us Matilda, James and the Giant Peach, The Witches, and The Fantastic Mr. Fox (to name only a few!) is no doubt rolling in his grave as excerpts from his works are making the rounds online with their new, woke-edited (for feelings, equity, and inclusivity—of course) versions presented alongside.

For example:

In Charlie and the Chocolate Factory, Augustus Gloop is now "enormous" instead of "fat", while Oompa-Loompas are now "small people" instead of "small men".

The list goes on and on, with no detail or description seemingly too inconsequential to escape the editor's pen—as if anything that could possibly offend a subset of a subset of a minority had to be searched out and banished from the annals of fiction history.

This isn't the first time, of course, that familiar stories have been changed in order to make them "safer" for mass consumption by an intellectually fragile populace.

I remember a few years ago when Lilo and Stitch was brought to Disney Plus and millennials took to social media to voice their feelings of betrayal after a scene had been totally recreated in order to (apparently) keep kids safe from playing in the dryer.

Should kids play in dryers? No... probably not.

Should entire scenes of films be rewritten because some (probably childless) busybody at Disney sees their movie as more influential in a child's life than their parent?

Also no.

What an utterly boring and dismal world we would live in if everything

depicted in novels and film was edited and sterilized to remove anything dangerous or potentially offensive.

And yet that seems to be exactly the world we are going to end up in if these rewriters have their way.

It's not that I love dangerous depictions of kids doing dumb things, or that I want to cling to language and ideas that are offensive to our modern sensibilities. I actually think it's good to look at the way we've always done things, and check them against what we now know to be right.

One of the reasons I wrote The Tuttle Twins Guide to Beware Your Bias was for exactly this reason.

It is good to develop a more empathetic view of people different than you. It's good to consider changing the words you use, or the views you hold to avoid causing discomfort, harm, or offense to others.

But it's also good to be faced with things that make us uncomfortable—even things that offend! How else can a person build their own belief system and values if they are never exposed to ideas that force them to decide how they feel about something?

How could I know that Karl Marx was wrong if I never read him and compared what he taught against what I knew to be good and right? I would never want his work erased because it is vital to showing that his bad ideas have already been tried, and that they brought about untold human suffering and death.

Some of the best teaching moments I've had with my kids have been when we read or saw something that went against our beliefs, or that was dangerous, and I had the chance to teach them, right then, why it was wrong or dangerous, and present them with a better way of seeing or doing.

There's a war on for the minds of our kids. We all know it. But there's also a war on for our history, and our humanity. There are powerful people making changes in real-

time that paint an inaccurate picture of who we are, where we came from, and why the world looks the way it does now.

There's a phrase, *damnatio memoriae*, which means, "to condemn from memory". It has been employed for thousands of years to erase or remove things that happened that historians or storytellers prefer hadn't happened. Examples of *damnatio memoriae* date all the way back to ancient Mesopotamia when stone inscriptions were literally chiseled off to remove accounts of events or mentions of unsavory characters.

It turns out people in power haven't really changed all that much.

But the fact that there have always been people who would rewrite history, or edit events or characters out of stories (or photos!) doesn't mean we have to just accept it.

I promised myself a long time ago that in all my work, I would always tell the truth—even if the truth was sometimes ugly or hard.

I think I've kept that promise, and I'm proud we're able to offer books, curriculum, and entertainment in the form of graphic novels, a magazine, and a tv show to help parents teach their kids the truth about the world around them, and the real people and events that brought us to where we are today—the good, the bad, and the ugly!

I don't know what the future holds, but I know that in an age of digital "reformatting" and agenda-driven editors, home libraries and physical copies of books and media that are meaningful to us seem pretty important to me.

I know I'm building my own *damnatio memoriae*-proof collections, and I'm grateful that you've chosen to make the Tuttle Twins books are part of yours.

Thanks for trusting us!

Connor Boyack is the author of the Tuttle Twins Series. Find them at <https://tuttletwins.com>

Second half explosion sends Knights on to Region 21/East District Semi-Final

**Dan Blair, Director of Athletics
Northern Essex Community College**

The #3 nationally ranked Northern Essex Community College men's basketball team rattled off a 43-8 run over the games final 13 minutes to blow open a game that was tied at 55. The win advances the Knights to Region 21/East District tournament semi-final next Saturday where they will take on MassBay at 4:00pm from the Bartley Center on the campus of Holyoke Community College. The win improves NECC to 29-1 on the season.

In a back and forth affair for the games first 27 minutes, NECC had a five-point advantage at halftime as they led 48-43. Phillip Cunningham (Haverhill) was the first half catalyst for the offense as he poured in 11 of his team high 18 points in the first half off the bench.

With the back and forth second half Angel Herrera (Lawrence) keyed the start of the second half run as he knocked down three straight three point baskets to start the surge and finished with 11 second half points. Mehmet Asik (Ankara, Turkey) played a strong defensive game while contributing 12 points.

Having their strongest bench performance of the season, Kevin Monteiro (Somerville) and Tre Fite (Washington, OH) played significant minutes off the bench. Monteiro nearly missed the double-double with eight points and 10 rebounds.

Luis Reynoso (Lawrence) added his 25th double-double of the season with 15 points and 12 rebounds while Jonathan Lingisi (Hamilton, ON) tossed in 10.

The Knights will seek their second straight championship game appearance with a win next Saturday.



Knights wrap up road portion of schedule with 101-65 win over UCAP


The Northern Essex men's basketball team, ranked #3 in the most recent NJCAA basketball poll concluded the road portion of their regular season schedule on Thursday night as they ran past UConn-Avery Point by a 101-65 final. The win is the 23rd straight for NECC as they move to 27-1 on the season and unbeaten in conference play with a 22-0 record.

All 19 Knights in uniform on Thursday night recorded at least one basket as the Knights took a 19 point lead to the locker room at halftime (47-28) and cruised in the second half.

Ryan Pacy (Salem, NH) led a quintet of Knights in double figures as he dropped 13 points. Mehmet Asik (Ankara, Turkey) added 12, while Peter Lopata (Groveland), Phillip Cunningham (Haverhill) and Metin Yavuz (Istanbul, Turkey) all tossed in 10 points.

The Knights will conclude the regular season on Saturday when they host Community College of Rhode Island. Opening tip off is set for 12:00pm. NECC will host pregame ceremonies at 11:50 to recognize its sophomore class. In conjunction with the game the Knights will be collecting items as part of their earthquake relief collection.

HOSTED BY:



BOOK EVENT

THURSDAY, MARCH 9, 2023
6:00 PM at El Taller
275 Essex Street, Lawrence

FREE AND OPEN TO THE PUBLIC
Light refreshments will be served

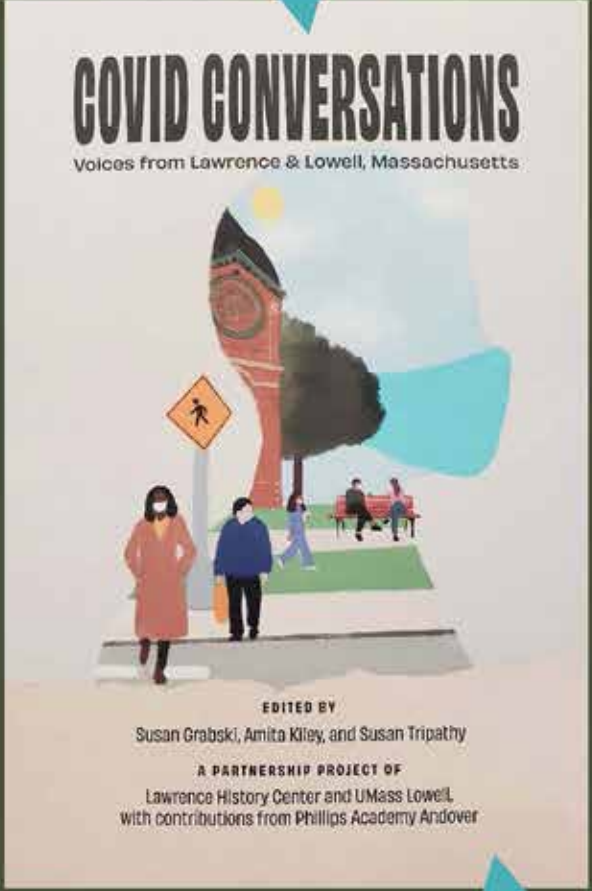
Editors: Susan Grabski, Amita Kiley, Susan Tripathy

Lawrence-Based Narrators: Bianca Anonas, Sara Morin Barth, Tom Coppinger, Cristie Galindez, Vilma Martínez-Dominguez, Carina Pappalardo, Dr. Mariana Rivera

Cover and Interior Layout Design: Ashley Rosario

Book Description:
 Oral history interviews with people in Lawrence and Lowell, Massachusetts (the Merrimack River Valley), who experienced the sickness and pandemic living restrictions of Covid-19 in 2020 and 2021, plus diary excerpts from residents who reported on their daily fears, hopes, and challenges.

Produced by the Lawrence History Center and University of Massachusetts Lowell (UML), with contributions from Phillips Academy Andover, this is the first published documentary about the impact of the pandemic in the Merrimack Valley. Interviews were conducted by sociology students from UML and Spanish language students from Phillips Academy Andover (guided by educator Mark Cutler). The two working-class, highly diverse cities in eastern Massachusetts had sustained high rates of infection with the related disruption of employment, education, and normal community life. The interviews offer a useful case study of the effects of Covid-19 in one region.





EDITED BY
 Susan Grabski, Amita Kiley, and Susan Tripathy

A PARTNERSHIP PROJECT OF
 Lawrence History Center and UMass Lowell
 with contributions from Phillips Academy Andover

Paperback may be purchased at the book event for \$20.00
 (or online at www.loompress.com for individual or bookstore orders)

Questions? Please contact 978-686-9230 or director@lawrencehistory.org


Es facil encontrar a

Rumbo

(978) 794-5360

Rumbo@Rumbonews.com

Edgar Martínez, GLTS senior nominated as U.S. Presidential Scholar

Mayor Brian A. De Peña visited Greater Lawrence Technical School, to recognize U.S. Presidential Scholar (CTE) Nominee, Senior Edgar Martínez.

Mayor DePeña also had the opportunity to check in with students and see new projects in the works, in honor of Career Technical Education (CTE) Month!

Edgar Martínez de GLTS Candidato a Becario Presidencial en EE.UU.

El Alcalde Brian A. De Peña visitó la Escuela Técnica de Greater Lawrence, para reconocer al Senior Edgar Martínez Candidato a Becario Presidencial (CTE) en EE.UU.

El Alcalde DePeña también tuvo la oportunidad de compartir con los estudiantes y ver nuevos proyectos en marcha en honor al mes de la Educación Técnica Profesional (CTE).



From the left, School Committee Member at GLTS Francisco Surillo, Susan Zielenski, Principal of GLTS, Mayor Brian De Peña, GLTS student Edgar Martínez; Superintendent John Lavoie, School Committee Member Tom Hattem, and Jose Javier.

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

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

Theodore Roosevelt

El Senador Markey anuncia más de \$800,000 para el Departamento de Bomberos de Lawrence

Senator Markey Announces More Than \$800,000 for Lawrence Fire Department

Senator Edward J. Markey (D-Mass) announced that the Lawrence Fire Department will receive more than \$800,000 from the Federal Emergency Management Agency (FEMA) as part of FEMA's Fiscal Year 2021 Assistance to Firefighters Grants program. Lawrence will use the funding to replace outdated infrastructure, including a firetruck ladder and train, to ensure their safety standards are in line with the latest guidance from the National Fire Protection Association. Lawrence is one of the fast-growing and most diverse cities in Massachusetts, and this critical federal funding comes at a time when the fire department has experienced a growing need to expand and modernize its emergency services.

"Firefighters deserve no less than state of the art resources that fully equip them to protect the health and safety of our families, friends, and neighbors in Massachusetts," said Senator Markey. "These critical investments will help our firefighters climb the ladder of success. I am proud to have helped secure this funding for Lawrence, and I will continue to push for investments that alleviate the everyday struggle our firefighters experience as they work hard to keep our communities safe."

"The brave men and women of the Lawrence Fire Department put themselves at risk every day to protect us, and it's critical to ensure they have the resources

they need to do their job in the safest way possible," said Lawrence Mayor Brian A. DePeña. "I'm grateful that this grant will help the department make critical equipment updates that will have a lasting impact on the safety of our community. On behalf of the city of Lawrence, I look forward to continue working with our federal partners to ensure our fire department has the appropriate training, equipment, and resources they need to continue protecting our community."

"I want to thank Senator Markey for his assistance in this process," said Lawrence Fire Department Chief Brian Moriarty. "His support and the support of the Mayor go a long way in making the city safer with this equipment. Apparatus is a big part of firefighter safety and citizen safety. We can have faster response times, reduce time to get water on fires, and save lives. When we keep our apparatus up to today's standards, we will have less down time for maintenance. This will be a great improvement in safety."

Last April, Senator Markey sent a letter to FEMA supporting comprehensive funding for the Lawrence Fire Department to modernize its equipment and maintain up-to-date safety regulations. To date, Massachusetts fire departments have received more than \$45 million in Fiscal Year 2021 funding through FEMA's fire department assistance programs: Staffing For Adequate Fire and Emergency Response (SAFER) grants, Assistance to Firefighters Grants (AFG), and Fire Prevention & Safety (FP&S) grants.

El Senador Edward J. Markey (D-Mass) anunció que el Departamento de Bomberos de Lawrence recibirá más de \$800,000 de la Agencia Federal para el Manejo de Emergencias (FEMA, por sus siglas en inglés) como parte del programa de Asistencia para Bomberos del año fiscal 2021 de FEMA. Lawrence utilizará los fondos para reemplazar la infraestructura obsoleta, incluida una escalera de camión de bomberos y un tren, para garantizar que sus estándares de seguridad estén en línea con la guía más reciente de la Asociación Nacional de Protección contra Incendios. Lawrence es una de las ciudades más diversas y de rápido crecimiento de Massachusetts, y esta financiación federal crítica llega en un momento en que el departamento de bomberos ha experimentado una creciente necesidad de expandir y modernizar sus servicios de emergencia.

"Los bomberos merecen nada menos que recursos de última generación que los equipen completamente para proteger la salud y la seguridad de nuestras familias, amigos y vecinos en Massachusetts", dijo el Senador Markey. "Estas inversiones críticas ayudarán a nuestros bomberos a subir la escalera del éxito. Estoy orgulloso de haber ayudado a asegurar este financiamiento para Lawrence, y continuaré impulsando inversiones que alivien la lucha diaria que experimentan nuestros bomberos mientras trabajan arduamente para mantener seguras a nuestras comunidades".

"Los valientes hombres y mujeres del Departamento de Bomberos de Lawrence se arriesgan todos los días para protegernos, y es fundamental garantizar que tengan los recursos que necesitan para hacer su trabajo de la manera más segura posible", dijo el alcalde de Lawrence, Brian A. DePeña. "Estoy agradecido de que esta

subvención ayude al departamento a realizar actualizaciones críticas de equipos que tendrán un impacto duradero en la seguridad de nuestra comunidad. En nombre de la ciudad de Lawrence, espero continuar trabajando con nuestros socios federales para garantizar que nuestro departamento de bomberos tenga la capacitación, el equipo y los recursos adecuados que necesitan para continuar protegiendo a nuestra comunidad".

"Quiero agradecer al Senador Markey por su ayuda en este proceso", dijo el Jefe del Departamento de Bomberos de Lawrence, Brian Moriarty. "Su apoyo y el apoyo del alcalde contribuyen en gran medida a hacer que la ciudad sea más segura con este equipo. Los aparatos son una parte importante de la seguridad de los bomberos y de los ciudadanos. Podemos tener tiempos de respuesta más rápidos, reducir el tiempo para echar agua a los incendios y salvar vidas. Cuando mantenemos nuestros aparatos a la altura de los estándares actuales, tendremos menos tiempo de inactividad por mantenimiento. Esta será una gran mejora en la seguridad".

En abril pasado, el Senador Markey envió una carta a FEMA apoyando la financiación integral para que el Departamento de Bomberos de Lawrence modernice su equipo y mantenga las normas de seguridad actualizadas. Hasta la fecha, los departamentos de bomberos de Massachusetts han recibido más de \$45 millones en fondos para el año fiscal 2021 a través de los programas de asistencia del departamento de bomberos de FEMA: subvenciones para la dotación de personal para una respuesta adecuada contra incendios y emergencias (SAFER), subvenciones para la asistencia a los bomberos (AFG) y prevención y seguridad contra incendios (FP&S) subvenciones.



UN PUNTO DE VISTA © 1996
 Por Paul V. Montesino, PhD, MBA, CCP

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

Contando mi historia a mi manera

Al final del mes de febrero, Mes de la Historia Negra, terminarán muchos comentarios sobre el tema, pero no ningún problema relacionado con él.

Hay varias controversias en este momento en el país que caen entre dos categorías extremas, la ridícula y la escandalosa, su elección. Podría haber otras, pero dos son suficientes por ahora. La historia, el pasado, suele ser contada e interpretada con entusiasmo por los ganadores. Los perdedores tienen poco que decir sobre los resultados y particularmente sobre las recompensas, los castigos y sus causas, así que prefieren ignorarlo. En algunos estados de nuestra autodefinida unión, los libros y cursos escolares sobre historia negra y orientaciones sexuales se han convertido en persona non-grata por algunos de esos "ganadores". Los gobernadores estatales, las juntas escolares, los comités escolares y los padres preocupados gritan: "¡Asesinos sangrientos!"

Hay un ejército de vigilantes del bienestar de los niños que mantienen sus ojos fanáticos en todo lo relacionado con la raza, el sexo o cualquier combinación de ambos. Existe un libro antiguo en particular por ahí con suficiente suciedad y caos para colorear de rojo de vergüenza las caras de aquellos que lo leen y es utilizado por pastores y sacerdotes para hacer que los niños se sientan culpables por la inmensidad de un pecado original que ellos mismos no cometieron: ese libro es la Biblia. ¿No es ese el libro que agitan enojados frente a sus ojos para hacerlos entrar en el confesionario con miedo y culpa para confesar y arrepentirse? ¿Es apropiado ese libro?

Por supuesto, a los censores familiares no parece importarles, porque están ocupados tratando de limpiar los defectos ancestrales en su propio ADN repudiándolos y borrándolos de la historia registrada.

Pero no ver el mal, no oír el mal, no

hablar del mal, no es el antídoto contra el mal venenoso más de lo que la virginidad es la contradicción del amor. Enseñar historia blanca no requiere una persona blanca que se beneficie por ser un llamado "ganador", pero enseñar historia negra suena vacío cuando esa persona blanca lo hace. Nadie puede explicar lo que se siente tener una piel de color y vivir dentro de ella y tratar de explicar lo que eso significó tanto en la historia negra como en la blanca. Lo que lo empeora es que algunos de los interesados están tratando de decidir quién debe hablar con autoridad sobre la historia negra, incluso si esa persona no es negra.

Llamamos a Estados Unidos, y con razón, un crisol. A medida que los inmigrantes llegaron de todas partes del mundo a los Estados Unidos, trajeron consigo piezas de su propia cultura. Su música, comida, moda, religión y lentamente se convirtieron en parte de la cultura de Estados Unidos. De lo que no se sentían orgullosos lo dejaron caer en las fronteras. Era *tabula rasa* para ellos. Pero era su propia versión, no la interpretación de algún observador o crítico de esa versión a distancia. Parece que, cuando se trata de la Historia Negra, ese beneficio se niega injustamente.

Preferimos no escuchar una historia sobre la Revolución Americana de británicos, o la Segunda Guerra Mundial de los nazis, o el efecto de la revolución bolchevique de 1917 de los miembros del gobierno cubano presente. ¿Por qué deberíamos definir las reglas de la enseñanza de la Historia Negra y robar ese derecho a quienes la vivieron? ¿No es su nacimiento e historia verdad? ¿Deberíamos robarles de nuevo para que parezca que estamos saliendo limpios de la ducha de la historia?

Y ese es mi punto de vista hoy. Adiós.



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

Telling my story my way

At the end of February, Black History Month, many comments about that subject will end, but not any problems related to it. Several controversies going on right now in the country that fall between two extreme categories: the ridiculous, and the outrageous, your choice. There could be others, but two are sufficient for now. History, the past, is usually told and interpreted with gusto by the winners. The losers have little to say about the results and particularly about the rewards, the punishments, and their causes, so they prefer to ignore them. In some states of our self-defined union, books, and school courses about black history and sexual orientation have become persona non-grata by some of those "winners." State governors, school boards, school committees, and worried parents have screamed bloody murder!

There is an army of vigilantes of the children's well-being that are keeping their zealot eyes on anything dealing with race, sex, or any combination of the two. There is a particular ancient book out there with enough filth and mayhem to color red with shame on the faces of those who read it and is used by pastors and priests to make children feel guilty for the immensity of original sin they did not commit themselves: that book is the Bible. Isn't that the book they shake angrily in front of their eyes to make them go into the confessional with fear and guilt to confess and repent? Is that book appropriate?

Of course, the family censors don't seem to care, because they are busy trying to clean the ancestral defects in their DNA by disowning and erasing them from recorded history.

But see no evil, hear no evil, speak no evil, is not the antidote to evil any more than virginity is the contradiction of love. Teaching white history does not require a white person who benefits from being a so-called "winner" but teaching black history sounds empty when that white person does it. No one can explain what it feels like to have colored skin and live inside it and try to explain what that meant in both Black and White history. What makes it worse is that some of the concerned are trying to decide who should speak with authority about Black History even if that person is not black.

We call America, and with reason, a melting pot. As immigrants came from all over the world to the United States, they brought pieces of their culture with them. Their music, food, fashion, religion, and much more slowly became part of America's culture. What they did not feel proud of was being dropped at the borders. It was *tabula rasa* for them. But it was their own version, not some observer's interpretation or criticism of that version. It seems that, when it comes to Black History, that benefit is denied unjustly.

We prefer not to listen to history about the American Revolution from the British, the Second World War from the nazis, or the effect of the 1917 Bolshevik revolution from members of the current Cuban government. Why should we define the rules of Black History teaching and rob those who lived it of that right? Isn't their birth and history? Should we steal from them again so we can look like we are coming out clean from the history shower?

And that's my Point of View Today. So long.

Save The Date: The BGCL Auction is Saturday, April 1st

Our BGCL swim team was the runner-up at the North East New England Division Two sectionals meet! The meet lasted over two days, with over four hundred and seventy swimmers from fourteen clubs.

One of our champions is teen member, Franklin T. Franklin has been a Club member and a part of the BGCL swim team for ten years. He is also the co-captain of the Central Catholic High School swim team. Like many of our Club kids, Franklin grew up in the Dominican Republic before moving to Lawrence.

Speaking very little English, Franklin had to stay back a couple of grades to catch up with his peers, but he persevered, citing thanks to the Club. Franklin says, "The Club provided a place for me to work on my education and health and make lifelong friendships."

Your support at our annual auction helps create children like Franklin. With your generous donations and participation, we can do more than be a haven for the youth of Lawrence. We can show them that



there is more out there for them, whether in art, music, sports, or STEM; there is a spot for them.

Under The Tuscan Sun - Saturday, April 1, 2023, at the Andover Country Club. [CLICK HERE](#)

So, come out and help change a kid's life! We cannot wait to see you. If you have any questions or would like to help in any way, please reach out to Sarah Hogue at shogue@lawrencebgc.com or 978-683-2747 x128.

Rev. James T. O'Reilly OSA Division Eight

Ancient Order of Hibernians, Lawrence, Massachusetts
 "152 Years of Dedication to Religion, Heritage, Charity and Community"

Preserving and Fostering our Heritage and Culture

Irish Heritage Month March 2023

Wednesday, March 1, 2023 - IRISH FLAG RAISING Across from City Hall – Common St. @11 a.m.

Saturday, March 4, 2023 – 151st SAINT PATRICK'S DAY BANQUET AND DANCE at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA. Traditional Corned Beef & Cabbage Dinner with dancing to the Silver Spears Irish Show Band from 6 pm – 11 pm – Awarding of the Richard Cardinal Cushing and Irishman & Irishwoman of the Year Awards. For more information contact Charles Breen at 508 328 0323. Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 5, 2023 - 30th ANNUAL CLADDAGH PUB 4 MILE Classic ROAD RACE - 11 am, 399 Canal Street, Lawrence, MA (rain or shine) - For more information contact 978 376 8289.

This race is part of the Wild Rover Series.

Sunday, March 5, 2023 - OPENING of the EXHIBIT "Dublin 1916: A Look Back in Time" – at Lawrence Heritage State Park Visitors Center, 1 Jackson St,

Lawrence, MA Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Sunday, March 5, 2023 – LECTURE by local Author, JOHN DESMOND, on his book, "THE BLACK THORN" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 1 pm Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Wednesday, March 8, 2023 - AOH NATIONAL HUNGER MONTH FOOD DRIVE: Please consider donating canned goods and non-perishable food items. All food items received will be donated to a local food pantry. 6 pm – 7:00 pm Claddagh Pub, 399 Canal Street, Lawrence MA.

Friday, March 10, 2023 – 52nd ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA Traditional Corned Beef and Cabbage Dinner with entertainment by the Silver Spears Irish Show Band at NOON. Awarding of the Honorable John E. Fenton Citizenship Award - For more information contact Jack Lahey @ 603 560 8192

Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 12, 2023 – WHITE FUND LECTURE – with PETER F. STEVENS – Mr. Stevens will discuss his book, "THE VOYAGE OF THE CATALPA" - at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 1 pm (FREE) - Handicap Accessible

Friday, March 17, 2022 – OPEN HOUSE – Music all day long at the Claddagh Pub and Restaurant, 399 Canal St, Lawrence, MA for further information call 978 688-8337

Sunday, March 19, 2023 – LECTURE by Author, JOHN CASHMAN. Mr. Cashman will discuss his book, "AN IRISH IMMIGRANTS STORY" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 1 pm Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Saturday, March 25, 2023 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence @ 10 am Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Sunday, March 26, 2023 – DEDICATION OF THE IRISH COLLECTION - Lawrence Public Library @ 1 pm on the Second Floor of the Lawrence Public Library, 51 Lawrence Street, Lawrence, MA (FREE) – Handicap Accessible

Sunday, March 26, 2023 - JOIN PIANIST TERRI KELLEY AND VOCALIST BILL DONELAN FOR AN ALL-NEW PROGRAM OF CELTIC MELODIES - FROM ANCIENT GAELIC AIRES TO CURRENT SONGS - at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by Division 8 (FREE) – Handicap Accessible

Tuesday, March 28, 2023: EXHIBIT CLOSES " Dublin 1916: A Look Back in Time" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence (FREE) – Handicap Accessible

The Rev. James T. O'Reilly OSA Division Eight AOH was founded on November 5, 1871. The Division yearly hosts numerous social events and activities, and has scholarship opportunities for the children of members, and in some cases grandchildren of members on the high school and college level, including a scholarship for study in Ireland. Division 8 meets at the Claddagh Pub, 399 Canal St in Lawrence on the second Wednesday of the month. For information on AOH Membership please write to: Division 8 AOH Organizer, PO Box 1407, Lawrence, MA

IRISH HERITAGE MONTH IS SPONSORED BY THE ANCIENT ORDER OF HIBERNIANS DIVISION 8

Irish Heritage Month 2023 is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency

Division 8 AOH Lawrence Announces 2023 Award Recipients

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has announced the names of their 2023 Award Recipients.

Mary Alice Rock has been selected as the 2023 recipient of the Richard Cardinal Cushing Award, and Eric M Alaimo has been selected, as the 2023 Irishman of the Year. Both of these awards will be presented at the 151st Annual Saint Patrick's Day Dinner Dance on Saturday, March 4, 2023, at the Elks Hall on Andover Street in Lawrence. Anyone interested in attending this Dinner Dance on March 4 should contact Dinner Dance Chairman Charles Breen @508 328 0323.

Mary Alice Rock, a North Andover native is a graduate of North Andover High School and Holy Cross College. While a student at Holy Cross she coordinated an elderly visitation program. In 1994, the then pastor of Saint Michael's Parish, Rev. Paul Keyes, asked Mary Alice to join Saint Michael's Parish Council, and to become the Liturgy Coordinator at Saint Michael's. On April 1, 1996, Mary Alice joined the staff of Saint Michael's Parish on a full-time basis, and since that time has worked in several capacities for the parish. Presently she serves as the Director of Pastoral Ministries where she managed 60 parish ministries.

Eric M. Alaimo is a graduate of Central Catholic High School, and Saint Michael's College in Vermont. At Central Catholic, where he teaches theology, he organized the Catholic Action Club, and has led a group of students to the Pro-Life March in Washington.

A member of Division 8 AOH since 2008, Eric received his AOH Major Degree in 2011. He has served as Division 8's Catholic Action and Pro-Life Chairman,

and for the past four plus years has served as the Recording Secretary of Division 8. He is married to the former Jill Reno, and they are the parents of two daughters, Josephine, and Elizabeth.

Lawrence: Former Lawrence Mayor Daniel Rivera has been selected to receive the 2023 Hon. John E. Fenton Citizenship Award. This award was established in 1975 to honor the late Judge John E. Fenton who passed in 1974. This award will be presented to Dan Rivera at Division 8's 53rd Annual Saint Patrick's Day Luncheon on Friday, March 10, 2023, at the Lawrence Elk's Hall in Lawrence, MA at Noon. Anyone interested in attending should contact the Luncheon Chairman Jack Lahey at 603 560 8192.

Daniel Rivera, a graduate of U Mass Amherst and Suffix University, served in the United States Army in Iraq and Kuwait during Operations Desert Storm and Desert Shield. Elected to the Lawrence City Council in the fall of 2009, he served as a City Councilor from 2010 – 2014 and was elected Mayor of Lawrence in the fall of 2013.

On September 13, 2018, Mayor Rivera was faced with an unprecedented disaster, when improperly maintained gas lines led to a gas explosion in Lawrence damaging many commercial buildings and homes. Mayor Rivera led and assisted in emergency relief and recovery. In March 2020, he was again faced with another crisis when the COVID 19 Pandemic hit the US. As the Mayor of one of the most diverse cities in our state, he rose to the occasion for these challengers and showed great leadership. On January 8, 2021, he resigned as mayor to become President and CEO of Mass Developmen.

"Religion and culture are much in the news these days, usually as sources of difference and conflict, rather than for bringing people together. But the irony is that every religion has something to say about tolerance and respecting others."

Queen Elizabeth II

40th TRIBUTE TO WOMEN LUNCHEON
 MAY 17, 2023 • 12:00PM - 2:00PM
 ANDOVER COUNTRY CLUB ywca

Nominations are Open for the 2023 Tribute to Women Awards!
 YWCA Northeastern Massachusetts is seeking nominations of women who have made a difference in their work and community. Nominations will be accepted through March 3, 2023. Nominate a remarkable woman today by going to www.ywcanema.org/tribute

The 2023 Tribute to Women Awards Luncheon will be held:
 When: Wednesday, May 17, 2023
 Where: Andover Country Club
 Time: 12:00 pm - 2:00 pm
 Don't forget to **Save The Date!**

Andover Cares dona \$20K a Lawrence General para la atención del síndrome de abstinencia neonatal (NAS)

"Estamos listos para respaldarlo para ayudarlo", dice el Presidente Paul Salafia

Andover Cares, un grupo formado a través de Andover Rotary, apoya los esfuerzos del Lawrence General Hospital para ayudar a los bebés que padecen el síndrome de abstinencia neonatal.

La donación de \$20,000 del grupo de febrero de 2023 ayudará al equipo de Lawrence General a cuidar a los recién nacidos expuestos a opioides y a sus madres, dijo la presidenta y directora ejecutiva del Lawrence General Hospital, Deborah J. Wilson.

"Estamos muy agradecidos por esta donación tan significativa", dijo Wilson. "Nuestro equipo brinda una atención verdaderamente excepcional y compasiva a los recién nacidos expuestos a opioides u otras sustancias adictivas. Es fundamental que nuestros cuidadores de primera línea tengan la capacitación y el apoyo que necesitan para brindar atención del síndrome de abstinencia neonatal y esta donación los ayuda a hacer precisamente eso".

El síndrome de abstinencia neonatal afecta a los recién nacidos cuyo padre biológico tomó o tiene adicción a las drogas opioides o sustancias adictivas durante el embarazo. Los síntomas del síndrome de abstinencia neonatal varían, pero pueden incluir convulsiones, reflejos hiperactivos, irritabilidad, llanto excesivo, alimentación deficiente, aumento de peso lento y problemas respiratorios. Dado que el uso de sustancias afecta a millones de estadounidenses en todo el país, el NAS es más común de lo que mucha gente piensa, y la concientización y la intervención temprana ofrecen los mejores resultados inmediatos y a largo plazo.

Andover Cares se inspiró para donar nuevamente a Lawrence General, según Salafia, después de que vio que una donación de \$7,500 pagó dividendos hace varios años para beneficiar a los bebés adictos a los opioides.

"La misión de su programa es exactamente la misión de Andover Cares",

dijo Salafia, quien agregó que Andover Cares nació en 2015 a partir de una profunda preocupación por el creciente uso de opioides en la ciudad de Andover. Un grupo de ciudadanos preocupados se unió para recaudar fondos para causas relacionadas con la adicción y desde entonces ha repartido fondos.

"Sin duda, tienen muchos soldados en este ejército y estamos listos para respaldarlos para ayudarlos", dijo Salafia. "Si puedes intervenir en una familia y darle una oportunidad a un niño, sabía que teníamos que involucrarnos".

Como hospital independiente sin fines de lucro que presta servicios en Merrimack Valley y el sur de New Hampshire, Lawrence General Hospital brinda acceso a atención de alta calidad, las últimas tecnologías y una red creciente de proveedores locales, que incluyen atención primaria y muchas especialidades. Como Centro de Trauma de Nivel III designado, Lawrence General tiene uno de los Departamentos de Emergencia más ocupados de Massachusetts. Lawrence General ofrece una amplia gama de servicios y cirugías especializadas en su Centro de Cirugía Santagati y lidera la región en atención cardíaca con el centro cardiovascular más acreditado de Massachusetts. Con más de 10 000 altas de pacientes hospitalizados por año, 1400 nacimientos y un equipo dedicado de casi 2000 empleados, Lawrence General ha servido con orgullo a la región desde 1875 y es un importante proveedor de atención aguda de emergencia, quirúrgica, médica, de maternidad y neonatal para el Merrimack Valley y el sur de New Hampshire. Para obtener más información, visite www.LawrenceGeneral.org.



(Foto cortesía: Hospital General Lawrence)

Lawrence General Hospital's President and CEO Deborah J. Wilson (center) accepts a \$20,000 donation from Andover Cares Chairman Paul Salafia (fourth from left). Joining them are, from left: Gail Ralston, Al Timm, Jim Greeley, Andover Rotary President Claudia Soo Hoo, Don Gottfried and from Lawrence General Hospital, Executive Vice President/Chief Operating Officer Robin Hynds and Labor and Delivery Nurse Manager Joan Eilers.

Andover Cares donates \$20K to Lawrence General for Neonatal Abstinence Syndrome (NAS) care

'We're ready to stand behind you to help,' chairman Paul Salafia says

Andover Cares, a group formed through the Andover Rotary, is supporting Lawrence General Hospital's efforts to assist babies suffering from neonatal abstinence syndrome.

The group's \$20,000 February 2023 donation will help the Lawrence General team care for opioid-exposed newborns and their mothers, Lawrence General Hospital President and CEO Deborah J. Wilson said.

"We are so grateful for this very meaningful donation," said Wilson. "Our team provides truly outstanding and compassionate care to newborns exposed to opioids or other addictive substances. It is critical that our frontline caregivers have the training and support they need to provide neonatal abstinence syndrome care and this donation helps them do just that."

Neonatal abstinence syndrome affects newborns whose birthing parent took or has an addiction to opioid drugs or addictive substances during pregnancy. Symptoms of neonatal abstinence syndrome vary, but may include seizures, overactive reflexes, fussiness, excessive crying, poor feeding, slow weight gain, and breathing problems. With substance use impacting millions of Americans nationwide, NAS is more common than many people may think, and awareness and early intervention offer the best immediate and long-term outcomes.

Andover Cares was inspired to donate again to Lawrence General, according to Salafia, after it saw a \$7,500 gift pay dividends several years ago to benefit opioid-addicted infants.

"The mission of your program is exactly the mission of Andover Cares,"

said Salafia, who added that Andover Cares was born in 2015 out of a deep concern for the growing opioid use in the town of Andover. A group of concerned citizens came together to fundraise for addiction-related causes and have dispersed funds ever since.

"Without question, you have a lot of soldiers in this army and we're ready to stand behind you to help," Salafia said. "If you can intervene in a family, and give a child a chance, I knew we had to get involved."

Como hospital independiente sin fines de lucro que presta servicios en Merrimack Valley y el sur de New Hampshire, Lawrence General Hospital brinda acceso a atención de alta calidad, las últimas tecnologías y una red creciente de proveedores locales, que incluyen atención primaria y muchas especialidades. Como Centro de Trauma de Nivel III designado, Lawrence General tiene uno de los Departamentos de Emergencia más ocupados de Massachusetts. Lawrence General ofrece una amplia gama de servicios y cirugías especializadas en su Centro de Cirugía Santagati y lidera la región en atención cardíaca con el centro cardiovascular más acreditado de Massachusetts. Con más de 10,000 altas de pacientes hospitalizados por año, 1400 nacimientos y un equipo dedicado de casi 2000 empleados, Lawrence General ha servido con orgullo a la región desde 1875 y es un importante proveedor de atención aguda de emergencia, quirúrgica, médica, de maternidad y neonatal para el Merrimack Valley y el sur de New Hampshire. Para obtener más información, visite www.LawrenceGeneral.org.

¡RETIRO GRATUITO A DOMICILIO!

¡DONE HOY!

EN BOLSAS

- Todos los tipos, tallas y estilos de ropa (mujeres, hombres y niños)
- Ropa para el hogar (por ejemplo, mantas, toallas, cortinas)
- Todos los zapatos y zapatillas de deporte
- Accesorios (por ejemplo, bolsos, mochilas, cinturones, joyas, sombreros, guantes, medias y más)

EN CAJAS

- Accesorios de cocina (por ejemplo, ollas, sartenes, platos, microondas y vasos)
- Pequeños artículos de decoración (por ejemplo, jarrones, vasos, tazas, platos, marcos de fotos y cuadros)
- Pequeños instrumentos musicales
- Libros y DVD
- Bicicletas

* Todas las donaciones son deducibles de impuestos. No se aceptan monedas.

¡Escanee y programe su retiro hoy!

LLAME O ENVIÉ UN MENSAJE DE TEXTO PICKUP al 508-466-4590 para que retiren su donación de su hogar en forma gratuita

Visite nuestro sitio web bbbfoundation.org

FREE HOME PICKUP!

DONATE TODAY!

BAGGED

- All types, sizes and styles of clothing (women, men and children)
- Household textiles (e.g. blankets, towels, curtains)
- All shoes and sneakers
- Accessories (e.g. purses, backpacks, belts, jewelry, hats, gloves, socks and more)

BOXED

- Kitchen Accessories (e.g. pots, pans, dishes, microwave and glasses)
- Small decor items (e.g. vases, glasses, cups, dishes, picture frames and paintings)
- Small musical instruments
- Books and DVDs
- Bicycles

* All donations are tax deductible. No coins.

Scan and schedule your pickup today!

Call or text PICKUP to 508-466-4590 for your free home pickup

Visit our website bbbfoundation.org

Comienza el riesgo de enfermedad cardíaca antes del nacimiento?



La prevención de las enfermedades cardíacas comienza mucho antes de lo que se cree, según una nueva declaración científica de la American Heart Association publicada hoy en una edición especial de Go Red For Women de la revista insignia de la Asociación revisada por pares *Circulation*.

La declaración, “Optimización de la salud cardiovascular antes del embarazo para mejorar los resultados en las personas embarazadas y en etapa de posparto y sus hijos”, resume los datos disponibles que conectan la salud del corazón de una mujer — incluidas las experiencias físicas, ambientales y cognitivas en la niñez y la adultez temprana — con la salud de sus hijos por nacer. También destaca la necesidad de más investigación y de intervenciones de salud pública para apoyar la mejora de la salud cardíaca de las mujeres a lo largo de la vida.

“Los procesos biológicos que contribuyen a los resultados adversos del embarazo comienzan antes de que una persona esté embarazada”, Sadiya S. Khan, M.D., M.Sc., FAHA, representante del grupo de redacción de declaraciones científicas y Profesora Asistente de Medicina (Cardiología) y Medicina Preventiva (Epidemiología) en Northwestern University’s Feinberg School of Medicine en Chicago. “Por lo tanto, es necesario enfocarse en optimizar la salud cardiovascular antes del embarazo. Los datos indican que la salud cardiovascular tiene una relación intergeneracional. El tiempo previo al embarazo es una etapa crítica de la vida que afecta la salud de la persona que queda embarazada y de los hijos que ella da a luz”.

El estado de salud antes del embarazo:

Los factores clave para medir la salud cardiovascular se basan en las recomendaciones de Los 8 esenciales de la vida de la American Heart Association, que incluyen una dieta saludable para el corazón, actividad física regular, no fumar; mantener un peso, nivel de presión arterial, colesterol y azúcar en la sangre saludables; y dormir bien. Mediante el uso de Los 8 esenciales para evaluar la salud cardiovascular en los Estados Unidos, los investigadores hallaron que solo 1 de cada 5 personas en los EE. UU. a partir de los 2 años tienen una salud cardiovascular óptima.

Los bajos niveles de salud cardiovascular previa al embarazo están asociados con varias complicaciones del embarazo, como parto prematuro, diabetes gestacional, presión arterial alta, preeclampsia o dar a luz a un bebé que es pequeño para la edad gestacional. Estas complicaciones del embarazo también están relacionadas con un mayor riesgo de enfermedad cardiovascular entre los hijos, según las últimas investigaciones:

- El nacimiento prematuro se asocia con un riesgo del 53 % mayor de enfermedad cardíaca a los 43 años.
- La diabetes tipo 2 antes del embarazo se asocia con un riesgo del 39 % mayor de enfermedad cardiovascular entre los hijos a los 40 años.

Brecha en la investigación crítica

A pesar de la evidencia que vincula la salud de una persona antes del embarazo con la salud de su descendencia, no hay ensayos relevantes con suficientes personas y datos para evaluar si mejorar la salud cardiovascular general antes del embarazo reducirá las complicaciones del embarazo, la muerte cardiovascular relacionada con el embarazo o el riesgo cardiovascular para la descendencia.

“Si un ensayo de investigación centrado en la salud cardiovascular antes del embarazo reduce con éxito las complicaciones del embarazo y mejora la salud cardiovascular de la madre y el niño, podría cambiar la práctica”, dijo Khan.

Dirección de la investigación futura

Los nuevos estudios para abordar la brecha de investigación en la salud cardiovascular materna deben planificarse cuidadosamente para incluir a personas de diversos orígenes raciales y étnicos que están subrepresentadas en los ensayos clínicos. La incidencia de complicaciones del embarazo y enfermedades cardiovasculares es desproporcionadamente mayor entre personas de diversos grupos raciales y étnicos, y esto debe entenderse mejor.

La declaración también sugiere que la investigación sobre la prevención o el tratamiento de enfermedades cardiovasculares debe investigar los cambios en el estilo de vida, como una dieta saludable para el corazón y la actividad física en mujeres embarazadas, así como estrategias con medicamentos que se sabe que son seguros durante el embarazo.

La salud psicológica, el estrés y la resiliencia también deben tenerse en cuenta para optimizar la salud cardiovascular. Es importante destacar que se necesitan intervenciones para mujeres de grupos históricamente excluidos de la salud pública y la investigación que son sensibles al estrés psicosocial de la discriminación racial. Las investigaciones revelan que los factores de estrés a largo plazo, como los episodios continuos de discriminación, están asociados con una salud cardiovascular desfavorable y un mayor riesgo de complicaciones en el embarazo. Las intervenciones de reducción del estrés culturalmente sensibles y basadas en la atención plena pueden ofrecer un medio para amortiguar el estrés de estas experiencias vividas.

Comunidad y política

Las intervenciones basadas en la

comunidad son cruciales para mejorar la equidad en salud entre todas las personas antes del embarazo, especialmente para las personas de razas y etnias históricamente marginadas que a menudo enfrentan múltiples barreras para lograr una salud óptima. Además, la influencia de los determinantes sociales y estructurales de la salud requiere intervenciones que cambien la sociedad de manera más amplia, como las políticas que afectan los sistemas de salud, la educación, los ingresos, la vivienda y el suministro de alimentos.

“Existe una gran oportunidad para mejorar la salud a lo largo del curso de la vida y durante varias generaciones al mejorar la salud cardiovascular antes del embarazo. Sin embargo, la responsabilidad es de todos, no solo en las mujeres”, afirmó Khan. “El período previo al embarazo ofrece una ventana de oportunidad única para abordar de manera equitativa la mayor incidencia de resultados adversos del embarazo, y para interrumpir y mejorar la relación intergeneracional de mala salud cardiovascular centrándose en soluciones a nivel individual, comunitario y político”.

Esta declaración científica fue preparada por el grupo de redacción voluntario en nombre del Consejo de Epidemiología y Prevención; el Consejo de Cardiología Clínica; el Consejo de Enfermería Cardiovascular y Ataque Cerebral; el Consejo de Arteriosclerosis, Trombosis y Biología Vascular; el Consejo de Hipertensión; el Consejo de Estilo de Vida y Salud Cardiometaabólica; el Consejo de Enfermedad Vascular Periférica; y el Consejo de Ataque Cerebral de la American Heart Association. Las declaraciones científicas de la American Heart Association promueven una mayor conciencia sobre las enfermedades cardiovasculares y los ataques cerebrales y ayudan a facilitar la toma de decisiones informadas sobre el cuidado de la salud. Las declaraciones científicas describen lo que se sabe actualmente sobre un tema y qué áreas necesitan más investigación. Si bien las declaraciones científicas informan el desarrollo de pautas, no hacen recomendaciones de tratamiento. Las pautas de la American Heart Association proporcionan las recomendaciones de práctica clínica oficiales de la Asociación.

Los coautores son Holly Gooding, M.D., M.Sc., vicepresidenta; LaPrincess C. Brewer, M.D., M.P.H.; Mary M. Canobbio, R.N., M.N., FAHA; Marilyn J. Cipolla, Ph.D., FAHA; William A. Grobman, M.D., M.B.A.; Jennifer Lewey, M.D., M.P.H.; Erin D. Michos, M.D., M.H.S.; Eliza C. Miller, M.D.; Amanda M. Perak, M.D., M.S., FAHA y Gina S. Wei, M.D., M.P.H., FAHA. Los datos públicos de los autores se encuentran en el artículo.

La Asociación recibe financiación de personas particulares principalmente. Algunas fundaciones y empresas (incluidas compañías farmacéuticas y fabricantes de dispositivos, entre otras) también realizan donaciones y financian eventos y programas específicos de la Asociación. La Asociación tiene políticas estrictas para evitar que estas relaciones influyan en el contenido científico. Los ingresos de las compañías farmacéuticas y de biotecnología, los fabricantes de dispositivos y los proveedores de seguros de salud y la información financiera general de la Asociación están disponibles aquí.

PARA TODO TIPO DE SEGURO



Yomari, Elizabeth, Nini, Joan y Carla

Personales
Automóviles
Casas
Negocios

* Tarifas bajas para
seguro de AUTOS y CASAS

SE HABLA
ESPAÑOL

DEGNAN INSURANCE AGENCY, INC.

85 Salem Street., Lawrence MA 01843
TEL. (978) 688-4474 . FAX (978) 327-6558

WWW.DEGNANINSURANCE.COM

TD Charitable Foundation Approves Contribution to CTI's Entrepreneurship Center

TD Charitable Foundation has approved a \$10,000.00 contribution to the Entrepreneurship Center which supports small businesses.

TD Bank believes that organizations such as Community Teamwork and the Entrepreneurship Center play a significant role in sustaining vibrant and thriving communities. TD Bank through its charitable giving arm, the TD Charitable Foundation, carries a legacy of supporting not-for-profit institutions and their important work throughout our region. Since its inception in 2002, the foundation has contributed over \$295 million in grant funding to not-for-profit organizations in the communities where we work, live, and do business.

The Grant is to be used in support of approximately 25 businesses. The focus will be on the E-Center's strategic goal of supporting disadvantaged, minority-/women-owned businesses, with a specific target on Gateway Cities, and providing entrepreneurs training and access to financial software, namely QuickBooks.

"We are pleased to support your ongoing community-based efforts and extend our very best wishes for continued success," shared Jennifer Gabriel, Senior Regional Giving Manager, TD Charitable Foundation, along with Marshall Sugarman, Commercial Market President, Eastern Massachusetts, TD Bank.

The Entrepreneurship Center at CTI was founded to provide entrepreneurs from ethnically and economically diverse groups with the education, tools and access to SBA micro loan products necessary to launch, expand and sustain small business.

Charles Smith, Director of the Entrepreneurship Center shared, "Financial reporting is a vital component for small business to obtain and measure their growth, inventory and other factors that are the essence of running a business. At the E-Center, being able to offer QuickBooks as an option for entrepreneurs and train them with a dedicated employee on installation and use is a game changer for small and micro businesses who often don't have access to these tools or it may be cost prohibitive. By the E-Center

being able to help out entrepreneurs in 6 cohorts of 10 throughout 2023, we can further small business growth and prepare them for their next stage of business."

About Community Teamwork

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

About the Entrepreneurship Center

The Entrepreneurship Center was founded to provide entrepreneurs from ethnically and economically diverse groups with the education, tools and access to SBA micro loan products necessary to launch, expand and sustain small business. www.commteam.org/entrepreneurship-center-business-assistance.

About TD Bank/TD Charitable Foundation

TD Bank through its charitable giving arm, the TD Charitable Foundation, carries a legacy of supporting not-for-profit institutions and their important work throughout the region. In support of this mission, TD recently launched TD Ready Commitment, which refocuses their giving to impact positive change, increasing financial security, environmental quality, inclusive communities and equitable health outcomes. For more information, visit <https://www.td.com/corporate-responsibility/ready-commitment/>.

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 March 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. 2021 Acura ILX VIN 19UDE2F83MA005559
2. 2021 Honda Civic VIN 2HGFC2F87MH521150
3. 2020 Kia Forte VIN 3KPF24AD1LE161451
4. 2014 Infiniti Q50 VIN JN1BV7AR3EM687574

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

Signed
Frank Coady
Coady's Towing Service
2/22, 3/1, 3/8

LEGAL NOTICE

NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L.c. 255, Section 39A, that they will sell the following vehicles on or after March 9, 2023 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2001 Honda Civic VIN 2HGES165X1H540043
2. 2015 Nissan Altima VIN 1N4AL3AP2FN377469
3. 2005 Acura TL VIN 19UUA66285A023619
4. 2012 Mini Cooper VIN WMWZC5C57CWL57709
5. 2006 Honda Ridgeline VIN 2HJYK164X6H564347
6. 2013 Hyundai Sonata VIN 5NPEB4AC2DH528549

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
2/22, 3/1, 3/8

LA COMUNIDAD DE MASSACHUSETTS DEPARTAMENTO DE TRANSPORTE DE MASSACHUSETTS - DIVISIÓN DE CARRETERAS

AVISO DE REUNIÓN PÚBLICA

Proyecto Archivo No. 605304

MassDOT organizará una reunión de información pública para presentar el proyecto de reemplazo del puente Private First Class (PFC) Ralph T. Basiliere Bridge, H-12-007 & H-12-025, Bridge Street (SR 125) sobre el río Merrimack. y el abandonado B&M RR (ciclovía propuesta), en Haverhill, MA.

CUANDO: 6:30 pm, jueves, 9 de marzo de 2023

DONDE: UMass Lowell Innovation Center
2 Merrimack Street, Haverhill, MA

PROPÓSITO: El propósito de esta reunión de información pública es brindarle al público la oportunidad de familiarizarse completamente con el reemplazo propuesto del puente PFC Ralph T. Basiliere H-12-007 y H-12-025, Bridge Street (SR 125) sobre el río Merrimack y el RR B&M abandonado (ciclovía propuesta). Todos los puntos de vista y comentarios enviados en respuesta a la reunión serán revisados y considerados en la mayor medida posible.

PROPUESTA: El proyecto propuesto consiste en reemplazar completamente el puente PFC Ralph T. Basiliere. Si bien la estructura sigue siendo segura para todos los usuarios, el puente ha llegado al final de su vida útil y debe ser reemplazado. Como parte del proyecto de reemplazo, MassDOT busca optimizar la cantidad de carriles en el puente y mejorar el espacio para ciclistas y peatones en la estructura.

Esta reunión es accesible para personas con discapacidad. MassDOT proporciona adaptaciones razonables y/o asistencia con el idioma de forma gratuita (por ejemplo, intérpretes en lenguaje de señas estadounidense e idiomas que no sean inglés, subtítulos en vivo, videos, dispositivos de asistencia auditiva y formatos de materiales alternativos), dependiendo la disponibilidad. Para asistencia con el idioma, comuníquese con el director de Diversidad y Derechos Civiles de MassDOT por teléfono (857-368-8580), TTD/TTY al (857) 266-0603, fax (857) 368-0602 o por correo electrónico (MassDOT.CivilRights@dot.state.ma.us). Las solicitudes se deben realizar lo más antes posible y antes de la reunión, y para los servicios más difíciles de coordinar, incluidos el lenguaje de señas, CART o traducción o interpretación de idiomas, las solicitudes se deben realizar al menos diez días hábiles antes de la reunión.

Esta reunión de información pública o un anuncio de cancelación se encuentra en Internet en www.mass.gov/orgs/massachusetts-department-of-transportation/events.

JONATHAN GULLIVER
ADMINISTRADOR DE CARRETERAS

CARRIE E. LAVALLEE, P.E.
INGENIERO PRINCIPAL

Find us in / Búsquenos en Facebook/Rumbo



647 Andover Street
Lawrence, MA 01843
Tel: 978-686-3323
www.mvrestore.org

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

Abierto al público, compre-done-hágase voluntario

Favor de no dejar donaciones después del horario

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

Donations / Donaciones
(please call ahead for large donations)

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

Open to the public, shop-donate-volunteer

Please do not drop off items after store hours

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



BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



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.

Looking for bad news

Usually, I have access to press releases sent by the mayor's office and I don't get out much anymore, which means that I'm not aware of many things that happen around the city but, lately, it has come to my attention that not everyone is satisfied with the performance of the new administration. As expected, that's normal.

Since I cannot depend on city hall to keep me abreast of the complaints, I would very much appreciate it if I can hear directly from residents. Of course, I'm talking about serious concerns, not hard feelings and I won't entertain gossip.

Since Rumbo is the only newspaper covering what happens in Lawrence, I want to do it with all honesty as I have been doing for the past 27 years.

Here's one that I have mentioned in the past: This administration should be doing more to reach out, inform, and educate residents and local businesses in English. There's a whole segment of English-speaking people in Lawrence who are not aware of the news the Spanish-speaking community has access to.

Yes, the communications director at the mayor's office sends everything in both languages to a long list of members of the media but we don't have a vehicle to spread them in English.

I suggested to Brian to do English subtitles on his radio broadcasts to, at least, try to reach out and make it available on social media for anyone interested in what he has to offer. He later told me that he was going to work on that.

Watching the city council meetings is not recommended because they are too long and boring; well, that's about to change with Richard Russell taking Pavel's seat.

There you have it! You wanted me to show negativity. I don't owe anything to the city and I am free to speak the truth. The immense majority of public service announcements and press releases you see in Rumbo are free to the city just like we don't accept tickets from local organizations and always pay for our admissions to their events. That's right! Just doing a public service, trying to educate and serve this community.

Alberto and I take great pride in the honest work we are doing.

And, to that American lady from South Lawrence who always scolds me angrily

whenever she sees me at Carleen's, I have this message: Stop bothering me with your complaints about the mayor; I'm not his advisor, I don't have any influence over him, and I don't work for city hall! He has an open house on Fridays; go tell him to his face!

Reverse discrimination, Part 3

I didn't think I would continue writing about the creation of this new profession "Diversity, Equity and Inclusion" (DEI) that organizations, universities, school departments, etc. feel the need to hire consultants to devise a system to assure that their workforce is made up by people of different races, genders and physical capabilities, resulting in the mess we have today.

After fighting so hard for so many years to achieve equal rights, we find ourselves undergoing racially motivated decisions but only in reverse. Now white people are the target which is completely illegal.

Then last week, I explained how foundations refuse giving grants to agencies whose CEO is white, even if the board of directors is made up of minorities. I said that Blue Cross Blue Shield of North Carolina Foundation revised the eligibility for its three-year, \$300,000 grant to advance "healthy food equity" after The Daily Signal reported on the program's stringent race-based limitations. We now have Racial Quotas!

Unless we raise our voices to point out the unfairness of something like that, it will only get worse. Fortunately, there have been lawsuits filed all over the country and we are seeing some education taking place.

The Pharmaceutical Company Pfizer has changed the application requirements for one of its fellowships after a nonprofit group's lawsuit, which faulted the program's blatant racial discrimination against white and Asian American applicants, according to The Daily Signal.

And The Daily Signal says, "The pharmaceutical giant violated Title VI of the 1965 Civil Rights Act, which bans racial discrimination in any program receiving federal assistance, according to the lawsuit. Pfizer participates in Medicaid, Medicare, and programs funded by the National Institutes of Health."

Where is this country going?

Martin Luther King, Jr. is turning in his grave!

Somos expertos en precios módicos y servicio de alta calidad.

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

Brindamos servicio de asistencia social y enviamos el cuerpo a cualquier lugar incluyendo a Puerto Rico, la República Dominicana, Centro y Suramérica. También ofrecemos planes pagados con anticipación y estampas de recordatorios.



137 Lawrence Street
Lawrence, MA 01841

(978)682.4060

7 ½ Square Miles of Opportunity: Lots of Love in Lawrence

GWL's love of Lawrence began in 1999 and has taken shape in the form of more than 25 parks, community gardens, a thriving farmers market, an urban farm, greenways, fun community days, cooking classes, impactful youth programs, and so much more!

From the Duck Bridge to the Spicket River Greenway to our diverse restaurants and people, there is a lot to love about Lawrence. Our Green Team members shared a touching poem on their love of Lawrence at last year's Glow Gala. Thank you to our Green Team youth for such powerful poem!

A Letter to My Home

Dear Lawrence,
This is from your local high schooler.
This is someone that knows you
Someone that sees you
Someone that wants to shine a light on you.

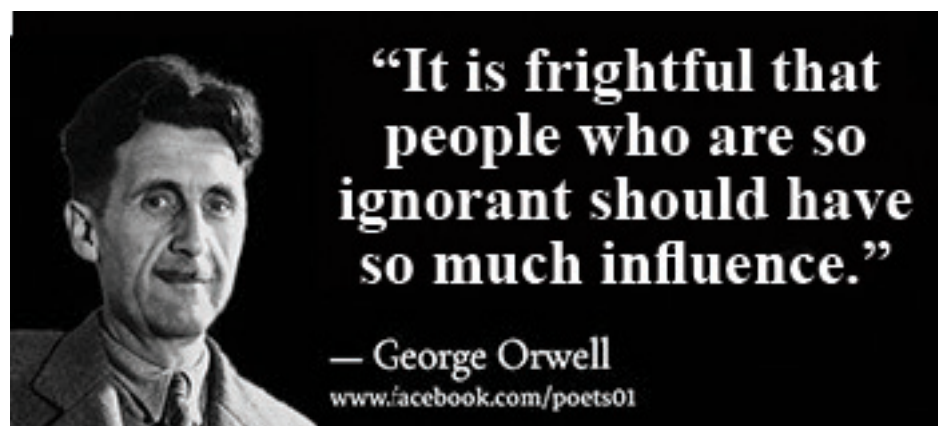
I want to say thank you

When I close my eyes, I can still smell
the Cubanos from La Rubia
the pastelitos from Miguelina's
the burritos from Passion Steak Tacos
and the fried chicken from Jaqueline's

Lawrence, you also gave me ...
The bachata that I only knew 5 words to
The merengue I learn how to dance to
The salsa my mom would cry to
I can't help but say thank you

The Duck Bridge connecting our community into one
All traveling between north and south
Around the height of the clock tower
I still see the flashing colors of your personal watch
Reminding us of the generations before us
And every year,
We feel your warmth
The heat trapped on your pavements
The salted streets of our anticipated winters
And the people I feel forever connected to

Thank you for your
7 ½ Miles of
Opportunity
History
Artistry
Community
And Love



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

— George Orwell
www.facebook.com/poets01

MERRIMACK ATHLETICS

Men's Basketball Concludes Regular Season with Victory Over Long Island



The Merrimack College men's basketball team finished the regular season off in Brooklyn by beating Long Island University 80-59. Jordan Minor earned his 14th double-double of the season after scoring a team-high 22 points and grabbing 13 rebounds. Both Devon Savage and Jordan Derkack had 14 points each to help secure the victory. Freshman Javon Bennett continues to shine as he dished out 12 assists in the win.

The Essentials

Score: Merrimack 80, Long Island 59
 Records: Merrimack (15-16, 12-4 NEC)
 Long Island (3-25, 1-15 NEC)
 Location: Steinberg Wellness Center

Rapid Recap

Merrimack jumped out to an early lead after a three from Savage, six points from Minor, and a Bennett jumper that put the Warriors up by seven. Savage nailed another three and a Ziggy Reid free throw kept Merrimack up. After the Sharks went on a eight point run to take control of the game, Savage nailed another three with 9:18 in the first half to take a two point lead. The Warriors would then heat up as Reid went 2-2 from the line, three pointers by Derkack and Jaylen Stinson, four points by Minor

and shots by Savage and Bennett pushed the Warriors up to a 15 point lead. After a three point run by LIU and free throws by Jordan Mckoy, the teams went to the half 35-21.

A Minor dunk would get the scoring going for Merrimack in the second half. The home team found themselves up 16. After trading points, the Sharks found themselves down by 11 points. Points by Minor, Derkack, Bennett and Mckoy eight minutes into the second half gave the Warriors a 19-point lead. With the Sharks fighting back to regain momentum, Reid would then hit a three to put Merrimack up 22 with four minutes left in the game. LIU would get the lead down to 21, but could not complete the comeback. Merrimack would win the game 80-59.

Notes and Numbers

Merrimack scored 34 points off of turnovers. The Warriors shot 43% from the field and 37% from long range. Merrimack had 15 steals.

Up Next

The Warriors will play Long Island University on Wednesday in the first round of the Northeast Conference playoffs in North Andover.

Bennett Adds Another NEC Rookie of the Week Honor



Merrimack College men's basketball guard Javon Bennett was named the Northeast Conference (NEC) Rookie of the week for the fourth week in a row, as announced Monday after he continued his excellent play in the Warriors 70-54 victory over Central Connecticut on Thursday night and his play in the 80-59 win against Long Island University on Saturday afternoon.

The Orlando, Fla native scored 14 points in the Merrimack win on Thursday. The point guard also had five assists, four rebounds to go along with five steals in the victory. In the win on Saturday afternoon

Bennett had 6 points but had a game high in 12 assists. He also had four steals and four rebounds to help boost the Warriors to a victory.

Bennett currently ranks third on the team in scoring, averaging 8.8 points per game. The freshman ranks first in both the Northeast Conference and in the nation in steals per game with 2.9 per contest. Bennett has 89 total swipes so far on the season.

The Warriors get back to action on Wednesday night in the first round of the NEC tournament against LIU. Game time is set for 7 p.m.

Minor Earns Second NEC Player of the Week Honor



Merrimack College men's basketball forward Jordan Minor was named the Northeast Conference (NEC) Player of the week, as announced Monday after he continued his great play in the Warriors two victories last week.

The Kingston, Mass native scored 25 points in the Merrimack win on Thursday over the University of Hartford. The senior forward also had 12 rebounds in the win. On Saturday, Minor finished the game with 15 points and a career-high 20 rebounds in the Merrimack win over Sacred Heart

University. Minor ranks third in the NEC in scoring, averaging 17.1 points per game. He is first in rebounding with 9.3 boards per game, the mark is nearly one rebound more than the player in second place. Minor also ranks third in field goal percentage (.523) first in blocks (2.35) and first in offensive rebounds (3.17).

The Warriors get back to action on Thursday night in North Andover when Central Connecticut State University comes to town. Game time is set for 7 p.m.

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.

**BE A LIFESAVER
 BECOME A LIVING
 KIDNEY DONOR
 TODAY ON...**
 MatchingDonors.com

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

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

- Adlai E. Stevenson

This is a FREE public service from Rumbo for the City of Lowell

Este es aviso de servicio público de Rumbo para la Ciudad de Lowell

Help keep our kids safe from prescription (Rx) medication misuse.

You can help:

Put medications away


- Place medications in a locked drawer, pouch, cabinet or safe.
- Keep count of the pills in each bottle
- Ask the parents of your child's friend to safeguard their medications as well

Dispose of medications

- Bring to the City of Lowell Police Department Drop Off Kiosk (No questions asked)
- You can dispose of sharps here at the Health Center, at the Health Department (107 Merrimack St) or Life Connections (192 Appleton St)
- Do not flush them down the toilet

Go one step further


- Talk with your doctor about alternative pain management options
- Ask your pharmacist about the Partial-Fill Law (which allows you to request a lower opioid prescription count)



City of Lowell Health Department,
Substance Use & Prevention Division
Contact: 978-674-1065
www.LowellMA.gov

Unwanted Medication and Sharps Disposal Day

Saturday, March 18, 2023
10:00am-2:00pm
Lowell Senior Center (276 Broadway Street)




We accept:

- Rx Medications
- Over-the-Counter Medications
- Liquid Medications
- Inhalers
- Syringes
- Lancets
- Pen and Pump Needles

****No commercial disposal****

By eliminating unwanted medications and sharps from your home, you are helping to keep your family and our community safe!

all medications must be out of bottles and in plastic bags, syringes must be in puncture proof containers



"Lowell, MA – The City of Lowell will be hosting an Unwanted Medication and Sharps Disposal Day on Saturday, March 18, 2023 from 10:00 am – 2:00 pm at the Lowell Senior Center (276 Broadway Street in Lowell).

This free event is open to all members of the community who are invited to bring their unwanted prescription and over-the-counter medications, liquid medications, inhalers, sharps (including syringes, lancets, EpiPens, and pen and pump needles), and expired Narcan to the Lowell Senior Center to be disposed.

At the event in April 24 2020, 100 pounds of unwanted medications and over 300 pounds of sharps were collected.

The Unwanted Medication and Sharps Disposal Day is part of the City of Lowell's efforts to reduce the high number of opioid and other prescription medication-related incidents that occur in Lowell by removing medications, which could be misused or abused, from residents' homes.

According to the Partnership for Drug-Free Kids, two-thirds of teens and young adults who report abuse of prescription medications are getting it from friends, family and acquaintances."

Ayude a mantener a sus hijos seguros del mal uso de medicamentos recetados

Para ayudar:

Coloque los medicamentos fuera del alcance


- Guarde los medicamentos en un lugar bajo llave
- Lleve un conteo de las pastillas que contiene cada botella
- Pídale a los padres de los amigos de sus hijos que también protejan sus medicamentos

Descarte los medicamentos

- Traiga al puesto de entrega del Departamento de Policía de la Ciudad de Lowell (No se hará ninguna pregunta)
- Deseche de los objetos afilados en el Centro de Salud or en el Departamentos de Salud (107 Merrimack St) o en Life Connections (192 Appleton St)
- No las tire por el inodoro

Conozca sus opciones


- Hable con su médico sobre las formas de manejar su dolor
- Pregúntele a su farmacéutico sobre la Ley de Suministro Parcial (que le permit solicitar una menor dosis recetada de opioides)



Departamento de Salud de la Ciudad de Lowell,
La División de Prevención del Uso de Sustancias
Llame: 978-674-1065
www.LowellMA.gov

Día de eliminación de medicamentos y objetos afilados indeseados

Sábado 18 de Marzo de 2023
10:00 am - 2:00 pm
276 Broadway St,
Lowell Senior Center




Aceptamos:

- Medicamentos con receta
- Medicamentos sin receta
- Medicamentos líquidos
- Inhaladores/pompas
- Jeringas
- Lancetas
- Agujas tipo lapicera o bomba
- Narcan (Naloxone)

****Se prohíbe el desecho comercial****

Al descartar los medicamentos que no quiere, ¡ayuda a mantener segura a su familia y a nuestra comunidad!

Por favor, retire las pastillas de sus botellas y colóquelas en una bolsa de plástico. Las jeringas deben de estar en un contenido resistente a los pinchazos.



"Lowell, MA: La Ciudad de Lowell organizará un día de eliminación de objetos punzocortantes y medicamentos no deseados el sábado, 18 de marzo de 2023 de 10:00 a. m. a 2:00 p. m. en el Lowell Senior Center (276 Broadway Street en Lowell).

El evento está abierto a todos los miembros de la comunidad que están invitados a traer sus medicamentos recetados y de venta libre no deseados, medicamentos líquidos, inhaladores, objetos punzocortantes (incluidas jeringas, lancetas, EpiPens y agujas de pluma y bomba) y Narcan caducado al Lowell Senior Center para ser eliminado.

En el evento del 24 de abril de 2020, se recolectaron 100 libras de medicamentos no deseados y más de 300 libras de objetos punzocortantes.

El Día de eliminación de objetos punzantes y medicamentos no deseados es parte de los esfuerzos de la ciudad de Lowell para reducir la gran cantidad de incidentes relacionados con opioides y otros medicamentos recetados que ocurren en Lowell mediante la eliminación de medicamentos, que podrían ser mal utilizados o abusados, de los hogares de los residentes.

Según la Asociación para Niños Libres de Drogas, dos tercios de los adolescentes y adultos jóvenes que denuncian el abuso de medicamentos recetados los obtienen de amigos, familiares y conocidos".

Ajude-nos a proteger nossas crianças do uso indevido de medicamentos.

Você pode ajudar:

Guarde os medicamentos


- Tranque os medicamentos numa gaveta, bolsa, armário ou cofre
- Mantenha contagem dos comprimidos em cada frasco
- Peça aos pais dos amigos dos seus filhos para trancar os medicamentos deles também

Descarte de medicamentos

- Traga-os para o Kiosk de coleta do Departamento de Polícia da cidade de Lowell (não haverá questionamentos)
- Você pode descartá-los aqui no Centro de Saúde, no Departamento de Saúde (107 Merrimack St), ou no Life Conexions (192 Appleton St)
- Não jogue-os no vaso sanitário

Vá mais adiante


- Fale com o seu médico sobre opções alternativas para gerenciar dor
- Peça informação ao seu farmacéutico sobre a lei de "Partial-Fill" (a qual permite a você requisitar um número menor de opioides por receita)



Departamento de Saúde da Cidade de Lowell,
Divisão de Prevenção do Uso de Substâncias
Contato: 978-674-1065
www.LowellMA.gov

Dia de Descarte de Medicamentos e perfuro-cortantes (agujas, lâminas, etc)

Sábado, 18 de março de 2023
10:00 am - 2:00 pm
276 Broadway St, Lowell, MA
01854
Centro de Idosos de Lowell
(Lowell Senior Center)




Aceitamos:

- Medicamentos vendidos com receita
- Medicamentos vendidos sem receita
- Medicamentos líquidos
- Seringas
- EpiPens (autoinjeter de epinefrina)
- Lancetas
- Aguilhas hipodérmicas de canetas e bombas
- Inaladores
- Spray Nasal Narcan (Naloxone)

****Não Aceitamos Descarte Comercial****

Ao eliminar medicamentos indesejados da sua casa, você está ajudando a manter a segurança da sua família e comunidade!

Por favor, remova as pílulas de seus frascos e coloque-as em um saco plástico. As seringas devem ter um conteúdo resistente à punção.



Es facil encontrar a

Rumbo

(978) 794-5360

Rumbo@Rumbonews.com






**Registación
Béisbol**



GRATIS
★★★★



BILINGUE
★★★★

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

LUNES & MIÉRCOLES
4:30PM-6PM en la CBA

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:
SHANE CREMIN - shane.cremin@cbacre.org - (978) 608 7246





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!

ONLY \$75.00 EACH - Balcony 309/Row 10



Merrimack Valley Chamber of Commerce

Hibachi LUNCH with the MVCC at Kobe Buddha House! Haverhill, MA

Open to ALL Chamber Members!





Tuesday, March 7th, 2023
12 Noon - 1:15 PM
Kobe Buddha House
89 Plaistow Rd, Haverhill MA

Including: One Choice of Hibachi Chicken, Steak, OR Vegetable.
All meals come with soup, salad, and fried rice!
Cash Bar available

Have your staff and customer luncheon with MVCC @ Kobe Buddha House!

Thank you to our sponsor A.P. Michaud Insurance Agency, Inc.

MVCC Members ONLY \$28.00

Kobe Buddha House 3/7/23

Future Members \$35.00

Mattresses Recycling



To Schedule a Mattress Pick up
Please Call Department of
Public Works (DPW) 978-620-3090

Reciclaje de Colchones

Para agendar la recogida de colchones
por favor llamar
al Departamento de Obras Publicas
(DPW) 978-620-3090



THE MERRIMACK VALLEY CHAMBER OF COMMERCE

Wednesday, April 5th, 2023

THE PREMIER SPRING BUSINESS EXPO, TRADE SHOW, HEALTH & WELLNESS FAIR!

Michael's Function Hall
12 Alpha Street, Off Rte 110
Haverhill, MA
10:00 AM – 3:00 PM

The Premier, Most Effective Business Marketing and Networking Opportunity This Year AND Most Affordable With Our "Early Bird" Pricing!

THIS IS YOUR OPPORTUNITY TO EXHIBIT YOUR PRODUCT(S) AND SERVICES TO THE MANY WHO WILL ATTEND AND PARTICIPATE
DON'T DELAY REGISTER TODAY!
ACT NOW & SAVE \$\$

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE RUMBONEWS.COM