

## Newburyport native serving aboard USS Abraham Lincoln



Photo by Petty Officer 2nd Class Madison Cassidy

SAN DIEGO (April 20, 2023) Lt. j.g. Brinn Hefron, from Newburyport, Mass., assigned to the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) operates a rigid-hull inflatable boat in San Diego bay during small boat operations. Abraham Lincoln is currently moored pierside at Naval Air Station North Island. (U.S. Navy photo by Mass Communication Specialist 2nd Class Madison Cassidy)

## Mayor DePeña welcomes the US Army Parachute Team, the Golden Knights



El Alcalde de Lawrence, Brian A. DePeña, le dio la bienvenida al equipo de paracaidistas del ejército de EE.UU. Pg. 7

Lawrence Mayor Brian A. DePeña brings greetings from the City and welcomes the US Army Parachute Team. Pg. 7

## Construyendo Puentes de Paz y Vida



Más fotos de la Marcha por la Paz el domingo, 30 de abril en el Parque Campagnone. Pg. 19

"Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!"

Sitting Bull

Lawrence Public Library

# TCHOCHTKES AND OTHER THINGS: MAKING ORDER

*Louise Sandberg, retired archivist, will talk about how to deal with the accumulation of a variety of things. These varied objects in your home may have value beyond your personal attachments.*

Sunday, May 28th  
2:00pm  
Third Floor  
Robert Frost Room  
Free  
To register call 978-620-3600 or email [libraryinfo@cityoflawrence.com](mailto:libraryinfo@cityoflawrence.com)

Women's Tournament at Sons of Italy Pg. 4  
Los gatos son buenos para tu salud Pg. 8  
City lots for sale Pg. 11  
GLCF grants \$190K local to non-profits Pg. 12  
AARP - Protéjase contra el fraude Pg. 14  
AARP - protection against fraud Pg. 15

# Merrimack Valley Spartans Football and Cheerleading

Now that you know more about our program we will go into a segment of getting to know our board of directors.

First and foremost, we would like to introduce our President and co-founder, Jose Santiago.

Here are a few words from Jose:

“I was born and raised in the city of Lawrence and graduate from GLTS class of 2004. Football has been my passion since I was a child. I began playing football at a young age and my love for the sport grew as I got older. Playing football in high school was the highlight of my adolescent years. The coaching staff at GLTS truly helped shape me into the man I am today.

As a father I felt it was important to embed the same values I learned through football in my own kids. I’ve been coaching football for approximately 10 years.

Starting this organization has been a lifelong dream and without the support and creativity of our team it would not have been possible.

The one thing I’ve loved the most throughout this journey with the Spartans is our collaboration with GLTS, which is my alma mater. Things have truly come full circle for me as I’ve worked side by side with the men who were once my coaches and mentors.

The greatest reward in helping to create this program is sowing seeds of positivity and development to help the youth make



better choices in life. I not only want to help shape them into successful student-athletes but also productive members of our community.”

Stay tuned for our next segment of getting to know our board members!

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# Haverhill Bank registra un sólido desempeño financiero en el primer trimestre

Comparte \$126,000+ con organizaciones locales sin fines de lucro

Haverhill Bank reportó esta semana un sólido desempeño financiero durante el primer trimestre del año, lo que lo ayudó a respaldar una variedad de organizaciones benéficas y sin fines de lucro locales.

El Presidente y Director Ejecutivo de Haverhill Bank, Thomas L. Mortimer, dijo que las sólidas ganancias básicas de \$973,000 combinadas con ganancias netas no realizadas de \$286,000 de su cartera de inversiones generaron ganancias antes de impuestos de \$1,259,000.

“Como institución propiedad de los depositantes, Haverhill Bank existe para servir a sus comunidades en lugar de a los inversores. Con este principio rector siempre a la vanguardia, el banco pudo compartir más de \$126,000 con organizaciones locales durante el mismo período”, dijo Mortimer.

A fines de 2022, los activos de Haverhill

Bank aumentaron alrededor de \$19 millones con respecto a 2021, para un total de \$558 millones.

“Haverhill Bank sigue teniendo un buen desempeño y el banco sigue siendo financieramente sólido; y como recordatorio, todos los depósitos en Haverhill Bank están asegurados en su totalidad, debido al seguro FDIC/DIF”, añadió Mortimer.

Haverhill Bank, una institución propiedad de los depositantes, fue fundada en 1877 y es el banco cooperativo más antiguo de Massachusetts. La oficina principal del banco está en 180 Merrimack St. en Haverhill. Haverhill Bank también tiene oficinas en 163 South Main St., 1094 Main St., 6 West Main St., Merrimac, 281 Main St., West Newbury y 396 Main St., Salem, N.H.

## Haverhill Bank Posts Strong First-Quarter Financial Performance Shares \$126,000+ with Local Nonprofits

Haverhill Bank this week reported strong financial performance during the first quarter of the year, helping it support a variety of local charities and nonprofit organizations.

Haverhill Bank President and CEO Thomas L. Mortimer said strong core earnings of \$973,000 combined with net unrealized gains of \$286,000 from its investment portfolio delivered pre-tax earnings of \$1,259,000.

“As a depositor-owned institution, Haverhill Bank exists to serve its communities rather than investors. With this guiding principle always in the forefront, the bank was able to share more than \$126,000 with local organizations during the same period,” Mortimer said.

As of the end of 2022, Haverhill Bank’s assets grew about \$19 million over 2021, for a total of \$558 million.

“Haverhill Bank continues to perform well, and the Bank remains financially sound; and as a reminder, all deposits at Haverhill Bank are insured in full, due to the FDIC/DIF insurance.” Mortimer added.

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

## American Jewish Heritage Month

May is Jewish American Heritage Month and Lappin Foundation invites the community to learn about some wild and crazy inventions of Rube Goldberg, iconic Jewish American, illustrator, cartoonist, author, inventor and sculptor. The program will take place on Zoom on Monday, May 15, 2023, from 7:30 p.m. – 8:30 p.m. ET.

Collector Gregg Philipson will share artifacts from his extensive personal collection from the 1910s to the present-day. The program is free and everyone is welcome.

Register at [LappinFoundation.org](http://LappinFoundation.org). For more information email [swyner@LappinFoundation.org](mailto:swyner@LappinFoundation.org).

## Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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Published on the 1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> and 22<sup>nd</sup> of Every Month

# Don't lose your health insurance

MassHealth returns to its annual eligibility and renewal process on April 1. To ensure you don't lose your coverage, take these steps:



**1** Update your contact info with MassHealth. Call 1-800-841-2900 or log in to your account at [MAHealthConnector.org](http://MAHealthConnector.org).

**2** Report any household changes, such as a new job, address, or income change for all members of your household.

**3** Look for a blue envelope in the mail, and read all mail from MassHealth. You may be sent forms to complete and return.

# No pierda su seguro médico

MassHealth comenzará nuevamente el proceso anual de elegibilidad y renovación de seguro a partir del 1º de abril. Para asegurarse de no perder su cobertura, siga estos pasos:



**1** Actualice su información de contacto con MassHealth. Llame al 1-800-841-2900 o inicie sesión en su cuenta en [MAHealthConnector.org](http://MAHealthConnector.org)

**2** Informe cualquier cambio en el hogar, como un nuevo trabajo, dirección o cambio de ingresos para todos los miembros de su hogar.

**3** Recibirá un sobre azul por correo. Es importante que lea toda correspondencia que reciba de MassHealth. Es posible que le envíen formularios para completar y devolver.

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POR DALIA DÍAZ  
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READ IT IN ENGLISH ON PAGE 16

## Desde Mi Esquina



### CARTAS AL EDITOR RUMBO

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

### Preparándose para el Circo

Sí, las elecciones municipales vienen este septiembre y parece que estamos recibiendo más candidatos de lo normal. Rumbo no publicará ninguna lista hasta que se cierre el plazo de presentación porque siempre hay alguno que saca papeles y nunca vuelve con sus firmas para entrar en la papeleta.

La mayoría de los residentes que han sacado papeles me hacen sonreír (a veces enojada por su ignorancia) porque no tienen idea de lo que se necesita para ser concejal. Algunos se han dado a la tarea de hablar mal del trabajo que realizan porque no saben lo que implica ser legislador.

Puede estar seguro de que nunca han recogido una copia de la Carta Constitutiva de la Ciudad ni han leído ninguna parte de ella. He visto a concejales proponer ideas para ordenanzas que ya están en los libros

y no lo sabían. Eso les demuestra que antes de abrir la boca, deben hacer su tarea e investigar el tema.

No saben cuánto tiempo pasan discutiendo en sus reuniones para autorizar estacionamientos para discapacitados, señales de pare, entrevistar a candidatos para trabajos municipales, escuchar a organizaciones comunitarias que piden dinero o exponer sus problemas.

Facebook está repleto de comentarios negativos sobre concejales que posan para fotografías en cada evento acusados de no hacer nada. Ellos hacen las reglas para todos nosotros, estudian el presupuesto de la ciudad antes de aprobarlo y hay muchas noches de negociaciones pasadas la medianoche de las que nadie está al tanto.

No solo asisten a las reuniones del concejo dos veces al mes. Deben participar en 3 ó 4 comités y tener reuniones periódicas varias veces al mes para las cuales deben prepararse, investigar cuando sea necesario

y visitar lugares antes de decidir sobre sus problemas. ¡Mucho tiempo de hecho!

Pero la gente no está consciente de nada de eso porque no ven las reuniones del concejo de la ciudad, y mucho menos asisten en vivo en el ayuntamiento. Solo ven fotos en Facebook.

Y este consejo se aplica también a los candidatos de Haverhill.

Durante la campaña, hacen promesas poco realistas que requerirían la aprobación del resto para siquiera discutirlo. Algunos incluso están usando el nombre de la fallecida concejala Nilka Alvarez-Rodríguez para inspirar a los puertorriqueños a postularse para un cargo porque “necesitamos más puertorriqueños en el gobierno de la ciudad”.

¡Esa es la peor razón que he escuchado para postularse! De todos los nuevos candidatos, no hay uno con la formación, la tenacidad para luchar por esta ciudad, la honestidad y la trayectoria que pueda compararse con ella, de cualquier nacionalidad. ¡Esto no es un concurso de belleza!

Se le preguntó a cierta candidata si alguna vez había leído la Carta de la Ciudad. Su respuesta fue: “No lo he hecho, pero soy joven y estoy dispuesta a aprender”. A eso digo, después de que sea elegida, puede descubrir que esto es demasiado para usted y que es muy tarde para rechazar el puesto.

Por cierto, la Carta de la Ciudad es un desastre; se debe actualizar cada diez años y no se hace desde hace más de 20. Hay discrepancias en todo porque se han hecho

cambios sin revisar en otras áreas.

Hay una que debo mencionar específicamente, Germinudy Rosario, la presidenta de Semana Hispana. Se postula para el Distrito F y figura en los materiales de su campaña (D), lo que significa que es demócrata. Aparentemente, ella no sabe que las elecciones municipales son apartidistas.

Además, hace un par de años, cuando José Dávila era presidente de la Semana Hispana, mencionó que le gustaría postularse para el concejo municipal, ella le dijo que tendría que renunciar a la organización porque son un grupo apolítico. ¿Dónde estaba escrita esa regla? Bueno, ¿Va ella a renunciar?

Hace unos años escribí sobre su participación en un comportamiento cuestionable en la junta y hoy está a cargo de la Semana Hispana.

### ¡Es nuestra basura!

La semana pasada escribí sobre mantener limpia la ciudad y cómo es nuestra responsabilidad. Hace unos días fui al Lawrence General Hospital y tuve que estacionar en el estacionamiento al otro lado de la calle. Estaba totalmente asqueada por la basura que la gente deja en el suelo como si limpiaran sus autos allí. Sobre todo, fue la cantidad de mascarillas en todas partes.

El hospital tiene suficientes botes de basura alrededor para que los visitantes puedan deshacerse de ellas al salir, no en el estacionamiento.

## Women's Tournament held at Sons of Italy Methuen



On Sunday, April 23rd, 2023, the third annual women's bocce tournament sponsored by Gina Neve was held at the Methuen Sons of Italy Lodge #902. Fifty-six women participated in this fun filled day beginning with Breakfast of coffee and pastry to Lunch with Ziti, Chicken Parm, Salad and all homemade desserts: Pistachio, Chocolate & White Biscotti, Almond Joy Cookies, and Apple Crisp.

“The 50/50 raffle was a tremendous success, and the winner went home with \$275.00. The pictures speak for themselves showing this tournament as another memorable occasion for our bocce women. Thanks Gina!”, said Eileen Giordano.



First Place Winners: Left to Right: Rita Paci, Celida DeFreitas, Amy Walsh, and Carmela Pagnoni.



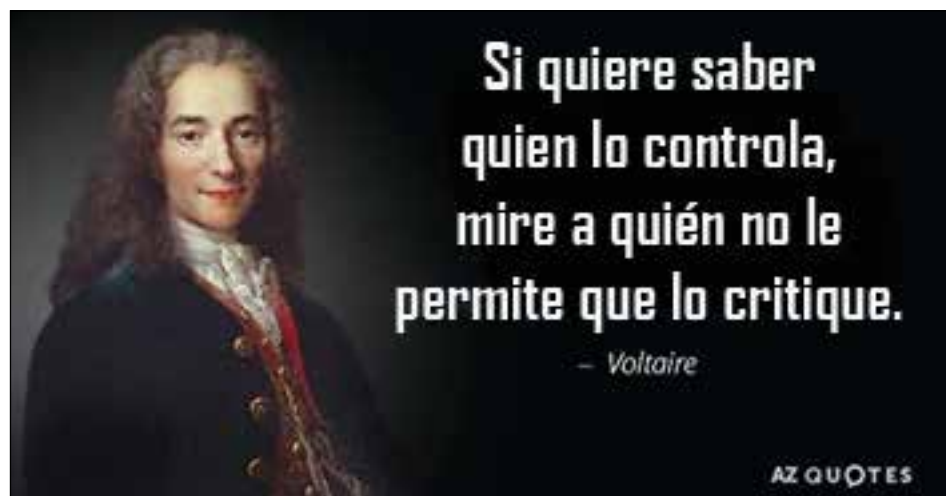
Second Place Winners: Left to Right: April Vitalli, Roselle Gosselin, Angie Squitieri, and Judy O'Shea.



### Seguridad en las escuelas

La semana pasada, el Alcalde Brian DePeña visitó la Escuela Secundaria para hablar sobre seguridad, acompañado por miembros del concejo de la ciudad porque dijo que es su prioridad. A él se unieron el Superintendente Escolar y su equipo.

Un detalle interesante del que no se habla es que se encontraron en un pasillo con el miembro del Comité Escolar del Distrito B Santiago Reyes-Cruz y ante el grupo les dijo: “No les crean; no les están diciendo la verdad”.



Si quiere saber  
quien lo controla,  
mire a quién no le  
permite que lo critique.

— Voltaire

AZ QUOTES



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# Massachusetts State Auditor to Speak at MCC's 2023 Commencement

State Auditor Diana DiZoglio is Middlesex Community College's 2023 Distinguished Alumna and will speak to the graduating class during the commencement ceremony on Thursday, May 25.

"My experience at MCC was truly invaluable," State Auditor DiZoglio said. "MCC helped instill the knowledge and confidence I needed to gain the most from my experience – to navigate what I was truly passionate about through courses and community engagement opportunities, and to help guide me toward my future endeavors. I am humbled to have the opportunity to speak with the Class of 2023 and look forward to seeing you all in a few weeks!"

State Auditor DiZoglio was born to a single mother on the day of her high school graduation. To support them, her mother worked as a nurse's aide before putting herself through school at a community college to become a Licensed Practical Nurse. Inspired – and following in her mother's path – she enrolled at MCC.

Starting part-time until she grew more comfortable in a higher education setting, State Auditor DiZoglio balanced her studies while waitressing and took advantage of being able to take both day and evening classes. Once she found success at MCC, she felt more secure in her studies.

"Ultimately, I had such a fantastic experience at Middlesex," she said. "I ended



up graduating with a 4.0 and it was around this time in my life that things truly started to click and make sense."

While studying Psychology at MCC, State Auditor DiZoglio found her confidence through guidance from professors. Being able to connect with them on a personal level helped her "get the most out of my experience at Middlesex."

MCC Anatomy and Physiology Professor Anne Miller – who worked as the Director of the Honors Department at the time – encouraged State Auditor DiZoglio to

apply to Wellesley College. After graduating from Middlesex in 2008, she transferred to Wellesley to continue her studies and earn a bachelor's degree in both Psychology and Spanish. For State Auditor DiZoglio, Miller "saw potential in me when I didn't see it in myself."

In addition to her studies at MCC, she worked as a Spanish tutor and participated in a Service-Learning Experience at Girls Inc. in Lowell in the nonprofit's after-school programs.

Calling the college "a fantastic choice," State Auditor DiZoglio said, "my experience at MCC was truly invaluable in instilling me with the knowledge and confidence I needed to step up my game and take my work to the next level."

Her Service-Learning experience at Middlesex was the beginning of State Auditor DiZoglio's work with youth and community centers. After graduating from Wellesley, she provided counseling and mentorship to underserved communities in addition to performing outreach into the community. This led to a job working at the State House where she was "able to continue doing that important work."

The position taught her the positive differences she could make within the community through public service and community outreach. "I saw areas of state government that worked very well and others that needed improvement to ensure all families, regardless of zip

code, have equitable access to succeed," she said.

Inspired by this work, State Auditor DiZoglio ran and was elected to the Massachusetts House of Representatives in 2012. In 2018, she ran and became State Senator for the 1st Essex District where she represented Methuen, Newburyport, Haverhill, Merrimac, Amesbury, Salisbury and parts of North Andover – many cities and towns of which Middlesex also serves.

On January 18, 2023, she was sworn into her first term as the 26th Auditor of the Commonwealth of Massachusetts. State Auditor DiZoglio is committed to help move Massachusetts forward by working to increase transparency and accountability in state government.

Having the opportunity to attend a community college – Middlesex in particular – helped State Auditor DiZoglio have increased access to an education. In addition to allowing her to work while taking classes and saving her money on tuition costs, MCC was closer to her Methuen home, offered small class sizes, and provided "unique opportunities in alternative training or certification."

"Community college was for me what it is for so many other people – a way to get started," State Auditor DiZoglio said. "A way to make a positive change. A way to step it up. It's the open door to further opportunity."

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**Actúa ahora. Mantén tu cobertura.**

## Alcalde DePeña da bienvenida al Equipo de Paracaidistas del US Army, the Golden Knights



Aeropuerto Municipal de LAWRENCE - El Alcalde de Lawrence, Brian A. DePeña, le dio la bienvenida al equipo de paracaidistas del ejército de EE.UU.

Los Golden Knights del ejército de EE.UU. quienes estaban en el aeropuerto municipal de Lawrence realizando un Campamento de Paracaidistas Tándem junto con el Distrito de Reclutamiento del Ejército de Nueva Inglaterra.

El Alcalde DePeña está orgulloso de las fuerzas armadas de nuestra nación, nuestros veteranos y sus familias. Él mismo es un orgulloso padre de un miembro del servicio activo, que actualmente se desempeña como Army Medic en el extranjero.

LAWRENCE Airport - Lawrence Mayor Brian A. DePeña brings greetings from the City and welcomes the US Army Parachute Team.

The US Army's Golden Knights who were in Lawrence Municipal Airport conducting a Tandem Parachute Camp along with the Army Recruiting District of New England.

Mayor DePeña is a proud supporter of our nation's military, our Veterans, and their families. He is a proud father of an active duty service member, who is currently serving as an Army Medic overseas.



El Alcalde DePeña no pudo resistir la tentación de sentarse en uno de los helicópteros.

Mayor DePeña could not resist the temptation of sitting in one of the helicopters.



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## Energy North Group Opening Flagship Haffner's Location in Lawrence, MA

Energy North is proud to announce the opening of its flagship Haffner's location on Merrimack Street in Lawrence. The site includes a gas station, car wash and convenience store, which contains both a Sal's Pizza and the first ever Crack'd Kitchen Express.

Featuring the bright, bold elements of the revitalized Haffner's brand and providing customers with an abundance of amenities and local food service options, the 425 Merrimack Street location sets the tone for the company's future builds.

"We're excited for the Sal's brand to be a part of this new location at Riverwalk," said Sal Lupoli, owner of Sal's Pizza and Lupoli Companies. "Our partnership with Energy North has provided us with many great opportunities for growth, and I think this new site is a perfect example of that."

"Crack'd Express is a new venture that we look forward to introducing to our customers," said Danny Azzarello, Co-Founder and Owner of Crack'd Kitchen and Coffee. "We worked with the team at Energy North to develop an abbreviated menu that will still provide people with the high-quality experience they've come to expect. This location is the ideal space for us to roll it out."

"The Merrimack Street Haffner's has been years in the making, and I am incredibly proud of the team that made it all happen," said Jeff Black, CEO of Energy North. "This site sets the bar for all our new Haffner's locations going forward, and I am excited to finally open its doors to our customers."

The 24-hour fuel offering features

three grades of fuel as well as diesel. Two touchless Carwashes and 8 Vacuums are available for customers to use. In addition to its usual convenience store inventory, beer cave and two foodservice options, the site also contains self-checkout stations.

The Merrimack Street site will officially open its doors on May 8, 2023. A formal grand opening celebration will be held on May 24, 2023. The convenience store will be open daily from 5 a.m. to 11 p.m. The Crack'd Express and Sal's Pizza locations will be open from 5 a.m. to 8 p.m. and 10 a.m. to 9 p.m. respectively.

About Energy North: Energy North Group is one of the largest wholesale distributors of fuel in the New England and Upstate New York areas. Energy North offers all the major brands, including Mobil, Exxon, Citgo, Gulf and Sunoco while continuing to grow its Haffner's proprietary brand. Energy North Retail operates 70 gas stations, convenience stores, car washes and food service locations. The Haffner's brand operates gas stations and car washes in Massachusetts, New Hampshire and Maine and distributes heating oil and propane while providing HVAC to 45,000 customers in Massachusetts, New Hampshire and Southern Maine. ENG continues to grow as one of the regional leaders in all business markets.

For more information about Energy North Group or to view current employment opportunities, please visit [www.EnergyNorthGroup.com](http://www.EnergyNorthGroup.com). For more information about Haffner's or to view current employment opportunities, please visit [www.Haffners.com](http://www.Haffners.com).

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# Las mascotas no solo son adorables, ¡también son buenas para tu salud mental!



El Mes de Concienciación sobre la Salud Mental es un buen momento para hablar sobre cómo las mascotas pueden ayudar a tu bienestar mental

Dado que mayo es el mes de la concienciación sobre la salud mental, Best Friends Animal Society, una organización líder en bienestar animal comparte algunos de los muchos beneficios para la salud mental de adoptar o darle hogar temporal a un perro o a un gato.

- Los perros y los gatos no solo son adorables... sino que mejoran nuestro estado de ánimo: los dueños de mascotas ya saben que sus compañeros peludos pueden hacerlos más felices. Los estudios muestran que el contacto visual con tu perro puede liberar oxitocina (la hormona del amor) y

dopamina (un neurotransmisor), los cuales han demostrado que tratan tanto la ansiedad como la depresión.

- Las mascotas te dan una rutina... ¡y te obligan a seguirla! Tener una mascota significa tener un horario fijo todos los días. Las rutinas pueden ayudar a las personas que experimentan ansiedad y depresión porque brindan una sensación de estabilidad.

- Las mascotas ayudan a las personas a sentirse valoradas: Cuidar de un perro o un gato es una gran responsabilidad, especialmente al principio, pero también tiene beneficios comprobados para tu propia salud mental. Puede aumentar los sentimientos de autoconfianza y autoestima, los cuales pueden aliviar los síntomas.

- Disminución de estrés: Acariciar a un perro o a un gato es una forma rápida de desestresarse. Estar cerca de mascotas



puede reducir el cortisol, lo que puede ayudar a reducir los sentimientos de estrés y ansiedad.

Ahora es un buen momento para recibir una mascota en tu hogar. Ya sea adoptando o servir como hogar temporal. En todo el país, los albergues están luchando con un mayor número de mascotas, mientras que las adopciones no están a la altura. Esto ha llevado a la sobrepoblación, de mascotas en los albergues, lo que ha provocado una mayor presión sobre el personal y una crisis. Dado que la mayoría de los albergues de los Estados Unidos sobrepoblados, las mascotas corren más riesgo de morir debido a la falta de espacio.

“Ahora es el momento perfecto para elegir la opción de adopción”, dijo Julie Castle, directora ejecutiva de Best Friends Animal Society. “Durante el mes de concientización sobre la salud mental, imploro a las personas que salgan y ayuden a salvar vidas. La plétora de beneficios que las mascotas nos brindan en sus vidas realmente puede tener un impacto positivo en nuestro bienestar”.

Para obtener más información sobre

la adopción y el acogimiento de mascotas, visita: [salvaunamascota.org](http://salvaunamascota.org)

### Información sobre Best Friends Animal Society

Best Friends Animal Society es la organización líder en bienestar animal, que trabaja para lograr que para el año 2025 se haya puesto fin a la práctica de sacrificar perros y gatos en los albergues de los Estados Unidos. Fundada en 1984, Best Friends es pionera en el movimiento “no-kill” y ha ayudado a reducir la cantidad de animales sacrificados en los albergues, de aproximadamente 17 millones por año a alrededor de 355,000. Best Friends lleva a cabo programas que salvan vidas en todo el país y tiene el santuario más grande del país. Trabajando en forma conjunta con una red de alrededor de 4,200 socios dedicados a promover el bienestar animal, Best Friends está trabajando para salvar a todas las mascotas, Save Them All®. Para más información, visita [SalvaUnaMascota.org](http://SalvaUnaMascota.org).

### Redes sociales

Facebook: [estfriendsanimalsocietyenespanol](https://www.facebook.com/bestfriendsanimalsocietyenespanol)  
Instagram: [bestfriends\\_enespanol](https://www.instagram.com/bestfriends_enespanol)

## Fire victims / Víctimas de incendios

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

\*\*\*\*\*

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

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

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# 17-year-old Julio Mejía Announces Campaign for GLTS School Committee

LAWRENCE, MA – Julio Mejía has announced his historic campaign to represent the Lawrence community as a member of the Greater Lawrence Technical School Committee.

The next two years will be a critically important period for the Greater Lawrence Technical School (GLTS) as it confronts critical issues, many of which predate the COVID-19 pandemic and many exacerbated by it.

“I am excited to announce my candidacy for the GLTS School Committee,” said Julio Mejía. “If elected, I will advocate for the faculty, parents/caregivers, and especially GLTS students who deserve a 21st century, quality vocational education regardless of race, ethnicity, religion, economic status, or those in need of special services. We must build a platform to take the Greater Lawrence Technical School to the next level of world-class technical education.”

Julio is proud to support the proposed Aviation & Aerospace program, reliable and secure technical infrastructure, and adequate resources that can help our teachers teach effectively, help our students learn, and build diversity and inclusion among teachers and students. As a young community leader, Julio has the experience of being a powerful voice for the GLTS community.

If elected, he would be the youngest school committee member ever elected in the school’s history — the youngest elected official ever elected in Lawrence’s history, and one of the youngest across Massachusetts.

## About Julio Mejía:

Julio is a lifelong resident of Lawrence and can closely relate to the students in the Greater Lawrence area. Julio believes all



students have a right to quality education and physical and mental health support in the school system.

Julio currently serves as a Special Assistant to Mayor Brian A. DePeña of Lawrence. He has been a leader in a broad range of community organizations, including the Merrimack Valley YMCA, Semana Hispana en Lawrence, and Merrimack Valley Project. Julio attended Lawrence Public Schools from elementary through middle school, giving him an education that led him toward success. Julio will graduate from Notre Dame Cristo Rey High School in Methuen in June. He will then pursue his undergraduate degree in the fall at Bentley University, majoring in International Affairs.

# Julio Mejía, de 17 años, anuncia campaña para el Comité Escolar de Escuela Técnica de Greater Lawrence

LAWRENCE, MA – Julio Mejía ha anunciado su histórica campaña para representar a la comunidad de Lawrence como miembro del Comité Escolar de la Escuela Técnica de Greater Lawrence.

Los próximos dos años serán un período de importancia crítica para la Escuela Técnica de Greater Lawrence (GLTS), ya que enfrenta problemas serios, muchos de los cuales son anteriores a la pandemia de COVID-19 y muchos exacerbados por ella.

“Estoy emocionado de anunciar mi candidatura para el Comité Escolar de GLTS”, dijo Julio Mejía. “Si soy elegido, lucharé por la facultad, los padres/cuidadores y especialmente los estudiantes de GLTS que merecen una educación vocacional de calidad, independientemente de su raza, etnia, religión, situación económica o aquellos que necesitan servicios especiales. Debemos construir una plataforma para llevar a la Escuela Técnica de Greater Lawrence al siguiente nivel de educación técnica de clase mundial”.

Julio se enorgullece de apoyar el programa de aviación y aeroespacial propuesto, la infraestructura técnica confiable y segura, y los recursos adecuados que pueden ayudar a nuestros maestros

a enseñar de manera efectiva, ayudar a nuestros estudiantes a aprender y generar diversidad e inclusión entre maestros y estudiantes. Como joven y líder comunitario, Julio tiene la experiencia de ser una voz poderosa para la comunidad GLTS.

De ser elegido, sería el miembro del comité escolar más joven elegido en la historia de la escuela, elegido como el más joven en la historia de Lawrence, y uno de los más jóvenes en Massachusetts.

## Sobre Julio Mejía:

Julio es un residente de toda la vida de Lawrence y puede relacionarse estrechamente con los estudiantes en el área de Lawrence. Julio cree que todos los estudiantes tienen derecho a una educación de calidad y apoyo para la salud física y mental en el sistema escolar.

Julio actualmente se desempeña como asistente especial del alcalde Brian A. DePeña de Lawrence. Ha sido líder en varias organizaciones comunitarias, incluidas Merrimack Valley YMCA, Semana Hispana en Lawrence y Merrimack Valley Project. Julio asistió a las Escuelas Públicas de Lawrence desde la escuela primaria hasta la secundaria, lo que le brindó una educación que lo llevó al éxito. Julio se graduará de la escuela secundaria Notre Dame Cristo Rey en Methuen en junio. Luego obtendrá su título universitario en el otoño en la Universidad de Bentley, con especialización en Asuntos Internacionales.

## Reemplazo del puente PFC Ralph T. Basiliere

¿Qué está pasando?

Aunque el puente Private First Class (PFC) Ralph T. Basiliere Bridge es seguro para todos los usuarios, ha llegado al final de su vida útil y se debe reemplazar. MassDOT organizará un taller público para recabar la opinión de la comunidad sobre el tipo y el aspecto del nuevo puente, la configuración de los carriles durante la construcción y después de esta, las instalaciones para ciclistas y peatones, así como las conexiones con las instalaciones adyacentes para ciclistas y peatones. Este taller público ofrece la oportunidad de conversar de manera informal y en pequeños grupos con los líderes de MassDOT y el equipo de diseño de este proyecto.

¿Cómo te afectará esto?

Durante los próximos seis meses, el equipo de diseño de MassDOT trabajará con la comunidad de Haverhill para determinar el tipo de puente que reemplazará al actual Basiliere, el aspecto que debe tener el nuevo puente y otros elementos estructurales importantes, como las conexiones ciclistas y peatonales y la configuración de los carriles. Este taller es el segundo de una serie. MassDOT anima a todos los miembros de la comunidad interesados a asistir. Los asistentes podrán ver borradores de conceptos basados en las ideas del público en el taller inicial que será el 3 de abril de 2023.

¿Cuándo? **Jueves 18 de mayo de 2023**  
5:30-7:30 p. m.

¿Dónde? **UMass Lowell Innovation Center**  
2 Merrimack Street  
Haverhill, MA

Visite [www.mass.gov/basiliere-bridge-project-haverhill](http://www.mass.gov/basiliere-bridge-project-haverhill) para obtener más información.

Para garantizar que sus reuniones sean accesibles, MassDOT proporciona razonablemente: traducción, interpretación, modificaciones, adaptaciones, formatos alternativos y ayudas y servicios auxiliares. Para solicitar estos servicios, póngase en contacto con el Director de Diversidad y Derechos Civiles de MassDOT al 857-368-8580 o [MassDOT.CivilRights@dot.state.ma.us](mailto:MassDOT.CivilRights@dot.state.ma.us). Para disponer de tiempo suficientes para tramitar dichas solicitudes, hágalas lo antes posible, idealmente de 10 a 15 días antes del evento.

Las consultas sobre el proyecto también pueden enviarse por correo electrónico a [haverhillbasilierebridge@dot.state.ma.us](mailto:haverhillbasilierebridge@dot.state.ma.us)  
Envíe toda declaración por escrito relativa a la iniciativa propuesta a: **Carrie A. Lavallee, P.E., Chief Engineer, MassDOT, 10 Park Plaza, Boston, MA 02116, Attention: BRIDGE SECTION**  
**PROJECT FILE NO. 605304.**

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# Rep. Frank A. Morán asegura \$590,000 en financiamiento local directo en el presupuesto estatal para su distrito

*Los aspectos más destacados incluyen financiamiento permanente para comidas escolares universales, colegio comunitario gratuito para residentes que califiquen, inversiones en cuidado infantil financiadas por la autorización de opciones de compra en línea para la lotería estatal y financiamiento para garantizar el acceso estatal a medicamentos para el aborto.*

BOSTON – La Cámara de Representantes de Massachusetts aprobó su presupuesto para el año fiscal 2024 (FY24). Este presupuesto responde a las necesidades de los residentes y realiza inversiones específicas que brindan apoyo a las familias en todo el Commonwealth. Financiado con \$56,200 millones, el presupuesto del año fiscal 24 de la Cámara brinda un sólido apoyo a las ciudades y pueblos de la Mancomunidad y, entre muchas inversiones críticas, incluye una financiación significativa para la educación, el transporte, la atención médica, la vivienda y el desarrollo de la fuerza laboral.

Los \$590,000 en ayuda local directa asegurada por el representante estatal Moran proporcionan:

- \$100,000 para ACT Lawrence

empodera a los residentes con una variedad de iniciativas y actividades de desarrollo comunitario, como vivienda asequible, prevención de ejecuciones hipotecarias, educación para compradores de vivienda por primera vez, educación financiera familiar, así como desarrollo empresarial y juvenil.

- \$50,000 para Casa Dominicana para ayudar con educación ciudadana, clases de ESL y capacitación en computación para adultos de bajos ingresos.

- \$50,000 para Sueños Basketball para apoyar la programación recreativa, social y de salud de la liga para jóvenes de bajos ingresos en la Ciudad de Lawrence.

- \$50,000 para el Fondo de Desarrollo de la Familia Lawrence para ayudar con educación ciudadana, clases de ESL y capacitación en computación para adultos de bajos ingresos.

- \$50,000 para la Fundación CEMDPCD para apoyar, educar y defender a los padres de familias de bajos ingresos de estudiantes con discapacidades de aprendizaje en la ciudad de Lawrence.

- \$50,000 para el Centro SISU para brindar un espacio seguro para programas educativos y recreativos para jóvenes en riesgo en Merrimack Valley.

- \$50,000 para el Ateneo Dominicano Cultural Del Merrimack Valley para promover y celebrar la cultura dominicana

vocacionales en la Cámara de Representantes para que puedan continuar teniendo acceso a la capacitación y educación de alta calidad que se merecen.

## Rep. Morán announces \$35,549,375 for GLTS in state budget



Me enorgullece compartir que se han asignado \$35,549,375 en el presupuesto estatal del año fiscal 24 de la Cámara de Representantes para la Escuela Técnica Greater Lawrence, un aumento de \$3,141,736 con respecto al año pasado.

La Escuela Técnica de Greater Lawrence realiza un trabajo sobresaliente no solo para preparar a nuestros estudiantes para una carrera exitosa en los oficios, sino que también los equipa con habilidades valiosas que les permitirán tener éxito en todas las facetas de la vida en el futuro.

Como graduado de la Escuela Técnica Greater Lawrence, continuaré siendo un defensor de nuestras escuelas

I'm proud to share that \$35,549,375 has been allocated in the House of Representatives' FY24 state budget for the Greater Lawrence Technical School – an increase of \$3,141,736 from last year.

The Greater Lawrence Technical School does outstanding work not only to prepare our students for a successful career in the trades, but also equips them with valuable skills that will allow them to succeed in all facets of life down the line.

As a graduate of Greater Lawrence Technical School, I will continue to be an advocate for our vocational schools in the House of Representatives so that they may continue to have access to the high-quality training and education that they deserve.



a través de programas de historia y arte.

- \$50,000 para International Veterans Services, Inc. para brindar vivienda y programas de apoyo a la comunidad de veteranos en Merrimack Valley.

- \$25,000 para la Asociación

Carnavalesca de Massachusetts, Inc. para resaltar la colorida tradición del Carnaval dominicano en Merrimack Valley y brindar a los jóvenes en riesgo programas de asistencia y actividades extracurriculares.

- \$25,000 para Semana Hispana para apoyar el rico patrimonio cultural en la Ciudad de Lawrence.

- \$20,000 para Greater Lawrence Boat House a fin de brindar programas recreativos de verano a los jóvenes de Merrimack Valley.

- \$25,000 para Day Dreaming Baseball para brindar a los jóvenes de Lawrence programas recreativos y extracurriculares.

- \$25,000 para la Iglesia Bautista de Andover para reparaciones estructurales.

- \$25,000 para la Escuela Secundaria Andover para realizar mejoras en su gimnasio y sala de pesas.

## Rep. Frank A. Moran Secures \$590,000 in Direct Local Funding in the FY24 State Budget

*Highlights include permanent funding for universal school meals, free community college for qualifying residents, investments in child care funded by the authorization of online purchasing options for the state lottery, and funding to ensure statewide access to abortion medications.*

BOSTON – The Massachusetts House of Representatives passed its Fiscal Year 2024 (FY24) budget. This budget responds to the needs of residents and makes targeted investments that provide support for families across the Commonwealth. Funded at \$56.2 billion, the House's FY24 budget provides strong support for the Commonwealth's cities and towns, and among many critical investments, includes significant funding for education, transportation, health care, housing, and workforce development.

The \$590,000 in direct local aid secured by State Representative Moran provides:

- \$100,000 for ACT Lawrence empower residents with a range of community development initiatives and activities, such as affordable housing, foreclosure prevention, first-time homebuyer education, family financial literacy, as well as business and youth development.

- \$50,000 for Casa Dominicana to assist with citizenship education, ESL classes, and computer training for low-income adults.

- \$50,000 for Sueños Basketball to support the league's recreational, social, and health programming to low-income youth in the City of Lawrence.

- \$50,000 for the Lawrence Family Development Fund to assist with citizenship

education, ESL classes, and computer training for low-income adults.

- \$50,000 for Fundacion CEMDPCD to support, educate, and advocate on behalf of low-income parents of students with learning disabilities in the City of Lawrence.

- \$50,000 for the SISU Center to provide a safe space for education and recreational programming for at-risk youth in the Merrimack Valley.

- \$50,000 for Ateneo Dominicano Cultural Del Merrimack Valley to promote and celebrate Dominican culture through history and arts programming.

- \$50,000 for International Veterans Services, Inc. to provide housing and support programming to the veteran community in the Merrimack Valley.

- \$25,000 for Asociacion Carnavalesca de Massachusetts, Inc. to highlight the colorful tradition of Dominican Carnival in the Merrimack Valley and to provide at-risk youth with assistance programming and after-school activities.

- \$25,000 for Semana Hispana to support the rich cultural heritage in the City of Lawrence.

- \$20,000 for the Greater Lawrence Boat House to provide recreational summer programming to the youth of the Merrimack Valley.

- \$25,000 for Day Dreaming Baseball to provide the youth of Lawrence with recreational and afterschool programming.

- \$25,000 for the Andover Baptist Church for structural repairs.

- \$25,000 for Andover High School to make improvements to its gym and weight room.

# CITY OF LAWRENCE-LIST OF CITY OWNED PROPERTIES

Map	Lot	St #	St Name	Notes and Assessed Value	Legal Area
159	52	569	ANDOVER ST	OPEN SPACE/ WETLAND POSSIBLE RFP Needs to be declared surplus Assessed at \$254,100	145,055
153	1		BEACON ST	WETLAND- POSSIBLE RFP Declared Surplus 2009 Assessed at \$270,000	178,596
186	91	1-3	BODWELL ST	Assessed at \$4,400 YARD SALE Declared surplus 11/01/2022 YARD SALE PENDING	2,524
195	4		CHELMSFORD ST	POTENTIAL YARD SALE Needs to be declared surplus	1,771
166	46	617	COMMON ST	PARKING LOT - POTENTIAL SALE RFP Needs to be declared surplus assessed at \$102,100	5,735
183	25		DOYLE ST	IN PROCESS OF DECLARING SURPLUS Currently tabled at housing committee and still needs to be declared surplus assessed at \$698,700	14,167
118	1-7	78-80	DRACUT ST	Garage Recommendation to sell back to the condos	
118	1-8	78-80	DRACUT ST	Garage Recommendation to sell back to the condos	
120	19	24-26	DURHAM ST	POTENTIAL RFP Currently tabled at housing committee and still needs to be declared surplus assessed at \$111,600	4,650
54	12	262	E HAVERHILL Street, Unit 12	Condo Potential RFP Currently taking applications for RFP Declared surplus 11/01/2022 Assessed at \$106,800	579
149	42		Erving Ave	Potential RFP Declared Surplus in 2010 Currently being used as a garden (not community garden) \$113,100	5,450
190	76	10-18	Florence Pl	Properties Should be Bundled for Potential RFP Declared Surplus in 2007 Assessed at \$155,200	13,056
190	78	23-25	Florence St	Properties Should be Bundled for Potential RFP Declared Surplus in 2007 Assessed at \$29,800	2,500
190	79	19-21	Florence St	Properties Should be Bundled for Potential RFP Declared Surplus in 2007 Assessed at \$29,800	2,500
190	80	9-11	Florence St	Properties Should be Bundled for Potential RFP Need to start the process for declaration of surplus Assessed at \$215,000 Possible contamination	8,100
76	35		Garfield St (Lot 60)	Potential Yard Sale Declared Surplus in 2009 Assessed at \$34,300	5,328
187	104	78-80	Greenwood St	Need to start the process of declaring surplus Potential RFP Assessed at \$128,200	7,920
185	9	22	Hancock St	Potential Yard Sale Declared Surplus Assessed at \$4,500	2,765
88	94	37	Haverhill St	Auto shop owner does not own the property and cannot be sold as a yard sale Close off for Green Space did not heed advice about moving cars away from the fence next to the river	2,489
88	13		Haverhill St & Mechanic St	Property still needs to be declared surplus currently assessed at \$8,800	2,790
192	25	74	Holly St	Potential RFP Declared Surplus in 2011 Assessed at \$8,700 Possible contamination	2,700
192	29	75	Holly St	Potential RFP Assessed at \$78,800 Going to start the process of declaration of surplus for next council meeting Possible contamination	11,025
192	30	69-73	Holly St	Potential RFP Assessed at \$80,400 Going to start the process of declaration of surplus for next council meeting Possible contamination	9,000
92	79		Kendall St	Needs to be declared surplus Assessed at \$9,600	3,205

48	23		Marston St	Sliver of Land Yard Sale needs to be declared surplus Assessed at \$6,900	1,687
149	37	72	Myrtle St	Vacant Lot Declared Surplus in 2010 Assessed at \$9,100	3,200
149	38	74-86	Myrtle St	Vacant Lot Currently being used as a garden. Needs to be declared surplus Assessed at \$191,400	11,250
87	51	63-65	Newbury St	Vacant Lot city still does not have all the rights back at the moment	4,092
87	4	49-51A	Newbury St	Vacant Lot Declared Surplus 2008 Assessed at \$56,300	4,065
87	7		Newbury St (Garden St)	Vacant Lot Assessed at \$60,600 needs to be declared surplus	5,170
165	18	88-92	Oxford St	Garage assessed at \$33,100	4498
171	133	202-202A	Park St	Vacant Lot Assessed at \$13,700 needs to be declared surplus	4,000
70	94	4	Plisch Way	Abandoned House Declared surplus Property assessed at \$164,300	4,826
130	111-2	15-17	Saunders St	Vacant Lot declared surplus on 12/20/2022 assessed at \$84,700	7,700
200	3	60	Shepard St	Vacant Lot Assessed at \$36,500 needs to be declared surplus this is a strip of land	10,844
156	23		So Bowdoin	Assessed at \$175,200 needs to be declared surplus possible conservation land Yard Sell to Abutters	39,242
123	1	7	So Canal St	Merrimack Paper Assessed at \$190,900 needs to be declared surplus Possible contamination	31,875
123	2	9	So Canal St	Merrimack Paper assessed at \$316,600 property needs to be declared surplus Possible contamination	67,082
123	3	19	So Canal St	Merrimack Paper assessed at \$256,800 needs to be declared surplus Possible contamination	50,094
103	6-A	55	So Canal St	Potential RFP \$228,200 Currently in use by DPW needs to be declared surplus	1.2 A
152	11	98	Stearns Ave	Currently within the year of redemption currently assessed at \$475,500	4,198
107	48		Summer St	Property should be combined with 100 Summer St Started the process of declaring the property surplus assessed at \$124,500	5,859
107	47	100	Summer St	Property has not been declared surplus property is currently tabled at the Housing Committee. Assessed at \$416,300	10,044
170	94		Walnut St	Assessed at \$1,800 Strip of Land needs to be declared surplus and can only be sold to abutters	260
204	22	389	Water St	Assessed at \$193,800 Vacant Lot In the process of being declared surplus	18,800
171	40		Willow St	Assessed at \$29,000 Vacant Lot Declared Surplus in 2008	4,800

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# Greater Lowell Community Foundation awards \$190K in community grants to local nonprofits

The Greater Lowell Community Foundation (GLCF) awarded \$190,000 in grants to 19 local nonprofits within funding focus areas of: Children's Services, Elder Services, and Racial Equity and Inclusion. The focus areas collectively work toward creating a better quality of life for Greater Lowell residents and supporting local nonprofits.

These grant awards are part of a competitive grant process in which nonprofit organizations apply for funds, and independent committees review the proposals and select awardees. The GLCF Discretionary Grants is one of several competitive grant programs offered through the foundation each year.

"As we embark on our 26th year of improving the quality of life in Greater Lowell, GLCF awarded 19 grants to support the important work of our local nonprofits. The 2023 grants highlight some great collaborations between nonprofit partners, something the foundation has worked hard to encourage," said GLCF President and CEO Jay Linnehan. "These grants were made possible by generous donations from our community and strategic investments."

Among the grantees was the Lowell Plan, who received a grant to support its Board Diversity Initiative. "The Board Diversity Initiative is a new collaborative effort of the Lowell Plan, the Lowell Alliance, the Coalition for a Better Acre (CBA), and the Greater Lowell Chamber of Commerce (GLCC). With the help of the GLCF's Discretionary Grant, we aim to build a culture of inclusion among Lowell's nonprofit boards and support diverse leaders seeking opportunities to serve their community," said Allison Lamey, executive director of Lowell Plan/LDFC. "We greatly appreciate GLCF's support of this new initiative and commitment to advancing DEI initiatives in the community."

Merrimack Repertory Theatre, which received previous Racial Equity grant funding in 2022, was funded for

an additional year for Amplifying Asian American Pacific Islander Theatre Artists. "With GLCF's support, we continue to build on our community engagement efforts with Alaudin Ullah's DISHWASHER DREAMS," said Courtney Sale, Executive Artistic Director, Merrimack Repertory Theatre. "Alaudin's ongoing dedication to creating stories and characters that counter, challenge, and correct the misperception of South Asians and Muslims shows up in all his writing. We know this work will resonate deeply with our community, and we could not deliver this impact without GLCF's commitment."

"Thanks to the GLCF's Discretionary Grant Fund, Lowell Leaders in Stewardship (LLIS) is bringing nature-based environmental education to youth in Lowell," said Scott McCue, Regional Director for Mass Audubon. "These funds will introduce local children and teens to wildlife, allow for hands-on nature explorations and learning, and help participants understand the impacts of climate change. Participating youth also explore opportunities to make positive impacts in their own community and beyond. We proudly run this program in partnership with Lowell Parks & Conservation Trust and deeply appreciate GLCF's support."

"At Gaining Ground, we fundamentally believe that equitable access to healthy food is a human right," said Jennifer Johnson, Gaining Ground's Executive Director. "Generous Greater Lowell Community Foundation support will fund a new partnership with UTEC's Madd Love Meals program. UTEC youth will use Gaining Ground produce to create delicious and nutritious meals for community members experiencing food insecurity. It's a 'win-win-win' initiative, and we are so grateful to partner with GLCF and UTEC in this important work."

For more information on the Greater Lowell Community Foundation, visit [www.glcfoundation.org](http://www.glcfoundation.org).



Mass Audubon, a 2023 GLCF Discretionary Grant recipient, to support their Lowell Leaders in Stewardship program. Lowell students learned about snakes and other local wildlife as part of Lowell Leaders in Stewardship - a collaborative extracurricular program created by Mass Audubon and Lowell Parks & Conservation Trust.



Merrimack Repertory Theatre, who received previous Racial Equity grant funding in 2022 from the Greater Lowell Community Foundation, was funded for an additional year for Amplifying Asian American Pacific Islander Theatre Artists. Letters From Home by Kalean Ung.

(Photo credit: MegPix/Meg Moore)



Gaining Ground, Concord, received a 2023 Discretionary Grant and donates 100% of its harvests to people experiencing food insecurity. Gaining Ground Co-Assistant Manager, Chrissie Edgeworth, harvests cucumbers.

## 2023 Discretionary Grants

### Children's Services:

- Gaining Ground (Concord) for Pairing Farm-Fresh Food with Skills Development to Address Local Food Insecurity – a partnership with UTEC - \$7,500
- Lowell Community Charter Public School for Playground Renovation for 815 pre-k - grade 8 Children - \$7,500
- Lowell Community Health Center for Enhancing a Welcoming Environment at the LHS School Based Health Center - \$7,500
- Mass Audubon for Lowell Leaders in Stewardship - \$7,500
- Project Home Again (Andover) for Bed Bundles for Children in Lowell - \$7,500
- Rise Above Foundation (Northbridge) for Activities for Lowell Area Youth in Foster Care - \$7,500
- Seven Hills Extended Care (Groton) for Seven Hills Pediatric Center - Partnered Sports and Games Occupational Therapy Group - \$7,500

### Leclair Elder Services:

- Groton Hill Music for Senior Engagement, Enrichment, and Solace Through Music - \$7,000
- Habitat for Humanity of Greater Lowell (Westford) for Seniors Living Safely at Home - \$7,000

- Merrimack Valley Food Bank for Mobile Pantry - \$7,000
- Open Table (Maynard) for Addressing Food Insecurity in Seniors via Pantry, Mobile & Meal Programs - \$7,000
- VNA Care Network for Removing Barriers to Health - \$7,000

### Racial Equity & Inclusion:

- The Center for Hope and Healing for Supporting Trauma and Restorative Justice in Lowell Community Through Circle Keeper Training - \$15,000
- Discovery Museum (Acton) for Inspiring Civic Engagement through Public Art and Artist Stories - \$15,000
- Latinx Community Center for Empowerment (LCCE) for the Lowell Latinx Archive - \$15,000
- Lowell Plan for Board Diversity Initiative - \$12,500
- Merrimack Repertory Theatre (MRT) for Amplifying Asian American Pacific Islander Theatre Artists: DISHWASHER DREAMS - \$15,000
- Northern Middlesex Council of Governments for At Home in Greater Lowell: Regional Housing Strategy Plan for 2024-2035 - \$15,000
- One Can Help (Newton) for Providing missing and urgently needed resources to at-risk and foster children in Greater Lowell - \$15,000

## Aviso de audiencias públicas / disponibilidad para revisión y comentarios

Por la presente, se notifica la disponibilidad del siguiente documento y enmienda preliminar para su revisión y comentario público:

- **Plan preliminar nro. 3 a MVMPO años fiscales federales 2023 al 2027 Programa de mejorías de transportación**
- **Borrador del Programa de Mejora del Transporte (Transportation Improvement Program, TIP) para los años fiscales 2024 a 2028 de desarrollo de la MVMPO**

Lo documento y la enmienda mencionados anteriormente están disponible para su revisión en el sitio web de la Comisión de Planificación del Valle de Merrimack (MVPC) ([www.mvpc.org](http://www.mvpc.org)) durante el período de revisión de veintiún (21) días que comienza el 4 de mayo de 2023 y finaliza el 24 de mayo de 2023.

El TIP es un documento ordenado por el gobierno federal que programa el financiamiento federal del transporte en la región. Ofrece una breve descripción de cada proyecto de carretera o transporte público, junto con una estimación del costo y el año en que probablemente se anunciará su construcción. Todo proyecto de transporte que utilizará fondos federales de transporte debe figurar en el TIP. Además, el Plan de Participación Pública de la MVMPO cumple con el proceso de participación pública de la Autoridad de Transporte Regional del Valle de Merrimack para el desarrollo de su Programa de proyectos.

Se llevarán a cabo dos (2) audiencias públicas VIRTUALES respecto del documento:

### Audiencias públicas (virtuales)

**Fecha: miércoles, 17 de mayo de 2023**

**Hora: 1:00 p. m. a 2:00 p. m. (audiencia n° 1)**

**6:00 p. m. a 7:00 p. m. (audiencia n° 2)**

**Lugar: serán reuniones virtuales (consulte a continuación)**

Los comentarios del público deben enviarse a: [preed@mvpc.org](mailto:preed@mvpc.org) o mediante el botón "Hacer comentarios ahora" del sitio web [mvpc.org/news](http://mvpc.org/news), donde encontrará este aviso con enlaces al borrador del documento y al botón de comentarios.

La MVMPO espera actuar sobre la base de los documentos anteriores en su reunión de finales de mayo (visite [www.mvpc.org](http://www.mvpc.org) hacia el final del período de revisión para conocer las noticias recientes sobre la reunión VIRTUAL de la MPO). Miembros del público están invitados a UNIRSE a la reunión VIRTUAL. Comentarios sobre los documentos preliminares serán también aceptados oralmente en esta reunión. En caso de que se recomienden modificaciones adicionales a los documentos, los documentos preliminares se volverán a publicar para comentarios públicos de acuerdo con el plan de participación pública de la MVMPO. Una vez adoptado por el MVMPO, el TIP se considerará como el programa final de proyectos del MVMPO.

**LEA EDICIONES PREVIAS DE RUMBO EN LA INTERNET**  
**RUMBONEWS.COM**

THE MERRIMACK VALLEY CHAMBER OF COMMERCE

Business Networking & Referral Mixer  
with Enterprise Bank!



THE MERRIMACK VALLEY  
CHAMBER OF COMMERCE

Wednesday, May 17th, 2023  
5:00 – 7:00 PM  
Enterprise Bank  
8 High Street  
Andover, MA 01810



Enterprise  
Bank

Attend a MVCC Mixer and Enjoy:



- ★ Business Connections and Networking!
- ★ Complimentary Appetizers & Beverages!
- ★ Business Card Drawing for Door Prizes!

Pre-register and bring a Potential New Member for FREE!  
When they join, you get a Free \$50 Restaurant Card courtesy of the MVCC.



The Merrimack Valley Chamber of Commerce  
★ 264 Essex Street, Lawrence, MA 01840 ★

## 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. 2020 Ford Explorer VIN 1FMSK8DH1LGA32304
2. 1998 Ford F800 VIN 1FDNF80C5WVA09202
3. 2018 Hyundai Elantra VIN KMHD04LB0JU558801
4. 2020 GMC Sierra 1500 VIN 3GTU9DED8LG429896

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

Signed  
Frank Coady  
Coady's Towing Service  
4/22, 5/1, 5/8

### LEGAL NOTICE

#### NOTICE OF PUBLIC SALE

Notice is hereby given by Trombly Bros., Inc. of 141-153 Sutton Street North Andover, MA, pursuant to the provisions of Mass G.L.c. 255, Section 39A, that they will sell the following vehicle on or after May 9, 2023 beginning at 10:00 am by public or private sale to satisfy their garage keeper's lien for towing, storage, and notices of sale. Vehicle is being stored at Trombly Bros., Inc.

1. 2012 Ford Expedition VIN 1FMJU2A57CEF65282

Signed,  
Mark Trombly  
Trombly Bro., Inc.  
4/22, 5/1, 5/8



## BE A SHINING STAR

★

## 2023 LEGACY GALA

Saturday, May 13, 2023 5:00 PM

Bradford Country Club

Dinner, recognition, auction, raffle, signature cocktail, and more!



PURCHASE YOUR  
TICKETS TODAY!

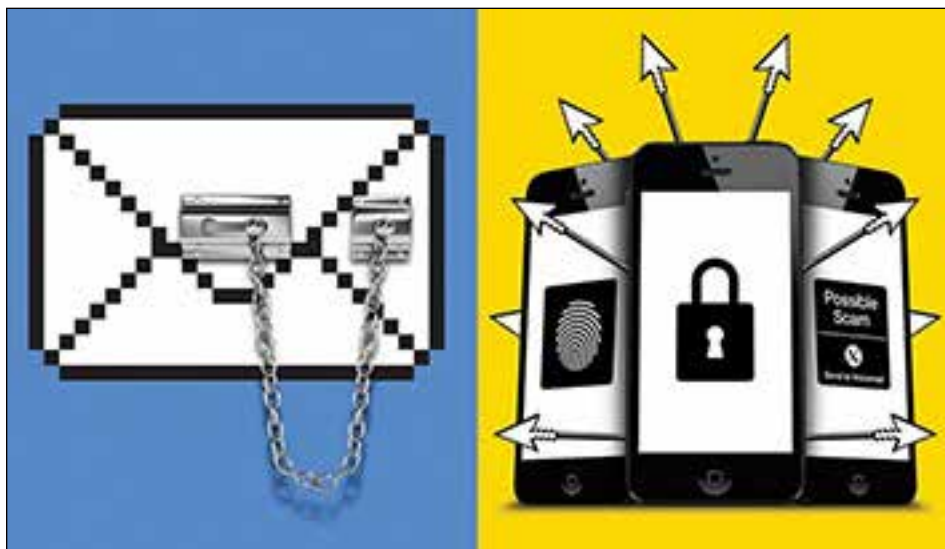
Can't attend? Scan the code to give!

Proceeds will support children attending Haverhill and Plaistow Community YMCA summer camp and academic programming.

If you would like to become a sponsor or are interested in donating an auction item, please contact Tracy Fuller at [fullert@northshoreymca.org](mailto:fullert@northshoreymca.org)

# 13 formas de protegerte contra el fraude

Aprende cómo correr menos riesgo e impedir el acceso de delincuentes.



Por Amy Nofziger y Mark Fetterhoff,  
AARP

Según la Comisión Federal de Comercio, la cantidad de estafas es cada vez mayor: el año pasado, los delincuentes robaron \$8,800 millones a las personas del país. Sin embargo, hay formas de protegerse, como estar al tanto de las últimas estafas y seguir los consejos que te ofrecemos a continuación.

## 1. Controla tu buzón

El Servicio Postal de EE.UU. ofrece un servicio llamado Informed Delivery sin cargo alguno. La entidad envía por correo electrónico imágenes de los sobres tamaño carta que tienen previsto entregarte ese día o poco tiempo después. Es una forma excelente de asegurarte de que los ladrones de identidad no roben nada de tu buzón. Inscríbete en [es.usps.com/manage/informed-delivery](https://es.usps.com/manage/informed-delivery)

Recoge la correspondencia lo antes posible cuando la entreguen, y lleva siempre el correo saliente directamente a la oficina postal. Uno de los fraudes más frecuentes en este momento consiste en que los estafadores roban cheques de los buzones, borran la tinta y los utilizan para robar de cuentas bancarias.

## 2. Detén a los estafadores en la puerta de tu casa

Considera la posibilidad de instalar una cámara de video, que cada vez son más económicas y fáciles de montar. Si no reconoces a un visitante, no abras.

Si te presionan para que hagas una compra o una donación, ten preparada una frase para negarte (considera la posibilidad de pegarla cerca de la puerta) que diga: "No hago negocios en la puerta de mi casa. Si gustan, pueden dejar algo para que lo lea después. Si me interesa, los llamaré".

Desconfía de las personas que se hacen pasar por trabajadores de servicios públicos y vienen sin avisar. No permitas que nadie entre en tu casa sin haber concertado una cita.

## 3. Evita que te roben la basura

Para evitar el robo de identidad, destruye todos los papeles que contengan información privada (estados de cuenta financieros, facturas, recibos de envíos) antes de sacarlos a la calle para que los recojan. ¿No deseas invertir en una buena trituradora de corte cruzado para papel? Muchas comunidades organizan actividades de destrucción de documentos o disponen

de lugares permanentes para dejarlos. Acostúmbrate a llevar los documentos que hayas acumulado cada pocos meses.

4. Ten cuidado con el "skimming" de tarjetas de crédito

Se calcula que el robo de datos de tarjetas (skimming), en el que el delincuente coloca un lector de tarjetas de crédito encima de otro lector legítimo en una tienda o gasolinera, produce hasta \$1,000 millones en pérdidas cada año. Cuando vayas a pagar en una gasolinera o en otro establecimiento, examina el dispositivo para ver si hay piezas sueltas, rotas o raspadas y así asegurarte de que no han sido modificadas. Si no estás seguro, avisa al cajero y utiliza otro método de pago.

## 5. Monitorea tu informe crediticio

Adopta la costumbre de revisar tu informe (muchas empresas de tarjetas de crédito lo proporcionan sin cargo; de otro modo, visita [AnnualCreditReport.com](https://AnnualCreditReport.com) o llama al 1-877-322-8228). Presta atención a toda actividad inusual; si ves algo raro, informa de inmediato a la entidad financiera correspondiente.

Luego congela tu informe de crédito. Esto impide que los estafadores abran nuevas tarjetas de crédito o hagan grandes compras a tu nombre. Puedes "descongelarlo" cuando sea necesario para realizar transacciones legítimas. Visita [IdentityTheft.gov](https://IdentityTheft.gov) para obtener más información.

## 6. Protege tu billetera

Retira las tarjetas y la información que no necesitas llevar (como la tarjeta del Seguro Social o de Medicare). Haz copias de las demás tarjetas (de ambos lados) y guárdalas en un lugar seguro.

Revisa la billetera y el bolso con frecuencia. Saca todos los objetos innecesarios que acumules y que puedan hacer peligrar tu información personal en caso de pérdida o que te resultaría complicado reponer.

## 7. Protege tus cuentas financieras

Crea cuentas en internet para cada una de tus entidades financieras. Inventa una contraseña exclusiva para cada una de ellas.

Luego, adopta la costumbre de revisar las listas de transacciones cada una o dos semanas. Comprueba que puedes justificar todas las transacciones de la lista. ¿Ves algo raro o incorrecto? Repórtalo de inmediato.

## 8. Protege tu teléfono inteligente

Si tienes un modelo reciente, activa la identificación biométrica (huella dactilar o reconocimiento facial) con el fin de evitar el acceso de ladrones a tu teléfono.

Deja que las llamadas de números desconocidos vayan al buzón de voz (puedes activarlo en la configuración del teléfono). Comprueba que el buzón de voz esté configurado y no esté lleno, para así poder recibir mensajes fiables.

Los estafadores envían cada vez más mensajes de texto fraudulentos, y con frecuencia se hacen pasar por empleados de empresas con las que tratas habitualmente. Nunca respondas a los mensajes de texto comerciales no solicitados; si piensas que pueden ser legítimos, llama a la empresa o consulta en internet.

## 9. Protege la computadora

Activa la autenticación de dos factores en todos los sitios web seguros que visites con frecuencia, como entidades financieras o empresas de servicios públicos (averigua cómo hacerlo en el centro de seguridad virtual de cada sitio). De este modo, solo podrá recibir el código para ingresar a esas cuentas alguien que tenga acceso a tu teléfono.

Considera la posibilidad de suscribirte a un servicio de software antivirus. Algunos expertos en seguridad señalan que ahora los navegadores y los fabricantes de dispositivos incorporan más protección contra programas maliciosos que hace años, como Microsoft Defender, que viene instalado en los equipos con Windows 10 y 11. Algunas suscripciones pagadas también incluyen el bloqueo de seguimiento publicitario, copias de seguridad de tus equipos en la nube y detección del robo de identidad.

## 10. Protege tus cuentas de correo electrónico

Designa activamente como correo basura (spam) los mensajes de correo electrónico no solicitados y no deseados que lleguen a tu bandeja de entrada, de modo que se bloqueen los futuros mensajes de esos sitios.

No abras archivos adjuntos a mensajes de correo electrónico de empresas o personas en las que no confíes plenamente. Estos archivos suelen contener programas maliciosos.

## 11. Establece límites en las redes sociales

Configura tu perfil de modo que solo tus amigos puedan ver tu página de Facebook. Para hacerlo, haz clic en el botón con la flecha hacia abajo que se encuentra en la esquina superior derecha de tu página de Facebook, y luego haz clic en Settings & Privacy (Configuración y privacidad) y en Privacy Checkup (Comprobación rápida de privacidad). Este asistente virtual es fácil de usar y te guiará para realizar los ajustes. Además, no aceptes nunca solicitudes de amistad de personas que no conozcas ni respondas a mensajes inesperados de desconocidos. Sin embargo, también debes tener en cuenta que en las redes sociales abundan las estafas de impostores, en las que alguien se hace pasar por tu amigo.

## 12. Verifica las tiendas virtuales

Para evitar las estafas en las compras, cuando escribas una dirección URL, comprueba dos y tres veces que esté bien escrita para asegurarte de que te encuentras en la página correcta. Los estafadores suelen crear direcciones URL con una letra menos que la auténtica con el propósito de que no te des cuenta del error.

Elimina el número y la información de tu tarjeta de crédito de los sitios de restaurantes con envío a domicilio y tiendas minoristas. Usa un servicio de pago electrónico que guarde la información de la tarjeta de crédito en un sitio sumamente seguro.

## 13. Cambia tu forma de pensar

Aprende a no interactuar con desconocidos. En estos últimos tiempos, no tienes ninguna obligación de atender llamadas ni responder a mensajes de correo electrónico o de texto de desconocidos, sobre todo cuando muchos de ellos son fraudulentos.

Aprende a decir que no. Alguna vez lograrán llamarte. Sé firme y di: "No hago negocios por teléfono. Adiós". Luego corta la llamada sin ningún remordimiento.

Confía en tus instintos. Si algo no te parece bien, consulta con alguien de confianza y tómate un tiempo para pensarlo.

<https://www.aarp.org/espanol/dinero/estafas-y-fraudes/info-2023/maneras-de-protegerte.html>

LEA EDICIONES PREVIAS DE RUMBO EN LA INTERNET

**RUMBONEWS.COM**

**ReStore™**

647 Andover Street  
Lawrence, MA 01843  
Tel: 978-686-3323  
[www.mvrestore.org](http://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

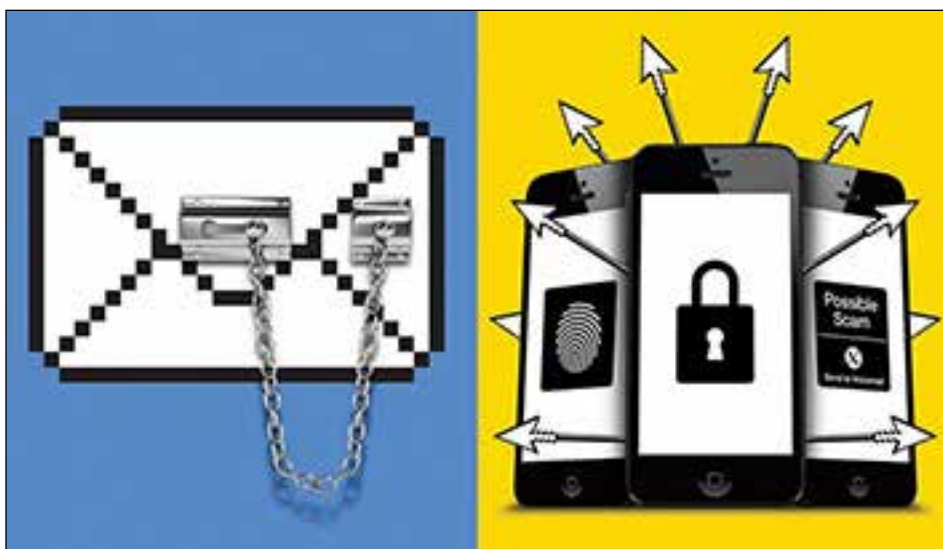
Please do not drop off items after store hours

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



# 13 Ways to Protect Yourself From Fraud

Learn how to lower your risk and keep criminals at bay



By Amy Nofziger and Mark Fetterhoff, AARP

Scams are rampant these days, with criminals stealing a reported \$8.8 billion from Americans last year, according to the Federal Trade Commission. But there are ways to protect yourself, including staying up on the latest schemes and following the advice listed below.

## 1. Stop at the mailbox

Informed Delivery is a free service from the U.S. Postal Service. The agency emails photos of letter-size mail expected to be delivered to you that day or shortly after. This is a great way to be sure that nothing is stolen from your mailbox by ID thieves. Sign up at [InformedDelivery.usps.com](http://InformedDelivery.usps.com).

Pick up mail as quickly as possible after it's delivered, and always take your outgoing mail directly to the post office. A hot fraud now is scammers stealing checks from mailboxes, erasing the ink and using them to steal from bank accounts.

## 2. Halt scammers at your front door

Consider installing a video camera; they are increasingly less expensive, and they're easy to install. If you don't recognize a visitor, don't answer.

If you find yourself being pressured to buy or donate, have a refusal script ready (consider taping it near the door) that says, "I do not do business at my door. Please leave me something to review. If I'm interested, I'll call you."

Be wary of people posing as utility workers who show up unannounced. Don't allow anyone into your house without an appointment.

## 3. Prevent garbage theft

Shred any papers that contain private information (financial statements, bills, shipping receipts) before putting them out for pickup to avoid identity theft. Don't want to invest in a good cross-cut shredder? Many communities have shredding events or permanent drop-off sites. Get in the habit of dropping off your accumulated documents once every few months.

## 4. Watch for credit card skimming

Card skimming, in which the criminal affixes a credit card reader on top of a legitimate card reader at a store or gas station, is estimated to cause up to \$1 billion in losses annually. When you are paying at a gas station or other point-of-sale location, inspect the device for loose/broken/scratched machinery to make sure someone hasn't tampered with it. If you are unsure, notify

the cashier and pay using an alternative method.

## 5. Monitor your credit report

Routinely check yours (many credit card companies provide it for free; if not, go to [AnnualCreditReport.com](http://AnnualCreditReport.com) or call 1-877-322-8228). Watch for unusual activity; if you see any, report it immediately to the appropriate financial institution.

No matter where you live, fraud is never far away. Report a scam or search for existing scams near you.

Then freeze your credit report. This prevents scammers from opening new credit cards or making big purchases in your name. You can "unfreeze" it as needed for legitimate transactions. Visit [IdentityTheft.gov](http://IdentityTheft.gov) for more information.

## 6. Safeguard your wallet

Remove cards and information you don't need to carry (such as your Social Security or Medicare card). Make copies of the remaining cards (front and back) and store in a safe place.

Audit your wallet and purse frequently. Take out any unnecessary items that collect and could compromise your personal information if lost or that would be a hassle to replace.

## 7. Protect your financial accounts

Create online accounts with each of your financial institutions. Come up with a unique password for each.

Then get in the habit of reviewing the transaction lists on a weekly or biweekly basis. Be sure you can account for every listed transaction. Spot something odd or incorrect? Immediately report it.

## 8. Safeguard your smartphone

If you have a newer model, turn on biometric identification (fingerprint or facial recognition); this will help prevent a thief from logging in to your phone.

Send calls from unknown numbers to voicemail (you can enable this in the phone's settings). Make sure your voicemail is set up and not full, so you can receive legitimate messages.

Scammers are sending far more bogus texts, often posing as companies you routinely deal with. Never respond to an unsolicited business text; if you think it might be valid, call the organization or go online.

## 9. Secure your computer

Turn on two-factor authentication for all secure websites you frequent, such as

financial institutions or utility companies (find out how via each site's online security center). Then only someone logged in to your phone can receive the code to access those accounts.

Consider subscribing to an antivirus software service. Some security experts say browsers and device manufacturers have more built-in malware protection than years ago, such as Microsoft Defender, which comes installed on Windows 10 and 11 machines. Some paid subscriptions also include ad tracker blocking, cloud backups of your machines and identity theft monitoring.

## 10. Protect your email accounts

Actively designate unsolicited and unwanted email that shows up in your inbox as spam, so future emails from that site get blocked.

Do not open file attachments in emails from businesses or people you don't trust completely. Malware is often planted via email attachments.

## 11. Set limits on social media

Set your profile so that only your friends can see your Facebook page. To do that, click the downward arrow button in the upper-right corner of your Facebook page, then click on Settings & Privacy and Privacy Checkup. This easy-to-use wizard will guide you through the settings. And never accept friend requests from people you don't

know or respond to random messages from strangers. But also note that imposter scams, where someone pretends to be your friend, are rampant on social media.

## 12. Verify online stores

To avoid shopping scams, when typing in a URL, double- and triple-check the spelling to ensure you are on the correct page. Scammers often create a URL with one letter off from the authentic one in hopes you won't catch it.

Remove your credit card number and information from restaurant delivery and retail store sites. Pay using an e-payment service that keeps credit card info on a highly secure site.

## 13. Change the way you think

Learn how to not engage. You are under no obligation in these modern times to respond to calls, emails or texts from strangers — especially given that so many of them are fraudulent.

Learn to say no. Sometimes a caller will get through. Get tough: Say, "I do not do business over the phone. Goodbye." Then hang up without remorse.

Trust your instincts. If something doesn't sound right, run it by someone you trust and take extra time to think about it.

<https://www.aarp.org/money/scams-fraud/info-2023/protecting-yourself-from-criminals.html>

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BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LEÁLO 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.

## Preparing for the Circus

Yes, municipal elections are coming this September, and seems that we are getting more candidates than the norm. Rumbo will not be publishing any lists until the deadline for filing is closed because there are always some who pull papers and never come back with their signatures in order to get on the ballot.

Most of the residents who have taken out papers can only make me smile (sometimes angry at their ignorance) because they have no idea what it takes to be a city councilor. Some have given themselves to the task of badmouthing the job they do because they don't know what being a legislator implies.

You can bet for sure that they have never picked up a copy of the City Charter or read any portion of it. I have seen city councilors propose ideas for ordinances that are already on the books and they didn't know it. That shows you that before you open your mouth, you must do your homework and research the issue.

They don't know how much time they spend discussing at their meetings authorizing handicapped parking, stop signs, interviewing candidates for city jobs, listening to community organizations asking for money, or stating their problems.

Facebook is loaded with negative comments about councilors posing for pictures at every event accused of doing nothing. They make the rules for all of us, they study the city budget before approval and there are many nights of negotiations passed midnight that no one is aware of.

They don't just attend council meetings twice a month. They must participate in 3 or 4 committees and have regular meetings several times each month for which they have to prepare, investigate when necessary, and visit places before deciding on their issues. Very time-consuming indeed!

But people are not aware of any of that because they don't watch the city council meetings, let alone attend live at city hall. They only see pictures on Facebook.

And this advice applies also to Haverhill candidates.

During the campaign, they make unrealistic promises that would require the approval of the rest in order to even discuss it. Some are even using the name of the late

City Councilor Nilka Alvarez-Rodríguez in order to inspire Puerto Ricans to run for office because "we need more Puerto Ricans in city government."

That's the worst reason I've heard for running! Of all the new candidates, there isn't one with the educational background, tenacity to fight for this city, honesty, and track record who could be compared to her, of any nationality. This is not a beauty pageant!

A certain candidate was asked if she has ever read the City Charter. Her response was, "I have not, but I'm young and I'm willing to learn." To that I say, after you are elected you may find out that this is too much for you and it's too late to refuse the position.

By the way, the City Charter is a mess; it should be updated every ten years and it has not been done for more than 20. There are discrepancies throughout because they have made changes without checking in other areas.

There's one that I must mention specifically, Germinudy Rosario, the president of Hispanic Week. She's running for District F and listed in her campaign materials (D) meaning that she is a Democrat. Apparently, she doesn't know that municipal elections are non-partisan.

Also, a couple of years ago, when José Dávila was president of Hispanic Week, he mentioned that he would like to run for the city council, she told him that he would have to resign from the organization because they are a non-political group. Where was that rule written? Well, is she going to do that?

A few years ago I wrote about her involvement in some questionable behavior on the board and today, she is in charge of Hispanic Week.

## It's our trash!

Last week I wrote about keeping the city clean and how it is our responsibility. A few days ago I went to Lawrence General Hospital and had to park in the lot across the street. I was totally disgusted by the trash people leave on the ground as if they clean their cars there. Most of all, it was the number of face masks everywhere.

The hospital has enough trash cans around so that visitors can dispose of them upon leaving, not in the parking lot.



## Schools safety

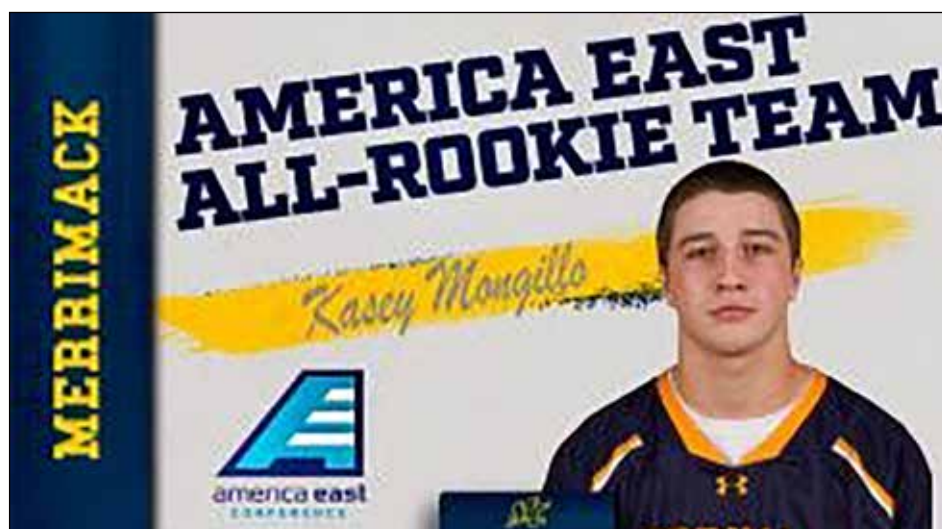
Last week, Mayor Brian DePeña visited Lawrence High School to discuss safety, accompanied by members of the city council because he said that it is a top priority for him. He was joined by Lawrence Public Schools Superintendent and his team.

One interesting detail that is not talked about is that they encountered in a hallway a School Committee member for District B Santiago Reyes-Cruz and before the group he told them, "Don't believe them; they are not telling you the truth."



## MERRIMACK ATHLETICS

# Mongillo Earns America East Rookie Team Honor



Merrimack College freshman midfielder Kasey Mongillo has been named the America East Men's Lacrosse All-Rookie Team as announced by the league on Wednesday afternoon.

Mongillo, a freshman from North Haven, Connecticut had a stellar year with the Warriors starting all 13 games so far, scoring 22 goals which was good enough for third highest scorer on the team, he also notched three hat tricks in that time. He also picked up three assists in the season.

Mongillo was also named as an America East Rookie of the Week on 2/6.

In addition to scoring goals, Mongillo had 10 ground balls and forced one turnover this season for the Warriors.

Mongillo and the Warriors will take on the Duke University Blue Devils in Bethpage, New York on May 7th in their season finale. For continuing coverage of Merrimack College Athletics, visit MerrimackAthletics.com and follow the Warriors on Twitter and on Facebook.



**ESSEX ART CENTER**  
**SALON SHOW + ART SALE**  
**Call For Art**  
**Deadline: May 31st**

We're excited to announce the Third Annual Salon Show + Art Sale.

The Salon Show + Art Sale is a yearly exhibition that fills our walls with work by artists from Lawrence, the Merrimack Valley, and beyond. Each year, we celebrate the breadth of talent in our community, and all artwork is for sale!

This year's show will take place July 15 - September 9, 2023. The opening reception will coincide with Fiesta en la calle, the Center's yearly free block party, on Saturday, July 15.

We hope you will submit your best work! A good rule of thumb for choosing which piece(s) to offer is—if you're excited about it, the jury and collectors likely will be too!

Proceeds from the sale of each work will be split 50/50 between the Center and the artist who sells their work. Each sale allows us to expand our programming, offer more discounts, and provide greater access to art! This year, as part of our 30th anniversary, we're making plans to remodel our space and create more opportunities for artists in our community. You are welcome to donate more than 50% should you choose to.

**The Details:** The Call for Art is open now through May 31.

If your artwork is chosen, it must be delivered to Essex Art Center, located at 56 Island Street in Lawrence, MA, on one of the following dates.

**Artist Drop Off**

Thursday, June 15, 9:30 am - 6:30 pm  
 Friday, June 16, 9:30 am - 1:30 pm  
 Saturday, June 17, 10:00 am - 4:00 pm

Consignment Forms and W9s are due at Drop Off and will be available on-site. To help expedite the process, you can fill them out in advance and bring them with you.

New this year: An exciting addition to this year's Salon Show + Art Sale is the opportunity to have an image of your work shown at the Stevens-Coolidge House in

North Andover. Twelve exhibiting artists will have their work printed on large-scale panels and installed in the outdoor gardens for the summer.

**Frequently Asked Questions**

**Where will my work be shown?**

Artwork will be shown throughout the entire first floor of our building. Last year, we had over 2,000 individuals come through the galleries in one day, so participating is a great way to have your artwork seen!

**Do artists receive a portion of the artwork sale?**

Yes, artists split proceeds 50/50 with Essex Art Center. You are welcome to donate more than 50% should you choose to.

I participated last year but my piece didn't sell. Can I try selling it again this year? No, please refrain from re-submitting. We are eager to see your latest work!

**Can anyone submit?**

Yes, artists of all ages are encouraged to submit.

**What mediums will be included?**

All mediums will be considered.

**Are there any size requirements?**

No. But keep in mind that it's difficult for us to accommodate any work beyond 48" in height or width.

**Does my artwork need to be framed?**

All 2D work must be dropped off "ready to hang," either framed or on canvas/panel with a hanging mechanism (D-rings or wire) on the back. Picture hanging wire is preferred. Unfortunately, we are not able to frame or install hardware.

**How do I take a good photo of my work?**

Place your work against a neutral white or grey background. Ensure there are no shadows and the light is uniform throughout the work. You can learn more here.

Paul V. Montesino, PhD., autor de la columna bilingüe de Rumbo "A Point of View-Un Punto de Vista", ha publicado en Amazon.com una serie de siete libros de bolsillo que contienen muchos de sus artículos publicados.

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Paul V. Montesino, PhD., author of Rumbo's bilingual column "A Point of View-Un Punto de Vista", has published in Amazon.com a series of seven paperbacks containing many of his published articles.

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

**MAYOR BRIAN A. DEPEÑA**

**21st Annual Beautification Day**

**SATURDAY, MAY 20, 2023**  
**9:00 AM - 12:00 PM**  
**100 RESERVOIR ST. LAWRENCE, MA 01840**

**HELP US DISPOSE OF AND REPLACING VETERANS' FLAG FOOD, FLAGS, FUN**

For more information please contact Lawrence Veteran Services @ 978-620-3282 or email VeteransAffairs@cityoflawrence.com

Support **ESSEX ART CENTER**  
 56 ISLAND STREET  
 LAWRENCE, MA 01840  
 WWW.ESSEXARTCENTER.ORG

## Su salud está en sus manos en el Mes del Derrame Cerebral en Estados Unidos



*La American Stroke Association se centrará en vencer al ataque cerebral a través de la educación y la colaboración.*

El ataque cerebral puede ocurrirle a cualquier persona, a cualquier edad. De hecho, a nivel mundial, aproximadamente uno de cada cuatro adultos mayores de 25 años sufrirá un ataque cerebral en su vida. Durante el Mes del Derrame Cerebral en Estados Unidos, la American Stroke Association, una división de la American Heart Association, como parte de una colaboración de respaldo nacional con HCA Healthcare y la HCA Healthcare Foundation, capacitarán a las personas sobre la prevención, el tratamiento y cómo superar el ataque cerebral.

Un ataque cerebral ocurre cuando se interrumpe el flujo sanguíneo normal en el cerebro. Cuando partes del cerebro no reciben sangre con suficiente cantidad de oxígeno, las células cerebrales afectadas mueren. En el caso de un ataque cerebral, el tiempo de respuesta es vital. Lamentablemente, la mayoría de los adultos en los EE. UU. desconoce los signos de alarma F.A.S.T. de un ataque cerebral.

Su salud está en sus manos. Las siguientes son 6 formas en que puede actuar ahora para vencer un ataque cerebral:

- Aprenda a reconocer un ataque cerebral F.A.S.T. ["Face" (rostro), "Arms" (brazos), "Speech" (habla) y "Time" (tiempo)]. Si nota el rostro caído o entumecido, debilidad en un brazo o dificultad para hablar, es tiempo de llamar al 911. Más información en [Stroke.org/StrokeMonth](http://Stroke.org/StrokeMonth)

- Mire el nuevo anuncio de servicio público (PSA) de F.A.S.T., que presenta a celebridades que de algún modo se han visto

afectadas por un ataque cerebral.

- Evite otro ataque cerebral: Hable con su médico sobre cómo controlar los factores de riesgo para ayudar a prevenir un segundo ataque cerebral. Más información en [Stroke.org/StrokeMonth](http://Stroke.org/StrokeMonth)

- Tome el control de su presión arterial: Reduzca el riesgo de sufrir un ataque cerebral al conocer su presión arterial y manteniéndola en un nivel saludable.

- Alce la voz: Únase al movimiento El remedio eres tú de la American Stroke Association en [YouretheCure.org](http://YouretheCure.org).

- Done fondos: Haga una donación para vencer el ataque cerebral [Stroke.org](http://Stroke.org).

“Conocer los signos de alarma y las medidas preventivas es la mejor manera de prevenir el ataque cerebral y evitar que vuelva a ocurrir”, afirmó Steven Manoukian, MD, FAHA, Vicepresidente Senior de HCA Healthcare. “Como proveedor líder de atención de ataques cerebrales, HCA Healthcare y la HCA Healthcare Foundation trabajamos en equipo con la American Heart Association en la iniciativa única, desarrollada conjuntamente, titulada Getting to the Heart of Stroke para educar a las comunidades y a los proveedores, mejorar la atención de los ataques cerebrales y prolongar y mejorar la vida de los pacientes”.

### Prevención del ataque cerebral

La gran mayoría de los ataques cerebrales se pueden prevenir mediante la información y cambios en el estilo de vida, como realizar más actividad física, comer sano, controlar la presión arterial, dormir bien y dejar de fumar y vapear. La presión arterial alta, la diabetes y la obesidad no controladas son los principales factores de riesgo del ataque cerebral. La presión arterial alta es una de las principales causas y un factor de riesgo controlable del ataque cerebral. Es importante conocer sus valores y trabajar con un profesional de cuidados de la salud para controlar los riesgos.

Las personas con fibrilación auricular, también denominada AFib, tienen hasta 5

veces más probabilidades de sufrir un ataque cerebral. La fibrilación auricular es causada por un latido cardíaco irregular o agitado, que puede provocar coágulos de sangre, ataque cerebral, insuficiencia cardíaca y otras complicaciones relacionadas con el corazón. La mayoría de los ataques cerebrales causados por AFib se puede prevenir con un tratamiento eficaz, pero solo alrededor de la mitad de los pacientes con AFib reciben la terapia adecuada.

Además, tener un ataque cerebral lo pone en mayor riesgo de tener un segundo evento similar. Sin embargo, puede tomar medidas para reducir su riesgo, comenzando por identificar qué causó el ataque cerebral y descubriendo todos sus factores de riesgo personales.

### Riesgo de ataque cerebral entre diversas poblaciones

Los afroamericanos tienen una prevalencia de ataque cerebral desproporcionadamente más alta y la tasa de mortalidad más alta por esta afección en comparación con cualquier otro grupo racial. Más de dos tercios de los afroamericanos tiene al menos un factor de riesgo de ataque cerebral. Además, los factores de riesgo de fibrilación auricular son más frecuentes entre las personas de raza negra. Sin embargo, es menos probable que estos pacientes sean diagnosticados con fibrilación auricular, lo que puede estar relacionado con la raza o el origen étnico. Entre otros factores, esto puede ser el resultado de factores de riesgo desatendidos y disparidades socioeconómicas. Entre las mujeres, 1 de cada 5 entre los 55 y 75 años de edad tendrá un ataque cerebral, y son las mujeres negras las que tienen la mayor

prevalencia de presión arterial alta y ataque cerebral. La causa raíz de estas disparidades no se comprende muy bien. La evidencia sugiere que esto es potencialmente debido a la exposición a los factores de riesgo de ataques cerebrales entre las mujeres negras a edades más tempranas, desde la infancia. La presión arterial alta durante el embarazo, la preeclampsia, la diabetes gestacional y los coágulos de sangre durante el embarazo aumentan el riesgo de ataque cerebral de una mujer durante e inmediatamente después del embarazo.

### Experiencia F.A.S.T.

La experiencia F.A.S.T. es una nueva herramienta digital lanzada por la American Stroke Association este mes, que involucra a los usuarios en una experiencia virtual que los educa sobre cómo se ven, se sienten o suenan los signos de alarma de un ataque cerebral. Al ayudar a los usuarios a experimentar las señales de alerta de un ataque cerebral de una manera práctica, que es tanto educativa como atractiva, se espera que retengan esta información por más tiempo y la compartan con familiares y amigos.

Al simular los síntomas de un ataque cerebral (rostro caído, debilidad en un brazo, dificultad para hablar y tiempo de llamar al 911), el público en general, los cuidadores, los familiares y los amigos pueden comprender mejor lo que experimentan los pacientes ante un ataque cerebral y equiparlos para detectar las señales de alerta y ayudar a salvar una vida en el futuro.

La HCA Healthcare Foundation es un patrocinador nacional de la iniciativa Together to End Stroke® y del Mes del Derrame Cerebral en Estados Unidos de la ASA.

**Lowell Puerto Rican Festival Beauty Pageant 2023**

**Categories:**  
 Children's Queen: 6-10 Years  
 Youth's Queen: 11-15 Years  
 Queen: 16-19 Years

**Saturday, June 24th**  
 At The Morisco Center 21 Salem St Lowell, MA  
 Doors open at 6pm  
 Crowning event begins at 7pm  
 \$30 Admission Fee

Hosted by: *Fiestas Dominicanas Inc.*

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

SOCRATES

**¡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](http://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!

# Más vistas de la Marcha por la Paz el domingo, 30 de abril en el Parque Campagnone

## Construyendo Puentes de Paz y vida

“Dios les bendiga amados Pastores y Líderes, buenas tardes. Nuestro agradecimiento por su valiosa participación en la histórica marcha por La Paz de nuestra ciudad. Gracias por su asistencia,” dijo el Pastor Victor Parra, uno de los coordinadores.

Ni siquiera la lluvia pudo detener a una muchedumbre estimada en unas 2,000 personas. Como una bendición

de Dios, dejó de llover una ligera lluvia al comienzo de la caminata desde cinco puntos de la ciudad, llegaron al Parque Campagnone y no fue sino hasta que habían terminado que comenzó con fuerza otra vez.

El día anterior, ante la posibilidad de cancelarlo por el mal tiempo, se negaron a que así fuera y lograron conseguir 5,000 capas de nylon que les permitió seguir caminando.

El Padre Joel Almonó, al igual que todos los pastores que organizaron tan bello evento, estaban felices.

Los letreros y carteles con su colorido tan llamativo fueron creados por miembros de la iglesia del Pastor Parra y los niños de la iglesia del Padre Almonó.

El verdadero trabajo comienza ahora. Esta actividad se ha estado planeando por más de un año para que la Marcha fuese solo la introducción de lo que harán cada iglesia. Habrá mucho entrenamiento entre las familias para mejorar las relaciones donde se necesiten y evadir la ola de violencia que arraza el país.



# Free Citizenship Course

- Learn U.S. government & history.
- Get help with the N-400 application.
- Prepare for the naturalization interview & civics test.

Saturdays,  
9 a.m. - 12:30 p.m.,  
for 12 weeks.

Lawrence Public Library,  
51 Lawrence St., Lawrence

The information will be presented in English.  
An English - Level 2 proficiency or higher is recommended.

**To register:**

Scan the QR Code & fill out the form  
or email: [workforce@glcac.org](mailto:workforce@glcac.org)

Greater Lawrence Community Action Council, Inc.  
**GLCAC**  
Opportunity Engagement Community.

**Lawrence Public Library**  
Soar to New Heights Through Knowledge

# Curso de Ciudadanía Gratuito

- Aprende sobre el gobierno y la historia de los EE. UU.
- Obtenga ayuda con la aplicación N-400.
- Prepárese para la entrevista de naturalización y el examen de cívico.

Sábados,  
9 a.m. - 12:30 p.m.,  
por 12 semanas

Lawrence Public Library,  
51 Lawrence St., Lawrence

La información se presentará en inglés.  
Se recomienda un dominio del inglés de nivel 2 o superior.

**Para registrarse:**

Escanea el código QR y completa el formulario  
o escribenos a: [workforce@glcac.org](mailto:workforce@glcac.org)

Greater Lawrence Community Action Council, Inc.  
**GLCAC**  
Opportunity Engagement Community.

**Lawrence Public Library**  
Soar to New Heights Through Knowledge

**Merrimack Valley Chamber Making Connections**

**MVCC Networking Breakfast at Lawrence Community Access TV Studio**

**Sponsored by Mass. Health Connector**

Thank you to everyone who started their morning off networking with the MVCC at our recent networking breakfast at Lawrence Community Access Television!

Members had the opportunity to network and make new business connections and enjoy a great breakfast provided by Lawrence Community Access Television. Thank you to our host, everyone who attended, and our sponsor Massachusetts Health Connector!

Don't miss the upcoming MV Chamber Networking Mixer in Andover at Enterprise Bank - Wednesday, May 17th



## 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.

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

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

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



## Volunteer Opportunities at Neighbors in Need

**“Those who bring sunshine to the life of others cannot keep it from themselves.”**  
— James Matthew Barrie

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**Donate your Time and Take Advantage of our Volunteer Opportunities!**

We are always in need of delivery volunteers, please fill our available slots:

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

Would you rather help out in the warehouse?

We offer even more exciting opportunities to volunteer!

Do you have questions about volunteering at Neighbors In Need? Please reach out to Helen at [volunteer@needfood.org](mailto:volunteer@needfood.org).

---

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

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



Have questions? Contact us at [volunteer@needfood.org](mailto:volunteer@needfood.org) or 978.685.8321 for more information!

## 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





**READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE**  
**RUMBONEWS.COM**

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

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

## SCORE®

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**Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM**  
Excepto el 3<sup>er</sup> jueves de cada mes

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

**MERRIMACK VALLEY CHAMBER OF COMMERCE**





Building Communities  
Changing Lives

Please Join Us  
Thursday, May 25th

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**Four Oaks Country Club**  
**Thursday, May 25, 2023**  
**6 - 9 pm**  
Hors D'oeuvres, Food Stations and Cash Bar

**Honoring**

**Cathy Mercado - Affordable Housing and DEI Advocate**  
**Stacey Thompson - Community and DEI Advocate**  
**Richard Chávez - Small Business Community and DEI Advocate**

This is our largest fundraising event and we need your support now more than ever to ensure we can continue the work we do in the community.


We are seeking Sponsors for this event and have enclosed our Sponsorship Form with this letter. If you would like to sponsor this amazing event, or reserve tickets, please visit [www.commtteam.org/spring-celebration-2023](http://www.commtteam.org/spring-celebration-2023) or fax the form to 978.453.9128. You can also contact [kplath@commtteam.org](mailto:kplath@commtteam.org) | 978-654-5640

Please note that your donation/sponsorship of \$1000 or more qualifies for the Community Investment Tax Credit Program (CITC), which provides you with a 50% tax credit/refund on your donation. Please contact us for details.

We hope you can join us May 25<sup>th</sup> to celebrate and honor these local leaders making a difference.

Thank you again for your support.

Kind Regards,



Karen Frederick, CEO  
Community Teamwork