

Posible atraco de \$2.7M en Lawrence

La Ciudad de Lawrence está investigando el posible robo de \$2.7 millones de la construcción de las escuelas Oliver and Leahy.

Un comunicado de prensa de la oficina del Alcalde Brian DePeña el jueves por la tarde informó a los medios lo sucedido y las medidas que han tomado. El mismo lee:

“Hoy en día, los ciberdelincuentes se hacen pasar por contratistas y proveedores con diversos esquemas ilegales para defraudar a entidades gubernamentales y corporaciones privadas en todo el mundo con la esperanza de interceptar pagos. Estos delincuentes son astutos y buscan continuamente formas de engañar a las instituciones.

“Recientemente, estos mismos tipos de delincuentes han intentado defraudar al sistema escolar de la ciudad de Lawrence haciéndose pasar por proveedores de servicios. Me gustaría informar a nuestros residentes que las autoridades locales y federales están investigando el asunto y parece muy prometedor.

“Para evitar futuros incidentes de esta naturaleza, he ordenado tanto a TI como a Finanzas que implementen salvaguardas sistemáticas y fortalezcan los procesos de verificación que nos alertarán sobre intentos cibernéticos fraudulentos”.

No se sabe si el dinero fue entregado o si se puede recuperar.

Possible scam of \$2.7 M in Lawrence

The City of Lawrence is investigating the possible theft of \$2.7 million from the construction of two schools.

A press release from Mayor Brian DePeña's office Thursday afternoon let the media know what happened and what measures they have taken. It reads:

“These days, cybercriminals pose as contractors and vendors with various illegal schemes to defraud government entities and private corporations around the world in the hope of intercepting payments. These criminals are cunning and continually look for ways to fool institutions.

“Recently, these same types of

criminals have attempted to defraud the City of Lawrence school system by posing as a service provider. I would like to inform our residents that local and federal authorities are investigating the matter and it looks very promising.

“To prevent future incidents of this nature, I have directed both IT and Finance to implement systematic safeguards and tighten verification processes that will alert us to fraudulent cyber attempts.”

There's no word as to whether the money was delivered or if it can be recovered.



Good Dad Gang delivered school supplies

The 9th Annual Good Dad Gang Backpack Giveaway took place on Sunday, August 27th, powered by UTEC at the Boys & Girls Club in Lawrence.

Good Dad Gang teamed up with UTEC with this year to bring the best possible event we can. We gave away 1,000 backpacks full of school supplies and offered free haircuts to children in need.

More pictures on page 12.

Médicos de GLFHC, Peor Pagados en MA piden un Contrato Justo

GLFHC Lowest-Paid Doctors in MA want a Fair Contract

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Bread and Roses Festival 2023 Hall of Fame Award Honoring Antonio & Mary Guerrero



For this year's Hall of Fame award, we excited to be able to honor Mary and Antonio Guerrero! Owners of El Taller and Café Azteca located at 275 Essex Street, the Guerreros represent the heart of Lawrence.

Mary, a school teacher, met Antonio an incredible chef in his home of Mexico City, and they have been restaurant owners in the city since 1994. For the past 38 years, Antonio has been enriching our community with his culinary expertise and cultural contributions, beautifully manifested through his dishes.

Through El Taller, the Guerreros keep the legacy of the Bread and Roses Strike

alive today - not just through their carefully curated bookshelves that hold titles about labor history and the fight for social, racial, education, immigrant, and economic justice, but by creating a community space where every member of Lawrence can gather to learn from one another and break bread together.

Whether it's an open mic night, a local artists' market, an author reading, or any of the other events hosted at El Taller, the Guerreros have created a unique and important hub of creativity and organizing (the roses), and yes, really amazing food too (the bread).

Special Events on page 13.

Premio Salón de la Fama 2023

Para el premio del Salón de la Fama de este año, estamos emocionados de poder honrar a Mary y Antonio Guerrero! Proprietarios de El Taller y Café Azteca ubicados en 275 Essex Street, los Guerreros representan el corazón de Lawrence.

Mary, una maestra de escuela, conoció a Antonio, un chef increíble, en su casa en la Ciudad de México, y han sido dueños de restaurantes en la ciudad desde 1994. Durante los últimos 38 años, Antonio ha estado enriqueciendo a nuestra comunidad con su experiencia culinaria y contribuciones culturales. bellamente manifestado a través de sus platos.

A través de El Taller, los Guerreros mantienen vivo el legado de la Huelga

del Pan y las Rosas hoy en día, no sólo a través de sus estanterías cuidadosamente seleccionadas que contienen títulos sobre la historia laboral y la lucha por la justicia social, racial, educativa, migratoria y económica, sino creando un espacio comunitario donde todos los miembros de Lawrence pueden reunirse para aprender unos de otros y compartir el pan juntos.

Ya sea una noche de micrófono abierto, un mercado de artistas locales, una charla de un autor o cualquiera de los otros eventos organizados en El Taller, los Guerreros han creado un centro único e importante de creatividad y organización (las rosas), y sí, realmente comida increíble también (el pan).

The Merrimack Company is doing its part for the environment

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Lowell native practices physical therapy techniques aboard USS Nimitz



PACIFIC OCEAN (Aug. 14, 2023) Hospital Corpsman 2nd Class Bunnaran Gnoy, left, from Lowell, Mass., and Hospitalman Jada Muhammad, from Indianapolis, practice physical therapy techniques aboard the aircraft carrier USS Nimitz (CVN 68). Nimitz is underway conducting routine operations. (U.S. Navy photo by Mass Communication Specialist Seaman Tomas Valdes)

City Clerk Announces 2023 Municipal Election Info Session

HAVERTHILL – Our electoral system is changing! Do you have questions about our upcoming change from an all at-large based system to both a ward and at-large based system? Do you want to better understand what is on the ballot this fall?

The City Clerk’s office will host a voter information session to explain the change to our upcoming electoral system change to both ward and at-large representatives set to go into effect during our 2023 municipal elections.

The session will be held on Wednesday September 6th at 5 PM in the City Council Chambers, located in room 202. There will be time for a question-and-answer period at the end of the information session. All are welcome to attend.

Please contact the City Clerk’s office at (978) 374-2312 for more information or email cityclerk@cityofhaverhill.com.

Escribana Municipal anuncia sesión informativa sobre las elecciones municipales de 2023

HAVERTHILL – ¡Nuestro sistema electoral está cambiando! ¿Tiene preguntas sobre nuestro próximo cambio de un sistema general a un sistema general y de barrio? ¿Quiere comprender mejor lo que habrá en la boleta electoral de este otoño?

La oficina de la Escribana Municipal organizará una sesión informativa para los votantes para explicar el cambio a nuestro próximo sistema electoral tanto a los representantes distritales como generales que entrará en vigor durante nuestras elecciones municipales de 2023.

La sesión se llevará a cabo el miércoles, 6 de septiembre a las 5 de la tarde en el Salón de Actos del Ayuntamiento, ubicado en el salón 202. Habrá un turno de preguntas y respuestas al finalizar la sesión informativa. Todos son bienvenidos a asistir.

Comuníquese con la oficina de la Escribana Municipal al (978) 374-2312 para obtener más información o envíe un correo electrónico a cityclerk@cityofhaverhill.com



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PACKATHON RETURNS!
Once-a-Year Huge Care Package Event!

The team at Move America Forward is proud to announce that our 9/11 Packathon will return for 2023!

Our Packathon event brings together a wide range of groups, volunteers, stakeholders, elected officials, and military personnel for one big event to **prepare and ship thousand of care packages** for our troops deployed throughout the world.

We need your help to make this year’s Packathon event a big success... there’s a so much planning that goes into coordinating such a large event to help our troops, so please donate early as possible, if you can! More details coming soon!

Please do what you can to help out. A tax-deductible donation makes an enormous positive impact to the troops. It costs as little as \$25.



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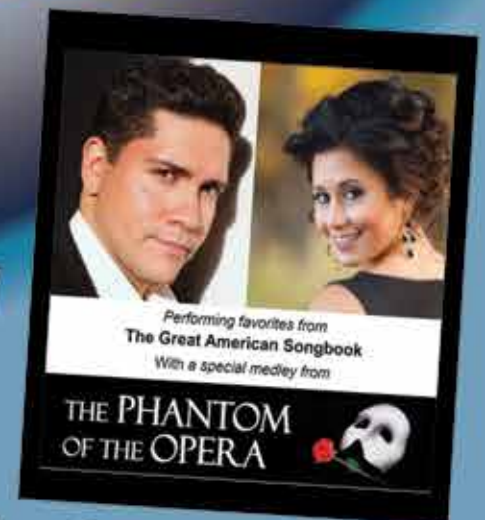
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POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR RUMBO

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Temporada de elecciones

Cuando el Presidente del Concejo, Marc Laplante, asistió a la reunión de la Junta de Registros el 22 de agosto de 2023, estaba preparado para explicarle la naturaleza de su denuncia. Se sintió decepcionado por no poder hacerlo mientras la Junta fallaba en contra de su oponente. Muchas personas en la audiencia no entendieron el motivo (incluido quien escribe) y lo explicaré ahora.

El señor Laplante estaba dispuesto a aportar pruebas de que había varios nombres mal escritos, direcciones erróneas y un par de firmas que entregó días antes que Germinudy Rosario, pero en su lugar contaron las de ella y no las de él.

Esos eran problemas que deberían plantearse y corregirse para que no suceda en futuras elecciones, pero el mayor problema fueron las firmas falsificadas. Según las normas de la Secretaría de Estado, la División Electoral permite que se certifiquen los nombres, incluso si sospechan que las firmas son fraudulentas, deberán certificarlas. Sólo previa impugnación ante la Junta de Registros se podrán anular estas firmas.

Cualquier persona interesada puede consultar los documentos de nominación de todos los candidatos en el sitio web de la ciudad Documentos de nominación y peticiones | Lawrence, MA, y encontrará el mismo tipo de problemas en los documentos de nominación de otros candidatos. El asunto es que la mayoría de los candidatos no tienen el conocimiento ni el deseo de desafiar a nadie, pero existe la posibilidad de sacar a un oponente de la boleta si sólo les interesa hacerlo.

Algunas personas encargadas de recoger firmas son vagas y creen que nadie se dará cuenta y firmarán con el nombre equivocado o incluso con la dirección equivocada. Al parecer, confían en que los trabajadores del Departamento de Elecciones lo aprobarán aunque noten las diferencias entre lo que firmaron y lo que aparece en sus actas. Esto se debe a que las reglas del Secretario de Estado indican que así debería ser. Le corresponde al oponente plantear estas diferencias a la Junta de Registros para descalificarlo.

En el caso de Laplante, no se le permitió impugnar las firmas falsificadas ya que su oponente no superó el primer obstáculo: proporcionar un documento de nominación firmado y certificado ante notario. La señora Rosario fue considerada

ilegible para ser candidata porque sus documentos no seguían las reglas y por lo tanto no hubo necesidad de que Marc presentara su caso ya que ella ya no era considerada una candidata válida.

Ese es otro error común de los candidatos sin experiencia. Cuando eso sucede, todas las firmas en esa página presentadas aunque sean correctas son automáticamente inválidas, pero un contendiente debe comunicarlo a la Junta.

Hablé con la secretaria municipal Eileen Bernal y cuestioné las acciones de los empleados del Departamento de Elecciones y ella dijo: "Hubo detalles menores pero hicieron un buen trabajo con el proceso siguiendo las reglas del Secretario de Estado".

Nuevamente, esa responsabilidad recae en los demás candidatos para asegurarse de que las cosas se hagan correctamente.

Ahora pensemos en los políticos que estamos eligiendo. Si son descuidados con su trabajo y permiten que cualquiera se acerque a sus electores para recoger firmas y este es el resultado, no deberían culpar al oponente que es inteligente y sabe cómo hacer funcionar el sistema.

Pero estas son las personas que se postulan para cargos públicos por las que votamos sin estar preparados y que creen que las buenas intenciones son lo que cuenta. Por ejemplo, el miércoles pasado Julio Merán entrevistó a Jessica Aquino, candidata al Concejo Municipal por el Distrito B. Joven, se expresa muy bien y con soltura en sus respuestas, pero me recordó a la Vicepresidenta Kamala Harris con su risa constante. Esa fue una entrevista seria, no un programa de entretenimiento.

Su comportamiento me desanimó hasta que se reveló. El Sr. Merán le preguntó si había visto los Estatutos de la Ciudad, si había leído las Reglas de Orden de Robert, las Reglas del Concejo Municipal y el presupuesto actual de la ciudad a lo que ella dijo que los había visto pero en un momento admitió que no le había mencionado una de esas cosas en las preguntas que él le había enviado.

¡Por eso las risas! Tenía demasiada confianza porque estaba preparada para cualquier cosa que él le arrojara. ¿Prepararía de la misma manera a alguien con quien él no está de acuerdo?

Siempre veo su programa porque Merán tiene el coraje de abordar temas importantes que a nadie más le importa tocar y se documenta antes de hablar pero este programa fue una gran decepción.

Elegir a los miembros del Concejo Municipal es la tarea más importante que tenemos cada dos años. Corremos el riesgo de terminar con personas como María De La Cruz en el Distrito A. Ella apenas sabe lo que se está discutiendo y, a veces, después de una discusión, termina votando en contra de lo que defendió o a favor de lo que se opuso.

Afortunadamente, no volverá a postularse y cree que su mandato ya terminó. Hace varios meses que no asiste a una reunión ni la ven por ningún lado y todavía está cobrando su salario. Que ese sea un ejemplo de cómo no votar.

Merán fue una decepción porque repitió que el presupuesto de la ciudad lleva unos \$45 millones para Misceláneos, lo que a su juicio es sospechoso. Esto no es una "caja chica"; es un monto requerido que la ciudad debe tener para emergencias y que

aparece en cada presupuesto, cada año.

Un buen ejemplo de ello es la recogida de nieve; como nadie sabe cuánta nieve tendremos cada año, el presupuesto exige una cantidad mínima y, al final del año, el saldo se puede transferir de ese fondo.

Asimismo, la recolección y reciclaje de basura; Si bien la ciudad tiene un presupuesto fijo, hay ocasiones en las que los gastos extra son inevitables. Y, negociaciones sindicales; si bien cada departamento tiene un presupuesto para salarios, mediante acuerdos sindicales se deben incrementar y proviene de ese fondo Misceláneo.

Tenga en cuenta que el "Efectivo gratis" (Free Cash) no se puede utilizar para ninguno de estos fines.

Según el Alcalde DePeña y la Concejala Ana Levy, esto se lo han explicado varias veces y él continúa con la insinuación.

Sitio web de Cancer FactFinder traducido a 8 idiomas

Boston, MA – The Cancer FactFinder, un recurso en línea que examina mitos y desinformación sobre el cáncer, ahora está disponible en 8 idiomas adicionales: árabe, chino, criollo, francés, portugués, español, tagalo y vietnamita.

El sitio web proporciona información precisa y confiable sobre lo que causa y lo que no causa cáncer y ayuda a disipar conceptos erróneos comunes sobre la enfermedad. Lanzado en 2022, el sitio fue creado por un equipo del Centro Familiar Zhu para la Prevención Global del Cáncer de la Universidad T.H. Chan School of Public Health y el Centro para la Equidad y la Participación en el Cáncer del Dana-Farber/Harvard Cancer Center.

Para cada uno de los más de 60 temas del sitio web, como "Carne roja", "Estrés", "Terapia de reemplazo hormonal" o "Radón", el resumen proporciona información sobre:

- Lo que quizás haya escuchado;
- Lo que nos dice la ciencia;
- Cómo reducir su riesgo;
- Qué significa esto para mí; y
- Fuentes y enlaces para más información.

Cada afirmación sobre un tema, como "La carne roja causa cáncer", también viene con una interpretación de los hallazgos del equipo sobre la veracidad de una afirmación, como se indica a continuación.

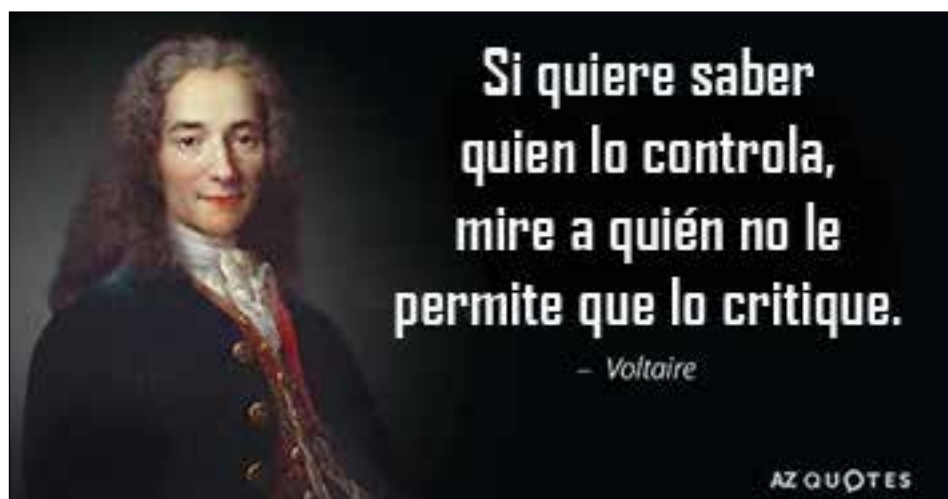
• Lo más probable o definitivamente cierto: hay evidencia suficiente para sugerir que la afirmación es cierta.

• Falso: información errónea: hay evidencia suficiente para sugerir que la afirmación es falsa.



• Aún no estamos seguros; los científicos todavía están trabajando en ello: no hay evidencia suficiente para decir si la afirmación es cierta o no.

El equipo actualizará continuamente el sitio web con nuevos temas y agregará información adicional a los temas existentes. Las traducciones reflejan el deseo del equipo de ampliar el uso del sitio en el estado y más allá. "La información errónea sobre el cáncer puede afectar negativamente a cualquier persona, sin importar el idioma que hable. Es importante garantizar que todos puedan acceder a datos precisos sobre el cáncer; por eso hemos lanzado Cancer FactFinder en muchos idiomas comúnmente hablados", afirmó Timothy Rebbeck, Vincent L. Gregory, Profesor Jr. de Prevención del Cáncer y director del Zhu Family Center de la Harvard Chan School y profesor de oncología médica en el Dana-Farber Cancer Institute.



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

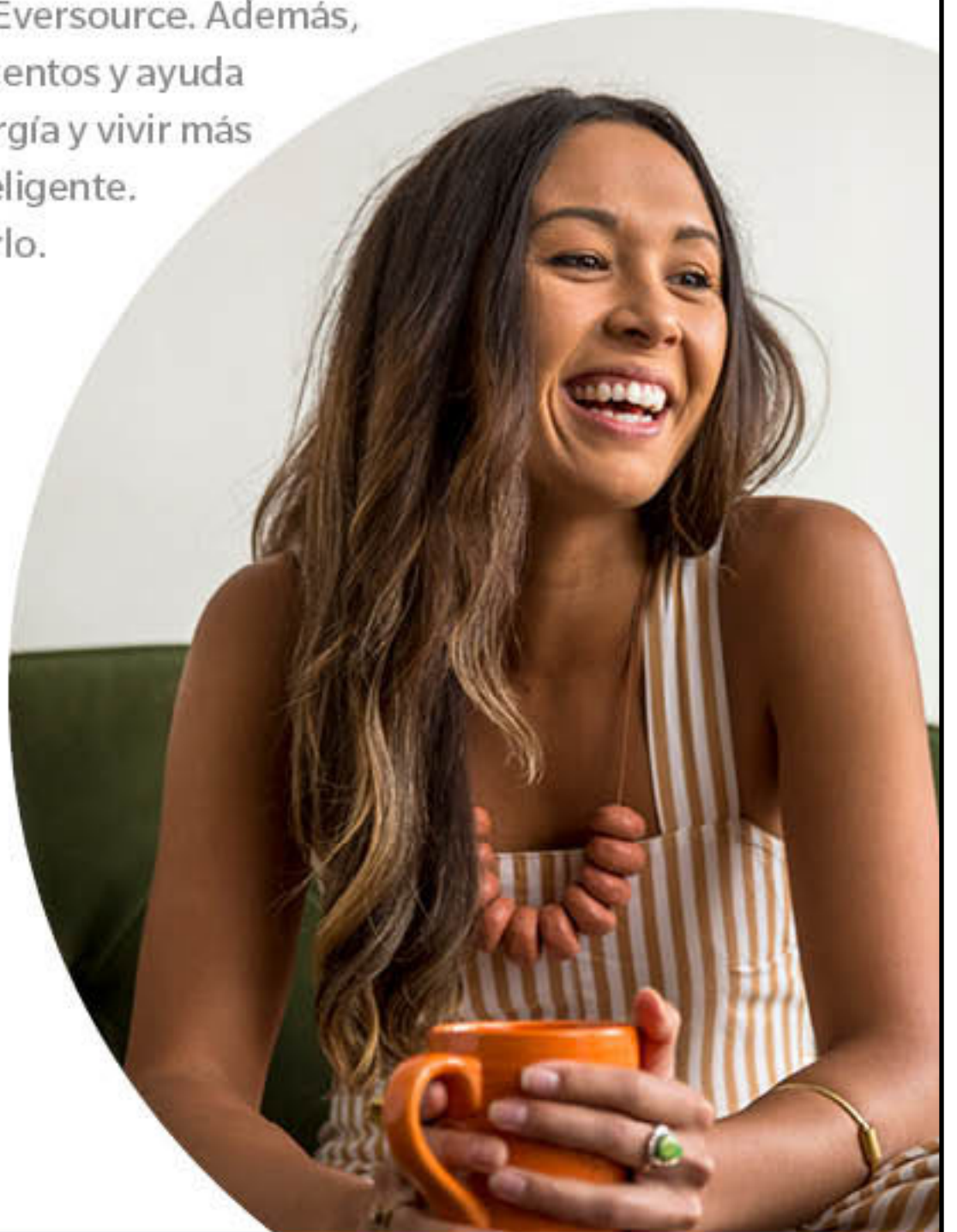
- Thomas Jefferson

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Los Médicos Peor Pagados en Massachusetts Manifiestan por un Contrato Justo y Tardado en Llegar

Más de un año después de sindicarse, los residentes de Gran Lawrence luchan por su bienestar básico

Lawrence, MA – El Martes, 29 de Agosto, los médicos residentes del Greater Lawrence Family Health Center (GLFHC) salieron a manifestar para exigir un contrato justo. Más de un año después de sindicalizarse con el Comité de Médicos Internos y Residentes (CIR/SEIU) en Marzo del 2022, los médicos todavía están en negociaciones para un contrato que apoya su bienestar, mientras atienden unos de los pacientes más vulnerables del estado.

Los residentes de Gran Lawrence siguen siendo los peor pagados en todo Massachusetts y están dedicados a proveer cuidado de alta calidad a las comunidades de color y mayoría inmigrante y de clase trabajadora que consideran el Valle de Merrimack su hogar. Además de un salario digno que alcance paridad con los programas vecinos, los residentes exigen un mejor apoyo de la salud física y mental. “La mayoría de los que elegimos entrenar en Lawrence lo hacemos porque estamos motivados a practicar la medicina de una manera que fomente un sistema de atención médica más equitativo y justo para todos”, dijo la Dra. Gabriela Velásquez. “Sabemos que merecemos un salario justo y digno y el apoyo para realizar este trabajo exigente y no sólo sobrevivir, sino prosperar”.

Los residentes se sintieron inspirados a organizarse no solo por su deseo de un sistema de salud más equitativo, sino también por la orgullosa historia de organización sindical de Lawrence, incluyendo las huelgas textiles de 1912. La acción se produce tras el reciente éxito contractual por parte de los residentes del Boston Medical Center, quienes consiguieron con éxito uno de los aumentos salariales más grandes del sindicato hasta la fecha a principios de este mes.

Para los residentes de primera línea de

GLFHC, que no han recibido un aumento salarial en más de cinco años, la disparidad salarial significativa del programa pone en peligro su capacidad de atender sus propias necesidades mientras atienden a los pacientes. “A muchos de nosotros nos resulta cada vez más difícil llegar a fin de mes”, dijo el Dr. Tong Yan. “Hace poco comencé a racionar mis medicamentos porque tenía dificultades para cubrir tanto su costo como mis otros gastos de vivir. GLFHC necesita garantizar que los residentes tengan el salario y los beneficios de salud que necesitamos para brindar de manera sostenible el cuidado de alta calidad que nuestros pacientes merecen”.

Los residentes se unieron en solidaridad con oficiales elegidos, incluyendo la Consejera de Lawrence, Celina Reyes, quien afirmó que “estos médicos dedicados dan atención excepcional a miles de personas en todo el Valle de Merrimack, y estoy orgullosa de estar junto a ellos mientras luchan por un contrato justo. Gran Lawrence, un año de espera es suficiente. Esta comunidad depende de sus residentes para mantenerse saludables y prosperar. Es hora de finalizar un contrato que garantice que reciban la compensación y los beneficios esenciales para mantener su propio bienestar. para que puedan seguir sirviendo a nuestra comunidad.”

El Comité de Médicos Internos y Residentes (CIR) es el sindicato de médicos residentes más grande de Estados Unidos. Un local del Sindicato Internacional de Empleados de Servicios (SEIU), CIR representa a más de 30,000 médicos residentes. Nuestros miembros se dedican a mejorar el entrenamiento y educación de residencia, mejorar la atención médica, y expandir el acceso al cuidado médico para nuestras comunidades.



Lowest-Paid Doctors in MA Rally for Long Overdue Fair Contract

Over a Year Post-Unionization, Greater Lawrence Residents Fight for Their Basic Well-being

Lawrence, MA –On Tuesday, August 29, resident physicians at the Greater Lawrence Family Health Center (GLFHC) rallied to demand a fair contract. More than a year after unionizing with the Committee of Interns and Residents (CIR/SEIU) in March 2022, the doctors are still in negotiations for a contract that supports their well-being, as they care for some of the state’s most vulnerable patients.

Greater Lawrence residents remain the lowest-paid across Massachusetts, and are dedicated to providing top quality care to the largely immigrant and working class communities of color that call the Merrimack Valley home. In addition to a living wage that reaches parity with neighboring programs, the residents are calling for improved mental and physical health support. “Most of us who choose to train in Lawrence do it because we are motivated to practice medicine in a way that fosters a more equitable and just healthcare system for everyone,” said Dr. Gabriela Velasquez. “We know that we deserve a fair and livable wage and the support to do this taxing job and not just survive, but thrive.”

The residents were inspired to organize not only by their desire for a more equitable healthcare system, but by Lawrence’s proud history of union organizing, including the 1912 textile strikes. Their action follows the recent contract win by residents at Boston Medical Center, who successfully secured one of the union’s largest wage increases to date earlier this month.

For the frontline GLFHC residents,

who have not received a pay increase in more than five years, the program’s significant pay disparity jeopardizes their ability to care for their own needs as they care for patients. “So many of us find it increasingly hard to make ends meet,” said Dr. Tong Yan. “Just recently, I started rationing my medication because I was struggling to cover both its cost and my other living expenses. GLFHC needs to ensure that residents have the pay and health benefits we need to sustainably provide the high-quality care our patients deserve.”

The residents were joined in solidarity by elected officials, including Lawrence At-Large Councilor Celina Reyes, who stated that, “These dedicated physicians provide exceptional care to thousands across the Merrimack Valley, and I am proud to stand with them as they fight for a fair contract. Greater Lawrence, one year of waiting is long enough. This community relies on your residents to stay healthy and thrive. It’s time to finalize a contract that will ensure they receive the compensation and benefits essential to maintaining their own well-being, so they can continue serving our community.”

The Committee of Interns and Residents (CIR) is the largest housestaff union in the United States. A local of the Service Employees International Union (SEIU), representing over 30,000 resident physicians and fellows. Our members are dedicated to improving residency training and education, advancing patient care, and expanding healthcare access for our communities.



Mark your calendars for the biggest tail wagging day around! The Fast & Furriest Fun Run at Harpoon Dogtoberfest is back on Sunday, October 1st and better than ever!

Harpoon Dogtoberfest presented by MetLife Pet Insurance is a dog and kid-friendly Octoberfest celebration where you can enjoy the Fast & Furriest Fun Run (or walk) with your dog, compete in the Fest-Minster Dog Show, enjoy fresh Harpoon beer for you — and a special Bow Wow

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When you sign up for the Fast & Furriest Fun Run (whether you walk, run, or wag), every step you take and every dollar you raise will help us care for the thousands of animals that come to the MSPCA every year in search of kindness and care. Your registration fee includes entry into Harpoon’s Dogtoberfest!

You don’t have to have a dog to attend — you just need to love beer, dogs, and paw-sitive vibes!

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

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

- Theodore Roosevelt

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*Basado en la elegibilidad de ingresos.

MVCC welcomes kids back to school with members' donations



Lila and her brother Ryan Dislelbrank with their father Nick and Robert Cerniglia of Thrivent Financial. Lila and Ryan attended the Sargent School in North Andover and Lila is now entering North Andover Middle School.

The Merrimack Valley Chamber of Commerce held a Non-Profit Series Business Networking mixer and Backpack Drive on August 24th at Forage Flower Co., 60 Island St. in Lawrence.

The members in attendance were charged with filling the backpacks with the donated items and then added an inspirational note for each one welcoming them to a great year at school.

The recipients of the collection of school supplies were members of Greater Lawrence Community Action Council (GLCAC) who will be distributing them to children in the area.

This was coordinated by Robert Cerniglia of Thrivent and the backpacks were donated by Lila and Ryan Dislelbrank. Their father Nick mentioned that they used their own savings for this donation. When asked why, Lila responded, "I am very fortunate to have a nice home, a nice family, and go to a good school but many other children don't have that."

That girl was an inspiration! Marilyn Pinet of Forage Flower Company was the host and she made an awesome dish of eggplant that everyone loved.



From the left are, Michael Bevilacqua, Robert Cerniglia, Joseph Bevilacqua, and from GLCAC were Alejandra Carrasquillo, Luz Evangelista, and Nelson Butten.

The gathering took place in the beautiful setting of an interior yard at 60 Island St.

Timothy Burke is a staple at the Chamber's mixers. Tim is an Independent Lyconet Premium Merchant Marketer.

With him is Erika Pherson, owner of The Collective Concierge. Erika is a new member of the Chamber and we'll be hearing more about her services in the future.




This was during the process of preparing the backpacks for distribution.



Signing the card for the lucky student was Jackie Ireland of the Better Business Bureau.



Giving their good wishes to the students were Alejandra Carrasquillo, Luz Evangelista, Antonette Carabuena of Curantis Private Nursing Services LLC and Carmen García-King from MassHIRE.



City of Lawrence

Water & Sewer Department

NOTICE


Prospect Hill Area Residents


STATE MANDATED FLUSHING PROGRAM

The City of Lawrence Water & Sewer Department will be flushing hydrants and operating valves in the Prospect Hill Area during:
September 1st, 2023 through September 31st, 2023

Businesses and residents should check for discolored water before use. The problem should be short-lived; however, if persistent problems occur please call 978-620-3110.
Monday to Friday from 8:30 am to 4:30 pm

THANK YOU





Ciudad de Lawrence

Departamento de Agua y Alcantarillado

AVISO


Residentes del área de Prospect Hill

PROGRAMA ESTATAL DE LAVADO DEL SISTEMA DE HIDRANTES

El Departamento de Agua y Alcantarillado de la Ciudad de Lawrence, estará lavando el sistema de hidrantes y válvulas en el área de Prospect Hill durante: septiembre 1, 2023 hasta septiembre 31, 2023

Los negocios y residentes del área deben revisar la decoloración del agua antes de usarla. El proceso será por poco tiempo, pero, en caso de que la situación persista, favor llamar al: 978-620-3110.
Lunes a viernes de 8:30 a. m. a 4:30 p. m.

GRACIAS





UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

Educación para todos a un costo razonable

Hace varias semanas publiqué en este periódico dos artículos sobre educación, uno sobre la desafortunada decisión de la Corte Suprema contra las prácticas de Acción Afirmativa de dos universidades, votación que puso fin a los esfuerzos de nuestras escuelas de educación superior para poner el conocimiento a disposición de todos nuestros jóvenes estudiantes independientemente de su raza, y el otro sobre el financiamiento estudiantil de esa educación.

Presenté un análisis financiero del informe del Departamento de Educación de Massachusetts donde enumeraban los gastos educativos anuales del sistema escolar de cada comunidad. Para hacer ese informe más significativo, solo utilicé los números de las ciudades cubiertas por el periódico Rumbo.

Al cerrar ese segundo informe, sugerí un sistema universitario gratuito y apoyé mi opinión con estos párrafos finales: "Queremos tener instituciones justas de educación superior, pero no estamos dispuestos a poner nuestras billeteras donde están nuestras bocas y hacerlas de matrícula justa nivelando sus matrículas con nuestras contribuciones fiscales. Cuando los Harvard del mundo cobren la misma matrícula que cualquier otra universidad, la demanda se aplanará y también lo hará la oferta".

"Entonces, para terminar mi artículo con una breve conclusión impulsada por una larga introducción y presentación, mi posición es que la misma sociedad que paga tanto por el aprendizaje de los estudiantes antes de que sean mayores de edad, debería continuar su práctica después de que alcancen esa edad. No puedo concebir una mejor manera de

poner fin a la controversia en una sociedad que paga tanto por la educación de sus miembros jóvenes y los olvida cuando envejecen. Eso no me parece justo".

Ese artículo salió el 22 de julio de 2023. El 24 de agosto de 2023, la Gobernadora de Massachusetts, Maura T. Healey, anunció, y Rumbo reportó, que su administración estaba lanzando un nuevo programa que establecía un colegio comunitario gratuito para residentes de Massachusetts mayores de veinticinco años y otorgó \$100,000 a cada uno de los 15 colegios comunitarios del estado para apoyar la rápida implementación del programa este otoño.

"Al hacer que la universidad comunitaria sea completamente gratuita para cualquier adulto mayor de 25 años en Massachusetts sin un título, la Administración Healey-Driscoll está haciendo una inversión histórica en la fuerza laboral de nuestro estado y brindando a cientos de miles de adultos un camino claro hacia una carrera" Fuente: Jim Vander Hooven, presidente de Mount Wachusett Community College y presidente del Consejo de Presidentes de Colegios Comunitarios según lo informado por la Oficina Ejecutiva de Educación.

Para mí fue como ver la luz que nos habíamos propuesto al final del túnel de educación financiera tal y como la imaginamos y es suficiente satisfacción. Hace de nuestro punto de vista un punto al servicio de nuestros lectores.

"Nada es más poderoso que una idea cuyo tiempo ha llegado", dijo el famoso escritor francés Víctor Hugo. Nuestra idea finalmente ha encontrado su camino, pero tiene una larga vía por recorrer.

Y ese es nuestro punto de vista hoy. Agur.

Horse Farm visits for People with Dementia



Windrush Farm is proud to announce new field trips to Windrush Farm in North Andover. Now, thanks to the generosity of a grant from the I'm Still Here Foundation, adults with early/mid stage dementia and their care partners can experience

the unique joy of a visit to a horse farm. Clients get to meet, greet and groom a gentle horse and then enjoy the natural environment of a charming New England horse farm. Spending time with a gentle horse provides a new experience or brings



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

Education for all at a reasonable cost

Several weeks ago I published in this newspaper two articles about education, one about the unfortunate Supreme Court decision against the Affirmative Action practices of two universities, a vote that ended the efforts of our schools of higher learning to make knowledge available to all our young students regardless of race, and the other about the students financing of that education.

I presented the financial analysis of a Massachusetts Department of Education report where they listed the yearly educational expenses of every school system in the state. To make that report more meaningful I only used the numbers of the towns served by the Rumbo newspaper.

As I was closing that second report, I suggested a tuition-free university system and supported my view with these closing paragraphs: "We want to have fair institutions of higher learning but are not willing to put our wallets where our mouths are and make them tuition fair by leveling their tuitions with our tax contributions. When the Harvards of the world charge the same tuition as any other university, demand will flatten and so will supply."

"So, to end my article with a short conclusion driven by a long introduction and presentation, my position is that the same society that pays so much for student learning before they are of legal age should continue its practice after they reach that age I cannot conceive of any better way to end the controversy in a society that pays

so much for the education of its young members and forgets them when they age. That doesn't sound fair to me."

That article came out on July 22, 2023. On August 24, 2023, Massachusetts Governor Maura T. Healey announced, and Rumbo reported, that her administration was launching a new program establishing free community college for Massachusetts residents aged twenty-five and older and awarded \$100,000 to each of Massachusetts' 15 community colleges to support the quick implementation of the program this fall. "By making community college completely free for any adult over 25 in Massachusetts without a degree, the Healey-Driscoll Administration is making an historic investment in our state's workforce and providing hundreds of thousands of adults with a clear pathway to a career" Source: Jim Vander Hooven, president of Mount Wachusett Community College and chair of the Community College Council of Presidents as reported by the Executive Office of Education.

For me, it was like seeing the light we had proposed at the end of the financial education tunnel as we envisioned, and is enough satisfaction. It makes our point of view a point at the service of our readers.

"Nothing is more powerful than an idea whose time has come," said famous French writer Victor Hugo. Our idea has finally found its way, but it has a long way to go.

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

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

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

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

back memories of former times spent Horsing Around! Windrush Farm provides a special and caring environment for adults with dementia.

"A grant from the I'm Still Here Foundation has made it possible for adults with dementia to participate in field trips at Windrush Farm" commented Windrush Farm CEO Janet Nittmann. "The I'm Still Here Foundation has experience with establishing new and successful programs for clients with dementia and we are thrilled that the Foundation has selected to support our innovative program." I'm Still Here Founder Dr. John Zeisel states, "This is an exciting opportunity for the ISH Innovation Grants Program. We are thrilled and excited to see this initiative come into being."

For information about the field trips please email programs@windrushfarm.org

About Windrush Farm

Windrush Farm in North Andover provides quality equine-assisted services

for children and adults facing physical, cognitive and emotional challenges. Services include therapeutic riding, unmounted programs, and other horse-related activities. Founded in 1964, Windrush is one of the oldest and largest therapeutic riding centers in the United States and a Premier Center accredited by the Professional Association of Therapeutic Horsemanship International (PATH Intl). Visit www.windrushfarm.org to learn more about the farm's activities and mission.

About I'm Still Here Foundation

I'm Still Here (ISH) helps people living with dementia to flourish through engagement in life, family and community. ISH supports programs that engage persons living with dementia and their care partners in arts, culture and community. ISH seeks to spread the message of hope and possibility, especially to underserved individuals and communities.

For more information about the I'm Still Here Foundation: www.imstillhere.org

AARP responde sobre los primeros 10 medicamentos de la Parte D de Medicare seleccionados para una histórica negociación

WASHINGTON-- Nancy LeaMond, vicepresidenta ejecutiva y directora de Activismo Legislativo y Compromiso de AARP, emitió la siguiente declaración en respuesta al pronunciamiento oficial acerca de la lista de los Centros de Servicios de Medicare y Medicaid (CMS) sobre los primeros 10 medicamentos que Medicare negociará con el propósito de reducir sus precios:

"AARP aplaude a los CMS por dar este importante paso con el fin de reducir los precios desmedidos de los medicamentos recetados. Por mucho tiempo, las grandes compañías farmacéuticas han estafado a nuestro país y han incrementado sus ganancias estableciendo precios exorbitantes para sus productos, a expensas de las vidas de muchos en Estados Unidos. La razón principal por la que los adultos mayores no toman sus medicamentos recetados o deben racionarlos es que no pueden pagar por ellos, y esto debe terminar.

"Permitir que Medicare negocie los precios de estos primeros 10 medicamentos finalmente traerá el acceso y el alivio que tanto necesitan las familias en Estados Unidos, en particular los adultos mayores. Sería imposible exagerar la enorme importancia de esta ley para la estabilidad financiera y la salud general de los adultos mayores en el país.

"Las grandes compañías farmacéuticas

y sus aliados continúan radicando demandas judiciales que buscan revocar el programa de negociación de precios de medicamentos de Medicare, para poder continuar así manipulando sus precios. Ya no podemos permitir que los adultos mayores sean el cajero automático de la industria farmacéutica. AARP seguirá luchando para proteger la negociación de precios de Medicare en contra de cualquier esfuerzo por anularla o debilitarla, de modo que todos los adultos mayores en el país puedan costear sus vitales medicamentos".

AARP es la organización sin fines de lucro ni afiliación política más grande de la nación, dedicada a facultar a las personas de 50 años o más para que puedan escoger cómo viven a medida que envejecen. Con una presencia nacional, AARP fortalece las comunidades y aboga por los asuntos de mayor importancia para los más de 100 millones de adultos mayores de 50 años en Estados Unidos y sus familias: la seguridad de la salud, la estabilidad financiera y la satisfacción personal. AARP también produce las publicaciones de mayor circulación en el país: AARP The Magazine y AARP Bulletin. Para conocer más, visita www.aarp.org/about-aarp/ (en inglés), www.aarp.org/espanol (en español) o síguenos en @AARP, @AARPenEspañol, y @AARPadvocates en las redes sociales.

AARP Responds to First 10 Medicare Part D Drugs Selected for Historic Negotiation

WASHINGTON-- AARP Executive Vice President and Chief Advocacy and Engagement Officer Nancy LeaMond issued the following statement in response to the Centers for Medicare & Medicaid Services' list of the first 10 drugs to be negotiated for lower prices by Medicare:

"AARP applauds CMS for taking this next critical step to bring down out-of-control prescription drug prices. For too long, big drug companies have fleeced our country and padded their profits by setting outrageous prices, all at the expense of American lives. The number one reason seniors skip or ration their prescriptions is because they can't afford them. This must stop.

"Allowing Medicare to negotiate prices for these first 10 drugs will finally bring much needed access and relief to American families, particularly older adults. We cannot overstate how monumental this law is for older Americans' financial stability and overall health.

"The big drug companies and their

allies continue suing to overturn the Medicare drug price negotiation program to keep up their price gouging. We can't allow seniors to be Big Pharma's cash machine anymore. AARP will keep fighting to protect Medicare negotiation from any efforts to undo or weaken it, so all older Americans can afford their lifesaving medicines."

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence, AARP strengthens communities and advocates for what matters most to the more than 100 million Americans 50-plus and their families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org/about-aarp/, www.aarp.org/espanol or follow @AARP, @AARPenEspañol and @AARPadvocates on social media.

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.

Methuen Police to Partner with Lawrence Prospera, MAN Inc., Via \$900,000 Safe Communities Initiative Grant

METHUEN — The Methuen Police Department and Lawrence Prospera are excited to announce that a \$900,000 grant will enable Methuen Police, the City of Methuen, Lawrence Prospera and Methuen Arlington Neighborhood Inc. (MAN Inc.) to collaborate on a program to reach at-risk and proven-risk youth.

The grant from the Massachusetts Executive Office of Health and Human Services Safe Communities Initiative will fund the partnership, via which at-risk Methuen residents ages 16 to 24 will be identified through the Safe Communities Initiative and referred to Lawrence Prospera's SISU Center.

The SISU Center opened in 2018 on Canal Street in Lawrence to provide street outreach, case management, workforce development, and alternative education programming, mental health services, and social emotional development for some of the hardest-to-reach young people in the area.

"We are extremely grateful for this grant funding from the Executive Office of Health and Human Services, which will help us make outreach efforts to intervene in the lives of at-risk youth in a positive way," said Chief McNamara. "We look forward to working with Lawrence Prospera and MAN Inc., to reach the youth within our community in an effort to prevent crime

and change lives for the better."

"Those of us at MAN Inc. are excited to join forces with Methuen Police and Lawrence Prospera to reach youth within the community with outreach, mental health services, workforce development and more," said Linda Soucy, of MAN Inc. "Our extensive experience working with youth in the community will help us to make positive change in the lives of those in the program."

"I am pleased that this grant funding will enable the City and Methuen Police to join forces with Lawrence Prospera and MAN Inc. to proactively intervene in the lives of at-risk youth in our community," said Mayor Neil Perry. "This is the kind of proactive police work that helps to prevent crime before it occurs, and I am excited to see where this new programming will lead."

"We are grateful for the opportunity to offer our services to the Methuen community," said SISU Center Program Director Dan Halloran. "My staff are looking forward to this partnership."

SISU is a youth development program in Lawrence working with some of the most proven risk young people in the area. SISU programming is focused at the SISU Center, a 25,000-square-foot youth center on Canal Street. During Fiscal Year 2023, the SISU Center provided services to 130 young people.

Policía de Methuen se asociará con Lawrence Prospera, MAN Inc., a través de una subvención de \$900,000 para la Iniciativa de Comunidades Seguras

METHUEN — El Departamento de Policía de Methuen y Lawrence Prospera se complacen en anunciar que una subvención de \$900,000 permitirá a la policía de Methuen, la ciudad de Methuen, Lawrence Prospera y Methuen Arlington Neighborhood Inc. (MAN Inc.) colaborar en un programa para llegar a muchachos en riesgo y jóvenes en riesgo comprobado.

La subvención de la Iniciativa de Comunidades Seguras de la Oficina Ejecutiva de Salud y Servicios Humanos de Massachusetts financiará la asociación, a través de la cual los residentes en riesgo de Methuen de entre 16 y 24 años serán identificados a través de la Iniciativa de Comunidades Seguras y remitidos al Centro SISU de Lawrence Prospera.

El Centro SISU abrió sus puertas en 2018 en Canal Street en Lawrence para brindar extensión en la calle, administración de casos, desarrollo de la fuerza laboral y programación de educación alternativa, servicios de salud mental y desarrollo socioemocional para algunos de los jóvenes más difíciles de alcanzar en el área.

"Estamos muy agradecidos por esta subvención de la Oficina Ejecutiva de Salud y Servicios Humanos, que nos ayudará a realizar esfuerzos de extensión para intervenir en las vidas de los jóvenes en riesgo de una manera positiva", dijo el Jefe McNamara. "Esperamos trabajar con Lawrence Prospera y MAN Inc. para llegar a los jóvenes de nuestra comunidad en un esfuerzo por prevenir el crimen y mejorar vidas".

"Aquellos de nosotros en MAN Inc. estamos entusiasmados de unir fuerzas con la policía de Methuen y Lawrence Prospera para llegar a los jóvenes dentro de la comunidad con servicios de extensión, servicios de salud mental, desarrollo de la fuerza laboral y más", dijo Linda Soucy, de MAN Inc. "Nuestra amplia experiencia trabajando con jóvenes de la comunidad nos ayudará a lograr cambios positivos en las vidas de quienes participan en el programa".

"Me complace que esta subvención permita a la ciudad y a la policía de Methuen unir fuerzas con Lawrence Prospera y MAN Inc. para intervenir proactivamente en las vidas de los jóvenes en riesgo de nuestra comunidad", dijo el Alcalde Neil Perry. "Éste es el tipo de trabajo policial proactivo que ayuda a prevenir el crimen antes de que ocurra, y estoy entusiasmado de ver hacia dónde conducirá esta nueva programación".

"Estamos agradecidos por la oportunidad de ofrecer nuestros servicios a la comunidad de Methuen", dijo el director del programa del Centro SISU, Dan Halloran. "Mi personal espera con ansias esta asociación".

SISU es un programa de desarrollo juvenil en Lawrence que trabaja con algunos de los jóvenes con mayor riesgo comprobado en el área. La programación de SISU se centra en el Centro SISU, un centro juvenil de 25,000 pies cuadrados en Canal Street. Durante el año fiscal 2023, el Centro SISU brindó servicios a 130 jóvenes.

The Merrimack Company is doing its part for the environment

By Susan D. Díaz

I've often dreamt about getting in an RV and just traveling around the country for a while. I think about all I would see and experience.

One Methuen native had the chance to do that and what he brought back with him was an experience that would inspire him to start The Merrimack Company

Ken Michienzi spent the first 28 years of his life growing up in Methuen, attending Greater Lawrence Vocational School, and is a graduate of Emerson College.

While working for The School for Field Studies his interest grew in environmental research and issues. While it would be a few years before his interests would become a reality, Ken spent many years in the corporate world working for large companies like Apple, Tesla, and Sofi.

Yet it was that year-long RV experience that brought him home to his roots where The Merrimack Company would become a reality.

Ken Michienzi is the founder and CEO of The Merrimack Company, which provides high-quality, eco-friendly, and sustainable apparel and accessories perfectly suited for any adventure.

What exactly is environmentally sustainable clothing and accessories? This has been a new concept for me. These items are manufactured from materials that have been produced in an environmentally friendly manner. Materials used are biodegradable, organic, or recycled.

The Merrimack Company is an eco-conscious lifestyle apparel brand on the banks of the Merrimack River.

Home to the Industrial Revolution and

the fashion industry in the United States, the Merrimack River was polluted by poor environmental practices in the 1840s when textile mills lined its banks. In a nod to that history, The Merrimack Company brings sustainable fashion back to the Merrimack River Valley. The brand is headquartered in a converted mill building powered by renewable energy sources.

The company is rooted in three pillars: community, nature, and adventure with a mission to constantly improve our communities, act more responsibly towards nature, and to encourage all to live life with an adventurous spirit.

Of course, I see outdoor apparel and the word "Adventure" and I think "Does he mean we should all go out hiking more? That's not me."

That's not what it is though and that's what intrigued me even more. Speaking with Ken it's about getting out and seeing all that's around us, the mills, the history, large fields and rivers, a simple walk through a museum. Now that caught my eye!!

Merrimack Valley is rich in history and resources and we need to embrace it and protect these resources. That is why The Merrimack Company is a proud member of the 1% for the Planet, taking responsibility for the health of our planet by donating 1% of annual sales to environmental nonprofits, including the Clean River Project, supporting conservation efforts for the Merrimack River and creating positive change in our community.

I encourage everyone to visit his store at Mill No. 5, 250 Jackson Street, 4th Floor in Lowell, MA, or view online at The Merrimack Company



When not working, Ken enjoys adventuring, listening to music, attending live concerts, and road-tripping with his 3-legged rescue dog, Pogo.

Quando no está trabajando, Ken disfruta de aventuras, escuchar música, asistir a conciertos en vivo y viajar con su perro rescatado de 3 patas, Pogo.

The Merrimack Company está poniendo de su parte a favor del medio ambiente

Por Susan D. Díaz

A menudo he soñado con subirme a una casa rodante y viajar por el país durante un tiempo. Pienso en todo lo que vería y experimentaría.

Un nativo de Methuen tuvo la oportunidad de hacer eso y lo que trajo consigo fue una experiencia que lo inspiraría a fundar The Merrimack Company.

Ken Michienzi pasó los primeros 28 años de su vida creciendo en Methuen, asistiendo a la Escuela Vocacional Greater Lawrence y se graduó de Emerson College.

Mientras trabajaba para la Escuela de Estudios de Campo, su interés creció en la investigación y los problemas ambientales. Si bien pasarían algunos años antes de que sus intereses se hicieran realidad, Ken pasó muchos años en el mundo empresarial trabajando para grandes empresas como Apple, Tesla y Sofi.

Sin embargo, fue esa experiencia de un año en vehículos recreativos la que lo llevó a sus raíces, donde The Merrimack Company se haría realidad.

Ken Michienzi es el fundador y director ejecutivo de The Merrimack Company, que ofrece ropa y accesorios sostenibles, ecológicos y de alta calidad que se adaptan perfectamente a cualquier aventura.

¿Qué es exactamente la ropa y los complementos medioambientalmente sostenibles? Este ha sido un concepto nuevo para mí. Estos artículos están fabricados con materiales que se han producido de forma respetuosa con el medio ambiente. Los materiales utilizados son biodegradables, orgánicos o reciclados.

The Merrimack Company es una marca de ropa de estilo de vida con conciencia ecológica a orillas del Río Merrimack.

Hogar de la Revolución Industrial y la

industria de la moda en los Estados Unidos, el Río Merrimack estuvo contaminado por malas prácticas ambientales en la década de 1840, cuando fábricas textiles se alineaban en sus orillas. En una reseña a esa historia, The Merrimack Company trae la moda sostenible de vuelta al Valle del Río Merrimack. La marca tiene su sede en un taller reformado que funciona con fuentes de energía renovables.

La empresa se basa en tres pilares: comunidad, naturaleza y aventura con la misión de mejorar constantemente nuestras comunidades, actuar de manera más responsable con la naturaleza y alentar a todos a vivir la vida con un espíritu aventurero.

Por supuesto, veo ropa para actividades al aire libre y la palabra "Aventura" y me pregunto si él quiere decir que todos deberíamos salir más a caminar. Esa no soy yo.

Pero no es eso lo que me intrigó aún más. Hablar con Ken se trata de salir y ver todo lo que nos rodea, los molinos, la historia, los grandes campos y ríos, un simple paseo por un museo. ¡Eso me llamó la atención!!

Merrimack Valley es rico en historia y recursos y debemos aceptarlos y protegerlos. Es por eso que The Merrimack Company es un miembro orgulloso de 1% para el Planeta (1% for the Planet), que asume la responsabilidad de la salud de nuestro planeta al donar el 1% de las ventas anuales a organizaciones ambientales sin fines de lucro, incluido el Clean River Project, que apoya los esfuerzos de conservación del Río Merrimack. y crear un cambio positivo en nuestra comunidad.

Animo a todos a visitar su tienda en Mill No. 5, 250 Jackson Street, 4th Floor en Lowell, MA, o verla en línea en The Merrimack Company.

“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

Cómo convertirse en un PADRE DE CRIANZA

Estar preparado para ser un padre de crianza permite que usted y su niño de crianza tengan una experiencia exitosa. Se ofrecen apoyo y recursos antes y durante el cuidado.

El DCF no discrimina sobre la base de raza, etnia, idioma hablado, estado de ciudadanía, orientación sexual, religión o discapacidad. Se ofrecen servicios de interpretación de idiomas gratuitos.

- PASO 1** COMUNÍQUESE CON EL DCF PARA HACER PREGUNTAS Y EXPRESAR SU INTERÉS
Teléfono: (800) 825-508
Web: mass.gov/dfc
- PASO 2** COMPLETE UN FORMULARIO DE SOLICITUD
El DCF le brindará el formulario de solicitud del cuidado de crianza, que debe completar y devolver.
- PASO 3** APRUEBE UNA VERIFICACIÓN DE SEGURIDAD
El DCF visitará su vivienda y realizará una verificación de normas básicas sobre el espacio y la seguridad y una verificación de antecedentes de todas las personas que viven en su casa.
- PASO 4** PARTICIPE EN EL MÉTODO DE MASSACHUSETTS EN LAS ASOCIACIONES PARA LA PATERNIDAD (MAPP POR SUS SIGLAS EN INGLÉS)
Los padres de crianza elegibles quedarán registrados para recibir 30 horas de entrenamiento. Hay varios entrenamientos que se ofrecen en todo el estado.
- PASO 5** UNA TRABAJADORA SOCIAL COMPLETA UN ESTUDIO DE LICENCIA
Una trabajadora social visitará su hogar y lo entrevistará a usted y a los miembros de su familia, así como verificará sus referencias personales.
- PASO 6** EL DCF APRUEBA SU HOGAR PARA LA COLOCACIÓN
¡Felicitaciones, está listo para ser padre de crianza! El DCF se ocupará de encontrar el mejor niño de crianza para su familia.

9th Annual Good Dad Gang Backpack Giveaway

By **Andrés González**

The 9th Annual Good Dad Gang Backpack Giveaway took place on Sunday, August 27th, powered by UTEC at the Boys & Girls Club in Lawrence.

Good Dad Gang teamed up UTEC with this year to bring the best possible event we can. We gave away 1,000 backpacks full of school supplies and offered free haircuts to children in need.

In addition, there was food, games, raffles, prizes, live music & more!

Special invited guest was DJ Pup Dawg from Jam'n 94.5 and Music by DJ Movement!

This was the 9th year that we've made this event possible. Each year we've been graced with the help and presence of generous folks and community activists throughout the City of Lawrence and beyond.

Special thanks to everyone who made this possible. Thank you for your donations and continued support. Every little bit helps!



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1. 2000 Honda CR-V VIN JHLRD2842YC006216
2. 2009 Honda Accord VIN 1HGCP26859A061192
3. 2007 Dodge Ram 1500 VIN 1D7HA16K07J622042
4. 2009 Pontiac Vibe VIN 5Y2SM67069Z415922
5. 2003 Mazda Protégé VIN JM1BJ226231132498
6. 2020 Kia Sorento VIN 5XYPGDA35LG632453

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

Signed
Frank Coady
Coady's Towing Service
9/1, 9/8, 9/15

LEGAL NOTICE

NOTICE OF PUBLIC SALE

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

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2. 2013 Acura TL VIN 19UUA9F50DA004055
3. 2006 Mitsubishi Lancer VIN JA3AH86C66U066632
4. 2015 Hino 268 VIN 5PVNE8JP2F4S51024
5. 2016 Isuzu NPR VIN 54DB4W1B1GS805807
6. 2004 Toyota Sienna VIN 5TDBA23C24S006201
7. 2006 Acura 3.2 TL VIN 19UUA66296A017264
8. 2016 Toyota Camry VIN 4T1BF1FK2GU174821
9. 2007 Nissan Versa VIN 3N1BC11E67L410477
10. 2021 RAM 2500 VIN 3C6UR5SJ0MG500324

Robert Sheehan
Owner, Sheehan's Towing L.L.C.
8/22, 9/1, 9/8

39th Annual Bread & Roses Festival

WHAT: Bread and Roses Heritage Festival
WHEN: Labor Day, September 4, 2023, from 11:30AM-6PM
WHERE: Campagnone (North) Common,
GPS: 200 Common St, Lawrence, MA
COST: FREE

A Labor Day festival that's focused on labor history, the 39th annual Bread & Roses Heritage Festival commemorates one of the most significant events in the history of Lawrence, Massachusetts: the Strike of 1912, also known as the Bread & Roses Strike. Honoring Lawrence's rich labor history and multi-cultural roots as a mill city fondly known as the "Immigrant City", the festival continues to celebrate the diverse populations who continue to come together today. A day of activism and community fun, the festival features two stages of performances, an array of family activities, community vendors, historical trolley and walking tours, culturally diverse food offerings, educational presentations and more!

PERFORMER PREVIEW

• **HEADLINER** - Oompa: A nationally-acclaimed, Boston-born, hip hop artist who is forever representing the queer, black, orphaned, hood kids n' them. She was named one of Boston Magazine's 150 Most Influential Bostonians /and her engaging, interactive performing style has earned her 3 Boston Music Awards and an unprecedented 14 nominations.

• **Fabiola Méndez:** A Puerto Rican cuatro player, singer, composer, and educator. Her artistic vision and original music focus on the exploration of her culture, her ancestry, and her identities.

• **Zeta:** Defined by its strong emphasis on dense polyrhythmic percussion that sway from profoundly authentic Afro-Caribbean to the most crude and raw punk with atmospheric elements that are drawn from 70's era Psychedelia and post-rock to form a visceral, intense and unique listening experience.

• **Grace Givertz:** With a large voice packed into a tiny body, Grace Givertz is a multi-instrumentalist who uses her honest lyrics to bring a refreshing sound to folk.

• **FINALE** - Bread & Puppet Theater:

One of the oldest, nonprofit, political theater companies in the country, actively performing since 1963, Bread & Puppet features giant paper mache puppets and performances that touch the hearts and minds of all.

For a complete list and up-to-date information about performers, please visit: breadandrosesheritage.org

HAPPENING THIS YEAR

• Commemoration Ceremony at 11:30AM at the 1912 Textile Workers' Strikers' Monument across from City Hall.

• **Hall of Fame Award:** This year's Hall of Fame honorees are Mary and Antonio Guerrero, owners of El Taller and Cafe Azteca located at 275 Essex Street. The Guerreros represent the heart of Lawrence: Mary, a school teacher, met Antonio an incredible chef in his home of Mexico City, and they have been restaurant owners in the city since 1994. For the past 38 years, Antonio has been enriching our community with his culinary expertise and cultural contributions, beautifully manifested through his dishes.

• **Lawrence History Live!:** Historians, workers, and union representatives present their insights into Lawrence's history and today's workers' issues and action

• **Trolley Tours:** FREE 50-minute tour of Lawrence. Leaves every 30 mins starting with the first trolley at 12pm and the last trolley at 4:30 pm. Two of the tours will be held in Spanish.

• **Walking Tours:** Walking tours will depart at 1:00pm and 3:00pm.

• **Family Activities:** Family entertainment includes an international food court, walking and trolley tours, and a KidzZone with pony rides, a magic show, face painting and bubble art.

• **Vendors & Food Truck Pavilion**

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2. 2004 Honda Accord VIN 1HGCM56854A025277
3. 2005 Infiniti G35 VIN JNKCV51F85M308692
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Signed
Frank Coady
Coady's Towing Service
8/22, 9/1, 9/8

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Artificial Intelligence should change how you use the internet

How can you trust anything online in the time of deepfakes, and powerful AI?

If you've been following AI technology, you're probably feeling both amazed and concerned at how advanced it's getting.

The truth is, even I am genuinely surprised at how powerful it is.

Deepfakes are AI generated fake videos of people. They look realistic, and they can even mimic the voice and talking patterns of the people they are imitating.

That means completely fake videos can change narratives and slander people's reputations.

And this is just the start. As time progresses it will get more and more realistic, to the point that no one will be able to tell which videos are real and which videos are fake.

Then you add something like ChatGPT into the mix, that can easily create Wharton Business School level essays in a matter of seconds. It is clear to see how dangerous the world of AI is getting.

Especially in a time of censorship and search manipulation. That's why it's important that you do your due diligence when forming opinions online.

And even though it seems overwhelming, I am confident that it will be okay. It's easy to look into the future and imagine what it would be like, but the truth is, we have to address now, because that is the only way we can move forward.

So, here are a few tips I have for trusting information online:

1. Check the source – Now more than ever it's important to find the people that you trust online. You should deeply consider what they are talking about, and what narratives they could be trying to push. Also, it's important to see who they

work with.

2. Check your gut feeling – In general, it is easier to have "gut feelings" in real life, because of nonverbal communication. But, you can still have "gut feelings" online. I recommend, that you ask yourself how you feel and if it feels "right". Do not ignore this feeling.

3. Don't act emotionally – Media, hackers and scammers, all want you to act out of emotion. Because if you are acting out of emotion, you will not think logically. If you catch yourself getting caught up in emotions (especially strong emotions like intense fear or anger) take a step back and try to recollect yourself.

4. Be ready to change – If you have been following someone for a long time and you start to see some red flags with them, you have to be ready to let them go. Same with your personal viewpoints. By having self-awareness and forming your own opinions, you have to constantly challenge your reality.

5. Be Aware of Technology – Finally, it is important that you familiarize yourself with the most current technology. You do not have to become an expert by any means, but just by knowing the potential of modern tech, you can understand it's dangers.

Help spread the message of Privacy and Freedom!

Privacy is essential to protecting your individual freedom.

By sharing this knowledge you'll help protect your loved ones from ever being hacked, scammed, or spied on by the government.

La Inteligencia Artificial debería cambiar la forma en que usted utiliza la Internet

¿Cómo puede confiar en algo en línea en la época de los deepfakes y la poderosa IA?

Si ha estado siguiendo la tecnología de IA, probablemente se sienta sorprendido y preocupado por lo avanzada que se está volviendo.

La verdad es que incluso yo estoy realmente sorprendido de lo poderosa que es.

Los deepfakes son videos falsos de personas generados por IA. Parecen realistas e incluso pueden imitar la voz y los patrones de conversación de las personas a las que imitan.

Eso significa que los videos completamente falsos pueden cambiar las narrativas y difamar la reputación de las personas.

Y esto es sólo el comienzo. A medida que pase el tiempo se volverá cada vez más realista, hasta el punto de que nadie podrá saber qué videos son reales y cuáles son falsos.

Luego agrega algo como ChatGPT a la mezcla, que puede crear fácilmente ensayos de nivel de Wharton Business School en cuestión de segundos. Está claro lo peligroso que se está volviendo el mundo de la IA.

Especialmente en una época de censura y manipulación de búsquedas. Por eso es importante que haga su debida diligencia al formarse opiniones en línea.

Y aunque parezca abrumador, tengo confianza en que todo saldrá bien. Es fácil mirar hacia el futuro e imaginar cómo sería, pero la verdad es que tenemos que abordarlo ahora, porque es la única manera en que podemos avanzar.

Entonces, aquí hay algunos consejos que tengo para confiar en la información en línea:

1. Verifique la fuente: ahora más que nunca es importante encontrar personas en las que confie en línea. Debería considerar profundamente de qué están hablando y

qué narrativas podrían estar tratando de impulsar. Además, es importante ver con quién trabaja.

2. Controle sus instintos: en general, es más fácil tener "instintos" en la vida real debido a la comunicación no verbal. Pero aún puede tener "instintos" en línea. Le recomiendo que se pregunte a sí mismo cómo se siente y si se siente "bien". No ignore este sentimiento.

3. No actúe emocionalmente: los medios, los piratas informáticos y los estafadores quieren que actúe por emociones. Porque si actúa por emoción, no pensará con lógica. Si se da cuenta de que está atrapado en emociones (especialmente emociones fuertes como miedo intenso o ira), de un paso atrás y trate de recomponerse.

4. Esté preparado para cambiar: si ha estado siguiendo a alguien durante mucho tiempo y comienza a ver algunas señales de alerta, debe estar preparado para dejarlo ir. Lo mismo con sus puntos de vista personales. Al tener conciencia de sí mismo y formarse sus propias opiniones, debe desafiar constantemente su realidad.

5. Esté atento a la tecnología. Por último, es importante que se familiarice con la tecnología más actual. No es necesario convertirse en un experto de ninguna manera, pero con solo conocer el potencial de la tecnología moderna, se pueden comprender sus peligros.

¡Ayude a difundir el mensaje de Privacidad y Libertad!

La privacidad es esencial para proteger su libertad individual.

Al compartir este conocimiento, ayudará a proteger a sus seres queridos de ser pirateados, estafados o espiados por parte del gobierno.

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

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

— John F. Kennedy



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3 razones por las que el examen físico anual de regreso a clases de su hijo es el momento perfecto para hablar sobre la salud mental



Por el Dr. Greg Carnevale
director médico, UnitedHealthcare

Cuando se trata de la salud general de su hijo, visitas “well-child”, o visitas médicas de rutina para niños, son el momento perfecto para asegurar que el desarrollo holístico de su hijo esté progresando como debería. Ya que estamos en la temporada de regreso a clases, ahora es el momento perfecto para hablar de la salud física y mental de su hijo con su pediatra o su médico de familia.

¿Qué son las visitas “well-child”?

Una visita “well-child”, a veces referida como una visita médica de rutina, es una cita anual en la que el médico de su hijo evalúa su crecimiento y desarrollo. Estos exámenes suelen consistir en:

- Examen físico, incluyendo la evaluación de su crecimiento y desarrollo
- Inmunizaciones de rutina para prevenir enfermedades como sarampión, polio, hepatitis B, varicela, tos ferina y otras enfermedades graves
- Pruebas de audición y visión
- Un momento oportuno para que los formularios deportivos de su hijo sean firmados y aborden cualquier problema relacionado con el deporte, como lesiones anteriores
- Y un examen de salud mental

¿Cuándo programo una visita “well-child”?

No espere. Programe la cita hoy ya que la disponibilidad de su pediatra se agotará rápidamente en agosto y septiembre.

Para los niños más pequeños, estas citas suelen ocurrir justo después de los cumpleaños, pero a medida que crecen, pueden ocurrir alrededor del comienzo del año escolar, ya que los niños mayores y los adolescentes pueden necesitar formularios para participar en deportes.

Además, recibir inmunizaciones de rutina ayuda al sistema inmunológico de su hijo a desarrollar los anticuerpos para protegerlos de enfermedades contagiosas como la influenza, las paperas, el sarampión y el tétano. El médico de su hijo sabrá qué vacunas son apropiadas para su edad. No

tenga miedo de hacer preguntas. Puede consultar la lista completa de vacunas para niños y adolescentes recomendadas por los Centros para el Control y Prevención de Enfermedades (CDC).

¿Por qué es bueno hablar de salud mental en su próxima visita?

Así como los niños pueden aprender a entender los problemas médicos que afectan sus cuerpos – como, por ejemplo, que el asma puede hacer que sus pulmones se aprieten y puede ser útil usar un inhalador para ayudarlos a respirar más fácilmente – los padres y los médicos pueden ayudarles a entender que los problemas de salud mental son tan importantes como los problemas físicos. Aquí le presento algunas razones por las cuales la salud mental es tan importante:

1. En los últimos años ha habido un aumento significativo de los problemas de salud mental entre los adolescentes. No es ningún secreto que la pandemia del COVID-19 fue una fuente de estrés para muchos. Según datos del 2022 recopilados por los CDC, más del 37% de los estudiantes de secundaria reportaron tener problemas de salud mental durante la pandemia, y un 44% adicional reportó sentirse persistentemente triste o desesperado el año pasado.

2. Muchos jóvenes no reciben tratamiento. Hablar de salud mental puede parecer desalentador o confuso, especialmente para los niños. Por ejemplo, Mental Health America informa que alrededor del 60% de los jóvenes con depresión grave no reciben tratamiento, incluso en estados con mayor acceso a servicios de salud mental.

3. Si no se tratan, los problemas de salud mental de los adolescentes pueden continuar en la adultez. La salud mental durante la adolescencia tiene un mayor impacto en la adultez de lo que muchas personas piensan. Los datos de los CDC sobre la salud mental de los niños muestran que los diagnósticos de TDAH, ansiedad, depresión y otros trastornos mentales se vuelven cada vez más frecuentes con la

edad, y los problemas de comportamiento son más comunes entre los niños de 6 a 11 años que entre los niños mayores o menores.

La escuela ya es un entorno bastante desafiante, así que asegúrese de hablar con el médico de su hijo sobre los cambios en el estado de ánimo, el comportamiento, el rendimiento académico o la disposición para asegurarse de que sus necesidades sean abordadas y sus preocupaciones

escuchadas, dándole a su hijo las habilidades para sobresalir tanto dentro como fuera del aula.

La mayoría de los planes médicos cubren las visitas “well-child”. Si tiene alguna pregunta, llame al número en su tarjeta de seguro para obtener más información. Para obtener más información sobre el cuidado preventivo para su hijo o para descargar una lista de verificación para las visitas “well-child”, visite UHC.com.

3 Reasons Your Child’s Annual Back-to-School Physical Is The Perfect Time To Talk About Mental Health

By Dr. Greg Carnevale, Chief Medical Officer at UnitedHealthcare

When it comes to your child’s overall health, well-child visits are the perfect time to ensure your child’s holistic development is progressing as it should. Since it’s back-to-school season, now is the perfect time to discuss your child’s physical and mental health with their pediatrician or your family doctor.

What is a well-child visit?

A well-child visit, sometimes referred to as a physical, is an annual appointment in which your child’s physician assesses their growth and development. These check-ups typically consist of:

- Physical examination, including assessing their growth and development
- Routine immunizations to prevent diseases like measles, polio, hepatitis B, chickenpox, whooping cough, and other serious diseases
- Hearing and vision tests
- An opportune time to have your child’s sports physical forms signed and address any sports-related concerns such as prior injuries
- And a mental health screening

When do I schedule a well-child visit?

Don’t wait. Schedule the appointment today as your pediatrician’s schedule will fill up fast in August and September.

For younger children, these appointments typically occur right after their birthday, but as they age, they may begin seeing their doctor closer to the start of the school year, as older kids and teenagers may also need to have physical forms in order to participate in sports.

Additionally, receiving routine immunizations helps your child’s immune system build the antibodies to help protect them from contagious diseases such as Influenza, Mumps, Measles, and Tetanus. Your child’s doctor will know which immunizations are appropriate for their age. Don’t be afraid to ask questions. You can refer to the full list of child and adolescent vaccines recommended by the Centers for Disease Control.

Why discuss mental health at your next well-child visit?

Just as children can learn to

understand medical problems that affect their bodies – like how asthma can make their lungs tighten and it can be helpful to use an inhaler to help them breathe more easily -- parents and doctors can help them understand that mental health concerns are just as important as physical concerns. Here’s why that’s so important:

1. There has been a sharp increase in adolescent mental health issues in recent years. It’s no secret that the COVID-19 pandemic was a source of stress for many. According to a 2022 set of data collected by the CDC, more than 37% of high school students reported experiencing poor mental health during the pandemic, with an additional 44% reporting they felt persistently sad or hopeless over the past year.

2. Many young people don’t receive treatment. Talking about mental health can seem daunting or confusing, especially for kids. For example, Mental Health America reports that about 60% of youth with major depression don’t receive treatment, even in states with higher access to mental health services.

3. If left untreated, adolescent mental health issues can carry into adulthood. Mental health during adolescence has a greater bearing on one’s adult life than many people realize. CDC data on children’s mental health show that diagnoses of ADHD, anxiety, depression, and other mental disorders become increasingly prevalent with age, and behavioral problems are more common among kids aged 6-11 than older or younger children.

School is a challenging enough environment as it is, so be sure to talk to your child’s doctor about changes in mood, behavior, academic performance or disposition to better ensure their needs are addressed and their concerns are heard, giving your child the skills to excel both inside and outside the classroom.

Most health insurance plans cover well-child visits. If you have any questions, call the number on your insurance card for more information. To learn more about preventive care for your child or to download a well-child visit checklist, visit UHC.com.

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

Mark Twain

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Elections Season

When Council President Marc Laplante attended the Board of Registrars' meeting on August 22, 2023, he was prepared to explain the nature of his complaint to the board. He was disappointed in not being able to do it while the Board ruled against his opponent. Many people in the audience did not understand the reason (including this writer) and I will explain it now.

Mr. Laplante was ready to provide evidence that there were several misspelled names, erroneous addresses, and a couple of signatures that he delivered days before Germinudy Rosario yet, hers were counted, instead.

Those were problems that should be brought up and corrected so it won't happen in future elections but the biggest problem was the forged signatures. According to the Secretary of State's regulations, the Election Division correctly allowed the names to be certified. Even if they suspect that the signatures are fraudulent, they must be certified. Only upon a challenge before the Board of Registrars can these signatures be overturned.

Anyone interested can check the nomination papers of all candidates on the city's website Nomination Documents and Petitions | Lawrence, MA, and you'll find the same type of problems in other candidates' nomination papers. The issue is that most candidates don't have the knowledge or desire to challenge anyone but there's the possibility of knocking an opponent off the ballot if they only care to do so.

Some people in charge of collecting signatures are lazy and believe that no one will notice and sign with the wrong name or even the wrong address. Apparently, they are confident that the Elections Department workers will approve it even if they notice the differences between what they signed and what appears on their records. That's because the rules from the Secretary of State indicate that they should. It's up to the opponent to bring up these differences to the Board of Registrars to disqualify him or her.

In Laplante's case, he wasn't allowed to challenge the forged signatures since his opponent did not clear the first hurdle of providing a signed nomination paper that was notarized. Ms. Rosario was deemed illegible to be a candidate because her papers did not follow the rules and thus there was no need for Marc to present his case since she was no longer considered a valid candidate.

That's another common mistake of inexperienced candidates. When that happens, all the signatures on that page improperly filed are automatically invalid but it has to be brought to the Board's attention by a contender.

I spoke with City Clerk Eileen Bernal and questioned the actions of the Elections Department employees and she said, "There were minor details but they did a good job with the process following the Secretary of State's rules."

Again, that responsibility falls on the other candidates to make sure things are being done correctly.

Now, let's think about the politicians we are electing. If they are sloppy with their work and allow just anyone to reach out to their constituents to collect signatures and this is the result, they should not blame the opponent who's intelligent and knows how to work the system.

But these are the people running for office that we vote for unprepared and who believe that good intentions are what counts. For example, last Wednesday, Julio Merán interviewed Jessica Aquino, candidate for City Council District B. Young, well-spoken and delivered her answers with ease, but reminded me of Vice President Kamala Harris with her constant laughter. That was a serious interview, not an entertainment program.

I was turned off by her demeanor until she gave it away. Mr. Merán asked her if she had seen the City Charter, if she had read Robert's Rules of Order, the City Council Rules, and the current city budget to which she said that she had seen them but at one point she admitted that he didn't mention one of those items in the questions that he had sent her.

That's why the laughter! She was over-confident because she was prepared for whatever he would throw at her. Would he prepare in the same way someone with whom he disagrees?

I always watch his program because Merán has the courage to tackle important issues that no one else cares to touch and he documents himself before speaking but this program was a big disappointment.

Electing members of the City Council is the most important task we have every two years. We run the risk of ending up with people like María De La Cruz in District A. She hardly knows what's being discussed and sometimes after a discussion, she ends up voting against what she argued for or in favor of what she opposed.

Fortunately, she won't be running again and thinks her term ended. She

has not been to a meeting in several months or been seen anywhere and she's still collecting her salary. Let that be an example of how not to vote.

Merán was a disappointment because he kept repeating that the city budget carries some \$45 million for Miscellaneous which is "suspicious" in his opinion. This is not "petit cash"; it's a required amount that the city must have for emergencies and that appears in every budget, every year.

A good example of that is snow removal; since no one knows how much snow we'll have each year, the budget calls for a minimal amount and, at the end of the year the balance can be transferred from

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that fund.

Also, the trash collection and recycling; while the city has a set budget, there are times when extra expenses are unavoidable. And, union negotiations; while each department has a budget for salaries, upon union agreements they must be increased and it comes from that Miscellaneous fund.

Keep in mind that "Free Cash" cannot be used for any of these purposes.

According to Mayor DePeña and Councilor Ana Levy, this has been explained to him several times and he continues with the insinuation.

"We don't go into journalism to be popular. It is our job to seek the truth and put constant pressure on our leaders until we get answers."

— Helen Thomas

Cancer FactFinder Website Translated into 8 Languages

Boston, MA – The Cancer FactFinder, an online resource examining myths and misinformation about cancer, is now available in 8 additional languages: Arabic, Chinese, Creole, French, Portuguese, Spanish, Tagalog and Vietnamese.

The website provides accurate and reliable information about what does and does not cause cancer and helps dispel common misconceptions about the disease. Launched in 2022, the site was created by a team from the Zhu Family Center for Global Cancer Prevention at the Harvard T.H. Chan School of Public Health and the Center for Cancer Equity and Engagement at the Dana-Farber/Harvard Cancer Center. For each of the more than 60 topics on the website, such as "Red Meat," "Stress," "Hormone Replacement Therapy," or "Radon," the summary provides information about:

- What you may have heard;
- What science tells us;
- How to reduce your risk;
- What this means to me; and
- Sources and links for more information.

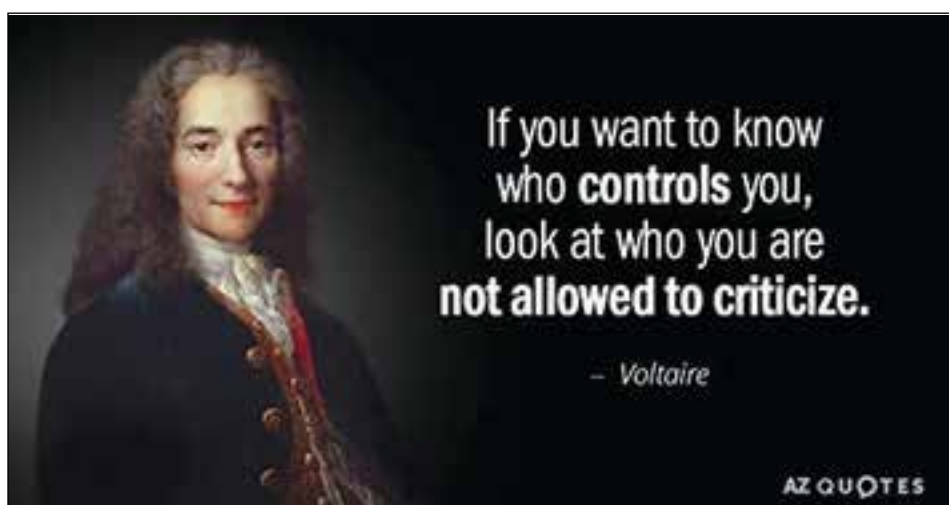
Each claim about a topic, such as "Red meat causes cancer," also comes with an interpretation of the team's findings about a claim's veracity, as noted below.

- Most likely or definitely true: There is sufficient evidence to suggest that the claim is true.
- False—misinformation: There is sufficient evidence to suggest that the claim is false.



- We're not sure yet—scientists are still working on it: There is not sufficient evidence to say whether the claim is or isn't true.

The team will continuously update the website with new topics and add additional information to existing topics. The translations reflect the team's desire to expand use of the site in the state and beyond. "Cancer misinformation can negatively impact anyone, no matter what language they speak. It's important to ensure that everyone can access accurate cancer facts - that's why we have launched the Cancer FactFinder in many commonly spoken languages" said Timothy Rebbeck, Vincent L. Gregory, Jr. Professor of Cancer Prevention and director of the Zhu Family Center at Harvard Chan School and professor of medical oncology at Dana-Farber Cancer Institute.



Merrimack Valley Credit Union Builds Beds for Children in Need

Several credit union staff members participated in the annual charity event.



MVCU team members (l-r): Mikaela DeOliveira; Glenn Prezzano; Paula Kerwin; Sarita Ledani; Aamir Chougale; Joel Rojas; Pam Stamp. The team was assisted by Marta Carney (far right) of Cabot Boston Credit Union.

On Wednesday, Aug. 16, Merrimack Valley Credit Union (MVCU) team members joined the Metro Boston Chapter of the Cooperative Credit Union Association (CCUA) to build beds for A Bed for Every Child, an organization based in Lynn, Mass., that builds and donates new beds to children in need.

MVCU staff organized two teams, each working together to construct a wooden twin sized bedframe. Participating MVCU team members included: Aamir Chougale, Joel Rojas, Mikaela DeOliveira, Pam Stamp, Paula Kerwin, Glenn Prezzano and Sarita Ledani, who also serves on the board of directors for the CCUA's Metro Boston Chapter.

In addition to building a bed, teammates brought pillows, bedding, books and stuffed animals to personalize the beds and make them comfortable spaces for the children they will be delivered to. The 15 beds that were constructed during the event will be sent to children that are currently on A Bed for Every Child's waitlist.

"With heartfelt appreciation, we extend our gratitude to our steadfast allies from the Metro Boston Credit Unions of the Cooperative Credit Union Association," said Tina Baptista, program director of A Bed for Every Child, in a follow-up email to the event's participants. "Your unwavering support in sending a dedicated

team to aid in the construction of 15 beds for local children on our waitlist is truly amazing."

A Bed for Every Child began in 2012 as an initiative of the Massachusetts Coalition of the Homeless, a nonprofit organization that is dedicated to ending homelessness across the state. To learn more about A Bed for Every Child, visit www.ABedForEveryChild.org.

Founded in 1955, Merrimack Valley Credit Union (MVCU) is a state-chartered community and employer-based credit union with more than \$2.3 billion in assets. The corporate office is located in Lawrence, Massachusetts. MVCU currently serves more than 115,000 members in Massachusetts, New Hampshire and Rhode Island. MVCU also serves more than 1,100 employer groups, including two major Massachusetts employers, Raytheon Technologies and Brigham and Women's Hospital, and operates 19 retail branches located in Amesbury, Bridgewater, Brookline, Danvers, Dorchester, Fairhaven, Haverhill, Hanover, Lawrence, Marlboro, Methuen, North Andover, Plymouth, Quincy, Tewksbury, Waltham and Worcester, Mass., plus Plaistow and Seabrook, N.H. MVCU offers a wide range of savings and loan products, commercial services and digital banking to meet the financial needs of a growing member base.

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/> heallawrence@aol.com
<https://www.facebook.com/heallawrence.mass>



Merrimack Valley Credit Union Creates Fund for Hawaii Relief

All donations will benefit CUAid, the National Credit Union Foundation's disaster relief center.

In response to the news of devastating fires that have taken over one hundred lives and impacted thousands of others in Maui, Hawaii, Merrimack Valley Credit Union (MVCU) has established the Hawaii Disaster Relief Fund through its GoodWorks Foundation to support CUAid, the disaster relief center of the National Credit Union Foundation (NCUF).

MVCU has already donated \$10,000 to CUAid to assist their credit union colleagues as they help their members through the process of rebuilding their lives. MVCU is now extending the opportunity to contribute to its members and the community at-large, who can donate to the Hawaii Disaster Relief Fund digitally or by cash or check at any of our branches.

"We were so sad to hear about these fires and all of the lives, homes and businesses that were lost," says MVCU President & CEO John J. Howard. "This is when the credit union community is needed most—to help our colleagues rebuild and help provide their members with the support they need during such a challenging time. Our team is happy to contribute to these relief efforts and

grateful to CUAid for giving us a trusted way to do so."

All community members are invited to donate, regardless of whether they are members of the credit union. To donate to the Hawaii Disaster Relief Fund digitally, please visit Help for Hawaii. Members and non-members may also donate in-person at one of MVCU's branches by cash or check made payable to 'RTN GoodWorks Foundation.' All proceeds will be donated to CUAid.

RTN GoodWorks Foundation

RTN GoodWorks Foundation is a 501(c)(3) non-profit, public charitable foundation affiliated with Merrimack Valley Credit Union that fosters financial wellness and promotes financial literacy and community involvement. Founded in 2011, the RTN GoodWorks Foundation is a natural outgrowth of the credit union's commitment to community activities and financial literacy as a key component of financial health efforts. RTN GoodWorks Foundation is a non-profit and is recognized as a tax-exempt organization (tax ID 80-0709184).

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La Biblioteca Nevins ubicada en Methuen, MA lo invita a participar en Noche de Libros, Tertulia y Café: Club de Lectura en Español.

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Cada mes la Biblioteca le proporciona el libro que se estará leyendo y discutiendo. Para recoger su ejemplar solo necesita presentar su carnet o tarjeta de cualquier biblioteca del Merrimack Valley Library Consortium.

En septiembre estaremos dialogando acerca de "La Sombra del Viento" escrito por Carlos Ruiz Zafón. Una novela posicionada como un *bestseller* internacional con más de 10 millones de ejemplares vendidos donde el autor magistralmente combina la pasión, venganza y misterio a través de salvajes y cautivadores personajes.

Para obtener más información, comuníquese al 978-686-4080 ó contacte a Elizabeth Borges-Ocasio (eborgesocasio@nevinslibrary.org) o Gladys Medina (gmedina@nevinslibrary.org).

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La Fundación Red Sox recibe una subvención para las renovaciones del Lawrence RBI Field de la Fundación Morgan Wallen y CVS Health Charity Classic

Las mejoras en Howard Playstead Park brindarán un mayor acceso recreativo a las familias de Lawrence

BOSTON, MA – La Fundación Red Sox anunció hoy una subvención de la Fundación Morgan Wallen y CVS Health Charity Classic que traerá una renovación integral de Howard Playstead Fields (Playstead Park) en Lawrence, MA. Playstead Park es el hogar del programa Nike RBI de la Fundación Lawrence Red Sox, y las mejoras en el campo mejorarán la programación para las ligas juveniles de béisbol y softbol en todo Lawrence. La donación de la Fundación Morgan Wallen se produce cuando Wallen realizará tres espectáculos consecutivos con entradas agotadas en la Serie de Conciertos Nucar Fenway 2023, presentada por Wasabi Technologies en Fenway Park desde hoy, 16 de agosto hasta el viernes 18 de agosto.

Las contribuciones de la Fundación Morgan Wallen y CVS Health Charity Classic se utilizarán para mejorar las condiciones generales de los campos, creando un entorno que fomente el desarrollo de habilidades, el trabajo en equipo y la camaradería entre los jóvenes participantes. Esta iniciativa representa una extensión de la asociación existente

entre la Fundación Red Sox, la Ciudad de Lawrence y Lawrence Sports Alliance. A través de esfuerzos de colaboración, esta asociación tiene como objetivo ampliar el acceso y las oportunidades para los jóvenes de Lawrence, promoviendo la participación activa en los deportes y un sentido de pertenencia a la comunidad.

“En nombre de los residentes de la ciudad de Lawrence, agradecemos a la Fundación Red Sox por su constante apoyo e inversión en nuestra comunidad, y agradecemos a la Fundación Morgan Wallen y CVS Health Charity Classic por su generosa donación que traerá mucho tiempo. Necesitamos mejoras en uno de los espacios abiertos más utilizados de la ciudad”, dijo el alcalde Brian De Peña. “Esperamos trabajar juntos para brindarles a los habitantes de Lawrence un parque y un espacio abierto que mejorará su calidad de vida a través de la recreación”.

“La Fundación Red Sox agradece a la Fundación Morgan Wallen y CVS Health Charity Classic por sus generosas contribuciones que impactarán directamente a cientos de jóvenes y familias

en toda la ciudad de Lawrence”, dijo la directora ejecutiva de la Fundación Red Sox, Bekah Salwasser. “La transformación de estos campos simboliza el compromiso de fomentar el crecimiento, la inclusión y la excelencia deportiva entre nuestras familias de RBI, y este financiamiento ejemplifica el poder de la colaboración para impulsar un cambio positivo dentro de las comunidades a las que servimos y hacer crecer el juego que todos amamos”.

“Nuestro objetivo con la Fundación Morgan Wallen es asegurarnos de que los niños tengan acceso a programas deportivos y musicales. Jugué béisbol la mayor parte de mi vida. Es donde aprendí la perseverancia, la paciencia, el sacrificio, entre muchas otras cosas que llevo conmigo hasta el día de hoy. Nos sentimos honrados de asociarnos con la Fundación Red Sox para renovar estos

campos de béisbol en Lawrence. Donde los niños de las generaciones venideras aprenderán cualidades similares y, con suerte, se convertirán en buenos jugadores en el proceso”, dijo Wallen. “Y no podría estar más emocionado de tocar tres shows en Fenway. Es un sueño hecho realidad para este jugador de béisbol”.

El programa Nike RBI Lawrence de la Fundación Red Sox, lanzado en 2022, ha sido fundamental para revitalizar el béisbol y el softbol en la comunidad de Lawrence. El programa está dedicado a ofrecer experiencias de béisbol accesibles y asequibles a los jóvenes locales, cultivando su pasión por el juego y reavivando la emoción y el entusiasmo que rodearon al béisbol y al softbol en el pasado. El objetivo final es elevar la participación juvenil a niveles vistos en 2010, fomentando una nueva generación de atletas capacitados y apasionados.

Red Sox Foundation receives grant funding for Lawrence RBI Field renovations from Morgan Wallen Foundation, CVS Health Charity Classic

Howard Playstead Park Improvements Will Provide Increased Recreational Access to Lawrence Families

BOSTON, MA – The Red Sox Foundation announced today grant funding from the Morgan Wallen Foundation and CVS Health Charity Classic that will bring a comprehensive renovation of the Howard Playstead Fields (Playstead Park) in Lawrence, MA. Playstead Park is home to the Lawrence Red Sox Foundation Nike RBI program, and the field enhancements will improve programming for youth baseball and softball leagues across Lawrence. The donation from the Morgan Wallen Foundation comes as Wallen is set to perform three consecutive sold-out shows at the 2023 Nucar Fenway Concert Series, presented by Wasabi Technologies at Fenway Park beginning today, August 16 through Friday, August 18.

The contributions from the Morgan Wallen Foundation and CVS Health Charity Classic will be utilized to enhance the overall conditions of the fields, creating an environment that fosters skill development, teamwork, and camaraderie among the youth participants. This initiative represents an extension of the existing partnership between the Red Sox Foundation, the City of Lawrence, and the Lawrence Sports Alliance. Through collaborative efforts, this partnership aims to broaden access and opportunities for the youth of Lawrence, promoting active engagement in sports and a sense of community belonging.

“On behalf of the residents of the City of Lawrence, we thank the Red Sox Foundation for their constant support and investment in our community, and we are grateful to the Morgan Wallen Foundation and CVS Health Charity Classic for their generous donation that will bring long needed improvements to one of the city’s most utilized open spaces,” said Mayor Brian De Peña. “We look forward to working together to provide Lawrencians with a park and open space that will

improve their quality of life through recreation.”

“The Red Sox Foundation is grateful to the Morgan Wallen Foundation and CVS Health Charity Classic for their generous contributions that will directly impact hundreds of youth and families across the city of Lawrence,” said Red Sox Foundation Executive Director Bekah Salwasser. “The transformation of these fields symbolizes a commitment to fostering growth, inclusivity, and athletic excellence among our RBI families, and this funding exemplifies the power of collaboration in driving positive change within the communities we serve and growing the game we all love.”

“Our goal with the Morgan Wallen Foundation is to be sure that kids have access to sports and music programs. I played baseball most of my life. It’s where I learned perseverance, patience, sacrifice, among many other things that I carry with me to this day. We are honored to partner with the Red Sox Foundation to renovate these ballfields in Lawrence. Where kids for generations to come will learn similar qualities and hopefully become good ball players in the process,” said Wallen. “And I couldn’t be more excited to play three shows at Fenway. It’s a dream come true for this baseball player.”

The Red Sox Foundation Nike RBI Lawrence program, launched in 2022, has been instrumental in revitalizing baseball and softball in the Lawrence community. The program is dedicated to offering accessible and affordable baseball experiences to local youth, cultivating their passion for the game and reigniting the excitement and enthusiasm that surrounded baseball and softball in the past. The ultimate goal is to elevate youth participation to levels seen in 2010, nurturing a new generation of skilled and passionate athletes.

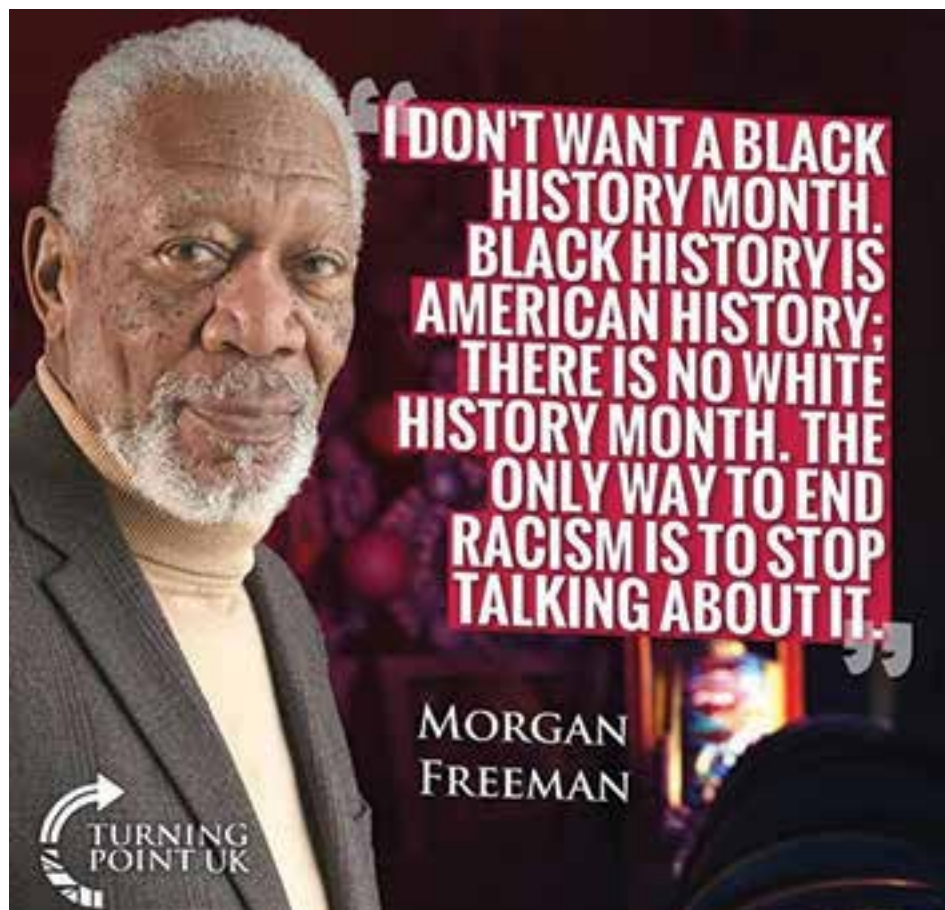
Concord Chorus open rehearsal - join us!

Concord Chorus is holding open rehearsals on Mondays, September 11 and 18, at 7:30 p.m. at Trinity Episcopal Church, 81 Elm Street, Concord. Interested singers are invited to sing with us and may have a short audition with Director Kevin Leong during the rehearsals if they choose. The Concord Chorus is a wonderful group of welcoming people who enjoy singing and learning excellent choral repertoire and performing at the highest level. We invite you to share in a musical experience that will be fun and fulfilling. For audition

information, please see our website: www.concordchorus.org/join-us.

Our 78th season is very exciting! On December 9, we will sing Bach's Christmas Oratorio (Parts 1-3). And for the spring, on May 11 and 12, we will sing Beethoven's Ninth Symphony and Brahms's Song of Destiny with Masterworks Chorale and the Lexington Symphony Orchestra. We hope to welcome many new singers! If you have questions, please contact our Chairperson, Stephanie Keep, at chair@concordchorus.org.

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Dear Friends,

What a wonderful summer it's been! We've seen students master the potter's wheel, design billboards inspired by social issues in Lawrence, and create new worlds through stop-motion animation.

Our Fall session starts on September 18, and our Salon Show + Art Sale runs through September 9. If you still need to register for a new class or check out what's for sale, please do!

The Salon Show brings together artists of all ages and experience levels from across the Merrimack Valley. Many of them are showing their work for the first time. The proceeds benefit local artists and support our free and reduced-cost programming. Below, we're highlighting a few of our favorite works priced below \$500 that are still available. Please shop generously!

Usually, we're open six days a week, but our summer session just ended, and we want to give our team and the space some time to rest. We will be closed from Friday, September 1, through Monday, September 4, in recognition of Labor Day.

We believe in the power of art. Thank you for joining us and helping us bring more creative experiences to our community!

Monica + the Essex Art Center team

P.S. Stay tuned for more news soon when we'll share info about our billboard unveiling and upcoming dance party .

Our Salon Show + Art Sale runs through September 9. Proceeds directly support our 75% discount program for Lawrence youth.

Lappin Foundation

Enhancing Jewish Identity Across Generations

Telling Your Israel Story

Teens who went to Israel in 2023 or 2022 are invited to an interactive workshop about compelling ways to share your Israel story with others. The workshop will take place on Sunday, September 10, 2023, 5:30 p.m. – 7:00 p.m. at the JCC, 4 Community Road in Marblehead.

Israeli food will be served. Bring

a couple of your favorite pictures from your trip to share. The program is free and supported by CJP and the Jewish Teen Initiative.

Register at [LappinFoundation.org](http://www.lappinfoundation.org) <<http://www.lappinfoundation.org/>>.

For more information email dcoltin@lappinfoundation.org.

TOT SHABBAT

Lappin Foundation and Temple Emanuel of Andover invite Jewish and interfaith families with children to celebrate together at PJ Library's Tot Shabbat on Friday, September 8, 2023 (with more dates to follow.) from 5:30-6:00 p.m. at Temple Emanuel, 7 Haggetts Pond Road, Andover, Mass.

This tot-friendly Shabbat series,

geared towards children in grade 1 and below, combines music, movement, and storytelling. The theme of the evening will be the High Holy Days. This event is free and open to the public.

For more information, email Rachel L. at rachell@lappinfoundation.org. This program is also supported by Congregation Shalom.

Teen Antisemitism Task Force

High school students of all faiths are invited to join Lappin Foundation's Teen Antisemitism Task Force. Students will hear from experts about ways they can combat antisemitism and all forms of hate, as well as put into action what they learn.

There will be opportunities for teens to share their experiences and ideas as well. Meetings will be held on Tuesday evenings, once a month on Zoom.

The first meeting will take place on Tuesday, September 12, 2023, 5:30-6:30 p.m. on Zoom. Tal-Or Cohen of Cyberwell

will talk about how teens can be a digital ambassador against antisemitism.

For the complete calendar and list of speakers, visit [LappinFoundation.org](https://www.lappinfoundation.org) <<https://www.lappinfoundation.org/>>

There is no cost to join the Task Force and students can attend meetings as their schedules allow.

For more information email dcoltin@lappinfoundation.org.

The Teen Antisemitism Task Force is supported by CJP and the Jewish Teen Initiative.

NEW YEAR AT THE FARM

Lappin Foundation and Congregation Ahavas Achim invite Jewish and interfaith families with children ages 8 and younger to celebrate Rosh Hashanah, the Jewish New Year, on Sunday, September 10, 2023, from 9:00 a.m.-10:00 a.m. at Cider Hill Farm, 45 Fern Avenue, Amesbury, Mass.

The celebration includes a Rosh Hashana story, apples and honey, shofar blowing, a hayride, and apple picking. The celebration is free and open to Jewish

and interfaith families who live in, or are affiliated with a Jewish organization in, Lappin Foundation's Merrimack Valley or North Shore service areas. Registration is requested at LappinFoundation.org, but walk-ins are welcome. This program will be held rain or shine.

For more information, contact Lynne Krasker Schultz at lynne@lappinfoundation.org. The program is supported by CJP.



Nicole Garcia, Jardin, acrylic on canvas, 18 x 18 inches, \$300

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

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

¡Gracias por tu apoyo!

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 — SEPT 20TH — PAULETTE DEMERS TURCO	 — OCT 18TH — GARY RAINFORD	 — NOV 15TH — ANGELA MASCIALE & DANIEL ZAMPINO
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