

MCC's Links Program Gives Students Extra Boost of Support



Middlesex Community College provides students of all ages and backgrounds with opportunities to pursue higher education. Students who have a high school diploma or equivalency credential can take advantage of MCC's Links program. The tuition-free program is designed to provide extra support for students starting college.

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"Links students benefit from extra support while taking classes toward their chosen associate degree major or certificate program," said Karen Spengler, MCC's Links Program Coordinator/Advisor. "Links offers cohort classes along with individualized academic and career guidance. The program is a unique opportunity for students to acclimate to college in a supportive setting while earning free college credits."

MCC's 2023-2024 Student Trustee Sarah Alzate-Pérez is a Fine and Performing Arts Theatre major from Colombia who now lives in Lowell. She credits Spengler and the Links program for impacting her experience at Middlesex most.

"The Links program gave me the opportunity to get involved in college as a way to start pursuing my dreams," Alzate-

Pérez said.

The Links program is supported by a grant from the Massachusetts Department of Elementary and Secondary Education. Students attend at no cost to them while earning an associate degree, certificate or industry credential.

The program collaborates with MCC's Adult Learning Center (ALC), as well as other centers throughout Massachusetts. While students who come from the ALC are given priority, other students are encouraged to apply.

In small class sizes, students gain skills needed to succeed in college-level courses. The program also provides guidance on their next academic and professional steps.

From Uganda and now Acton, Donnah Mukanziza is part of MCC's Biotechnology Learn & Earn Experience. She appreciates how the Links program focuses on students' individual needs.

"The teachers' involvement with the students made it easier to learn," Mukanziza said. "They give enormous guidance on what to do next."



Mes de la Herencia Hispana Hispanic Heritage Month

2023

Pgs. 8 & 9

"Somos Latinos: Our Journey to Lawrence and Beyond / Nuestro Viaje a Lawrence y Más"

The Friends of the Lawrence Heritage State Park exhibit, "Somos Latinos," that was located at Lawrence Heritage State Park Visitor Center, 1 Jackson Street, Lawrence, has moved to Methuen City Hall.

The exhibit may be viewed at Methuen City Hall -- September 15, 2023 - October 15, 2023 -- for Hispanic Heritage Month. Unless it travels to another location afterward, it will return to LHSP in October.

More information may be found at:

<https://friendsoflawrenceheritage.org/programs/somoslatinos/>

Descubra el Freedom Trail de noche



Lantern Tours regresan en octubre

Discover Boston's Freedom Trail® After Dark

Lantern Tours Return in October

Pg. 11

EL TALLER & MICHAEL T PRESENT

Movie Night

We're accepting short film submissions and I know that many of you are talented filmmakers, so I encourage you to submit your work for consideration!

SUBMIT NOW @ MICHAELTFILMS.COM

FRIDAY, OCTOBER 27TH

NECC THEATER

 OCT 26th 4:00 PM
 OCT 27th 7:00 PM
 OCT 28th 7:00 PM
 OCT 29th 2:00 PM

ALMOST MAINE

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DIRECTED BY
BRIANNE BEATRICE

ASSISTANT DIRECTOR SAMANTHA WHEATLEY

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Declaraciones del alcalde de Methuen, Neil Perry, y del jefe de policía, Scott J. McNamara

El Alcalde Neil Perry y el Jefe de Policía Scott J. McNamara emiten las siguientes declaraciones sobre la acusación del ex jefe de policía de Methuen, Joseph Solomon:

Alcalde Neil Perry: "Hoy es verdaderamente un día decisivo en la historia de la Ciudad de Methuen. El anuncio de hoy de la acusación contra el ex jefe de policía Joseph Solomon y el ex presidente del Concejo Municipal Sean Fountain subraya que nadie está por encima de la ley."

"Methuen continúa haciendo todos los esfuerzos razonables para alejar a la ciudad de los abusos y malas acciones del pasado y, de la misma manera, la Ciudad espera buscar justicia contra aquellos que han dañado a la Ciudad."

"Quiero agradecer al equipo de la ciudad, cuyo trabajo de investigación ayudó a que la ciudad llegara a este punto. El Jefe de Policía Scott McNamara, el Capitán Eric Ferreira, la directora administrativa y financiera Maggie Duprey, el procurador municipal Kenneth Rossetti y el ex asistente del procurador municipal Peter McQuillan trabajó diligentemente en conjunto

para ayudarnos a llegar a este punto.

"También quiero agradecer la paciencia y atención de los 53,000 ciudadanos de Methuen. Muchos de ellos se acercaron personalmente al Fiscal de Distrito para exigir justicia cuando se conoció la noticia sobre la investigación. A esos ciudadanos, sepan que sus representantes los escucharon y merecen tener un gobierno local irreprochable".

Jefe Scott J. McNamara: "Una de mis prioridades más apremiantes desde mi primer día como jefe de policía ha sido nuestro trabajo para recuperar la confianza de nuestra comunidad."

"Nadie, incluidos los jefes de policía, está por encima de la ley en esta comunidad y Commonwealth. Me gustaría agradecer a la Fiscalía General Andrea Campbell y al Fiscal de Distrito de Essex Paul Tucker y su personal por su trabajo diligente y profesional a lo largo de esta investigación."

"Prometo que cada hombre y mujer de nuestro Departamento continuará trabajando todos los días para ganarse el apoyo de aquellos a quienes servimos y para ir más allá de los abusos del pasado".

Statements of Methuen Mayor Neil Perry and Police Chief Scott J. McNamara

Mayor Neil Perry and Police Chief Scott J. McNamara release the following statements regarding the indictment of former Methuen Police Chief Joseph Solomon:

Mayor Neil Perry: "Today is truly a watershed day in the history of the City of Methuen. Today's announcement of the indictment against former Police Chief Joseph Solomon and former City Council Chair Sean Fountain underscores that no one is above the law."

"Methuen continues to expend every reasonable effort to steer the city away from the abuses and wrongdoing of the past, and, likewise, the City looks forward to seeking justice against those who have harmed the City."

"I want to thank the team within the City, whose investigative work helped get the City to this point. Police Chief Scott McNamara, Captain Eric Ferreira, Chief Administrative and Financial Officer Maggie Duprey, City Solicitor Kenneth Rossetti, and former Assistant City Solicitor Peter McQuillan worked diligently together to help get us to this point."


"I also want to thank the patience and attention of the 53,000 citizens of Methuen. Many of them personally reached out to the District Attorney to demand justice when news broke about the investigation. To those citizens, please know that your representatives heard you, and you deserve to have a local government that is above reproach."

Chief Scott J. McNamara: "One of my most pressing priorities since my first day as Police Chief has been our work to regain the trust of our community."

"No one, including police chiefs, are above the law in this community and Commonwealth. I would like to thank the Office of Attorney General Andrea Campbell and Essex District Attorney Paul Tucker and their staffs for their diligent, professional work throughout this investigation."


"I pledge that every man and woman in our Department will continue to work every day to earn the support of those we serve, and to move beyond the abuses of the past."

October is
DISABILITIES Awareness Month!



invites you to join us in celebration of the Greater Lawrence disabled community.

Mayor Brian de Peña and ADA Coordinator Richard Rodriguez encourage you to attend




MEET & GREET

where we're bringing together our community for networking and discussions about the services available to people with disabilities. We're also planning to recognize and thank all service providers for their contributions to our community.

WHEN: October 25, 2023 **TIME:** 4:00 PM to 6:00 PM

WHERE: Lawrence Senior Center, 155 Haverhill Street, Lawrence 01841

For more information, contact Richard Rodriguez
 Email: Richard.rodriguez@cityoflawrence.com Phone: 978-620-3312



ADA33

1990-2023
Americans with Disabilities Act

Flyer designed by Eva Rajczyk of Asperger Works

“¿Qué dulzura queda en la vida, si le quitas la amistad? Robar la vida a la amistad es como robarle al mundo el sol. Un verdadero amigo es más digno de estima que un pariente”.

"What sweetness is left in life, if you take away friendship? Robbing life of friendship is like robbing the world of the sun. A true friend is more to be esteemed than kinsfolk."

CICERO

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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



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Les anunciamos que se aproxima el final de su segunda parte. Es este tiempo cada Iglesia desarrollo una actividad a favor de disminuir la violencia en Lawrence. Le recomendamos encarecidamente que se una a nosotros en nuestros últimos eventos. ¡No te lo pierdas!

Vivencias de Actividades Pasadas:




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TEAM


 **KABAL**


Para más Información:
Carlita Suarez | Cordinadora de prensa
(978) 876-3576





Mayor Brian A. DePeña
In partnership with the
Office of Planning & Development






Tax Map Number: 70 Lot 94
Lot Area: 4,826 sq. ft.
Deed Ref. Writing: N/A
Zoning: Residential (R-2)
Status: Abandoned Single Family
Assessed Value: \$164,300
Estimated Annual Taxes: \$1,669.29

For more information
Frank Surillo
978-620-3520
Monday - Friday
8:30 A.M. - 4:30 P.M.
frank.surillo@cityoflawrence.com

You are invited to the...
Open House
Wednesday, October 18th - 1:00 P.M. to 2:00 P.M.
4 Plisch Way, Lawrence

Número de mapa fiscal: 70 Lote 94
Área del lote: 4,826 pie cuadrado
Ref. Escritura: N/A
Zonificación: Residencial (R-2)
Estado: Casa Abandonada

Para más información:
Frank Surillo
978-620-3520
Lunes - Viernes
8:30 A. M. - 4:30 P. M.
frank.surillo@cityoflawrence.com



Alcalde Brian A. DePeña
En alianza con la
Oficina de Planificación y Desarrollo

Próximos Eventos:

**20 Octubre | 6:30PM
774 Calle Essex**

Síguenos en las redes sociales para recibir actualizaciones:

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“Lucha por las cosas que te importan, pero hazlo de una manera que lleve a otros a unirse a ti”.
RUTH BADER GINSBURG

State Reps. Priscila Sousa, Frank Moran and Sen. Sal DiDomenico Along with 26 Latino Educators Honored During 2023 State of Latino Education Event

Hosted by Latinos for Education, event celebrates the contributions of educators, policymakers and school leaders in advancing education equity for Latino students



Boston, MA - State Reps. Priscila Sousa, Frank Moran and Sen. Sal DiDomenico were honored for their commitment to advancing educational opportunities for Latino students during Latinos for Education's 2023 State of Latino Education event. Salem Public Schools Superintendent, Dr. Stephen Zrike, and 26 Latino educators were also honored during the event for their life-changing work to inspire and support Latino students.

State of Latino Education was launched by Latinos for Education in 2021 as a way to bring attention to the progress that Latinos are making in education, as well as spotlight the barriers that Latino students and educators continue to face across the Commonwealth when it comes to accessing high-quality education programs and opportunities. The event has grown into the largest gathering of Latino leaders focused on education in Massachusetts. This year's event featured a roundtable discussion with leaders from the Massachusetts Alliance for Early College, MassInc, and Lynn Public Schools on the state's efforts to diversify its educator workforce, and innovative strategies to support more Latino students to access and enroll in college.

"Latino students make up 25 percent of all students in our Commonwealth, but that number jumps to 40 percent in Boston Public Schools, 69 percent in Springfield, and 94 percent in Lawrence - which

means the future of our workforce and economy is intrinsically tied to how well school districts prepare Latino students to succeed," said Amanda Fernandez, CEO of Latinos for Education. "It's time we lean into what works for Latinos, such as increasing the number of Latino students who participate in early college programs, connecting Latino students to career pathways in high school, and ensuring Latino students see themselves reflected in the teachers and school leaders they work with daily."

Rep. Frank Moran and Sen. Sal DiDomenico were honored with the "Educator Diversity Champion Award" for their unwavering commitment to ensuring every student sees themselves represented in the classroom. Rep. Priscilla Sousa was honored with "La Promesa Award," which recognizes a rising Latino legislator who upholds the promise of educational equity by advocating for Latino students, families, and educators. Meanwhile Dr. Stephen Zrike, Superintendent of Schools in Salem, received the "La Lucha Award," which recognizes an exceptional administrator committed to the fight for educational equity in their district.

Latinos for Education partnered with legislators in both chambers of the Massachusetts Legislature to honor Latino educators within their districts who are helping their students succeed and persevere in the classroom. The 26 Latino

educators honored during the celebration, and the legislators who nominated them include:

- Isela Rivera (Fort River Elementary School) presented by Rep. Domb and Sen. Comerford
- Cynthia Mendes Rivas (Boston Public Schools) presented by Rep. Mendes, Rep. Montaña, Rep. Biel and Sen. Edwards
- Ricardo Perez (East Boston High School) presented by Rep. Madaro and Sen. Edwards
- Camilo Machado (Sokolowski Elementary School) presented by Rep. Garcia
- Obed Morales (Chelsea High School) presented by Rep. Garcia
- Jeanette Velez (Everett Public Schools) presented by Rep. Garcia and Rep. McGonagle
- Rosa Milette (McKay Elementary School) presented by Rep. Kushmerek and Sen. Cronin
- Digna Hernandez (Peck Middle School) presented by Sen. Velis
- Zaida Cruz (Holyoke High School) presented by Sen. Velis
- Nelly Garcia Santana (Haverhill High School) by Rep. Vargas and Sen. Pavel Payano
- Solangi Tavarez (Spark Academy) presented by Rep. Frank Moran, Representative Reyes, Representative Paulino, and Sen. Paynao
- Euclides Pichardo (Greater Lawrence Technical School) presented by Francis Munro on behalf of Rep. and Sen. Payano
- Gary Torres (Lynn Public Schools) presented by Rep. Capano and Rep. Cahill
- Ivette Martinez (Lynn Public Schools)

- presented by Rep. Cahill and Rep. Capano
- Emelys Pena presented by Rep. Ulltrino, Rep. Donato, and Sen. Lewis
- Caridad Lopez (Stacy Middle School) presented by Rep. Lewis
- Mercy Nunez (Normandin Middle School) presented by Rep. Strauss and Sen. Montigny
- Gisette Mejias (Alfred J. Gomes Elementary) presented by Rep. Strauss and Sen. Montigny
- Catarina Veludo-Bovio (Peabody Veterans Memorial High School) presented by Sen. Lovely
- Tiago Gadens (Framingham Public Schools) presented by Rep. Priscila Sousa, Rep. Jack Patrick Lewis, Rep. Danielle Gregoire and Senator Karen Spilka
- Odelia Smith (Collins Middle School) presented by Rep. Cruz
- Janet Garcia (Bentley Academy Innovation School) presented by Rep. Cruz
- Aileene Martinez (East Somerville Community School) presented by Rep. Barber
- Cynthia Escribano (Gerena Community School) presented by Rep. Gonzales and Senator Gomez
- Dr. Rachel Monarrez (Worcester Public Schools) presented by Rep. Dan Donahue, Rep. O'Day, Rep. Donahue, Rep. Keefe, and Rep. Mahoney
- Nancy Reyes (McAuliffe Elementary School) presented by Rep. Elliot

To speak with any of the honorees or learn more about the 2023 State of Latino Education event, please contact Anthony Perez at aperez@rabengroup.com or Marissa Villa at Marissa@latinosforeducation.org.

Foster MA
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Sea la diferencia en la vida de un niño

Un hogar estable y cariñoso es importante para todos los niños, especialmente los que podrían haber enfrentado la negligencia o el trauma. En cualquier momento, hay entre 6,000 y 9,000 niños en el cuidado de crianza en Massachusetts, que representan todas las edades, grupos étnicos y niveles económicos. Los padres de crianza en todo Massachusetts brindan hogares seguros y cariñosos en un momento crítico en la vida de los niños.

Usted podría mejorar la vida de un niño. Solicite más información sobre ser un padre de crianza.

dcf MASSACHUSETTS DEPARTMENT OF Children & Families
1-800-KIDS-508 | mass.gov/dcf

Merrimack Valley Chamber Afternoon with KEITH LOCKHART AND THE BOSTON POPS!

Holiday POPS THE MERRIMACK VALLEY CHAMBER OF COMMERCE

KEITH LOCKHART AND THE BOSTON POPS 2023 HOLIDAY POPS CONCERT!

SUNDAY, DECEMBER 17th, 2023 - 2:30 PM
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TICKET ORDERS DUE BY WED., NOVEMBER 1ST!

Keith Lockhart and the Boston Pops
Sunday, December 17th, 2023

Register Now!
Please make _____ reservations (Attach Names of Attendees if needed)

\$94.99 Per Ticket
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Homenaje Póstumo
José de la Cuadra



Premio Cuento
Elsi Cano



Premio Poesía
Alex Lima

20 AL 22 DE OCTUBRE

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José de la Cuadra



Premio Cuento
Elsie Cano



Premio Poesía
Alex Lima

VIERNES 20 6 PM
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SABADO 21 10 AM - 12 PM
FORO EDUCATIVO PARA EDUCADORAS VIA ZOOM

SABADO 21 10 AM
FERIA INFANTIL LAWRENCE PUBLIC LIBRARY - 10AM - 2PM
51 LAWRENCE ST

SABADO 21 10AM - 5 PM
FERIA PARA ADULTOS
NORTHERN ESSEX COMMUNITY COLLEGE
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TERTULIAS, VENTAS DE LIBROS, PELICULAS

DOMINGO 22 10 AM - 5 PM
FERIA PARA ADULTOS
NORTHERN ESSEX COMMUNITY COLLEGE
45 FRANKLIN ST LAWRENCE, MA 01840
TERTULIAS, VENTAS DE LIBROS, PELICULAS

GENA ANUAL - 7PM
ELKS LODGE
652 ANDOVER ST LAWRENCE, MA 01843

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La administración Healey-Driscoll celebra los ahorros en recortes de impuestos para las personas mayores y sus familias

Un aumento del 100 % en el crédito fiscal para disyuntores para personas mayores, el mayor jamás realizado en Massachusetts, beneficiará a más de 100 000 personas mayores

La Gobernadora Maura T. Healey y la Vicegobernadora Kim Driscoll visitaron el Centro para personas mayores de Northborough para celebrar la duplicación del crédito fiscal para disyuntores para personas mayores, que ayudará a más de 100 000 personas mayores de Massachusetts a ahorrar \$2400 al año. La Gobernadora Healey promulgó este crédito fiscal la semana pasada como parte de los primeros recortes de impuestos de Massachusetts en más de 20 años. Esta visita es la primera parada dedicada a las personas mayores en la gira de la administración Recortando Impuestos, Ahorrándole Dinero.

"Cuando me postulé para un cargo, me comprometí a mantener a nuestras personas mayores en Massachusetts haciendo que este estado sea más asequible y este crédito fiscal sea un paso necesario para lograr este objetivo", dijo la Gobernadora Healey. "Estos recortes de impuestos traerán un alivio muy necesario para las personas mayores en todo el estado y los apoyarán mientras continúan prosperando aquí".

"Estos recortes de impuestos son permanentes. Están aquí para ayudar a las personas mayores a ahorrar más dinero año tras año", dijo el Vicegobernadora Driscoll. "Como ex alcalde, es importante brindar la ayuda que tanto se necesita

para que la gente pueda permanecer en Massachusetts. Estamos encantados de seguir reuniéndonos con personas de todo el estado para compartir cómo los beneficiarán estos recortes de impuestos".

"Gracias, Gobernadora Healey y Vicegobernadora Driscoll, por venir a Northborough para resaltar este alivio tan necesario para nuestras personas mayores, como duplicar el Crédito Fiscal para Disyuntores para Personas Mayores", dijo el presidente de la Junta Selecta de Northborough, Mitch Cohen. "Estoy entusiasmado de continuar desarrollando este trabajo con la junta y continuar ayudando a nuestras personas mayores junto con la Administración Healey-Driscoll".

Las disposiciones del paquete de recortes de impuestos que ahorrarán dinero a las personas mayores incluyen:

- Crédito fiscal para disyuntores para personas mayores: duplica el crédito, de \$1200 a \$2400 para personas mayores de bajos ingresos para ayudar a minimizar sus impuestos.

- Programa de voluntariado para el impuesto a la propiedad para personas mayores: aumenta de \$1,500 a \$2,000 el máximo que los municipios pueden permitir que las personas mayores reduzcan de su

impuesto a la propiedad para minimizar el impacto de los impuestos a la propiedad.

- Crédito tributario por hijos y familias – Los miembros de la familia que cuidan de las personas mayores en su vida también se beneficiarán del Crédito tributario por hijos y familias ampliado. Elimina el límite de dos dependientes y aumenta el crédito de \$180 por hijo dependiente, adulto discapacitado o persona mayor a \$310 para 2023 y a \$440 de forma permanente, a partir de 2024. Se estima que 565,000 familias se beneficiarán, y este será el el crédito tributario universal por hijos y dependientes más generoso del condado.

- Impuesto sobre el patrimonio: aumenta el umbral de \$1 millón a \$2 millones con un crédito que mitiga el efecto acantilado. Este cambio alinea a

Massachusetts con otros estados, permite que las personas mayores transmitan riqueza generacional y hace que sea más atractivo jubilarse y envejecer en Massachusetts.

La firma del proyecto de ley de impuestos de la semana pasada incluyó el apoyo necesario para nuestras familias a través de la expansión del Crédito Tributario por Hijos y Dependientes, varias deducciones de alquiler, acortar el impuesto a las ganancias de capital y mucho más. El jueves, la Gobernadora Healey y la Vicegobernadora Driscoll visitaron la escuela primaria Gardner y la YMCA de Haverhill para celebrar el crédito tributario por hijos y familias más generoso del país. Se planificarán visitas adicionales en los próximos días para celebrar el alivio para las empresas, los residentes y más.

Healey-Driscoll Administration Celebrates Tax Cut Savings for Seniors and Their Families

A 100% increase in the Senior Circuit Breaker Tax Credit, the largest ever in Massachusetts, will benefit 100,000+ seniors

Governor Maura T. Healey and Lieutenant Governor Kim Driscoll visited the Northborough Senior Center to celebrate the doubling of the Senior Circuit Breaker Tax Credit, which will help more than 100,000 Massachusetts seniors save \$2,400 a year. Governor Healey signed this tax credit into law last week as part of Massachusetts' first tax cuts in over 20 years. Today's visit is the first stop dedicated to seniors on the administration's Cutting Taxes, Saving You Money tour.

"When I ran for office, I committed to keeping our seniors in Massachusetts by making this state more affordable, and this tax credit a necessary step towards achieving this goal," said Governor Healey. "These tax cuts will bring much needed relief to the seniors throughout the state and will support them as they continue to thrive here."

"These tax cuts are permanent. They're here to help seniors save more money year after year," said Lieutenant Governor Driscoll. "As a former Mayor, it is important to deliver much needed relief so people can stay in Massachusetts. We're thrilled to continue meeting folks across the state to share how these tax cuts will benefit them."

"Thank you, Governor Healey and Lieutenant Governor Driscoll, for coming to Northborough to highlight this much needed relief for our seniors, like doubling the Senior Circuit Breaker Tax Credit," said Chair of the Northborough Select Board Mitch Cohen. "I am excited to continue building on this work with the board and continue helping our seniors alongside the Healey-Driscoll Administration."

Provisions of the tax cuts package that will save seniors money include:

- Senior Circuit Breaker Tax Credit – Doubles the credit, from \$1,200 to

\$2,400 for low-income seniors to help minimize their taxes.

- Senior Property Tax Volunteer Program: Increases from \$1,500 to \$2,000 the maximum that municipalities may allow for seniors to reduce from their property tax to minimize the impact of property taxes.

- Child and Family Tax Credit – Family members who care for the seniors in their life will also benefit from the expanded Child and Family Tax Credit. It eliminates the two-dependent cap and increases the credit from \$180 per dependent child, disabled adult, or senior to \$310 for 2023 and to \$440 on a permanent basis, starting in 2024. An estimated 565,000 families will benefit, and this will be the most generous universal child and dependent tax credit in the county.

- Estate Tax: Increases the threshold from \$1 million to \$2 million with a credit that mitigates the cliff effect. This change brings Massachusetts more in line with other states, allows seniors pass on generational wealth, and makes it more attractive to retire and age in Massachusetts.

Last week's tax bill signing, included necessary support for our families through the expansion of the Child & Dependent Tax Credit, various rental deduction, shorten the capital gain tax and much more. On Thursday, Governor Healey and Lieutenant Governor Driscoll visited Gardner Elementary School and the Haverhill YMCA to celebrate the nation's most generous Child and Family Tax Credit. Additional visits will be planned in the coming days to celebrate relief for businesses, residents, and more.

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Descubre por qué el 99% de los participantes recomendarían una evaluación de energía del hogar a sus amigos y familiares. Obtén más información en ngrid.com/assessment.



nationalgrid

O llama al **1-866-527-SAVE (7283)** para programar tu evaluación hoy mismo y ver para qué servicios puedes ser elegible. Consulta si calificas para recibir incentivos mejorados en función de sus ingresos en ngrid.com/startssaving.

*Basado en la elegibilidad de ingresos.

Celebrando el Mes de la Herencia Hispana

Ayuntamiento de Lawrence, Massachusetts 11 de octubre del 2023



La celebración de la Herencia Hispana es un poderoso recordatorio de la vibrante cultura y la rica historia que la comunidad hispana trae a nuestra ciudad.

Estamos agradecidos por todas las formas en que nuestros vecinos hispanos han hecho para que nuestra comunidad sea más fuerte y vibrante. Es un honor poder reconocer las grandes contribuciones de los líderes hispanos en nuestra comunidad.

¡Sigamos celebrando y animándonos unos a otros, y trabajando juntos para construir una ciudad próspera para todos!

Gracias a todos por el apoyo.

Brian A. DePeña
Alcalde



Celebrating Hispanic Heritage Month

City Hall, Lawrence, Massachusetts

October 11, 2023



The Hispanic Heritage Celebration is a powerful reminder of the vibrant culture and rich history that the Hispanic community brings to our city.

We are grateful for all of the ways in which our Hispanic neighbors have made our community stronger and more vibrant. It's an honor to be able to recognize the incredible contributions of Hispanic leaders in our community.

Let us continue to celebrate and uplift one another, and work together to build a thriving city for all!

Thank you all for the support.

Brian A. DePeña
Mayor



La Columna de Audy Ramirez

Day Dreaming Organization: Ejemplo a Seguir

Si hay algo de lo que todos en esta Ciudad de Lawrence debemos de estar orgullosos, es de la gente que habitamos aquí. Me incluyo porque me siento un ciudadano ejemplar que simplemente trata de hacer las cosas bien, para de esa forma recibir lo que doy.

Este es el caso de un caballero en todo el sentido de la palabra a quien tuve el gran placer de conocer a través de los medios de comunicación de la ciudad. Samuel Rosario, oriundo de la República Dominicana y consagrado en Lawrence es el personaje del cual me enorgullezco hoy presentarles.

El trabajo que este señor está haciendo por nuestros niños, jóvenes y jóvenes adultos es sencillamente admirable y ejemplar. Debido a mi trabajo profesional como mentor terapeuta de una agencia establecida en esta ciudad, mi trabajo es encontrar opciones y espacios para los niños con los que trabajo en los cuales encuentren algo que están buscando.

Y es en esta parte donde entra Samuel Rosario. Al escuchar de su ardua labor como presidente y fundador de Day Dreaming Organization, indago más sobre su persona y trabajo.

Los comentarios que recibo son básicamente los mismos: Es un hombre muy trabajador y honesto. Le gusta lo que hace y lo hace porque le gusta. Y es que la estrategia principal de esta bella organización es simplemente crear comunidad dentro de la comunidad misma, proveer clases de deportes, excursiones educativas y recreativas, para así fortalecer los vínculos familiares.

En una ciudad como esta, dicho trabajo puede ser muy agotador, especialmente cuando los recursos económicos se complican en llegar. Es mucho más difícil si dichos programas son entregados a la comunidad de manera totalmente gratis. Tal es el caso del señor Rosario y todo su equipo de trabajo. Gente que ama lo que hace y que solo se ve el gran amor y el entusiasmo que muestran los niños en medio de la cancha en la cual juegan.

La importancia del trabajo que realiza el señor Rosario radica en la contribución que el mismo hace a la comunidad. Mientras el niño está socializando, interactuando y sobre todo practicando un deporte que le gusta, los padres de ese niño pueden usar ese tiempo para otras actividades sin preocuparse que su hijo esté en un lugar donde los malos tratos y las malas costumbres son partes del manjar.

Por el contrario, el niño que se involucra en los deportes tiende a ser más condescendiente, afable y disciplinado. Obtienen el significado de la palabra



“competencia,” pero de una forma más humana. Aprenden a ganar y a perder. El ser humano que empieza su proceso de evolución y desarrollo bajo esos parámetros, presenta un perfil de un buen ciudadano que pocos problemas le dará a sus comunidades.

Es ahí donde está el aporte de instituciones como Day Dreaming Organization. Es por esta razón que hago uso de este espacio para crear conciencia con todos los involucrados: el niño, los padres, la comunidad, el gobierno local, estatal, el sector privado, así como también el mismo Samuel Rosario y todo su equipo de trabajo.

Todos somos responsables de la victoria o la derrota de este tipo de programas. Resulta un tanto traumático ver en situaciones difíciles a una persona que está haciendo un trabajo pulcro y decente ante la falta de recursos económicos, cuando esos recursos existen y pueden ser usados para determinados programas. El sector privado también es parte de todo este engranaje, pues cada vez que se necesita un guante, bate, pelota, uniformes y otros utensilios, así como refrigerios y meriendas tan necesarias para mantener a todos esos niños con la energía suficiente para seguir practicando de forma alegre y fructífera.

Y hablando de la solidaridad de esta ciudad, la señora Cecilia Pichardo, quien tiene inscrito a uno de sus hijos, me explica que al ver la necesidad, ella ofrece algo de ayuda, ya sea donando paquetes de agua, sodas o jugos y también si se puede, les lleva sus galletitas y helados. En fin, es importante la participación de toda la sociedad en colectividad.

El señor Samuel Rosario está haciendo

un valioso trabajo, y más importante aún, está evitando que muchos de nuestros niños estén deambulando en las calles, haciendo cosas indebidas o alejándolos de los famosos y muy dañinos videojuegos. Por eso es importante hacer un llamado a toda la comunidad, al gobierno local, como también al sector privado, especialmente los pequeños negocios locales, a que apuesten por este tipo de organizaciones que verdaderamente presentan un muy buen sentimiento de humanidad y comunidad.

Es parte de nuestro rol como entes de esta comunidad que nos ha recibido y a

la cual le debemos la actual tranquilidad que disfrutamos, hablando en términos generales.

Urge pues, que organizaciones como Day Dreaming Organization no mueran por no contar con el apoyo necesario; que la comunidad se una en una sola línea que pida apoyo común y que los recursos necesarios lleguen a donde verdaderamente tienen que llegar. Así también contribuimos todos a ver y a vivir una verdaderamente justa y equilibrada ciudad. Esa ciudad en sueño que tanto anhelamos tener: ¡Esa ciudad llamada Lawrence!

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Yomari, Elizabeth, Nini, Joan y Carla

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Descubra el Freedom Trail® de Boston después del anochecer

Lantern Tours regresa en septiembre y octubre

Descubra Freedom Trail bajo una nueva luz, después del anochecer, en los recorridos oficiales con linternas Freedom Trail®. Freedom Trail Foundation anuncia el regreso de los exclusivos Lantern Tours, que ofrecen a los visitantes y residentes la oportunidad de experimentar la siniestra historia y el misterio del Freedom Trail a la luz de las linternas. Los recorridos anuales con linternas de Freedom Trail se ofrecerán los jueves, viernes y sábados a las 6:00 p. m. desde el 14 de septiembre hasta el 29 de octubre, y el domingo 29 y lunes 30 de octubre en honor a Halloween.

Duelos fatales con espadas, la tumba de un pirata despiadado, asesinatos escandalosos y el castigo y ahorcamiento de brujas convictas: todo real y explorado en Freedom Trail Lantern Tours. Investigue el lado macabro del icónico sendero bordeado de rojo de Boston y escuche historias auténticas demasado oscuras y macabras para ser de día. Únase a Freedom Trail Players®, ataviados con linternas oscuras, y dé vida a relatos reales de crímenes atroces, espías y asesinos, asesinatos a sangre fría y posesiones demoníacas en estos recorridos a pie de 90 minutos.

Lantern Tours comienza en Boston Common, donde se conmemora a una de las víctimas de asesinato más notorias de Boston y las brujas y villanos acusados encontraron su destino. Los recorridos iluminan los cementerios de Granary y King's Chapel como lugares de descanso final de piratas convictos, víctimas de asesinatos atroces y otras personas relacionadas con el pasado menos ilustre

de Boston. Lugares como el sitio de la masacre de Boston y el antiguo sitio de Old Gaol (Old Jail), adyacente a la Old State House y hogar de muchos de los criminales más infames del viejo Boston, también se presentan a lo largo del camino en Freedom Trail.

“El Freedom Trail da la bienvenida al regreso de los Lantern Tours anuales, ya que brinda a los visitantes y residentes la oportunidad de experimentar la verdadera, menos conocida y oscura historia de Boston. ¡Estos recorridos únicos ofrecen un viaje único a través de los sitios más históricos de Boston a la luz de una linterna y son algo que debe hacer!” dice Suzanne Taylor, directora ejecutiva de Freedom Trail Foundation.

Dirigidos por guías disfrazados del siglo XVIII, los recorridos a pie del Freedom Trail Foundation cuestan \$17 para adultos, \$15 para personas mayores/estudiantes y \$8 para niños menores de 12 años. La compra de un boleto incluye una donación de \$1 al Fondo de Preservación de la Fundación Freedom Trail, que ayuda a apoyar proyectos de preservación en los sitios históricos oficiales de Freedom Trail. Los boletos se pueden comprar en el Centro de información para visitantes de Boston Common (de 9:00 a. m. a 4:45 p. m.) o en línea en TheFreedomTrail.org. Lantern Tours también se puede programar como un tour privado en grupo durante todo el año. Para obtener más información, comuníquese con la Freedom Trail Foundation al (617) 357-8300 o visite TheFreedomTrail.org.



Discover Boston's Freedom Trail® After Dark

Lantern Tours Return in September and October

Discover the Freedom Trail in a new light – after dark – on the official Freedom Trail® Lantern Tours. Freedom Trail Foundation announces the return of the unique Lantern Tours, offering visitors and residents the opportunity to experience the sinister history and mystery of the Freedom Trail by lantern-light! The annual Freedom Trail Lantern Tours will be offered on Thursdays, Fridays, and Saturdays at 6:00 p.m. from September 14 until October 29, and Sunday, October 29 and Monday, October 30 in honor of Halloween.

Fatal sword duels, the grave of a ruthless pirate, scandalous murders, and the punishment and hanging of convicted witches: all real and explored on the Freedom Trail Lantern Tours. Investigate the ghoulish side of Boston's iconic red-lined-path and hear historic tales too dark and macabre for daytime. Join Freedom Trail Players®, darkly garbed with lanterns, and bring true accounts of appalling crimes, spies and assassins, cold-blooded killings, and demonic possession to life on these 90-minute walking tours.

Lantern Tours start on Boston Common, where one of Boston's most notorious murder victims is commemorated and accused witches and villains met their fate. The tours illuminate the Granary and King's Chapel burying grounds as the final resting places of convicted pirates, victims of vicious murders, and others connected

to Boston's less-illustrious past. Locations such as the Boston Massacre Site and the former site of the Old Gaol (Old Jail), adjacent to the Old State House and home to many of old Boston's most infamous criminals, are also featured along the way on the Freedom Trail.

“The Freedom Trail welcomes the return of the annual Lantern Tours as it gives visitors and residents the opportunity to experience true, lesser-known and dark, Boston history. These unique tours offers a one-of-a-kind voyage through Boston's most historical sites by lantern light and is a must do!” says Suzanne Taylor, Executive Director, Freedom Trail Foundation.

Led by 18th-century costumed guides, Freedom Trail Foundation walking tours are \$17 for adults, \$15 for seniors/students, and \$8 for children 12 and under. Purchase of a ticket includes a \$1 donation to the Freedom Trail Foundation's Preservation Fund, which helps support preservation projects at official Freedom Trail historic sites. Tickets may be purchased at the Boston Common Visitor Information Center (9:00 a.m. to 4:45 p.m.) or online at TheFreedomTrail.org. Lantern Tours may also be scheduled as a private group tour year-round. For more information, please contact the Freedom Trail Foundation at (617) 357-8300 or visit TheFreedomTrail.org.

The Building Dreams Gala helps make dreams come true!



I have to loose - if I don't try I'll never know! And I was one of the lucky 7 out of the 40 people who applied to make it into the lottery!

When I was one of the numbers pulled, I just couldn't believe it! To this day it does not seem real. Even with being on the build site helping build my home along with the other lucky future homeowners. Like most people I've dreamed of owning a home for myself and even more so for my girls. I have shown them by

Thank you to everyone who was able to participate in the Building Dreams Gala on Thursday, September 28th. Because of you, we were able to raise \$125,000 to support families in need with affordable homeownership!

The highlight of the night was hearing future homeowner Lauren's story:

"I am the sole provider for my two beautiful daughters so I've been working two jobs for the last 15 years. The last 4 years have been tough - becoming a single parent, needing to leave our apartment and move in with family, and the pandemic shutting down the world. We are living with my brother and sister in law - 3 adults, 3 kids, a dog and a cat under one roof can be difficult, but we're just grateful to have a roof over our heads.

My sister in law sent me the information about the opportunity for this home - I think she was giving me a hint! I almost didn't apply because I thought, what are my actual chances? But then I decided what do

example, that if you continue to work hard in life, good things can happen! I am proud to now be able to give the same stability to my girls that my parents gave my brother and I growing up.

I am forever grateful to now be able to provide a happy safe and stable environment for the 3 of us. There are not enough great things that I could do or say about this organization that could ever measure up to what they have given me and my girls. Because of Habitat for Humanity, the volunteers, and the sponsors, my family has been blessed with this wonderful opportunity to own our own home. It truly is a dream come true!"

Thank you for your support

Many thanks to everyone who supported us on a build site or at the ReStore this past month! Below are just a few of those who did.

UPCOMING FEATURED EVENT!
MVCC Annual Women in Business
Conference Luncheon
at Phoenician Restaurant!

Monday, October 23rd, 2023
12 Noon - 1:30 PM

Poetry Night #2 is Next Week!

For our second Haverhill River Bards fall poetry night, we're excited to welcome Gary Rainford as the featured poet! Join us on Wednesday next week from 7:00-8:30 pm to listen to and share poetry! See you there!

About the poet: Gary Rainford, author of three poetry collections, *Adrift*, *Salty Liquor*, and *Liner Notes*, lives on Swan's Island, Maine, year-round. Gary's poems, shaped by tides, saltwater, music, and experience, are published by North Country Press, a wide range of literary magazines, university journals, and newspapers. *Adrift* is a love story, says Poet Sharon Doubiago, and his poems tell the story of his mother's Alzheimer's disease.

**This is a free program that will be held in person at HC Media (2 Merrimack St, Haverhill). Parking is at Goeke Parking Deck. Registration is not necessary.



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

English Conversation Groups

Intermediate Level:

Fridays at Nevins Library and Tuesdays via Zoom

METHUEN, MA - Join our intermediate English conversation groups! Here, you can improve your language skills while meeting new people and sharing cultural experiences in a friendly and enriching environment.

When: Fridays from 10:00 to 11:30 at Nevins Library located at 305 Broadway, Methuen MA 01844

Tuesdays from 6:30 pm to 8:00 pm via Zoom.

Participants can join the group in person at Nevins Library on Fridays or connect via Zoom on Tuesdays. For the Zoom link and further information, please email us at literacy@nevinslibrary.org, or contact Grace Spaulding at 978-686-4080 Ext. 32.

"Grupos de conversación en inglés

Nivel intermedio:

Los viernes en la Biblioteca Nevins y los martes vía Zoom"

METHUEN, MA - ¡Anímate a unirte a nuestros grupos de conversación en inglés intermedio! Aquí, podrás mejorar tus habilidades lingüísticas mientras conoces gente nueva y compartes experiencias culturales en un ambiente amigable y enriquecedor.

Cuándo: Viernes de 10:00 am a 11:30 am en la Biblioteca Nevins localizada en el 305 Broadway, Methuen MA 01844

Martes de 6:30 pm a 8:00 pm a través de Zoom.

Los participantes pueden unirse al grupo en persona en la Biblioteca Nevins los viernes o conectarse a través de Zoom los martes.

Para obtener el enlace de Zoom y más información, por favor envíenos un correo electrónico a literacy@nevinslibrary.org, o contacte a Grace Spaulding llamando al 978-686-4080 Ext. 32

Lappin Foundation

Enhancing Jewish Identity Across Generations

Update from Israel

Lappin Foundation invites the community to an Update from Israel with Ambassador Ido Aharoni, who will talk about Israel's current crisis, root causes and possible solutions, on Thursday, October 19, 2023, 7:30 p.m.-8:30 p.m. ET on Zoom. The program is free thanks to generous funding

from the Dr. David M. Milch Foundation. Everyone is welcome to attend. Register at LappinFoundation.org.

For more information contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

Barbie through a Jewish Lens

Lappin Foundation invites you to take a look at Barbie through a Jewish Lens with author Susan Shapiro and Tablet magazine editor Wayne Hoffman on Thursday, October 26, 2023, 7:30 p.m.-8:30 p.m. ET on Zoom.

Barbie is a Jewish feminist and why the doll has remained an important icon for 64 years. The program is free, and everyone is welcome. Register at LappinFoundation.org.

They will discuss the bold Jewish woman who created Barbie, whether

For more information contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

The Night of Broken Glass Remembered

Commemorating the 85th Anniversary of Kristallnacht, the Night of Broken Glass, Lappin Foundation and program partners invite the community to a presentation by Gregg Philipson, who will use artifacts from his personal collection to explore the root cause, the key players and the catalyst for the last and the most devastating pogrom before the mass

murder and near destruction of European Jewry, known as the Holocaust. The program will take place on November 2, 2023, 7:30 p.m.-8:30 p.m. ET on Zoom. The program is free and everyone is welcome. Register at LappinFoundation.org. For more information contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

13th Annual



In Pink

Rosalyn Kempton Wood Award
for Inspirational Leadership

Entertainment:
Humorist & Author



The Ellie Fund



Gina Barreca

Tickets are still available! This event has sold out in previous years, so buy your tickets now.

SATURDAY, OCTOBER 21, 2023

11:00 am - 2:00 pm

Andover Country Club

60 Canterbury Street

Andover, Massachusetts

Proceeds support GLFHC women's health programs and services.

The show features:

Live Entertainment - Brunch - Silent Auction - Raffles

All questions may be directed to Mary Lyman, Director of Community Relations, at mary.lyman@glfhc.org or (978) 722-2871.

GLFHC.org



EL TALLER & MICHAEL T PRESENT
Movie Night

We're accepting short film submissions and I know that many of you are talented filmmakers, so I encourage you to submit your work for consideration!

SUBMIT NOW @
MICHAELTFILMS.COM

FRIDAY, OCTOBER 27TH

CLASIFICADOS | CLASSIFIEDS

**LEGAL NOTICE
 NOTICE OF PUBLIC SALE**

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will junk the following vehicles on or after September 16, 2023 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2003 Lincoln Navigator VIN 5LMFU28R53LJ49643
2. 2006 Chevrolet Impala VIN 2G1WT58K269334039
3. 2000 Honda CR-V VIN JHLRD1862YS019436
4. 2007 Chrysler PT Cruiser VIN 3A4FY48837T595403

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

Signed
 Frank Coady
 Coady's Towing Service
 10/15, 10/22, 11/1

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.

39 days to Thanksgiving!

VOLNINTEER Opportunities
 October 16 - October 20

VolNINteers Opportunities at a Glance
****Scroll down to sign up!****

- Diaper Pantry: Weds 10/18 & Fri 10/20
- Food/Diaper Deliveries: Tues 10/17, Weds 10/18, & Fri 10/20
- Warehouse Bag Packing: Tues 10/17, Weds 10/18 & Thurs 10/19

Volunteer in the WAREHOUSE !

Please fill our open slots this week!

Please also view warehouse volunteer opportunities for the following week:
 1 slot on Monday 10/23 @2-4pm, 1 slots on Tuesday 10/24 @2-4pm, 2 slots on Wednesday 10/25 @9:30-1pm and 1 slot @2-4pm, 2 slots on Thursday 10/26 @9:30-1pm and 2 slots @2-4pm.

If you are interested to help in the **DIAPER PANTRY**, volunteers can sign up for 1 week or multiple weeks. **We especially need volunteers to sign up on Wednesdays this October!**

Interested in making Deliveries?
 Please sign up to help with deliveries on

Tuesday, 10/17, 9:30am - 1 slot
 Wednesday, 10/18, 1:00pm - 1 slot
 Friday, 10/20, 9:45am - 1 slot & 11:00am - 2 slots

¡Octubre es el Mes de la Concientización sobre las Discapacidades!

los invitamos a unirse a nosotros en la celebración de la comunidad de discapacitados de Greater Lawrence.

El alcalde Brian de Peña y el Cordinador de la commission del ADA, Richard Rodriguez invitamos a unirse a nosotros en la celebración de la comunidad de discapacitados de Greater Lawrence.

MEET & GREET

donde reunimos a nuestra comunidad para establecer contactos y debatir sobre los servicios disponibles para las personas con discapacidades. También estamos planeando reconocer y agradecer a todos los proveedores de servicios por sus contribuciones a nuestra comunidad.

CUANDO: 25 de Octubre de 2023 **A HORA:** 4:00 PM to 6:00 PM
ADÓNDE: Lawrence Senior Center, 155 Haverhill Street, Lawrence 01841

Para obtener más información, póngase en contacto Richard Rodriguez
 Email: Richard.rodriguez@cityoflawrence.com Phone: 978-620-3312

Folleto diseñado por Eva Rajczyk of Asperger Works

Do you have questions about the many different ways you can have an impact on your community or know someone who would like to join our family of dedicated volunteers?

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Wednesdays | 4 p.m.
October 11 | November 8 | December 13

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Kindly contact Senior Advisor Susan to RSVP.

stourtilotte@bridgesbyepoch.com <stourtilotte@bridgesbyepoch.com>;



House of Mercy is in need of underwares for men and women. If you are interested in making a donation, Rumbo recommends ordering from Bags in Bulk.

Check out their webpage for selections where you can buy assorted sizes in bundles of 50 for a very low price.

HOUSE OF MERCY
 85 Bay State Rd., Lawrence, MA 01843

Phones:
 Tel: (978) 655-8141 / Fax: (978) 655-5391
<https://www.houseofmercylawrence.com/give-help>

House of Mercy focuses on the physical, mental, and most importantly, spiritual rehabilitation of every person that comes seeking help in our organization. We are a place of rest for souls feeling lost and rejected today. Our mission is to reestablish and to raise lives according to the commands and principles of The Bible, and the example of our Lord Jesus Christ.



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volunteer

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

- Thomas Jefferson

COMMUNITY LISTENING CIRCLE

Essex County Commission on the Status of Women wants to hear YOUR voice!

Facing challenges? Need support? Have ideas to improve the lives of Essex County women & girls? YOU have the power to shape and influence future legislation and policy around the state!

THURSDAY OCT. 26
5:30PM-7PM

Join us at:

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 Nearby public transportation: MVRTA Bus Depot
 Washington Sq. OR Haverhill Commuter Rail
 RSVP/Hybrid info: <https://tinyurl.com/mrynejp4>
 Questions? ECCSWomen2@gmail.com or visit
facebook.com/MAECCSW for more info

Hosted by:



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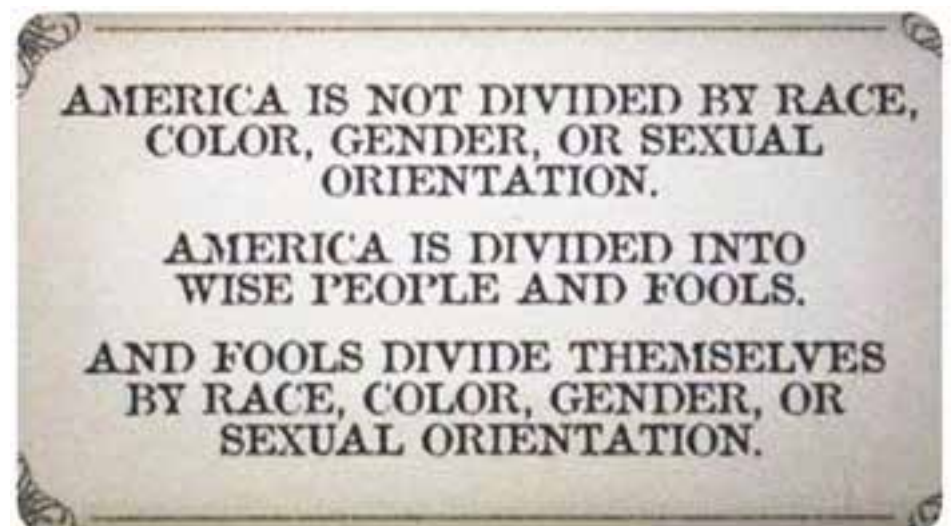
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Las 9 políticas que las empresas deberían implementar para reducir el desgaste profesional, según los empleados



Una nueva encuesta de la American Heart Association destaca el impacto de la cultura y las políticas corporativas en los niveles de bienestar y desgaste (burnout) autoinformados por los empleados

DALLAS, 10 de octubre de 2023 — En el Día Mundial de la Salud Mental, el 10 de octubre, la American Heart Association, una fuerza global cuyo objetivo es una vida más saludable para todos, comparte los resultados de una nueva encuesta que pueden ayudar a los empleadores a reducir el desgaste y mejorar el bienestar de la fuerza laboral hasta en un 40%.

La Organización Mundial de la Salud define el desgaste profesional o burnout como un fenómeno de salud mental en el lugar de trabajo que se produce como resultado del estrés laboral crónico y no controlado y que se caracteriza por sensación de agotamiento, desconexión y negatividad relacionados con el trabajo, así como un menor desempeño profesional.

“La exposición crónica al estrés puede aumentar el riesgo de sufrir enfermedades, como enfermedades cardíacas y ataques o derrames cerebrales, a lo largo de la vida y también está relacionada con trastornos de ansiedad y depresión mayor. Dado que las tasas de desgaste continúan aumentando, debemos reconocer que este no es un problema pasajero, sino un desafío de salud mental grave y continuo para la fuerza laboral”, expresó Eduardo J. Sanchez, M.D., M.P.H., FAHA, Director Médico de Prevención de la American Heart Association. “Esta encuesta ofrece una perspectiva tranquilizadora sobre cómo, con algunos cambios intencionales, los empleadores pueden generar un impacto positivo en la salud mental y el bienestar de su fuerza laboral”.

Los empleados no son los únicos que pagan el precio del desgaste. El estrés laboral excesivo puede generar costos estimados de hasta \$190,000 millones en

atención médica cada año y se vincula con un mayor ausentismo y una mayor insatisfacción laboral. Las investigaciones demuestran que, al promover el bienestar de los empleados, los empleadores pueden ayudar a mitigar estos costos y a lograr mejores resultados empresariales. Un estudio de 2019 determinó que los precios de las acciones de las organizaciones que priorizaron la salud y la seguridad de los empleados se apreciaron un 115% en cuatro años, lo que superó al índice S&P 500 (en más de un 69 %) y a las empresas donde se indicó un menor apoyo interno a la salud (en más de un 44 %).

La encuesta a 5,055 adultos trabajadores estadounidenses fue realizada por The Harris Poll en nombre de la American Heart Association, con el objetivo de comprender cómo los empleados se ven afectados por las nueve mejores prácticas basadas en evidencia para combatir el desgaste y promover la salud mental de los empleados. A pesar de la implementación de medidas positivas para el bienestar laboral, más de tres cuartas partes (82%) de los encuestados informaron haber experimentado desgaste al menos de forma ocasional, mientras que los padres, los trabajadores de primera línea o esenciales, las mujeres, los trabajadores más jóvenes (generación Z y milenials) y los trabajadores de la comunidad LGBTQIA+ fueron particularmente propensos a sentirse agotados a menudo o siempre.

¿Qué pueden hacer los empleadores para ayudar?

Se determinó que las nueve políticas analizadas en la encuesta estaban asociadas con un mayor bienestar en el lugar de trabajo, según informaron los empleados, y siete de ellas también se asociaron con una disminución del burnout:

- Evaluar en qué medida se alinean las tareas laborales y las habilidades requeridas para ellas.
- Establecer responsabilidades y funciones claras.
- Evaluar de forma periódica las cargas de trabajo.

- Diseñar las funciones laborales con el aporte de los empleados.
- Establecer una vía de capacitación para desarrollar las habilidades de los empleados.
- Evaluar si los empleados se sienten apoyados para llevar una vida saludable.
- Promover el bienestar general de los empleados.
- Desalentar el uso de tecnología relacionada con el trabajo fuera del horario laboral.
- Promover grupos de apoyo (recursos) para empleados.

En las empresas en las que no se aplica ninguna de estas políticas, solo el 51 % de los empleados informaron un bienestar laboral positivo, en comparación con el 91 % de los empleados de las empresas que han implementado las nueve políticas. Cabe destacar que, incluso a través de la implementación de una sola de estas políticas, se logró un aumento de las probabilidades de que los empleados estuvieran satisfechos con sus beneficios, tuvieran sentimientos positivos sobre su función actual y sus responsabilidades laborales, y manifestaran sentirse apoyados por su gerente.

Workforce Well-being Scorecard™ de la American Heart Association ofrece a los empleadores una evaluación integral de su cultura de salud y bienestar basada en las principales mejores prácticas, incluidas las políticas para apoyar la salud mental y combatir el desgaste. Visite heart.org/workforce para ver el informe completo de la encuesta y completar la evaluación.

Metodología de la encuesta

La investigación fue realizada en línea en los Estados Unidos por The Harris Poll en nombre de la American Heart Association y, en ella, participaron 5,055 adultos estadounidenses de 18 años de edad o más que trabajan a tiempo completo o parcial.

El estudio se llevó a cabo entre el 13 de abril y el 10 de mayo de 2023.

Los datos se ponderan por separado por raza/etnia y, cuando es necesario, por educación, edad por sexo, región, ingresos familiares, tamaño del hogar, estado civil, situación laboral y tendencia a estar en línea para alinearlos con sus proporciones reales en la población. Luego, se combinaron los grupos en un total proporcional por raza/etnia.

Los encuestados fueron seleccionados entre aquellos que aceptaron participar en nuestras encuestas. La precisión de la muestra de los sondeos en línea de Harris se mide mediante la utilización de un intervalo de credibilidad bayesiano. Para este estudio, los datos de la muestra son precisos dentro de más de 1.9 puntos porcentuales utilizando un nivel de confianza del 95 %. Este intervalo creíble será más amplio entre subconjuntos de la población de interés encuestada. Todas las encuestas y sondeos por muestreo, utilicen o no muestreo probabilístico, están sujetos a otras múltiples fuentes de error que, en la mayoría de los casos, no es posible cuantificar o estimar, incluidos, entre otros, el error de cobertura, el error asociado con la falta de respuesta, el error asociado con la redacción de las preguntas y las opciones de respuesta, y la ponderación y los ajustes posteriores a la encuesta.

La American Heart Association es una fuerza incansable cuyo objetivo es prolongar la vida y la salud de todos. Estamos dedicados a garantizar la equidad en la salud en todas las comunidades. A través de la colaboración con numerosas organizaciones y el impulso de millones de voluntarios, financiamos investigaciones innovadoras, defendemos la salud pública y compartimos recursos para salvar vidas. La organización con sede en Dallas ha sido una fuente de información sobre salud líder durante casi un siglo. Comuníquese con nosotros a través de heart.org, Facebook, X o llamándonos al 1-800-AHA-USA1.

“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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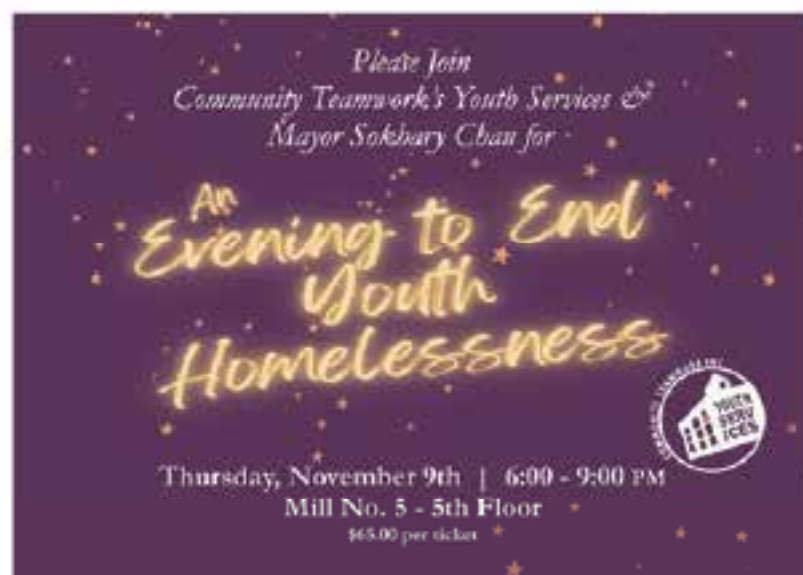


Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

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

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

¡Gracias por tu apoyo!



Enjoy Music, Beer & Wine, Small Bites and an opportunity to learn about important Youth Services Programming in Greater Lowell

To purchase tickets and learn more about the event, visit: www.commteam.org/an-evening-to-end-youth-homelessness

Questions? Contact Margot Regan maregan@commteam.org | 978.654.5813

Esperanza Giving Day - Because of YOU, We Did It!

By Jadi Taveras, Head of School

Dear Friends of Esperanza,

This day is a celebration and inspiration for the second year as our community comes together to support the exceptional students and faculty who uphold our mission daily. Specifically, your participation will help to reimagine our library space to honor our students' identities and learning needs.

As we kick off this celebration, we

ask you to make your gift of participation today—you can make our goal of 200 gifts in 24 hours possible. Every gift, of any amount, makes a difference.

Please follow our social media pages throughout the day as we will be announcing more updates and surprises, and share this campaign with your family and friends. Thank you for your commitment to our school and for ensuring another successful Esperanza Giving Day!



Support The Esperanza Fund! The funds raised annually empower our students to embrace their brilliance and our graduates to achieve the unimaginable. Your support touches every aspect of our school and elevates the resources and opportunities across our academic programming, graduate support, social and emotional learning, and more.

Our mailing address is: Esperanza Academy
198 Garden St., Lawrence, MA 01840



We cannot thank you enough for your overwhelming support and generosity on Esperanza Giving Day 2023! **YOU helped us reach our goal, UPLIFT our library, and unlock a \$10,000 challenge gift!**

Because of you, we received 204 gifts and over \$52,000 in 24 hours to continue our mission to support, challenge, and inspire every Esperanza student and alumni. We will keep you updated on the progress of reimaging our library space and diversifying our book selections to honor and embrace our students' identities and learning needs.

Join us throughout the year as we spread **JOY** and **JUSTICE** through literacy! Enjoy a special thank you message from our Principal, Delia Duran-Clark.



The Recreation Department & The Center Invite you to

Mayor, Brian A. DePeña

HALLOWEEN TRUNK OR TREAT

TUESDAY, OCTOBER 31, 2023
5PM-7PM
AT
THE CENTER
155 Haverhill Street
Lawrence, MA 01841

CANDY WILL BE GIVEN OUT WHILE SUPPLIES LAST!

For more information please call The Lawrence Recreation Dept at 978-620-3253

El "Departamento de Recreación" y "El Centro" les invitan a:

Mayor, Brian A. DePeña

HALLOWEEN TRATOS O TRUCOS

MARTES, OCTUBRE 31, 2023
5PM-7PM
EN EL CENTRO
155 Haverhill Street
Lawrence, MA 01841

SE REPARTIRÁN DULCES/GOLOSINAS HASTA QUE SE ACABEN

Para obtener más información, llame a Departamento de Recreación 978-620-3253

Volleyball stays hot, takes down Bunker Hill and Massasoit in Region 21 Tri-Match

Boston, MA (October 1, 2023) – The Northern Essex Community College volleyball team ran their unbeaten streak to 12 matches to open the season as they improved to 12-0 and 7-0 in Region 21 play as they beat Bunker Hill 3-1, before sweeping Massasoit 3-0.

Vs. Bunker Hill

In their most closely contested region matchup of the season to date, the Bulldogs took NECC to extra points in the opening set and four sets for the match as the Knights prevailed 27-25, 25-20, 22-25 and 25-19.

Abigail Heredia (Lawrence) and Liz Exume (Chelmsford) combined to lead the attack as they recorded 17 and 19 kills each in the match. Vielka Sanchez (Lawrence) and Telaviv Nunez (Lawrence) both tossed

up 20 assists each to set up the attack.

Sanchez and Lirianys Rosario (Lawrence) each recorded 13 digs on the defensive side of the net.

Vs. Massasoit

The Knights cruised to the 3-0 with set scores of 25-6, 25-22, and 25-8.

Exume led the attack going off for 12 kills in 20 attempts as she attacked with a .550 kill percentage for the match. Sanchez and Nunez recorded 19 and 11 assists respectively in the match.

Chantel Melgen (Lawrence) recorded a match high of 13 digs on the defensive.

The Knights hit the road on Tuesday night and will look to keep their unbeaten streak alive as they head to Community College of Rhode Island.

Knights volleyball earns first ever top 15 national ranking

Haverhill, MA (October 2, 2023) – For the first time in the long history of the Northern Essex Community College volleyball team, the Knights are among the top 15 nationally ranked teams in the nation as they entered the week 6 poll in the #15 position as voted on by the NJCAA Volleyball Committee.

Following a 4-0 week the Knights now stand at a perfect 12-0 on the season as they picked up three Region 21 victories to go along with a non-conference victory over Southern Maine Community College.

Abigail Heredia (Lawrence) continues to lead the nation in hitting

percentage at .491 while Vielka Sanchez (Lawrence) ranks third nationally with two service aces per set.

The Knights lineup has also been boosted by the addition of Liz Exume (Chelmsford) who was a reigning Region 21 First Team All-Region selection a season ago playing for Massasoit Community College.

As a team the Knights are currently lead the nation in service aces per set with 5.92, are third nationally in hitting percentage at .355 and fourth in total service aces with 231.

Paganini named NJCAA Goalie of the Week

Haverhill, MA (October 4, 2023) – Freshman Will Paganini (Derry, NH) of the Northern Essex Community College men's soccer team was named the NJCAA National Goalie of the Week for the week ending October 1st.

For the week, Paganini picked up two wins as the Knights topped both Quinsigamond and Bristol. Against Quinsigamond he recorded his second shutout of the season in a 5-0 win and

recorded three saves.

He closed out the week with a six save effort in a 6-1 victory over Bristol.

As a team, the Knights currently sit in second place in the Region 21 standings with a 3-0-1 record and 6-2-1 overall. NECC sits behind only perennial Region 21 power Bunker Hill with a 4-0 league record, the two teams will meet on October 14th in Boston.

Jadiel Bonfim named NJCAA National Player of the Week

Haverhill, MA (October 11, 2023) – Jadiel Bonfim (Nashua, NH) of the Northern Essex Community College men's soccer has been named the NJCAA Men's Soccer National Player of the Week for the week ending October 8th as announced today by the NJCAA.

For the week, Bonfim recorded a pair of hat tricks for the Knights as they picked up a pair of Region 21 victories defeating Roxbury Community College 6-3 on Tuesday evening and followed up with a 7-0 shutout of MassBay on Saturday night. In addition to three goals in each game he

also recoded an assist against Roxbury for a 13 point week.

On the season, Bonfim currently leads the Region in both goals (20) and points (45) and currently ranks third nationally in goals and fourth in total points.

Following a win yesterday at CCRI, the Knights are 8-2-1 overall on the season and 5-0-1 in NJCAA Region 21 play. They will hit the road on Saturday to Boston to take on Bunker Hill Community College with first place in the region standing at stake heading into the final week of the regular season.

Knights pick up first ever win over Bunker Hill, move into first place

Boston, MA (October 14, 2023) – The Northern Essex Community College men's soccer team picked up their first ever win over Bunker Hill Community College, 2-1 on the road Saturday afternoon to surpass the Bulldogs and move into first place of the Region 21 standings with a game to go. The win was the sixth straight for the Knights as they improve to 9-2-1 on the season and 6-0-1 on conference play.

In an evenly played game throughout, the Knights struck first as Kaleb Gianini (Lowell) converted a penalty kick in the 28th minute for his 15th goal of the season. The lead would hold until just before the half as BHCC netted an equalizer with three minutes remaining in the first half.

Both teams had a pair of opportunities to take the lead in the early going of

the second half, but the score remained deadlocked at one goal apiece, until the final minute. Off a corner kick in the games final minute, Jadiel Bonfim (Nashua, NH) found the right side of the net on a feed from Jonathan Diaz (Methuen). For Bonfim it was his team leading 20th goal of the season and for Diaz his team leading 11th helper of the campaign.

Will Paganini (Derry, NH) recorded 8 saves to pick up his ninth win of the season.

NECC will close out the regular season on Wednesday night, when they play host to Springfield Technical Community College at 7:00pm on the turf at Whittier Tech. A win or tie against the Rams will secure the Knights the Region 21 Tournaments top seed, a first round bye and home field throughout the tournament.

Havehill Business, Homeowners Eligible For Low-interest Disaster Relief Loans Due to Aug. 8 Storms & Flooding



Despite our considerable efforts, we have been denied federal disaster designation and financial assistance to help us recover from the August 8 storms.

We received notification recently

from the Massachusetts Emergency Management Agency (MEMA) that the region and state did not meet reimbursable damage thresholds.

However, MEMA has informed the city that all residents and businesses that were affected by the flood may be eligible for Small Business Administration (SBA) [loans](#). These SBA loans are for both businesses and residents.

- **Business Physical Disaster Loans** – Loans to businesses to repair or replace disaster-damaged property. Private, non-profit organizations such as charities, churches, private universities, etc., are also eligible.

- **Economic Injury Disaster Loans (EIDL)** – Working capital loans to help small businesses, and most private, non-profit organizations of all sizes.

- **Home Disaster Loans** – Loans to homeowners or renters to repair or replace disaster-damaged real estate and personal property, including automobiles.

The Application Filing Deadline for Physical Damage Loans is November 20, 2023. The Application Filing Deadline for the Economic Injury Loan is June 20, 2024.

Residents and businesses can learn more about these loan programs and apply for a disaster loan online [here](#).

Applicants may also call SBA's Customer Service Center at 800-659-2955 or email disastercustomerservice@sba.gov for more information.

While we are disappointed we are not going to be receiving direct financial aid, we hope these low-interest loans will be provide some degree of help to some of our businesses and homeowners who suffered significant damages from the recent storms and flooding.

As always, please reach out if I can ever be of assistance by calling the office at 978-374-2300 or emailing me at mayor@cityofhaverhill.com.

Jim Fiorentini

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