



Apoyando la Fuerza Laboral



El Alcalde DePeña tuvo el placer de unirse a la Oficina Ejecutiva de Trabajo, El departamento de Desarrollo de la Fuerza Laboral (EOLWD), el Senador Pavel Payano y el Representante Estatal Frank Morán para el anuncio de la expansión del aprendizaje y las subvenciones de oportunidades para 25 organizaciones en todo Massachusetts.

Felicitaciones al Community Day Care Center de Lawrence y al Northeast

Advanced Manufacturing Consortium por recibir premios (por más de \$225,000 y \$890,000, respectivamente) para apoyar el desarrollo del lugar de trabajo y la movilidad económica.

El Alcalde DePeña también agradece el apoyo continuo en nuestra comunidad por parte de la secretaria Lauren Jones y el subsecretario Josh Cutler de la Oficina Ejecutiva de Trabajo y Desarrollo Laboral.

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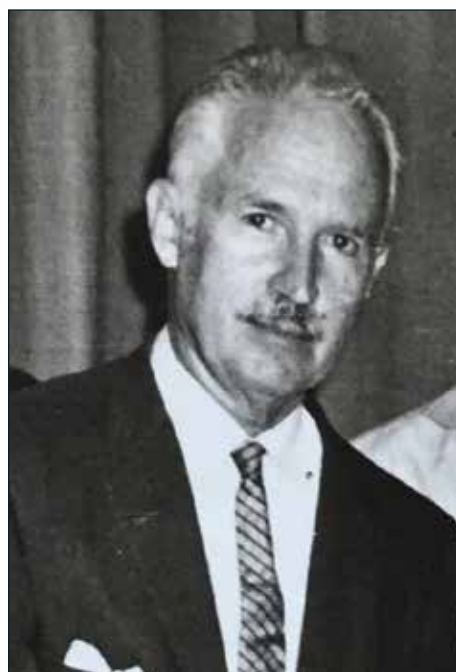
MVCU y Methuen High School celebrate Anual Credit for Life Fair



MVCU Vice President of Retail Banking James C. Potter helps students create a budget based on their lifestyle choices.

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"Chicho" y la capacidad de escuchar



"Chicho" and the ability to listen

Por/By Paul Montesino Pg. 11

Dionne Warwick is coming to Lowell



The Middlesex Community College Foundation is proud to announce the Spring 2024 Celebrity Forum, featuring six-time GRAMMY® Award-winning music legend Dionne Warwick. The event will take place on Thursday, April 25 at the Lowell Memorial Auditorium.

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Six new police cruisers to hit the streets of Lawrence

Seis Nuevos Cruceros de Policía para las calles de Lawrence

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PRESIDENTIAL PRIMARY UPDATE

Voter Registration/Party Change Deadline
✓ February 24th at 5 PM

Deadline to Request Mail-In Ballot
✓ February 27th at 5 PM

Early Voting Period
✓ February 24th - March 1st

Presidential Primary
✓ March 5th from 7 AM - 8 PM

Unsure of your polling place?
Visit www.wheredoivotema.com



Por/By Dalia Diaz
rumbonews.com/blogs

Enfermeras de Dana Farber tienen contrato

Administración de Healey-Driscoll

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Por/By Dalia Diaz
rumbonews.com/blogs

Nurses at Dana Farber got a contract

Administration of Healey-Driscoll

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Desde Mi Esquina

From My Corner

Cooperation between City, Sheriff's Office



Thank you to the Essex County Sheriff's Office, for Supporting Transitions and Reentry-STAR Program and the Lawrence Police Department for meeting with the City of Lawrence's Community Development Dept., Economic Development Dept., and Mayor DePeña's Health Task Force to initiate a whole community approach partnership to address the Opioid Epidemic, Homelessness issues, and reducing Recidivism.

Cooperación entre la Ciudad y la Oficina del Sheriff

Gracias a la oficina del Sheriff del Condado de Essex por apoyar el programa STAR de Transiciones y Reingreso y al Departamento de Policía de Lawrence por reunirse con el Departamento de Desarrollo Comunitario, el Departamento de Desarrollo Económico de la Ciudad de Lawrence y el Grupo de Trabajo de Salud del Alcalde DePeña para iniciar un enfoque comunitario integral de la asociación para abordar la epidemia de Opioid, los problemas de personas sin hogar y la reducción de la reincidencia.

Supporting Workplace Development and Economic Mobility



Mayor DePeña was pleased to join with The Executive Office of Labor, The Workforce Development (EOLWD), Senator Pavel Payano, and the State Representative Frank Morán for the announcement of the Apprenticeship Expansion and Opportunity Grants to 25 organizations across Massachusetts.

Congratulations to the Community Day Care Center of Lawrence and Northeast

Advanced Manufacturing Consortium for receiving awards—more than \$225,000 and \$890,000, respectively—to support workplace development and economic mobility.

Mayor DePeña is grateful for the ongoing support of our community by Secretary Lauren Jones and Undersecretary Josh Cutler from the Executive Office of Labor and Workforce Development.

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Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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Tel: (978) 794-5360 | www.rumbonews.com

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



Rev. James T. O'Reilly OSA Division Eight Ancient Order of Hibernians Lawrence, Massachusetts

"153 Years of Dedication to Religion, Heritage, Charity and Community"

Irish Heritage Month March 2024 Lawrence, Massachusetts Preserving and Fostering our Heritage and Culture

Friday, March 1, 2024 - IRISH FLAG RAISING Across from City Hall – Common St. @11 a.m.

Saturday, March 2, 2024 – 152nd SAINT PATRICK'S DAY BANQUET AND DANCE at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA. Traditional Corned Beef & Cabbage Dinner featuring a New Caterer (Simply Elegant Catering) with dancing to the **Silver Spears Irish Show Band from 6 pm – 11 pm** – Awarding of the Richard Cardinal Cushing and Irishman & Irishwoman of the Year Awards. For more information contact Charles Breen at 508 328 0323. Sponsored by Division 8 AOH – **Handicap Accessible**

Sunday, March 3, 2024 - OPENING of the EXHIBIT "1916: A Year that Changed Irish History" – at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA. Sponsored by Division 8 AOH (FREE) – **Handicap Accessible**

Sunday, March 3, 2024 – WHITE FUND LECTURE - Maine Author, JOHN CASHMAN. Mr. Cashman will discuss his historical novel, "THE SURVIVOR AN IRISHMAN'S STORY" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 2 pm. Sponsored by Division 8 AOH (FREE) – **Handicap Accessible**

Sunday, March 10 ,2024 – WHITE FUND LECTURE – with Author, JAMES P. GREGORY JR – Mr. Gregory will discuss his book, "UNRAVELING the MYTH of SGT. ALVIN YORK: THE OTHER SIXTEEN" – Noted prominently in this book Lawrence native, Patrick Donohue - at Lawrence Heritage State Park Visitors Center, 1 Jackson St., Lawrence, MA @ 2 pm. (FREE) - **Handicap Accessible**

Wednesday, March 13, 2024 - AOH NATIONAL HUNGER MONTH FOOD DRIVE: Please consider donating canned goods and non-perishable food items. All food items received will be donated to a local food pantry. TIME: **6 pm – 7:00 pm** at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence MA. Sponsored by Division 8 AOH – **Handicap Accessible**

Friday, March 15, 2024 – 54th ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA Traditional Corned Beef and Cabbage Dinner featuring a New Caterer (**Simply Elegant Catering**) with entertainment by the **Silver Spears Irish Show Band** at **NOON**. Awarding of the Honorable John E. Fenton Citizenship Award - For more information contact Jack Lahey @ 603 560 8192. Sponsored by Division 8 AOH – **Handicap Accessible**

Saturday, March 16, 2024 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence @ 10 am. Sponsored by Division 8 AOH (FREE) – **Handicap Accessible**

Saturday, March 16, 2024 – SAINT PATRICK'S DAY CELEBRATION at Saint Patrick Parish Center, David Burke Way, Lawrence, MA @ 5 pm. For tickets and more information please call 978 683 – 9416 - **Handicap Accessible**

Sunday, March 17, 2024 – HAPPY SAINT PATRICK'S DAY! – Enjoy this grand day with family and friends listening to Irish Music, stories, and laughter at home with family and friends or at your favorite restaurant!

Sunday, March 24, 2024 - JOIN PIANIST TERRI KELLEY AND VOCALIST BILL DONELAN FOR AN ALL-NEW PROGRAM OF CELTIC MELODIES - FROM ANCIENT GAELIC AIRES TO CURRENT SONGS - at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by Division 8 (FREE) – **Handicap Accessible**

Sunday, March 24, 2024 - EXHIBIT CLOSES "1916: A Year that Changed Irish History" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence (FREE) – **Handicap Accessible**

The Rev. James T. O'Reilly OSA Division Eight AOH was founded on November 5, 1871. The Division yearly hosts numerous social events and activities, and has scholarship opportunities for members, the children, and grandchildren of members on the high school and college level, including a scholarship for study in Ireland. Division 8 meets at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA on the second Wednesday of the month. **For information on AOH Membership please write to: Division 8 AOH Organizer, PO Box 1407, Lawrence, MA**

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

Irish Heritage Month 2024 is supported in part by a grant from the Lawrence Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Division 8 AOH Lawrence Announces 2024 Award Recipients

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has announced the names of their 2024 Award Recipients.

Cardinal Sean Patrick O'Malley, the Archbishop of the Archdiocese of Boston since 2003, has been selected as the 2024 recipient of the Richard Cardinal Cushing Award, and Brian Farrell, the owner of the Claddagh Pub in Lawrence, has been selected, as Division 8's 2024 Irishman of the Year. Both of these awards will be presented at the 152 and Annual Saint Patrick's Day Banquet and Dance on Saturday evening, March 2, 2024, at the Lawrence Lodge of Elks, 652 Andover Street in Lawrence. Anyone interested in attending this Dinner Dance and award presentations on March 2, should contact Dinner Dance Chairman Charles Breen @508 328 0323.

Dalia Diaz, the Director of the Lawrence based Rumbo Newspaper for the past 28 years, has been selected as the recipient of Division 8's 2024 Hon. John E. Fenton Citizenship Award. The Fenton Award will be presented at Division 8's 54th Annual Saint Patrick's Day Luncheon on Friday, March 15, 2024, at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA

at Noon. Anyone interested in attending this event should contact the Luncheon Chairman Jack Lahey at 603 560 8192.

The Richard Cardinal Cushing Award, which is named after the late Catholic Irish prelate who died in November 1970, was first presented in 1974 to the Honorable John F. McCormack of Massachusetts, then Speaker of the House of Representatives in Washington, DC. This award is awarded to an Irish Catholic of high moral character who exemplifies the characteristics of the late Richard Cardinal Cushing. The individual may be a man or woman, who through their life endeavors demonstrates in their daily lives the qualities of what an exemplary Irish Catholic should be.

The Hon. John E. Fenton Citizenship Award was established in 1975 to honor the late Judge John E. Fenton who passed in August 1974. Judge Fenton, who was a member of Division 8, went on to serve two terms as National President of the Ancient Order of Hibernians. This award is awarded to a man, woman, or organization, without regard to their religious, or ethnic background, who has contributed in an outstanding manner to betterment of the Greater Lawrence and Merrimack Valley area. The Honorable John E. Fenton

Citizenship Award was first awarded to the late Irving E. Rogers, then publisher and owner of the Lawrence Eagle Triune.

The Irishman of the Year Award, which is the highest award the Division can bestow on a member, was established in 1964 and is presented annually to a member of Division 8 AOH for his outstanding service, dedication, and contributions to Hibernianism and Division.8. The first recipient of this award was the late Patrick Scanlon of Lawrence, Massachusetts.

The Rev. James T. O'Reilly OSA Division Eight AOH in Lawrence, Massachusetts was founded on November 5, 1871, and for the past 153 years has helped

preserve Irish culture, history, and traditions in a multifaceted way. The talents of its members have been recognized beyond the borders of the Lawrence area. The Men's Division has produced two National Presidents, and the Ladies Division one. In addition to these three National Presidents, three members have served as National Directors of the Order.

Several members have gone on to serve in elected and appointed positions on the National, State and County Boards. At the present time, one member serves on the AOH National Board, four on the Massachusetts AOH State Board and three on the AOH Essex County Board.

Fire victims / Víctimas de incendios

Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas de los incendios recientes en Lawrence. El sitio en la internet tiene una lista de artículos que han sido donados y lo que todavía necesitan.

<http://heallawrence.org/>

heallawrence@aol.com

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

POR DALIA DÍAZ
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



CARTAS AL EDITOR
RUMBO

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

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

Las enfermeras de Dana Farber tienen contrato

Después de meses de negociaciones, los enfermeros de Dana Farber en Methuen consiguieron un nuevo contrato y están contentos con él.

La empresa se dio cuenta de que perder excelentes empleados para ahorrar un poco de dinero no era un buen negocio ni para ellos ni para la comunidad a la que sirven. Son los más dedicados y mejor capacitados que he visto y estoy feliz de que sean reconocidos por lo que representan.

Administración de Healey-Driscoll

Si bien esto no tiene que ver con Lawrence o una ciudad cercana, deberían escucharlo para entender cómo funciona este gobierno estatal porque ¿quién puede dudar de que podríamos ser los próximos?

En enero de 2021, bajo la administración del Gobernador Charlie Baker, la Legislatura aprobó la Ley de Comunidades MBTA por unanimidad en el Senado y abrumadoramente por la Cámara (143-4). Esta ley es obligatoria y hace que 177 comunidades atendidas por la MBTA construyan viviendas multifamiliares, viviendas cerca de estaciones de tránsito, estaciones de trenes de cercanías, terminales de ferry o estaciones de autobuses, para ayudar a abordar el alto costo de la vivienda y construyan 530 residencias.

El 14 de febrero, en la ciudad de Milton celebraron un referéndum y 5,115 residentes votaron "no", mientras que otros 4,346 votaron "sí".

Ahora, la Administración Healey-Driscoll emitió un comunicado de prensa acusando a Milton de incumplimiento de la Ley de Comunidades MBTA, amenazándolos con perder la financiación de subvenciones estatales. Lea el comunicado de prensa de la gobernadora en esta página.

Según una carta enviada al administrador municipal Nicholas Milano por Edward M. Augustus, Jr., secretario de la Oficina Ejecutiva de Vivienda y Comunidades

Habitables el 21 de febrero de 2024:

"... la ciudad no será elegible para recibir subvenciones de MassWorks y HousingWorks. La ciudad de Milton también estará en desventaja competitiva para los 13 programas de subvenciones discrecionales que ofrece la Oficina Ejecutiva de Vivienda y Comunidades Habitables (EOHLC), así como otras subvenciones que forman parte de Community One Stop for Growth. Además, la ciudad no será elegible para una subvención reciente del Seaport Economic Council de \$140,800 para mejoras en el malecón y el acceso, que estaba sujeta al cumplimiento de la ley".

La razón para mencionar esto es mostrarles cómo este gobierno trata con la opinión pública y cómo los legisladores pueden imponerse para obligar a la gente a hacer lo que quieren. Algunas personas lo llaman "persuasión negativa", pero yo lo llamo "chantaje".

Las ciudades y los pueblos ya no tienen la libertad de decidir cómo quieren vivir. La casa promedio en Milton cuesta 1,1 millones de dólares y construir 530 apartamentos cerca de una estación de autobús o de tren afectará la cultura de la ciudad y su forma de vida.

Lawrence está al máximo de su capacidad y seguimos construyendo apartamentos, no negocios o industrias, pero no se nota porque somos una "ciudad pobre", pero ese ejemplo muestra que, si alguna vez desobedecemos una "solicitud" del estado, podemos vernos obligados a hacer lo que quieran, como Milton.

Lo sé; a la gente le encanta odiar a los ricos, así que, ¿a quién le importa una ciudad de ricos? ¡Deberíamos! Todos queremos tener éxito en la vida y mejorar para nosotros mismos, especialmente si eso significa tener una casa más bonita en un ambiente mejor. Ese derecho fundamental a elegir cómo y dónde queremos vivir es básico para las libertades que disfrutamos en este país.

Al final, los culpo a todos por no estar alertas de lo que están haciendo nuestros políticos en la Legislatura.

"Un líder lleva a las personas a donde quieren ir. Un gran líder lleva a las personas a donde no necesariamente quieren ir, pero deberían ir".

"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Rosalynn Carter



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

— Voltaire

AZ QUOTES

La administración de Healey-Driscoll revoca la subvención de Milton debido por incumplimiento de las Comunidades de MBTA

BOSTON – La administración de Healey-Driscoll notificó hoy a la ciudad de Milton que no cumple con la Ley de Comunidades de MBTA y, como resultado, comenzará a perder fondos de subvenciones estatales.

En una carta al administrador municipal Nicholas Milano, el secretario de Vivienda y Comunidades Habitables, Ed Augustus, confirmó que Milton ya no será elegible para una reciente subvención de \$140,800 para mejoras en el malecón y el acceso, que dependía del cumplimiento de la ley. La ciudad tampoco será elegible para recibir subvenciones de MassWorks y

HousingWorks y estará en desventaja competitiva para muchos otros programas de subvenciones estatales.

"La ley es clara: el cumplimiento de la Ley de Comunidades MBTA es obligatorio", escribió el Secretario Augustus. "En este momento, Milton es la única comunidad de tránsito rápido en Massachusetts que no cumple. Si no nos unimos todos para construir más viviendas, no podremos superar nuestra crisis de asequibilidad. Necesitamos que cada comunidad haga su parte".

Lea la carta completa del Secretario (en inglés) [aquí](#).

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.

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

¿Por qué está mal visto escribir con faltas de ortografía?

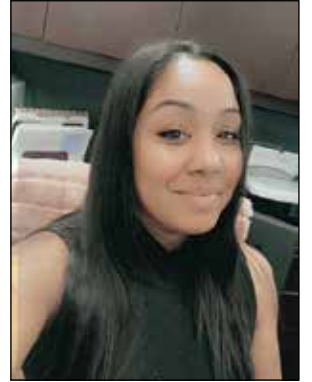
- Revela una educación formal deficiente.
- Revela falta de cuidado en la comunicación. (Es decir, poco importa si nos entienden o no)
- Revela desinterés por aprender y mejorar.
- Revela falta de lectura.

Respuestas como...

- * Pero igual me entendiste.
- * Los signos de puntuación pasaron de moda.
- * La ortografía no es importante en mi vida.

...solo revelan falta de motivación para ser mejores consigo mismos y para con la sociedad.

Happy 80th Birthday Carmen Grullon of Haverhill



Mama's 80th Birthday
FEBRUARY 10, 2024



Mama's 80th Birthday
FEBRUARY 10, 2024



Mama's 80th Birthday
FEBRUARY 10, 2024



Mama's 80th Birthday
FEBRUARY 10, 2024



Mama's 80th Birthday
FEBRUARY 10, 2024



Mama's 80th Birthday
FEBRUARY 10, 2024

Seis Nuevos Cruceros de Policía para salir a las calles de Lawrence

El Alcalde Brian A. DePeña y el jefe provisional William Castro estuvieron acompañados por la Delegación Estatal y el Departamento de Policía de Lawrence de la ciudad para anunciar el lanzamiento de 6 nuevos vehículos policiales. Proporcionar a los miembros del Departamento de Policía de Lawrence los equipos y la tecnología más recientes y avanzados para servir mejor a los residentes de Lawrence, lo cual continúa siendo una de las principales prioridades para el Alcalde DePeña y el jefe interino Castro.

El Departamento responde a un promedio de 65,000 llamadas de servicio anualmente. Además de responder a las llamadas de servicio de emergencia, las unidades de patrulla rotuladas brindan visibilidad en los vecindarios de toda la ciudad, lo que ha demostrado ser un elemento importante contra el crimen.

Las unidades de patrulla rotuladas también desempeñan un papel clave en el alcance de la policía comunitaria del Departamento. Estos vehículos suelen visitar escuelas, parques, desfiles y otros eventos comunitarios donde los niños tienen la oportunidad de aprender sobre el equipamiento del vehículo y posar para fotografías sentados en los vehículos.

El Alcalde DePeña y el jefe provisional Castro siguen comprometidos a continuar trabajando con nuestros concejales municipales y la Delegación Estatal para brindar a los miembros de este departamento la última tecnología y equipos para servir y proteger mejor a los residentes de nuestra gran Ciudad de Lawrence.



Six new police cruisers to hit the streets of Lawrence

Mayor Brian A. DePeña and Provisional Chief William Castro are pleased to announce the roll out of 6 new police cruisers. Providing the members of the Lawrence Police Department with the latest and most advance equipment and technology to better serve the residents of Lawrence continues to be a top priority for Mayor DePeña and Acting Chief Castro. The Department responds to an average of 65,000 calls for service annually. In addition to responding to emergency calls for service, marked patrol units provide visibility in the neighborhoods throughout the City which has been a proven crime deterrent. The

marked patrol units also play a key role in the Department's Community Policing outreach. These vehicles often visit schools, parks, parades, and other community events where children have an opportunity to learn about the vehicle's equipment and pose for photographs sitting in the vehicle. Mayor DePeña and Provisional Chief Castro remain committed to continue work with our City Council and State Delegation to provide the members of these departments with the latest technology and equipment to better serve and protect the residents of our great City of Lawrence.



¡La Fundación Big Brother Big Sister necesita tu ayuda!



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

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

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

¡Gracias por tu apoyo!

Rumbo

"The Bilingual Newspaper of the Merrimack Valley"

www.rumbonews.com

Haverhill City Clerk Announces Early Voting Schedule

HAVERTHILL – The City Clerk’s office will hold Early Voting for the Presidential Primary Election beginning Saturday February 24th to Friday March 1st. All Early Voting will occur in the old RMV location located in the basement of the City Hall at 4 Summer St., most easily accessible from the Newcomb St side of the building. (Handicap Access from Main St lower parking lot.)

Early Voting Dates & Times:

- Saturday, February 24th – 10:00 AM to 4:00 PM
- Sunday, February 25th – 10:00 AM to 4:00 PM
- Monday, February 26th – 8:00 AM to 4:00 PM
- Tuesday, February 27th – 8:00 AM to 4:00 PM
- Wednesday, February 28th – 8:00 AM to 4:00 PM
- Thursday, February 29th – 8:00 AM to 8:00 PM
- Friday, March 1st – 8:00 AM to 4:00 PM

The last date and time to register to vote or change your party registration for the March 5th Presidential Primary Election is Saturday, February 24th at 5:00 PM. The last day to request a Vote by Mail ballot is Tuesday, February 27th by 5:00 PM. Election Day is Tuesday, March 5th with polls open 7 AM to 8 PM.

To check your voter registration status, visit <https://www.sec.state.ma.us/voterregistrationsearch> or call the City Clerk’s office at (978) 374-2312.

Anuncia calendario de votación anticipada

HAVERTHILL – La oficina de la Secretaria Municipal llevará a cabo la votación anticipada para las elecciones primarias presidenciales desde el sábado 24 de febrero hasta el viernes 1 de marzo. Toda la votación anticipada se llevará a cabo en la antigua ubicación del RMV ubicada en el sótano del Ayuntamiento en 4 Summer St., más fácilmente accesible desde el lado del edificio de Newcomb St. (Acceso para discapacitados desde el estacionamiento inferior de Main St.)

Fechas y horarios de votación anticipada:

- Sábado 24 de febrero – 10:00 a. m. a 4:00 p. m.
- Domingo 25 de febrero – 10:00 a.m. a 4:00 p.m.
- Lunes 26 de febrero – 8:00 a. m. a 4:00 p. m.
- Martes 27 de febrero – 8:00 a. m. a 4:00 p. m.
- Miércoles 28 de febrero – 8:00 a. m. a 4:00 p. m.
- Jueves 29 de febrero – 8:00 a. m. a 8:00 p. m.
- Viernes 1 de marzo – 8:00 a. m. a 4:00 p. m.

La última fecha y hora para registrarse para votar o cambiar su registro de partido para las Elecciones Primarias Presidenciales del 5 de marzo es el sábado 24 de febrero a las 5:00 p.m. El último día para solicitar una boleta de Voto por Correo es el martes 27 de febrero a las 5:00 p.m. El día de las elecciones es el martes 5 de marzo y las urnas están abiertas de 7 a. m. a 8 p. m.

Para verificar el estado de su registro de votante, visite <https://www.sec.state.ma.us/voterregistrationsearch> o llame a la oficina de la Secretaria Municipal al (978) 374-2312.

“Aléjate de aquellas personas que intentan menospreciar tus ambiciones. Las mentes pequeñas siempre harán eso, pero las mentes grandes te darán la sensación de que tú también puedes llegar a ser grande”.

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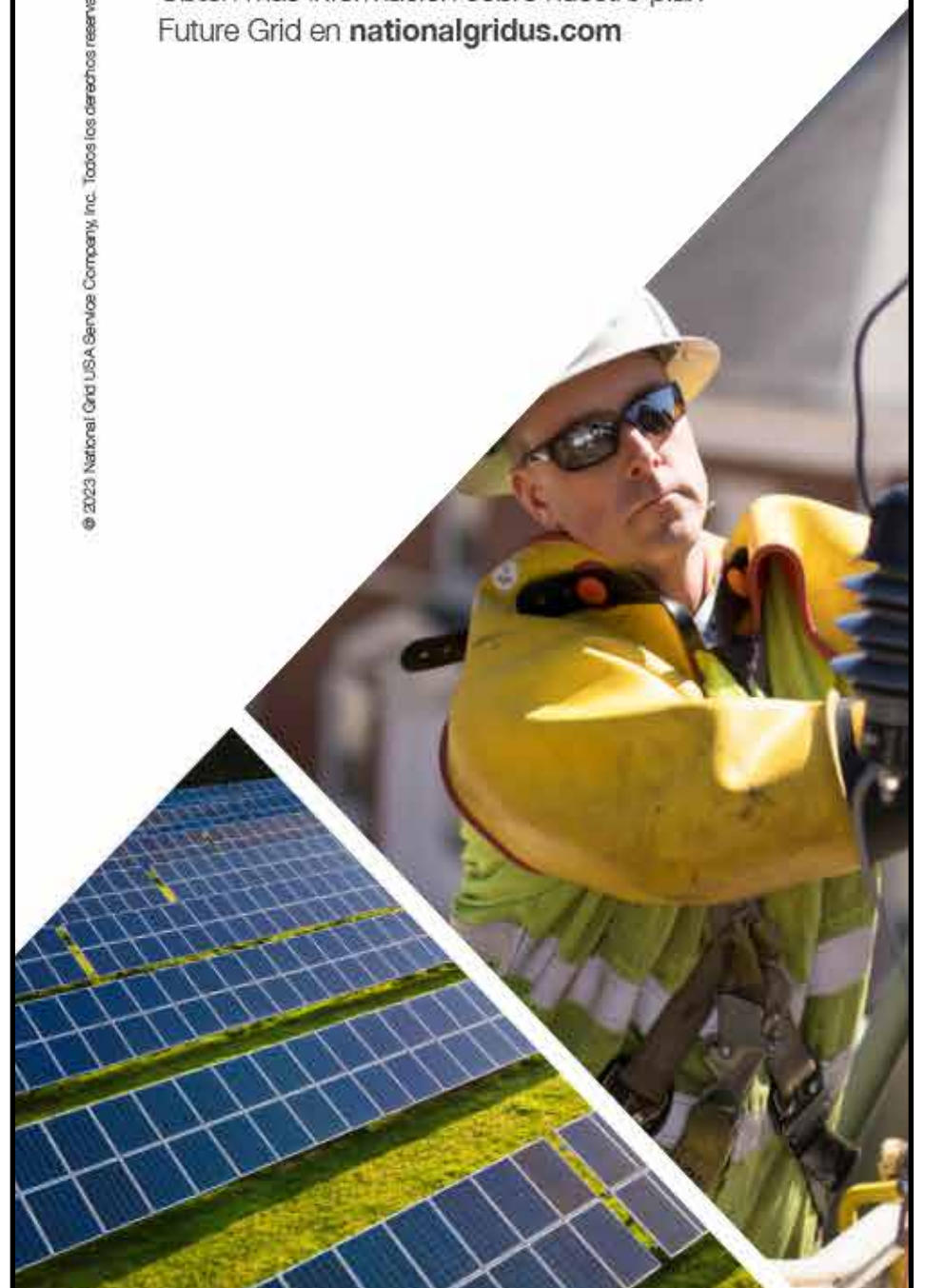
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Merrimack Valley Credit Union and Methuen High School Hold Annual Credit for Life Fair

The event prepares graduating seniors for adulthood by simulating important financial decisions.

Methuen, Mass. – Feb. 22, 2024 – On Friday, Feb. 16, Merrimack Valley Credit Union (MVCU) and Methuen High School (MHS) teamed up for the fifth year to present the Credit for Life Fair to hundreds of graduating seniors.

Credit for Life is a two-hour financial simulation held in Klimas Field House at MHS. Before the fair, students selected a profession that best fits their post-graduation plans and received an estimated salary. During the fair, students visited 15 different booths that represented financial decisions they would encounter as adults, such as attending community, state, or private college; choosing between purchasing a car or a monthly public transit pass; and deciding whether to rent or own a home.

Students also learned about how their lifestyle choices, including eating out, purchasing a gym membership, or owning a pet, would affect their budget. They faced a “reality check” by spinning “The Wheel of Misfortune” which includes 12 items that could either hurt a student’s budget or provide the windfall they need to keep their monthly budget in the positive.

The students finished the fair at the credit counseling booth, where volunteers

analyzed the students’ spending and salary to help them understand the importance of financial planning and how their decisions ultimately impacted their budget.

The partnership between MVCU and MHS began with the inaugural fair in 2018. The event is staffed by more than 50 volunteers from local professional and community organizations, the Methuen School District, and MVCU. The volunteers have face-to-face conversations with the students about the impact their choices have on their budget and offer decades of practical experience to the students.

“The MHS Credit for Life Fair is one of my favorite events that MVCU is involved in during the year,” says MVCU Marketing Manager Andrea Manseau, lead coordinator of the Credit for Life Fair. “The fair makes financial education a hands-on, immersive event that introduces students to the decisions they’ll make as adults. They get to talk to volunteers who offer not only their professional expertise but personal experiences, as well. We continue to partner with MHS because of their dedication to this event and the value they see in providing students with this experience, and we look forward to presenting the fair to next year’s senior class.”



MVCU staff volunteers at the 2024 Credit for Life Fair.



MVCU Universal Banker Andrea Rose gives students financial advice during the 2024 Credit for Life Fair.

Merrimack Valley Credit Union y Methuen High School celebran la feria anual Credit for Life

El evento prepara a los estudiantes del último año para la edad adulta mediante la simulación de importantes decisiones financieras

Methuen, Mass. – 22 de febrero de 2024 – El viernes 16 de febrero, Merrimack Valley Credit Union (MVCU) y Methuen High School (MHS) se unieron por quinto año para presentar la Feria Credit for Life a cientos de estudiantes de último año que se gradúan.

Credit for Life es una simulación financiera de dos horas que se lleva a cabo en Klimas Field House en MHS. Antes de la feria, los estudiantes seleccionaron la profesión que mejor se adapta a sus planes de posgrado y recibieron un salario estimado. Durante la feria, los estudiantes visitaron 15 puestos diferentes que representaban decisiones financieras que enfrentarían cuando fueran adultos, como asistir a una universidad comunitaria, estatal o privada; elegir entre comprar un automóvil o un abono mensual de transporte público; y decidir si alquilar o ser propietario de una casa.

Los estudiantes también aprendieron cómo sus elecciones de estilo de vida, incluyendo salir a comer, comprar una membresía en un gimnasio o tener una mascota, afectarían su presupuesto. Se enfrentaron a una “verificación de la realidad” al hacer girar “La rueda de la desgracia”, que incluye 12 elementos que podrían dañar el presupuesto de un estudiante o proporcionarle la ganancia inesperada que necesita para mantener su presupuesto mensual en positivo.

Los estudiantes terminaron la feria

en el stand de asesoría crediticia, donde los voluntarios analizaron los gastos y salarios de los estudiantes para ayudarlos a comprender la importancia de la planificación financiera y cómo sus decisiones finalmente impactaron su presupuesto.

La asociación entre MVCU y MHS comenzó con la feria inaugural en 2018. El evento cuenta con más de 50 voluntarios de organizaciones comunitarias y profesionales locales, el Distrito Escolar de Methuen y MVCU. Los voluntarios mantienen conversaciones cara a cara con los estudiantes sobre el impacto que sus decisiones tienen en su presupuesto y ofrecen décadas de experiencia práctica a los estudiantes.

“La Feria Credit for Life de MHS es uno de mis eventos favoritos en los que participa MVCU durante el año”, dice Andrea Manseau, gerente de marketing de MVCU, coordinadora principal de la Feria Credit for Life. “La feria hace de la educación financiera un evento práctico e inmersivo que presenta a los estudiantes las decisiones que tomarán cuando sean adultos. Pueden hablar con voluntarios que ofrecen no sólo su experiencia profesional sino también sus experiencias personales. Seguimos asociándonos con MHS debido a su dedicación a este evento y el valor que ven en brindarles a los estudiantes esta experiencia, y esperamos presentar la feria a la generación del último año del próximo año”

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INCOMING: 28 dogs from an overcrowded Florida shelter

Miami-Dade Animal Services in Doral, Florida has more than 650 dogs in their care right now. They only have the capacity to house care for 350.

Our own dog population has been near capacity for a long time given the increase in local surrenders and our busy transport schedule. But Miami-Dade really needed help, and we weren't about to leave them high and dry. It's just not what we do.

28 of these dogs are arriving in Massachusetts on February 17th. It's never easy to take in this many dogs at once... It's not hard to imagine why. We need all the help we can get. Please give what you can to help us care for these incoming dogs.

The dogs coming from Miami range from six months to nine years old — from Labs and Bulldogs to Terriers and Boxers. If you're in a position to adopt, now's a great time to do so. From Monday, February 19th through Sunday, February 25th, we'll be waiving adoption fees for all dogs six months and older at all four of our shelters so that we can find loving homes as quickly as possible.

But I'll be frank: The cost of ensuring the dog's safe arrival and caring for them is

expected to top \$5,000. As much as we need homes for these dogs, we also need funds to care for them in the meantime. I hope you'll give what you can.

The overpopulation crisis is incredibly urgent. New data from Shelter Animals Count shows that nearly 360,000 dogs in the U.S. were euthanized last year — the highest number in five years. To combat this crisis, we need everyone from the animal community to do what they can, and that includes you, Dalia. Please rush a gift to help today.

Thanks for caring,

Neal Litvack
President
MSPCA-Angell

P.S. 28 dogs are on their way from an overpopulated shelter in Miami. Amid the ongoing pet overpopulation crisis, our resources are already stretched paper-thin. Will you please give what you can to help us care for them and find them loving homes as quickly as possible?



Lucy is one of thousands of dogs who has endured the nationwide animal welfare crisis. Adoption numbers are down, and adult dog surrenders are up. As a reminder, we're waiving adoption fees for all dogs six-months and older through Sunday, February 25th. If you're in a position to adopt, this is a great time to do so!

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MCC's Spring Celebrity Forum to Welcome Award-winning Music Legend

The Middlesex Community College Foundation is proud to announce the Spring 2024 Celebrity Forum, featuring six-time GRAMMY® Award-winning music legend Dionne Warwick. The event will take place on Thursday, April 25 at the Lowell Memorial Auditorium.

"This is exciting news for Greater Lowell – Middlesex is honored to help bring another legend of music to the Auditorium stage," said MCC President Phil Sisson. "These events don't happen without the MCC Foundation and our sponsors who have generously been providing scholarship support to our students for more than two decades through this Celebrity Forum series. I'm looking forward to a fabulous evening with a packed house celebrating and listening to music royalty Dionne Warwick!"

"We are thrilled and honored to welcome the iconic international superstar Dionne Warwick to the Lowell Memorial Auditorium," said Judy Burke, MCC's Vice President of Institutional Advancement & Workforce Development. "Our Celebrity Forum events are an opportunity to celebrate the impact of our college and the Foundation with an evening of music and dance while raising important funds to assist Middlesex students with the costs of attending school. The MCC Foundation is grateful to Ms. Warwick for performing and to Spectacle Live and our community partners and sponsors for making these incredible events possible each year."

Warwick earned more than 75 charted hit songs and sold over 100 million records in her 50+ year career. Discovered by Burt Bacharach and Hal David in 1961, she recorded 18 consecutive Top 100 singles, including "Don't Make Me Over," Walk on By," "Say a Little Prayer," "A House is Not a Home," "Alfie," "Heartbreaker," and "Déjà Vu," among others.

Known as the artist who "bridged the gap" with her soulful blend of pop, gospel and R&B music that transcended race, culture and musical boundaries, Warwick became first African American solo female artist of her generation to win the prestigious award for Best Contemporary Female Vocalist Performance. She is also the recipient of several coveted and prestigious awards, including the 2017 Marian Anderson Award, the 2019 GRAMMY® Lifetime Achievement Award, and the 2023 Kennedy Center Honor in 2023.

She participated in recording the hits "That's What Friends Are For" and "We Are the World," and performed at "Live



The Middlesex Community College Foundation is proud to announce the Spring 2024 Celebrity Forum, featuring six-time GRAMMY® Award-winning music legend Dionne Warwick. The event will take place on Thursday, April 25 at the Lowell Memorial Auditorium.

Aid." Author of the best-selling "My Life As I see It," Warwick was honored in a 2018 PBS Television Special "Then Came You" and was named a 2019 Ambassador to the Smithsonian Institute's Year in Music.

A donor reception for sponsors will start off the event at 6 p.m., followed by dinner and the 8 p.m. performance. Proceeds from the event provide support for scholarships for MCC students. The annual fundraiser is one of the best ways to support MCC students while having a great night out.

For over 20 years, Middlesex has brought well-known personalities to Greater Lowell for the educational and cultural enrichment of area residents, including the 2023 event with the Temptations and the Four Tops. The TJX Companies, Inc., proud Presenting Sponsor of MCC's spring fundraisers since 1999, has returned to support this year's Celebrity Forum.

Visit <https://www.middlesex.mass.edu/celebrityforum/2024.aspx> for more information about sponsorship opportunities or contact Sherri McCormack, MCC's Dean of Advancement at mccormacks@middlesex.mass.edu or 978-656-3034. To purchase tickets, contact the Lowell Memorial Auditorium Box Office at 800-657-8774.

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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

"Chicho" y la capacidad de escuchar

Cuanto más escucho las controversias políticas que contaminan nuestras vidas, más convencido estoy de que sufrimos una incapacidad innata o aprendida para escuchar, y para poder escuchar, uno debe saltar de sus zapatos y meterse en los de la persona con la que estamos teniendo la conversación. Pero no se sientan mal, esta enfermedad no es solo en el ámbito de las batallas electorales en los Estados Unidos. Lo mismo ocurre con la mayoría de los conflictos entre naciones, creencias religiosas e incluso culturas, pasadas y presentes.

Pero para probar mi punto de vista sobre esa realidad, siento que debo usar ejemplos en los que lo contrario parece estar funcionando. Lo intentaré. Nunca confío en el instinto de una marmota para que me ayude a soportar los meses fríos y nevados. Soñando con el calor de los meses de verano que se aproximan desencadena muchos de mis recuerdos.

Hace años, en realidad durante mi adolescencia, mi familia solía pasar los veranos en un balneario al oeste de La Habana llamado Baracoa. Creo que he escrito sobre esa experiencia antes. Solíamos alquilar una casa durante los meses de verano y compartíamos los gastos con la familia de un primo de mi padre llamado Rodolfo, amigable apodado "Chicho" por la mayoría de las personas que lo conocían. Sus nietas le llamaban Pachichi amorosamente. "Pa" de Papa y "Chichi" de Chicho. ¡Qué gran homenaje!

"Chicho" tenía treinta y tantos años, su rostro era juvenil, pero su cabello blanco temprano le daba la impresión de ser un hombre mucho mayor. Era bondadoso, siempre sonreía y hacía bromas cuando era necesario y nadie más lo hacía. Le encantaba construir cosas y jugar con la electricidad. La conocida revista "Mecánica Popular" siempre estuvo cerca de él y no muy lejos siempre un proyecto del momento que lo mantuvo ocupado y sus amigos excitados.

Uno de esos proyectos resultó ser un kayak. En Baracoa, la vista de su kayak se convirtió en el entretenimiento de la mayoría de los amigos de sus hijos y en la construcción de la que más orgulloso se sentía "Chicho". Bien podría haberse llamado a sí mismo ingeniero naval, porque la visión de la proa de su kayak rompiendo las furiosas olas frente a él mientras navegaba por la playa cargado con algunos de sus entusiastas navegantes era la mejor evidencia de sus habilidades.

Pero "Chicho" era mucho más que navegar. También fue telegrafista. Si bien los botes y los kayaks le costaban dinero, trabajar en el telégrafo en una estación de tren en Alquizar, el pueblo donde vivía, le proporcionaba la capacidad de ingresos que él y su familia necesitaban para tener una vida cómoda.

Los telegrafistas de aquellos años tenían que ser buenos oyentes. Operar un telégrafo requería varias habilidades. El telegrafista tenía que ser capaz de escuchar e interpretar los mensajes entrantes, convirtiendo el código telegráfico en texto significativo para transmitirlo al destinatario previsto. También necesitaban codificar y enviar mensajes y, en algunos casos, también transmitían mensajes a lo largo de la línea telegráfica.



Rodolfo Gonzalez "Chicho" (1904-1983)

Si alguna vez hubiera escuchado el constante golpeteo de los mensajes en código Morse que acompañaban a cada mensaje telegráfico, sabrías las razones. Creado en la década de 1830 por Samuel F.B. Morse, en su apogeo, el código Morse era un método de comunicación común y estandarizado utilizado por los militares, los radioaficionados, los traductores y otros, y le daba a cualquiera la capacidad de conversar directamente con alguien a grandes distancias. Las estaciones de ferrocarril, donde trabajaba "Chicho", también lo usaban ampliamente.

Los mensajes codificados en Morse son una combinación de pulsaciones cortas y pulsaciones largas ". . . .", etcétera, etcétera, que forman las letras y las palabras. La combinación y la secuencia de esos toques constituyen las letras de los mensajes transmitidos. Sentarse junto a las máquinas telegráficas todo el día le aburriría o molestaría a muchos. Cada mensaje se compone de partes codificadas: el destinatario del mensaje, el inicio del mensaje, el final del mensaje. Si no había transmisión en el canal, el silencio seguía hasta que volvía a aparecer un nuevo mensaje de tres partes. El telegrafista tenía que ser capaz de identificar los mensajes enviados a través de su estación y los que simplemente llegaban. ¿Ve lo importante que fue ser un buen y alerta oyente durante el proceso?

"Chicho" extendió su habilidad como telegrafista de puntos y rayas a escuchar constantemente las necesidades de la gente y nunca le faltaron amigos, ni a sus amigos tampoco les faltó su atención. Hoy en día, la tecnología ha suplantado al telégrafo por sofisticados sistemas de comunicación, y también hemos aprovechado los llamados teléfonos "inteligentes" para enviarnos mensajes unos a otros. Pero cuando me siento en el consultorio de un médico y veo a los pacientes sentados uno al lado del otro sin siquiera saludarse, pero mirando hipnóticamente las pantallas de sus teléfonos inteligentes, me pregunto quién es el participante inteligente en esa combinación. Entonces recuerdo a "Chicho" y su incuestionable capacidad de escuchar. Necesitamos más de ellos.

Y ese es mi punto de vista hoy. Agur.



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

"Chicho" and the ability to listen

The more I hear the political controversies that pollute our lives, the more convinced I am that we suffer an inborn or learned inability to listen, and to be able to listen, one must jump out of one's shoes and into the person's we are having the conversation with. But don't feel bad, this malady is not the purview of the electoral battles in the United States alone. The same is true for most conflicts between nations, religious beliefs, and even cultures, past and present.

To prove my point about that reality, I feel I must use examples where the contrary seems to be working. I will try. I never trust a groundhog's instinct to help me withstand the cold and snowy months. Dreaming about the warmth of the approaching summer months triggers many memories.

Years ago, actually, during my adolescence, my family used to spend summers at a beach resort west of Havana called Baracoa. I believe I have written about that experience before. We used to rent a house during the summer months and shared the expenses with the family of a cousin of my father called Rodolfo, friendly nicknamed "Chicho" by most of the people who knew him. His granddaughters lovingly called him Pachichi. "Pa" for Papa and "Chichi" for Chicho. What a great tribute!

"Chicho" was in his late thirties, his face was youngish, but his early white hair gave him the impression of being a much older man. He was good natured, always smiling and building jokes when it was necessary and no one else did. He loved building things and playing with electricity. The well-known "Popular Mechanic" magazine was always close to him, and not too far away was always a project of the moment that kept him busy and his friends excited.

One such project happened to be a kayak. At Baracoa, the sight of his kayak became the entertainment of most of his children's friends and Chicho's proudest construction. He might as well have called himself a naval engineer because the sight of his kayak's bow breaking the furious waves facing it as it sailed the beach loaded with some of his enthusiastic navigators was the best evidence of his skills.

But there was more to "Chicho" than sailing. He was also a telegraphist. While boats and kayaks cost him money, working the telegraph at a train station in Alquizar, the town where he lived, provided the earning capacity he and his family needed to have a comfortable life.

Telegraphists in those years had to be good listeners. Operating a telegraph required several skill sets. The telegraphist needed to be able to listen to and interpret incoming messages converting telegraph code into meaningful text to relay to the intended recipient. They also needed to encode and send messages out, and in some cases also relayed messages along the telegraph line.

If you had ever heard the constant tapping of Morse Code messages that went with each telegraph message you would know the reasons. Created in the 1830s by Samuel F.B. Morse, in its heyday Morse code was a common, standardized method of communication used by the military, amateur radio operators, translators, and others and gave anyone the ability to converse directly with someone over great distances. The railroad stations, where "Chicho" worked, used it extensively as well.

The Morse Coded messages are a combination of short dot taps and long dash taps: ". . . .", that make the letters and words. The combination and sequence of those taps make up the letters of the messages transmitted. Sitting next to the telegraph machines all day long would bore or bother most people. Each message is composed of coded parts: the recipient of the message, the start of the message, and the end of the message. If there was no transmission on the channel, silence would follow until a new three-part message came again. The telegraphist had to be able to identify those messages sent to his station and those that simply went through. Do you see how important it was to be a good alert listener during the process?

"Chicho" extended his skill as a constantly listening telegraphist of dots and dashes to listening to people's needs and he never lacked friends; nor were his friends lacking his attention either. Today, technology has supplanted the telegraph with sophisticated communication systems, and we have also taken advantage of so-called smartphones to send messages to each other. But when I sit at a doctor's office and see patients sitting next to each other without even saying hello and looking hypnotic-like at the screens of their smartphones, I wonder who the smart participant in that combination is. I then remember "Chicho" and his unquestioned ability to listen. We need more of them.

And that is my point of view today. So Long.



Our Baracoa summer crew. I may be spotted easily: The "handsome" second from the left.

Palear la nieve y las bajas temperaturas forman una tormenta perfecta de riesgos para la salud del corazón



La American Heart Association (la Asociación Americana del Corazón) advierte que el esfuerzo añadido de palear la nieve u otro esfuerzo físico en temperaturas frías puede ser extremadamente peligroso para muchos hispanos que padecen un alto índice de enfermedades cardiovasculares

DALLAS, 11 de enero de 2024 — Puede que los meteorólogos hablen de "materia blanca y esponjosa", sin embargo, la nieve puede ser un peligro mayor de lo que mucha gente se imagina. Según la American Heart Association (la Asociación Americana del Corazón), que celebra su Centenario como la principal organización sin ánimo de lucro del mundo centrada en la salud del corazón y el cerebro de todas las personas, las investigaciones demuestran que un esfuerzo físico como palear la nieve puede conllevar un mayor riesgo de sufrir un ataque al corazón o una parada cardíaca súbita. Esta afirmación cobra especial relevancia entre la población hispana, que presenta un alto índice de enfermedades cardiovasculares y factores de riesgo previos.

Las declaraciones científicas de 2020 de la American Heart Association (la Asociación Americana del Corazón), Eventos cardiovasculares agudos relacionados con el ejercicio y posibles adaptaciones perjudiciales después del entrenamiento físico a largo plazo: los riesgos en perspectiva: datos actualizados, menciona "palear la nieve entre las actividades físicas que pueden ejercer un estrés adicional en el corazón, especialmente entre las personas que no están acostumbradas al ejercicio regular. Numerosos estudios de investigación científica a lo largo de los años han identificado los peligros de palear la nieve para las personas con y sin enfermedades cardíacas conocidas.

"En plena época de frío extremo, actividades intensas como palear nieve pueden suponer una amenaza silenciosa para la salud del corazón", afirma Samer Kottiech, M.D., experto voluntario de la American Heart Association (la Asociación Americana del Corazón), profesor asistente en Mount Sinai NYC y fundador de Corazon en Forma. "Es importante reconocer que incluso las tareas aparentemente rutinarias pueden conllevar riesgos cardiovasculares significativos en condiciones difíciles".

Kottiech señaló cinco formas clave en las que palear la nieve puede afectar a la salud del corazón:

- Palear la nieve supone sobre todo un esfuerzo isométrico o estático que conlleva la contracción de los músculos sin ningún movimiento en las articulaciones circundantes.

- El acto de palear la nieve es principalmente un trabajo de brazos, que es más agotador y exigente para el corazón que el trabajo de piernas.

- Mientras se esfuerza por levantar cargas pesadas, como una palada de nieve, a menudo contiene inconscientemente la respiración, lo que provoca grandes aumentos de la frecuencia cardíaca y la presión arterial.

- Al estar casi siempre de pie mientras palea, sus piernas no se mueven mucho, lo que provoca un estancamiento de la sangre en las extremidades inferiores, por lo que no llega al corazón, que necesita la sangre oxigenada.

- La respiración o la exposición al aire frío provoca la constricción de los vasos sanguíneos de todo el cuerpo, aumentando de manera desproporcionada la presión arterial y construyendo simultáneamente las arterias coronarias (que son del tamaño de un espagueti cocido).

Kottiech advirtió que el impacto de quitar la nieve y realizar esfuerzos físicos similares cuando hace frío es especialmente preocupante para las personas que presentan riesgos cardiovasculares como un estilo de vida sedentario u obesidad, ser fumador o ex fumador, padecer diabetes, colesterol alto o hipertensión, así como para las personas que han sufrido un ataque al corazón o un ataque o derrame cerebral.

"Existe una prevalencia muy alta de todos estos factores entre la población de origen hispano", afirmó Kottiech. "Las investigaciones recientes han mostrado tasas elevadas de factores de riesgo cardiovascular tradicionales en personas hispanas, como la obesidad, la hipertensión, la diabetes y el colesterol alto, junto con factores de riesgo emergentes como los trastornos hipertensivos del embarazo, el estrés psicológico y las exposiciones ocupacionales, como el trabajo intensivo".

Señala que el esfuerzo físico de cualquier tipo en climas fríos puede aumentar los riesgos para la salud, especialmente para las personas que deben trabajar al aire libre en cualquier tipo de condiciones.

"Sabemos que este tipo de trabajos físicamente exigentes, como los de los trabajadores agrícolas y obreros, son comunes entre la comunidad de origen hispano-latino", aseguró Kottiech. "Los efectos negativos sobre la salud de la exposición ocupacional a climas extremos se ven agravados por otros factores exclusivos de las personas de color. Entre estos problemas cabe citar las barreras lingüísticas y de alfabetización, las diferencias culturales, los determinantes socioeconómicos de la salud, como los ingresos y la educación, y las desigualdades sanitarias sistémicas, incluida la falta de acceso a la atención sanitaria".

Kottiech ofreció algunos consejos para las personas que deben palear nieve o realizar otros trabajos físicos al aire libre en invierno:

- Si es una persona mayor o padece o presenta un alto riesgo de padecer una enfermedad cardíaca o un ataque o derrame cerebral, no debe realizar actividades físicas como palear nieve en cualquier condición.

Pida ayuda a otras personas.

- Si tiene que palear nieve o realizar otras actividades físicas intensas con frío, empiece poco a poco y vaya a su ritmo. Cúbrase siempre la boca y la nariz, lleve ropa superpuesta, así como gorro y guantes.

- Preferiblemente, hay que realizar movimientos como empujar o barrer la nieve en lugar de levantarla y arrojarla, que suponen un menor esfuerzo.

- Tenga mucho cuidado cuando sopla el viento, porque el viento hace que la temperatura parezca aún más baja de lo que es y aumentará los efectos del frío en su cuerpo.

Kottiech subraya la importancia de ser consciente de lo que le dice su cuerpo y de interrumpir cualquier actividad física si empieza a experimentar síntomas de alerta.

Conozca los síntomas de un ataque al corazón:

- Molestias en el pecho. La mayoría de los ataques al corazón implican molestias en el centro del pecho que duran más de unos cuantos minutos o pueden desaparecer y regresar después. Puede sentirse como una presión incómoda, opresión, sensación de hinchazón o dolor.

- Molestias en otras zonas de la parte superior del cuerpo. Los síntomas pueden incluir dolor o molestias en uno o ambos brazos, la espalda, el cuello, la mandíbula o el estómago.

- Dificultad para respirar. Puede presentarse con o sin molestias en el pecho.

- Otras señales. Otras posibles señales son el sudor frío, las náuseas o el mareo.

- Aprenda "R.Á.P.I.D.O." como forma sencilla de detectar un ataque o derrame cerebral.

- R - Rostro caído
- Á - Alteración del equilibrio
- P - Pérdida de fuerza en el brazo
- I - Impedimento visual repentino
- D - Dificultad para hablar
- O - Obtén ayuda, llama al 911

"Llamar al 9-1-1 es un primer paso crucial a la hora de obtener ayuda para uno mismo o para alguien que veamos en apuros. Sin embargo, nos consta que, a causa del racismo estructural, la condición de indocumentados, presunta o real, de las personas de las comunidades de origen hispano latino las sitúa a menudo en una posición de marginación. Por ello, muchos de ellos son reacios a llamar al 9-1-1 o a buscar otro tipo de ayuda por miedo a la deportación o a una interacción negativa con los primeros intervinientes y los funcionarios", apunta Kottiech. "Pero esa llamada, y el inicio de la RCP solo con las manos si alguien no responde y no tiene pulso, es una cuestión urgente de vida o muerte. Debemos ampliar la educación y la concienciación entre todas las comunidades para cambiar esta norma inaceptable".

Obtenga más información sobre el frío y las enfermedades cardiovasculares en heart.org.

Recursos adicionales:

Comunicado de prensa en inglés

- Información de salud de la AHA: Clima frío El y enfermedades cardiovasculares
- Información de salud de la AHA: Cómo mantenerse activo en climas fríos
- Información de salud de la AHA: Signos de un ataque al corazón (PDF)
- Información de salud de la AHA: R.Á.P.I.D.O. Signos de advertencia de un ataque o derrame cerebral
- Información de salud de la American Heart Association (AHA): Infografía sobre parada cardíaca frente a ataque al corazón
- Información de salud de la American Heart Association (AHA): Tratamiento de urgencia de la parada cardíaca
- Manuscrito del Journal of the American Medical Association: Esfuerzos cardíacos al palear nieve pesada
- Síguenos en X (anteriormente Twitter) @HeartNews

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

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

- Thomas Jefferson



Selling and accepting donations of new and gently used furniture, housewares, cabinets, appliances and building materials



ReStore
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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 March 9, 2024 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2013 Honda Civic VIN 19XFB2F88DE239421
2. 2016 Nissan Rogue VIN 5N1AT2MV7GC786123
3. 2018 Honda Accord VIN 1HGCV1F12JA264998
4. 2014 Mercedes Benz E350 VIN WDDHF8JB5EB013084
5. 2012 Audi Q5 VIN WA1LFAP2CA062403
6. 2007 Lexus IS VIN JTHBE262375013707
7. 2012 Mini Cooper VIN WMWSV3C58CTY29692
8. 2013 Ford Escape VIN 1FMCU0HX6DUB27400
9. 2004 Nissan Frontier VIN 1N6ED29X14C417473

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

LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicles on or after March 9, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2001 Honda Accord VIN 1HGCG16491A083448
2. 2015 Nissan Rogue VIN KNMAT2MT8FP537081
3. 2017 Subaru WRX VIN JF1VA1L63H9835838
4. 2005 Nissan Sentra VIN 3N1CB51D75L469220

Vehicles are being stored at Stuart's Automotive and may be viewed by appointment only.

Signed
Kevin Stuart
Stuart's Automotive
2/22, 3/1, 3/8

Foster MA

Cada padre hace una diferencia

dcf MASSACHUSETTS DEPARTMENT OF Children & Families

Possible Dreams 2024

Possible Dreams 2024, Team Haverhill's annual community visioning event, will take place on Monday, March 11th at Northern Essex Community College.

We are reaching out to the community, to share and submit their ideas in advance of the event. The community conversation at the event will focus on these ideas, and how we can move forward together to make them happen for Haverhill.

No idea is too big or too small to spark a discussion, gain momentum or become a reality! A few examples of ideas that gained momentum at past Possible Dreams events include: Clement Farm Disc Golf Course, Haverhill Restaurant Week, River Ruckus, Beyond Walls Mural Project... and many more.

SUBMIT YOUR IDEA & SHAPE HAVERHILL'S FUTURE

If you have an idea that will positively impact the future of Haverhill, that you would like to present at Possible Dreams 2024, please [CLICK HERE](#) to submit your idea today!

Public registration for event attendees will begin on February 12th - but please submit your idea today!

See you at Possible Dreams 2024 on Monday, March 11th!

Thanks,
Team Haverhill

PRESIDENTIAL PRIMARY UPDATE

Voter Registration/Party Change Deadline
✓ February 24th at 5 PM

Deadline to Request Mail-In Ballot
✓ February 27th at 5 PM

Early Voting Period
✓ February 24th - March 1st

Presidential Primary
✓ March 5th from 7 AM - 8 PM

Unsure of your polling place?
Visit www.wheredoivotema.com

House of Mercy Church

House of Mercy is in need of underwears 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.houseofmercy.lawrence.com/give-help>

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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.



Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Women's Basketball takes down NHTI 69-56

Haverhill, MA (February 20, 2024) – McKayla Dingle (Haverhill) tossed in 20 points off the bench and Mirelys Morales (Dracut) recorded 18 points of her own as the Northern Essex Community College women's basketball team picked up a 69-56 home non-conference victory over the visiting Lynx of NHTI. With the win, the Knights improve to 11-7 overall on the season.

The Knights were in control throughout most of the game as they jumped out to 23-11 advantage after the first quarter and took a

42-23 lead into the locker room at halftime.

Morales recorded a double-double as she contributed 11 rebounds while Janisa Price (Haverhill) continued her strong play on the board as she picked up 12 rebounds to go along with 6 points. Kamryn Pastorello (Billerica) added nine points for the Knights.

NECC will close out the regular season on Thursday night when they return home to face Great Bay Community College with tip-off set for 6:00pm, before the Knights head into the Region 21 Tournament on March 2nd.

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

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

Dalai Lama

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>



Welcome to February at the Buttonwoods Museum, where history comes to life! This month, we're celebrating Black History month and diving into thought-provoking discussions that promise to ignite curiosity and celebrate our rich cultural heritage.

We invite you to join us on this historical journey as we unlock the stories that have shaped our community.

Stay tuned for exciting updates, and let's make February a month to remember!

You can always find more information about what's happening on our Facebook page.

Check out what awaits you this month!



February 27, 2024 • 6:30 pm • Free

"Hidden Stories, Unheard Voices" A Study of Haverhill's Black History



Traducción al español encontrada en caption.

We invite you to join us for "Hidden Stories, Unheard Voices: A Study of Haverhill's Black History" on Thursday, February 27th, at 6:30 pm in the Johnson Auditorium at the Haverhill Public Library.

This illuminating presentation, sponsored by the Cummings Foundation, offers a summary of the ongoing research into the history of Haverhill's underrepresented populations.

Grant Project Manager Carol Majahad and Grant Research Intern Claire Brady will guide you through the start of their exploration of the Local History Collection and Biographical Files at the Haverhill Public Library's Special Collections. Delve into a comprehensive array of published and unpublished sources, as well as educational resources compiled by the researchers.

In celebration of Black History Month, we invite you to take a closer look at some of the stories of Haverhill's enslaved, freed, and free African-American individuals from the settlement period through the 19th century. Discover some of the narratives of Haverhillites of African descent who have significantly shaped the city from the 19th Century onward.

This is a free event. Check out the event on Facebook.

"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



Foster MA

Cada padre crea una diferencia

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.





MASSACHUSETTS DEPARTMENT OF
Children & Families

1-800-KIDS-508 | mass.gov/dcf



Clark Drops 29 to Beat Stonehill and Propel Men's Basketball into Sole Possession of First-Place

EASTON, MASS. - It will go down as a night to remember for freshman point guard Adam "Budd" Clark. In the final seconds of the second half with the Warriors down one, Clark pulled up at the free throw line and knocked down a jumper to give Merrimack the lead, one they would not relinquish. The Philly point guard finished the game with a game-high 29 points. The win gave the Warriors sole possession of first-place in the Northeast Conference with four regular season game remaining.



The Essentials

Score: Merrimack 66, Stonehill 63
Records: Merrimack (16-10, 10-2 NEC) | Stonehill (3-24, 1-11 NEC)
Location: Merkert Gymnasium

Rapid Recap

- The Warriors opened the game scoring the first eight points, which included two threes from Devon Savage. After a Stonehill basket to stop the run, Clark hit a jumper and Jordan McKoy hit a three to put Merrimack up by 11. The Skyhawks would battle back cutting the lead down to six with eight minutes left in the first half. Samba Diallo would score off a turnover to put the Warriors back up by eight. A layup by Stonehill at the four minute mark made it a one possession game. Diallo found the bottom of the net with a three to swell the lead to five. A Skyhawk score would send the advantage back down to three. The Warriors then scored six unanswered points to go up nine with a minute to play until halftime. Merrimack would head to the locker room up five.
- Both teams traded buckets for the first three minutes of the second half. Clark would hit a jumper to put the Warriors up by four. Stonehill then added six-point to take their first lead of the game. Merrimack found themselves down three with 15 minutes to

go in the game. Two free throws from Clark got the lead down to one. The Skyhawks then increased their advantage to six. The Warriors then scored seven-points in a row to back up by one. Stonehill responded, going up by three with 10 minutes to play. A Clark jumper gave the Warriors back the lead by one. With three minutes to play the Skyhawks were up by five. Two free throws from Jordan Derkack shrunk the lead to three with a minute and a half to play. The Skyhawks added two free throws of their own to go back up five. Derkack drove the length of the court for a layup cutting the lead down to three. After a defensive stop, Clark would score on a drive to get the lead down to one. A missed free throw from the Skyhawks gave the Warriors the ball with under 15 seconds left in the game. Clark pulled up from the free throw line and knocked down the jumper, putting Merrimack up one. He would then hit two free throws to solidify the victory for the Warriors by three.

Notes and Numbers

- Clark also had six assists and two steals in the victory. Bryan Etumnu scored nine points, grabbed seven rebound, and had five blocks.
- Diallo had eight points and seven rebounds.

Men's Basketball Takes Down Saint Francis on Senior Night

NORTH ANDOVER, MASS. - The Merrimack College men's basketball team beat Saint Francis on Thursday night 71-60. Graduate student Samba Diallo finished the game with a team-high 14 points and six rebounds. Adam "Budd" Clark dropped 13 points and dished out five assists in the victory. Both Jordan Derkack and Jordan McKoy finished the game with 11 points.



The Essentials

Score: Merrimack 71, Saint Francis 60
Records: Merrimack (18-10, 12-2 NEC) | Saint Francis (8-19, 3-11 NEC)
Location: Lawler Arena

Rapid Recap

- The Warriors started the game on a 10-point run. Diallo had a quick six points.

The Red Flash finally scored with 14 and a half minutes to play in the first half. Clark found the bottom of the net with a jumper to put Merrimack up 11. Saint Francis battled back to cut the lead down to four points with nine minutes to go before halftime. McKoy then knocked down a three to push the advantage up to seven. After seeing their lead get down to five, the Warriors went on a seven-point run to go up 12. Saint Francis would get the lead down to seven

Men's Basketball Cruises to Victory Over Le Moyne Saturday

NORTH ANDOVER, MASS. - The Merrimack College men's basketball team beat Le Moyne College on Saturday afternoon 66-50. Sophomore forward Bryan Etumnu scored a career-high 15 points in the victory. The Texas native also grabbed seven rebounds and had four blocks. Adam "Budd" Clark also had 15 points. The freshman point guard also had six steals and five assists. Jordan Derkack and Devon Savage had 13 and 12 points in the victory. The Warriors have now won six straight games.



The Essentials

Score: Merrimack 66, Le Moyne 50
Records: Merrimack (15-10, 9-2 NEC) | Le Moyne (10-14, 5-5 NEC)
Location: Hammel Court

Rapid Recap

- The Dolphins scored the first five points of the game. Clark would knock down a mid-range jumper to get Merrimack on the board. Le Moyne would respond with a jumper of their own to go back up five. Savage and Etumnu would score on back-to-back possessions to cut the lead down to one. Two Dolphin free throws would make it a three-point contest. The Warriors then scored 12 straight points to flip the game and go up by eight points. Le Moyne battled back to retake the lead by four with six minutes to play in the first half. The Warriors then added eight points to go up by four. Two free throws from Le Moyne cut the lead down to two. Merrimack finished the first half scoring 10 of the last 12 points to head into halftime up by 10.
- Derkack got the second half scoring

going with a drive to the hoop, putting the Warriors up by 12. Both teams traded buckets for a number of minutes. The lead was 10 with 13 minutes left to go in the game. The Dolphins cut the advantage down to seven with 11 minutes to play. Clark scored from the mid-range of back-to-back possessions to swell the lead back up to 11. Le Moyne struck back to make it a three-possession game with seven minutes on the clock. The Warriors then went on a 13-point run to gain their biggest lead of the game at 20. A layup with three and a half minutes to play got the lead to 18. Merrimack then scored four points to go up 22. The Dolphins would battled back to get the lead down to 16, but it was not enough to beat the Warriors on Saturday afternoon.

Notes and Numbers

- Savage had seven rebounds in the victory.
- Merrimack scored 30 points off of 23 Dolphin turnovers. Jordan McKoy had eight points for the bench for the Warriors win the win.

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RUMBONEWS.COM



with four minutes to go in the half. Scores from both Clark and Derkack increased the Merrimack lead to 12. The Red Flash scored four unanswered points to end the first half to had into the locker room down by eight.

- The second half opened with both teams trading buckets on back-to-back possessions. Merrimack then scored six points off of threes from Bryan Etumnu and Devon Savage. Saint Francis would go on a run of their own to slice the lead down to seven. Etumnu stopped the run with a dunk. Derkack would hit three free throws to swell the lead to 12 with 11 minutes to play. The Red Flash would once again get the lead down to single digits. The Warriors then went on a seven-point run to make the

lead 15. Both teams then battled, trading baskets on a number of possessions. With three minutes to play Merrimack was up 16. Saint Francis finished the game on a six-point run, but it was not enough to beat the Warriors on Thursday night.

Notes and Numbers

- Derkack finished with a team-high seven assists.
- Merrimack scored 21 points off of 20 Red Flash turnovers.
- Savage finished the game with nine points after knocking down three threes.
- Merrimack has now won eight straight games in Lawler Arena dating back to last season.

BY DALIA DÍAZ
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Dana Farber nurses have a contract

After months of negotiations, the nurses at Dana Farber in Methuen got a new contract and they are happy with it.

The company realized that losing great staff members to save a little money was not a good deal for them or the community they serve. They are the most dedicated and best trained that I have seen and I'm happy for them to be recognized for what they represent.

The Healey-Driscoll Administration

While this doesn't have to do with Lawrence or a nearby city, you should hear about it to understand how this state government functions because who's to doubt it we could be next?

In January of 2021, under Governor Charlie Baker's Administration, the Legislature approved the MBTA Communities Act unanimously by the Senate and overwhelmingly by the House (143-4.) This law is mandatory, and it makes 177 communities served by the MBTA build multi-family housing near transit stations, commuter rail stations, ferry terminals, or bus stations, to help address the high cost of housing.

On February 14, a town-wide referendum was held in Milton and 5,115 Milton residents voted "no" while 4,346 others voted "yes" and built 530 residences.

Now, the Healey-Driscoll Administration issued a press release accusing Milton of noncompliance with the MBTA Communities Law threatening them with losing out on state grant funding. Please read the governor's press release on this page.

According to a letter sent to Town Administrator Nicholas Milano by Edward M. Augustus, Jr., Secretary, Executive Office of Housing and Livable Communities on February 21, 2024:

"... the town will not be eligible to receive MassWorks and HousingWorks grants. The town of Milton will also be at a competitive disadvantage for the 13 discretionary grant programs offered by the Executive Office of Housing and Livable Communities (EOHLC), as well as other grants that are a part of Community One Stop for Growth. Additionally, the town will not be eligible for a recent Seaport Economic Council grant award for a \$140,800 grant for seawall and access improvements, which was subject to compliance with the law."

The reason for bringing this up is to show you how this government deals with public opinion and how the legislators can force their way to make people do what they want. Some people call it "negative persuasion", but I call it "blackmail."

Cities and towns no longer have the freedom to decide how they want to live. The average home in Milton costs \$1.1 million and building 530 apartments near a bus or train station is going to affect the culture of the town and their way of life.

Lawrence is at capacity, and we keep building apartments, not businesses or industry but it's not noticeable because we are a "poor city", but that example shows that, if we ever disobey a "request" from the state, we may be forced to do whatever they want, just like Milton.

I know; people love to hate the rich so, who cares about a ritzy town? We should! We all want to succeed in life and do better for ourselves, especially if that means owning a nicer home in a better environment. That fundamental right to choose how and where we want to live is basic to the freedoms we enjoy in this country.

In the end, I blame all of us for not being alerted to what our politicians are doing at the State House.

Healey-Driscoll Administration Revokes Milton Grant Due to MBTA Communities Noncompliance

BOSTON – The Healey-Driscoll administration today notified the Town of Milton that it is not in compliance with the MBTA Communities Law and, as a result, will begin losing out on state grant funding.

In a letter to Town Administrator Nicholas Milano, Housing and Livable Communities Secretary Ed Augustus confirmed that Milton will no longer be eligible for a recent \$140,800 grant for seawall and access improvements, which was contingent upon compliance with the law. The Town will also not be eligible to receive MassWorks and

HousingWorks grants and will be at a competitive disadvantage for many other state grant programs.

"The law is clear – compliance with the MBTA Communities Law is mandatory," wrote Secretary Augustus. "At this time, Milton is the only rapid transit community in Massachusetts that is not in compliance. If we do not all come together to build more housing, we will not be able to overcome our affordability crisis. We need every community to do their part."

Read the Secretary's full letter [here](#).

New Store at Riverwalk Offers Wine, Spirits, Gourmet Foods and Gifts

Beacon Hill Wine, Spirits and Gourmet is now open at 282 Merrimack Street in Lawrence on the Riverwalk Campus.

Known for handpicking their inventory, owners Rebecca and Gene Beraldi focus on offering different and exciting wines, craft beers, ciders and spirits. They also offer gourmet foods like artisan cheese chocolates, fresh bread, steak tips, game meats, sauces and pastas.

Gifts like hostess aprons, cookware, accessories and wine glasses are just a few of the unique items you can also find at their charming store.

Beacon Hill Wine, Spirits and Gourmet also has a location in Melrose, and the owners are excited about bringing this unique shopping experience to the Merrimack Valley.

"We are thrilled to be here at Riverwalk," said owner Rebecca Beraldi. "Gene and I have spent years curating the finest quality products and building relationships with our customers. We look forward to being part of

LETTERS TO THE EDITOR RUMBO

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

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

this growing community."

Beacon Hill Wine, Spirits and Gourmet is open 7 days a week. Visit www.beaconhillwine.com for more information. A ribbon cutting ceremony will be held on March 4th at 10am. All are welcome.

ABOUT RIVERWALK

Riverwalk Innovation District is an award-winning lifestyle center that combines more than 3.6 million square feet of commercial, retail, residential and manufacturing space all nestled along the Merrimack River with direct access to the commuter rail and major highways. Riverwalk is a comprehensive Master Planned Community that will continue to evolve with more than 600,000 square feet of new space including the addition of The Pavilion in 2021, that will include 80,000 square feet of space, a 1,200-car parking garage, a restaurant with function facility and a rooftop track and field. Visit www.riverwalkinnovation.com for information.

"Un líder lleva a las personas a donde quieren ir. Un gran líder lleva a las personas a donde no necesariamente quieren ir, pero deberían ir".

"A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be."

Rosalynn Carter

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