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## Lawrence General Hospital Recognized for Excellence with ACC Chest Pain Center Accreditation

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Lawrence General leads the region in cardiac care with Massachusetts' most highly accredited cardiovascular center

“He aquí, amigos míos, la primavera ha llegado; la tierra ha recibido con alegría los abrazos del sol, ¡y pronto veremos los resultados de su amor!”

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

**NOW IN POST PRODUCTION** Pg. 8  
***Bailando:***  
**Coming Soon! Stay tuned for updates next month!**

## NILP's Legislative Forum



The NILP Legislative Forum took place on March 28th at the Elks Lodge in Lawrence, MA. It was a very successful event being titled, "Make Your Voice Heard: Strengthening and Protecting Independent Living Services". Pg. 3

El Foro Legislativo NILP se llevó a cabo el 28 de marzo en Elks Lodge en Lawrence, MA. Fue un evento muy exitoso que se tituló "Haga oír su voz: Fortaleciendo y protegiendo los servicios de vida independiente". Pg. 3

## Haverhill Reads Author Talk: Jenny Howe

Join us for an afternoon with author Jenny Howe! She'll read from her 2023 novel, *On the Plus Side*, and talk about writing romance and why plus-size representation matters!

Jenny L. Howe first started scribbling stories into black-and-white composition notebooks with neon pink pens when she was in junior high and never really stopped.

In college, she decided to turn her love of books into a career by pursuing a Ph.D. in literature, where she spent the next few years studying bizarre and entertaining medieval romances. Now, as a professor, she teaches courses in college writing, literature, and children's media.

When she's not writing and teaching, Jenny spends her time buried under puzzle pieces, cross-stitching her favorite characters, and taking too many pictures of her rescue dogs, Tucker and Dale. *On the Plus Side* is her second adult novel.

Her talk will be followed by a book signing. Copies of *On the Plus Side* are available wherever books are sold. The first 10 people to register will receive a free book!



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# We need your help NOW: Buttonwoods Museum Annual Fund Request

Dear Friend of the Buttonwoods Museum,

All of us on the Buttonwoods Museum Board of Trustees hope this letter finds you safe and healthy. In these continuing trying economic times, inflation still affects us all drastically with higher prices. The cost for goods and services needed to operate the museum continues to rise month after month, but unfortunately, the revenue coming into the museum falls short of what is needed. Your donation can help the Buttonwoods Museum continue to serve the local Greater Haverhill community.

In addition to the day-to-day expenses it takes to keep the museum open to the public and allow us to offer programs to the community, we incurred some major repair expenses this past year and are faced with even more in the near future:

- New roof on the museum main building and the Duncan House – In addition to having to pay \$26,260 for a new roof, we have to pay for damages caused by the failing roof, mainly in a storage area of the museum that houses historical artifacts. To protect those artifacts, the repairs needed will cost the museum approximately an additional \$15,000.
- New external drainage system – The museum has recently contracted a company to install a new external drainage system to eliminate water that is entering parts of the museum basement and causing damage to the property that will also need to be repaired and replaced, costing the museum upwards of \$110,000.
- Duncan House Chimney Repairs – Recently we have experienced water leaking through the chimneys in the Duncan House. After bringing in experts to assess the situation, it has been determined that the chimneys need to be repointed and sealed, which will cost an estimated \$12,000.

So as you can see, the museum needs your help more than ever this year. The museum does not receive any funds from local, state, or federal budgets. We have applied for numerous state and federal grants to help pay for the much-needed repairs; however, those grants only cover a portion of the costs, and the approval process takes a very long time. Unfortunately, time is NOT on our side. We need to make these repairs as soon as possible.

That is why we hope you will be as generous as possible and donate to our 2024 Annual Fund today. Please help us mitigate the costs of all these repairs and allow us to open up areas of the museum again to the public so we can share Greater Haverhill's rich history with the community.

Any donation, large or small, is welcome.



Please send your check payable to the Buttonwoods Museum at 240 Water Street, Haverhill, MA 01830. Or, for secure online donations, please visit our website.

If you or your company is in a position to make a very large donation to cover the cost of even one of the above projects, or become a museum sponsor, please contact the museum Executive Director Jan Williams at 978.374.4626 to schedule a time to discuss how you would like to help and how we can work together to protect Haverhill's history and let the community know how you are doing your part.

With your help, we will be able to continue to offer interesting programming and community events in the coming months, so please make sure to follow the Buttonwoods Museum on Facebook and Instagram for the latest information on upcoming events.

The Buttonwoods Museum depends on the generosity of people like you who make it possible to enrich the lives of local community members by inspiring an interest in Greater Haverhill's history.

Please join us in impacting our community with your tax-deductible contribution to the Buttonwoods Museum's 2024 Annual Fund today!

We are so grateful for your gift and the difference you can make! Thank you for your support, and we hope you will join us in the year ahead as we Connect with History Together.

Sincerely,  
James Flynn, President

Buttonwoods Museum Board of Trustees:  
Eamonn Bradley, Vice President  
Carol Katsulis, Treasurer  
Barbara Strickland, Secretary  
Jay Cleary, Past President  
Dan Meader, Past President  
Juanita Rivera  
Graciela Trilla

We acknowledge and honor the Abenaki, Pennacook, and Wabanaki Peoples past and present, upon whose traditional lands and waterways the Buttonwoods Museum is located.

Our mailing address is:  
Buttonwoods Museum 240 Water St.  
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- Audrey Hepburn

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# Northeast Independent Living Program’s Legislative Forum

The NILP Legislative Forum took place on March 28th at the Elks Lodge in Lawrence, MA. It was a very successful event being titled, "Make Your Voice Heard: Strengthening and Protecting Independent Living Services".

Attendees included consumers we serve, legislators, city and town officials, state representatives, NILP Board and staff members, and others. Key topics were covered including a funding increase needed for ILCs (Independent Living Centers), housing support needs, etc.

El Foro Legislativo NILP se llevó a cabo el 28 de marzo en Elks Lodge en Lawrence, MA. Fue un evento muy exitoso que se tituló "Haga oír su voz: Fortaleciendo y protegiendo los servicios de vida independiente".

Los asistentes incluyeron consumidores a los que servimos, legisladores, funcionarios municipales y municipales, representantes estatales, miembros de la Junta y del personal del NILP, y otros. Se cubrieron temas clave, incluido un aumento de fondos necesarios para los ILC (Centros de Vida Independiente), necesidades de apoyo a la vivienda, etc.



In this picture, (left to right), NILP facilitates a productive discussion with NILP Board of Directors: Mark Kelly, Clerk, David Ellingson, Jeff Wilson, Chairperson, , NILP Board of Directors, NILP Chief Executive Officer, Matt Pellegrino; Jim Lyons, from The NILP, State Representative Frank Moran (Lawrence,); State Representative Fransisco Paulino, (of Methuen, and Lawrence), Mayor Brian DePena of Lawrence,; and Richard Rodriguez, ADA Coordinator, City of Lawrence,



NILP took part on March 25th in IL (Independent Living) Education Day at the Massachusetts State House with other IL Centers in the state, disability advocates, and more. It was good to discuss IL priorities with our legislators including support for housing, equal access, and IL services for people with disabilities.

#DisabilityAdvocacy



NILP took part on March 20th in a PCA Rally at the Massachusetts State House along with other community organizations, disability advocates, and more to Help Stop Cuts to the PCA (Personal Care Attendant) Program! Ask legislators to support PCA services & oppose cuts! Read more about it here and sign a petition: <https://seiumass.salsalabs.org/protectpachomecare>

#PCAServices

"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

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Edward R. Murrow

POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



## CARTAS AL EDITOR RUMBO

315 Mt. Vernon St.  
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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.

## Cambios en el Comité Escolar

Se avecinan grandes cambios y la mayoría de los residentes no ha oído hablar de ellos. Cuando el Departamento de Educación se hizo cargo de las Escuelas Públicas de Lawrence, todos pensaron que el Comité Escolar se había disuelto y perdieron el respeto del gobierno local y del público.

De acuerdo con las Leyes Generales de Massachusetts, el Comité Escolar seguirá existiendo y representando los intereses de las familias de la ciudad. El propósito era permitirles aprender a administrar las escuelas públicas y su presupuesto, algo que nunca sucedió.

A lo largo de los años, varios miembros han ido y venido, decepcionados por la falta de apoyo de todas las administraciones. Se les mantuvo en la ignorancia sobre las decisiones que se estaban tomando con respecto al sistema escolar y el resultado fue que, en cada elección, algunos distritos no tenían candidatos que los representaran.

Una voz siempre estuvo presente haciendo preguntas, insistiendo en ser tomados en serio y como parte de un organismo electo, y ese fue Jonathan Guzmán, vicepresidente del Comité Escolar. Es un joven que tiene el pulso de esta comunidad y el intenso deseo de ver representados sus intereses.

Jonathan debe estar bastante frustrado con los planes actuales de ampliar el comité escolar sin tener en cuenta la opinión pública.

Algunos de los cambios propuestos se llevarán a cabo cuando finalice la administración estatal en las escuelas públicas, compuestas por seis miembros elegidos de cada distrito de la ciudad y sumando tres miembros designados por el alcalde y un miembro estudiantil. El alcalde pasará a ser el Presidente del Comité Escolar, y así será un órgano de once miembros.

Los estatutos de la ciudad exigen que la compensación para los miembros del comité escolar sea decidida por el concejo municipal, pero nunca se ha hecho. Para mi sorpresa, este plan dice: "El concejo municipal de Lawrence es responsable de fijar un salario anual para los Miembros del Comité Escolar", previendo salarios y ayuda económica para gastos de viaje, útiles e incluso un asistente administrativo dedicado a ellos.

La Petición de Autonomía que se ha redactado dice: "El alcalde nombrará miembros del comité escolar que representen la diversidad étnica, racial y socioeconómica de la ciudad de Lawrence y sus estudiantes de escuelas públicas".

Como pueden ver, el plan está bastante avanzado. El martes 23 de abril irá al Comité de Ordenanzas y después al concilio para su aprobación, pero no veo nada que requiera una audiencia pública para saber qué

pensamos al respecto.

Hay mucho más que se ha planeado cuidadosamente y deben haber tardado meses en prepararse. La semana que viene traeré más detalles.

## Sigan construyendo apartamentos

Cualquiera que tenga que cruzar la ciudad entre las 3 y las 7 de la tarde sabe que tardará tres veces más debido al tráfico. Estacionar en cualquier lugar del centro comercial de la ciudad es casi imposible y lo más probable es que deba ir a un estacionamiento.

La ciudad sigue construyendo apartamentos en busca de ingresos fiscales ignorando las tribulaciones que sienten los conductores y sólo empeorará.

Mientras leía un artículo publicado en el Boston Herald, descubrí que en Beacon Hill la gente paga \$500,000 por una plaza de aparcamiento. ¡No es una casa con estacionamiento, sino solo una plaza de aparcamiento!

¿Se imagina que la gente que tiene un bonito césped en Lawrence lo convierta en espacios para alquilar a las personas que viven en esos apartamentos? ¡Por supuesto! Es una gran idea de negocio, así que empiece a planificar.

## Nadie habla de las elecciones de este año

Oh, no me refiero a las elecciones presidenciales; ya estamos hartos de oír hablar de ello. Me refiero a senador de los EE. UU., representante de los EE. UU., consejero del gobernador, senador estatal, representante estatal, registro de escrituras, secretario de los tribunales y al comisionado del condado (solo en ciertos condados).

Los candidatos están solicitando firmas para las nominaciones y las primarias son el 3 de septiembre de 2024. Para entonces, el público debería poder saber quiénes son para tomar una decisión inteligente, en lugar de tener que aceptar las recomendaciones de otros que puedan tener algo que ganar con su elección.

## Y hablando de elecciones...

¿Qué piensa si volvemos a exigir prueba de ciudadanía al momento del registro de votantes? Votar es un privilegio que obtienen únicamente quienes juran lealtad a los Estados Unidos, no los residentes legales.

Ahora, al otro lado de la frontera, en Matamoros, México, han estado distribuyendo volantes a las personas que cruzan a Estados Unidos diciéndoles que deben registrarse para votar y asegurarse de votar por el Presidente Biden para darle cuatro años más.

Ya sea usted demócrata o republicano, debería sentirse insultado porque el futuro de este país se está librando al sur de la frontera.

Es posible que no podamos pedir prueba de ciudadanía, pero si solicitamos una identificación y mantenemos los ojos abiertos, podemos asegurarnos de tener una elección honesta.

## ¡Todo es maravilloso en la Estación de Policía!

¡No dejo de reírme después de ver la entrevista de Ernesto Bautista y Santiago Matías! Ernesto es amigo y tengo una gran relación con Marías y su esposa Milagros, pero ese fue mi chiste del día.

La razón por la que me hace tanta gracia es porque Matías dijo que el Departamento de Policía está funcionando de la mejor manera en este momento (estoy parafraseando). Esperaba con ansias los proyectos que el jefe Provisional William Castro tenía en mente y no podía realizar.

Él quería hacer una auditoría completa del departamento con especial interés en la "sala de evidencias".

Ya que un informe de auditoría realizado en 1999 mostró muchas deficiencias y otra auditoría realizada por Roy Vasque no mostró ninguna deficiencia. ¿A cuál debemos creer, después de saber que la sala de pruebas ha estado en desorden durante años, con pruebas faltantes y mal manejadas?

No olvide que el alcalde DePeña ordenó una investigación del apartamento vacío en Elm St. utilizado por la unidad antidrogas, bajo Roy Vasque, que se encontró que contenía evidencia de drogas que había estado allí desatendida durante años. Llegó el jefe Castro y debe estar desconsolado por no haber podido realizar esa auditoría antes de que le pusieran de licencia.

Entonces, Matías, la corrupción no ha sido esclarecida. No lo tapes, por favor. Deberíamos preguntarle al Inspector General y a la Fiscalía General cuándo finalizará su investigación.

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

- Adlai E. Stevenson

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# Lawrence General Hospital es reconocido por su excelencia con la acreditación como Centro para el Dolor de Pecho por el ACC

Lawrence General es un líder regional en atención cardíaca con el centro cardiovascular más altamente acreditado de Massachusetts

LAWRENCE, Massachusetts (18 de abril de 2024) - El Colegio Americano de Cardiología (American College of Cardiology, ACC) ha reconocido al Lawrence General Hospital por su demostrada experiencia y por su compromiso con el tratamiento de pacientes con dolor de pecho. LGH recibió en abril la Acreditación como Centro para el Dolor de Pecho tras una rigurosa evaluación local de la capacidad de su personal para evaluar, diagnosticar y tratar a pacientes que podrían estar sufriendo un ataque al corazón.

El programa cardíaco y vascular del Lawrence General Hospital fue el primero de Massachusetts en recibir la acreditación del Colegio Americano de Cardiólogos, y es el único programa acreditado actualmente en tres especialidades: dolor de pecho, cateterización intervencionista e insuficiencia cardíaca congestiva. Lawrence General es además uno de los pocos programas del país en recibir la prestigiosa distinción de Centro de Excelencia HeartCARE del ACC.

Según los Centros para el Control y la Prevención de Enfermedades, en Estados Unidos unas 805.000 personas sufren un ataque al corazón cada año. El síntoma más común de un ataque al corazón, tanto en hombres como en mujeres, es el dolor o malestar en el pecho. Sin embargo, las mujeres tienen más probabilidades de presentar síntomas atípicos. Otros síntomas de un ataque al corazón incluyen hormigueo o molestias en uno o ambos brazos, la espalda, un hombro, el cuello o la mandíbula; falta de aliento; sudor frío; cansancio inusual; acidez; náuseas o vómitos; mareos repentinos y desmayo.

Los hospitales que han obtenido la acreditación como Centro para el Dolor de Pecho del ACC han demostrado una competencia excepcional en el tratamiento de pacientes con síntomas de un ataque al corazón. Han optimizado sus sistemas, desde el ingreso y la evaluación hasta el diagnóstico, el tratamiento, los cuidados apropiados después del alta con recomendaciones y asistencia con cambios de estilo de vida.

“Lawrence General Hospital ha demostrado su compromiso de ofrecerles a las personas del Valle del Merrimack y el sur de Nuevo Hampshire una atención cardíaca excelente”, dijo Deepak L. Bhatt, MD, MPH, FACC, presidente del Consejo Administrativo de Acreditación del ACC. “Los Servicios de Acreditación del ACC se enorgullecen de concederle a Lawrence General Hospital la Acreditación como Centro para el Dolor de Pecho”.

Los hospitales que reciben la Acreditación como Centro para el Dolor de Pecho del ACC deben completar un proceso clínico multifacético que incluye un análisis de brechas y de desviaciones de la atención, un plan de acción, una revisión rigurosa en planta y seguimiento para el éxito sostenido. La mejora de los métodos y estrategias de atención incluye la optimización de los procesos, la aplicación de directrices y normas y la adopción de las mejores prácticas en el tratamiento de pacientes con signos y síntomas de un ataque al corazón. Los centros que logran la acreditación cumplen o exceden una serie de criterios estrictos y han organizado un equipo de médicos, enfermeros, personal clínico y administrativo para apoyar los esfuerzos que llevan a una mejor educación del paciente y a mejores resultados médicos.

El equipo del Lawrence General Hospital afirma que ser reconocidos por nuestra excelencia con la Acreditación como Centro para Dolor de Pecho del ACC es importante porque cuando un paciente sufre un ataque al corazón, es crítico que reciba la mejor atención de emergencia cerca de su hogar.

“Cuando se necesita un cateterismo cardíaco, en LGH nuestro equipo se esfuerza por abrir esa arteria de corazón lo más rápido posible porque en una situación de emergencia cada minuto cuenta y cualquier retraso puede significar la pérdida de valioso músculo cardíaco”, dice Kathy Caredeo, enfermera y directora de Servicios Cardiovasculares en LGH. “Nuestro tiempo medio de puerta a balón (Door-to-Balloon, DBT) es de 65 minutos y lo cumplimos en un 97% de los casos. Es menos del promedio nacional de 90 minutos, lo cual es algo sobresaliente”.

Además de sus numerosos logros en calidad de la atención y de esta última acreditación con el ACC, Lawrence General Hospital ha obtenido la aprobación Sello de Oro (Gold Seal of Approval®) de la Comisión Conjunta, así como la marca Heart-Check de la Asociación Americana del Corazón y de la Asociación Americana de Accidentes Cerebrovasculares como Centro Primario para el Tratamiento de ACV.

El ACC les ofrece a los hospitales internacionales y de Estados Unidos, como Lawrence General, acceso a la serie completa de servicios de acreditación cardíaca diseñados para optimizar los resultados de los pacientes y mejorar el rendimiento financiero del hospital. Estos servicios se centran en todos los aspectos de la atención cardíaca, incluyendo el tratamiento de emergencia de ataques al corazón.

## Acerca de Lawrence General Hospital

Como hospital independiente sin fines de lucro al servicio del Valle del Merrimack y el sur de New Hampshire, Lawrence General Hospital ofrece acceso a una atención de alta calidad y a una red creciente de profesionales de la salud locales que incluye atención primaria y muchas especialidades. Como centro designado de traumatismos de nivel III, Lawrence General tiene uno de los Departamentos de Emergencia más concurridos de Massachusetts. Lawrence General Hospital ha recibido el sello de oro de la Comisión Conjunta (The Joint Commission) y de la Asociación Americana del Corazón y de la Asociación Americana de Accidentes Cerebrovasculares en su certificación como Centro Primario para Accidentes Cerebrovasculares. En su Centro Santagati, Lawrence General ofrece una amplia variedad de cirugías y servicios especializados. Es líder de la región en atención cardíaca y su centro cardiovascular es el más altamente acreditado de Massachusetts. Con más de 11.000 altas hospitalarias por año, 1.400 partos y un equipo dedicado de alrededor de 2.000 empleados, Lawrence General sirve con orgullo a la región desde 1875 y es uno de los principales proveedores de atención crítica y de servicios de emergencia, cirugía, atención médica, maternidad y atención neonatal en el Valle del Merrimack y el sur de New Hampshire. Para mayor información, visite [www.LawrenceGeneral.org](http://www.LawrenceGeneral.org).



## Acerca del Colegio Americano de Cardiología

El Colegio Americano de Cardiología (American College of Cardiology, ACC) es un líder mundial en transformación de la atención cardiovascular y mejora de la salud cardíaca para todos. Como fuente preeminente de educación médica profesional para todo el equipo de atención cardiovascular desde 1949, el ACC acredita a profesionales cardiovasculares en más de 140 países que cumplen calificaciones rigurosas y es líder en desarrollo de políticas,

normas y directrices de salud. Por medio de su mundialmente conocida familia de publicaciones, JACC Journals, los registros del NCDR, los servicios de acreditación del ACC, la red mundial de Secciones Miembro, los recursos para pacientes CardioSmart y más, el Colegio se compromete a velar por un mundo en el que la ciencia, los conocimientos y la innovación optimicen la atención y los resultados para los pacientes. Para obtener más información, visite [acc.org](http://acc.org) o siga @ACCinTouch.



Registration is OPEN for the Lawrence History Center one-day Community Symposium: "The History and Evolution of Education in Lawrence, Massachusetts" on Saturday, April 27, 2024!

Please visit <https://lawrencehistory.org/education/symposium/2024> to view the following information and to register!

- Program At-A-Glance
- Session Schedule & Descriptions
- Speaker Bios
- Archival Resources
- Symposium Sponsors
- Directions to YDO-Youth Development Organization (our host)



The Lawrence History Center will be CLOSED FOR CONSTRUCTION, effective 2/7/2024 and until further notice. We expect to be closed for several weeks while new HVAC systems are installed in our main building and in two outer buildings.

# Lawrence General Hospital Recognized for Excellence with ACC Chest Pain Center Accreditation

Lawrence General leads the region in cardiac care with Massachusetts' most highly accredited cardiovascular center

The American College of Cardiology (ACC) has recognized Lawrence General Hospital for its demonstrated expertise and commitment in treating patients with chest pain. Lawrence General was awarded Chest Pain Center Accreditation in April based on rigorous onsite evaluation of the staff's ability to evaluate, diagnose, and treat patients who may be experiencing a heart attack.

Lawrence General Hospital's Heart and Vascular program was the first in Massachusetts to be accredited by the American College of Cardiologists, and is the only program now accredited in three areas: Chest Pain, Interventional Catheterization, and Congestive Heart Failure. Lawrence General also remains one of only a handful of programs nationwide to receive the prestigious HeartCARE Center of Excellence distinction from ACC.

According to the Centers for Disease Control and Prevention, about 805,000 Americans suffer a heart attack each year. The most common symptom of a heart attack for both men and women is chest pain or discomfort. However, women are more likely to have atypical symptoms. Other heart attack symptoms include, but are not limited to, tingling or discomfort in one or both arms, back, shoulder, neck or jaw, shortness of breath, cold sweat, unusual tiredness, heartburn-like feeling, nausea or vomiting, sudden dizziness and fainting.

Hospitals that have earned ACC Chest Pain Center Accreditation have proven exceptional competency in treating patients with heart attack symptoms. They have streamlined their systems from admission to evaluation to diagnosis and treatment all the way through to appropriate post-discharge care and recommendations and assistance in patient lifestyle changes.

"Lawrence General Hospital has demonstrated its commitment to providing the Merrimack Valley and southern New Hampshire with excellent heart care," said Deepak L. Bhatt, MD, MPH, FACC, chair of the ACC Accreditation Management Board. "ACC Accreditation Services is proud to award Lawrence General Hospital with Chest Pain Center Accreditation."

Hospitals receiving Chest Pain Center Accreditation from the ACC must take part in a multi-faceted clinical process that involves completing a gap analysis, examining variances of care, developing an action plan, a rigorous onsite review and monitoring for sustained success. Improved methods and strategies of caring for patients include streamlining processes, implementing of guidelines and standards, and adopting best practices in the care of patients experiencing the signs and symptoms of a heart attack. Facilities that achieve accreditation meet or exceed an array of stringent criteria and have organized a team of doctors, nurses, clinicians, and other administrative staff that support the efforts leading to better patient education and improved patient outcomes.

The team at Lawrence General Hospital says being recognized for excellence with the ACC Chest Pain Center Accreditation is important because when a patient is having a heart attack, it's critical they have top emergency care close to home.

"When it comes to cardiac catheterization at Lawrence General Hospital, our team

strives to get that heart artery open as quickly as possible because in an emergency situation, every minute counts, and any delay could mean the loss of valuable heart muscle," says Kathy Caredeo, RN, director of Cardiovascular Services at Lawrence General Hospital. "We have a median Door-to-Balloon time of 65 minutes, and a 97% compliance of Door-to-Balloon times under the 90-minute national standard, which is outstanding."

In addition to numerous patient quality achievements and this most recent ACC accreditation, Lawrence General Hospital holds The Joint Commission's Gold Seal of Approval® and both the American Heart Association and American Stroke Association's Heart-Check mark for Primary Stroke Center Certification.

The ACC offers U.S. and international hospitals like Lawrence General access to a comprehensive suite of cardiac accreditation services designed to optimize patient outcomes and improve hospital financial performance. These services are focused on all aspects of cardiac care, including emergency treatment of heart attacks.

## About Lawrence General Hospital

As an independent, not-for-profit hospital serving the Merrimack Valley and Southern New Hampshire, Lawrence General Hospital provides access to high-quality care and a growing network of local providers, including primary care and many specialties. A designated Level III Trauma Center, Lawrence General has one of the busiest Emergency Departments in Massachusetts. Lawrence General Hospital has earned The Joint Commission's Gold Seal of Approval and both the American Heart Association and American Stroke Association's Heart-Check mark for Primary Stroke Center Certification. Lawrence General offers a broad range of services and specialty surgeries in its Santagati Center for surgery and leads the region in cardiac care with Massachusetts' most highly accredited cardiovascular center. With more than 11,000 inpatient discharges per year, 1,400 births, and a dedicated team of nearly 2,000 employees, Lawrence General has proudly served the region since 1875 and is a major acute care provider of emergency, surgical, medical, maternity and newborn care for the Merrimack Valley and southern New Hampshire. For more information, visit [www.LawrenceGeneral.org](http://www.LawrenceGeneral.org).

## About the American College of Cardiology

The American College of Cardiology (ACC) is the global leader in transforming cardiovascular care and improving heart health for all. As the preeminent source of professional medical education for the entire cardiovascular care team since 1949, ACC credentials cardiovascular professionals in over 140 countries who meet stringent qualifications and leads in the formation of health policy, standards and guidelines. Through its world-renowned family of JACC Journals, NCDR registries, ACC Accreditation Services, global network of Member Sections, CardioSmart patient resources and more, the College is committed to ensuring a world where science, knowledge and innovation optimize patient care and outcomes. Learn more at [acc.org](http://acc.org) or follow @ACCinTouch.



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# Bailando: Coming Soon! Stay tuned for updates next month!

Hey everyone, hope all is well

Been busy, meeting, hearing and seeing the world of film. Been home for a while now, trying to get myself acquainted more in the film realm of things. Meeting and seeing a lot of filmmakers. It's so cool.

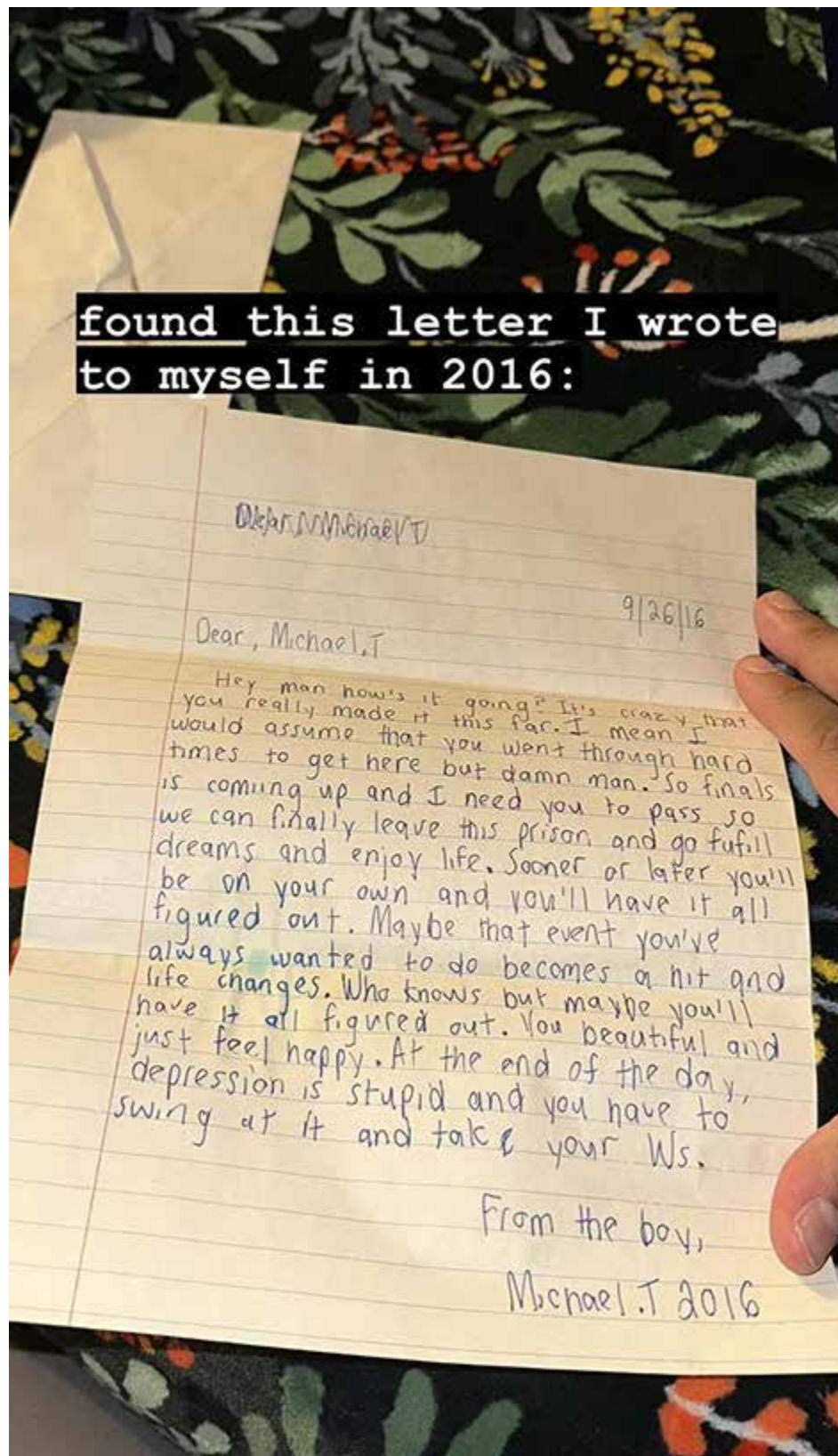
I went to a friend's feature film premiere. Our DP for Bailando Ben Heald had a premiere as well for a feature he DP'd! Man what a good week for film! I'm mad excited. Also booked the next movie night..

There's a lot happening for the next few months so stick around and I'm happy that everyone is loving my newsletter so thank you!

-Michael T



Bailando is almost done. I said it again lol it's coming soon. Expect some announcements next month. A lot of other films are in the works as well. Enjoy this photo and next month a whole lotta news coming!!!



**found this letter I wrote to myself in 2016:**

Dear Michael T

9/26/16

Hey man how's it going? It's crazy that you really made it this far. I mean I would assume that you went through hard times to get here but damn man. So finals is coming up and I need you to pass so we can finally leave this prison and go fulfill dreams and enjoy life. Sooner or later you'll be on your own and you'll have it all figured out. Maybe that event you've always wanted to do becomes a hit and life changes. Who knows but maybe you'll have it all figured out. You beautiful and just feel happy. At the end of the day, depression is stupid and you have to swing at it and take your Ws.

From the boy,  
Michael T 2016

**Apply to join the HC Media Board of Directors!**

**HC Media**  
Board Member Applications  
Are Now Being Accepted

**hc media**  
haverhill community tv

*The application period ends May 1, 2024.*

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

**If you wish to be considered, please complete the [Board of Directors Application Google Form](#) here. You can also pick up a paper application copy at our 60 Elm Street location. All applications must be completed and returned to HC Media, 60 Elm Street, Haverhill, MA 01830 by Wednesday, May 1, 2024 no later than 4 pm.**

[Click here for the HC Media Board Application Google Form](#)

HC Media 60 Elm Street, Haverhill, MA | Website

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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.

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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.

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# Abril es el Mes Nacional de la Salud de las Minorías: Reconociendo las disparidades de salud en los grupos raciales y étnicos minoritarios

**De la Dr. Ana Stankovic  
Directora Médica  
UnitedHealthcare de New England**

El mes de abril es reconocido por el Departamento de Salud y Servicios Humanos de los Estados Unidos como el Mes de la Salud de las Minorías, con la intención de crear conciencia sobre las disparidades de salud y a la vez promover medidas a través de la educación, la detección temprana y el control de enfermedades. Parte de esta labor también incluye concientizar a las personas sobre los resultados sanitarios desproporcionados entre los grupos raciales o étnicos minoritarios.

Las condiciones en las que nacemos, vivimos, aprendemos, jugamos y trabajamos, y también nuestra edad - conocidos como determinantes sociales de la salud (SDOH)<sup>1</sup> - tienen un impacto importante en la salud. Las diferencias en los SDOH contribuyen a disparidades persistentes y marcadas entre los grupos raciales, étnicos y socioeconómicos con respecto a las enfermedades crónicas en los Estados Unidos, limitando sistemáticamente las oportunidades de salud de miembros de algunos grupos.

## Cancer

- Las personas negras/afroamericanas tienen la tasa de mortalidad más alta de cualquier grupo racial o étnico con respecto a todos los cánceres juntos y para la mayoría de los cánceres principales.<sup>2</sup>

- Del 2015 al 2019, los hombres afroamericanos tuvieron 1.2 veces y 1.7 veces más probabilidades de ser diagnosticados con nuevos casos de cáncer de colon y próstata que los hombres blancos no hispanos.<sup>2</sup>

- Aunque las mujeres y los hombres hispanos generalmente tienen tasas de cáncer más bajas que la población blanca no hispana, existen disparidades en ciertos tipos de cáncer. Tanto los hombres como las mujeres hispanas tienen casi el doble de probabilidades de tener y morir de cáncer de hígado que los blancos no hispanos.<sup>3</sup>

- Las mujeres hispanas tienen un 40% más de probabilidades de ser diagnosticadas con cáncer de cervical, y un 30% más de probabilidades de morir de cáncer de cervical, comparadas con las mujeres blancas no hispanas.<sup>3</sup>

## Salud mental

- Las mujeres negras, que estaban en los grados 9 a 12 en la escuela, tuvieron un 60% más de probabilidades de intentar suicidarse en el 2019, comparadas con las mujeres blancas no hispanas de la misma edad.<sup>4</sup>

- Los intentos de suicidio de niñas hispanas, grados 9 a 12 en la escuela, fueron un 30% más altos que los de niñas blancas no hispanas en el mismo grupo de edad en el 2019.<sup>5</sup>

- En el 2018, los hispanos tuvieron un 50% menos de probabilidades de haber recibido tratamiento de salud mental en comparación con los blancos no hispanos.<sup>5</sup>

## Cuidado prenatal

- Aunque las tasas generales de mortalidad infantil han disminuido con el tiempo, la tasa de mortalidad infantil del 2018 para los bebés de mujeres negras no hispanas fue más del doble de alta que la de los bebés de mujeres hispanas, mujeres blancas no hispanas y mujeres asiáticas no hispanas.<sup>6</sup>

- En el 2019, las madres hispanas tuvieron un 80% más de probabilidades de recibir atención prenatal tardía o nula en comparación con las madres blancas no hispanas.<sup>7</sup>

Este mes crea conciencia sobre las diferencias en los resultados sanitarios de diversos grupos raciales y étnicos minoritarios. Esto también puede informar a las personas sobre cómo los grupos que tienen determinantes sociales pobres de la salud y sufren de la falta de acceso a atención médica de alta calidad tienen más probabilidades de ser diagnosticados con y morir de enfermedades.

1 CDC, 2022, <https://www.cdc.gov/chronicdisease/healthequity/social-determinants-of-health-and-chronic-disease.html>

2 Office of Minority Health, Cancer and African Americans, <https://www.minorityhealth.hhs.gov/cancer-and-african-americans>

3 Office of Minority Health, Cancer and Hispanic Americans, <https://www.minorityhealth.hhs.gov/cancer-and-hispanic-americans>

4 Office of Minority Health, Mental and Behavioral Health - African Americans, <https://www.minorityhealth.hhs.gov/mental-and-behavioral-health-african-americans>

5 Office of Minority Health, Mental and Behavioral Health - Hispanics, <https://www.minorityhealth.hhs.gov/mental-and-behavioral-health-hispanics>

6 CDC National Vital Statistics Reports, 2020, <https://www.cdc.gov/nchs/data/nvsr/nvsr69/NVSR-69-7-508.pdf>

7 Office of Minority Health, Infant Mortality and Hispanic Americans, <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=68>

## April is National Minority Health Month: Recognizing Health Disparities in Racial and Ethnic Minority Groups

**Dr. Ana Stankovic  
Chief Medical Officer  
UnitedHealthcare of New England**

April is recognized by the U.S. Department of Health and Human Services as Minority Health Month, an observance that brings awareness to health disparities and encourages action through education, early detection, and disease control. Part of this work includes raising awareness about the disproportionate health outcomes among people who belong to racial or ethnic minority groups.

The conditions in which we are born, live, learn, work, play, and worship and our age – known as social determinants of health (SDOH)<sup>1</sup> – have important impacts on health. Differences in SDOH contribute to the stark and persistent chronic disease disparities in the U.S. among racial, ethnic, and socioeconomic groups, systematically limiting opportunities for members of some groups to be healthy.

## Cancer

- Black/African Americans have the highest mortality rate of any racial or ethnic group for all cancers combined and for most major cancers.<sup>2</sup>

- From 2015-2019, African American men were 1.2 times and 1.7 times more likely to be diagnosed with new cases of colon and prostate cancer than non-Hispanic white men.<sup>2</sup>

- Although Hispanic men and women generally have lower cancer rates than the non-Hispanic White population, disparities do exist in certain types of cancer. Both Hispanic men and women are almost twice as likely to have and die from liver cancer than non-Hispanic Whites.<sup>3</sup>

- Hispanic women are 40% more likely to be diagnosed with cervical cancer, and 30 percent more likely to die from cervical cancer, as compared to non-Hispanic White women.<sup>3</sup>

## Mental Health

- Black females, grades 9-12, were 60% more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age.<sup>4</sup>

- Suicide attempts for Hispanic girls, grades 9-12, were 30% higher than for non-Hispanic white girls in the same age group, in 2019.<sup>5</sup>

- In 2018, Hispanics were 50% less likely to have received mental health treatment as compared to non-Hispanic Whites.<sup>5</sup>

## Prenatal Care

- Although overall infant mortality rates have fallen over time, the 2018 infant mortality rate for infants of non-Hispanic Black women was more than twice as high as that for infants of non-Hispanic white and non-Hispanic Asian and Hispanic women.<sup>6</sup>

- In 2019, Hispanic mothers were 80% more likely to receive late or no prenatal care as compared to non-Hispanic White mothers.<sup>7</sup>

This awareness month brings light to differences in the health outcomes of various racial and ethnic minority groups. This awareness can also inform individuals about how groups who have poor social determinants of health and lack of access to high-quality medical care are more likely to be diagnosed with and die from diseases.

1 CDC, 2022, <https://www.cdc.gov/chronicdisease/healthequity/social-determinants-of-health-and-chronic-disease.html>

2 Office of Minority Health, 2022, <https://www.minorityhealth.hhs.gov/cancer-and-african-americans>

3 Office of Minority Health, 2021, <https://www.minorityhealth.hhs.gov/cancer-and-hispanic-americans>

4 Office of Minority Health, 2022, <https://www.minorityhealth.hhs.gov/mental-and-behavioral-health-african-americans>

5 Office of Minority Health, 2021, <https://www.minorityhealth.hhs.gov/mental-and-behavioral-health-hispanics>

6 CDC, 2020, <https://www.cdc.gov/nchs/data/nvsr/nvsr69/NVSR-69-7-508.pdf>

7 Office of Minority Health, 2021, <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=68>

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# Boys & Girls Club of Greater Nashua Launches Power of YOUTH Campaign

While a lot has changed since Fitzgerald was a Club Kid, the adverse experiences many children across the region face from poverty and food insecurity to divorce and exposure to substance misuse have been exacerbated. This is why continuing the organization's more than 50-year legacy as a community hub that bridges gaps in access to affordable learning, mental health counseling, athletics, and mentorship for children, ages six-weeks to 18-years-old, is so important to him. On average, BGCN serves 1,500 youths – up to 350 kids per day – and 5,000 community members annually.

“As a former Club Kid, I can tell you firsthand the importance of the resiliency, curiosity and confidence that was instilled in me by my experiences and mentors here,” says Fitzgerald, who grew up within walking distance of the facility. Some 30 years later, he was recruited for the Executive Director position by his former teen program director. “Now more than ever, youth development programs are needed to ensure our children succeed,” he says. “As a strengths-based organization that relies on community partners to provide comprehensive services, we know we cannot do this alone. We need the community's help.”

In effort to reach more children, BGCN has launched a capital campaign that will raise funds to update the infrastructure of its current building, enhance safety and security, increase the Club's open-air footprint, and ensure the organization's future sustainability through growth of the Club's foundation. With a focus on increasing the Club's capacity to deliver safe and affordable childcare, mental health support and getting kids to grade level, the Power of YOUTH campaign aims to raise \$10 million.

Consider speaking with Fitzgerald about the changes taking place at the Boys & Girls Club of Greater Nashua to serve the Granite State's most vulnerable children. He can tell you more about the Power of YOUTH campaign and why upgrades to the facilities, new programs, and enhanced services are critical to meet the growing and pervasive needs of Greater Nashua families.

Fitzgerald is living proof of the BGCN's impact. After high school graduation, he enlisted in the United States Air Force for which he served nine years and completed two tours overseas. After, he dipped his toes into philanthropy when he and a friend hiked the Appalachian Trail to raise awareness and funds for wounded soldiers. He went on to earn his bachelor's degree at Dartmouth College where he met his now wife Meghan, who also works at BGCN, and then his graduate degree at Harvard Business School. In 2021, he rejoined the Boys & Girls Club family, this time as the Executive Director.

“Kids often ask themselves, ‘What if I could be the first person in my family to go to college? What if I could buy my own house? What if I could do this instead?’ The children we serve aren't naïve to their circumstances and it's our job to help kids find where their greatest potential lies, to find their ‘what ifs’,” says Fitzgerald, a proud father of two. “I can't imagine how different my life would be if my parents hadn't brought me here. Thanks to this organization and the people behind it, I don't have to. And my hope is neither will future generations of Greater Nashua kids.”

BGCN is headquartered in Nashua, the second largest and most diverse city in New Hampshire. Club members hail from more than 40 communities and 16 school districts across the region.

Please let me know when you are available to speak with Fitzgerald. I can also arrange for you to take a Discovery Tour of the Club and meet some of the youth and families served there.

With gratitude,  
Sarah  
For Boys & Girls Club of Greater Nashua

## Announcing the 2024 Eartha Dengler History Award Honorees!

*Please join us!*

2024 Eartha Dengler History Award Ceremony

Thursday, June 20, 2024  
5:30 PM — 8:30 PM  
Central Catholic High School  
300 Hampshire Street, Lawrence

*Gala Reception*

\$85.00 / \$60.00 \*

\* Young Historian rate for those 30 years old and under

Julia and Dario celebrating their 50th wedding anniversary in 2023.  
Photos by Yachra Seances Muldoon

The Lawrence History Center Board of Directors proudly present

### The Silverio Family

*Recipients of the*

2024 Eartha Dengler History Award

#### Unwavering Commitment to Lawrence

From Dominican Republic to Lawrence's Daisy and Eutaw Streets, Julia and Dario Silverio raised a family and built a home in Lawrence. A non-traditional dynamic, Julia started multiple businesses — a salon, a bakery, tax preparation, travel and insurance agencies, support services for new immigrants — and engaged in political life. Dario started the Dominican parade and, forever a quiet force and partner, *believed in Julia* while being present for their children — Yarel, Aliali, and Evan — and teaching them in experiential and impactful ways.

Their family grew during Lawrence's transition to a majority Latino city. Weekends were spent at the Dominican social club Los Trinitarios, St. Mary's Church, the Lawrence Public Library, playing sports in city parks, dancing on the Common and at the Semana Hispana parade — celebrating their language and culture while always finding ways to be leaders and catalysts for good in Lawrence.

Together, by example and in community, Julia and Dario instilled values of entrepreneurship, hard work, advocacy and activism, faith, and education. Always having a *home* to return to, their children were given the assurance that they *belong* wherever the road takes them, the ability and desire to make the path *better* for others, and the courage to tell the positive stories about growing up in the city they love — Lawrence — *for generations*.



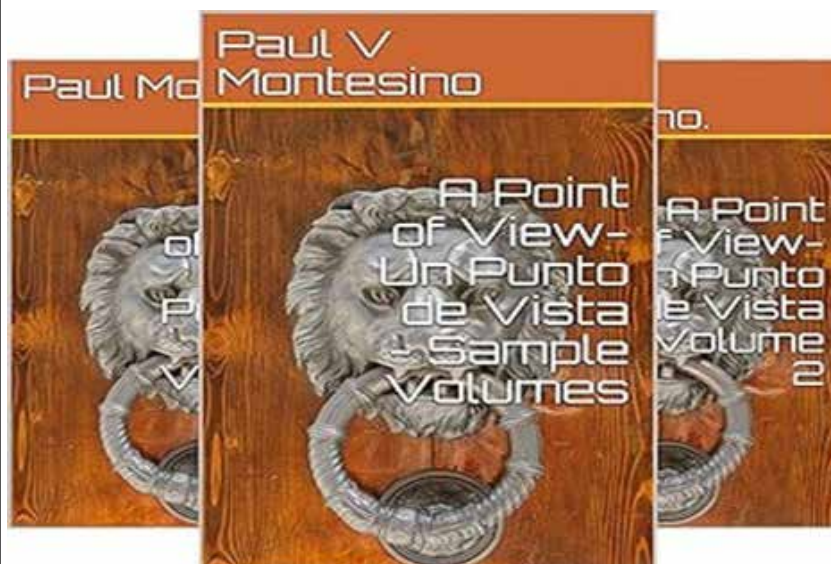
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# Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

## Jayden Voelker named NJCAA National Pitcher of the Week

Haverhill, MA (April 17, 2024)—Sophomore pitcher Jayden Voelker (Coventry, RI) of the Northern Essex Community College baseball team has been named the NJCAA National Pitcher of the Week for the week ending Sunday April 14th for his 2-0 week performance in part of the Knights 5-1 in six games played last week.

Voelker dominated in a pair of shutout wins over Holyoke Community College and Bunker Hill Community College. Last Monday against the Cougars he pitched five innings of not hit baseball striking out 13 batters while issuing just one walk in the Knights 17-0 victory.

He followed that performance up on Saturday at home against the Bulldogs with another five-inning performance of 11 strikeouts, while issuing one walk and allowing one hit in the fifth inning in front of a crowd of major league scouts representing eight MLB programs.

Voelker and the Knights will return to the field on Thursday evening at Trinity Stadium when they host Community College of Rhode Island in the first game of a crucial three-game series. The series will conclude on Saturday with a double header in Warwick.

# MCC to Host In-person Open House on College's Lowell Campus



At Middlesex Community College, a variety of course options and formats, student support services and resources, and expert professionals are prepared to set up students for success from day one. Prospective students and their families can learn more about what Middlesex has to offer at an Open House at 5 p.m. on Wednesday, May 1 in Lowell.

At Middlesex Community College, a variety of course options and formats, student support services and resources, and expert professionals are prepared to set up students for success from day one. Prospective students and their families can learn more about what Middlesex has to offer at an Open House at 5 p.m. on Wednesday, May 1 in Lowell.

“By meeting students where they are when they arrive at the college, MCC helps students build a foundation for their futures,” said Jenna Hurd, MCC’s Assistant Director of Admissions. “Attending an Open House is a great way for students and their families to learn about Middlesex firsthand. Take a tour and explore our campus, meet with faculty to discuss a program of interest, and learn about the support services we offer that can help you establish and reach your goals. We are very happy to provide the opportunity for participants to meet our welcoming and supportive college community in-person.”

During the in-person Lowell Open House, students and their families can meet with faculty and staff from all of MCC’s programs and student services areas. The Open House will cover experiences, such as academic and career counseling, dual enrollment, financial aid, tutoring, student access and support services, the Commonwealth Honors Program and more.

There will also be an opportunity to take a campus tour of the Lowell facilities and apply to the college.



Over 35 prospective students and their families attended MCC’s Open House in Bedford on Wednesday, April 3. Prospective students and their families learned more about MCC’s resources and offerings, while touring the Bedford campus.

“MCC has so much to offer students of all ages, backgrounds and goals,” Hurd said. “We look forward to welcoming you on our Lowell campus!”

Visit [www.middlesex.mass.edu/admissions/](http://www.middlesex.mass.edu/admissions/) for more information and to register for MCC’s Lowell Open House!

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## Cómo convertirse en un PADRE DE CRIANZA

Para ser posible para ser un padre de crianza, primero que todo se debe tener una experiencia previa. Se debe tener un nivel de educación y salud.

- PASO 1**  
CONSEGUIR CON EL DCP PARA HACER PREGUNTAS Y EXPRESAR SU INTERÉS  
Se debe tener un nivel de educación y salud.
- PASO 2**  
COMPLETAR UN FORMULARIO DE SOLICITUD  
El DCP le brindará un formulario de solicitud del cual se debe completar y enviar.
- PASO 3**  
APROBAR UNA VERIFICACIÓN DE SEGURIDAD  
El DCP realizará un estudio y verificará una verificación de antecedentes de criminalidad y de salud, la presencia de antecedentes de abuso de sustancias.
- PASO 4**  
PARTICIPAR EN EL MÉTODO DE MASSACHUSETTS EN LAS ASOCIACIONES PARA LA PATERNIDAD (HAPP) POR SUS SIGLAS EN INGLÉS  
Los padres de crianza siempre pueden interactuar con otros padres de crianza que ya han completado el proceso. Hay varias asociaciones que ofrecen apoyo y recursos.
- PASO 5**  
UNA TRABAJADORA SOCIAL COMPLETA UN ESTUDIO DE LICENCIA  
Una trabajadora social se reunirá con el solicitante y la familia para evaluar la idoneidad y la capacidad de proporcionar un hogar seguro y estable para el niño.
- PASO 6**  
EL DCP APRUEBA SU Hogar PARA LA COLOCACIÓN  
Después de completar el estudio de idoneidad, el DCP evaluará si el hogar cumple con los requisitos para la colocación de un niño de crianza en la familia.

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# Merrimack Valley Credit Union Donates \$10,000 to Catie's Closet

The credit union's donation will support the SOS Urgent Response initiative.



Left to right: MVCU Regional Sales & Service Manager Kevin Zipps, Catie's Closet CEO & Co-Founder Mickey Cockrell and MVCU Vice President of Retail Banking James Potter.

Merrimack Valley Credit Union (MVCU) has donated \$10,000 to Catie's Closet, a nonprofit organization in Dracut Mass., to support their SOS Urgent Response program.

Founded in 2009, Catie's Closet provides clothes, toiletries and other essentials to students who cannot afford them by setting up secure stores (called closets) in schools. These closets offer these items at no cost to the children, enabling them to attend class and participate in school activities with dignity and confidence. Catie's Closet currently operates in 130 schools throughout southern New Hampshire and Massachusetts, serving more than 90,000 students daily.

The nonprofit's SOS Urgent Response program offers immediate assistance to children facing critical circumstances. Catie's Closet partners with social service agencies to provide clothing to children who are experiencing homelessness, transitioning to a new living situation, new to the United States, survivors of domestic abuse and more. When a call is received from a social service agency, Catie's Closet creates and sends a customized package of clothing and hygiene essentials to the child within 48 hours.

"We are so thankful to Merrimack Valley Credit Union for their generous sponsorship of our SOS Urgent Response Program," said CEO & Co-Founder of

Catie's Closet, Mickey Cockrell. "This impactful donation provides 250 children with urgent response packages filled with clothing and basic necessities that meet their individual needs. Partnerships with community-centered businesses like MVCU are critical to our work. Together, we will positively change the lives of more children experiencing crisis."

To learn more about MVCU's community efforts, visit [www.mvcu.com/news](http://www.mvcu.com/news).

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

# Merrimack Valley Credit Union dona \$10,000 al armario de Catie

La donación de la cooperativa de crédito apoyará la iniciativa Respuesta Urgente SOS.

Merrimack Valley Credit Union (MVCU) ha donado \$10,000 a Catie's Closet, una organización sin fines de lucro en Dracut Mass., para apoyar su programa SOS Urgent Response.

Fundada en 2009, Catie's Closet proporciona ropa, artículos de tocador y otros artículos esenciales a los estudiantes que no pueden pagarlos mediante la instalación de tiendas seguras (llamadas armarios) en las escuelas. Estos armarios ofrecen estos artículos sin costo alguno para los niños, permitiéndoles asistir a clase y participar en las actividades escolares con dignidad y confianza. Catie's Closet se asocia con agencias de servicios sociales para proporcionar ropa a niños que se encuentran sin hogar, en transición a una nueva situación de vida, nuevos en los Estados Unidos, sobrevivientes de abuso doméstico y más. Cuando se recibe una llamada de una agencia de servicios sociales, Catie's Closet crea y envía un paquete personalizado de ropa y artículos básicos de higiene al niño en un plazo de 48 horas.

El programa SOS Urgent Response de la organización sin fines de lucro ofrece asistencia inmediata a niños que enfrentan circunstancias críticas. Catie's Closet se asocia con agencias de servicios sociales para proporcionar ropa a niños que se encuentran sin hogar, en transición a una nueva situación de vida, nuevos en los Estados Unidos, sobrevivientes de abuso doméstico y más. Cuando se recibe una llamada de una agencia de servicios sociales, Catie's Closet crea y envía un paquete personalizado de ropa y artículos básicos de higiene al niño en un plazo de 48 horas.

"Estamos muy agradecidos con Merrimack Valley Credit Union por su generoso patrocinio de nuestro Programa de Respuesta Urgente SOS", dijo el director ejecutivo y cofundador de Catie's Closet,

Mickey Cockrell. "Esta impactante donación proporciona a 250 niños paquetes de respuesta urgente llenos de ropa y artículos de primera necesidad que satisfacen sus necesidades individuales. Las asociaciones con empresas centradas en la comunidad como MVCU son fundamentales para nuestro trabajo. Juntos, cambiaremos positivamente las vidas de más niños que atraviesan crisis."

Para obtener más información sobre los esfuerzos comunitarios de MVCU, visite [www.mvcu.com/news](http://www.mvcu.com/news).

Fundada en 1955, Merrimack Valley Credit Union (MVCU) es una cooperativa de crédito comunitaria y basada en empleadores autorizada por el estado con más de \$2.3 mil millones en activos. La oficina corporativa está ubicada en Lawrence, Massachusetts. MVCU actualmente presta servicios a más de 115,000 miembros, principalmente en Massachusetts, New Hampshire y Rhode Island. MVCU también presta servicios a más de 1,100 grupos de empleadores, incluidos dos empleadores importantes de Massachusetts, Raytheon Technologies y Brigham and Women's Hospital, y opera 19 sucursales minoristas ubicadas en Amesbury, Bridgewater, Brookline, Danvers, Dorchester, Fairhaven, Haverhill, Hanover, Lawrence, Marlborough, Methuen, North Andover, Plymouth, Quincy, Tewksbury, Waltham y Worcester, Mass., además de Plaistow y Seabrook, N.H. MVCU ofrece una amplia gama de productos de ahorro y préstamo, servicios comerciales y banca digital para satisfacer las necesidades financieras de una base de miembros en crecimiento.

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

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# CLASIFICADOS | CLASSIFIEDS

## LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after May 2, 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. 2013 Volkswagen Touareg VIN WVGEF9BP0DD002182
2. 2014 Nissan Rogue VIN 5N1AT2MVXEC866240
3. 2010 Toyota Corolla VIN 2T1BU4EE5AC329499
4. 2014 Mazda CX5 VIN JM3KE4CY9E0395376
5. 2011 Chevrolet Equinox VIN 2CNALDEC6B6237846
6. 2015 Ducati Monster Motorcycle VIN ZDM1RBSV1FB011203
7. 2008 Hyundai Santa Fe VIN 5NMSH13EX8H133939
8. 2016 Subaru WRX VIN JF1VA2M6XG9802032
9. 2015 Honda Civic VIN 19XFB2F88FE265228

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

Signed  
Frank Coady  
Coady's Towing Service  
4/15, 4/22, 5/1

## 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 may 2, 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 Acura TSX VIN JH4CW2H6XDC000882
2. 2004 Saturn Vue VIN 5GZCZ63424S833523
3. 2004 Honda Civic VIN 2HGES25744H560723
4. 2013 Volkswagen Passat VIN 1VWAP7A37DC047139
5. 2012 Ford Focus VIN 1FAHP3F22CL132002
6. 2004 Chevrolet Silverado 2500HD VIN 1GCHK29U64E392568
7. 2011 Volkswagen Jetta VIN 3VWDZ7AJ4BM315159
8. 2008 Honda CR-V VIN 5J6RE48798L043113
9. 2014 Chevrolet Traverse VIN 1GNKRGKD4EJ157322
10. 2007 Honda Pilot VIN 5FNYP187X7B027761
11. 2013 Chrysler 300 VIN 2C3CCABG6DH658688
12. 2019 Ford Escape VIN 1FMCU9GD1KUC43080
13. 2013 Chevrolet Equinox VIN 2GNFLNEK1D6202200
14. 2011 Chevrolet Traverse VIN 1GNKVGED5BJ141391

Robert Sheehan  
Owner, Sheehan's Towing L.L.C.  
4/15, 4/22, 5/1

## 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 vehicle on or after May 2, 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. 2010 Toyota Camry VIN 4T4BF3EK8AR047324

Vehicle is being stored at Stuart's Automotive and may be viewed by appointment only.

Signed  
Kevin Stuart  
Stuart's Automotive  
4/15, 4/22, 5/1

## LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Christopher's Towing 76 Riverneck Road, Chelmsford, MA, and 91 Maple Street Unit 11, Lowell, MA pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after May 2, 2024 beginning at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale. Vehicles are being stored at Christopher's Towing and may be viewed by appointment only.

1. 2010 Pontiac G6 VIN 1G2ZA5E09A4161195
2. 2010 Nissan Altima VIN 1N4AL2AP7AN498730
3. 2006 BMW 325i VIN WBAVB13506KX36332
4. 2008 Honda Civic VIN 2HGFA16538H313021
5. 2002 Acura RSX VIN JH4DC54802C011182
6. 2012 Toyota RAV-4 VIN 2T3BF4DV1CW255387
7. 2016 Ford F-150 VIN 1FTFW1EG9GFC21673
8. 2007 Honda Accord VIN 1HGCM66497A072089
9. 2008 Mercury Mountaineer VIN 4M2EU48858UJ03554
10. 2008 Honda CR-V VIN 5J6RE48378L049571
11. 2010 Nissan Versa VIN 3N1BC1AP3AL410655
12. 2004 Honda Accord VIN 1HGCM665X4A071053
13. 2018 Chevrolet Equinox VIN 3GNAXSEV9JL119564
14. 1996 GMC Sierra VIN 1GTHK39F3TE519041
15. 2007 Infiniti N35 VIN JNKAY01F67M454433
16. 2010 Car Trailer
17. 2003 Toyota Sequoia VIN 5TDBT44A43S154139
18. 2001 Mercedes Benz E430 VIN WDBJF70J21X060910
19. 2015 Chevrolet Express VIN 1GCWGF4F1276883
20. 2011 Nissan Sentra VIN 3N1AB6AP8BL702492
21. 2009 Honda Civic VIN 2HGFA163X9H325862
22. 2020 Nissan Altima VIN 1N4BL4BW5LC139509
23. 1999 Oldsmobile 88 VIN 1G3HN52K4X4819385
24. 2007 Honda Accord VIN 1HGCM66427A013997
25. 2007 Mini Cooper VIN WMWFMF33567TT51252
26. 2000 Utility trailer
27. 2008 Honda Civic VIN 2HGFA16918H333111
28. 2005 GMC Yukon VIN 1GKEK13T35J254464
29. 2007 Cadillac DTS VIN 1G6KD57Y27U203404
30. 2003 Subaru Legacy VIN 4S3BH675037660024

Signed  
Christopher Ferreira  
Owner  
4/15, 4/22, 5/1

## 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 vehicle on or after May 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. 2017 Ford Escape VIN 1FMCU9G90HUB84737

Vehicle is being stored at Stuart's Automotive and may be viewed by appointment only.

Signed  
Kevin Stuart  
Stuart's Automotive  
4/22, 5/1, 5/8

## 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.

\*\*\*\*\*

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

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

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# Running the Campus: How Higher Ed Can Help Undocumented Students

By Lane A. Glenn, President  
Northern Essex Community College

Last summer, Massachusetts took a significant step toward inclusivity and equal opportunity in higher education through the passage of the state's tuition equity law. This long-awaited legislation allows all of the Commonwealth's students, regardless of their immigration status, to access in-state tuition at public colleges and universities, and state financial aid at both public and private institutions. The culmination of nearly two decades of unwavering advocacy, this groundbreaking law is a testament to the power of collaboration between advocates, higher education leaders, and state officials who worked tirelessly to make it a reality.

With U.S. District Judge Hanen's latest ruling that declared DACA unlawful and congressional deadlock over immigration reform, collaboration at the local and state level is now more important than ever. The passage of Massachusetts' tuition equity law allows us to recognize the pivotal role that colleges and universities can play in advancing policy change locally, as well as implementing legislation to ensure the safety and support of DACA, undocumented, refugee, international, and other immigrant-origin students and staff.

Nearly half the states in America now have some kind of tuition equity law, and as others look to join this vital, growing movement, here are a few important strategies to consider:

- Build a big coalition tent. Community colleges, public and private universities all have an interest in tuition equity, and so do business leaders, K-12 schools, social service agencies and non-profits serving immigrants and refugees, and many other organizations. The Massachusetts Immigrant and Refugee Advocacy (MIRA) Coalition and the Massachusetts Business Roundtable were just two of the very different organizations finding common cause in our big coalition tent.

- The plight of young, undocumented immigrant students is important to explain, but it is not always sufficient by itself to make a case for bipartisan support of tuition equity. Understanding and describing the state's workforce needs, higher education enrollment challenges, and other economic drivers can help build an even more compelling case. During our campaign for tuition equity in Massachusetts, I partnered

with a state senator to publicly outline all the reasons we needed to pass the law, and as we grew our coalition, these became our most important talking points.

- Play to your strengths (and don't worry about who gets the credit). Committed college presidents, elected officials, and respected business leaders can all help get attention and influence, while local, community organizations are able to drive grassroots participation and national education and advocacy groups like the Presidents' Alliance on Immigration and Higher Education can provide expert policy and communications guidance. No one can get it done alone—it takes all of us working together.

These local collaborations are crucial ways to protect our students and staff in the face of federal inaction and the potential impacts of state policies such as Massachusetts' tuition equity law can't be understated. In Massachusetts, as predicted in a report by the Massachusetts Institute for a New Commonwealth (MassINC), the state is going to be nearly 200,000 college-educated adults short of the workforce we will need by 2030. This is compounded with declining state-wide enrollment rates. As Massachusetts grapples with a growing skilled-worker shortage, immigrants, including young, undocumented college students, are pivotal to sustaining our communities and economy.

A recent report released by the Presidents' Alliance on Higher Education and Immigration partnered with the Migration Policy Institute (MPI) and the American Immigration Council (AIC) found that immigrant-origin students now account for 31 percent of all domestic students in U.S. higher education. When looking closer at Massachusetts, half a million students enrolled in the state's colleges and universities today are of immigrant origin and among them, over 11,000 are undocumented. Further contributing to an under-utilized talent pool, a thousand undocumented students graduate from high school annually with little to no pathways to access higher education.

According to the Massachusetts Taxpayer Foundation, in-state tuition policies will allow undocumented and DACA students to contribute an estimated \$2.6 to \$3.5 million into the state's community colleges and public universities. Furthermore, in 2022, international

students and other immigrant-origin students contributed over \$3 billion into Massachusetts' economy. When considering how DACA, undocumented, refugee, international, and other immigrant-origin students can contribute to our communities and local economies, it's pretty clear that pushing for tuition equity policies nationwide is a common-sense move.

What's more, this legislative win is not an isolated event. Massachusetts has become the 24th and most recent state to enact tuition-equity laws across the country. As new political and economic realities require us to reconsider how our institutions can identify and embrace a broader talent pool, it's now evident that campus leaders need to work with key local players beyond higher

education.

The good news is that we don't have to navigate these collaborations alone. The Higher Ed Immigration Portal, for instance, offers comprehensive guides and resources. Furthermore, the successful passage of tuition equity across the country, including Massachusetts, provides a blueprint for how our colleges and universities can unite to champion inclusivity, diversity, and opportunity for all.

By working hand in hand with advocates, business leaders and state officials, campus leaders can empower dreamer students to study, work, and participate more fully in their states but also enhance educational opportunities for every member of our diverse communities.

## The credit union's team members volunteered to serve meals to the Haverhill community

Merrimack Valley Credit Union (MVCU) recently sponsored a community meal at the Haverhill Citizen Center on Welcome Street.



Every Monday, the nonprofit Community Meals, Inc. serves meals prepared by a local chef that are free to the public. Local organizations and businesses sponsor these weekly meals and provide volunteers. In addition to a monetary donation and bringing desserts, MVCU's volunteers helped prepare and serve a meatloaf dinner to dozens of Haverhill community members throughout the evening.

MVCU staff members volunteers included Toeun Pot, loan processor / closer II; Andrea Rose, universal banker; Karen Krisanda, universal banker; Julie

Brady, regional sales and service manager; Carmen Brasil, consumer loan funder II; Nancy Pierce, digital channels and deposit product analyst; Teresa Keiser, consumer underwriter II; and Kevin Schiavoni, Member Support specialist.

"MVCU looks forward to sponsoring Haverhill Community Meals each year," says Anthony Marino, MVCU's senior vice president of Organizational Development. "Uplifting our community members is not just part of our mission as an organization, but part of our values as people and our team members truly enjoy these opportunities to connect with our community."

## 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](mailto:heallawrence@aol.com)

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

**¡La Fundación Big Brother Big Sister necesita tu ayuda!**



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

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: [www.bbbsfoundation.org](http://www.bbbsfoundation.org).

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

**¡Gracias por tu apoyo!**

# Iniciativas en curso para abordar las disparidades de la salud entre los hispanos y latinos en los Estados Unidos



**La American Heart Association (la Asociación Americana del Corazón) reconoce el Mes de la Salud de las Minorías y se compromete a reducir las disparidades y mejorar la salud de todas las personas**

DALLAS, 17 de abril de 2024 — Las barreras idiomáticas, las barreras estructurales de larga data, la subrepresentación de profesionales de la salud diversos y las tasas más altas que el promedio de factores de riesgo para la salud deficientes son algunas de las tendencias alarmantes que obstaculizan los resultados de atención médica de calidad entre las personas hispanas y latinas que viven en los Estados Unidos. La American Heart Association (la Asociación Americana del Corazón), que celebra 100 años de servicio para salvar vidas, como la principal organización sin fines de lucro del mundo centrada en la salud del corazón y el cerebro para todos, está avanzando en la superación de estos desafíos de salud a través de una serie de iniciativas clave destinadas a reducir las disparidades de la salud.

“Las investigaciones revelan que los hispanos y latinos tienen tasas desproporcionadamente más altas de ciertos factores de riesgo de enfermedades cardiovasculares, como presión arterial alta, colesterol alto y diabetes. Sin embargo, algunos estudios han sugerido que de todos los grupos raciales y étnicos en los Estados Unidos, las personas hispanas y latinas son las menos propensas a buscar atención

médica para una enfermedad”, comentó Carlos Rodríguez, M.D., M.P.H., FAHA, actual Presidente y miembro fundador de la Colaboración Nacional Cardiovascular Hispana-Latina (National Hispanic Latino Cardiovascular Collaborative, NHLCC) de la American Heart Association (la Asociación Americana del Corazón). “Esto puede deberse a la grave escasez de profesionales de la salud hispanos y latinos en todo Estados Unidos. Si está enfermo y necesita atención médica, quiere hablar con alguien en quien confíe, que pueda comunicarse fácilmente con usted y que entienda su cultura. Esa simplemente no es una experiencia que muchos hispanos latinos tengan a su disposición”.

Rodríguez dijo que esta falta de apoyo a menudo requiere que los niños intervengan como intérpretes para sus familias durante las citas médicas. Incluso si se proporciona un intérprete médico profesional, los padres a menudo sacan a sus hijos de la escuela para ir a las citas y asegurarse de que no haya malentendidos con respecto a problemas de salud e instrucciones médicas.

“Ver a mis padres luchar mientras navegaban por el sistema de atención médica fue lo que me hizo darme cuenta de la necesidad de trabajadores de la salud que hablen español, especialmente médicos”, dijo Melissa Rodríguez Mendoza, miembro de la clase inaugural del Programa de Becarios de la Colaboración Nacional Cardiovascular Hispana-Latina (NHLCC) de 2022-2023 y actualmente estudiante de tercer año de medicina en la Universidad Autónoma de Guadalajara. “Esta exposición temprana es lo que me inspiró a convertirme en el médico que mis padres necesitaban en aquel entonces”.

“Derribar las barreras del idioma en la atención médica no se trata solo de comunicación; se trata de derribar los muros que obstaculizan el acceso a la atención vital y garantizar que cada voz sea escuchada, comprendida y empoderada”, expresó Alejandro de la Cova, miembro de la actual clase del Programa de Becarios de la Colaboración Nacional Cardiovascular

Hispana-Latina (NHLCC) de 2023-2024 y estudiante de tercer año de medicina en The Ohio State University College of Medicine, quien está muy involucrado en trabajar con la comunidad hispano-latina en Columbus, Ohio.

Rodríguez dijo que una mejor comunicación entre los pacientes hispanos/latinos y sus proveedores podría mejorar su atención de salud y los resultados, al tiempo que aumentaría la confianza en el sistema de atención médica y podría mitigar las barreras lingüísticas para los pacientes.

“Creo en el poder de la representación dentro de la atención médica. Al fomentar la diversidad y la inclusión, no solo mejoramos la atención al paciente sino que también inspiramos a la próxima generación de líderes en atención médica a romper barreras e impulsar la innovación, garantizando un futuro más saludable y equitativo para todos”, afirmó.

El Programa Nacional de Becarios Cardiovasculares Hispanos Latinos de la Asociación brinda tutoría y oportunidades

de desarrollo profesional, aprovechando el liderazgo del pensamiento científico para cultivar la próxima generación de investigadores y líderes de atención médica hispanos y latinos para abordar activamente las desigualdades sistémicas de larga data en la atención médica. Además, el Programa de becas de instituciones al servicio de los hispanos (Hispanic Serving Institutions, HSI) de la Asociación apoya a estudiantes universitarios inscritos en programas de ciencias biomédicas y de la salud en HSI para que se conecten con mentores comprometidos e impactantes y aprendan sobre las disparidades de la salud en las comunidades hispanas y latinas, cómo la sensibilidad cultural puede proporcionar espacios clínicos seguros y tranquilizadores, y cómo la inclusión es esencial en la ciencia.

Obtenga más información sobre cómo trabaja la American Heart Association (la Asociación Americana del Corazón) para mejorar la salud y la atención médica de las personas en [heart.org](http://heart.org).

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You are cordially invited to the




**Wednesday, May 1, 2024**

**5:30 pm**

Andover Country Club

60 Canterbury Lane - Andover, Massachusetts

**MAKING A DIFFERENCE AWARD**

**Mallika Marshall, MD**

Medical Director, WBZ-TV

**KEYNOTE SPEAKER**

**Josh Kraft**

President, New England Patriots Foundation

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

**GREATER LAWRENCE FAMILY HEALTH CENTER**  
[GLFHC.org](http://GLFHC.org)



BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LEÁLO EN ESPAÑOL EN LA PÁGINA 4

## From My Corner



### Changes in the School Committee

Big changes coming our way and most people have not heard about them. When the Lawrence Public Schools were taken over by the Department of Education, everyone thought that the School Committee was disbanded, and they lost respect from the local government and the public.

According to Massachusetts General Laws, the School Committee shall continue to exist and represent the interests of the families in the city. The purpose was to allow them to learn how to manage the public schools and their budget, something that never happened.

Through the years, several members have come and gone, disappointed with the lack of support from every administration. They have been kept in the dark about what decisions were being made regarding the school system and the result was that at every election, some districts had no candidates to represent them.

One voice was always present asking questions, insisting on being taken seriously and as part of an elected body, and that is Jonathan Guzmán, Vice President of the School Committee. He's a young man who has the pulse of this community and the intense desire to see their interests represented.

Jonathan must be quite frustrated with the current plans to expand the school committee without considering public opinion.

Some of the proposed changes are to take place when the city receivership ends in the public schools consist of six members elected from each district in the city and adding three members appointed by the mayor and one student member. The mayor will become the President of the School Committee, thus becoming a body of eleven members.

The City Charter calls for compensation for school committee members to be decided by the city council but it has never been done. To my surprise, this plan says, "The Lawrence City Council is responsible for setting an annual salary for Lawrence School Committee members," making provisions for salaries and financial assistance for travel expenses, supplies, and even an administrative assistant dedicated to them.

The Home Rule Petition that has been drafted says, "The mayor shall appoint school committee members who represent the ethnic, racial, and socioeconomic diversity of Lawrence city and its public school students."

As you can see, the plan is quite advanced. On Tuesday, April 23rd it will be going to the Ordinance Committee and will be going to the city council for approval, but I don't see anything calling for a public audience to ascertain what we think about it.

There's lots more that has been carefully planned and it must have been months in the making. Next week, I will bring more details.

### Keep up building apartments

Anyone having to travel across the city between 3 – 7 PM knows that it will take three times longer due to traffic. Parking anywhere in downtown is nearly impossible and most

likely you must go into a parking garage.

The city keeps building apartments looking for tax revenue ignoring the tribulations felt by drivers and will only get worse.

While reading an article published in the Boston Herald, I found out that in Beacon Hill people pay \$500,000 for a parking space. Not a home with parking but just a parking space!

Can you imagine people with a nice lawn in Lawrence will turn them into parking spaces and rent them out to people living in those apartments? Of course! It's a great business idea so start planning.

### No one is talking about this year's elections

Oh, I'm not talking about the presidential election; we're sick of hearing about it by now. I'm talking about the U.S. Senator, U.S. Representative, Governor's Councilor, State Senator, State Representative, Register of Deeds, Clerk of Courts, and County Commissioner (certain counties only).

Candidates are requesting signatures for nominations and the primaries are on September 3, 2024. By this time, the public should be able to know who they are to make an intelligent decision, instead of having to accept the recommendations of others who may have something to gain by their election.

### And speaking of elections...

What do you think if we go back to requiring proof of citizenship upon voter registration? Voting is a privilege earned only by those who swear allegiance to the United States, not legal residents.

Now, on the other side of the border in Matamoros, Mexico, they have been distributing flyers to people crossing into the USA saying that they should register to vote and make sure to vote for President Biden to give him four more years.

Whether you are a Democrat or Republican, you should be insulted that the future of this country is being waged south of the border.

We may not be able to ask for proof of citizenship but by asking for ID and keeping our eyes open, we can make sure of having an honest election.

### Everything is wonderful at the police station

I'm still laughing after watching an interview by Ernesto Bautista and Santiago Matías! Ernesto is a friend and I have a great relationship with Matías and his wife Milagros, but that was my joke for the day.

The reason I am so amused is because Matías said that the Police Department is functioning at its best right now (I'm paraphrasing). I was looking forward to the projects the Provisional Chief William Castro had in mind and couldn't get done. He wanted to do a full audit of the department with particular interest in the "evidence room."

Since an audit report done in 1999 showed many deficiencies and another Audit conducted by Roy Vasque showed no

deficiencies. Which one should we believe, after it has been known that the evidence room has been in disarray for years, with evidence missing and mishandled?

Don't forget that Mayor DePeña ordered an investigation of the empty apartment on Elm St used by the drug unit, under Roy Vasque, which was found to contain drug evidence that had been kept

### 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.

there unattended for years. Chief Castro came along, and he must be heartbroken that he couldn't get that audit done before he was put on leave.

So, Matías, the corruption has not been clarified. Don't cover it up, please. We should ask the Inspector General and Attorney General's office when their investigation will be complete.

## Dig, Divide, and Boost Your Garden's Beauty

By Melinda Myers

Overcrowded, poor flowering, and floppy perennials can be invigorated with a shovel and a bit of your time and energy. Dividing perennials is an excellent way to improve their appearance and create new plants to use in other spaces in your landscape.

As the old garden adage states "divide spring flowering perennials in late summer or early fall, divide fall bloomers in spring, and summer blooming perennials in either spring or fall." Some gardeners prefer to enjoy the spring blooms and divide soon after the flowers fade. Most gardeners have found the best time to divide is when they have the time and can provide proper post-transplanting care.

Reduce the stress on plants by dividing perennials on a cloudy, overcast day when the plants won't dry out so quickly. Make sure the plants are well-watered a day or two in advance of dividing.

Dig up the whole plant using a garden fork or sharp spade, like Corona Tools' DigMaster Nursery Shovel (coronatools.com), with its narrow, hardened steel blade. A shovel with a long handle and narrow blade makes it easier to access plants in small and hard-to-reach spots in the flower garden.

Carefully lift the plant out of the soil. Depending on the plant and the tenacity of its roots, you may be able to gently pull the roots apart with your hands. Otherwise, use a sharp spade or knife, such as a Hori Hori garden knife, or a reciprocating saw to cut the plant into smaller sections. Some gardeners place two garden forks back-to-back in the center of the clump and pull the forks apart to make the divisions.

Discard the dead center, if needed, in the compost pile. Make sure each division has at least three to five healthy shoots and adequate roots. The larger the division, the quicker it will fill in the space and possibly need dividing sooner than smaller divisions.

Replant the divisions as soon as possible. In the meantime, store them in a cool, shaded location and keep the roots covered and moist.

Prepare the soil before planting. You can plant one of the divisions in the original spot once the soil is amended. Use the others to fill in bare areas or start new garden beds.



Photo credit: photo courtesy of Corona Tools  
When dividing perennial plants use a sharp spade or Hori Hori garden knife to easily cut plants into smaller sections.

Dig a hole large enough to accommodate the roots. Plant the division at the same depth it was growing. Some gardeners set it slightly higher so it can settle in place. Either way, make sure the roots are not exposed and the crown, the part where the roots meet the stems, is not buried.

Gently firm the soil around the plant and water thoroughly. Check the soil moisture every few days and water deeply and often enough to keep the roots slightly moist. Reduce your watering frequency as the plant begins to develop a more robust root system.

Start by dividing just one or two overgrown plants. As you master the technique, you will find it easier to divide perennials when needed to keep your gardens looking their best.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" instant video series and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Corona Tools for her expertise in writing this article. Myers' website is [www.MelindaMyers.com](http://www.MelindaMyers.com).



# MCC Helps International Student Start a New Career Path

Josh Correia, of Winchester MA, joined Middlesex Community College early 2023 as a biology transfer student. Correia worked as a mechanical engineer for a period before deciding to enter another career path. He lost interest in his work and believed going back to school was the better option. His goal is to use the education and experience he gets at MCC to eventually become a physical therapist.

“My family recommended MCC,” Correia said. “They found that it not only offers a good experience, but a good opportunity to learn something in the courses rather than just earn a credit. When I was given the opportunity to join MCC, I said why not. I feel like I am still young and can pursue a career that I would be glad to be in long term.”

After earning a bachelor’s degree in commerce in 2021, Correia moved to the United States from his native country of Canada. His knowledge and experience in fitness led to him wanting a career where he can directly assist and interact with people.

As an international student who does not receive federal financial aid, the cost of a degree program played an important factor in his decision to attend MCC. The per credit cost and quality of education MCC offers is making it possible for him to complete his prerequisites and transfer to a graduate program in Physical Therapy.

“Some people are willing to compromise to a degree, saying I am excellent at math or coding so I am going to pursue this, but they may not be as happy,” he said. “I am passionate about people and fitness. I like helping people and feel like this is more in line with who I am and what I am good at.”

During Correia’s first year at MCC, he joined multiple clubs including the International Student Club, African Cultural Club and Asian Students in Alliance. Currently, he works as a Supplemental Instruction Leader in Academic Centers for Enrichment. In addition, he works in the Office of Student Engagement.

“I am essentially the first point of contact when people have questions,” he said. “They will come and inquire about services and what the school offers. It really is a good way to know people and communicate with others in the community.



Josh Correia, of Winchester MA, joined Middlesex Community College early 2023 as a biology transfer student. Correia worked as a mechanical engineer for a period before deciding to enter another career path. He lost interest in his work and believed going back to school was the better option. His goal is to use the education and experience he gets at MCC to eventually become a physical therapist.

It has been a great experience.”

Since joining MCC, Correia tries to develop meaningful connections with staff, faculty and fellow students. Before, he had a tough time engaging with the MCC community. Eventually, he found that building relationships with people at the college was beneficial and increased his opportunities.

Professors such as Jose Pacheco, Jayne Jarger, Sunny Nguyen and John Savage played a big role in his development. He noticed how they cared about his success which motivated him to work harder. Through their conversations, he received advice and valuable resources.

Correia found that his relationships with people in the MCC community made his overall experience at the college smoother. MCC’s resources allowed Correia to grow, adjust his studying methods and learn how the college functions.

“You are recognized by name at MCC, assuming you do a little bit to connect,” he said. “I find that MCC does a good job of promoting their services and resources that are available. When you put your best foot forward, reach out, and try to develop relationships, you will realize there is a lot more available to you.”

## 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.

# Middlesex CC to Host Lowell Chamber Orchestra for “World of Music” Concert



Middlesex Community College is excited to welcome the Lowell Chamber Orchestra (LCO) for a second performance as part of the Spring 2024 “A World of Music” concert series. The concert will take place at 7:30 p.m. on Saturday, May 4 at MCC’s Richard and Nancy Donahue Family Academic Arts Center in Lowell.

Middlesex Community College is excited to welcome the Lowell Chamber Orchestra (LCO) for a second performance as part of the Spring 2024 “A World of Music” concert series. The concert will take place at 7:30 p.m. on Saturday, May 4 at MCC’s Richard and Nancy Donahue Family Academic Arts Center in Lowell.

Conducted by MCC Music faculty member Orlando Cela, the LCO will perform Wolfgang Amadeus Mozart’s Requiem with The Boston Cecilia chorus and soloists.

“We are so looking forward to hearing the Lowell Chamber Orchestra perform Mozart’s final masterpiece, the ‘Requiem,’” said Carmen Rodríguez-Peralta, MCC’s Chair of Music. “This work was not finished when Mozart died on December 5, 1791, and over the years many composers and musicologists have written concluding sections. In this performance, the unfinished portions of the ‘Requiem’ were completed

by Harvard musicologist Robert Levin in the 1990’s. LCO will be joined by the noted Boston Cecilia chorus and soloists, and it will be a truly exciting event!”

“A World of Music” will end the Spring 2024 season with Duo du Sud at 3 p.m. on Sunday, June 2 in MCC’s Bedford Campus Concert Hall. Previous concerts include the LCO on Sunday, February 18; A Chopin Celebration on Sunday March 3; Duos and Trios for Oboe, Flute and Piano on Friday, April 5; and a Student Recital on Monday, April 22.

All concerts are free and open to the public.

MCC’s Academic Arts Center is located at 240 Central Street in Lowell. With parking not available on site, the nearest public parking facility is the Early Garage on 135 Middlesex St.

For more information, visit [www.middlesex.mass.edu/worldofmusic/](http://www.middlesex.mass.edu/worldofmusic/)

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**Jueves, 9 de mayo, 8:30 a.m.—11:30 a.m.**

¿ESTÁS...

- BUSCANDO HACER CRECER TU NEGOCIO EN MASSACHUSETTS?
- BUSCANDO BUENOS EMPLEADOS?
- CUESTIONANDO SI TU NEGOCIO CALIFICA PARA INCENTIVOS FISCALES?

¿TIENES...

- UN NEGOCIO DE PROPIETARIO QUE ES UNA MUJER, UNA MINORÍA O UN VETERANO?
- INTERÉS EN SABER MÁS DE PRÉSTAMOS, SUBVENCIONES O APOYO CAPITAL?

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2 MERRIMACK STREET, 3er Piso, HAVERHILL**

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## FREE STATE PROGRAMS YOUR BUSINESS DOESN'T KNOW ABOUT

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Edward R. Murrow

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LIGA ROBERTO CLEMENTE 2024



# GRAND OPENING DAY





**MAY 11, 2024**

**NORTH COMMON PARK  
(GARNEY FIELD LOWELL)**

**TIME: 10:00 AM**

<b>SPECIAL PARTICIPATION OF:</b> <b>ACRE GIRLS</b>	<b>TEAMS (RHODE ISLAND) (DAY DREAMING)</b>	<b>SPONSORS (LUNA TAXI) (PRO CAR AUTO REPAIR) (CONWAY INSURANCE AGENCY) (CITY CONCILS)</b>
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**MAYOR BRIAN A. DEPEÑA,**  
**BELLEVUE CEMETERY**  
**&**  
**LAWRENCE VETERAN SERVICES**

Mayor  
 Brian A. DePeña


## Twenty-second Beautification Day

### Saturday, May 18, 2024

Help us replace and dispose of  
 Veterans flags.

For info: Nylsa Caraballo  
 978-620-3282

Meeting Point:  
 Bellevue Cemetery (Red Barn)  
 100 Reservoir St.  
 Lawrence, MA 01841



"OUR NATION OWES A DEBT TO ITS FALLEN HEROES THAT WE CAN NEVER FULLY  
 REPAY."  
 BARACK OBAMA UNSPLA



# Foster MA

## Cada padre hace una diferencia




**ALCAIDE BRIAN A. DEPEÑA,**  
**CEMENTERIO BELLUVUE**  
**&**  
**SERVICIOS PARA VETERANOS DE**  
**LAWRENCE**

Mayor  
 Brian A. DePeña

## Vigésimo 2do Día de Embellecimiento

### Sábado, 18 de mayo, 2024

Ayúdenos a reemplazar y  
 desechar las banderas de  
 Veteranos

Para Info: Nylsa Caraballo  
 978-620-3282

Punto de Encuentro:  
 Bellevue Cemetery (Red Barn)  
 100 Reservoir St.  
 Lawrence, MA 01841



"NUESTRA NACIÓN TIENE UNA DEUDA CON SUS HÉROES CAÍDOS QUE NUNCA  
 PODREMOS PAGAR POR COMPLETO".  
 BARACK OBAMA UNSPLA

“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”.

\*\*\*\*\*

"Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too."

- Mark Twain

“You can fool some of the people all of the time; you can fool all of the people for some of the time; but you cannot fool all the people all the time.”

“Uno puede engañar a algunas personas todo el tiempo; puede engañar a todos por algún tiempo; pero no puede engañar a todo el mundo todo el tiempo.”

- Abraham Lincoln

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For questions contact:  
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