

## NECC Basketball Standout Selected in Second Round of Dominican National League Draft



By Dan Blair

Haverhill, MA – Two-time NJCAA First Team All-American Luis Reynoso (Lawrence) of the Northern Essex Community College men’s basketball team was selected in the second round and 16th overall in the Dominican National League Draft held on Wednesday evening at the Hard Rock Café in Santo Domingo.

Reynoso, selected by the Santiago Metros with the 16th pick, was among a total of 56 players drafted in the seven-round event among the eight teams in the LNB La Liga. The Super League season is set to get

underway on June 18th.

Reynoso who helped lead the Knights to their second consecutive Region 21/East District Championship became the first player in the history of the Knights basketball program to earn two All-American awards and is just the fourth athlete in the Northern Essex athletic program to earn the recognition twice.

He scored 614 points on the season and became the first Knight to score 1,000 career points since Joe Marshall in 2001 as he finished his two-year career on the Haverhill campus with 1,244 points

While averaging 26.6 minutes played per game, Reynoso led the team in scoring (19.8 ppg), rebounds (13.2 rbg), blocks (1.6

bpg) and assists (4.5apg).

At the regional level, Reynoso was first in rebounding and tied for first in free throws made (126) while he ranked fourth in points per game.

On the national level, Reynoso finished third with 278 defensive rebounds and fourth in total rebounds with 408. He finished fifth in rebounds per game at 13.2 and seventh in total points (614).

*Dan Blair is the Director of NECC Athletics. To learn more about athletics at NECC, visit the website.*

## Jugador de baloncesto de NECC seleccionado en la segunda ronda del Draft de la Liga Nacional Dominicana

Por Dan Blair

Haverhill, MA – El dos veces All-American del primer equipo de la NJCAA, Luis Reynoso (Lawrence), del equipo de baloncesto masculino de Northern Essex Community College, fue seleccionado en la segunda ronda y en el puesto 16 en general en el Draft de la Liga Nacional Dominicana celebrado el miércoles por la noche en el Hard Rock Café de Santo Domingo.

Reynoso, seleccionado por los Metros de Santiago con el puesto 16, estuvo entre un total de 56 jugadores seleccionados en el evento de siete rondas entre los ocho equipos de La Liga LNB. La temporada de la Superliga comenzará el 18 de junio.

Reynoso, quien ayudó a llevar a los Caballeros a su segundo Campeonato consecutivo de la Región 21/Distrito Este, se convirtió en el primer jugador en la historia del programa de baloncesto de los Caballeros en ganar dos premios All-American y es apenas el cuarto atleta en el programa atlético de Northern Essex

en ganar el reconocimiento dos veces.

Anotó 614 puntos en la temporada y se convirtió en el primer Caballero en anotar 1,000 puntos en su carrera desde Joe Marshall en 2001, cuando terminó su carrera de dos años en el campus de Haverhill con 1,244 puntos.

Con un promedio de 26,6 minutos jugados por partido, Reynoso lideró al equipo en anotaciones (19,8 puntos por partido), rebotes (13,2 rebotes), bloqueos (1,6 puntos por partido) y asistencias (4,5 puntos por partido).

A nivel regional, Reynoso fue primero en rebotes y empató en el primer lugar en tiros libres anotados (126) mientras que ocupó el cuarto lugar en puntos por partido.

A nivel nacional, Reynoso terminó tercero con 278 rebotes defensivos y cuarto en rebotes totales con 408. Terminó quinto en rebotes por partido con 13,2 y séptimo en puntos totales (614).

Ddan Blair es el director de atletismo de NECC. Para obtener más información sobre el atletismo en NECC, visite el sitio web.

## Lawrence Rotary Club awards scholarships to LHS students



Shown here are Lawrence Rotarians Ron Hill and Ramsey Bahrawy, with scholarship recipients Edgar Tavares, Yashly Lopez and Rossy Ovalles.

Once again this year, the Lawrence Rotary Club is presenting college bookstore scholarships to outstanding graduating high school seniors in Lawrence.

“Lawrence Rotarians and the first group of scholarship winners met recently

at Mad Maggie’s Ice Cream in No. Andover for the presentations and some ice cream refreshment,” said Richard Rodriguez, Lawrence ADA Coordinator.

A scholarship was also presented in absentia to Adairis Guido.



Dear friends,

Today we are turning in over 13k certified signatures to the Secretary of State’s office to finally get this issue on the ballot in November!

I want to take this moment to say THANK YOU for your amazing and inspiring work to reach our goal. We’ve demonstrated that by coming together — regardless of family background, bank balance, zip code or political party — we can accomplish great things for the common good.

Collecting thousands and thousands of signatures, both last year and this year, were huge steps forward.

Now, we need to make sure this measure passes on the ballot. That’s going to take all of us continuing to come together to get the word out —however we can!

**AUDIT THE LEGISLATURE**  
Transparency, equity & accountability



# Merrimack Valley Credit Union Hosts Annual Charity Golf Classic

## The event raised money to support the credit union's financial education programs



From left to right: MVCU Senior Vice President and Chief Information Officer Steve Lynch; Synergent Vice President of Software Delivery Tyler Hudson; MVCU President & CEO John J. Howard; Synergent President Randy Stolp; and MVCU Vice President of Commercial Banking Robert Piepenburg.

Atkinson, N.H. – June 20, 2024 – On Monday, June 10, Merrimack Valley Credit Union (MVCU) hosted its annual Charity Golf Classic at the Atkinson Resort & Country Club in Atkinson, N.H. The tournament, sponsored by Synergent, raised nearly \$40,000 to support the credit union's financial education programs for members and the community.

MVCU's Financial Edge, a program developed in partnership with Banzai!—a financial training organization that works with credit unions throughout the nation—funds financial education courses in schools throughout the region and offers community organizations in-person training and digital tools to enhance the knowledge and money management skills of students and adults.

"Thank you so much to all of the golfers who joined us for a beautiful day on Atkinson's wonderful course," said MVCU President & CEO John Howard. "And thank you to all of our sponsors who helped us raise money for our financial literacy program, Financial Edge. Your support gives community members of all ages the knowledge, skills and confidence to overcome the financial obstacles they will encounter throughout their lives."

Golfers not only enjoyed beautiful weather, but a Happy Gilmore-themed tournament with on-course contests including a golf ball air cannon, a dart board golf game and putting with MVCU President & CEO John J. Howard. The tournament also featured raffle prizes, a silent auction, breakfast, lunch, dinner and beverages.

In addition to Synergent, sponsors included: Service Credit Union, Comcast

Business, Engageware, Jeanne D'Arc Credit Union, Kasasa, TruStage, Velera, Alkami, AmpliX, Banzai!, Greater Lawrence Family Health Center, David A. Keele & Associates LLC, Lucro Commercial Solutions, Montagne Powers, Parc Street Partners, Culture Partners and HR Knowledge.

If you are a community organization interested in learning more about MVCU's Financial Edge program or an educator interested in having MVCU sponsor the program in your school, please email [communications@mvcu.com](mailto:communications@mvcu.com).

### About Merrimack Valley Credit Union

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.

**"Let us dare to read, think, speak and write."  
- John Adams**

*Buying Your First Home?*

**Introducing our First-Time/Affordable Homebuyer Loan\***

**6.250% INTEREST RATE | 6.268% APR\***

**30-YEAR FIXED RATE RESIDENTIAL MORTGAGE**  
NO POINTS! • LLPA FEES WAIVED!

- ✓ As little as 5% down\*
- ✓ First-time homebuyers or no homeownership for prior three years\*
- ✓ No mortgage insurance requirement for LTV of 90% or less\*

Call us at 978-358-8890 to learn more.

**INSTITUTION FOR SAVINGS**  
BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1920.  
[institutionforsavings.com](http://institutionforsavings.com)

\*APR denotes Annual Percentage Rate as of 5/21/24 and is based on a \$550,000 purchase loan with minimum credit score of 680 and maximum LTV of 95%. Unit cost per \$1,000 borrowed is \$6.25. Minimum loan amount is \$100,000, maximum loan amount is \$550,000 with a maximum purchase price of \$687,500. Owner-occupied condominiums or single-family primary residences in Essex County only. Offer subject to credit approval. Property insurance required. Flood insurance required if the property is located in a FEMA Special Hazard Flood Zone. Monthly payment examples do not include escrow amounts for real estate taxes, PMI and/or insurance, if applicable. This may increase payment amount. Other terms and conditions may apply. Rate is subject to change without notice. To qualify for this program, applicant must be a first-time homebuyer or have not owned a home for prior three years and must attend a first-time homebuyer course. Applicants must have an income no greater than 120% of the area median income (AMI) and a debt-to-income (DTI) ratio no greater than 35%. Applicants must also have a minimum credit score of 680 to qualify. A minimum down payment of 5% is also required with a 2% gift cap and a \$200,000 liquid/stock asset cap. The minimum down payment requirement does not include retirement accounts and down payment assistance (DPA) programs for LMI borrowers. PMI is waived for loans at 90% LTV or less. Applicants who qualify for this program and who have attended a CHFAA certified FTHB course are eligible for a \$1,500 closing cost credit. Member FIC • Member OF • NMLS ID: #2478202



From the fan-favorite golf ball air cannon to the new Dart Board Golf competition, to putting with MVCU President & CEO John J. Howard, golfers enjoyed exciting on-course contests during MVCU's Charity Golf Classic.

**It's easy finding Rumbo**  
**(978) 794-5360**

**Rumbo**  
The BILINGUAL Newspaper of the Merrimack Valley

**DIRECTOR AND GRAPHIC DESIGN**  
**Dalia Díaz**  
[daliadiaz@rumbonews.com](mailto:daliadiaz@rumbonews.com)

**SALES & CIRCULATION DIRECTOR**  
**Alberto M. Suris**  
[albertosuris@rumbonews.com](mailto:albertosuris@rumbonews.com)

Publicación de SUDA, Inc.  
315 Mt. Vernon Street Lawrence, MA 01843-3206  
Tel: (978) 794-5360 | [www.rumbonews.com](http://www.rumbonews.com)

facebook.com/rumbonews  
twitter.com/rumbonews

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



# Juneteenth (1865): 19 de junio de 2024

## De los Archivos Nacionales: La Proclamación de Emancipación

“El Presidente Abraham Lincoln emitió la Proclamación de Emancipación el 1 de enero de 1863, cuando la nación se acercaba a su tercer año de sangrienta guerra civil. La proclamación declaraba “que todas las personas mantenidas como esclavas” dentro de los estados rebeldes “son y serán libres en adelante”.

“A pesar de esta redacción amplia, la Proclamación de Emancipación fue limitada en muchos sentidos. Se aplicó sólo a los estados que se habían separado de Estados Unidos, dejando intacta la esclavitud en los estados fronterizos leales. También eximió expresamente a partes de la Confederación (los estados secesionistas del Sur) que ya habían quedado bajo control del Norte. Lo más importante es que la libertad que prometía dependía de la victoria militar de la Unión (Estados Unidos).

“Aunque la Proclamación de Emancipación no puso fin a la esclavitud en la nación, capturó los corazones y la imaginación de millones de estadounidenses y transformó

fundamentalmente el carácter de la guerra. Después del 1 de enero de 1863, cada avance de las tropas federales amplió el dominio de la libertad. Además, la Proclamación anunció la aceptación de hombres negros en el Ejército y la Armada de la Unión, lo que permitiría a los liberados convertirse en libertadores. Al final de la guerra, casi 200.000 soldados y marineros negros habían luchado por la Unión y la libertad”.

Del Proyecto de la Presidencia Estadounidense, Proclamación 10598: Día de Observancia del 16 de junio de 2023 “El 19 de junio de 1865, meses después de que terminara la Guerra Civil y más de dos años después de que el Presidente Lincoln firmara la Proclamación de Emancipación que liberaba a los esclavos, las tropas de la Unión llegaron a Galveston, Texas, para liberar a 250.000 personas que aún estaban en cautiverio. La llegada del mayor general Gordon Granger y sus tropas señaló que el gobierno federal no cedería hasta que los últimos esclavos en Estados Unidos fueran libres”.



## Juneteenth (1865): June 19, 2024

### From the National Archives: The Emancipation Proclamation

“President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863, as the nation approached its third year of bloody civil war. The proclamation declared ‘that all persons held as slaves’ within the rebellious states ‘are, and henceforward shall be free.’

“Despite this expansive wording, the Emancipation Proclamation was limited in many ways. It applied only to states that had seceded from the United States, leaving slavery untouched in the loyal border states. It also expressly exempted parts of the Confederacy (the Southern secessionist states) that had already come under Northern control. Most important, the freedom it promised depended upon Union (United States) military victory.

“Although the Emancipation Proclamation did not end slavery in the nation, it captured the hearts and imagination of millions of Americans and fundamentally transformed the character of the war. After

January 1, 1863, every advance of federal troops expanded the domain of freedom. Moreover, the Proclamation announced the acceptance of Black men into the Union Army and Navy, enabling the liberated to become liberators. By the end of the war, almost 200,000 Black soldiers and sailors had fought for the Union and freedom.”

From The American Presidency Project, Proclamation 10598—Juneteenth Day of Observance, 2023

“On June 19, 1865—months after the Civil War ended and more than 2 years after President Lincoln signed the Emancipation Proclamation freeing enslaved people—Union troops arrived in Galveston, Texas, to free 250,000 people still held in bondage. The arrival of Major General Gordon Granger and his troops signaled that the Federal Government would not relent until the last enslaved people in America were free.”

## La Ciudad de Lawrence lanza un ambicioso proyecto de renovación contra la crisis de los opioides

La Ciudad de Lawrence, bajo el liderazgo del Alcalde Brian A. DePeña, ha presentado un ambicioso proyecto de renovación. Este proyecto incluirá múltiples canchas de baloncesto y una cancha de usos múltiples.

Esta iniciativa es un punto destacado del Plan de Proyecto del Alcalde DePeña en contra de las sustancias nocivas, que implica un esfuerzo de colaboración entre varios departamentos de la ciudad, incluido el Departamento de Desarrollo Comunitario, el Departamento de Desarrollo Económico, el Departamento de Planificación, el Departamento de Obras Públicas (DPW) y el Departamento de Policía de Lawrence (LPD)., el Departamento de Salud y

Servicios Humanos, el Departamento de Parques y Recreación y Groundwork Lawrence, y contribuyendo a la lucha contra la epidemia de opioides.

Gracias, senador Pavel Payano y concejal Municipal Vivian Mármol, por unirse a la Ciudad de Lawrence en nuestro esfuerzo para revitalizar y eliminar los sectores marginales y las áreas vulnerables. La Ciudad de Lawrence está comprometida a mejorar la calidad de vida de sus residentes a través de diversas iniciativas destinadas a promover la salud, el bienestar y la prosperidad económica. A través de estos esfuerzos de colaboración, Lawrence continúa avanzando en el desarrollo y la revitalización de la comunidad.

## City of Lawrence launches ambitious renewal project in battle against opioid crisis

The City of Lawrence, under the leadership of Mayor Brian A. DePeña, has unveiled an ambitious renewal project aimed. This project will include multiple basketball courts and a multi-purpose court.

This initiative is a highlight of Mayor DePeña's Opioid Project Plan, which involves a collaborative effort among several city departments, including the Community Development Department, Economic Development Department, Planning Department, Department of Public Works (DPW), the Lawrence Police Department (LPD), the Department of Health and Human Services, Parks and

Recreation Department, and Groundwork Lawrence, and contributing to the fight against the opioid epidemic.

Thank you, Senator Pavel Payano and City Councilor Vivian Marmol, for joining the City of Lawrence in our partnership to revitalize and eliminate the slum and blighted areas. The City of Lawrence is committed to improving the quality of life for its residents through various initiatives aimed at promoting health, wellbeing, and economic prosperity. Through these collaborative efforts, Lawrence continues to make strides in community development and revitalization.

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

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

Rosalynn Carter





POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



CARTAS AL EDITOR  
RUMBO

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

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

## ¡Bravo por Rozzi y Russell!

Lawrence ha sido conocido como un “desierto de noticias” porque carece de acceso a noticias locales en cualquier idioma. Rumbo vino a aliviar un poco esa necesidad hace 28 años, pero nos damos cuenta de que el efecto es mínimo; sin embargo, nuestro intento ha iluminado a muchos residentes sobre lo que está pasando en nuestra comunidad.

A lo largo de los años me quejé de la falta de información disponible en cualquier idioma sobre temas locales con la esperanza de que otros siguieran nuestro ejemplo. Tenemos varias estaciones de radio en español con excelente programación, pero se hace muy poco en cuanto a información.

Ahora, alguien finalmente tomó las riendas e inició algo muy necesario: un programa de televisión en Lawrence Community Access Television (LCAT) que analiza las acciones del Concejo Municipal. Lo sé, está en inglés, pero es el tipo de información que necesitamos escuchar para entender un poco mejor la actuación de los concejales. La mayoría de las veces, el público no comprende las razones por las que el concilio toma algunas medidas.

Quiero felicitar a Brenda Rozzi y Richard Russell por su programa From the Second Row en LCAT. Nunca pensé que promocionaría ninguna programación en LCAT, pero esto es lo que se suponía que debían hacer.

Recuerde, esta no es una producción llamativa. Mírenlo por el contenido, no por su apariencia.

Sería una ventaja si otros residentes deciden hacer una versión en español de lo que están haciendo.

## Y, hablando del concejo...

Es posible que haya visto varias de mis columnas en las que reprimí severamente el comportamiento del concejo. A veces me da vergüenza mientras estoy en casa viendo las reuniones por la forma en que se dirigen a los empleados de la ciudad.

Durante la reunión del concejo de la semana pasada, lanzaron el habitual aluvión de insultos contra el abogado municipal Timothy Houten. No puede acostumbrarse a que lo traten como a un sirviente o un esclavo. Ciertos concejales lanzan los peores insultos en público, algo que no harían con ningún empleado de la ciudad que pueda comparecer ante ellos por fechorías o quejas de desempeño laboral. Esas cosas se tratan en privado o en una sesión ejecutiva del concejo.

La semana pasada, la concejala Wendy Luzón dijo mientras el abogado Houten estaba en el podio, “el abogado de la ciudad no sabe lo que está haciendo”. Ningún empleado de la ciudad debería estar en posición de recibir tal abuso verbal en público, especialmente viniendo de alguien con un historial tan vergonzoso.

El decoro y las buenas maneras han desaparecido del concilio de Lawrence, comparándose a veces con una pelea callejera. Todo el trabajo decente que hizo Marc Laplante mientras era presidente de ese grupo quedó en el olvido cuando el nuevo concejo tomó juramento.

## Semana Hispana después de los fracasos

Ha habido silencio después de la columna de la semana pasada cuando critiqué la falta de acción de la junta directiva de la Semana Hispana año tras año. Esta comunidad no ha aprendido a defenderse y exigir lo que debería. La Semana Hispana necesita cambiar y nadie quiere exigirlo.

Son tan cobardes que no se arriesgan a publicar un comentario en las redes sociales; por eso estamos en esta situación. Algunas personas han dicho: “Algo hay que hacer, pero no despedir a Gerimundi Rosario”. Deberíamos seguir dándole vueltas a la mezcla, aunque apesta.

Es por eso que recibir esta carta de la concejala Ana Levy me dio la esperanza de que alguien más esté dispuesto a decir lo que piensa. Gracias Ana.

## Carta de la Concejala Ana Levy

Ante todo, quiero felicitarte a ti y Alberto por tu periódico Rumbo, ya que es el único medio informativo en español de la Ciudad de Lawrence. Gracias por todos estos años de servicio.

Aunque no soy muy amiga de escribir, me he tomado este momento para apoyarte en algunas de las cosas que dijiste en tu columna Desde Mi Esquina sobre Semana Hispana.

No tengo nada en contra de los miembros de esa organización, pero sí creo que Semana Hispana tiene que organizarse. Todavía a sus 45 años no aprende. Algunas de las cosas que dijiste, ya yo lo había dicho hace más de 24 años, cuando Semana Hispana estaba bajo la sombrilla de Greater Lawrence Community Action.

Esta organización tan pronto termina el festival debe reunirse y analizar lo que hizo bien y lo que no. Debe buscar la forma de cómo superar estos errores que se cometieron, preparando el escenario para el próximo año. Debe fiscalizar y manejar mejor los fondos que recibe. Semana Hispana no debe esperar el último día para prepararse. Ya lo había dicho muchos años atrás.

Todos sabemos que es un festival familiar y es algo esperado por el pueblo. Pero como cualquier empresa debe de comenzar a buscar fondos desde ya. Analizar bien los ingresos y egresos y no esperar lo último. No siempre la ciudad tiene fondos para cubrir los gastos que se generan con esta celebración. Semana Hispana tiene gran potencial para conseguir fondos como organización sin fines de lucro.

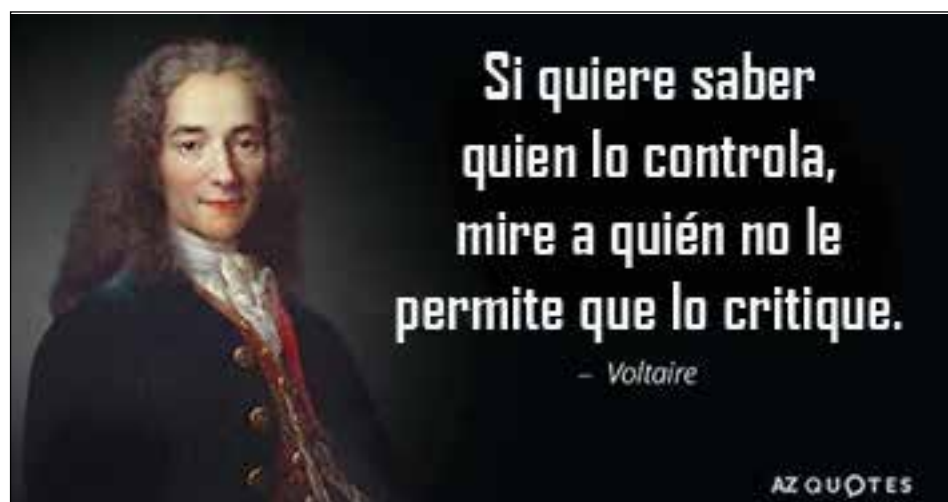
Como dije anteriormente, nada en contra de los miembros ya que este problema existe por muchos años. Ya es tiempo de crecer y dejar la dependencia a un lado. Es una pena que Semana Hispana desapareciera si no le ponen la atención que necesita. ¡Esto fue un aviso! Pero como es algo que nuestros niños necesitan, todos estuvimos en la mejor disposición de ayudar y tener tan esperado festival.

De toda manera quiero felicitarlos a todos, ya que pudieron traer un buen espectáculo de entretenimiento familiar con grupos comunitarios. Pudimos también demostrar que nosotros los oficiales electos junto al alcalde estábamos en la mejor disposición de ayudar. Que esto sirva de enseñanza y se comiencen a preparar para el próximo año.

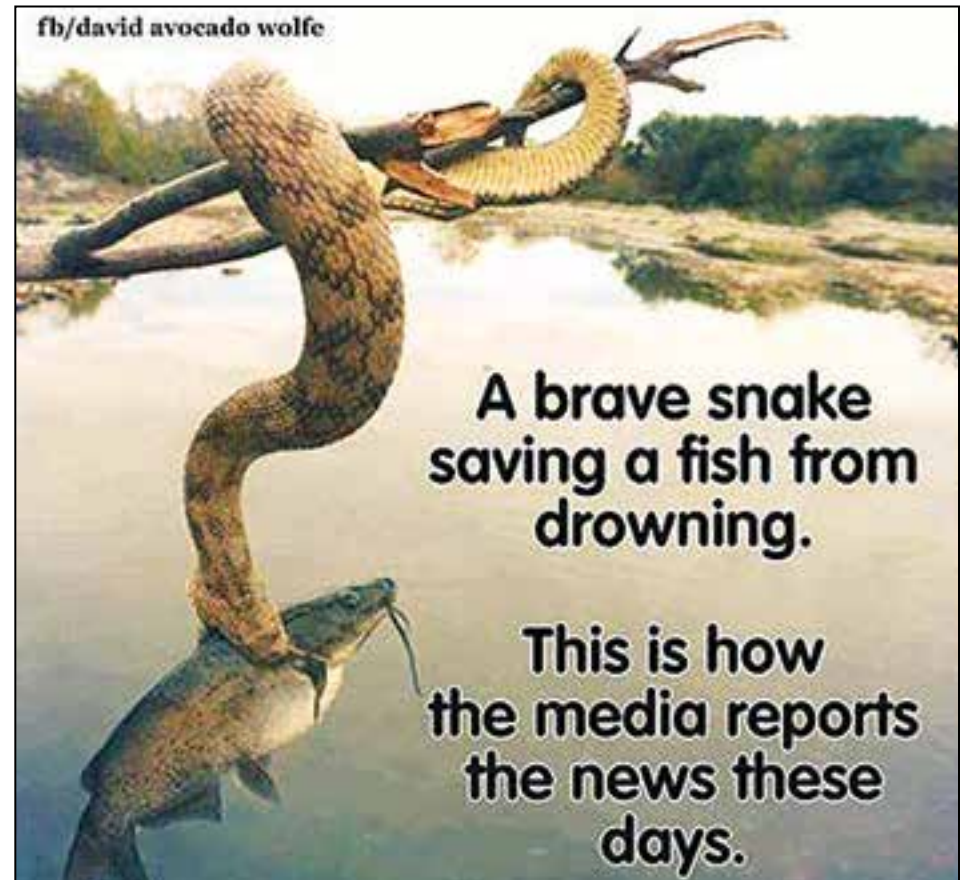
Ana Levy  
City Councilor at-Large

“... es fundamental que nos aseguremos de que las noticias locales no solo sobrevivan sino que prosperen, especialmente cuando los medios se enfrentan a algunas de las compañías más grandes que el mundo haya conocido. Las noticias locales enfrentan una crisis en los Estados Unidos”.

Senadora Estadounidense Amy Klobuchar (D-MN)



WWW.RUMBONEWS.COM





# New Scholarship available for Therapeutic Horseback Riding at Windrush Farm



North Andover, MA, June 21, 2024 — Windrush Farm in North Andover is proud to announce a new Kathy Blanton Memorial scholarship for children and adults with disabilities.

The scholarship is for participants over the age of six, with physical, cognitive, or emotional challenges who qualify on financial need and consideration of circumstances.

The scholarship was set up by Kathy's sister, Cheryl Blanton and is offered in loving memory of Kathy who loved riding,

and especially competing in the Special Olympics!

"We are extremely grateful to the Blanton family and other donors who have made it possible for more people to experience the joy and challenges of horseback riding" commented Janet Nittmann, CEO of Windrush Farm.

Further details and an application form for the Kathy Blanton Memorial Scholarship can be found at the Windrush Farm website. Deadline for applications is July 1st.

# ECCF, MeVa and MVPC Receive Our Town Grant from the National Endowment for the Arts

Funding to help elevate public transportation in the Merrimack Valley as a critical element of community culture

The primary role of public transit is, undoubtedly, to get people from one place to another.

But a group of nonprofit organizations have come together to make public transportation in the Merrimack Valley so much more. Essex County Community Foundation (ECCF), the Merrimack Valley Planning Commission (MVPC) and Merrimack Valley Transit, best known as MeVa – the regional transit authority providing free public bus service to 16 cities and towns along the Merrimack River – are proud to announce that they have been awarded a two-year, \$125,000 Our Town grant from the National Endowment for the Arts (NEA).

ECCF is leveraging its long-term collaboration with MVPC and expanding that partnership in the Merrimack Valley to include MeVa so together, the three organizations can rethink the way they serve their shared constituencies. This grant award represents a significant step towards that goal.

Since 2019, ECCF, through its Creative County Initiative, and MVPC have been collaborating on cultural planning and asset mapping activities across the Merrimack Valley, a region largely located within Essex County. In 2023, the organizations launched MVCulture and hired Jenny Arndt to serve as the first Merrimack Valley Arts & Culture Specialist. For the last eight months, Arndt has been working to build community around arts and culture planning as a fundamental cornerstone of downtown vibrancy and sustainable economic development.

Funding from the NEA will broaden the scope of that work.

"The Our Town Grant represents a unique opportunity for ECCF, MVPC and MeVa to collaboratively change the public's mindset about public transit as a critical element of community culture," said Karen Ristuben, program director of Creative County at ECCF. "Working closely with the diverse communities of MeVa's service area, our goal is to connect bus service to aspects of arts and culture in a way it hasn't been before."

MeVa's service district is anchored by the Merrimack River and is centered on the gateway cities of Lawrence, Haverhill and Methuen, while also extending to the seacoast, as well as more rural and suburban communities further south and east of the river. MeVa carries almost three million riders per year, connecting residents with all that the Merrimack Valley has to offer aboard its vibrantly designed buses, inspired by the colors of Old San Juan in Puerto Rico or Zona Colonial in the Dominican Republic.

"MeVa is fully committed to working in close collaboration with partners ECCF and MVPC to equitably open access to our region's cultural treasures regardless of race, age, gender or ability to pay," said Cassandra Gove, chair of the MeVa Advisory Board and mayor of Amesbury, a city located in MeVa's service area.

NEA funding for MVCulture will specifically focus on providing staffing and project support to:

- Engage with artists to improve access to and from arts and cultural hubs through signage, maps, guides and cultural tours, and to create safe, vibrant and welcoming bus stops, shelters and transit hubs.
- Build and support a coalition of creative leaders across the region to work with MVPC, MeVa and others to advance placemaking, place keeping, creative space development and creative sector advocacy.
- Identify new cultural development

projects to advance MVPC's Comprehensive Economic Development Strategy and ECCF's systems change strategies for the creative sector.

"MVPC is excited to join with ECCF and MeVa to bring the MVCulture project to life and enrich the arts and culture network across the Merrimack Valley," said Jerrard Whitten, executive director of MVPC. "This regional project will create a lasting legacy of connectivity, cultural enrichment and community resilience."

The NEA grant for MVCulture is one of 68 grants nationwide totaling \$5 million (and one of only three in Massachusetts) that the NEA has approved in the Our Town category. These creative placemaking grants support projects that integrate arts, culture and design activities into local efforts to strengthen and authentically engage communities, center equity, advance artful lives and lay the groundwork for long-term systems change.

"Projects like MVCulture exemplify the creativity and care with which communities are telling their stories, creating connection and responding to challenges and opportunities in their communities—all through the arts," said NEA Chair Maria Rosario Jackson, PhD. "So many aspects of our communities such as cultural vitality, health and wellbeing, infrastructure and the economy are advanced and improved through investments in art and design, and the National Endowment for the Arts is committed to ensuring people across the country benefit."

For more information on all projects included in the Arts Endowment grant announcement, visit [arts.gov/news](https://arts.gov/news).

## About ECCF

The mission of Essex County Community Foundation is to inspire philanthropy that strengthens the communities of Essex County. We do this by managing charitable assets, strengthening and supporting nonprofits and engaging in strategic community leadership. In 25 years, ECCF and its growing family of 300+ charitable funds have granted \$169 million to nonprofits, schools and students in Essex County and beyond. Our ultimate goal is to have 34 thriving cities and towns in Essex County and to improve the quality of life for the region's 800,000+ residents. Learn more at [eccf.org](https://eccf.org).

## About MVPC

The Merrimack Valley Planning Commission is a regional planning agency created in 1959 with a goal of consistently planning, developing, and promoting not only the sustainable development of the Merrimack Valley through responsible and efficient use of regional resources, but to also rally and unify the communities to perpetuate the region's vision. A 16-member Board of Commissioners governs the Merrimack Valley Planning Commission, which serves 15 member communities, including the cities of Amesbury, Haverhill, Lawrence, Methuen and Newburyport, and the towns of Andover, Boxford, Georgetown, Groveland, Merrimac, Newbury, North Andover, Rowley, Salisbury, and West Newbury. Learn more at [mvpc.org](https://mvpc.org).

## About MeVa

MeVa is the regional transit authority providing free public bus transportation to 16 cities and towns in the Merrimack Valley. The bulk of MeVa's fixed route service is based in the three Gateway City communities of Lawrence, Methuen and Haverhill, with service stretching into surrounding rural and coastal towns. For many residents in the region, MeVa serves as the primary source of access and mobility. Learn more at [mevatransit.com](https://mevatransit.com).

"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

**Foster MA**

Cada padre crea una diferencia

Sea la diferencia en la vida de un niño

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

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

**d c f** MASSACHUSETTS DEPARTMENT OF Children & Families

1-800-KIDS-508 | [mass.gov/dcf](https://mass.gov/dcf)



# El Negocio de la Vivienda en Massachusetts y la Regulación del Mercado de Alquiler de Bienes Raíces Residenciales



Por Tomi Michel

Boston, MA — En la mañana del 29 de mayo de 2024, después de desayunar, me dirigí a la Biblioteca Estatal de Massachusetts, ubicada dentro de la Casa de Estado. Mientras caminaba por la empinada acera de la calle Beacon, acercándome al edificio público con cúpula dorada del vecindario de Beacon Hill, noté una manifestación en sus escalones de entrada principal. Estimaba cien personas, que vestían camisetas azules y sostenían carteles que decían "Estabilidad de Vivienda para Familias," "No a los Veteranos Sin Hogar" y "El Alquiler está Demasiado Maldito Alto." Pronto me di cuenta de que esto era obra de la Organización de Abundant Housing, identificada por los logotipos en los materiales de mercadeo.

Caminé hacia el medio de la reunión y vi caras conocidas. Primero, el ex candidato al Consejo Municipal de la Ciudad de Haverhill, Mike Morales, y luego, la ex miembro del Comité Escolar de Lawrence, Kassie Infante, quien se desempeña como Directora Asociada de Operaciones de la organización. Mientras ella dirigía el evento llamado "Día de Cabildeo," nos saludamos. Intenté continuar mi camino, pero ella me detuvo y dijo: "¡Oye! ¿Por qué no te quedas? Después de la manifestación afuera y la alineación de los oradores, entraremos a la Casa de Estado para convencer a los legisladores de apoyar la iniciativa de unidades de vivienda accesorias." Pensé para mí mismo: "¿Cabildeo? Esto está muy en mi área." Acepté, y poco después, vi a alguien levantando un cartel que decía "Proyecto de Ley de Casas Móviles S897/H1359." Entonces me dirigí a agarrar un cartel para mí.

El mercado inmobiliario en los Estados Unidos es uno de los sectores más importantes de la economía nacional, junto con la tecnología, la salud, los servicios financieros, la manufactura, el comercio minorista, la energía y la agricultura. Con \$236.4 mil millones en ingresos (según IBISWorld), es más grande que toda la economía de Grecia, cuyo Producto Interno Bruto es aproximadamente \$224 mil millones. Las ventas residenciales representan \$186.5 mil millones y las ventas comerciales \$49.2 mil millones.

En Massachusetts, el tamaño del mercado inmobiliario es de \$5.1 mil millones, con 17,099 negocios operando en la industria del corretaje. Mas a pesar del tamaño del mercado, Massachusetts actualmente experimenta un déficit de vivienda, con la Oficina del Censo de los

EE. UU. informando 3,045,948 unidades de vivienda contra una población de 7,001,399 al 1 de julio de 2023.

Este déficit es provocado por factores como una población que crece desproporcionadamente debido a la inmigración, el espacio limitado de tierra considerando la geografía de Massachusetts (en comparación con el estado de Texas), leyes de zonificación que restringen nuevos desarrollos inmobiliarios, el alto y creciente costo de la vivienda y la disparidad de ingresos. Sin embargo, la situación actual no es un evento inesperado de fuerza mayor; hay una historia detrás de esto, una historia en la que el gobierno ha jugado un papel principal.

El sector público como institución, a nivel nacional, estatal y municipal, ha dejado un legado tangible y desastroso que ha impactado de manera irrazonable y perjudicial a las comunidades de color a través de la práctica discriminatoria de la vivienda conocida como "redlining" (línea roja). En su libro "El Color de la Ley," Richard Rothstein explica en detalle cómo el gobierno, a través de políticas y directrices, apoyó a bancos y compañías de seguros para rechazar o limitar hipotecas y servicios relacionados con la vivienda en ciertos vecindarios debido a su composición racial y étnica. Sistémicamente, esto privó a generaciones de la oportunidad de construir riqueza a través del patrimonio inmobiliario y creó y promovió guetos, ahora referidos como "Inner cities." No fue hasta que el Congreso aprobó la Ley de Vivienda Justa del 1968 que esta práctica se hizo ilegal, con el apoyo y liderazgo de personas como el presidente Lyndon B. Johnson y el reverendo Martin Luther King Jr. Sin embargo, la lucha parece no haber terminado.

Regular los alquileres residenciales en el Estado de la Bahía es crucial para la seguridad e integridad de los ciudadanos. Aunque la vivienda es un derecho humano, también ha sido un negocio rentable. Muchos proveedores de servicios (propietarios) han estado abusando financieramente de sus consumidores (inquilinos) con aumentos de renta pronunciados, entre muchas otras acciones, ahora irrelevantes para este artículo.

Mike Morales, quien es corredor de bienes raíces y se desempeñó como Director Estatal de la Asociación de Agentes Inmobiliarios de Massachusetts, difiere de mis puntos de vista. "Estoy en desacuerdo con el control de rentas por varias razones. Primero, el control de rentas puede desalentar la inversión en propiedades de alquiler, reduciendo el incentivo para que los desarrolladores construyan nuevas unidades de vivienda. Esto puede llevar a una disminución en la oferta general de viviendas, exacerbando la escasez de viviendas a largo plazo. Segundo, los propietarios pueden tener menos ingresos para invertir en mantenimiento y mejoras de la propiedad, lo que lleva a una disminución en la calidad de la vivienda de alquiler. Esto puede resultar en condiciones de vida deficientes para los inquilinos. Tercero, el control de rentas puede crear distorsiones en el mercado al impedir que los alquileres reflejen el verdadero valor de mercado de las propiedades. Esto puede llevar a una asignación ineficiente de la vivienda, donde los inquilinos en unidades con control de rentas pueden quedarse a pesar de mejores oportunidades en otros lugares. Como sabes, me tomo la crisis de vivienda en nuestra región muy en serio, ya que afecta a casi todos los grupos demográficos. En lugar

del control de rentas, alternativas como los vouchers de vivienda, subsidios para inquilinos de bajos ingresos e incentivos para que los desarrolladores construyan viviendas asequibles pueden abordar los problemas de asequibilidad de manera más efectiva sin los efectos secundarios negativos."

Yo, sin embargo, creo que el control de rentas garantizará costos de vivienda accesibles para los trabajadores de bajos ingresos en un estado con un alto costo de vida. Protegerá a las personas de aumentos repentinos de renta, lo que evitará el desplazamiento y la falta de vivienda. Proporcionará seguridad financiera para

que las familias puedan asignar dinero a otras necesidades esenciales. Por último, regulará las fluctuaciones extremas en el mercado de alquiler, donde un propietario puede aumentar la renta a un inquilino sin ninguna repercusión. El Proyecto de Ley S897/H1359 es una opción, como muchas otras, que no aborda el problema de raíz: un mercado de alquiler de viviendas residenciales no regulado. Uno donde el poder de negociación está en manos del propietario.

*Tomi Michel es columnista de Rumbo. Puede contactarlo en [tomi@michelpublicrelations.com](mailto:tomi@michelpublicrelations.com).*

## ¡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!

## PARA TODO TIPO DE SEGURO



Yomari, Elizabeth, Nini, Joan y Carla

Personales  
Automóviles  
Casas  
Negocios

\* Tarifas bajas para  
seguro de AUTOS y CASAS

SE HABLA  
ESPAÑOL

## DEGNAN INSURANCE AGENCY, INC.

85 Salem Street., Lawrence MA 01843  
TEL. (978) 688-4474 . FAX (978) 327-6558

[WWW.DEGNANINSURANCE.COM](http://WWW.DEGNANINSURANCE.COM)



# Massachusetts Housing Business & Regulating the Residential Real Estate Rental Market



**By Tomi Michel**

Boston, MA — On the morning of May 29, 2024, after having breakfast, I headed to the State Library of Massachusetts, located inside the State House. As I walked along the steep sidewalk of Beacon St., approaching the Beacon Hill neighborhood's Golden Dome public building, I noticed a rally on its main entrance steps. An estimated one hundred people were wearing blue shirts and holding signs that read "Housing Stability for Families," "No Homeless Vets," and "The Rent is Too Damn High." Soon enough, I realized that this was the work of the Abundant Housing Organization, identified by the logos on the marketing materials.

I walked into the middle of the gathering and saw familiar faces. First, former Haverhill City Council Candidate Mike Morales, and then former Lawrence School Committee Member Kassie Infante, who serves as the organization's Associate Director of Operations. As she was leading the event called "Lobby Day," we greeted each other. I tried to continue my walk, but she stopped me and said, "Hey! Why don't you stay?!" After the demonstration outside and the speakers' lineup are over, we will go inside the State House to convince legislators to support the accessory dwelling units initiative!" I thought to myself, "Lobbying? This sounds very much in my lane." I agreed. Soon after, I saw someone raising a sign in the air that read "Movable Tiny House Bill S897/ H1359." I then headed to grab a sign for myself, under the bright sunlight.

The real estate market in the United States is one of the most important sectors of the national economy, along with technology, healthcare, financial services, manufacturing, retail, energy, and agriculture. With \$236.4 billion in revenue (according to IBISWorld), it is larger than the entire economy of Greece, whose Gross Domestic Product is approximately \$224 billion. Residential sales account for \$186.5 billion, and commercial sales account for \$49.2 billion.

In Massachusetts, the real estate market size is \$5.1 billion, with 17,099 businesses operating in the brokerage industry. Despite the size of the market, Massachusetts is currently experiencing a housing deficit, with the U.S. Census Bureau reporting 3,045,948 housing units against a population of 7,001,399 as of July 1, 2023.

A deficit triggered by factors such as a disproportionately growing population due to immigration, limited land space considering Massachusetts' geography (compared to the state of Texas), zoning laws that restrict new real estate developments, the high and growing cost of housing, and income disparity. However, the current state of affairs is not an unexpected force majeure; there is a history to it—a history in which the government has played a leading role.

The public sector as an institution, at the national, state, and municipal levels, has left a tangible and disastrous legacy that has unreasonably and detrimentally impacted communities of color through the discriminatory housing practice known as redlining. In his book "The Color of Law," Richard Rothstein explains in detail how the government, through policies and guidelines, supported banks and insurance companies in refusing or limiting mortgages and housing-related services in certain neighborhoods due to their racial and ethnic makeup. Systemically, this action deprived generations of the opportunity to build wealth through real estate equity and created and promoted ghettos, now referred to as "inner cities." It wasn't until Congress passed the Fair Housing Act of 1968 that this practice was made illegal, with the support and leadership of people such as President Lyndon B. Johnson and Rev. Martin Luther King Jr. Yet the struggle seems to not be over.

Regulating residential rentals in the Bay State is critical to citizens' safety and integrity. Though housing is a human right, it has also been a profitable business. Many service providers (landlords) have

been financially abusing their consumers (tenants) with steep rent increases, among many other actions now irrelevant to this article.

Mike Morales, who is a real estate broker and served as the State Director of the Massachusetts Realtor Association, differs from my viewpoint. "I disagree with rent control for multiple reasons. First, rent control can discourage investment in rental properties, reducing the incentive for developers to build new housing units. This can lead to a decrease in the overall housing supply, exacerbating housing shortages in the long term. Second, landlords may have less revenue to invest in property maintenance and upgrades, leading to a decline in the quality of rental housing. This can result in substandard living conditions for tenants. Third, rent control can create market distortions by preventing rents from reflecting the true market value of properties. This can lead to inefficient allocation of housing, where tenants in rent-controlled units may stay despite better opportunities elsewhere. As you know, I take the housing crisis in our region very seriously, as it impacts nearly every demographic. Instead

of rent control, alternatives such as housing vouchers, subsidies for low-income renters, and incentives for developers to build affordable housing can address affordability issues more effectively without the negative side effects."

I, nonetheless, believe rent control will ensure accessible housing costs for low-income workers in a high-cost-of-living state. It will protect individuals from sudden rent hikes, which will prevent displacement and homelessness. It will provide financial security for families to allocate money to other essential needs such as education. Lastly, it will regulate the extreme fluctuations in the rental market, where a landlord can increase the rent to a tenant without any repercussions. Bill S897/ H1359 is an option that helps, like many others, but does not address the root problem: an unregulated residential housing rental market. One where the bargaining power sits at the landlord's hand.

*Tomi Michel is a Rumbo Columnist. He can be reached at tomi@michelpublicrelations.com.*

## WWW.RUMBONEWS.COM

### Local and Regional Officials Develop Goals to Advance Housing At Home in Greater Lowell Regional Housing Summit a success, survey open

[Lowell, June 17, 2024] – Nearly eighty local elected and appointed officials, state and federal officials, members of community-based and regional nonprofit organizations, development professionals, businesses, and residents from across Greater Lowell attended the At Home in Greater Lowell Strategies Summit on Tuesday, June 4. All nine communities in the region were represented at the two-hour summit held at the Lowell Senior Center.



The summit was hosted by the Northern Middlesex Council of Governments (NMCOG). After a presentation including a housing needs analysis by partner organization University of Massachusetts Donahue Institute (UMDI), attendees confirmed a regional vision and goals. All attendees then brainstormed, developed, and prioritized housing strategies that could advance those goals locally or regionally. The summit's most important objective was to cultivate a shared commitment to the region's housing challenges.

This was the second in a series of three summits designed to address the critical issue of housing affordability and availability in the Greater Lowell region. The series of summits, combined with research and development by NMCOG and UMDI and a storytelling campaign led by Stellar Story Company to highlight the experiences of residents and businesses, will result in a regional housing strategy with recommended actions at local and regional levels, trackable measures of progress, and an implementation toolkit.

The plan's proposed six goals

include housing production and choice, housing location, housing stability and affordability, housing security, fair housing and engagement, and funding sources and partnerships. Policies and programs suggested by stakeholders include identifying sites for by-right zoning; providing support for people experiencing additional barriers to housing such as seniors, chronically unhoused people, and young people; targeting underutilized buildings for redevelopment into housing; and enhancing communication region-wide to overcome misconceptions, to encourage diverse voices in housing decision-making, and to better explain the benefits of key policies.

To continue the conversation, NMCOG invites all stakeholders and residents of the Greater Lowell region to take the Strategies Survey. This survey allows participants to weigh in on the six goals of the plan, including which policies and actions municipalities, organizations, and advocates should collectively take to advance the goals. The survey is available online at <https://www.surveymonkey.com/r/AHGLStrategies>.

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

**ReStore**  
Essex County Habitat for Humanity  
the store that builds homes

647 Andover Street | Lawrence, MA | 978-686-3323 | [www.ecrestore.org](http://www.ecrestore.org)  
Open Tuesday-Saturday, 10am-5pm

shop
donate
volunteer



# La Gob. Maura Healey reconoció el programa de reciclaje de la escuela autónoma Lawrence Family Development

La Escuela Autónoma de Desarrollo Familiar de Lawrence (LFDCS) fue reconocida por la Administración de Healey-Driscoll como parte de sus Premios al Equipo Verde por la Gestión Ambiental. La administración reconoció a varios estudiantes de escuelas del estado por sus destacados esfuerzos en la gestión ambiental y las actividades educativas.

Los estudiantes de LFDCS iniciaron un programa de separación en origen en sus cafeterías que desvió 14 toneladas de alimentos del flujo de desechos. Los estudiantes del Equipo Verde participaron en días regulares de pesaje en el comedor y se han dedicado a minimizar el desperdicio de alimentos y aumentar el reciclaje en la escuela, el hogar y la comunidad.

El Equipo Verde de LFDCS facilita un sistema para que los estudiantes tiren los desechos que involucra tres contenedores codificados por colores. Los estudiantes

arrojarán la leche sobrante en un balde, arrojarán basura como cucharas, servilletas, etc. en el contenedor de basura y vaciarán los restos de comida en el tercer contenedor para convertirlos en abono. Esto da como resultado que el 94% de los residuos se destine a compostaje y sólo el 6% a la basura. Los estudiantes también reducen el desperdicio al colocar alimentos no deseados y sin abrir de sus almuerzos en una mesa comunitaria para que otros estudiantes los tomen de nuevo.

LFDCS estuvo entre las cinco escuelas que fueron reconocidas por ir más allá en sus esfuerzos para promover la sostenibilidad y el liderazgo responsable. Estas cinco escuelas recibirán tarjetas de regalo que podrán usarse para organizar una fiesta en el salón de clases para celebrar su arduo trabajo y dedicación o para obtener materiales o equipos para apoyar futuros esfuerzos del Equipo Verde.



Los estudiantes del Equipo Verde ayudan a separar los desechos de su almuerzo, con el apoyo del personal de LFDCS. Green Team students help separate their lunch waste, supported by LFDCS staff.

**Find Guidance and Connection on Zoom**

## Lawrence Family Development Charter School was recognized by Governor Maura Healey for their recycling program

Lawrence Family Development Charter School (LFDCS) was recognized by the Healey-Driscoll Administration as a part of their Green Team Awards for Environmental Stewardship. The administration recognized multiple students at schools in the state for their outstanding efforts in environmental stewardship and educational activities.

Students at LFDCS started a source separation program in their cafeterias that diverted 14 tons of food from the waste stream. Their Green Team students participated in regular lunchroom weigh days and have been dedicated to minimizing food waste and increasing recycling at school, at home, and in their community.

The Green Team at LFDCS facilitates a system for students to throw away waste that involves three color-coded bins. Students will dump their leftover milk in a bucket, throw trash such as spoons, napkins, etc. in the trash bin, and empty food scraps into the third bin for composting. This results in 94% of waste going to composting and only 6% to trash. Students also reduce waste by placing unwanted and unopened food items from their lunches on a community table for



other students to take seconds.

LFDCS was among five schools that were recognized for going above and beyond with their efforts to promote sustainability and responsible leadership. These five schools will receive gift cards that can be used to host a classroom party to celebrate their hard work and dedication or for the materials or equipment to support future Green Team efforts.

**Caregiver Support Group Online via Zoom**  
 Monday, July 1 | 7 p.m.  
 Wednesday, July 17 | 11 a.m.

Take this time to connect with other caregivers in similar situations, ask questions about your loved one's symptoms, voice your concerns, and learn strategies to make caring for your loved one a less stressful and more fulfilling experience for you both.

**Early-Stage Support Group Online via Zoom**  
 Wednesday, June 26 | 11 a.m.  
 Wednesday, July 24 | 11 a.m.

Know someone recently diagnosed with early-stage memory loss? This session is designed specifically to provide helpful insight and guided conversation for those with early-stage memory loss. It's an opportunity for them to ask questions, share concerns, and connect with others who are on a similar journey.

Our experts will provide resources, practical tips, and advice to help those with early-stage dementia live a full life while planning for the future.

[Register for Early-Stage Support Group](#)



# Lowell's Fourth of July Celebration Returns to LeLacheur Park!

Lowell, Mass., June 21, 2024 — The City of Lowell is thrilled to announce the return of our beloved Fourth of July Celebration at LeLacheur Park. Join us on July 4, 2024, for an evening filled with live music, festive activities, and a spectacular fireworks display.

The celebration will kick off with a lineup of local musicians, including reggae band Dis n Dat, DJ BCreativ, and Lowell favorite Squires of Soul. Kids and families can enjoy fun activities, including face painting and performances from Cirque de Light.

The night will culminate in a breathtaking fireworks show that will light up the sky over LeLacheur Park, creating a memorable finale to our Independence Day festivities.

Please Note: Capacity for this event is limited to 750 attendees to ensure a safe and enjoyable experience for all. Ticketing information will be available prior to the event.

## Event Details:

- Date: July 4, 2024 (Rain date: July 5, 2024)
- Time: Doors open at 6:00PM, Entertainment begins at 6:30PM, Fireworks display begins at 9:00PM

- Location: LeLacheur Park, 450 Aiken St., Lowell, MA

- o Free parking available at the George Ayotte Parking Facility, 11 Post Office Square

- o Parking for a \$10 fee available at the East Campus parking garage located next to the ballpark and the Perkins Lot located across the street

- Admission: Free, advance registration recommended

“The Fourth of July Celebration at LeLacheur Park is a cherished tradition that brings our community together in unity and joy,” said Mayor Daniel P. Rourke. “We are excited to welcome everyone back for an evening of music and fireworks that promises to be unforgettable. Thank you to our City employees, sponsors, and volunteers who make this event possible, ensuring a safe and enjoyable experience for all attendees.”

“We are grateful for the collaboration with UMass Lowell in bringing this classic event back to LeLacheur Park,” said City Manager Thomas A. Golden, Jr. “Their support has been instrumental in making



Photo: Fireworks over the Merrimack, credit: City of Lowell

this celebration a safe and fun experience for everyone. This is a wonderful opportunity for our community to come together, enjoy great entertainment, and celebrate our nation's independence.”

The Fourth of July Celebration in Lowell is made possible with the generous support of sponsors, including: Eastern Salt Company, Enterprise Bank, Jeanne

D'Arc Credit Union, Pridestar/Trinity EMS, Lowell Five Savings Bank, Market Basket, Nancy Donahue, Unicare/Wellpoint, and many more!

For more information and updates, including alternative satellite locations from which to view the fireworks, please visit: <https://www.lifelowell.com/4th-of-july>

# Greater Lowell Community Foundation announces more than \$235K in grants to local nonprofits at Annual Meeting

Lowell, MA – On Tuesday, June 11, the Greater Lowell Community Foundation hosted its annual meeting at UMass Lowell's Coburn Hall. A record \$237,230 in grant funding was awarded to 23 nonprofits serving Greater Lowell in the funding focus areas of Children's Services, Elder Services, and Racial Equity and Inclusion.

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

“These grants were made possible by generous donations from our community and strategic investments,” said GLCF President and CEO Jay Linnehan. “The 2024 GLCF Discretionary Grant Cycle is the largest distribution to date - it's indicative of so much of what we do at the Foundation. It is a key part of our being.”

## Children's Services Grants

- Aaron's Presents: More Aaron's Presents Youth in Lowell - \$6,730
- Adolescent Consultation Services: Direct Mental Health Services for Court-Involved Children in Greater Lowell - \$10,000
- The Bike Connector, Inc.: Keeping Kids Safe - Bike Helmets for Bike Rodeos, National Night Out, and Holiday Bike Giveaway - \$2,000
- Dignity Matters, Inc.: Dignity for Greater Lowell Teens - \$10,000
- Lowell Parks & Conservation Trust: Environmental Youth Task Force (EYTF) - \$9,000
- Lowell Youth Leadership Program Inc.: Lowell Youth Leadership Program 2024 Summer Camp - \$10,000

- Project Kompass, Inc.: Housing for Young Women and their Children - \$10,000
- Raising A Reader (RAR-MA Inc.): RAR-MA Lowell: Early Literacy Resources and Family Engagement - \$7,500

## Elder Services Grants

- Community Teamwork, Inc. (CTI): RSVP Bone Builders Increased Capacity and Expansion Project - \$7,000
- Good Pickin Farm: Senior Summer Camp Day and Pick Two Summer Friday Concerts - \$7,000
- Habitat for Humanity North Central Massachusetts, Inc.: Affordable Home Repairs for Seniors Aging in Place - \$7,000
- Habitat for Humanity of Greater Lowell: Critical home repairs for seniors - \$7,000
- Open Pantry of Greater Lowell: Food Pantry - \$7,000
- Open Table, Inc.: Addressing Food Insecurity in Seniors Via Pantry, Mobile, And Meal Programs - \$7,000

## Racial Equity and Inclusion Grants

- MRT: Amplifying Asian American Pacific Islander Theatre Artists: WHAT YOU ARE NOW by Sam Chanse - \$15,000
- Project Citizenship: Citizenship for an Equitable Future - \$15,000
- THRIVE Communities of Mass: Greater Lowell Circle Keeper Initiative - \$15,000
- Kids in Tech, Inc.: After-School Tech Clubs for Greater Lowell - \$15,000
- Merrimack Valley Housing: Expanding Affordable Homeownership Opportunities for Local Residents - \$15,000
- CMAA: Remembering The Killing Fields, Celebrating Our Survivors' Resiliency - \$15,000
- NMCOG: At Home in Greater Lowell: Regional Housing Strategy Plan - \$15,000



Grant recipients gathered at GLCF's Annual Meeting on June 11. More than \$235,000 in competitive grants were awarded to 23 local nonprofits.

- One Can Help Inc.: Providing missing and urgently needed resources to at-risk and foster children in Lowell - \$15,000
- YWCA of Lowell: Restorative Justice Art Project - \$10,000

## 2024 Discretionary Grant Recommendations Total: \$237,230

“Good work happens every day in our community through the efforts of dedicated and talented staff and volunteers of nonprofit organizations, and we are happy to support that work,” said Jennifer Aradhya, GLCF's VP of Marketing, Programs and Strategy. “These grants are another example of GLCF addressing important needs in our community with the support of our community partners and generous donors.”

Applications are currently being accepted until June 20 through the Women Working Wonders Fund for programs/

projects that impact the lives of women and girls while advancing an organization's mission. For more information on the Greater Lowell Community Foundation, visit [www.glcfoundation.org](http://www.glcfoundation.org).

## About Greater Lowell Community Foundation

Established in 1997, the Greater Lowell Community Foundation (GLCF) is a philanthropic organization comprised of more than 450 funds dedicated to improving the quality of life in 21 neighboring cities and towns. With financial assets of nearly \$65 million, GLCF annually awards grants and scholarships to hundreds of worthy nonprofits and students. It is powered by the winning combination of donor-directed giving, personal attention from Foundation staff, and an in-depth understanding of local needs. The generosity of our donors has enabled the Community Foundation to award more than \$40 million to the Greater Lowell community.



# El cerebro de un mentiroso funciona de manera diferente



Por Dr. Tomàs Núñez

Cuando alguien miente de forma repetida deja de tener una respuesta emocional ante sus propias falsedades. Así, y ante una ausencia total de sentimientos esta práctica se hace más fácil y se convierte en un recurso habitual. Por eso, los neurólogos han llegado a la conclusión de que el cerebro de un mentiroso funciona de manera diferente: son mentes hábilmente entrenadas para ese fin.

Si hay algo que caracteriza al cerebro humano es su plasticidad, lo sabemos. Por ello, no nos extrañará saber que la mentira es al fin y al cabo una habilidad como cualquier otra, y que para mantener un buen nivel de excelencia, basta con practicar a diario. Hay quien siente pasión por las matemáticas, el diseño o la escritura, disciplinas que por sí mismas también modelan cerebros distintivos en base a nuestros estilos de vida, a nuestras prácticas habituales.

*“Una mentira puede salvar el presente, pero condena el futuro”.* Buda

El campo de la psicología y la sociología siempre se ha sentido interesado por el mundo de las mentiras y el engaño. Sin embargo, desde hace unas décadas y en vista de los grandes avances en las técnicas de diagnóstico, es la neurociencia quien nos está ofreciendo una información más valiosa a la vez que inquietante. ¿La razón? Si dijéramos en este mismo momento que la personalidad deshonesto es el resultado del entrenamiento y la habituación continua es posible que más de uno se sienta sorprendido.

Quien empieza con las pequeñas mentiras y hace de ellas un hábito, induce al cerebro a un estado progresivo de desensibilización. Poco a poco, las grandes mentiras duelen menos y se convierten en un estilo de vida...

## El cerebro de un mentiroso y la amígdala

A la mayoría de nosotros nos llama la atención ciertos comportamientos de esos agentes sociales que habitan en nuestro día a día. Vemos, por ejemplo, a algunos políticos aferrados a sus mentiras, defendiendo su honestidad y normalizando actos que por sí mismos son altamente reprobables y hasta delictivos. ¿Van estas dinámicas en su papel como cargos públicos o hay quizá algo biológico?

Tali Sharot, una profesora de neurociencia cognitiva del University College de Londres nos indica que, efectivamente, hay un componente biológico, pero también un proceso de entrenamiento. Así, la estructura cerebral que se relaciona de forma directa con estas conductas deshonestas es sin duda la amígdala. El cerebro del mentiroso pasaría en realidad por un sofisticado proceso de auto-entrenamiento donde acabar prescindiendo de toda emoción o sentimiento de culpa.

En la revista Nature Neuroscience hay un artículo muy completo publicado en el 2017, donde se detalla esto mismo. No obstante, y para entenderlo mejor pondremos un ejemplo. Imaginemos a un joven que llega a un cargo de poder en su empresa. Para transmitir liderazgo y confianza en sus empleados, recurre a las pequeñas mentiras. Estas disonancias, estos pequeños actos reprobables hacen reaccionar a nuestra amígdala. Esta pequeña estructura del sistema límbico relacionada con nuestra memoria y reacciones emocionales es quien limita el grado en el que estamos dispuestos a mentir.

## Amígdala cerebral, parte esencial del cerebro de un mentiroso

Ahora bien, este joven, acaba convirtiendo el uso de las mentiras en un recurso constante. Su trabajo en dicha organización se basa ya en la utilización permanente y deliberada del engaño. Cuando este enfoque es habitual, la amígdala deja de reaccionar, crea tolerancia y ya no emite ningún tipo de reacción emocional. La sensación de culpabilidad desaparece, no hay remordimientos ni preocupación alguna.

## El cerebro de un mentiroso, por así decirlo, se adapta a la deshonestidad

La mentira hace trabajar al cerebro de un modo diferente

Quien miente necesita dos cosas: memoria y frialdad emocional. Esto mismo es lo que nos indican en uno de los libros más completos sobre el cerebro de un mentiroso: “Por qué mentimos... en especial a nosotros mismos: La ciencia del engaño” del catedrático de psicología Dan Ariely. Asimismo, también se nos invita a descubrir otros procesos neurológicos no menos interesantes sobre el tema.

En un experimento realizado por el propio doctor Ariely reveló que la estructura cerebral de los mentirosos patológicos dispone de un 14% menos de sustancia gris. Sin embargo, presentaban entre un 22 y 26% más de materia blanca en la corteza prefrontal. ¿Qué significa esto? Básicamente que el cerebro de un mentiroso establece muchas más conexiones entre sus recuerdos y sus ideas. Esa mayor conectividad les permite dar consistencia a sus mentiras y un acceso más rápido a esas asociaciones.

Todos estos datos nos dan una pista sobre cómo la deshonestidad se gesta desde dentro, desde esos procesos cognitivos que van adquiriendo poco a poco mayor solvencia a medida que los practicamos, a medida que nuestro cerebro deja también de añadir el componente emocional a esos actos.

Así, el doctor Airely no deja de ver en estas prácticas algo ciertamente aterrador. El hecho de que la amígdala deje de reaccionar ante ciertos hechos revela a su vez que estamos perdiendo eso que, de algún modo nos hace humanos. Quien ya no ve que sus actos tienen consecuencias sobre los demás, pierde su nobleza, la bondad natural que supuestamente, debería definirnos a todos.

El cerebro de un mentiroso se conforma a raíz de un conjunto de motivaciones oscuras. Podríamos decir que tras esa persona que opta por hacer de la mentira su forma de vida, hay una serie de fines muy concretos: deseo de poder, de estatus, de dominación, interés personal... Es la ideología de quien decide en un momento dado, priorizarse a sí mismo por encima de los demás. Y nada puede ser más inquietante.

“El talento gana partidos, pero el trabajo en equipo y la inteligencia ganan campeonatos.”

-----  
"Talent wins games, but teamwork and intelligence win championships."

– Michael Jordan.

## Marble Ridge Winery Introduce Exciting New Wine Offerings

New Vintages 2022 Petite Sirah, Dry Rose' and Dry Riesling Debut This Week

Marble Ridge Winery, the North Shore's boutique winery destination, is delighted to announce the release of three new and captivating wine offerings, each meticulously crafted to delight the senses and elevate the wine experience. The newly released 2022 Petite Sirah, Dry Rose' and Dry Riesling join our well-loved 2020 Cabernet Sauvignon and Riesling for tasting and to take home.

### 2022 Petite Sirah:

Experience the rich depth and complexity of our 2022 Petite Sirah, boasting a deep purple hue and enticing aromas of pomegranate, apple, plum, and subtle cedar undertones.

### 2022 Dry Rosé:

Savor the captivating copper hues and refreshing flavors of our 2022 Dry Rosé, boasting delightful notes of peach and pink grapefruit, with a silky palate ideal for any occasion.

### 2022 Dry Riesling:

Embark on a journey of flavor with our 2022 Dry Riesling, showcasing a light gold color and offering invigorating notes of marmalade and citrus, accompanied by earthy undertones that add complexity and



depth.

Join us for the exclusive debut of these exquisite new wine offerings during regular tasting hours this and every Friday, Saturday or Sunday at Marble Ridge Winery.

Marble Ridge Winery is a family-owned and operated winery located in North Andover, MA. With a commitment to excellence and sustainability, the Winery crafts exquisite small-batch wines of exceptional quality, each reflecting the refined craftsmanship of Owner and Vintner, Brig Leland.

In addition, three luxury Guest Houses and one of a kind, curated event spaces await visitors to the historic 1680's era farm.



137 Lawrence Street  
Lawrence, MA 01841

(978)682.4060

Somos expertos en precios módicos y servicio de alta calidad.

La Primera Funeraria hispana sirviendo con esmero y satisfacción a la comunidad latinoamericana.

Brindamos servicio de asistencia social y enviamos el cuerpo a cualquier lugar incluyendo a Puerto Rico, la República Dominicana, Centro y Suramérica. También ofrecemos planes pagados con anticipación y estampas de recordatorios.





**UN PUNTO DE VISTA** © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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



**A POINT OF VIEW** © 1996

By Paul V. Montesino, PhD, MBA, CCP

**Mi Semilla Secreta para el Cuatro de Julio**

El 27 de marzo de 1962, mientras me sometía a las rutinarias preguntas abusivas e intrusivas en el Aeropuerto Internacional José Martí de La Habana, Cuba, tratando de tomar uno de los vuelos de la libertad a los Estados Unidos, no dejaba de decirle al idiota, idiota como en "comunista", que me estaba interrogando, que no le estaba ocultando nada a las autoridades. Por supuesto, no reconocí que tenía una licencia de conducir y, además, que no era dueño del automóvil Dodge de 1957 que conducía y vendí varios meses antes, esta última mentira relacionada lógicamente con la primera.

Cuando llegué a Miami horas más tarde, ofrecí la misma respuesta a los oficiales de inmigración que me interrogaron de una manera más amistosa. No tenía planes nefastos, pero debo decirles hoy que mentí en ambas ocasiones. Escondida en uno de mis bolsillos tenía una semilla secreta. No era una semilla explosiva ni una semilla regular, al menos no una que pudiera sembrar y plantar en el suelo esperando cosechar un árbol y frutos que la acompañaran rápidamente.

Esa semilla era en realidad mi sueño americano y mi búsqueda de libertad y prosperidad, una semilla difícil de ver y aún más difícil de seguir a menos que creyéramos en la idea. Muchos más, cubanos o nacionales de otras tierras, han traído consigo una semilla similar cuando llegaron a Estados Unidos desde los días en que abrimos nuestras fronteras a los inmigrantes.

La próxima semana, la mayoría de nosotros nos reuniremos con familiares y amigos bajo la sombra de un árbol para consumir perros calientes, papas fritas y bebidas para celebrar el nacimiento de la nación estadounidense en 1776. Habrá juegos y desfiles que proporcionarán colores soleados y música a las vidas de ciudades y pueblos de los Estados Unidos. No ha sido una historia fácil de doscientos cuarenta y ocho años. Ha habido guerras civiles

internas y guerras mundiales externas, y apenas hay cementerios en Estados Unidos sin huesos enterrados de los muchos que dieron sus vidas para dar vida a una versión actualizada de esa historia, una semilla para que crezca un nuevo árbol.

Para mí, fueron muchos los sueños americanos que traté de alcanzar, y muchos se lograron: Empezando a trabajar en un banco de Boston fundado en 1995 donde nadie me conocía, pero todos confiaban en mí; convirtiéndome en el primer oficial bancario latino de Boston registrado en 1970 y vicepresidente sénior varios años después; obteniendo varios títulos universitarios que me permitieron transferir mi experiencia y educación a una carrera docente de tiempo completo durante los dieciséis años después de jubilarme del banco. Y, por último, pero no menos importante, proporcionar la paciencia y la motivación para escribir y publicar cincuenta y ocho libros electrónicos, libros de bolsillo, tapa dura o audiolibros en Amazon.com. No podría haber exprimido mucho más mi semilla de bolsillo.

Ya sea liberando a los esclavos, dando el voto a las mujeres, practicando los derechos humanos o impidiendo que dictadores extranjeros mataran a otros que eran diferentes o pensaban diferente, el sueño americano ha cumplido consistentemente.

Mientras observamos a los nuevos poseedores de semillas que se acercan a nuestras fronteras sosteniendo las manos de seres queridos que nunca han sido realmente libres o cargando bebés que aún no han crecido para ser libres, debemos exprimir la semilla que trajimos con nosotros antes y tratar de ver si pueden producir el árbol necesario para darles refugio. Las puertas de los Estados Unidos no estaban cerradas cuando nos unimos a la fiesta de la libertad. Nuestra tierra libre fue y sigue siendo fértil hoy.

Feliz Cuatro de Julio. Dios bendiga a nuestras tropas. Dios bendiga a Estados Unidos. Y ese es mi punto de vista hoy. Agur.

**My Secret Seed for the Fourth of July**

On March 27, 1962, as I was undergoing the routine abusive and intrusive questions at Jose Martí's International Airport in Havana, Cuba, trying to catch one of the freedom flights to the USA, I kept saying to the idiot, idiot as in "commie," who was questioning me, that I was hiding nothing from the authorities. Of course, I failed to acknowledge that I had a driver's license and further that I didn't own the 1957 Dodge car I was driving and selling months before, the latter lie related logically to the former.

When I arrived in Miami hours later, I offered the same response to the immigration officers who questioned me in a friendlier manner. I didn't have nefarious plans, but I must tell you today that I lied on both occasions. Hidden in one of my pockets I had a secret seed. It was not an explosive seed or a regular seed, at least not one I could sow and plant on the ground expecting to reap a tree and fruits to go with it quickly.

That seed was actually my American dream and my search for freedom and prosperity, a seed difficult to see and still more difficult to follow unless you also believed in the idea. Many more, Cubans or nationals from other lands, have brought a similar seed with them when they came to America since the days we opened our borders to immigrants.

Next week most of us will join family and friends under the shadow of a tree to consume hot dogs, fries, and beverages to celebrate the 1776 birth of the American nation. There will be games and parades that will provide sunny colors and music to the lives of cities and towns all over America. It has not been a two hundred- and forty-eight-year easy history. There have been internal civil wars and external world wars,

and there are hardly cemeteries in America without buried bones of the many who gave their lives to give life to an updated version of that history, a seed to grow a new tree.

Whether it was freeing the slaves, giving the vote to women, practicing human rights, or stopping foreign dictators from killing others who were different or thought different, the American dream has consistently delivered.

For me, there were many American dreams I tried to reach, and many were achieved: Starting to work at a Boston bank founded in 1995 where no one knew me, but all trusted me; becoming the first Latino Boston banking officer of record in 1970 and Senior Vice President several years later; obtaining several college degrees that allowed me to transfer my experience and education unto a full-time faculty sixteen-year career after retiring from the bank. And last, but not least, providing the patience and motivation to write and publish fifty-eight e-books, paperbacks, hardcovers, or audiobooks at Amazon.com. I couldn't have squeezed my pocket seed much more.

As we watch the many new seed holders who approach our borders holding the hands of loved ones who have never been really free or carrying infants who still have not grown to be free, we ought to squeeze the seed we brought with ourselves before and try to see if we can get it to produce the tree needed to give them refuge. The doors to America were still open when we joined the freedom party. Our land of liberty was and is still fertile today.

Happy Fourth of July. God bless our troops. God bless the United States.

And that's my Point of View Today. So Long.

"Nosotros no somos periodistas para ser popular. Nuestro trabajo es escudriñar hasta hallar la verdad y poner presión constante en nuestros líderes hasta conseguir la verdad."

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

— Helen Thomas

**LEA EDICIONES PREVIAS DE RUMBO EN LA INTERNET**

**RUMBONEWS.COM**

**Ahora en Amazon / Now in Amazon**



A Point of View-Un Punto de Vista: Volume Seven-Volumen Siete. (A Point of View-Un Punto de Vista Bilingual books) (Spanish Edition) Spanish Edition | Related to: A Point of View-Un Punto de Vista Bilingual books | by Dr. Paul Victor Montesino.



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

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

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

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

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

BAGS  
IN BULK

Bagsinbulk.com



# Merrimack Valley Credit Union Awards \$26,500 in Scholarships

## 18 local graduating seniors received financial support from the credit union

On Tuesday, June 11, Merrimack Valley Credit Union (MVCU) awarded a total of \$26,500 in scholarships to 18 graduating seniors from schools throughout southern New Hampshire and Massachusetts. The students were honored with a ceremony and dinner with MVCU's senior leadership team at the credit union's corporate office in Lawrence, Mass.

Two of the scholarship awards honor members of the MVCU and former RTN Federal Credit Union community. The Lisa Lewis Goodman Community Spirit Award of \$2,500 honors one student who embodies a spirit of generosity, kindness and selflessness by giving back and volunteering in the community. The award is named after MVCU's long-time collections manager who passed away in 2021.

The James A. Burley Jr. Scholarship was founded in 2007 by the former RTN Federal Credit Union. Burley Jr. was a passionate member of the credit union community who served on RTN's board of directors for 39 years, spending 33 of those years as board chair. The scholarship honors three graduating seniors with \$2,000, \$3,000, and \$5,000 awards.

The 2024 recipient of the Lisa Lewis Goodman Community Spirit Award is Sienna Gediman, a graduate of Newburyport High School. Gediman will be attending the University of Maryland, College Park in the fall, where she will study environmental science and policy.

The 2024 recipients of the James A. Burley Jr. Scholarship are:

Robert Alpert of Wareham, Mass. Alpert is a graduate of Carver Middle High School and will be attending the Rochester Institute of Technology to study mechanical engineering technology.

Sophia Knowles of Mansfield, Mass. Knowles graduated from Mansfield High School and will study elementary and special education at Bridgewater State University.

Leah Maar of Concord, Mass. Marr graduated from Concord-Carlisle Regional High School and will be attending Wheaton College to pursue a bachelor's degree in psychology and neuroscience.

Fourteen more \$1,000 scholarships were awarded to:

Sumana Anand of Derry, N.H. Anand is a graduate of Pinkerton Academy and will pursue a degree in politics and public policy at New England College.

Dylan DeJesus of Charlton, Mass. DeJesus is a graduate of Bay Path Regional Vocational Technical High School and will be attending Virginia Tech to pursue a degree in mechanical engineering.

Kate DeVincent of Attleboro, Mass. DeVincent graduated from Bishop Feehan High School and will attend Providence College to pursue a degree in health sciences on the pre-surgical physician's assistant track.

Muhammad Imran of Plymouth, Mass.



Imran is a graduate of Plymouth South High School and will attend Brown University to study applied mathematic and computer science.

Alexander Kaneko of Shrewsbury, Mass. Kaneko graduated from the Massachusetts Academy of Math and Science and will pursue a degree in mathematics at Brown University.

Imani Laird of Newton Highlands, Mass. Laird is a graduate of Newton South High School and will study political science on the pre-law track at Hampton University.

Akshay Manchanda of Manchester, N.H. Manchanda graduated from Manchester Central High School and will attend Harvard College to pursue a bachelor's degree in molecular and cellular biology on the pre-dentistry track.

Emma McDonnell of Fall River, Mass. McDonnell is a graduate of B.M.C. Durfee High and will pursue a degree in marketing at the University of South Carolina.

Finn O'Hara of Manchester-by-the-Sea, Mass. O'Hara graduated from Manchester Essex High School and will study economics at Amherst College.

Emily Packer of Andover, Mass. Packer is a graduate of Andover High School and will study pharmacy at Northeastern University.

Nolan Shinney of Milton, Mass. Shinney graduated from Milton High School and plans to study history at Fairfield University.

Allishba Syeda of Holliston, Mass. Syeda graduated from Ashland High School and will attend Boston University to study biology with a specialization in neurobiology.

Ava Trinh of Tewksbury, Mass. Trinh is a graduate of Tewksbury Memorial High School and will pursue a bachelor's degree in nursing at Emmanuel College.

Srilakshmi Venkatesan of Hopkinton, Mass. Venkatesan graduated from Hopkinton High School and will attend Duke University to study neuroscience.

Winners were selected from a pool of close to 600 applicants, who were tasked with answering the essay question, "How would you define success for yourself?"

"This is by far the most applications we've

had since starting our scholarship program," said MVCU Marketing Manager Andrea Manseau during the awards ceremony on June 11. "The Scholarship Committee reviewed the applications, read essays and marveled at how involved students are in their schools and communities. We continue to be impressed by the caliber of the students here in the communities we serve."

To learn more about scholarship opportunities, visit [www.mvcu.com/scholarship](http://www.mvcu.com/scholarship).

### About Merrimack Valley Credit Union

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.



## Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

### Chris Bear named NJCAA Gold Glove Shortstop

Haverhill, MA (June 19, 2024) – Northern Essex Community College sophomore shortstop Chris Bear (Boston) has been named the NJCAA ABCA/Rawlings Gold Glove shortstop as the nation's top defensive player at their respective position. The Gold Glove team was announced today by the NJCAA Baseball Committee.

The award marks back to back years in which a member of the Knights baseball program has picked up a Gold Glove award as Jairo Vazquez received the award last year as a pitcher.

Bear, who nine days ago was named

a First Team All-American was also the Region 21 Player of the Year as selected by the regional coaches at the conclusions of the regular season had a fielding percentage of .957 as he recorded 77 assists with 33 put outs in 115 total chances. He committed just five errors over the course of the season. He also was involved in turning eight double plays on the season.

In the fall, Bear will continue his academic and athletic career at the University of Maine, a member of the America East Conference at the NCAA Division I level.

### Youth Writing Workshop

Registrations are now being taken for a Youth Writing Workshop for students in grades 6 through 10. Workshop classes will be held on Tuesday and Thursday evenings 6 PM to 8 PM starting July 10 through August 18 at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

By popular demand MVIEC has engaged writing instructor Robert Largess to once again teach this workshop. Fee is \$10 registration for the 6 week course, free for Lawrence residents.

Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at [www.mvniec.org](http://www.mvniec.org) for directions and more details.



# CLASIFICADOS | CLASSIFIEDS

## Essex County Habitat for Humanity está construyendo viviendas asequibles en Haverhill

### ¡Las solicitudes ya están disponibles para esta oportunidad de propiedad de vivienda!

Danvers, MA – 19 de junio de 2024 Essex County Habitat for Humanity se complace en anunciar que hay solicitudes disponibles para una oportunidad de propiedad de vivienda asequible en Haverhill. Ubicado en 41-43 Curtis Street, se construirá un condominio dúplex que incluirá dos casas de 3 dormitorios al final de la calle sin salida. El precio de venta de cada uno será de \$245,000 o menos.

La fecha límite de solicitud es el viernes, 16 de agosto de 2024. Los solicitantes elegibles tendrán ingresos de hasta el 60 % del ingreso medio del área, que se ajusta al tamaño de la familia y serán elegidos mediante un sistema de lotería.

**Las familias interesadas en presentar una solicitud están invitadas a asistir a una de las siguientes sesiones informativas para obtener más información:**

- Jueves, 18 de julio a las 6:00PM.  
En persona en la Biblioteca Pública de Haverhill, Auditorio Johnson  
99 calle principal, Haverhill, MA 01830  
O
- Sábado, 20 de julio a las 10AM.  
De forma remota a través de Teams Meeting  
(el enlace se enviará por correo electrónico)

Durante la sesión informativa, los posibles solicitantes aprenderán sobre los criterios de selección de Habitat y cómo preparar una solicitud completa. Los criterios de selección incluyen necesidad de vivienda, capacidad para realizar pagos hipotecarios de \$1,500 a \$2,100 al mes y voluntad de asociarse con Habitat, como participar en la construcción de la casa y otros proyectos de Habitat.

Todas las casas construidas por Habitat están restringidas a perpetuidad a compradores elegibles por ingresos.

Para obtener más información y registrarse para una sesión informativa, visite: [www.essexcountyhabitat.org/opportunities-haverhill/](http://www.essexcountyhabitat.org/opportunities-haverhill/)

### Sobre Essex County Habitat for Humanity

Essex County Habitat for Humanity es la filial local de Habitat for Humanity Internacional, la constructora de viviendas sin fines de lucro más grande del mundo. Essex County Habitat construye viviendas dignas, seguras y asequibles en colaboración con las familias que las necesitan. Cada familia asociada trabaja al menos 240 horas de esfuerzo junto con voluntarios para construir su casa y luego tiene una hipoteca asequible a 30 años. Desde su creación en 1985, la filial ha cumplido su misión para más de 170 familias en el condado de Essex.

Para ayudar a financiar su trabajo, Essex County Habitat opera un ReStore, ubicado en Lawrence, donde venden muebles, electrodomésticos, materiales de construcción y artículos para el hogar nuevos y usados de calidad a precios muy reducidos. Para donar, ser voluntario puede obtener más información, visite [EssexCountyHabitat.org](http://EssexCountyHabitat.org)

"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

## Fire victims / Víctimas de incendios

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

\*\*\*\*\*

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

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

### LEGAL NOTICE

#### NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicles on or after July 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. 2007 Honda Civic VIN 2HGFA16817H302821
2. 2009 Dodge Caliber VIN 1B3HB48A59D198941
3. 2017 Kia Sportage VIN KNDPM3AC1H7119210
4. 2015 Mazda 3 VIN 3MZBM1V74FM209138

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

Signed  
Kevin Stuart  
Stuart's Automotive  
6/22, 7/1, 7/8

### 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 July 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. 2007 Honda Accord VIN 1HGCM56477A074725
2. 2008 Honda Civic VIN 2HGFA16588H537031
3. 2000 Ford F-350 VIN 1FDWF36L9YEE28123
4. 1999 Honda Accord VIN 1HGCG6654XA127354
5. 2012 Chevrolet Sonic VIN 1G1JC6SH2C4149386
6. 2001 Honda Accord VIN 1HGCG16501A018755
7. 2017 Mitsubishi Outlander VIN JA4AP3AU2HZ040228
8. 2007 Toyota Camry VIN 4T1BE46K07U717328
9. 2017 Toyota RAV4 VIN 2T3RFREV9HW603227
10. 2012 Chevrolet Silverado VIN 1GCNKPEAXCZ195146
11. 2002 Honda CR-V VIN JHLRD78462C064186
12. 2006 Lincoln LS VIN 1LNHM87A96Y635986
13. 2014 Toyota RAV4 VIN 2T3DFREV1EW144085
14. 2024 Toyota RAV4 VIN 2T3T6RFV7RW053659

Signed  
Christopher Ferreira  
Owner  
6/15, 6/22, 7/1

### 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 vehicles on or after July 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. 2014 Chevrolet Traverse VIN 1GNKVJKD9EJ299187
2. 2013 Mercedes Benz C300 VIN WDDGF8AB8DR247690
3. 2007 Saturn Ion VIN 1G8AJ55F17Z170119
4. 2008 Mazda 3 VIN JM1BK324681145506

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

Signed  
Kevin Stuart  
Stuart's Automotive  
6/15, 6/22, 7/1



**HELP YOUR TEEN QUIT VAPING**

GET OUT RAGED!

[GetOutRaged.org](http://GetOutRaged.org)



ONE  
F  
L  
I  
G  
H  
T  
I  
L  
O  
O  
A  
M



## Merrimack Valley Chamber of Commerce and Bank of New England Golf Spectacular

**Indian Ridge Country Club**  
Includes

GOLF  
SHOTGUN START,  
EXTENSIVE DINNER BUFFET

GOLF; Cart (1 or 2 players per cart);  
Continental Breakfast; Indian Ridge  
Prime Rib, Chicken and More  
Hot Dinner Buffet served after golf!

10 AM Registration,  
Driving Range, Putting Green & more

11am SHOTGUN START

All this for **ONLY \$235.00**  
**FOR PRIVATE ELITE COURSE!**  
Raffle!  
Free Gift to All Golfers!

Mon, July 15, 2024

Title Sponsor

Bank of New England

Dinner Sponsor

Merrimack Valley Credit Union

Breakfast Sponsor

Reworld

Hot Dog Sponsor

CrossCountry Mortgage

Auction Sponsor

\$599.00

Cart Sponsor

A.P. Michaud Insurance Agency

Sponsors Putting Green and  
Driving Range

Driving Range: LCW CPAs  
Hors D'oeuvres: All-Pro Electric  
Putting: Jeanne D'Arc Credit Union  
Tennis: \$249.00

Sponsor a Tee or Green for  
Only \$125 Name Displayed  
on course & program book!

Register Today!

Indian Ridge will adhere to all Safety Guidelines  
Don't Be Left Out of This Fantastic Day of Networking July 15th!  
Indian Ridge Country Club, 73 Lovejoy Road, Andover, MA 01810  
Register Now For The Merrimack Valley Chamber Golf Day!  
Non-metal spikes only/Casual Attire  
\*\*\*Reserve today\*\*\*


**REGISTER NOW!**

**MERRIMACK VALLEY  
CHAMBER OF COMMERCE**

Presents

2024 ENERGY & ENVIRONMENTAL FORUM  
AT SCHNEIDER ELECTRIC

Keynote Speaker: Rebecca Tepper, Secretary  
Mass. Executive Office of Energy and Environmental Affairs



Secretary  
Rebecca Tepper

And a special panel of local experts to  
assist you to reduce your energy costs now!

If you are a business owner, homeowner or work in the  
Merrimack Valley you can't afford to miss this Program

Thursday, July 18th, 2024

7:30 AM - Registration and Breakfast  
8:00 - 9:00 AM - Energy Conference


Location: Schneider Electric

800 Federal Street  
Andover, MA 01810

Includes Continental Breakfast





Thank you to our Sponsors to date:  
Friend Sponsors: MV Chamber Means Business Program; National Grid;  
NRGTree, LLC; Revise, Inc.; Reworld; Schneider Electric

Sponsorship is Available: Call Michael Bevilacqua at 978-686-0900  
or email: office@merrimackvalleychamber.com



MVCC MEMBERS \$10.00      FUTURE MEMBERS \$20.00  
MVCC Energy & Environmental Conference - July 18th

Name(s) \_\_\_\_\_ Company \_\_\_\_\_  
Email \_\_\_\_\_ Address \_\_\_\_\_  
Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com Website: www.merrimackvalleychamber.com

LIKE us on  Instagram  Join us on  Follow us on 

**THE MERRIMACK VALLEY CHAMBER OF COMMERCE**

Networking at Noon at Salvatore's!  
Outdoors on the Deck Under the Canopy  
Sponsored by: A.P. Michaud Insurance Agency, Inc.



Tuesday, July 16th, 2024

12:00 Noon to 1:15 PM  
Salvatore's at Riverwalk  
354 Merrimack St,  
Lawrence, MA 01843



Insurance Agency, Inc.  
\$29 Members - \$39 Future Members

Attend a MVCC Mixer and Enjoy:



- ★ Plated Lunch Menu - ONE CHOICE OF Linguine with Meatballs OR  
Chicken Caesar Wrap and Fries OR Eggplant Parm and Pasta OR Garden  
Salad with Grilled Chicken OR Chicken Parm and Pasta
- ★ Includes Soft Drinks and Coffee and Cash Bar
- ★ Have your staff and customer lunch with the MVCC
- ★ Business Card Raffle Drawing

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

The Merrimack Valley Chamber of Commerce  
★ 264 Essex Street, Lawrence, MA 01840 ★  
★ Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com ★ www.merrimackvalleychamber.com ★

**THE MERRIMACK VALLEY CHAMBER OF COMMERCE**

MVCC Business Networking and Bowling Night  
at Merrimack College!



Merrimack College  
Student Union  
315 Turnpike St., North Andover

Wednesday, July 10th, 2024

5:00 PM - 7:00 PM



\* Location: Student Union, Beneath the Collegiate Church of Christ the Teacher/Parking Lot A to right after entering campus on Elm Street

Special Networking and Bowling Night at Merrimack!



- ★ Business Connections and Networking!
- ★ Bowling!
- ★ Complimentary Appetizers & Cash Bar!
- ★ Bring a raffle item for Door Prize Drawing!

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

The Merrimack Valley Chamber of Commerce  
★ 264 Essex Street, Lawrence, MA 01840 ★  
★ Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com ★ www.merrimackvalleychamber.com ★

**THE MERRIMACK VALLEY CHAMBER OF COMMERCE**

Business Networking Mixer at  
Edgewood Retirement Community!



Thursday, June 20th, 2024

5:00 PM to 7:00 PM

Edgewood Retirement Community

575 Osgood St.  
North Andover, MA 01845



\$10 for Members - \$20 Future Members

Attend a MVCC Mixer and Enjoy:



- ★ Business Connections and Networking!
- ★ Complimentary Appetizers and Wine!
- ★ Business Card Drawing for Door Prizes!
- ★ Bring a Prize for the Door Prize Raffle!

Pre-register and bring a Potential New Member for FREE!  
When they join, you get a Free \$50 Restaurant Card courtesy of the MVCC!  
Thank you to our Sponsor: A&M Auto Body!

The Merrimack Valley Chamber of Commerce  
★ 264 Essex Street, Lawrence, MA 01840 ★  
★ Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com ★ www.merrimackvalleychamber.com ★

**Rumbo**

"The Bilingual Newspaper of the Merrimack Valley"

WWW.RUMBONEWS.COM

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



# ¿Siente mucho calor? ¡Es posible que esté muy caluroso para la salud de su corazón!



(Read it in English here: <https://newsroom.heart.org/news/hot-enough-for-ya>)

*La American Heart Association (la Asociación Americana del Corazón) advierte que el calor extremo puede ser peligroso, e incluso mortal, especialmente para las personas con enfermedades cardíacas existentes.*

DALLAS, 20 de junio de 2024 — Es apenas el primer día de verano y ya se reportan temperaturas récord en gran parte de los EE. UU. Esta situación impulsó a la American Heart Association (la Asociación Americana del Corazón), que celebra un siglo de servicio salvando vidas como la organización sin fines de lucro líder en el mundo dedicada a la salud del corazón y el cerebro, a emitir importantes advertencias sobre cómo tomar precauciones adicionales para mantenerse a salvo en caso de temperaturas extremadamente altas.

De acuerdo con los Centros para el Control y la Prevención de Enfermedades (CDC) de EE. UU., más de 1,200 personas mueren en EE. UU. cada año como causa directa del calor extremo. Esa cifra está aumentando sustancialmente, al igual que la cantidad de personas que mueren a causa de enfermedades cardiovasculares relacionadas con el calor. Un estudio publicado recientemente en *Circulation*, la revista médica insignia revisada por pares de la American Heart Association (la Asociación Americana del Corazón), predice que las muertes por enfermedades cardiovasculares relacionadas con el calor extremo podrían aumentar más del doble en las próximas dos décadas.

El calor y la deshidratación hacen que el corazón trabaje más, lo que lo somete a un estrés significativo. Varios estudios recientes proporcionaron información sobre lo que esto puede significar para la salud del corazón:

- La investigación preliminar presentada en las Sesiones Científicas de Epidemiología y Prevención (Epidemiology and Prevention)/ Estilo de Vida y Salud Cardiometabólica (Lifestyle and Cardiometabolic) 2024 de la American Heart Association (la Asociación Americana del Corazón) descubrió que la exposición a corto plazo a un calor más elevado puede aumentar la inflamación e interferir con las funciones normales del sistema inmunológico del cuerpo, lo que, a su vez, puede aumentar la susceptibilidad a las infecciones y acelerar la progresión de las enfermedades cardiovasculares.

- De acuerdo con otro estudio publicado en *Circulation*, la combinación del calor sofocante y una contaminación asfixiante por partículas finas puede duplicar el riesgo de muerte por ataque cardíaco.

“La mayoría de las muertes y las enfermedades relacionadas con el calor pueden prevenirse si se toman las medidas adecuadas”, afirmaron el Dr. Joseph C. Wu, Doctor en Medicina y FAHA, actual Presidente voluntario de la American Heart Association (la Asociación Americana del Corazón), Director de Stanford Cardiovascular Institute y Simon H. Stertz, Profesor de Medicina y Radiología de Stanford School of Medicine. “Las precauciones son especialmente importantes en el caso de los bebés, los adultos mayores y las personas con presión arterial alta, obesidad o antecedentes de enfermedades cardíacas o ataques o derrames cerebrales. Si bien algunas personas son más vulnerables a los problemas ocasionados por el calor, las temperaturas extremas pueden causar problemas de salud a cualquiera”.

Wu sugiere que todas las personas sigan estas precauciones para climas calurosos:

- Preste atención al reloj: es mejor evitar salir al aire libre durante la primeras horas de la tarde (entre el mediodía y las 3 de la tarde) porque el sol suele ser más fuerte, lo que aumenta el riesgo de sufrir enfermedades relacionadas con el calor.

- Vístase según el calor: use ropa liviana y de colores claros confeccionadas en telas transpirables como el algodón o alguna tela más nueva que repela el sudor. Añada un sombrero y anteojos de sol. Antes de comenzar, aplique un protector solar resistente al agua con al menos SPF 15 y vuelva a aplicarlo cada dos horas.

- Hidrátese: beba algunos vasos de agua antes, durante y después de salir al aire libre o hacer ejercicio para mantenerse hidratado. Evite las bebidas con cafeína o con contenido alcohólico.

- Tome descansos con regularidad: busque un lugar fresco o con un poco de sombra, deténgase unos minutos, hidrátese y vuelva a empezar.

Es importante conocer los signos y los síntomas de cuando se puede estar experimentando demasiado calor.

## Síntomas de agotamiento por calor:

- Dolor de cabeza
- Piel fría, pálida y húmeda
- Pulso rápido y débil
- Mareos y aturdimiento
- Debilidad o calambres musculares
- Náuseas y vómitos
- Desmayo

Si presenta estos síntomas, muévase a un lugar más fresco, deje de hacer ejercicio y refréscase inmediatamente mojándose con agua fría y rehidratándose. Es posible que necesite buscar atención médica.

El golpe de calor es una emergencia médica; si presenta estos síntomas, llame al 9-1-1 y reciba atención médica de inmediato.

## Síntomas del golpe de calor:

- Temperatura corporal alta (103 °F o

más)

- Piel caliente, enrojecida, seca o húmeda
- Pulso rápido y fuerte
- Dolor de cabeza, mareos y confusión
- Náuseas
- Desmayo

A pesar de ser cuidadosos con el calor, también es importante encontrar maneras para que toda la familia se mantenga activa incluso durante las altas temperaturas del verano. Intente caminar, nadar, andar en bicicleta, patinar, saltar la cuerda, construir una carrera de obstáculos en el patio trasero u organizar un partido de fútbol en el vecindario. Incluso la jardinería, empujar un cochecito o pasear al perro cuentan. Adaptar el horario de actividades a primera hora de la mañana o más tarde en la noche también puede ser de gran ayuda. Si hay días que estar al aire libre no se soporta, busque lugares cerrados donde pueda estar activo, como un centro comercial, un gimnasio o un centro recreativo comunitario.

Obtenga más información sobre cómo

el calor puede afectar la salud del corazón en [heart.org](https://heart.org).

## Acerca de la American Heart Association

La American Heart Association es una fuerza implacable que trabaja para lograr un mundo con vidas más largas y saludables. Nos dedicamos a garantizar la igualdad en materia de salud en todas las comunidades. A través de la colaboración con numerosas organizaciones y el impulso de millones de voluntarios, financiamos investigaciones innovadoras, defendemos la salud pública y compartimos recursos para salvar vidas. La organización con sede en Dallas ha sido una fuente de información sobre salud líder durante un siglo. Durante 2024, el año de nuestro centenario, celebraremos 100 años de historia y logros relevantes. Mientras nos preparamos para el segundo siglo de descubrimiento e impacto, nuestra visión es promover la salud y la esperanza para todos, en todo el mundo. Conéctese con nosotros en [heart.org](https://heart.org), Facebook, X o llamando al 1-800-AHA-USA1.



BY DALIA DÍAZ  
daliadiaz@rumbonews.com

■ LÉALO EN ESPAÑOL EN LA PÁGINA 4



# From My Corner

## Bravo for Rozzi and Russell!

Lawrence has been known as a “news desert” because it lacks access to local news in any language. Rumbo came to alleviate a bit of that need 28 years ago but we realize that the effect is very minimal, nevertheless, our attempt has enlightened many residents as to what’s going on in our community.

Over the years I complained about the lack of information available in any language on local issues in the hope that others would follow our lead. We have several Spanish-language radio stations with great programming but very little is done in the way of information.

Now, someone finally has taken the reins and initiated something badly needed: a television show on Lawrence Community Access Television (LCAT) analyzing the actions of the City Council. I know, it’s in English but it is the kind of information we need to hear to understand a little better the councilors’ actions. Most times, the public doesn’t understand the reasons why some measures are taken by the council.

I want to congratulate Brenda Rozzi and Richard Russell for their program From the Second Row on LCAT. I never thought I would be promoting any programming on LCAT but this is what they were supposed to be doing.

Remember, this is not a flashy production. Watch it for the content, not their looks.

It would be a plus if other residents decide to do a Spanish-language version of what they are doing.

## And, speaking of the council...

You may have seen several of my columns where I severely chastised the council’s behavior. At times, I am embarrassed sitting at home because of the

way they approach city employees.

During last week’s council meeting, they did the usual barrage of insults against the City Attorney Timothy Houten. He cannot get used to being treated like a servant or a slave. Certain councilors spew the worst insults in public, something they wouldn’t do with any city employee who may be appearing before them due to misdeeds or performance complaints. Those things are dealt with in private or in an executive session of the council.

Last week, Councilor Wendy Luzón said while Attorney Houten was at the podium, “the city attorney doesn’t know what he’s doing.” No city employee should be placed in a position to receive such verbal abuse in public, especially coming from someone with such an embarrassing track record.

The decorum and good manners have disappeared from the Lawrence City Council, compared sometimes to a street brawl. All the decent work Marc Laplante did while president of that group was forgotten when the new council was sworn in.

## Hispanic Week after the failures

There has been silence after last week’s column when I criticized the lack of action from Hispanic Week’s board year after year. This community has not learned to fight back and require what they should. Hispanic Week needs to change, and no one wants to demand it.

They are such cowards that they won’t risk putting a comment on social media; that’s why we are in this predicament. Some people have said, “Something must be done, but not firing Gerimundi Rosario.” We should continue spinning the mix – even if it stinks.

That’s why receiving this letter to the editor from Councilor Ana Levy gave me hope that someone else may be willing to speak her mind. Thank you, Ana.

## Letter from Councilor Ana Levy

First of all, I want to congratulate you and Alberto for your newspaper Rumbo, since it is the only news outlet in Spanish in the City of Lawrence. Thank you for all these years of service.

Although I am not a big fan of writing, I have taken this moment to support you in some of the things you said in your Desde Mi Esquina column on Hispanic Week.

I have nothing against the members of that organization, but I do believe that Semana Hispana has to organize. Still at 45 years old he doesn’t learn. Some of the things you said, I had already said more than 24 years ago, when Semana Hispana was under the umbrella of Greater Lawrence Community Action.

As soon as the festival ends, this organization must meet and analyze what it did well and what it didn’t. You must find a way to overcome these mistakes that were made, setting the stage for next year. You must better monitor and manage the funds you receive. Hispanic Week should not wait for the last day to prepare. He had already said it many years ago.

We all know that it is a family festival and it is something expected by the people. But like any company, it must start looking for funds now. Analyze income and expenses well and do not wait for the latest. The city does not always have funds to cover the expenses generated by this celebration. Semana Hispana has great potential to raise funds as a non-profit organization.

As I said above, nothing against the members as this problem has existed for many years. It is time to grow up and leave dependency aside. It’s a shame that Semana Hispana would disappear if they don’t give it the attention it needs. This was a warning! But since it is something that our children need, we were all in the best position to help and have the long-awaited festival.

In any case, I want to congratulate you all, since you were able to bring a good family entertainment show with community groups. We were also able to demonstrate that we, the elected officials, along with the mayor, were in the best position to help. May this serve as a lesson and begin to prepare for next year.

Ana Levy  
City Councilor at-Large

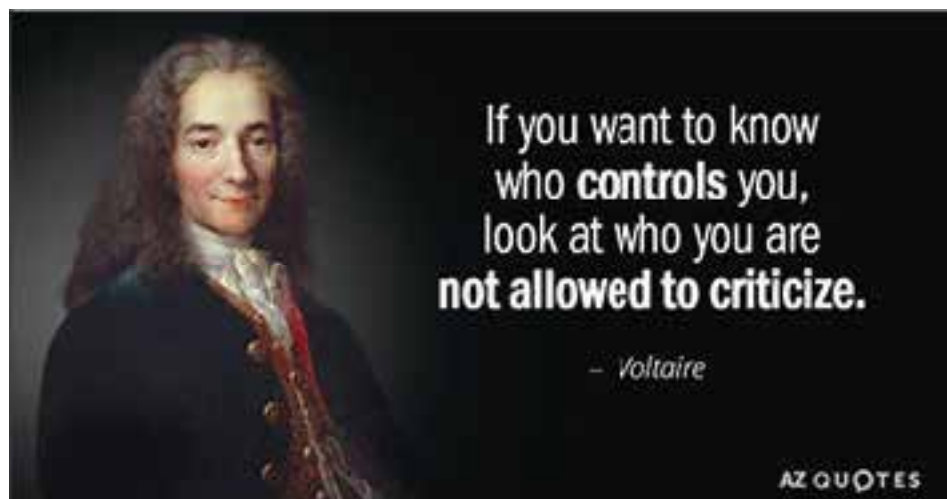
## Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>      heallawrence@aol.com

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



It’s easy finding **Rumbo**  
(978) 794-5360

