

Mary Ellen King: Educating Thousands of Children in Merrimack Valley



Mary Ellen King has been the face of the Merrimack Valley YMCA for the last 40 years for so many children in this city. The love and care she provides to them and their families is remarkable. Pg. 2

Merrimack Valley Chamber of Commerce Public Safety Breakfast Forum



“Thank you to everyone who attended the Public Safety Forum at Merrimack College! We were incredibly fortunate to hear from esteemed speakers, including District Attorney Paul Tucker, Essex County Sheriff Kevin Coppinger, and the Police Chiefs of North Andover, Haverhill, Lawrence, and Methuen. Your updates were invaluable to our Chamber community! Said Michael Bevilacqua, vice president of the Merrimack Valley Chamber of Commerce. Some of the best moments were provided by District Attorney Paul Tucker explaining some of his responsibilities and later Methuen’s Chief of Police Scott McNamara who had a sentimental tribute to former mayor of Methuen, Neil Perry who passed away 1st week.

Sen. Payano, Acting Mayor Beauregard, Tour of the Methuen Arlington Neighborhood Pg. 9

Senador Payano, Alcalde Interino Beauregard recorren el Barrio Methuen Arlington Pg. 10

\$75,000 grant to Elevated Thought



From the left, we see District D Councilor Vivian Mármol; State Representative Frank Morán; Elevated Thought Víctor Marquis; Senator Pavel Payano; and María Taveras representing Mayor Brian De Peña’s office. Read it in Spanish Pg. 3; in Eng. Pg. 6)

Inteligencia Artificial: Un nuevo paradigma
Artificial Intelligence: A new paradigm
Por / By Paul Montesino

"What can be, unburdened by what has been"
Karl Marx and Vice President Kamala Harris

MONSTERBASH

Pg. 16

Feria de Recursos Alimentarios Comunitarios

Community Food Resources Event

Pg. 16

Mary Ellen King: Educating Thousands of Merrimack Valley Children Over the Past Four Decades



By Elizabeth Covino

Mary Ellen King has been an early childhood educator for more than four decades, and a majority of her career has been spent as Child Care Director at the Merrimack Valley YMCA. She has loved, guided and bonded with thousands of children and their families over the decades. “I know have children in the program who I taught when they were preschoolers! She started at the Jewish Community Center in Lawrence before that organization was merged with the Lawrence YMCA on Lawrence Street.

“The best thing about working at the Y is the people, my colleagues, the great teachers, the caring families and community members. There’s not a day that I didn’t want to go to work. I’m here because of the people.” she said. “The Y is in the position that we want families to come to the Y and enjoy time together. We are the family hub serving all generations of the family. Families come not just for child care and early childhood education, but also for events, activities, swimming, classes, and education. From swimming to sports to teen programs to active older adult classes our Y has something for everyone. I have personally taught Quick Start Tennis, Slimy Science, Comic Book Drawing, Arts and Crafts, Cooking, and Let’s Get Fit classes at our branches. I love to see participants learn new skills and gain confidence and meet new friends in all of these opportunities.”

Mary Ellen was born and raised in Lawrence and educated in the public schools. “I have a passion for the city. I have been involved with St. Mary Immaculate Conception parish my entire life. My doctors are here. I shop here. I go to church here. I do my banking here. My life is centered around the city. Making an impact in Lawrence through my Y work is very meaningful to me.”

After graduating college, she attended Northern Essex Community College. “I

didn’t take school seriously at that time. I left school and went to work in a factory for a year. It was a wake-up call for me. I knew I didn’t want to do that. I returned to school and studied early childhood education. I love working with children.” She continued her education, earning a Bachelor’s Degree in 2008 and a Master’s Degree in 2011 from Fitchburg State University. The Y helped Mary Ellen on her educational path with grants in support of earning her advanced degrees. “I appreciate that the Y values education and helped me reach my goals. I’ll never forget this.”

Mary Ellen is acutely tuned in to the needs of the families she serves. These needs extend well beyond the classroom.

“I am proud of two programs in our y that I volunteer my time at monthly. My Kids Closet is in its third year of operation. Families may go to the Methuen Y the second Saturday of each month to shop for children’s clothing, school uniforms and footwear. This is a program where parents and participants give back to the community by donating their own children’s out-grown clothing. We also have laundry fairies who volunteer to wash the articles of clothing before they are put in our My Kids Closet space to share with the community. We also offer a Mobile Mart at the Methuen Y on the last Saturday of the month where clients drive up in their vehicles to get fresh produce, meats, vegetables, milk, cheese, juices and other healthy foods for their homes. This is a wonderful partnership with Boston Food Bank. Many Y staff, volunteers, Board members and community people who come together to help fight food insecurity,” she said.

When asked what has changed at the Y over the decades of her involvement, Mary Ellen has lots to share. “In our Early Childhood Programs there is more focus on importance of Early Literacy. We work closely with Raising A Reader and Jumpstart and offer free books to families on Fridays. We offer PTO (parent teacher organization)

meetings and monthly workshops for families through our Raising A Reader Program that covers topics such as rhyming lessons, dialogic reading, STEM activities, and more. Food and babysitting are always provided.

“We offer swim lessons two mornings a week at our Lawrence Y and encourage 100 percent participation. Children come out of the program with the important life skill of knowing how to swim and be safe around water! There is lots of advocacy to support working parents and our teachers who continue their education in the education field. Currently there is free college tuition and free textbooks for all Massachusetts’ residents who want to pursue careers and return to school. This is a wonderful opportunity to provide the

best early learning and Out of School Time experiences for our young students, as we know teaching staff are the most important part of all YMCA educational programs. We currently have a teacher on board who begins Advocacy Training classes through the YMCA Alliance of YMCAs in October and many staff, parents and Y colleagues make important calls to local and area legislators to speak out on bills that support children and families.

“My favorite part of working at the Y is the impact that we make on others’ lives AND the impact that children and adults make on our lives. There is no other rewarding job that I would rather be a part of than my experience at our MVYMCA,” she said.

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\$75,000 Otorgados a Elevated Thought para Expandir Proyectos de Murales en Lawrence

(Read it in English on page 6)

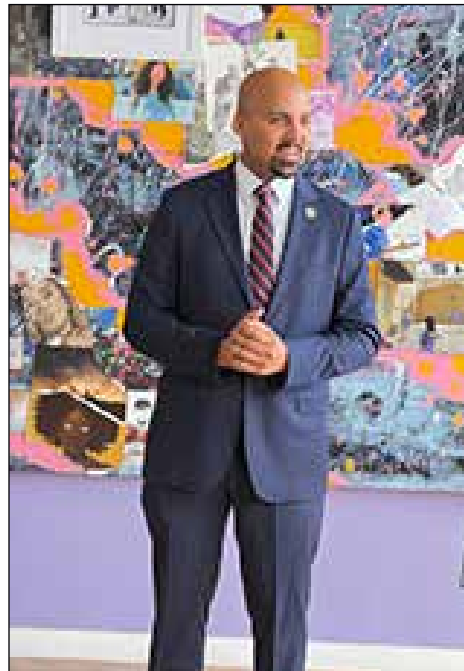
Lawrence, MA— El Senador Pavel Payano (D-Lawrence) se complace en anunciar que Elevated Thought, una organización sin fines de lucro con sede en Lawrence dedicada a empoderar a la juventud y a las comunidades a través del arte, ha sido beneficiada con \$75,000 en fondos estatales para apoyar la creación de nuevos murales en áreas urbanas. Esta iniciativa tiene como objetivo no solo embellecer los espacios públicos, sino también contribuir al desarrollo económico y al enriquecimiento cultural de la ciudad. La entrega del cheque se realizó el 3 de octubre en las instalaciones de Elevated Thought en Lawrence y contó con la colaboración de la Concejala de Lawrence, Vivian Marmol (Distrito D), quien trabaja con Elevated Thought para dar forma a la visión de estos murales.

El Senador Payano aseguró este financiamiento a través del presupuesto estatal para el Año Fiscal 2025, después de observar el poderoso impacto que los murales han tenido en el centro de Haverhill. Inspirado por el vibrante arte que atrae a residentes y turistas, Payano está emocionado de llevar esta misma energía y oportunidad económica a su Lawrence. Worcester, otra ciudad de Massachusetts, también se ha beneficiado de iniciativas de arte público similares.

"Los murales no solo mejoran la belleza de nuestra ciudad, sino que también crean un ambiente acogedor que atrae a los turistas, beneficiando a los negocios locales y fomentando el crecimiento económico", dijo el Senador Pavel Payano. "Esta inversión fomentará el orgullo comunitario, despertará la creatividad y ayudará a elevar las historias de nuestros residentes a través del arte. El arte es una herramienta fundamental para conectar a las personas, y con el trabajo que está haciendo Elevated Thought, estamos asegurando que los jóvenes artistas y las personas de color tengan la oportunidad de contar sus historias y dar forma al futuro de nuestros espacios públicos."

Elevated Thought, fundada oficialmente en 2010, se ha centrado durante mucho tiempo en la promoción del arte y la justicia social, proporcionando a los jóvenes—especialmente a los jóvenes de color—oportunidades para explorar su potencial creativo. El financiamiento de \$75,000 reforzará esta misión, permitiendo a la organización crear más murales que reflejen las historias y la cultura de la comunidad.

Marquis Victor, fundador de Elevated Thought, destacó la importancia de estos fondos estatales en el empoderamiento de la próxima generación de artistas. "Estos fondos reafirman la importancia de invertir en los jóvenes y en las comunidades de color, para que puedan contribuir de manera más efectiva a la economía creativa aquí en Lawrence, mientras elevan las historias, la cultura y las voces juveniles. Un aspecto clave de nuestro trabajo en Elevated Thought es proporcionar trabajos remunerados a través de diversas formas de arte, incluida la producción de murales, al tiempo que aumentamos las oportunidades para que los jóvenes exploren sus poderes creativos, fortalezcan sus habilidades técnicas y activen su conciencia social. El proyecto de mural creado gracias a estos \$75,000 contribuirá a los viajes creativos de los talentosos jóvenes artistas de Elevated Thought y enfatiza nuestra creencia de que todos los jóvenes y creativos de color



“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

deben tener una oportunidad plena de autorrealización; para comprenderse mejor a sí mismos, el mundo y sus pasiones. Para progresar y encontrar maneras de ayudar a su comunidad a progresar, aprovechando el arte como base para ese proceso."

Vivian Marmol, Concejala de Lawrence para el Distrito D, expresó su agradecimiento por la iniciativa: "Estoy increíblemente agradecida por el apoyo del Senador Payano en esta iniciativa que lleva el poder del arte a la Ciudad de Lawrence. Este financiamiento no solo embellecerá los espacios públicos con murales vibrantes, sino que también inspirará la creatividad y creará una conexión más profunda entre los residentes y el corazón cultural del centro de la ciudad. El arte tiene la capacidad única de contar nuestras historias y dar forma a nuestro entorno, y estamos emocionados por ver el impacto transformador que este proyecto tendrá."

Los murales financiados por esta subvención comenzarán a realizarse en 2025, con planes de involucrar tanto a artistas locales como a jóvenes para diseñar y crear piezas que hablen del patrimonio y la diversidad únicos de Lawrence. Elevated Thought continúa priorizando la creatividad como un medio de liberación y cambio, alentando a la comunidad a unirse a través del poder del arte.



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Detalles del Evento

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Promoción de Viviendas Asequibles: Fondos HOME
Island Parkside I \$409,647.74
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AWILDA PIMENTEL
Community Development
Director

Desarrollo de Vivienda y Revitalización Urbana

Alcalde Brian A. DePeña, el Departamento de Desarrollo Comunitario dirigido por Awilda Pimentel en colaboración con nuestros socios Lawrence Community Works y Winn Companies han desarrollado con éxito un moderno desarrollo residencial en nuestro Distrito Comunitario Gateway adyacente al Hospital General de Lawrence, tiendas, puestos de trabajo, escuelas, restaurantes, parques, y el New England Arts and Cultural Hub.

Promoción de Viviendas Asequibles: Fondos HOME
Island Parkside I \$409,647.74
Island Parkside II \$704,852.84
Apartamentos Stone Mill \$854,051.60



Gracias a la Gobernadora Maura Healey, nuestros socios de HUD-Federal de Vivienda y Desarrollo Urbano, Lawrence Community Works, Winn Companies, Groundwork Lawrence, Lawrence General Hospital, Estado, y la Delegación Local, Senadora Warren, Senador Pavel Payano y la congresista Trahan.

\$75,000 Grant Awarded to Elevated Thought to Expand Mural Projects in Lawrence

(Léalo en español en la página 3)

Lawrence, MA— Senator Pavel Payano (D-Lawrence) is pleased to announce that Elevated Thought, a Lawrence-based nonprofit dedicated to empowering youth and communities through the arts, has been awarded \$75,000 in state funding to support the creation of new murals in urban areas. This initiative aims to not only beautify public spaces but, also to contribute to economic development and cultural enrichment in the city. The check presentation took place on October 3rd at Elevated Thoughts Facility in Lawrence and included collaboration from Lawrence City Councilor Vivian Marmol (District D), who is working with Elevated Thought to shape the vision for these murals.

Senator Payano secured this funding through the Fiscal Year 2025 state budget after seeing the powerful impact murals have had on downtown Haverhill. Inspired by the vibrant artwork attracting residents and tourists alike, Payano is excited to bring this same energy and economic opportunity to his Lawrence. Worcester, another city in Massachusetts, has similarly benefited from public art initiatives.

“Murals not only enhance the beauty of our city, but they also create a welcoming environment that draws in tourists, benefiting local businesses and encouraging economic growth,” said Senator Pavel Payano. “This investment will foster community pride, spark creativity, and help elevate the stories of our residents through art. Art is a critical tool for connecting people, and with the work Elevated Thought is doing, we’re ensuring that young artists and people of color have the opportunity to tell their stories and shape the future of our public spaces.”

Elevated Thought, officially founded in 2010, has long focused on promoting art and social justice, providing young people—especially youth of color—with opportunities to explore their creative potential. The \$75,000 earmark will further this mission, enabling the nonprofit to create more murals that reflect the stories and culture of the community.

Marquis Victor, Founder of Elevated



Thought, emphasized the significance of this state funding in empowering the next generation of artists. “These funds reaffirm the importance of investing in youth and communities of color so they can more effectively contribute to the creative economy here in Lawrence while lifting up the stories, culture, and youth voice. A key aspect of our work at Elevated Thought is to provide paid work through various forms of art, including mural production, while also increasing opportunities for youth to explore their creative powers, strengthen their technical skills, and activate their social consciousness. The mural project created through the \$75K will contribute to the creative journeys of the incredibly talented young artists at Elevated Thought and emphasizes our belief that all young people and creatives of color should be given a full chance for self-actualization; to better understand themselves, the world, and what they're passionate about. To progress so they can find ways to help their community progress, leveraging art as a foundation for that process.”

Vivian Marmol, Lawrence City Councilor for Ward D, shared her gratitude for the initiative: “I’m incredibly grateful to have Senator Payano’s support in this initiative that brings the power of art to the City of Lawrence. This funding will not only enhance public spaces with vibrant murals but also inspire creativity and create a deeper connection between residents and the cultural heartbeat of the downtown area. Art has the unique ability to tell our stories and shape our surroundings, and we’re excited to see the transformative impact this project will have.”

The murals funded by this grant are set to start work in 2025, with plans to engage both local artists and youth to design and create pieces that speak to the unique heritage and diversity of Lawrence. Elevated Thought continues to prioritize creativity as a means of liberation and change, encouraging the community to come together through the power of art.



Guyotte Joins Merrimack Valley YMCA’s Senior Leadership Team as Vice President of Marketing and Communications

Merrimack Valley YMCA welcomes new Vice President of Marketing and Communications, Stephanie Guyotte. In this role, she will oversee and implement a comprehensive marketing and communications strategy to support the mission. She will work closely with media outlets and serve as the leader for brand awareness, while also supporting YMCA membership and development goals. Additionally, Stephanie will work closely with Board members and committee volunteers to reach the organization’s long-range goals, including the Annual Meeting, Auction & Gala, and Golf Tournament.

“We are excited to have Stephanie join our senior leadership team. She comes to us with a strong background in strategic communications and has a vast network in our region,” said YMCA President & CEO Francis J. Kenneally, III. “As a senior leader in the Y, she will play an integral role in defining, developing, and executing strategic and tactical plans to achieve our business and mission objectives.”

This position supports the work of the Y, a leading nonprofit, charitable organization committed to strengthening community through youth development, healthy living and social responsibility.

Most recently, Stephanie served as the Associate Director of the UMass Lowell Innovation Hub Haverhill, a business incubator and coworking space driving startup innovation and entrepreneurship. Stephanie spent 15 years in communications, public relations and community education, including five years with Middlesex District Attorney’s Office in several roles including



Director of Communications. She worked at a Boston-based public relations firm where she led communications strategy for some of region’s most recognizable nonprofit organizations, including Dana-Farber Cancer Institute and the New England Aquarium. Stephanie started her career as a reporter at newspapers including the Boston Globe, Eagle-Tribune, and Newburyport Daily News.

Active within the community, Stephanie is the chair of the Feaster Five Road Race, part of the Merrimack Valley Striders running club, and is a youth soccer coach in Methuen, where she lives with her family.



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Cartas al Editor // Letters to the Editor**Un futuro brillante para el Holy Family Hospital**

Amigo,

En caso de que aún no lo hayas escuchado, quería compartir una gran noticia. A partir del martes, las instalaciones del Holy Family Hospital en Methuen y Haverhill han sido oficialmente asumidas por el Lawrence General Hospital.

En un momento en el que la mala gestión de Steward puso en riesgo a estos hospitales, esta es una gran victoria para nuestra comunidad, y no podría estar más agradecido a los líderes del Lawrence General, a los empleados del Holy Family, a los funcionarios locales y estatales y, por supuesto, a los residentes, por hacer esto posible. Holy Family ha prestado servicios a innumerables personas en toda la región durante casi 75 años, y esta noticia significa que el futuro es brillante para sus instalaciones tanto en Methuen como en Haverhill.

Sé que esta es una buena noticia para tantos pacientes y trabajadores que dependen del Holy Family, pero nuestro trabajo está lejos de terminar.

Mientras hablamos, nuestros vecinos del valle de Nashoba todavía se están recuperando de un resultado muy diferente de la crisis de Steward. El Centro Médico Nashoba Valley se vio obligado a cerrar sus puertas debido a la negligencia de los ejecutivos de Steward, y me comprometo a hacer todo lo posible para restablecer los servicios en la región.

Al mismo tiempo, he seguido presionando a los funcionarios y agencias

federales encargados de hacer cumplir la ley para que investiguen a los ejecutivos de Steward como Ralph de la Torre, que crearon esta crisis a sabiendas al extraer hasta el último centavo de las ganancias antes de irse de la ciudad. Los ejecutivos de Steward no deberían poder lavarse las manos ante la catástrofe que crearon y dejar que las familias de Massachusetts paguen el precio.

Por último, nuestros hospitales locales sin fines de lucro como Lawrence General van más allá para servir a las comunidades que consideran su hogar, y lo hacen mientras operan al margen financieramente. Deberíamos destinar recursos adicionales a estas instalaciones para que puedan fortalecer sus servicios y aumentar su capacidad para ayudar a los pacientes que lo necesitan. Es por eso que presenté una legislación bipartidista para destinar mejor la financiación hospitalaria federal a estos sistemas de salud de importancia crítica, para que nadie se vea obligado a preocuparse por el cierre de su hospital comunitario o por que esté al máximo de su capacidad cuando necesite atención. Espero mantenerlos informados sobre el trabajo que se realiza para atender a los pacientes y las familias aquí en el Valle de Merrimack y en todo nuestro distrito.

Atentamente,

Lori Trahan
Miembro del Congreso**A bright future for Holy Family Hospital**

Friend,

In case you haven't heard already, I wanted to share some great news. As of Tuesday, Holy Family Hospital's Methuen and Haverhill facilities have officially been taken over by Lawrence General Hospital!

At a time when Steward's mismanagement put these hospitals at risk, this is a massive win for our community, and I couldn't be more grateful to Lawrence General leaders, Holy Family employees, local and state officials, and of course, residents, for making this possible. Holy Family has served countless people across the region for nearly 75 years, and this news means that the future is bright for its locations in both Methuen and Haverhill.

I know this is welcome news for so many patients and workers who depend on Holy Family, but our work is far from over.

As we speak, our neighbors down the road in the Nashoba Valley are still reeling from a very different outcome to the Steward crisis. Nashoba Valley Medical Center was forced to close its doors because of Steward executives' negligence, and I'm committed to doing everything possible to restore services in the region.

At the same time, I have continued to press federal law enforcement officials and

agencies to investigate Steward executives like Ralph de la Torre who knowingly created this crisis by extracting every last penny of profits before skipping town. Steward executives shouldn't be able to wash their hands of the catastrophe that they created and leave families in Massachusetts to pay the price.

Finally, our local nonprofit hospitals like Lawrence General go above and beyond to serve the communities they call home, and they do so while operating on the margins financially. We should be directing additional resources to these facilities so they can strengthen their services and grow their capacity to help patients in need. That's why I introduced bipartisan legislation to better target federal hospital funding to these critically important health systems – so no one is ever forced to worry about their community hospital closing or being at capacity when they need care.

I look forward to keeping you updated on the work to serve patients and families here in the Merrimack Valley and across our district.

Sincerely,

Lori Trahan
Member of Congress**Ceremonia de Inicio de Construcción para la Nueva Estación de Policía en Lawrence, MA**

Cordialmente le invitamos a unirse al Alcalde Brian A. DePeña, funcionarios de la ciudad, líderes comunitarios e invitados distinguidos en la ceremonia de inicio de construcción para la nueva estación de policía en la Ciudad de Lawrence, Massachusetts. Este evento trascendental marca el comienzo de un nuevo capítulo en la infraestructura de seguridad comunitaria y aplicación de la ley en nuestra querida ciudad.

Esperamos darle la bienvenida en este evento y apreciamos su apoyo compartiendo esta importante invitación con la comunidad en general.

- Cuándo: Jueves, 10 de octubre, 2024

- Hora: 9:00 a. m. – 10:00 a. m.

- Dónde: Frente a la estación de policía de Lawrence en el 90 de la calle Lowell, Lawrence, MA

Todos los visitantes deben usar calzados cerrados. El estacionamiento estará disponible en el 55 de la calle Lowell, Lawrence, MA. Escanee el código QR para obtener más detalles. Gracias.

Construction Commencement Ceremony for the new Police Station in Lawrence, MA

You are cordially invited to join Mayor Brian A. DePeña, City Officials, Community Leaders, and distinguished guests for the Construction Commencement Ceremony for the New Police Station in the City of Lawrence, Massachusetts. This momentous event marks the beginning of a new chapter in community safety and law enforcement infrastructure in our beloved city.

We look forward to welcoming you at the ceremony and appreciate your support in sharing this significant event with the

broader community.

-When: Thursday, October 10th, 2024

-Time: 9:00 a.m. – 10:00 a.m.

-Where: Across from Lawrence Police Station at 90 Lowell St, Lawrence, MA

All Visitors are required to wear Closed-Toed shoes. Parking will be available at 55 Lowell St. Lawrence, MA. Scan the QR Code for more details. Thank you.

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Senator Payano, Acting Mayor Beauregard, and M.A.N., Inc. Host State and Federal Officials on a Tour of the Methuen Arlington Neighborhood

(Léalo en español en la página 10)



Methuen, MA — On October 7th, 2024, Senator Pavel Payano (D-Lawrence), Acting Mayor of Methuen D.J. Beauregard, and Methuen Arlington Neighborhood, Inc. or M.A.N., Inc. hosted a tour of the Methuen Arlington neighborhood with a variety of state and federal officials. The visit centered around the ongoing infrastructure project that has the potential to be transformative for the residents and businesses that call the Methuen Arlington neighborhood home.

The Methuen Arlington neighborhood is a densely populated, urban community that directly borders the city of Lawrence to the north. The neighborhood is home to a diverse, working class population and one hundred small businesses located in one square mile. The infrastructure in the community is extremely outdated, with wooden water pipes that were first installed in the 1870's still in use. The city of Methuen DPW has put together a plan to update the existing drinking water infrastructure and have already secured funding for the first phase of the project. Senator Payano and the state delegation realized the urgency and importance of directing more state and federal funding towards this essential project, which is why the visit was organized.

We were also reminded of the late Mayor Perry's lasting impact on this initiative, as his vision for improving the

Arlington neighborhood guided much of today's efforts. His dedication to addressing the community's aging infrastructure set the foundation for this critical project, and his commitment to making Methuen a better place for all its residents continues to inspire the city's current leadership.

The Methuen Arlington Neighborhood Inc. or M.A.N., Inc. is a nonprofit founded by community leader Linda Soucy that helped host the visit at their community center on Tenney Street. Linda started the organization in 1992 to help prevent crime in the neighborhood, and the organization has expanded to include everything from youth programming to entrepreneurial and career support for residents of the neighborhood. Representative Estela Reyes (D-Lawrence) and Senator Payano have secured a combined \$270k in state funding in the last two budgets to help support M.A.N., Inc. and their impactful work.

Colleagues and stakeholders from across the local, state, and federal government were in attendance for the visit. Participants included Department of Housing and Urban Development Regional Administrator Juana Matias, Executive Office of Housing and Liveable Communities Deputy Secretary Jennifer Maddox, Massachusetts Department of Environmental Protection State Revolving Fund Northeastern and

Western Regions Section Chief Greg Devine, and the Executive Office of Economic Development Director of Small Business Development Deeqo Jibril. Also in attendance were Representative Estela Reyes (D-Lawrence), Representative Francisco Paulino (D-Methuen), Representative Ryan Hamilton (D-Methuen), MeVA Administrator Noah Berger, Methuen Fire Chief Tim Sheehy, Police Chief Scott McNamara, Director of Public Works Patrick Bower, Director of Public Health Caeli Tegan Zampach, Economic and Community Development Director Jack Wilson, and representatives from the offices of Senators Warren and Markey and Congresswoman Trahan.

The visit started with a meeting at the M.A.N. Inc headquarters on Tenney street. The gathering began with speeches from Mayor Bureagard, Representative Estela Reyes, and Senator Payano that highlighted the importance and urgency of the infrastructure project. Linda Soucy, the founder of M.A.N. Inc, then led a presentation that highlighted the demographics and economy of the neighborhood. Methuen DPW showed the stakeholders the specifics of the proposed project and gave an update on both phase one and the funding already secured by the city. The group then departed for a tour of the neighborhood via a bus provided and operated by MeVa for the visit. The tour concluded with lunch and additional conversation back at M.A.N. Inc.

"I want to start by expressing my gratitude to Linda Soucy and Mayor Beauregard for their collaboration in setting up today's visit of the Arlington Neighborhood" said Senator Pavel Payano (D-Lawrence). "My constituents deserve up-to-date infrastructure for their own safety and well-being. I believe that the proposed project by the city has the opportunity to

greatly improve the quality of life for the residents and small businesses that call the Arlington Neighborhood home. I will continue to fiercely advocate for funding so that the city can have the resources they need to turn this plan into a reality."

"The infrastructure improvements that will be made in Methuen's Arlington Neighborhood are going to ultimately transform the area and better the lives of the 4,672 people who live there," added Acting Mayor D.J. Beauregard. "I'm grateful to Sen. Payano and Linda Soucy for collaborating with the City of Methuen to bring together today's meeting of the minds to discuss ways for us to obtain the necessary funding to make Mayor Perry's vision of upgrading the Arlington Neighborhood's infrastructure to increase accessibility and provide its residents with cleaner drinking water a reality. Together, we will continue working to see these projects through to completion."

"The mission of the Methuen Arlington Neighborhood is to provide a safe, nurturing environment for children and families in need" said Linda Soucy, Founder of M.A.N., Inc. "Addressing the water and sewer lines is critical and must be done as soon as possible. Much of the housing stock in this neighborhood was built before 1940, and the infrastructure urgently needs updating. Securing the necessary funding to complete all four phases of this project is essential, as leaving it only half-done would not adequately serve the community's needs."

"Methuen Arlington Neighborhood is a hub for so many," said State Representative Estela Reyes (D-Lawrence). "Their strong sense of community is clear from their thriving youth programs, local businesses, and committed leaders. It's time we honor their history by modernizing their infrastructure, making it safer and healthier for everyone who calls this area home."

"La mayoría de nosotros probablemente sentimos que no podríamos ser libres sin los periódicos, y esa es la verdadera razón por la que queremos que los periódicos sean libres."

"Most of us probably feel we couldn't be free without newspapers, and that is the real reason we want newspapers to be free."

Edward R. Murrow



Senador Payano, Alcalde Interino Beauregard y M.A.N., Inc. Organizan un Recorrido para Funcionarios Estatales y Federales por el Barrio Methuen Arlington

(Read it in English on page 9)



Methuen, MA — El 7 de octubre de 2024, el Senador Pavel Payano (D-Lawrence), el Alcalde Interino de Methuen, D.J. Beauregard, y la organización Methuen Arlington Neighborhood, Inc. (M.A.N., Inc.) organizaron un recorrido por el barrio Methuen Arlington con varios funcionarios estatales y federales. La visita se centró en el proyecto de infraestructura en curso que tiene el potencial de transformar la vida de los residentes y negocios que consideran al barrio Methuen Arlington su hogar.

El barrio Methuen Arlington es una comunidad urbana densamente poblada que limita directamente con la ciudad de Lawrence al norte. El vecindario alberga a una población diversa y trabajadora, además de cien pequeñas empresas ubicadas en un área de una milla cuadrada. La infraestructura de la comunidad está extremadamente desactualizada, con tuberías de agua de madera que fueron instaladas por primera vez en la década de 1870 y que aún están en uso. El Departamento de Obras Públicas de Methuen ha elaborado un plan para actualizar la infraestructura existente de agua potable y ya han asegurado financiamiento para la primera fase del proyecto. El Senador Payano y la delegación estatal reconocieron la urgencia y la importancia de dirigir más fondos estatales y federales hacia este proyecto esencial, razón por la cual se organizó la visita.

También se recordó el impacto duradero del difunto Alcalde Perry en esta iniciativa, ya que su visión para mejorar el barrio Arlington guió gran parte de los esfuerzos de hoy. Su dedicación para abordar la infraestructura envejecida de la comunidad sentó las bases para este proyecto crucial, y su compromiso de hacer de Methuen un lugar mejor para todos sus residentes continúa inspirando el liderazgo actual de

la ciudad.

La organización Methuen Arlington Neighborhood, Inc. (M.A.N., Inc.) es una organización sin fines de lucro fundada por la líder comunitaria Linda Soucy, que ayudó a organizar la visita en su centro comunitario en la calle Tenney. Linda comenzó la organización en 1992 para ayudar a prevenir el crimen en el vecindario, y la organización se ha expandido para incluir desde programas juveniles hasta apoyo empresarial y profesional para los residentes del barrio. La Representante Estela Reyes (D-Lawrence) y el Senador Payano han asegurado un total combinado de \$270,000 en fondos estatales en los últimos dos presupuestos para ayudar a apoyar a M.A.N., Inc. y su trabajo impactante.

Colegas y partes interesadas de todos los niveles de gobierno local, estatal y federal estuvieron presentes en la visita. Los participantes incluyeron a Juana Matias, Administradora Regional del Departamento de Vivienda y Desarrollo Urbano, Jennifer Maddox, Secretaria Adjunta de la Oficina Ejecutiva de Vivienda y Comunidades Habitables, Greg Devine, Jefe de la Sección de las Regiones Noreste y Oeste del Fondo Estatal Rotativo del Departamento de Protección Ambiental de Massachusetts, y Deejo Jibril, Directora de Desarrollo de Pequeñas Empresas de la Oficina Ejecutiva de Desarrollo Económico. También estuvieron presentes la Representante Estela Reyes (D-Lawrence), el Representante Francisco Paulino (D-Methuen), el Representante Ryan Hamilton (D-Methuen), el Administrador de MeVA, Noah Berger, el Jefe de Bomberos de Methuen, Tim Sheehy, el Jefe de Policía, Scott McNamara, el Director de Obras Públicas, Patrick Bower, la Directora de Salud Pública, Caeli

Tegan Zampach, el Director de Desarrollo Económico y Comunitario, Jack Wilson, y representantes de las oficinas de los Senadores Warren y Markey y de la Congresista Trahan.

La visita comenzó con una reunión en la sede de M.A.N., Inc. en la calle Tenney. La reunión inició con discursos del Alcalde Beauregard, la Representante Estela Reyes y el Senador Payano, quienes destacaron la importancia y urgencia del proyecto de infraestructura. Luego, Linda Soucy, la fundadora de M.A.N., Inc., dirigió una presentación que destacó la demografía y la economía del vecindario. El Departamento de Obras Públicas de Methuen mostró a las partes interesadas los detalles del proyecto propuesto y ofreció una actualización sobre la fase uno y los fondos ya asegurados por la ciudad. El grupo luego partió para un recorrido por el vecindario en un autobús proporcionado y operado por MeVA para la visita. El recorrido concluyó con un almuerzo y una conversación adicional en M.A.N., Inc.

“Quiero comenzar expresando mi



“Las mejoras en la infraestructura que se realizarán en el Barrio Arlington de Methuen van a transformar finalmente el área y mejorar la vida de las 4,672 personas que viven allí”, agregó el Alcalde Interino D.J. Beauregard. “Estoy agradecido con el Senador Payano y Linda Soucy por colaborar con la Ciudad de Methuen para reunir a

las mentes de hoy y discutir formas de obtener los fondos necesarios para hacer realidad la visión del Alcalde Perry de modernizar la infraestructura del Barrio Arlington, aumentar la accesibilidad y proporcionar a sus residentes agua potable más limpia. Juntos, seguiremos trabajando para llevar estos proyectos a su finalización.”

“La misión de Methuen Arlington Neighborhood es proporcionar un entorno seguro y acogedor para niños y familias en necesidad”, dijo Linda Soucy, fundadora de M.A.N., Inc. “Abordar las líneas de agua y alcantarillado es fundamental y debe hacerse lo antes posible. Gran parte del parque de viviendas en este vecindario se construyó antes de 1940, y la infraestructura necesita urgentemente ser actualizada.

Asegurar los fondos necesarios para completar las cuatro fases de este proyecto es esencial, ya que dejarlo a medias no serviría adecuadamente a las necesidades de la comunidad.”

“Methuen Arlington Neighborhood es un centro para muchos”, dijo la Representante Estatal Estela Reyes (D-Lawrence). “Su fuerte sentido de comunidad es evidente en sus prósperos programas juveniles, negocios locales y líderes comprometidos. Es hora de honrar su historia modernizando su infraestructura, haciéndola más segura y saludable para todos los que llaman hogar a este área.”



gratitud a Linda Soucy y al Alcalde Beauregard por su colaboración para organizar la visita de hoy al Barrio Arlington”, dijo el Senador Pavel Payano (D-Lawrence). “Mis constituyentes merecen una infraestructura actualizada para su propia seguridad y bienestar. Creo que el proyecto propuesto por la ciudad tiene la oportunidad de mejorar enormemente la calidad de vida de los residentes y las pequeñas empresas que llaman hogar al Barrio Arlington. Continuaré abogando con fuerza por los fondos para que la ciudad pueda contar con los recursos necesarios para convertir este plan en una realidad”.



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

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

CICERO

Importancia del silencio para el cerebro



Por Dr. Tomás Núñez

Hoy en día, tenemos ruido a nuestro alrededor casi todo el tiempo, vivimos con la música, la radio, la televisión y los ruidos provocados por las personas y los carros todos los días. No nos damos cuenta de la importancia del silencio para el cerebro y lo perjudicial que es el ruido.

Las ondas del sonido provocan vibraciones en los pequeños huesos del oído, los cuales transmiten el movimiento a la cóclea, donde esas vibraciones se convierten en señales eléctricas que llegan hasta el cerebro. El problema radica en que nuestro cuerpo está programado para reaccionar de manera inmediata ante esas señales, incluso en medio de un sueño profundo. Por eso, el ruido provoca una activación de la amígdala, la cual responde estimulando la producción de hormonas como la adrenalina y el cortisol, que incrementan nuestro nivel de estrés y la presión arterial.

Hasta hace poco se creía que las

neuronas no podían regenerarse y era inevitable la pérdida progresiva del número de neuronas. Pero recientemente, un grupo de investigadores alemanes del Research Center for Regenerative Therapies Dresden han descubierto que el silencio tiene un impacto enorme en el cerebro.

Estos científicos comprobaron que en el cerebro de los ratones que se quedaban en silencio durante dos horas cada día crecían nuevas células en el hipocampo, la región del cerebro relacionada con la memoria, las emociones y el aprendizaje. Esto se puede extrapolar a los seres humanos, permanecer un tiempo por pequeño que sea en silencio puede ser muy beneficioso ya que nos ayuda a conservar la memoria y a ser más flexibles ante los cambios.

Cuando el cuerpo descansa comienzan a desarrollarse otros procesos que complementan los que se realizan cuando estamos activos.

Lo que sucede básicamente es que se produce una especie de depuración. El cerebro evalúa la información y las experiencias a las que hemos estado expuestos a lo largo del día. Luego organiza e integra la información relevante y desecha lo que no es importante.

Este proceso es completamente inconsciente, pero produce efectos conscientes. Por eso sucede que a veces encontramos respuestas durante el sueño. O logramos ver las cosas desde un nuevo punto de vista, después de haber descansado algunas horas.

Lo interesante de todo esto es que un proceso similar también se produce cuando estamos en silencio. La ausencia de estímulos auditivos tiene casi el mismo efecto que el descanso. El silencio, por lo general, lleva a que pensemos en nosotros mismos y esto depura las emociones y reafirma la identidad.

Importance of silence for the brain

Dr. Tomás Núñez

Nowadays, we have noise around us almost all the time; we live with music, radio, television, and noises caused by people and cars every day. We need to realize the importance of silence for the brain and how harmful noise is.

Sound waves cause vibrations in the small bones of the ear, which transmit the movement to the cochlea, where these vibrations are converted into electrical signals that reach the brain. The problem is that our body is programmed to react immediately to these signals, even in the middle of a deep sleep. Therefore, noise activates the amygdala, which responds by stimulating the production of hormones such as adrenaline and cortisol, which increase our stress levels and blood pressure.

Until recently, scientists believed that neurons could not regenerate and the progressive loss of the number of neurons was inevitable. Recently, a group of German researchers from the Research Center for Regenerative Therapies Dresden discovered that silence dramatically impacts the brain.

These scientists found that in the brains of mice that remained silent for two hours each day, new cells grew in the

hippocampus, the brain region related to memory, emotions, and learning. This can be extrapolated to humans; remaining silent for even a short period can be very beneficial as it helps us preserve memory and be more flexible in the face of changes.

When the body rests, other processes begin to develop that complement those that occur when we are active.

What happens is that a kind of purification occurs. The brain evaluates the information and experiences we have been exposed to throughout the day. It then organizes and integrates the relevant information and discards what is not important.

This process is completely unconscious, but it produces conscious effects. That is why it happens that sometimes we find answers during sleep. Or we manage to see things from a new perspective after resting for a few hours. The interesting thing about all this is that a similar process also occurs when we are silent. The absence of auditory stimuli has almost the same effect as rest. Silence generally leads us to think about ourselves, and this purifies our emotions and reaffirms our identity.



Men's Cross Country Logs 12th Place Finish at Paul Short Invitational

BETHLEHEM, PA. – The Merrimack men's cross country team competed at the Paul Short Invitational where they placed 12th overall in a field of 38 teams.

How it Happened

The Warriors were led by Senior Billy Coakley who cracked the top-25 with a 22nd place finish and an 8k time 25:15.9. Sophomore Aidan Dupill turned in a 70th place finish with his time of 26:03.7. Ryan Dyer rounded out the Warriors top three, navigating the course in 26:10 to take 78th place. Jack Lombardi also added crucial points for the Warriors, racing 26:18.8 for 97th place. Freshman tandem Reidar Aageson and Sean Moore helped the Warriors to a 12th place finish, clocking in at 26:50.0 to take 141th and 27:07.8 for 170th. DJ Walsh also cracked the Warriors top seven finishers with his 8k time of 27:34.5, good for 195th place.

This meet was against 38 other teams featuring top competitors: Catawba, Colgate, and Shippensburg. The Warriors also had the opportunity to compete against several conference foes including Siena, Marist, and Manhattan.

Coaching Spotlight

"The Paul Short Invitational is one of the most competitive cross country races on the East Coast. We had some nice individual performances but in a race of this caliber you need everyone firing on all cylinders to have a higher team place. Today, the gap



between our 1-7 runner was too much and that had a negative impact on our team score. The men know there is considerable room for improvement in this area, and if we can follow through on this we should be able to have a much better team result by season's end."

The Basics

Team Results: 12/38
Top Finisher: Billy Coakley
Location: Bethlehem, PA. | Lehigh University Campus

Up Next:

The Warriors will compete in the New England Championships, set to take place in Hopkinton, N.H on Saturday October 12.

For continuing coverage of Merrimack College Athletics, visit MerrimackAthletics.com and follow the Warriors on Twitter and on Facebook.

Women's Soccer Plays To Draw Against Marist

POUGHKEEPSIE, NY- The Merrimack women's soccer team played to a draw with the Marist College Red Foxes on Saturday, October 5th in the Hudson Valley.

Rapid Recap

Score: Merrimack 0, Marist 0

Records: Merrimack 5-5-2, Marist 2-7-2

How it Happened

The Warriors would come out swinging in the first few minutes of the opening half with two shots from Emily McCabe. The Warriors also held things down defensively with a slew of blocked shots. Lily Morgan would then make the first of three clutch saves to keep the Warriors in the game. Ella Cormier challenged the Marist goalkeeper with some great opportunities by going high and low. In the 88th minute, Emily McCabe would take another shot that just missed to the left. The Warriors put up a great effort, but the game ultimately ended with neither team scoring and neither team's record being negatively affected.



Ella Cormier fired 3 shots on goal
Emily McCabe had 3 shots with 2 on goal
The Warriors peppered 10 total shots with 7 on goal

Up Next

The Warriors stay on the road to play the Fairfield University Stags in Connecticut on Wednesday, October 9th at 7PM. The game will be on ESPN+. Game time is set for 7PM. Follow the Warriors on Instagram, Twitter, and Facebook as well!

Notes and Numbers

Lily Morgan had 3 saves

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El Mes de la Herencia Hispana: Consejos para abordar los desafíos únicos de salud que enfrentan los latinos

Por la Dra. Rhonda Randall, directora médica
UnitedHealthcare Employer & Individual

El mes nacional de la herencia hispana (15 de septiembre al 15 de octubre) es un momento oportuno para reconocer los desafíos únicos de salud que enfrentan los hispanos/latinos y buscar maneras de resolverlos.

Los hispanos/latinos son uno de los grupos étnicos más grandes y de más rápido crecimiento en EE. UU. Por eso es importante desarrollar estrategias que tengan en cuenta las diferencias culturales, las barreras lingüísticas y la diversidad de esta comunidad.

También, es importante remarcar que los hispanos/latinos viven más en promedio (77.7 años) que las personas blancas (76.4 años) y las personas negras (70.8 años), debido potencialmente a varios factores, incluyendo las tendencias migratorias y los fuertes vínculos sociales. Sin embargo, los hispanos/latinos tienden a vivir con enfermedades, y tienen tasas altas de ciertas condiciones crónicas.

Para ayudar a los hispanos/latinos de Massachusetts y en todo el país a apoyar su salud, aquí le presento tres estrategias:

Mejorar el acceso al cuidado preventivo. Debido a varios factores, los hispanos/latinos son mucho menos probables de acceder al cuidado preventivo, incluyendo para el cáncer, el colesterol alto y vacunas recomendadas. Parte de esto se debe a los desafíos al navegar el sistema de salud y la falta de acceso a cobertura médica, ya que los hispanos/latinos tienen unas de las tasas más altas de no asegurados (18%) entre todos los grupos étnicos.

Durante el periodo de inscripción abierta para los beneficios de salud este otoño, los hispanos/latinos pueden considerar opciones para su cobertura de salud. Las personas que reciben su plan de salud a través de su empleador generalmente pueden elegir beneficios de salud durante un período de 2 a 3 semanas entre septiembre y diciembre. Para aquellos que califican para Medicare, el Período de Inscripción Anual de Medicare se lleva a cabo del 15 de octubre al 7 de diciembre cada año. Para aquellos buscando planes individuales en el mercado de seguros de salud, el periodo de inscripción abierta empieza el 1 de noviembre y termina el 15 de enero de 2025, en la mayoría de los estados.

Abordar la obesidad y la diabetes tipo 2. Más de 38 millones de estadounidenses viven con diabetes, y alrededor de 98 millones más viven con prediabetes. Este problema es aún más presente entre los hispanos/latinos, ya que los adultos

tienen 60% más probabilidades de ser diagnosticados con diabetes y los hispanos/latinos son 1.5 veces más probables de morir a raíz de esta condición comparados con las personas blancas no-hispanas. Los estudios demuestran que la genética puede ser un factor. Ciertos genes relacionados con la diabetes tipo 2 son más comunes en los hispanos/latinos, y también lo es la predisposición genética a la resistencia a la insulina.

Es importante que las personas mantengan un estilo de vida activo y que hagan por lo menos 150 minutos a la semana de ejercicio de intensidad moderada, como caminatas diarias de 20 minutos a paso ligero, y al menos dos días a la semana hagan actividades de fortalecimiento muscular. También deben intentar comer principalmente una dieta rica en alimentos enteros nutritivos, incluyendo las proteínas magras como el pollo, pescado y pavo. Comer vegetales fibrosos como brócoli, zanahorias y frijoles verdes, además de porciones balanceadas de carbohidratos como arroz integral, pasta y batatas también puede apoyar su salud.

Para soporte adicional, algunos programas a través de su plan de salud o su empleador usan coaching personalizado y tecnologías portátiles, como los monitores continuos de glucosa, para ayudar a las personas con diabetes tipo 2 a manejar más efectivamente su condición o incluso trabajar para lograr la remisión.

Priorizar la salud mental. Según un reporte de 2023, 20.6% de los hispanos/latinos tuvieron una enfermedad mental pero solo 47.4% recibieron tratamiento comparado con el 58.7% de los adultos blancos. Esta diferencia puede ser causa de muchos factores, incluyendo el estigma asociado con el tratamiento, la falta de proveedores bilingües o las barreras culturales.

Para ayudar a abordar este problema, los hispanos/latinos pueden acudir a recursos que pueden estar disponibles en sus comunidades o a través de sus planes de salud, incluyendo asistencia para ubicar un proveedor de salud mental de calidad y entender su cobertura y opciones de atención virtual o coaching.

Mientras celebramos el mes nacional de la herencia hispana, es importante considerar estas medidas para ayudar a promover el bienestar de los hispanos/latinos y trabajar para abordar disparidades de salud que pueden afectar los resultados sanitarios y disminuir la calidad de vida.

It's Hispanic Heritage Month: Steps to address the unique health challenges Latino Americans face

By Dr. Rhonda Randall, Chief Medical Officer
UnitedHealthcare Employer & Individual

Amid National Hispanic Heritage Month (Sept. 15 to Oct. 15), it's an opportune time to recognize the unique health challenges Hispanics/Latinos face and work to address them.

Hispanics/Latinos represent one of the largest and fastest growing ethnic groups in the U.S., so it is crucial to develop tailored strategies that account for cultural differences, language barriers and the diverse nature of this community.

It's also important to note Hispanic/Latino people live longer on average (77.7 years) than White (76.4 years) and Black people (70.8 years), potentially due to several factors, including migration trends and strong social networks. Even so, Hispanic/Latino Americans tend to live sicker, including higher rates of certain chronic conditions.

To help encourage the health of Hispanic/Latino people in Massachusetts and individuals across the country, here are three strategies:

Improve access to preventive care. Due to various factors, Hispanic/Latino people are substantially less likely to access preventive screenings, including for cancer, high cholesterol and recommended vaccinations. Part of the issue is challenges navigating the health system and lack of access to health care coverage, given Hispanics/Latinos have among the highest uninsured rates (18%) of any ethnic group.

During the fall's open enrollment period for health benefits, Hispanic/Latino Americans can consider their options for health care coverage. For people with health insurance from their employer, open enrollment typically happens during a two- or three-week period between September and December. For those eligible for Medicare, the Medicare Annual Enrollment Period runs from Oct. 15 to Dec. 7 each year. For people shopping for individual plans on the Health Insurance Marketplace, open enrollment begins Nov. 1 and ends Jan. 15, 2025, in most states.

Address obesity and type 2 diabetes. More than 38 million Americans live with diabetes, while another nearly 98 million have prediabetes. The issue is even more prevalent among Hispanics/

Latino adults, who are 60% more likely to be diagnosed with diabetes with Hispanic/Latinos being 1.5 times more likely to die from the condition than non-Hispanic whites. Importantly, researchers also found that genetics may play a factor. Certain genes related to type 2 diabetes are more common in Hispanics/Latinos, as is a genetic predisposition to insulin resistance.

Given that, it is important people maintain an active lifestyle and get at least 150 minutes a week of moderate-intensity activity, such as daily 20-minute brisk walks, and at least two days a week of muscle-strengthening activities. When it comes to nutrition, aim to primarily eat nutrient-dense whole foods, including lean proteins such as chicken, fish and turkey. Consuming fiber-rich vegetables such as broccoli, green beans and carrots, along with a balanced portion of carbohydrates like brown rice, pasta or sweet potatoes, may also enhance overall well-being.

For additional support, some programs through health plans or employers use personalized coaching and wearable technology, such as continuous glucose monitors, to help people with type 2 diabetes more effectively manage their condition or even work toward remission.

Make mental health a priority. According to a 2023 report, 20.6% of Hispanics/Latino adults had a mental illness while only 47.4% received mental health treatment compared to 58.7% of White adults. This disparity may be explained by many factors, including stigma about receiving treatment in the first place, a lack of bilingual providers, and other cultural barriers.

To help overcome that, Hispanics/Latinos can tap into resources that may be available in their community or through their health plan, including assistance with finding a quality mental health care provider, understanding what's covered and virtual care or coaching options.

As we celebrate National Hispanic Heritage Month, considering these steps can help promote the well-being of Hispanic/Latino Americans while working to address health disparities that can affect health outcomes and diminish quality of life.

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¡Gracias por tu apoyo!



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

Inteligencia Artificial: Un nuevo paradigma

A finales de los años noventa, cuando estaba terminando mis estudios de doctorado de Tecnología Informática en la Educación, me llamó la atención un nuevo curso del programa con un nombre enigmático: "Inteligencia Artificial". Lea mi introducción, por favor, "a finales de los noventa".

Han tenido que pasar casi treinta años para que el término se convierta en objeto de atención de personas influyentes y líderes de gobiernos de todo el mundo. Es hora de llamarnos la atención a todos, porque nuestra inteligencia natural tiene miedo del nuevo chico de la cuadra, y todavía no sabemos las consecuencias y cómo lidiar con ellas.

Básicamente, la Inteligencia Artificial (IA) es una tecnología que permite a las máquinas realizar tareas que normalmente requerirían inteligencia y toma de decisiones humanas. Se basa en algoritmos complejos y cálculos matemáticos y ecuaciones que permiten el procesamiento de grandes volúmenes de datos para aprender y tomar decisiones basadas en esos cálculos. Las ecuaciones tienen una ventaja particular cuando llega el momento de usarlas: no cambian, no se alteran ni se enferman.

Yo, había conocido a un alto ejecutivo de tecnología de una conocida empresa que permanecerá en el anonimato y era ciego, y que tenía una habilidad física única para moverse con seguridad: emitía un sonido fuerte con un chasquido de sus dedos, y el reflejo del sonido en objetos y personas cercanas permitía a sus oídos saber exactamente quién o qué lo rodeaba. Se movía con confianza y sin peligro.

Las técnicas de IA resuelven problemas específicos y pueden ser útiles en diferentes escenarios. Un ejemplo sería ayudar a los ciegos a sortear los bloqueos físicos que encuentran cuando intentan moverse, replicando los clics que usaba mi conocido. Esa fue la aplicación que vimos la primera vez que tomé el curso. Permítanme agregar, en caso de que no estén seguros de esa historia, que no soy un experto en Inteligencia Artificial. Mi experiencia no iba más allá del software informático empresarial.

Pero le daré un ejemplo realista que hará que sea fácil de entender, si no de dejarlo boquiabierto.

Supongamos que su vista se desvía de lo que consideramos normal, y debe usar anteojos para poder leer o conducir. Las gafas son un instrumento de plástico que se apoya en las orejas y la nariz y que sostiene lentes frente a los ojos que ayudan a mejorar la visión al corregir los errores de refracción y otros problemas de visión con el uso de lentes adaptados a sus necesidades

individuales.

Cuando va a ver a un optometrista u oftalmólogo, tiene que mirar ciertas letras o números de tamaños variados en una pantalla lejana que le piden que identifique. La persona que realiza la prueba utiliza lentes de diferentes grados de refracción para ese propósito y prescribe los que le permiten a usted ver esas letras o números con claridad. Pero la maquinaria de la prueba está fuera de usted, al igual que las gafas que eventualmente usará para corregir su visión. Dejaré las lentes de contacto para otro día.

Pero ¿qué pasaría si? Supongamos que usted usa anteojos que son técnicamente capaces de evaluar la vista de cualquier persona que los use y puede autoajustar sus lentes para darle la capacidad de ver normalmente mientras viaja. Esta maravilla óptica revisaría su visión automáticamente cada vez que se pusiera las gafas o haciendo clic en un botón en su costado para verificar su visión. Y lo mejor de todo es que cualquiera en su mundo podría usarlos. "Talla única". No hace falta decir que estos anteojos costarían más que los pocos cientos de dólares que cuestan hoy, o tal vez estarían disponibles más baratos en Amazon.

No soy optometrista y no puedo entender cómo un lente podría reflejar la visión y determinar el ajuste necesario para que el espectador vea mejor. Supongo que necesitaría algún tipo de cubierta de lente que rebotaría la vista del ojo y determinaría la curvatura de lente necesaria, pero el costo es importante en cualquier tipo de inteligencia artificial, y este no es diferente.

Ahora vemos automóviles que se estacionan solos en espacios estrechos de las calles, los pilotos automáticos en los aviones son noticias viejas y los fabricantes de todas las industrias ofrecen innumerables oportunidades para decidir la mejor manera de construir componentes y hacerlos funcionar. Mi refrigerador sabe exactamente cuándo hacer hielo... y cuando no. Y hay un conocido sustituto de IA del papel higiénico conocido por todos nosotros. ¿Conoce el nombre? Se llama Bidé. No estoy bromeando.

He oído que la IA puede ayudar a crear imágenes de candidatos políticos que nos gusten o no nos gusten. Ahí es donde me detengo. Preferiría ver a un candidato naturalmente inteligente para cualquier cargo que requiera al menos una comprensión básica de nuestras necesidades, ¿no es así? Incluso los cazadores de perros tienen que ser capaces de identificar las "cacas" y saber cómo recogerlas sin ensuciarse.

Y ese es mi punto de vista producido naturalmente hoy. No espere por una versión de IA. "No va" a suceder. Agur.



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP



Artificial Intelligence: A new paradigm

In the late 1990s, as I was finishing my doctoral studies of Computer Technology in Education, a new course in the program with an enigmatic name caught my attention: "Artificial Intelligence." Read my introduction, please: "in the late 1990s."

It has taken almost thirty years for the term to become the subject of attention of influencers and leaders of governments all over the world. It is also time to bring it to our attention because our natural intelligence is afraid of the new kid on the block, and we still don't know the consequences and how to deal with them.

Artificial Intelligence (AI) technology allows machines to perform tasks that typically require human intelligence and decision-making. It is based on complex algorithms, mathematical calculations, and equations that enable the processing of large volumes of data to learn and make decisions based on those calculations. Equations have a particular advantage when used: they don't change, get upset, or get sick.

I met a blind senior technology executive of a well-known company, and will remain anonymous, who had a unique skill to move safely around: he made a loud sound with a snap of his fingers, producing an audible click, and its reflection on nearby objects and people allowed him to hear who, or what was surrounding him, moving confidently without danger.

AI techniques solve specific problems and may be useful in different scenarios. Helping blind people navigate around physical blocks they encounter when they try to move around by replicating the clicks my acquaintance used would be an example. That was the application we saw the first time I took the course. If you become uncertain about that story, I am not an expert on artificial intelligence. My expertise didn't go beyond business computer software.

But I will give you a down-to-earth example that will make it easy to understand if not to blow your mind.

Suppose your eyesight deviates from what we consider normal, and you must wear eyeglasses to read or drive. Eyeglasses are plastic instruments that rest on your ears and nose, holding lenses in front of your eyes. They help improve vision by correcting refractive errors and other vision issues with lenses adapted to your needs.

When you see an optometrist or eye

doctor, you have to look at certain letters or numbers of varied sizes on a distant screen that they ask you to identify. The person doing the testing uses lenses of different grades of refraction for that purpose and prescribes the ones that allow you to see those letters or numbers clearly. But the test hardware and glasses you will eventually wear to correct your vision are outside of you. I will leave contact lenses for another day.

But, what if? Suppose that you wear eyeglasses that are technically capable of evaluating the eyesight of any person who wears them and can self-adjust their lenses to give you the ability to see usually on the go. This optical wonder checks your vision automatically every time you put on the eyeglasses or click a button on its side to check your vision. And best of all, anybody in your world could wear them. "One-size-fit-all." Needless to say, these eyeglasses would cost more than the few hundred dollars they cost today, or perhaps be available cheaper at Amazon.

I am not an optometrist and can't figure out how a lens could reflect the vision going through and determine the adjustment necessary to make the viewer see better. I suppose it would need some lens cover that would bounce the eye view and determine the needed lens curvature, but the cost is important in any type of artificial intelligence, and this is no different.

We now see automobiles that park themselves on narrow street spaces, automatic pilots in airplanes are old news, and manufacturers of all industries are offering countless opportunities to decide the best way to build components and make them work. My refrigerator knows exactly when to make ice. And when not. And a well-known toilet paper AI replacement is known to us all. You know the name. It's called Bidet. No kidding.

I've heard that AI can help create images of political candidates that show our likes or dislikes. That's where I stop. I'd rather see a naturally intelligent candidate for any office that requires at least a basic understanding of our needs, don't you? Even dog catchers have to be able to identify poop and know how to pick it up without getting dirty.

And that's my naturally produced Point of View today. Don't wait for an AI version. It "ain't going" to happen. So Long.

The Merrimack Valley Immigrant & Education Center

The former Asian Center at 439 South Union St., building 2, Level B, Lawrence, MA 01843 is enrolling students for an intensive ESOL (English for Speakers of Other Languages) classes.

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM. Class fee is \$50. Call 978-683-7316 for more information.

YWCA Northeastern Massachusetts set to Celebrate Community at 7th Annual Fall Fest

Lawrence, Haverhill, Lynn, MA — It's that time of year again! The YWCA Northeastern Massachusetts will celebrate its 7th Annual Fall Fest Fundraiser on October 24th at Merrimack Valley Golf Club! This event is a core fundraiser for the YWCA, highlighting the critical work all 25+ YWCA community programs engage in throughout Essex County and the Merrimack Valley. It is also a chance for local changemakers to connect with the community partners and supporters who are foundational to the YWCA mission and help the agency change the lives of over 15,000 women, children, and families every year. The evening will include raffles, games & entertainment, tasty bites, and delicious drinks – all during Domestic Violence Awareness Month, which is a core aspect of the YWCA's work!

The Fall Fest Fundraiser, which began in 2017, raises funds to help carry out its mission of creating opportunities for women's growth and leadership while striving to attain a common vision of peace, justice, freedom and dignity for all people and ending cycles of domestic violence.

"We appreciate your support of our work as it allows us to help provide our clients with the tools to attain economic self-sufficiency, academic and career success while striving to live with hope and possibility," Nicole Sammartino, YWCA Director of Advancement, said in a release. "Please consider sponsoring the

event so that we may continue supporting our clients and communities by providing comprehensive, interdisciplinary programs that help those in need!"

Tickets for this event are \$100 per person and are available at www.ywcanema.org or Givebuttr – just search "YWCA 7th Annual Fall Fest"! However, sponsorship opportunities for this event are also available and allow the YWCA to put a spotlight on supporters like you! Depending on the level you choose, each sponsorship comes with tickets to the event, as well as a form of promotion for your company/brand/organization to thank you for your support of the YWCA's work! If you're unable to join them or sponsor the event, please consider a monetary contribution or donation of a raffle item for them to raise program funds during the event.

Proceeds from sponsors, donors and guests help support YWCA programs, which serves more than 15,000 community women and children annually across its seven sites. For ticket and sponsorship opportunity information, contact Izzy Sarra at 978.788.6362 or isarra@ywcanema.org.

YWCA Northeastern Massachusetts is a social change organization which exists today for the same reasons it was founded back in the 1890s: to assure that women have the tools, skills and opportunities they need to become and remain personally and economically self-sufficient.

For the 7th year, the YWCA Northeastern Massachusetts hosts our annual Fall Fest!



Join us at Merrimack Valley Golf Club to sip, savor, and support! The evening will include raffles, games, entertainment, tasty bites, and delicious beverages - all for a good cause! Tickets are \$100 per person, and sponsorship opportunities are available. Come spend an evening celebrating the YWCA's work throughout Essex County and the Merrimack Valley!

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MonsterBash Returns to Lowell - a True Treat for the Community

The City of Lowell, in partnership with the Kiwanis Club, is thrilled to announce the return of MonsterBash, set to take place on Saturday, October 26, 2024, from 12:00PM to 3:00PM. This free event has become a true treat for the community – families from across the Greater Merrimack Valley gather to enjoy an afternoon of fang-tastic festivities.

The Kiwanis Club will transform Lowell City Hall into a not-too-spooky Haunted House, appropriate for all ages. Please note the line for the Haunted House will close promptly at 2:30PM.

Returning this year, the Neighborhood Haunt at JFK Plaza will offer candy and activities in collaboration with local non-profits and community partners. Stroll through Downtown Lowell for trick-or-treating with 40 businesses and organizations. A map will be available online at <https://www.likelowell.com/monsterbash>, and during the event at the Like Lowell tent on JFK Plaza. Flyers will also be available in Khmer, Spanish, and Portuguese, languages.

The newest addition to the festivities is Pumpkins and Pints. From 1:00PM to 5:00PM, make your way to the Enterprise Bank lot on Middle Street for family fun, live music, and, of course, Navigation Brewing Company's local craft beers. Performers include Evan Goodrow, the Party Band, Sonic Avionics, and Tee and the Gents.

In support of making the fun accessible to all Lowellians, family quiet spaces will be available to the public during the event. These locations are open to neurodivergent individuals, nursing parents, or those who may need a break. Pollard Memorial Library, located next door to Lowell City Hall, at 401 Merrimack Street, will serve as a quiet space from 12:00PM to 3:00PM. In addition, the Health Department, located at 107 Merrimack Street, will be open from 1:00PM to 5:00PM. More information regarding these spaces will be available online, and at the Like Lowell tent at Lowell City Hall.

City Manager Thomas A. Golden, Jr., expressed his excitement, stating, "MonsterBash has become a mainstay event here in Lowell, and we are excited to continue working with the Kiwanis Club. Pumpkins and Pints is a brand new addition to the festivities this year, and we welcome everyone to join us for live music, local fare, and experiencing more of what Lowell has to offer."

Mayor Daniel P. Rourke remarked, "We are looking forward to welcoming



families throughout the region to this annual Halloween celebration in Downtown Lowell. From the ever popular Haunted House to the newest entertainment, there is an opportunity for everyone to come to Lowell and enjoy MonsterBash."

Stop by St. Anne's Episcopal Church on Merrimack Street to check out Pumpkins at the Parish, a pumpkin decorating competition. For those interested in submitting an entry, visit St. Anne's on Saturday, October 20, to design a pumpkin. Decorated pumpkins will be on display starting at 2:00PM on Saturday, October 26.

For more information about MonsterBash, visit <https://www.likelowell.com/monsterbash> or contact the Office of Cultural Affairs and Special Events by phone at (978) 674-4260 or by email at case@lowellma.gov

EVENT DETAILS

- **MonsterBash**
Date: Saturday, October 26, 2024 (rain date: Sunday, October 27)
Time: 12:00PM to 3:00PM
Locations:
 - Haunted House at Lowell City Hall, 375 Merrimack Street
 - Neighborhood Haunt at JFK Plaza, 50 Arcand Drive
- Trick-or-treating throughout Downtown Lowell
- Facebook Event: <https://www.facebook.com/events/3200768326722728/>
- **Pumpkins and Pints**
Date: Saturday, October 26, 2024 (rain date: Sunday, October 27)
Time: 1:00PM to 5:00PM
Location: Enterprise Bank parking lot, 222 Merrimack Street
- Facebook Event: <https://www.facebook.com/events/2257283511293457/>

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>

Mes de la Herencia Hispana: ¿Qué raza de perro prefieren los latinos?

¡Sí! Se pueden conseguir perros de raza en los albergues, y Best Friends Animal Society te dice como encontrar la mascota perfecta y salvar una vida

Kanab, Utah (September 10, 2024)-Los perros siempre han sido los mejores amigos y familiares para un hogar latino. Disfrutan de la compañía humana y reducen enormemente la sensación de soledad. Best Friends Animal Society, una organización líder en el bienestar animal que trabaja para poner fin al sacrificio de gatos y perros en todos los albergues para el 2025, revela las razas de perros mas populares entre los latinos y te dice como puedes encontrarlas en un albergue o rescate.

Los resultados, estudiados por áreas predominantemente hispana donde se llevaron a cabo adopciones en nuestros centros, muestran que la preferencia por la raza de perro varia notablemente según su tamaño.

1. Chihuahuas



Credito: Best Friends Animal Society

2. Pitbull Terrier



Credito: Best Friends Animal Society

3. Staffordshire Bull Terrier



Credito: Best Friends Animal Society (Bull Terrier)

4. Raza Mixta



Credito: Best Friends Animal Society

Estos tipos de perros suelen tener una personalidad extrovertida, cálida y respetuosa al igual que sus dueños y están actualmente en nuestros centros esperando un hogar.

Hay varias razones por las que no se

recomienda comprar perros de criadores y de acuerdo con data de Best Friends, las personas que deciden compran de criadores son mujeres hispanas.

Cada mascota merece un hogar, y cuando no tienen un hogar, sin importar su apariencia, raza, tamaño o personalidad, corren el riesgo de ser sacrificados. La realidad es que cada 90 segundos muere un perro o un gato en los albergues del país. Sin tan solo 6% de estas personas decidieran adoptar en vez de comprar a sus mascotas podríamos detener el sacrificio de mascotas en los albergues en todos los Estados Unidos.

Te invitamos a celebrar este mes adoptando una mascota y marcar la diferencia en una pequeña vida. Ya sea una casa grande, un apartamento, todas las mascotas ya sean de raza o no merecen un lugar seguro al que llamar hogar.

Atención Correcta, Lugar Correcto.

SALA DE EMERGENCIAS

- Dolor de pecho o dificultad para respirar
- Quemaduras, cortes o laceraciones graves
- Huesos rotos o articulaciones dislocadas
- Desmayo, cambios en el estado mental o hablar arrastrando las palabras
- Lesiones en la cabeza o los ojos
- Debilidad y/o entumecimiento en un lado del cuerpo

You're Invited!

THURSDAY, OCT. 24, 2024
6:00-10:00PM
LENZI'S IN DRACUT
HORS D'OEUVRES AND DANCING

We hope you will join us as we celebrate Karen and her incredible career and dedication to the Greater Lowell Community.

**THURSDAY, October 24, 2024
6-10 p.m.**

Lenzi's in Dracut

After 46 years of dedicated service, the last 20 of which have been at the helm of the agency, Karen Frederick is retiring from Community Teamwork.

We hope you will join us on Thursday, October 24 at Lenzi's in Dracut as we celebrate an incredible career.

You can purchase tickets through this site or via check made payable to Community Teamwork, Inc., and note Karen's party and the number of tickets in the subject line.

Please mail checks to:

Community Teamwork, Inc.
c/o Margot Regan
155 Merrimack St.
Lowell, MA 01852

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MONSTERBASH

SATURDAY, OCTOBER 26, 2024 12 TO 3 PM
RAIN DATE: OCTOBER 27, 12 - 3 PM
TRICK-OR-TREAT IN DOWNTOWN LOWELL
HAUNTED HOUSE AT LOWELL CITY HALL*
*LINE CLOSSES AT 2:30PM

SCAN CODE FOR MORE INFO AND FLYERS IN KHMER, SPANISH, & PORTUGUESE

LIKELOWELL.COM/MONSTERBASH

We want to hear from you! What do you love about your parks? What improvements would you like to see? Join us to share your opinions and expertise as users of these spaces!

¡Queremos saber de ti! ¿Qué te gusta de tus parques? ¿Qué mejoras deseas? ¡Únete a nosotros para compartir tu opinión y experiencia como usuario de estos espacios!

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OCTOBER 10, 2024
200 COMMON ST.
4:00PM TO 6:00PM

*APPETIZERS AND REFRESHMENTS WILL BE SERVED

Mayor Brian A. DePeña

Los periódicos son para el cuerpo político lo que las arterias son para el cuerpo humano, siendo su función llevar sangre, sustento y reparación a cada parte del cuerpo.”

“Newspapers are to the body politic what arteries are to the human body, their function being to carry blood and sustenance and repair to every part of the body.”

Henry Ward Beecher



CITY OF LAWRENCE
Office of Planning & Development
360 Merrimack Street, Entrance K, Unit 270
Lawrence, MA 01843
Tel#: 978-620-3510 www.cityoflawrence.com

Mayor Brian A. DePeña

JOIN US!

Community Food Resources Event

- Learn about local food resources
- Connect with farmers' and mobile markets
- Enroll in programs like SNAP, WIC, HIP, and MassHealth

Raffles, Food & MORE!

Wednesday, October 23, 2024
10:00AM - 1:00PM
The Center
155 Haverhill St.
Lawrence, MA 01840

For more information please call:
Lorenza Ortega
978-620-3516
lortega@cityoflawrence.com



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¡ÚNASE A NOSOTROS!

Feria de Recursos Alimentarios Comunitarios

- Aprenda sobre los recursos alimentarios locales.
- Conéctese con mercados de agricultores y móviles
- Inscribise en programas como SNAP, WIC, HIP y MassHealth

Raffles, Food & MORE!

Miércoles, 23 de octubre 2024
10:00AM - 1:00PM
The Center
155 Haverhill Street
Lawrence, MA 01840

Para más información:
Lorenza Ortega
978-620-3516
lortega@cityoflawrence.com



Mes De Discapacidades

El alcalde Brian A. DePeña, el coordinador de la ADA, Richard Rodríguez, y la Comisión de Discapacidad de Lawrence lo invitan cordialmente a asistir a nuestra Feria de Recursos anual. Este evento contará con más de 30 organizaciones dedicadas a brindar servicios a personas con discapacidades.

Jueves 24 de octubre de 2024
4:00 p.m. to 6:00 p.m.

El Centro para Personas Mayores, Familias y Comunidad
 155 Haverhill Street, Lawrence MA 01841

Para obtener más información, comuníquese con el Coordinador de ADA, Richard Rodríguez.
 Correo electrónico: richard.rodriguez@cityoflawrence.com
 Teléfono: 978-620-3312



¡Se servirán refrigerios ligeros!



Disability Awareness Month

Mayor Brian A. DePeña, ADA Coordinator Richard Rodríguez, and the Lawrence Commission on Disability cordially invite you to attend our annual Resource Fair. This event will feature over 30 organizations dedicated to providing services for individuals with disabilities.

Thursday, October 24, 2024 at 4:00 PM to 6:00 PM

The Center for Seniors, Families, Community
 155 Haverhill Street, Lawrence MA 01841

For more information, contact ADA Coordinator, Richard Rodríguez
 Email: richard.rodriguez@cityoflawrence.com
 Phone: 978-620-3312



Light refreshments will be served!

CLASIFICADOS | CLASSIFIEDS

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 or junk the following vehicles on or after October 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:

- 2004 Nissan Maxima VIN 1N4BA41E24C823403
- 2013 Lexus LS 460 VIN JTHBL5EF4D5119557
- 1993 Toyota Corolla VIN 2T1AE09E2PC019475
- 2003 Chevrolet Silverado 1500 VIN 1GCEK19V53E269784

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

Signed
 Kevin Stuart
 Stuart's Automotive
 9/22, 10/1, 10/8

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE
RUMBONEWS.COM



Support for Caregivers

IN-PERSON SUPPORT GROUP
 Wednesdays | 4 p.m.
 October 9 | November 13 | December 11

Light refreshments will be served.

Caring for a loved one with dementia can bring stress, frustration, guilt and uncertainty. Find peace and comfort by connecting with other caregivers who understand your challenges, and exchange tips for your caregiving journey.


Kindly contact Senior Advisor Susan to RSVP.

Send an Email

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 Purple Flag for Dementia Care® accreditation illustrates our ongoing commitment to excellence with adherence to 60 best practices, extensive team member training, and a collaborative approach.



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