

### Entregan un Cheque de \$150,000 a M.A.N. Inc. para el Vecindario de Arlington



El viernes, 11 de octubre de 2024, funcionarios locales y estatales se reunieron en la sede de Methuen Arlington Neighborhood Inc. (M.A.N. Inc.) para celebrar una importante inversión en el vecindario de Arlington. El senador Pavel Payano, el alcalde interino de Methuen D.J. Beauregard, la representante estatal Estela Reyes y el representante Ryan Hamilton se unieron al personal de M.A.N. Inc. y miembros de la comunidad para presentar un cheque de \$150,000 en fondos estatales, apoyando los programas esenciales de la organización que empoderan a los residentes y fomentan el crecimiento comunitario.

On Friday, October 11, 2024, local and state officials gathered at the Methuen Arlington Neighborhood Inc. (M.A.N. Inc.) headquarters to celebrate a significant investment in the Arlington neighborhood. Senator Pavel Payano (D-Lawrence), Acting Mayor of Methuen D.J. Beauregard, Representative Estela Reyes, and Representative Ryan Hamilton joined M.A.N. Inc. staff and community members to present \$150,000 in state funding to support the organization's vital programs that empower residents and foster community growth.

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### Leaders Present \$150,000 Check to M.A.N. Inc., Boosting Development in Arlington Neighborhood

### Sen. Payano, Delegation Announce \$50K Funding for MakeIt Haverhill

### La Liga Social Reconoce a la Concejala Levy



Receiving the check for \$150,000 are from left to right, Lisbeth Valdez Interim Program Director for MakeIt Haverhill, Kerri Perri (CEO of Community Action), Senator Pavel Payano, State Rep Andy Vargas, Keith Boucher. Co-founder of Make it Haverhill, Renee Mcquire of Community Action.

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Antonio Polanco Vargas haciendo un reconocimiento en nombre de la Liga Social Lawrence MA a la Concejala Ana Levy, dedicando el juego de Estrellas 2024, por su apoyo constante al Softball. "Gracias por este bello reconocimiento, me siento muy orgullosa de haberlo recibido," dijo.

# NUEVA base de datos de tratamientos de cambio de sexo infantil expone a hospitales de Massachusetts

NUEVA base de datos de tratamientos de cambio de sexo infantil expone a hospitales de Massachusetts. El organismo de control médico Do No Harm publicó una base de datos nacional, la primera de su tipo, de hospitales e instalaciones médicas que administran intervenciones médicas irreversibles a niños, incluidas cirugías, hormonas y bloqueadores de la pubertad. La base de datos Stop the Harm se puede encontrar en StopTheHarmDatabase.com. La base de datos revela que 671 niños de Massachusetts recibieron intervenciones médicas relacionadas con el cambio de sexo entre 2019 y 2023.

## Hallazgos clave en Massachusetts:

- 300 pacientes quirúrgicos pediátricos de cambio de sexo
- 1856 prescripciones de hormonas y bloqueadores de la pubertad escritas para 386 pacientes pediátricos.
- \$10,021,217 obtenidos de tratamientos de cambio de sexo realizados a menores

El Boston Children's Hospital ocupa el sexto lugar en la lista de los "Doce Sucios" de Stop the Harm de los peores hospitales infantiles que promueven tratamientos de cambio de sexo para menores en el país. También es la segunda institución con mayor facturación por tratamientos de cambio de sexo en menores, y el médico con mayor facturación del país por tratamientos pediátricos de cambio de sexo también trabaja en el Boston Children's Hospital.

La base de datos Stop the Harm se actualizará periódicamente a medida que haya nuevos datos disponibles para que el público y los responsables de las políticas puedan exigir cuentas a las instituciones médicas.

A continuación, he incluido declaraciones de Chloe Cole, una activista de la destransición que realizó la transición médica a la edad de 12 años y recibió una mastectomía doble a la edad de 15 años, y del Dr. Stanley Goldfarb, presidente de la junta directiva de Do No Harm.

También encontrará una lista de los 10 hospitales e instalaciones con mayor facturación que administraron intervenciones médicas relacionadas con el cambio de sexo en Massachusetts junto con información adicional sobre la metodología utilizada para analizar los datos.

Si desea hablar con alguien de Do No Harm sobre esta base de datos, los hallazgos en Massachusetts y los esfuerzos continuos de la organización para proteger a los niños de la politización de la medicina, ¡hágamelo saber y estaré feliz de conectarlo!

Saludos,  
John Paul Vander Woude

**Chloe Cole, investigadora principal de Do No Harm y activista de la**

## destransición:

"Este nuevo proyecto de Do No Harm demuestra las mentiras del establishment médico y de los políticos radicales que argumentan que los casos como el mío son raros. Las estadísticas de esta base de datos representan a miles de niños que están siendo tratados como conejillos de indias para experimentos médicos no probados y, a veces, peligrosos. Espero que tanto los políticos como los padres utilicen esta base de datos para ver dónde se están realizando estos tratamientos y proteger a sus hijos de ser apresurados a recibir tratamientos irreversibles que alteran la vida".

## Dr. Stanley Goldfarb, presidente de Do No Harm:

"Con el lanzamiento de la base de datos Stop the Harm, Do No Harm se suma a nuestra misión de exponer los peligros de la medicina de género pediátrica experimental y poner fin a esta práctica. Este proyecto, el primero de su tipo, ofrece a los pacientes, las familias y los responsables de las políticas un recurso que revela la omnipresencia de los tratamientos irreversibles de cambio de sexo para menores en Estados Unidos. Si bien estos datos representan la punta del iceberg, este es el primer paso para responsabilizar al sistema médico por participar, y a menudo promover, intervenciones médicas depredadoras y no científicas para niños vulnerables".

## Metodología:

Do No Harm evaluó los datos de reclamos de seguros de 2019 a 2023 y compiló qué tratamientos relacionados con el cambio de sexo se administraban a menores y en qué hospitales.

Los tratamientos relacionados con el cambio de sexo son:

- Cirugías (modificación corporal)
- Hormonas
- Bloqueadores de la pubertad

El análisis de Do No Harm se centró exclusivamente en pacientes de entre 0 y 17,5 años e incluyó solo casos confirmados de tratamientos relacionados con la transición de género

Los 10 hospitales e instalaciones con mayor facturación en Massachusetts que administran tratamientos irreversibles de cambio de sexo realizados a menores:

- Boston Children's Hospital
- Cooley Dickinson Hospital
- Richard A. Bartlett MD PC
- Centro Médico Baystate
- Centro Médico Tufts
- Hospital Brigham and Women's Faulkner
- Hospital Emerson
- Centro Médico MetroWest Hospital Framingham Union
- Centro Médico Beth Israel Deaconess
- Centro Médico Boston

# NEW database of child sex change treatments exposes Massachusetts hospitals

Medical watchdog Do No Harm released a first-of-its-kind national database of hospitals and medical facilities administering irreversible medical interventions to children, including surgery, hormones, and puberty blockers.

The Stop the Harm Database can be found at StopTheHarmDatabase.com. The database reveals that 671 Massachusetts children received sex change related medical interventions between 2019 and 2023.

## Key findings in Massachusetts:

- 300 pediatric sex-change surgical patients
- 1856 hormone and puberty blockers prescriptions written for 386 pediatric patients.
- \$10,021,217 made from sex change treatments performed on minors

Boston Children's Hospital ranks sixth on Stop the Harm's "Dirty Dozen" list of worst-offending children's hospitals promoting sex change treatments for minors in the country. It is also the second-highest billed institution for sex change treatments on minors, and the nation's highest billed doctor for pediatric sex change treatments works at Boston Children's Hospital too.

The Stop the Harm Database will be updated regularly as new data is available so that the public and policymakers are able to hold medical institutions accountable.

Below I have included statements from Chloe Cole, a de-transition activist who was medically transitioned at the age of 12 and received a double mastectomy at the age of 15, and Dr. Stanley Goldfarb, Board Chair of Do No Harm.

You will also find a list of the top 10 billing hospitals and facilities that administered sex change related medical interventions in Massachusetts along with additional information on methodology used to analyze the data.

If you would like to speak with someone from Do No Harm about this database, the findings in Massachusetts, and the organization's continued efforts to protect children from the politicization of medicine, please let me know and I would be happy to connect you!

Best,  
John Paul Vander Woude

## Chloe Cole, Do No Harm Senior Fellow and De-transition Activist:

"This new project from Do No

Harm proves the lies from the medical establishment and radical politicians who argue that cases like mine are rare. The stats in this database represent thousands of kids who are being treated like Guinea pigs for unproven, and sometimes dangerous, medical experiments. I hope politicians and parents alike use this database to see where these treatments are happening and protect their children from being rushed into irreversible, life-altering treatments."

## Dr. Stanley Goldfarb, Chairman of Do No Harm:

"With the launch of the Stop the Harm Database, Do No Harm is building on our mission to expose the dangers of experimental pediatric gender medicine and bring the practice to an end. This first-of-its-kind project provides patients, families, and policymakers with a resource that reveals the pervasiveness of irreversible sex-change treatments for minors in America. While this data represents the tip of the iceberg, this is the first step in holding the medical establishment accountable for participating in, and often times promoting, predatory and unscientific medical interventions for vulnerable children."

## Methodology:

Do No Harm assessed insurance claim data from 2019 to 2023 compiling what sex change related treatments were being administered to minors and at what hospitals

- Sex change related treatments are:
- Surgeries (Body modification)
  - Hormones
  - Puberty blockers

Do No Harm's analysis focused exclusively on patients aged 0 to 17.5 years old and included only confirmed cases of gender transition-related treatments

Top 10 billing hospitals and facilities in Massachusetts administering irreversible sex change treatments performed on minors:

- Boston Children's Hospital
- Cooley Dickinson Hospital
- Richard A. Bartlett MD PC
- Baystate Medical Center
- Tufts Medical Center
- Brigham and Women's Faulkner Hospital
- Emerson Hospital
- MetroWest Medical Center Framingham Union Hospital
- Beth Israel Deaconess Medical Center
- Boston Medical Center

## Rumbo

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**ALCALDE**  
**BRIAN A. DEPEÑA**  
**CIUDAD DE LAWRENCE**

**AWILDA PIMENTEL**  
**Community Development**  
**Director**

**EL PROGRAMA DE DESARROLLO JUVENIL**

**Becas para el Desarrollo de la Juventud: Este programa es parte de la Ciudad de Lawrence y del Departamento de Desarrollo Comunitario para la Prevención del consumo de Opioides en los Jóvenes.**

**Brandeis University**  
**Stonehill College**  
**Academy at Penguin Hall**  
**Merrimack College**  
**Boston University**  
**Central Catholic High School**  
**Notre Dame Cristo Rey**  
**New Tractor Trailer School**  
**Northern Essex Comm. College**  
**Middlesex Comm. College**



**Milton Academy**  
**Kimball Union Academy**  
**University of Massachusetts**  
**Pingree School**  
**ST. Mark's School**  
**Miss Hall's School**  
**Northfield Mount Hermon**  
**American Dance Collaborative**  
**New Eng. Innovation Academy**  
**Lexington Christian Academy**

**Gracias al Alcalde Brian A. DePeña y a la Directora del Departamento de Desarrollo Comunitario Awilda Pimentel hemos invertido más de \$140,000 en becas ofrecidas a Escuelas Secundarias, Escuelas de Formación Profesional, y Universidades.**



**MAYOR**  
**BRIAN A. DEPEÑA**  
**CITY OF LAWRENCE**  
**THE YOUTH DEVELOPMENT PROGRAM**

**AWILDA PIMENTEL**  
**Community Development**  
**Director**

# APPLICANTS	DATE	SCHOOL	AMOUNT APPROVED	# APPLICANTS	DATE	SCHOOL	AMOUNT APPROVED
1	1/22/24	Kimball Union Academy	\$5,000.00	32	3/18/24	Central Catholic High School	\$2,000.00
2	1/19/24	Notre Dame Cristo Rey High School	\$3,000.00	33	3/18/24	Central Catholic High School	\$1,000
3	1/24/24	UMASS Amherst	\$5,000.00	35	3/18/24	Central Catholic High School	\$2,000.00
4	2/1/24	Notre Dame Cristo Rey High School	\$1,000.00	36	3/18/24	University of Massachusetts	\$3,000.00
5	2/8/24	Merrimack College	\$5,000.00	37	4/2/24	Central Catholic High School	\$2,000.00
6	2/8/24	Northern Essex Comm. College	\$1,000.00	38	4/2/24	Lexington Christian Academy	\$2,000.00
7	2/24/24	Northern Essex Comm. College	\$1,000.00	39	4/2/24	Miss Hall's School	\$5,000.00
9	2/27/24	Central Catholic High School	\$2,000.00	40	4/2/24	Notre Dame Cristo Rey High School	\$1,000
11	3/6/24	Brandeis University	\$5,000.00	41	4/2/24	Notre Dame Cristo Rey High School	\$1,000.00
12	3/4/24	Notre Dame Cristo Rey High School	\$1,000.00	42	4/9/24	Notre Dame Cristo Rey High School	\$1,000.00
13	3/6/24	Merrimack College	\$5,000.00	43	4/10/24	Stonehill College	\$5,000.00
14	3/6/24	Northfield Mount Hermon	\$5,000.00	44	4/11/24	Boston University	\$5,000.00
15	3/7/24	Notre Dame Cristo Rey High School	\$1,000.00	45	4/30/24	Merrimack College	\$5,000.00
16	3/7/24	New Tractor Trailer School	\$2,000.00	46	5/13/24	Milton Academy	\$5,000.00
17	3/8/24	Central Catholic High School	\$2,000.00	47	5/14/24	Central Catholic High School	\$2,000.00
19	3/12/24	Central Catholic High School	\$2,000.00	48	5/14/24	UMASS Dartmouth	\$5,000.00
20	3/12/24	Central Catholic High School	\$2,000.00	49	5/14/24	Notre Dame Cristo Rey High School	\$3,000.00
21	3/12/24	Central Catholic High School	\$2,000.00	50	5/15/24	Notre Dame Cristo Rey High School	\$1,000.00
23	3/12/24	Academy at Penguin Hall	\$5,000.00	51	5/24/24	Central Catholic High School	\$2,000.00
24	3/12/24	ST. Mark's School	\$1,000.00	52	5/24/24	Central Catholic High School	\$2,000.00
25	3/12/24	Middlesex Comm. College	\$5,000.00	53	5/28/24	Central Catholic High School	\$2,000.00
26	3/12/24	Central Catholic High School	\$2,000.00	55	6/7/24	Central Catholic High School	\$5,000.00
27	3/12/24	Central Catholic High School	\$2,000.00	56	6/7/24	American Dance Collaborative	\$1,000.00
28	3/14/24	Central Catholic High School	\$2,000.00				
29	3/14/24	Central Catholic High School	\$2,000.00				
30	3/14/24	New Eng. Innovation Academy	\$2,000.00				
31	3/14/24	Pingree School	\$2,000.00				
						<b>Total</b>	<b>\$140,000.00</b>



**MAYOR**  
**BRIAN A. DEPEÑA**  
**CITY OF LAWRENCE**  
**THE YOUTH DEVELOPMENT PROGRAM**

**AWILDA PIMENTEL**  
**Community Development**  
**Director**

Youth Development Scholarship: This program is part of the City of Lawrence and the Community Development Department Youth Opioid Prevention Program.

**Brandeis University**  
**Stonehill College**  
**Academy at Penguin Hall**  
**Merrimack College**  
**Boston University**  
**Central Catholic High School**  
**Notre Dame Cristo Rey High School**  
**New Tractor Trailer School**  
**Northern Essex Comm. College**  
**Middlesex Comm. College**



**Milton Academy**  
**Kimball Union Academy**  
**University of Massachusetts**  
**Pingree School**  
**ST. Mark's School**  
**Miss Hall's School**  
**Northfield Mount Hermon**  
**American Dance Collaborative**  
**New Eng. Innovation Academy**  
**Lexington Christian Academy**



Thanks to Mayor Brian A. DePeña and the Director of Community Development Department Awilda Pimentel we have invested more than \$140,000 in scholarships offered to High Schools, Trade Schools, and Universities.

POR DALIA DÍAZ  
daliadiaz@rumbonews.com

READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



## CARTAS AL EDITOR RUMBO

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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.

## Lawrence prospera

Después de una larga espera y de pasar por tantos cambios en los procedimientos de solicitud y el sistema de distribución, la ciudad de Lawrence ha anunciado la fecha de distribución de las subvenciones.

El alcalde Brian DePeña presentará los cheques a los beneficiarios de su programa de subvenciones comerciales el 7 de noviembre de 2024. Este programa está diseñado para apoyar a las empresas locales para ayudar a fomentar el crecimiento económico y fortalecer el sector de pequeñas empresas de la comunidad.

La presentación se llevará a cabo en 255 Essex St., Lawrence, entre las 2:00 y las 3:00 p. m. El alcalde solicita vestimenta formal de negocios.

Quiero felicitar a Sarah Pérez, directora ejecutiva de la Federación Hispana de Comerciantes; ella debe estar satisfecha porque fue su esfuerzo luchando por esos comerciantes, asistiendo a las reuniones del concejo municipal y teniendo conversaciones con ellos individualmente, lo que llevó la lucha a este final feliz.

## Despido del director de personal

Solicité cualquier documento relacionado con su despido, con la esperanza de ampliar lo que escribí la semana pasada, pero aún no he recibido respuesta.

Como se puede imaginar, hay muchos rumores y, aunque no doy crédito si no

puedo documentar algo, algunas de las cosas que escucho me vuelven loca.

## Autoridad de Reurbanización de Somerville

El lunes 21 de octubre de 2024, apareció un artículo en The Boston Globe que recomiendo a todos que lean.

Los tribunales han decidido que la ciudad de Somerville debe pagar 28 millones de dólares a los propietarios previos de la propiedad que la Autoridad de Reurbanización confiscó en 2019 mediante dominio eminente.

La ciudad pagó 8,8 millones de dólares por una parcela de cuatro acres con un valor de 35,3 millones de dólares. Verá que la Autoridad de Reurbanización de Somerville pagó la propiedad, pero ahora la ciudad es responsable del reembolso de los propietarios.

Llamo la atención de la comunidad sobre esto porque tenemos una LRA muy activa y la mayoría de los residentes de Lawrence no saben lo que están haciendo. Lamento mucho no haber asistido a las últimas dos reuniones y, aunque las miro por Zoom, no es lo mismo porque me pierdo mucho de lo que dicen.

Debemos estar atentos a todo lo que hace el LRA porque están lidiando con cuestiones muy complejas que no entendemos, y un error como el de Somerville no es lo que Lawrence necesita.

## Vote SÍ en la Pregunta 2

Como profesor jubilado con más de 39 años de experiencia directa en el aula, le insto a votar **SÍ** en la **Pregunta 2** de la boleta, este noviembre. Al votar **SÍ**, pondrá fin a la prueba estandarizada estatal MCAS como requisito para graduarse de una escuela secundaria pública en Massachusetts.

Esta prueba ha sido una pesadilla para los estudiantes que completan su trabajo asignado y aprueban todos sus cursos, pero no pueden aprobar el MCAS; y, por lo tanto, no pueden obtener un diploma. Los estudiantes que tienen dificultades con este examen tienden a ser inmigrantes recientes que intentan aprender inglés, estudiantes con diversas discapacidades y estudiantes que muestran una gran ansiedad al realizar un examen. Sin un diploma, los estudiantes quedan marginados y no pueden ir a la universidad o ingresar a otras carreras productivas.

Otro resultado de tener el MCAS como requisito de graduación es que lleva la instrucción a lecciones de realización de exámenes, también conocidas como ["enseñanza para el examen"], donde se administran interminables pruebas MCAS de práctica. Este proceso repetido y enfoque limitado no proporciona a los estudiantes las habilidades necesarias para tener éxito en el mundo moderno. Las habilidades necesarias hoy en día incluyen la resolución de problemas, la capacidad de realizar investigaciones utilizando el método científico y aplicándolo a problemas del mundo real, saber cómo utilizar la

evidencia para persuadir a las personas en formato escrito y verbal, y adoptar la empatía. La empatía evoca un proceso de comprensión de la historia de una persona o un grupo y sus marcos culturales, junto con sus respectivas luchas psicológicas y políticas. Analizar e interpretar son pasos fundamentales para demostrar cómo estos marcos están entrelazados y mediados en el mundo que nos rodea. Esta comprensión o empatía nos ayuda a comprender relaciones complejas. Esta es una habilidad que un plan de estudios adaptado a una prueba sujeta a reglas nunca logrará.

Los datos, la información, la categorización y la recuperación sujetos a reglas ya se realizan mucho mejor por una máquina que por un ser humano. Si limitamos el aprendizaje de los estudiantes a habilidades que una computadora ya puede realizar mucho mejor, estamos fomentando la obsolescencia en lugar de preparar a nuestros estudiantes para el mundo moderno y sus complejos dilemas globales que requieren un pensamiento complejo y no el trabajo que un robot de IA puede producir.

Por las razones mencionadas anteriormente, le insto a votar **SÍ** en la **Pregunta 2** para poner fin a la prueba MCAS como requisito para graduarse de la escuela secundaria pública en Massachusetts.

Thomas E. Meyers  
Maestro jubilado  
Escuela Secundaria, Andover

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

- Voltaire

AZ QUOTES

## Vote YES on Question 2

As a retired teacher with over 39 years of direct classroom experience, I am urging you to vote **YES** on ballot **Question 2**, this November. By voting **YES**, you will be ending the standardized state MCAS test as a requirement to graduate from a public high school in Massachusetts.

This test has been a nightmare for students who complete their assigned work and pass all their courses but are unable to pass MCAS; and are, therefore, unable to obtain a diploma. The students who struggle with this exam tend to be recent immigrants who are attempting to learn English, students with various disabilities, and students who exhibit high anxiety while taking a test. Without a diploma, students become marginalized and are unable to go on to college or enter other productive careers.

Another result of having MCAS as a graduation requirement is that it drives instruction into test-taking lessons, a.k.a. ["teaching to the test"], where endless practice MCAS tests are administered. This repeated process and narrow focus does not provide students with the skills needed to find success in the modern world. The skills needed today include problem solving, the ability to conduct research using the scientific method and applying it to real world issues, knowing how to

utilize evidence to persuade people in the written and verbal format, and embracing empathy. Empathy evokes a process of understanding a person or group's history and their cultural frames, along with their respective psychological and political struggles. Analyzing and interpreting are critical steps in demonstrating how these frames are intertwined and mediated in the world around us. This understanding or empathy helps us to understand complex relationships. This is a skill that a curriculum tailored to a rule bound test will never accomplish.

Rule bound data, information, categorization and recall are already done far better by a machine than a human. If we limit student learning to skills a computer can already perform far better, than we are fostering obsolescence rather than preparing our students for the modern world and its complex global dilemmas that require complex thinking and not work that an AI bot can produce.

For the reasons mentioned above, I urge you vote **YES** on **Question 2** to end the MCAS test as a requirement for graduation from public high school in Massachusetts.

Thomas E. Meyers  
Retired Teacher - Andover High School

"Nothing is impossible. The word itself says "Im possible!"

- Audrey Hepburn

# Líderes Locales y Estatales Entregan un Cheque de \$150,000 a M.A.N. Inc. para Impulsar el Desarrollo del Vecindario de Arlington

Methuen, MA — El viernes, 11 de octubre de 2024, funcionarios locales y estatales se reunieron en la sede de Methuen Arlington Neighborhood Inc. (M.A.N. Inc.) para celebrar una importante inversión en el vecindario de Arlington. El senador Pavel Payano, el alcalde interino de Methuen D.J. Beaugard, la representante estatal Estela Reyes y el representante Ryan Hamilton se unieron al personal de M.A.N. Inc. y miembros de la comunidad para presentar un cheque de \$150,000 en fondos estatales, apoyando los programas esenciales de la organización que empoderan a los residentes y fomentan el crecimiento comunitario.

El Senador Pavel Payano (D-Lawrence), quien desempeñó un papel clave en la obtención de estos fondos, destacó la importancia de apoyar el vecindario de Arlington. “Apoyar a M.A.N. Inc. y el trabajo que realizan es una inversión crucial en nuestra comunidad”, afirmó Payano. “Este financiamiento representa más que apoyo financiero; se trata de crear oportunidades para los residentes y empoderar a nuestros jóvenes para que alcancen su máximo potencial. Me enorgullece estar junto a mis colegas asegurando estos recursos para Methuen, y espero ver el impacto positivo que tendrán en el vecindario de Arlington”.

Linda Soucy, fundadora de M.A.N. Inc., expresó su profundo agradecimiento por los fondos y su importancia para la misión de la organización. “Este financiamiento es vital para nuestras operaciones”, explicó Soucy. “Con un presupuesto anual de menos de \$400,000 y costos administrativos mínimos—gracias a que nuestro edificio está libre de hipoteca—estos fondos son esenciales para mantener nuestras puertas abiertas. Servimos con orgullo a más de 250 niños cada año y lo hemos hecho durante más de treinta años, con el valioso apoyo de socios como el senador Payano, la representante estatal Reyes, y los concejales Hamilton y Moran, además de los alcaldes Perry y Beaugard. Gracias por permitirnos continuar con nuestra misión de hacer una diferencia duradera en las vidas de estos niños que viven en Methuen”.

El Alcalde Interino D.J. Beaugard reflexionó sobre el legado duradero del difunto alcalde Neil Perry, quien solía recordar a los funcionarios estatales:

‘Muéstrénnos el dinero.’ “Hoy, en el vecindario de Arlington en Methuen, el senador Pavel Payano—junto con las representantes Reyes y Hamilton—mostraron el dinero para una causa maravillosa en nuestra ciudad mediante la provisión de fondos estatales a M.A.N. Inc. Estoy agradecido por su compromiso con proporcionar estos recursos críticos a Methuen en un momento en que nuestra comunidad más los necesita”, dijo Beaugard.

El Representante Estatal Ryan Hamilton (D-Methuen) también destacó la importancia del trabajo de M.A.N. Inc. y elogió la dedicación de su personal. “El vecindario de Arlington en Methuen es una parte muy importante de nuestra ciudad”, señaló Hamilton. “El trabajo que se realiza en M.A.N. Inc. no sería posible sin el increíble personal dentro de estas puertas. Asegurar este financiamiento es un paso en la dirección correcta para ayudar a que la ciudad de Methuen prospere, junto con los residentes que llaman a este vecindario su hogar”.

Por su parte, la Representante estatal Estela Reyes (D-Lawrence) expresó su entusiasmo por los fondos obtenidos. “Estoy muy contenta por M.A.N. Inc., Linda Soucy y todos los que se ven beneficiados por el trabajo de esta organización”, dijo Reyes. “Como representante electa del vecindario de Arlington en Methuen, su éxito y su desarrollo continuo son una prioridad constante para mí. M.A.N. Inc. ha trabajado diligentemente en la planificación de proyectos e involucrando a los funcionarios estatales en cada paso del proceso. Espero con ansias ver cómo estos planes se hacen realidad”.

El cheque de \$150,000 apoyará la amplia gama de programas de M.A.N. Inc., que incluyen educación juvenil, actividades extracurriculares e iniciativas para fomentar el emprendimiento local. Con un enfoque en garantizar un entorno seguro y enriquecedor para los niños y familias de Methuen, estos fondos ayudarán a M.A.N. Inc. a continuar construyendo un futuro más brillante para el vecindario de Arlington.

Para obtener más información sobre M.A.N. Inc. y sus programas, comuníquese con Sharoline Galva a través de los datos de contacto proporcionados arriba.



## Local and State Leaders Present \$150,000 Check to M.A.N. Inc., Boosting Development in Arlington Neighborhood

Methuen, MA — On Friday, October 11, 2024, local and state officials gathered at the Methuen Arlington Neighborhood Inc. (M.A.N. Inc.) headquarters to celebrate a significant investment in the Arlington neighborhood. Senator Pavel Payano (D-Lawrence), Acting Mayor of Methuen D.J. Beaugard, Representative Estela Reyes, and Representative Ryan Hamilton joined M.A.N. Inc. staff and community members to present \$150,000 in state funding to support the organization's vital programs that empower residents and foster community growth.

Senator Payano, who played a key role in securing this earmark, underscored the importance of supporting the Arlington neighborhood. “Supporting M.A.N. Inc. and the work they do is a crucial investment in our community,” said Payano. “This funding represents more than just financial support—it’s about creating opportunities for residents and empowering our youth to achieve their full potential. I am proud to stand with my colleagues in securing these resources for Methuen, and I look forward to seeing the positive impact they will have on the Arlington neighborhood.”

Linda Soucy, Founder of M.A.N. Inc., expressed deep gratitude for the funding and its role in sustaining the organization's mission. “This funding is vital to our operations,” Soucy explained. “With an annual budget of under \$400,000 and minimal administrative costs thanks to our mortgage-free building these funds are essential to keeping our doors open. We proudly serve over 250 children each year and have been doing so for more than thirty years, with the invaluable support of partners like Senator Payano, State Representative Reyes, and Councilors Hamilton and Moran, and Mayors Perry and Beaugard. Thank you for enabling us to continue our mission of making a lasting impact in the lives of these children that live in Methuen.”

Acting Mayor D.J. Beaugard reflected on the enduring legacy of the late Mayor Neil

Perry, who often reminded state officials to ‘Show us the money.’ “Today, in Methuen’s Arlington Neighborhood, Senator Pavel Payano along with Representatives Reyes and Hamilton showed a wonderful cause in our city the money through their provision of a state earmark to M.A.N. Inc. I am grateful for their commitment to providing these critical resources to Methuen at a time when our community needs them the most,” said Beaugard.

Representative Ryan Hamilton (D-Methuen) also highlighted the importance of M.A.N. Inc.’s work in Methuen, praising the dedication of its staff. “The Methuen Arlington Neighborhood is such an important part of our city,” Hamilton noted. “The work that is done at M.A.N. Inc. could not be possible without all of the amazing staff inside of these doors. It is a step in the right direction to secure the funding for this organization that will continue to help the city of Methuen thrive, along with its residents that call this neighborhood home.”

Representative Estela Reyes (D-Lawrence), whose district includes the Arlington neighborhood, expressed her excitement for the funding. “I am overjoyed for M.A.N. Inc., Linda Soucy, and all who are touched by this organization's work,” said Reyes. “As the elected representative of the Methuen Arlington Neighborhood, their success and redevelopment is an ongoing priority of mine. M.A.N. Inc. has been working diligently with project plans and including state officials in every step of the process. I look forward to seeing these plans come to fruition.”

The \$150,000 earmark will support M.A.N. Inc.’s wide range of programming, which includes youth education, after-school activities, and initiatives to boost local entrepreneurship. With a focus on ensuring a safe, nurturing environment for Methuen’s children and families, this funding will help M.A.N. Inc. continue to build a brighter future for the Arlington neighborhood.



“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

## Cartas al Editor // Letters to the Editor

### Poner fin a las admisiones por legado en Harvard es un imperativo moral

La política de admisiones por legado de Harvard es una práctica obsoleta que socava la meritocracia que dice defender. Al favorecer a los hijos de los exalumnos, Harvard perpetúa una desigualdad arraigada en los prejuicios de principios del siglo XX, que favorecen a las familias blancas adineradas, mientras que excluyen a los inmigrantes, judíos y minorías. Hoy en día, los legados representan el 14% de cada clase, con una asombrosa tasa de aceptación del 33%, en comparación con menos del 5% para todos los solicitantes.

Los defensores argumentan que las admisiones por legado mejoran los vínculos y las donaciones de los exalumnos. Sin embargo, con una dotación de 53 mil millones de dólares, Harvard no necesita depender de los legados para lograr la estabilidad financiera. Otras instituciones prestigiosas como el MIT, Caltech y John's Hopkins han prosperado después de eliminar las admisiones por legado, lo que demuestra que el mérito debe priorizarse sobre las conexiones familiares. Las admisiones por legado también obstaculizan la diversidad. A pesar de los

esfuerzos por aumentar la representación racial y socioeconómica, esta política beneficia predominantemente a los estudiantes blancos adinerados, perpetuando un ciclo de privilegio que contradice la misión de Harvard de ampliar el acceso.

Eliminar las admisiones heredadas también crearía oportunidades para los estudiantes subrepresentados, al tiempo que restauraría la confianza pública en las universidades de élite que enfrentan el escrutinio por favoritismo percibido. Al poner fin a esta práctica, Harvard podría dar ejemplo, reafirmando su compromiso con la equidad, la transparencia y un proceso de admisión basado en el mérito.

En el contexto actual, la equidad es esencial. Harvard debe elegir entre mantener el privilegio o abrazar un futuro más equitativo. Poner fin a las admisiones heredadas es un paso vital hacia la inclusión y la verdadera meritocracia. Ahora es el momento de que Harvard demuestre un verdadero liderazgo visionario.

John Hoffman, fundador, Oliver Scholars, 45 W 81st Street, NYC, NY (646)-595-6253, [www.oliverscholars.org](http://www.oliverscholars.org)

### Ending Legacy Admissions at Harvard as a Moral Imperative

Harvard's legacy admissions policy is an outdated practice undermining the meritocracy it claims to uphold. By favoring alumni children, Harvard perpetuates an inequality rooted in early 20th-century biases, one favoring wealthy white families, while excluding immigrants, Jews, and minorities. Today, legacies make up 14% of each class, with a staggering 33% acceptance rate, compared to under 5% for all applicants.

Proponents argue that legacy admissions enhances alumni ties and donations. However, with a \$53 billion endowment, Harvard needn't rely on legacies to achieve financial stability. Other prestigious institutions like MIT, Caltech, and John's Hopkins have thrived after eliminating legacy admissions, demonstrating that merit should be prioritized over family connections.

Legacy admissions also hinders diversity. Despite efforts to increase racial and socioeconomic representation, this

policy predominantly benefits affluent white students, perpetuating a cycle of privilege that contradicts Harvard's mission of broadening access.

Eliminating legacy admissions would also create opportunities for underrepresented students, while restoring public trust in elite universities facing scrutiny for perceived favoritism. By ending this practice, Harvard could lead by example, reaffirming its commitment to fairness, transparency, and a merit-based admissions process.

In today's context, fairness is essential. Harvard must choose between maintaining privilege, or embracing a more equitable future. Ending legacy admissions is a vital step toward inclusivity and true meritocracy. Now is the time for Harvard to demonstrate true visionary leadership.

John Hoffman, Founder, Oliver Scholars, 45 W 81st Street, NYC, NY (646)-595-6253, [www.oliverscholars.org](http://www.oliverscholars.org)

# Sociales



La familia Levy desde la izquierda, Erickson B. Levy, Ana Isabel Levy Rincón, Amelia Isabel Rincón, Ana Levy, Benjamin Levy.

La Concejala de Lawrence Ana Levy y su esposo Benjamín Levy tuvieron la dicha de viajar a Inglaterra para celebrar el primer cumpleaños de su nieta Amelia Isabel y a la vez su bautizo.

La maravilla de la tecnología moderna los mantiene en contacto a diario pero no hay nada como poder la barrera de la distancia de vez en cuando para recibir un beso y un abrazo.

Muchas felicidades a todos ellos y para Amelia un muy feliz cumpleaños,



Ana Isabel Levy -Rincón, Amelia Isabel Rincón, Jamie Rincón y su hermanito mayor Anthony Benjamin Rincón.

“¿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



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.

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

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

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

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



[Bagsinbulk.com](http://Bagsinbulk.com)

**meva** Merrimack Valley Transit

**massDOT** Rail & Transit Division

MeVa in collaboration with the MassUCP (a program of MassDOT) invites local businesses in the Merrimack Valley to participate in a training class about how to become a certified Disadvantaged Business Enterprise

**DBE** CERTIFIED ENTERPRISE

When: Friday October 25, 2024 from 11am to 1pm  
Where: UMass Lowell Innovation Hub  
2 Merrimack St, 3<sup>rd</sup> Floor, Haverhill, MA

RSVP to [bmahoney@mevatransit.com](mailto:bmahoney@mevatransit.com)  
By 10/22/24

# El Seguro Social anuncia un aumento de beneficios del 2,5 por ciento para 2025

Los beneficios del Seguro Social y los pagos del Ingreso de Seguridad Suplementario (SSI) para más de 72,5 millones de estadounidenses aumentarán un 2,5 por ciento en 2025, anunció hoy la Administración del Seguro Social. En promedio, los beneficios de jubilación del Seguro Social aumentarán alrededor de \$50 por mes a partir de enero.

Durante la última década, el aumento del COLA ha sido en promedio de alrededor del 2,6 por ciento. El COLA fue del 3,2 por ciento en 2024.

Casi 68 millones de beneficiarios del Seguro Social verán un ajuste del costo de vida (COLA) del 2,5 por ciento a partir de enero de 2025. Los pagos aumentados para casi 7,5 millones de personas que reciben SSI comenzarán el 31 de diciembre de 2024. (Nota: Algunas personas reciben tanto beneficios del Seguro Social como SSI).

“Los beneficios del Seguro Social y los pagos del SSI aumentarán en 2025, lo que ayudará a decenas de millones de personas a mantenerse al día con los gastos incluso cuando la inflación ha comenzado a disminuir”, dijo Martin O’Malley, Comisionado del Seguro Social.

Algunos otros ajustes que entran en vigencia en enero de cada año se basan en el aumento de los salarios promedio. Con base en ese aumento, el monto máximo de ingresos sujetos al impuesto del Seguro Social (máximo imponible) está programado para aumentar de \$168,600 a \$176,100.

El Seguro comienza a notificar a las personas sobre el nuevo monto de su beneficio por correo a partir de principios de diciembre.

Este año, por primera vez, los beneficiarios del Seguro Social recibirán

un aviso COLA recientemente diseñado y mejorado que facilita a los clientes encontrar la información que más necesitan. El aviso COLA simplificado ahora tiene solo una página, utiliza un lenguaje sencillo y personalizado y proporciona fechas exactas y montos en dólares del nuevo monto del beneficio de una persona y cualquier deducción. Las personas que tienen una cuenta personal de my Social Security pueden ver su aviso de COLA en línea, lo cual es seguro, fácil y más rápido que recibir una carta por correo. Las personas pueden configurar alertas de texto o correo electrónico cuando haya un nuevo mensaje, como su aviso de COLA, esperándolos en my Social Security.

Las personas deberán tener una cuenta personal de My Social Security antes del 20 de noviembre para ver su aviso de COLA en línea. Para comenzar, visite [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

La información sobre los cambios de Medicare para 2025 estará disponible en [www.medicare.gov](http://www.medicare.gov). Para los beneficiarios del Seguro Social inscritos en Medicare, el monto del beneficio de 2025 estará disponible a través del Centro de mensajes de my Social Security a partir de fines de noviembre. Aquellos que no hayan optado por recibir mensajes en línea recibirán su aviso de COLA por correo en diciembre.

La Ley del Seguro Social establece cómo se calcula el COLA. La Ley del Seguro Social vincula el COLA anual al aumento del índice de precios al consumidor para asalariados urbanos y empleados administrativos (CPI-W), según lo determina la Oficina de Estadísticas Laborales del Departamento de Trabajo.

Para obtener más información, visite [www.ssa.gov/cola](http://www.ssa.gov/cola).

## Social Security Announces 2.5 Percent Benefit Increase for 2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by about \$50 per month starting in January. Over the last decade the COLA increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note: Some people receive both Social Security benefits and SSI).

“Social Security benefits and SSI payments will increase in 2025, helping tens of millions of people keep up with expenses even as inflation has started to cool,” said Martin O’Malley, Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person’s new benefit amount and any deductions.

Individuals who have a personal my Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in my Social Security.

People will need to have a personal my Social Security account by Nov. 20 to see their COLA notice online. To get started, visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Information about Medicare changes for 2025 will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, the 2025 benefit amount will be available

Continues →

# Confirman derechos de voto de los residentes de Lawrence

## Fracasa la propuesta del alcalde de modificar el comité escolar y despojar a los residentes de sus derechos democráticos

LAWRENCE - En una medida decisiva, el Ayuntamiento de Lawrence votó en contra de la petición de autonomía del alcalde Brian DePena que habría eludido los derechos democráticos de los residentes de Lawrence y alterado por completo la estructura de gobierno de las escuelas públicas de la ciudad.

“Se han escuchado las voces del pueblo y ha prevalecido la democracia”, dijo la presidenta del sindicato de docentes de Lawrence, Kimberly Barry. “El Ayuntamiento de Lawrence votó una vez más para proteger la verdadera voluntad del pueblo y mantener el gobierno de nuestras escuelas en manos de los elegidos por la comunidad”.

Los cambios propuestos habrían eliminado la representación de los miembros del comité escolar de cada distrito, un sistema implementado en 2003 para garantizar una representación justa como parte de un acuerdo entre la Ciudad de Lawrence y el Departamento de Justicia de los EE. UU. según la Ley de Derechos Electorales de 1965. La comunidad expresó sus preocupaciones, enfatizando la importancia de mantener

un proceso democrático donde los ciudadanos tengan la libertad de votar por los miembros de su comité escolar en cada distrito.

Durante meses, el alcalde DePena ha estado tratando de alterar la composición del Comité Escolar de Lawrence, llenándolo con personas designadas por el alcalde y algunos miembros electos, todo mientras mantiene su papel como presidente. Cada iteración de su plan ha encontrado una fuerte oposición de la comunidad.

“Esta es la segunda vez que el alcalde ha intentado reformar el comité escolar y hacer retroceder el reloj de los derechos de voto y la representación en los últimos meses, y la segunda vez que ha sido rechazado”, continuó Barry. “La gente de Lawrence no quiere esto. Los funcionarios electos en Lawrence no quieren esto. Es hora de que el alcalde desista”.

El sindicato de docentes de Lawrence, Local 1019, AFT Massachusetts, AFL-CIO, representa a todos los docentes, enfermeras registradas, sustitutos a largo plazo y educadores de las escuelas públicas de la ciudad.

## Voting Rights of Lawrence Residents Upheld

### Mayor’s proposal to alter school committee and strip residents of their democratic rights fails

LAWRENCE - In a decisive move, the Lawrence City Council voted against Mayor Brian DePena’s home rule petition that would have circumvented the democratic rights of Lawrence residents and completely altered the governance structure of the city’s public schools.

“The voices of the people have been heard and democracy has prevailed,” said Lawrence Teachers’ Union President Kimberly Barry. “The Lawrence City Council once again voted to protect the true will of the people and keep the governance of our schools in the hands of those elected by the community.”

The proposed changes would have eliminated the representation of school committee members from each district, a system put in place in 2003 to ensure fair representation as part of a settlement between the City of Lawrence and the U.S. Department of Justice under the Voting Rights Act of 1965. The community voiced their concerns, emphasizing the importance of maintaining a democratic process where

citizens have the freedom to vote for their school committee members in each district.

For months, Mayor DePena has been trying to alter the makeup of the Lawrence School Committee – stacking it with Mayoral appointees and some elected members all while maintaining his role as Chair. Each iteration of his plan has been met with strong opposition from the community.

“This is the second time the Mayor has tried to overhaul the school committee and turn back the clock on voting rights and representation in recent months, and the second time it has been rejected,” continued Barry. “The people of Lawrence don’t want this. The elected officials in Lawrence don’t want this. It’s time for the Mayor to move on.”

The Lawrence Teachers’ Union, Local 1019, AFT Massachusetts, AFL-CIO, represents all teachers, registered nurses, long-term substitutes and building-based educators in the city’s public schools.

### Social Security...

via My Social Security’s Message Center starting in late November. Those who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the

increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor’s Bureau of Labor Statistics.

To read more, please visit [www.ssa.gov/cola](http://www.ssa.gov/cola).

# Elevan a los Residentes Desatendidos: El Senador Payano, Delegación Anuncian \$50,000 para MakeIt Haverhill

Haverhill, MA – El 18 de octubre de 2024, en un paso hacia el fortalecimiento del apoyo comunitario, el Senador Estatal Pavel Payano, con el respaldo de sus colegas en la delegación, anunció una asignación de \$50,000 en fondos estatales para el programa MakeIt Haverhill. Estos fondos permitirán que MakeIt Haverhill continúe con su trabajo crítico de proporcionar educación, desarrollo laboral y oportunidades de avance profesional en el corazón del vecindario de Mt. Washington.

El vecindario de Mt. Washington, hogar de unos 7,500 residentes, enfrenta importantes desafíos sociales y económicos, incluido el índice de propiedad de viviendas más bajo y la tasa de desempleo más alta en Haverhill. Con menos servicios y espacios limitados para que los residentes se conecten, el vecindario experimenta una "brecha de oportunidades" pronunciada en comparación con el resto de la ciudad. MakeIt Haverhill (MIH) enfrenta estos desafíos directamente, ofreciendo a los residentes acceso a recursos que apoyan la educación, el empleo y la construcción comunitaria, justo en su vecindario.

MakeIt Haverhill (MIH), un programa de Community Action, Inc., está ubicado en el 301 de Washington Street, en el centro del vecindario de Mt. Washington, y ha servido como un faro de oportunidades, ofreciendo servicios como clases de inglés, capacitación en alfabetización digital y programas de desarrollo laboral. Al ubicarse dentro de la comunidad, MIH asegura que los residentes tengan fácil acceso a estos recursos esenciales.

El Senador Payano expresó su profunda gratitud por el esfuerzo colaborativo detrás de la obtención de los fondos. "Con el apoyo del Representante Estatal Andy Vargas y mis colegas en la delegación, se han asegurado \$50,000 en fondos estatales para MakeIt Haverhill, un programa que ejemplifica el poder del apoyo impulsado por la comunidad", dijo el Senador Pavel Payano (D-Lawrence). "Al ofrecer clases de inglés, desarrollo laboral y otros servicios críticos, MakeIt Haverhill está ayudando a nuestros residentes más desatendidos a

obtener las herramientas que necesitan para prosperar. Juntos estamos abriendo puertas a oportunidades, fomentando la resiliencia y construyendo un Haverhill más fuerte e inclusivo."

El Representante Estatal Andy Vargas (D-Haverhill) destacó la importancia del papel de MakeIt Haverhill en el desarrollo laboral. "MakeIt Haverhill ha estado a la vanguardia del desarrollo laboral en Haverhill. Invertir en su trabajo significa conectar a personas reales con oportunidades de empleo y carrera. Sus ferias de empleo se han convertido en una fuerza de encuentro para nuestra comunidad, no solo para encontrar empleo, sino también para recibir servicios integrales que les ayuden a ponerse de pie. Estoy agradecido por su servicio a nuestra comunidad y estoy orgulloso de haber trabajado con el Senador Payano y la delegación para asegurar estos fondos," dijo.

Kerri Perry, Presidenta/CEO de Community Action Inc., que supervisa MakeIt Haverhill, destacó el impacto transformador del programa en la comunidad. "MakeIt Haverhill es un espacio donde suceden milagros. Donde una puerta abierta puede cambiar vidas. Apoyamos a todos, desde aquellos con discapacidades hasta personas que buscan nuevas oportunidades, ayudándoles a dar ese primer paso crucial. Nuestros programas de desarrollo laboral son esenciales para conectar a las personas con las herramientas que necesitan para tener éxito. Community Action Inc. ha estado dedicada a esta misión durante más de 60 años, y cada inversión en nuestro trabajo fortalece nuestra capacidad de elevar a la comunidad. Cuando las personas se sienten cuidadas en espacios como este, es verdaderamente hermoso. El apoyo que recibimos nos ayuda a crear un cambio duradero en nuestro vecindario y más allá," dijo Perry.

El evento de presentación del cheque subrayó el esfuerzo colectivo requerido para elevar a la comunidad. Esta inversión permitirá que MakeIt Haverhill continúe su trabajo transformador, asegurando que los residentes tengan los recursos y oportunidades necesarios para tener éxito.



Senator Pavel Payano sharing ideas with Haverhill's State Representative Andy Vargas during the event.

## Investment to Uplift Underserved Residents: Senator Payano and Delegation Announce \$50,000 Funding for MakeIt Haverhill

Haverhill, MA – On October 18th, 2024, in a step toward strengthening community support, State Senator Pavel Payano, with the backing of his colleagues in the delegation, announced a \$50,000 state funding allocation for the MakeIt Haverhill program. This funding will empower MakeIt Haverhill to continue its critical work in providing education, workforce development, and career advancement opportunities within the heart of the Mt. Washington neighborhood.

The Mt. Washington neighborhood, home to about 7,500 residents, faces significant social and economic challenges, including the lowest homeownership rate, and the highest unemployment rate in Haverhill. With fewer amenities and limited spaces for residents to connect, the neighborhood experiences a pronounced "opportunity gap" compared to the rest of the city. MakeIt Haverhill (MIH) addresses these challenges head-on, offering residents access to resources that support education, employment, and community-building right in their neighborhood.

MakeIt Haverhill (MIH), a program of Community Action, Inc., is located at 301 Washington Street, in the center of the Mt. Washington neighborhood has served as a beacon of opportunity, offering services such as English-language classes, Digital Literacy training, and workforce development programs. By positioning itself within the community, MIH ensures that residents have easy access to these essential resources.

Senator Payano expressed his deep gratitude for the collaborative effort behind securing the funding. "With the support of Sate Rep Andy Vargas and my colleagues in the delegation, \$50,000 in state funding has been secured for MakeIt Haverhill, a program that exemplifies the power of community-driven support," said Senator Pavel Payano (D-Lawrence). "By offering English-language classes, workforce development, and other critical services, MakeIt Haverhill is helping our most

underserved residents gain the tools they need to thrive. Together, we are opening doors to opportunity, fostering resilience, and building a stronger, more inclusive Haverhill."

State Representative Andy Vargas (D-Haverhill) emphasized the importance of MakeIt Haverhill's role in workforce development. "MakeIt Haverhill has been at the forefront of workforce development in Haverhill. Investing in their work means connecting real people with job and career opportunities. Their job fairs have become a convening force for our community to not only find employment, but also receive wrap-around services that help them get back on their feet. I am thankful for their service to our community and am proud to have worked with Sen. Payano and the delegation to secure funding," he said.

Kerri Perry, President/CEO of Community Action Inc., which oversees MakeIt Haverhill, highlighted the program's transformative impact on the community. "MakeIt Haverhill is a space where magic happens. Where an open door can change lives. We support everyone, from those with disabilities to individuals seeking new opportunities, helping them take that first critical step. Our workforce development programs are essential in connecting people with the tools they need to succeed. Community Action Inc. has been dedicated to this mission for over 60 years, and every investment in our work strengthens our ability to uplift the community. When people feel cared for in spaces like this, it's truly beautiful. The support we receive helps us create lasting change in our neighborhood and beyond," said Perry.

The check presentation event underscored the collective effort required to uplift the community. This investment will empower MakeIt Haverhill to continue its transformative work, ensuring that residents have the resources and opportunities necessary to succeed.



State Rep Andy Vargas chatting with Keith Boucher, Co-founder of Make it Haverhill,

"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



Rostros de Fe (Faces of Faith) es una exhibición fotográfica de hombres y mujeres sobrevivientes de cáncer compartiendo sus historias. Si has respondido Si a las preguntas anteriores, únase a nosotros para la próxima sesión de fotos.

Por favor contacte a Karen para registrarse - [iecd@partners.org](mailto:iecd@partners.org) o llame al - 617.966.1556

Sesión de Fotos	Fechas y Ubicaciones seran determinados mas tarde



# Dana-Farber/Harvard Cancer Center

## Rostros de Fe – Supervivencia del Cáncer – Exposición Fotográfica

Lanzada en Febrero de 2007, la Red de Disparidades de Cáncer Basadas en la Fe (FBCDN) está comprometida con la mejoría de la salud y el bienestar de las comunidades basadas en la fe mediante la reducción de la mortalidad y morbilidad por cáncer y la eliminación de las disparidades por cáncer. Esta coalición colaborativa está formada de nueve iglesias, la Alianza Ministerial Negra del Gran Boston, Inc., la Sociedad Americana del Cáncer y el Centro Oncológico Dana-Farber/Harvard.

En los últimos años, la Red ha tenido muchos logros centrados en apoyar a las congregaciones de iglesias a través de sus ministerios centrados en la salud y bienestar. Además de proporcionar una variedad de recursos, la Red también ha desarrollado y lanzado programas específicos para las comunidades religiosas. Estos programas incluyen una campaña para aumentar las pruebas de detección de cáncer relacionadas con el cáncer de mama y colon, un programa centrado en la actividad física titulado Walk for Wellness (Caminata para el Bienestar), y la mayoría de las actividades relacionadas con el cáncer.

Dentro de las comunidades de color, y más específicamente en las congregaciones basadas en la fe, hay feligreses que son

sobrevivientes de cáncer, viven vidas vibrantes y están dispuestos a impartir su sabiduría. A través de un diálogo activo, los miembros de la Red identificaron una oportunidad para invitarlos a compartir sus experiencias de ser sobrevivientes de cáncer, y de la esperanza y la fuerza que han encontrado en el proceso de curación. El objetivo principal del proyecto era comenzar el proceso de romper el silencio y promover.

Después de identificar y solicitar a los sobrevivientes de cáncer dentro de las iglesias de la Red que participarán en una sesión de fotos, se lanzó Faces of Faith (Rostros de Fe) en Marzo del 2013. Inicialmente, la idea era simplemente tener la campaña fotográfica que incluía un breve testimonio exhibido en las iglesias de la Red. Desde el lanzamiento y además de las iglesias de la Red, la exhibición se ha mostrado en una variedad de lugares, incluyendo un estudio de arte, colegios y universidades, gobierno de la ciudad y del estado, bibliotecas de vecindario e instituciones locales de atención médica. La Red nunca podría haber predicho el impacto de esta exposición fotográfica de sobrevivientes de cáncer.

La fotografía fue completada por Sam Ogden.

# Dana-Farber/Harvard Cancer Center

## Faces of Faith – Cancer Survivorship - Photographic Exhibit

Launched in February 2007, the Faith Based Cancer Disparities Network (FBCDN) is committed to the improvement the health and well-being of faith-based communities by reducing cancer mortality and morbidity and eliminating cancer disparities. This collaborative coalition consists of nine churches, the Black Ministerial Alliance of Greater Boston, Inc., the American Cancer Society and Dana-Farber/Harvard Cancer Center.

Over the past several years, the Network has had many accomplishments focused on supporting the congregations of churches through their ministries focused on health and wellness. In addition to providing a variety of resources, the Network has also developed and launched programs specifically for faith-based communities. These programs include a campaign to increase cancer screenings related to breast and colon, a program focused on physical activity entitled, Walk for Wellness, and most recently a photo exhibit called, The Faces of Faith Campaign.

Within communities of color, and more specifically faith-based congregations, there are parishioners who are cancer survivors, living vibrant lives, and willing

to impart their wisdom. Through an active dialogue members of the Network identified an opportunity to invite them to share their experiences of being a cancer survivor, and of the hope and strength they have found in the healing process. The primary goal of the project was to begin the process of breaking through the silence and to promote awareness that life with and beyond cancer can indeed be glorious, triumphant and most importantly, God filled.

After identifying and requesting cancer survivors within the Network churches to participate in a photo shoot, Faces of Faith was launched in March of 2013. Initially the idea was simply to have the photo campaign which included a brief testimony exhibited in the Network churches. Since the launch and in addition to the Network churches, the exhibit has been shown in variety of locations, including an art studio, colleges and universities, city and state government, neighborhood libraries, and local health care institutions. The Network could have never predicted the impact of this cancer survivorship photo exhibit.

The photography was completed by Sam Ogden.

Faces of faith is a photographic display of men and women cancer survivors sharing their story. If you answered YES to the questions above, please join us for an upcoming photo session.

Please contact Karen to register - [iecd@partners.org](mailto:iecd@partners.org) or call - 617.966.1556

PHOTO SHOOT	Dates and location to be determined



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# Satisfaciendo la demanda: El rolesencial de los profesionales de la salud actuales y futuros

Las solicitudes para la Beca de diversidad en la atención médica de la Fundación United Health vencen el 31 de octubre de 2024

Por Anne Yau, vicepresidenta senior de Responsabilidad Social, UnitedHealth Group, y presidenta, la Fundación United Health

La experiencia demuestra que cuando los pacientes reciben atención de proveedores de salud que hablan su idioma o entienden sus necesidades culturales, son más receptivos y comprometidos. Esto puede conducir a mejores resultados de salud, ya que los pacientes se sienten seguros y confían en sus proveedores de atención médica.

Un joven, profundamente conectado con su herencia nativa americana desde muy temprana edad, pasó parte de su infancia en una reserva. Allí, accedió a atención médica a través del Servicio de Salud Indígena y fue testigo de primera mano del impacto positivo de la atención culturalmente relevante. Después de terminar su licenciatura, se convirtió en escriba ortopédico en una clínica cerca de una reserva de los navajos y ahora está estudiando para un título de medicina.

Una mujer joven, inspirada por el viaje de su madre de Haití a Estados Unidos en 1992 y su dedicación al cuidado de su abuelo con cáncer de próstata, decidió estudiar una carrera en el cuidado de la salud. Actualmente estudia para convertirse en enfermera titulada y está decidida a avanzar en su carrera concentrándose en la salud materna e infantil, áreas en las que persisten importantes disparidades en materia de salud.

Ambos están avanzando en sus carreras clínicas con el apoyo del programa de Becas de diversidad en la atención médica de la Fundación United Health. Motivados por el deseo de servir a pacientes con antecedentes similares, están comprometidos a apoyar

a sus comunidades brindándoles atención culturalmente sensible.

Desde que se lanzó el programa en 2022, la Fundación United Health ha proporcionado becas a casi 2,000 profesionales de la salud y estudiantes de diversos antecedentes. Esta iniciativa es parte de nuestro compromiso de ayudar a que el sistema de salud funcione mejor para todos. Mediante el programa de Becas de diversidad en la atención médica, la Fundación United Health tiene el objetivo de apoyar a 10,000 médicos clínicos actuales y futuros para 2033.

La beca está disponible para profesionales de la salud históricamente subrepresentados, ayudándolos a alcanzar sus títulos o credenciales clínicas. Los académicos provienen de diversos campos clínicos, como enfermería, salud mental, fisioterapia, odontología, farmacia y medicina.

El programa de Becas de diversidad en la atención médica de la Fundación United Health proporciona becas a profesionales de la salud actuales y futuros de orígenes históricamente subrepresentados que desean marcar una diferencia en la atención médica. Comprometida con la expansión de una fuerza laboral de atención médica diversificada, la Fundación United Health ofrece becas para apoyar a los profesionales.

Si usted o alguien que conoce es un profesional de la salud que busca avanzar en su título o credenciales clínicas, animelo a solicitar una beca de \$3,200 visitando <https://scholarshipamerica.org/unitedhealthfoundation/>

# BBB Tip: Celebrate Halloween on a budget

Consumers are gearing up to celebrate Halloween. Total Halloween spending is expected to reach \$11.6 billion, according to the National Retail Federation's annual survey conducted by Prosper Insights & Analytics. 72% of people will participate in Halloween-related activities this year.

Those numbers can seem daunting for a single day, especially when watching the family budget. However, there are ways to keep the fun, stylish, and on budget. Better Business Bureau recommends the following tips this Halloween:

## Look around your home

Check your closet. There are probably hidden surprises to help you throw together a killer costume! Getting creative will not only help save money but also space.

## Rent a costume

If the idea of spending money on buying a costume isn't quite appealing because you will only wear it once, consider renting. Renting a costume leaves room in the budget. Research rental companies on BBB.org, check the store policy regarding trying on costumes, inspect the condition of the outfit, and read the rental agreement carefully before signing anything.

## Buy in bulk

It may seem counter-intuitive, but buying more can save you money! Buying in bulk lessens the cost per item. Budgeting can be especially handy on a night like Halloween, considering there might be more trick-or-treaters this year. Factory-wrapped candy will last a long time, even if you have leftovers. And let's be honest, leftovers are pretty tasty, even after Halloween.

## Always check the return policy

Seasonal shops carry unique items for a short period in a temporary location or online. When shopping for a seasonal vendor, understand the store's return policy before purchasing. Remember: Buying a bunch of stuff with the intent of simply returning it after October 31 is considered fraud.

## Shop smart online

When shopping from an online website, the first step is ensuring the URL starts with "HTTPS" and includes a lock symbol. The S in "HTTPS" stands for secure. Look up the website's privacy policy and contact information. If it is not clearly listed, or they only have an email as the point of contact, take that as a big red flag and shop elsewhere.

Also, be sure to use your credit card instead of your debit card, as credit cards

not only provide additional protection but also easier to dispute a fraudulent charge. See more tips for shopping online.

## Seasonal stores

If you decide to shop from a seasonal store, ask whether or not they will be open after the holiday, how long they plan to stay open, and if they will accept returns after Halloween. If they plan to close up shop on November 1 or refuse returns after, either consider shopping elsewhere or take more time to be sure that item is exactly what you want before making the purchase.

## More tips for seasonal "pop-up" stores:

- Ask the owner if there is a website in case you must contact them later.
- Save every receipt.
- Use a credit card to dispute problem charges with the issuer.
- Make sure you are clear on what items are FINAL SALE.

## Attending a special event or visiting a haunted house


Before purchasing tickets, research the group offering the experience and make sure that there are no complaints about the company hosting the event.

- Check out the company at BBB.org. Read what previous customers say, and see how the business responds to complaints.
- Check BBB Scam Tracker and see if other consumers have filed a report about the event host.
- Search the business online by adding the words "Complaint," "Reviews," or "Scam" after their name for different search results.
- More tips on buying tickets.

## Have a safe, happy Halloween!

## About BBB

BBB is a nonprofit, business-supported organization that sets and upholds high standards for fair and honest business behavior. BBB Serving Nebraska, South Dakota, Kansas Plains & SW Iowa serves more than 9,000 BBB Accredited Businesses. BBB provides free services to consumers, including educational information on topics affecting marketplace trust. Visit BBB.org for more information.



## Haverhill

City Clerk's Office, Room 118  
Phone: 978-374-2312 Fax: 978-373-8490  
cityclerk@haverhillma.gov

### City Clerk Announces Early Voting Schedule

**Haverhill** – The City Clerk's office will hold Early Voting for the Presidential/State Election beginning Saturday October 19<sup>th</sup> through Friday November 1<sup>st</sup>. All Early Voting will occur in the old RMV location located in the basement of the City Hall at 4 Summer St., which can be accessed via the Newcomb St entrance of the building. Handicap access is located via the Main St lower parking lot entrance.

**Early Voting Dates & Times:**

Saturday October 19th	Sunday October 20th	Monday October 21st	Tuesday October 22nd	Wednesday October 23rd	Thursday October 24th	Friday October 25th
10 AM – 4 PM	10 AM – 4 PM	8 AM – 4 PM	8 AM – 4 PM	8 AM – 4 PM	8 AM – 8 PM	8 AM – 4 PM
Saturday October 26th	Sunday October 27th	Monday October 28th	Tuesday October 29th	Wednesday October 30th	Thursday October 31st	Friday November 1st
10 AM – 4 PM	10 AM – 4 PM	8 AM – 4 PM	8 AM – 4 PM	8 AM – 4 PM	8 AM – 8 PM	8 AM – 4 PM

The last date and time to register to vote or change your party registration for the November 5<sup>th</sup> Presidential and State Election is Saturday October 26<sup>th</sup> at 5:00 PM. The last day to request a Vote by Mail ballot is Tuesday October 29<sup>th</sup> by 5:00 PM. Election Day is Tuesday November 5<sup>th</sup> with polls open 7 AM to 8 PM.

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



## Right Care, Right Place.

### URGENT CARE

- Sprains
- Pink eye
- Minor animal bites or stings
- Rashes or other skin issues
- Minor cuts or burns
- Primary care concerns (if unable to see primary care provider)
- Dehydration



# Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

## Pair of Bomfim Goals Lift #6 Knights past CCRI

Haverhill, MA (October 16, 2024) – Sophomore Jadiel Bomfim (Nashua, NH) scored a pair of second half goals 29 seconds apart on Tuesday night as the Northern Essex Community College men’s soccer team picked up their 10th straight victory and ran their shutout streak to five consecutive games and 479 consecutive minutes of play.

The win improves the Knights record to 10-2 and sets up a Saturday afternoon (4:30pm) showdown on the turf at Whittier Tech with Bunker Hill (9-2-1) with the post-season tournaments number one seed up for grabs.

Following a scoreless first half in which the NECC outshot CCRI 10-3, Bomfim broke the ice in the 59th minute

when he took a feed from Lucas Cantelli (Lowell) and delivered a strike past the keep for his ninth goal of the season. Less than 30 seconds later, he drilled a shot from 16 yards out that was saved by the goalkeeper, but the rebound landed on Bomfim’s right foot and he drilled the ball into the upper right corner.

Will Paganini (Derry, NH) picked up his fifth straight shutout in net and his national leading eighth of the season making four saves and lowering his goals against average on the season to 0.58 which ranks sixth nationally.

Following Saturday’s game against Bunker Hill, the Knights will close out the regular season on Tuesday October 22nd when they travel to Springfield Tech.

## Knights up three spots to #6 in Week 7 NJCAA Poll

Haverhill, MA (October 14, 2024) – The Northern Essex Community College men’s soccer team jumped up three spots this week to the number six position in the NJCAA Week 7 poll, following a 1-0 week where they picked up their fourth consecutive shutout with a 7-0 victory over MassBay Community College.

The number six national ranking is a new high-water mark for the program as they reached as high as number eight in the final poll of the 2023 season. For the Knights they have reeled off nine straight wins to sit at 9-2 and have held the opponent scoreless for the last 388 minutes dating back to September 24th in a 4-1 victory over Holyoke.

NECC has outscored the opponent 48-7 on the season including seven shutouts behind sophomore Will Paganini (Derry,

NH) who currently maintains a 0.64 goals against average on the season.

Offensively, the Knights are scoring 4.36 goals a game led by Jadiel Bomfim (Nashua, NH) and Sam Lucena (Tyngsborough) who both have eight goals a piece on the season. Christian Colem (Nashua, NH) is the teams point leader as he has 22 total points on seven goals and eight assists.

NECC enters a crucial week in the season with a pair of home games scheduled for Whittier Tech. First, on Tuesday the Knights will welcome Community College of Rhode Island to Haverhill for a 7:00pm matchup before entertaining perennial power Bunker Hill on Saturday at 4:30pm in a contest that will likely determine the post-season tournaments top seed.

## #6 Knights taken down Bunker Hill, Secure Post-Seasons Top Seed

Haverhill, MA (October 20, 2024) – The #6 nationally ranked Northern Essex men’s soccer team ran their shutout streak to six consecutive games on Saturday afternoon and have held the opponent scoreless over the last 569 minutes of play as they defeated Bunker Hill by a 2-0 result in a battle of conference unbeaten. In the process the Knights improved to 11-2 on the season and sit at 7-0 in conference play with one game remaining.

Jadiel Bomfim (Nashua, NH) recorded both goals for the Knights for the second consecutive match. He opened the scoring in the games sixth minute when Sam Lucena (Tyngsborough) stuck his foot on a cross in from the right corner and his deflection bounced off the goalkeeper onto the foot on Bomfim who drilled the ball home for his 11th goal of the season.

The Knights controlled the action for much of the first half and missed taking a 2-0 lead in the 20th minutes when Nikos

Kakavitsas (Athens, GR) drilled the crossbar from 30 yards out.

Bomfim added an insurance goal in the games 53rd minute when he took a long ball sent 50 yards up the middle of the field from Edwin SamMbaka (Paris, FR) and struck the ball into the upper right corner to result in the games 2-0 final score.

Will Paganini (Derry, NH) picked up his 11th win and ninth shutout of the season as he made eight saves and lowered his goals against average 0.54.

The Knights will close out the regular season on Tuesday when they travel to Springfield Tech to take on the Rams at 3:30pm. The Knights will host the semi-final round of the Region 21 Tournament on Friday November 1 at 5:30pm at Whittier Tech High School against an opponent to be determined. Additional post-season information will be posted online when available.

## National Rankings: Soccer holds at #6, Men’s Basketball #5 in Preseason Poll

Haverhill, MA (October 21, 2024) – As fall sports begin to head into post-season play and winter sports get started, a pair of Northern Essex Community College programs find themselves among the nation’s best. The Knights men’s soccer program remains in the #6 position for a second consecutive week in the NJCAA Week 8 poll after entering the top ten in week six, while the NECC men’s basketball team is ranked fifth in the preseason poll as they appear in the rankings for a 28th consecutive poll.

### Men’s Soccer

Winners of 11 straight games including six consecutive shutouts, the Knights have held the opposition scoreless over the last 569 minutes of game action heading into tomorrow’s regular season finale on the road at Springfield Tech. NECC has secured the top seed in the Region 21 tournament, earning a first-round bye and will host a semi-final game on Friday November 1st at Whittier Tech.

Will Pagnini (Derry, NH) enters the final week of the season currently ranked fifth nationally with a 0.54 goals against average while leading all goalkeepers nationally with 11 victories.

Offensively, Jadiel Bomfim (Nashua, NH) leads the Knights offense with 12 goals and four assists for 28 points and is followed closely behind by Christian Colem (Nashua, NH) who enters the final week of the season with 22 points on seven goals and eight assists. Sam Lucena (Tyngsborough), Lucas Cantelli (Lowell) and Nikos Kakavitsas (Athens, GR) all have double digit points with 18, 14 and 11 respectively.

Jonathan Lopes (Nashua, NH) and Conor FitzGerald (Danvers) have been anchoring the backline in front of Paganini that has held the opposition to just seven goals in 13 contests to date.

### Men’s Basketball

The back to back Region 21 Champions will feature a new look in the new season as they return just three players with previous experience in the Knights uniform, though a talented and deep roster should have the Knights in contention for a third straight trip to the national tournament.

Javien Kirmil (Lowell) who appeared in 33 games last season with 18 starts is back with Karl Wolfgang (Douala, CM) who saw action in 30 games with 13 starts will be joined by Ryan Pacy (Salem, NH) who returns from the 2022-23 team where he averages 8.8 points per game in 21 appearances while battling through injury.

Kirmil and Wolfgang combined for 14.4 points a game last season. The Knights have combined to go 65-4 over the last two years and have been unbeaten in league play during that time.

A trio of former Merrimack Valley stars in Joendy Rosario (Lawrence), Jeremy Valdez (Haverhill) and Alejandro Delgado (Haverhill) join the mix this season. Also joining the team and expected to make an immediate impact are Christian Sanders (East Boston) and Yunosuke Matsuda (Tokyo, JP).

The Knights are set to open up their season on Saturday November 2nd against Monroe-Bronx in Lincroft, NJ at the Brookdale Basketball Classic.

## THE CITY OF LOWELL AND THE PARKER LECTURE SERIES PRESENTS:

★ ADMIRAL MICHAEL GILDAY RETURNS TO LOWELL ★

WHEN: WEDNESDAY, OCT. 23, 6:30PM

WHERE: UMASS LOWELL COMLEY-LANE THEATRE

ADDRESS: 870 BROADWAY STREET, LOWELL, MASS.



### ABOUT GILDAY

A native of Lowell, Mass., Admiral Gilday served as the 32nd Chief of Naval Operations from August 22, 2019, through August 17, 2023. Among his many distinguished positions included serving as Naval Aide to the President. He is the recipient of the Defense Distinguished Service Medal, Navy

Distinguished Service Medal, Defense Superior Service Medal (four awards), Legion of Merit (three awards), Bronze Star, Navy and Marine Corps Commendation Medal with Combat "V," and the Combat Action Ribbon.

### LECTURE FORMAT

City Manager Thomas A. Golden Jr. will serve as the Master of Ceremonies. Admiral Gilday will serve as the keynote speaker on a panel with Lowell Mayor Daniel Rourke and Parker Lecture Series Chair John Carson. Following a brief panel discussion and Admiral Gilday’s presentation, the floor will be open to attendees for a Q&A session.

### ABOUT PARKER LECTURE SERIES

Following Moses Greeley Parker’s death in 1917, his will established the Parker Lecture Series that continues to educate and entertain generations of residents of Greater Lowell. All lectures are free. No tickets are needed.



Moses Greeley Parker Lectures  
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"The test of success is not what you do when you are on top. Success is how high you bounce when you hit the bottom."

George S. Patton



Por Tomás Núñez, ThD

Día a día sentimos necesidades que nos producen ansiedad, incomodidad y que nos hacen sentir vacío en el alma, cuando no logramos ser importantes, cuando no nos dan la razón o cuando nos sentimos víctimas de lo que ocurre en nuestra vidas.

Dijo Gandhi "Cuando uno se deshace de todo lo que posee, pasa en realidad a poseer todos los tesoros del mundo".

### Necesidad de ser importante a cualquier precio

La necesidad de ser importante se produce como consecuencia de la falta de autoestima. Nace un deseo irrefrenable de ser importante para compensar los vacíos del alma que sentimos, cuando realmente lo que ocurre es que no nos queremos a nosotros mismos lo suficiente.

Quien siente esta necesidad, intentará caer bien a todo el mundo y no dudará en mentir para lograrlo. Una persona que necesita ser importante, maquillará su vida para que todos la adoren, y para alcanzar su minuto de gloria. Sin embargo, un deseo moderado de ser tenido en cuenta y valorado es normal y sano, el problema se produce cuando ese deseo se convierte en algo irrefrenable.

### Necesidad de tener siempre la razón

Es el deseo de que todos estén siempre de acuerdo con lo que decimos o pensamos. Las personas que padecen esta necesidad, discuten acaloradamente en el caso en que alguien no les dé la razón, porque si no tienen razón o no se la damos, se sienten desnudos y desprotegidos.

### Necesidad de amar y ser amado

No cabe duda de la necesidad del amor como la fuerza de la vida, como un sentimiento espontáneo y puro que surge sin que nos demos cuenta. El componente emotivo del amor hace que este pueda surgir o desaparecer sin que apenas seamos conscientes.

Es incoherente que alguien prohíba amar o exija ser amado, porque el amor no se controla, surge sin más. Una persona que siente la necesidad de amar y ser amada, es por lo general, una persona que no se quiere a sí misma.

### Necesidad de descargar la ira

La ira y la indignación en determinadas situaciones son humanas. Todos nos hemos enfadado alguna vez en nuestra vida o hemos sentido indignación por alguna injusticia. Pero la ira no está justificada cuando se utiliza de tapadera de nuestros fallos o malas acciones. En este caso la indignación o la ira ya no tienen un propósito noble, sino solamente el objetivo de alimentar nuestro ego.

### Necesidad de preocuparse por todo

Hay personas muy negativas, que

# Vacíos del alma

solo ven lo malo, que parece que solo pueden ver desgracias y que jamás dirán nada positivo. Son personas que contagian la preocupación y además sostienen que nunca nos preocupamos lo suficiente. No es posible razonar con una persona que piensa así porque es como hablar con un muro y acabará contagiándote su negatividad.

### Necesidad de culpar a los demás

Los niños a veces cuando cometen un error buscan echarle la culpa a otro niño, pero esa conducta debe ser evitada alabando la valentía y honradez de quien dice la verdad a pesar de las consecuencias. Es necesario aprender que aunque la conducta haya sido mala, es noble reconocer el error y arrepentirse.

### Necesidad de sentirse superior a los demás

El amor hacia nosotros mismos, es sano y normal, debe madurar con la edad, y estará acompañado por la empatía y la preocupación por los demás. Pero cuando ese amor es desmedido, nos convertimos en seres egoístas y orgullosos que sólo buscan la satisfacción propia.

### Necesidad de sentirse víctima y buscar compasión

Las auténticas víctimas se sienten ultrajadas por un maltratador concreto, con nombres y apellidos y jamás buscan sentirse el centro de atención, todo lo contrario, sienten vergüenza y miedo por la situación. Pero hay personas que jamás han sufrido ningún maltrato y representan el papel de víctimas, para lograr ser el centro de atención.

"El sabio no se sienta para lamentarse, sino que se pone alegremente a su tarea para reparar el daño". William Shakespeare.

### Necesidad de que otros asuman la responsabilidad

Hay personas activas, que trabajan, se responsabilizan y logran objetivos; y hay personas pasivas que no saben o no contestan, nunca están para nadie y nos quieren asumir ninguna responsabilidad. Esto se debe al miedo que tienen esas personas pasivas de mostrarse tal cual son, porque en realidad se sienten inferiores. La solución es la acción, hacer primero lo que se tema.

### Necesidad de encontrar defectos

Las personas que buscan incansablemente los defectos de los demás, que no cesan de buscarlos y de echarlos en cara, paradójicamente no soportan ni una sola crítica. El hipercrítico no es capaz de asumir sus defectos y por eso se dedica a criticar a los demás, en lugar de criticarse a sí mismo.

### Necesidad de tener cosas

La necesidad de tener muchas cosas, de comprar cosas que no necesitamos, se produce por nuestro deseo de cubrir con todas esas cosas nuestros vacíos del alma. Paradójicamente cuanto mayor es la necesidad de atesorar cosas, mayor en nuestro vacío. En este caso es necesario ser consciente de nuestro error y buscar la riqueza en nuestro intelecto, en nuestro espíritu y en nuestros sentimientos.

"Los espíritus desenfrenados aspiran inútilmente a lograr la máxima perfección". Johann Wolfgang Goethe.

### Necesidad de que todo sea perfecto y maravilloso

Esta necesidad es, quizá, la más peligrosa de todas, porque genera directamente ansiedad, estrés, baja autoestima... Un perfeccionista busca sin descanso el éxito y nada le parece

suficiente. La insatisfacción le produce estrés y agotamiento. Para evitar ese comportamiento es esencial ser conscientes de lo que somos y valorar nuestros defectos y virtudes.

# Emptiness of the soul

By Tomás Núñez, ThD

Day by day we feel needs that cause us anxiety, discomfort and that make us feel empty in the soul, when we fail to be important, when we are not given the reason or when we feel victims of what happens in our lives.

Gandhi said "When one gets rid of everything that one possesses, one actually passes to possess all the treasures of the world."

### Need to be important at any price

The need to be important occurs as a consequence of the lack of self-esteem. An uncontrollable desire to be important is born to compensate for the emptiness of the soul that we feel, when really what happens is that we do not love ourselves enough.

Whoever feels this need, will try to be liked by everyone and will not hesitate to lie to achieve it. A person who needs to be important, will make up his life so that everyone adores him, and to reach his moment of glory. However, a moderate desire to be taken into account and valued is normal and healthy, the problem occurs when this desire becomes uncontrollable.

### Need to always be right

This is the desire for everyone to always agree with what we say or think. People who suffer from this need argue heatedly if someone does not agree with them, because if they are not right or we do not agree with them, they feel naked and unprotected.

### Need to love and be loved

There is no doubt about the need for love as the force of life, as a spontaneous and pure feeling that arises without us realizing it. The emotional component of love makes it possible for it to arise or disappear without us even being aware of it.

It is inconsistent for someone to prohibit loving or demand to be loved, because love is not controlled, it just arises. A person who feels the need to love and be loved is generally a person who does not love themselves.

### Need to vent anger

Anger and indignation in certain situations are human. We have all been angry at some point in our lives or have felt indignation at some injustice. But anger is not justified when it is used as a cover for our faults or bad actions. In this case, indignation or anger no longer have a noble purpose, but only the objective of feeding our ego.

### Need to worry about everything

There are very negative people, who only see the bad, who seem to only be able to see misfortunes and who will never say anything positive. They are people who spread worry and also maintain that we never worry enough. It is not possible to reason with a person who thinks like that because it is like talking to a wall and they will end up infecting you with their negativity.

### Need to blame others

Children sometimes try to blame another child when they make a mistake, but

this behavior should be avoided by praising the courage and honesty of those who tell the truth despite the consequences. It is necessary to learn that even if the behavior was bad, it is noble to recognize the error and repent.

### Need to feel superior to others

Love for ourselves is healthy and normal, it must mature with age, and it will be accompanied by empathy and concern for others. But when this love is excessive, we become selfish and proud beings who only seek self-satisfaction.

### Need to feel like a victim and seek compassion

The real victims feel outraged by a specific abuser, with names and surnames, and they never seek to feel the center of attention, on the contrary, they feel shame and fear for the situation. But there are people who have never suffered any abuse and play the role of victims, in order to be the center of attention.

"The wise man does not sit down to complain, but cheerfully sets about his task to repair the damage." William Shakespeare.

### Need for others to assume responsibility

There are active people, who work, take responsibility and achieve goals; And there are passive people who do not know or do not answer, they are never there for anyone and do not want to take responsibility for anything. This is due to the fear that these passive people have of showing themselves as they are, because in reality they feel inferior. The solution is action, to do what is feared first.

### Need to find defects

People who tirelessly look for the defects of others, who do not stop looking for them and throwing them in their faces, paradoxically do not tolerate a single criticism. The hypercritical is not capable of assuming his defects and that is why he dedicates himself to criticizing others, instead of criticizing himself.

### Need to have things

The need to have many things, to buy things that we do not need, is produced by our desire to cover our emptiness in the soul with all those things. Paradoxically, the greater the need to hoard things, the greater our emptiness. In this case it is necessary to be aware of our error and to seek wealth in our intellect, in our spirit and in our feelings.

"Unbridled spirits aspire in vain to achieve maximum perfection." Johann Wolfgang Goethe.

### Need for everything to be perfect and wonderful

This need is perhaps the most dangerous of all, because it directly generates anxiety, stress, low self-esteem... A perfectionist relentlessly seeks success and nothing seems enough. Dissatisfaction causes stress and exhaustion. To avoid this behavior, it is essential to be aware of what we are and value our defects and virtues.



## History and Legends Through Song

On Thursday, October 24th the Haverhill musical duo Sultana will bring "History and Legends through Song" to Buttonwoods Museum. This performance will showcase and debut two songs about Haverhill history that were crafted for this show at the request of Buttonwoods Museum. One is about the historical and controversial Haverhill icon Hannah Duston, the other about the tense struggle of 19th century women in the shoe factories to receive fair pay. With the show taking place October 24th, there will likely be a nod to Halloween as well. The duo Sultana is Haverhill residents Jon and Li Waterman, both lifelong musicians and songwriters. Jon is also a licensed history teacher in Massachusetts. "History and Legends through Song" consists of songs and related history on topics ranging from ancient Mesopotamia and Medieval Europe to the Old West and into more modern times. The show is part of the series "Live Music Making History Live" which Jon created in 2018 with the belief that history and entertainment go hand in hand. Throughout the ages, songs, stories and theater have included history, and history is – or should be – entertaining. The other shows in the series are "The Roots of American Popular Music", "The Railroad in Song", and "Popular Music and Veterans".

The show starts at 7pm. Buttonwoods Museum is at 240 Water Street in Haverhill.

The program is supported in part by a grant from the Haverhill Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Admission is free and the event is open to the public.



## Support for Caregivers

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¡Gracias por tu apoyo!

Merrimack Valley Chamber of Commerce



# Annual Awards Dinner

## MONDAY, NOVEMBER 18TH



CONFIRMED KEYNOTE SPEAKER  
MASSACHUSETTS GOVERNOR  
MAURA HEALEY

Monday  
November 18, 2024

Hors D'oeuvres 5:30 PM  
Dinner 6:00 PM

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# Monica's Mithai Cafe & Bar



The Merrimack Valley Chamber helped celebrate the Grand Opening of Monica's Mithai Cafe & Bar. Which is located at 16 Post Office Ave, Andover, Massachusetts 01810.

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**Contact The MVCC for Sponsorship Opportunities \$10 (Members) / \$20 (Future Members)**

# Heirloom Law Ribbon Cutting Ceremony



The Merrimack Valley Chamber of Commerce helped Heirloom Law celebrate their ribbon cutting ceremony at their new location at 213 Broadway in Methuen.

(L to R) Methuen Mayor Beauregard; owners Cynthia Romero and Bridgette Flores; Sharoline Galva from Senator Payano's Office and MVCC VP Michael Bevilacqua.

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## Corbett's Career Afternoon Catapults Football to Victory Over Stonehill



North Andover, Mass. – The Merrimack College football team took down Stonehill College on Saturday afternoon 48-28. Senior running back and Skyhawk transfer, Jermaine Corbett ran for 170 yards and two touchdowns in the victory against his former team.

### The Essentials

Score: Stonehill 24, Merrimack 48  
Records: Merrimack (3-4) | Stonehill (1-5)

### How It Happened

On the opening offensive drive for the Warriors, Liam Davis knocked down a 26-yard field goal to put Merrimack up by three. After a stop on defense, the Warriors took back over on offense. On the fourth play of the drive, Ayden Pereira uncorked a 51-yard bomb to Jalen McDonald the first touchdown of the game. Later in the first, Merrimack quickly marched down the field. Corbett found the end zone for the first time of the afternoon to put the Warriors up three scores. In their first offensive possession of the second quarter, Merrimack had a methodical 14-play drive that ended with another Corbett touchdown. The Warriors found themselves up 24 halfway through the second stanza. Towards the end of the second quarter Davis would hit a 53-yard field goal which would break his previous high of 50 which was set just last week. Merrimack headed into the locker rooms up 27.

The Skyhawks found the end zone for the first time of the afternoon during

their first possession of the second quarter. Stonehill would score again the next time they got the ball to put the deficit down to 13. After a great kick return from Corbett it took just two plays for Brendon Wyatt to find the end zone. The Skyhawks answered with a touchdown of their own to get it back down to 13. In the fourth, Pereira would find Seth Sweitzer on a nine-yard pass and catch to put the Warriors up 20. Late in the fourth quarter, the Stonehill quarterback ran the ball in from four yards. With just over two minutes left in the game Malakai Anthony ran the ball 42-yards to the house, giving the Warriors a 20-point victory.

### Notes & Numbers

Josh Addo led the team in tackles with seven on the afternoon, including one for a loss.

Nate Palanica Jr. and Grant Jackson both had interceptions for the Warriors. The pick for Jackson was his second of the season.

Wyatt finished the game with a career-high 101 rushing yards.

### Up next

The Warriors stay at home for their penultimate home game of the season against Colgate University. Kick off is set for noon.

--  
For continuing coverage of Merrimack College Athletics, visit [MerrimackAthletics.com](http://MerrimackAthletics.com) and follow the Warriors on Twitter and on Facebook.



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### LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after November 8, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

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3. 2007 Nissan Sentra VIN 3N1AB61E87L635639
4. 2010 Nissan Rogue VIN JN8AS5MV5AW119196
5. 2006 Honda CR-V VIN SHSRD78846U429370

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

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

MERRIMACK VALLEY CHAMBER OF COMMERCE

# VETERANS

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2024

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## 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>

BY DALIA DÍAZ  
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

# From My Corner



LETTERS TO THE EDITOR  
RUMBO

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

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

## Prospering Lawrence

After such a long wait and going through so many changes in the application procedures and the distribution system, the City of Lawrence has announced the date for the grant distribution.

Mayor Brian DePeña will be presenting checks to the recipients of its business grant program on November 7, 2024. This program is designed to support local businesses to help foster economic growth and strengthen the community's small business sector.

The presentation will occur at 255 Essex St., Lawrence, between 2:00 and 3:00 p.m. The mayor is requesting formal business attire.

I want to congratulate Sarah Perez, the Executive Director at Federación Hispana de Comerciantes; she should be satisfied because it was her effort fighting for those merchants, attending city council meetings, and having discussions with them individually, that brought the struggle to this happy ending.

## Personnel Director's dismissal

I requested any documents related to his firing, hoping to expand on what I wrote last week, but I have not heard back yet.

As you may imagine, there are rumors

galore, and while I give no credit if I cannot document something, some of the things I hear drive me crazy.

## Somerville's Redevelopment Authority

There was an article in The Boston Globe on Monday, October 21, 2024 that I recommend everyone to read it.

The courts have decided that the City of Somerville must pay \$28 million to the prior owners of property that the Redevelopment Authority seized in 2019 by eminent domain.

The city paid \$8.8 for a four-acre parcel worth \$35.3 million. You will find that Somerville Redevelopment Authority paid for the property, but the city is now responsible for the owners' reimbursement.

I bring this to the community's attention because we have a very active LRA, and most Lawrence residents are unaware of what they are doing. I am so sorry that I have not attended the last couple of meetings, and although I watch them on Zoom, it's not the same because I miss a lot of what's being said.

We must be alert to everything the LRA does because they are dealing with very complex issues that we don't understand, and a mistake like Somerville's is not what Lawrence needs.



If you want to know who controls you, look at who you are not allowed to criticize.

- Voltaire

AZ QUOTES

fb/david avocado wolfe



A brave snake saving a fish from drowning.

This is how the media reports the news these days.

## THANK YOU VETERANS

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14<sup>th</sup> Annual

## Pancake Breakfast

Sunday November 3, 2024 8:30-11:30am

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You are cordially invited to attend the Lawrence WIC Nutrition Program's 50th Birthday celebration.


**When:** Wednesday, October 30th, 2024  
8:30am-11:00am

**Where:** 305 Essex St, 4th Floor Conference Rm  
Greater Lawrence Community Action Council, Inc.

**Agenda:**

8:30am-9am:	Welcome—light refreshments
9am-10am:	Remarks from GLCAC Leaders WIC History and Reflections from Partners Voices of WIC Success Stories
10am-11 am:	Tour of the WIC office—2nd Floor

Kindly RSVP by  
Fri. Oct. 25th to  
[hdavenport@glcac.org](mailto:hdavenport@glcac.org)



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### 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.  
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Wednesday, November 6, 2024

Esperanza Academy, Jackson Street Entrance  
9:00-9:40 AM- Welcome & Tours

Grace Episcopal Church, Lawrence  
9:50-10:40 AM- Chapel

**WELCOME! ¡BIENVENIDOS Y BIENVENIDAS!**  
**THE REV. JACQUELINE CLARK**

Esperanza Academy welcomes you to attend our student-led chapel. Every Wednesday, our students gather to explore and articulate their own spiritual beliefs through prayer, song, meditation, and other reflective activities. We invite you to join us for this special occasion to build community and our relationships with the Divine and each other.

**For more information, contact our team!**  
**Coffee and light refreshments will be served.**

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



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# Rumbo

"The Bilingual Newspaper of the Merrimack Valley"  
WWW.rumbonews.com

**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

Director of Planning & Development  
**DANIEL MCCARTHY**  
Planning Director

Community Development Director  
**ANILDA PINHEIRO**

Business & Economic Development Director  
**FRANCISCO SURELLI**

Inspection Services Director  
**PASCUAL "PAT" RUIZ**

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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
- Inscribáse en programas como SNAP, WIC, HIP y MassHealth

**Raffles, Food & MORE!**

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10:00AM - 1:00PM  
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**Rumbo** [www.rumbonews.com](http://www.rumbonews.com)

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**Foster MA**

**Cada padre hace una diferencia**

**dcf MASSACHUSETTS DEPARTMENT OF Children & Families**

**Foster MA**

**Sea la diferencia en la vida de un niño**

**Cada padre crea una diferencia**

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

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

**dcf MASSACHUSETTS DEPARTMENT OF Children & Families**  
1-800-KIDS-5081 [mass.gov/dcf](http://mass.gov/dcf)