

### The Sicilian Corner Podcast



Friends for half their lifetime, from the left are, Lou Blassy, Pat Costa and Mike Lomazzo.

In 35 years, Pat Costa has created a radio empire with six stations, including a large following in the Boston Metro area. During that time, he has given our community the opportunity to have a local radio station (actually, more than one) with a variety of programs to satisfy everyone.

Most of us know him as CEO of Costa Eagle Media. He was recently elected to the Massachusetts Broadcasters Hall of Fame. For his vision and perseverance, he has made history in the Merrimack Valley.

His love for radio and sound was matched by the late Bruce Arnold and John Bassett, two dedicated associates who also made history there.

Recently, he co-hosted The Sicilian Corner with Mike Lomazzo, who has also enjoyed a long career in this area.

Listen to The Sicilian Corner Podcast on WCAP 980 am starting at 11:04 am every Fridays.

Anyone can search the Facebook and

YouTube pages at "The Sicilian Corner Podcast"

Here are the live outlets and where the show is archived to promote:

The Sicilian Corner can be found live and recorded at:

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Call the studio at 1-978-659-0072 if you have any questions or to say hi.

Thanks for your support over the years. On 12/04/24 The Sicilian Corner will have been on the air for 24 years. It's hard to believe.

### Un saludo a nuestros Veteranos



### Saluting our Veterans

Veá más artículos sobre los veteranos en las siguientes páginas: See more veterans coverage on pages 2, 3, 5, and 6.

### Viet Nam Road Race Pg. 3



### MVCC activities

The Merrimack Valley Chamber held a Networking Breakfast at LeadHumano Collective! It was a fantastic morning of new connections, a delicious breakfast, and an inside look at the amazing LeadHumano office.

Luz Frazier welcome everyone to a very exciting morning.

See other recent events and future mixers of the MVCC on page 15.







As we come together today to celebrate Veterans Day, we honor the extraordinary service and sacrifice of our veterans. Veterans Day means so much in communities across our nation, and that's especially true here in our district, which holds such a profound place in the story of our nation.

That's because it was here in our district where our nation was born – where the “shot heard ‘round the world” was fired 249 years ago at the Old North Bridge in Concord. Outmanned and outgunned, Minutemen stood up for freedom and against tyranny. Since then, generations of courageous have answered the call to serve, carrying forward that legacy of sacrifice and bravery in our armed forces.

Veterans Day is more than just a day on the calendar – it's an opportunity to reflect on the countless ways our veterans have protected our freedoms and defended our values. Our servicemembers and their families have given so much to ensure the safety and prosperity of our nation. For all they've done, it's essential that we continue to have their backs the way they've always had ours.

We must ensure that our veterans and their families receive the support, resources, and respect they've earned. From healthcare to job training, mental health support to housing assistance, we owe it to them to make sure these resources are robust, accessible, and comprehensive. I am committed to advocating for policies that uphold these principles and ensure our veterans have every opportunity to thrive after service.

On this Veterans Day, let us honor the sacrifices of all who have served, as well as those who continue to wear the uniform today. And let us also reaffirm our commitment to those who have served and to ensuring that their transition back to civilian life is met with the dignity, care, and opportunity they deserve.

Thank you to all our veterans. Your courage and dedication to our country inspire us every day.

Happy Veterans Day,

Lori Trahan  
Member of Congress

## Methuen Police Department Announces Major Narcotics and Firearms Arrest Following Four-Month Investigation



Cocaine, fentanyl, cash, a handgun, ammunition and drug paraphernalia located by the Methuen Police Street Crimes Unit and the U.S. Drug Enforcement Administration's Cross Border Initiative during the execution of a search warrant at a home in Lawrence this week. (Courtesy Methuen Police Department)

METHUEN — Methuen Police Chief Scott McNamara reports that the Methuen Police Department has arrested and charged a Lawrence man with drug trafficking and firearms violations as a result of a four-month investigation involving the Methuen Police Street Crimes Unit and the U.S. Drug Enforcement Administration's Cross Border Initiative.

Kelvin Alvarez Pimental, age 36, of Lawrence, was arrested and charged with:

- Trafficking in Fentanyl (Over 36 Grams)
- Distribution of a Class A Substance
- Possession with Intent to Distribute Cocaine
- Distribution of a Class B Substance
- Possession of a Firearm without an FID Card
- Possession of Ammunition without an FID Card
- Improper Storage of a Firearm

Beginning in June, the Methuen Police Street Crimes Unit, in response to numerous community complaints, initiated surveillance and investigations on suspected narcotics trafficking activities around Oakland Avenue and surrounding areas.

After careful planning and evidence gathering, Street Crimes detectives worked in close collaboration with the U.S. Drug Enforcement Administration's Cross Border Initiative to conduct an investigation that identified Alvarez Pimental as a suspect. That joint investigation culminated in a search warrant being served at Alvarez Pimental's Lawrence residence on Thursday, Oct. 31.

The search warrant led to the discovery

of 21 grams of powdered cocaine, 39 grams of crack cocaine, 46 grams of fentanyl, drug paraphernalia, \$15,359 in cash, a 9mm handgun and 50 rounds of 9mm ammunition.

Alvarez Pimental was taken into custody after the search warrant was served.

Chief Scott McNamara praised the officers and federal agents involved in the investigation, noting the diligence, persistence, and professionalism displayed throughout the lengthy probe.

"The arrest of Alvarez Pimental is a testament to the collaborative work among our Street Crimes Unit and the DEA's Cross Border Initiative, whose dedication has directly improved the safety and quality of life in our community," said Chief McNamara. "This case underscores our commitment to addressing and combating narcotics distribution networks that threaten the well-being of our residents."

The Methuen Police Street Crimes Unit has been commended for its handling of this complex investigation. Methuen Police also express gratitude for the collaboration and resources provided by the CBI, whose support was instrumental.

The Methuen Police Department remains dedicated to ensuring the safety of the community by actively pursuing and dismantling illegal drug operations and holding offenders accountable.

Alvarez Pimental was arraigned on Monday and was ordered held without bail pending a dangerousness hearing that is scheduled for Nov. 13.

These are allegations. All suspects are innocent until proven guilty.

A message from the Methuen Police Department.



Al reunirnos hoy para celebrar el Día de los Veteranos, honramos el extraordinario servicio y sacrificio de nuestros veteranos. El Día de los Veteranos significa mucho en las comunidades de toda nuestra nación, y eso es especialmente cierto aquí en nuestro distrito, que ocupa un lugar tan profundo en la historia de nuestra nación.

Esto se debe a que fue aquí en nuestro distrito donde nació nuestra nación, donde se disparó el “disparo que se escuchó en todo el mundo” hace 249 años en el Old North Bridge en Concord. Superados en número y armamento, los Minutemen defendieron la libertad y se opusieron a la tiranía. Desde entonces, generaciones de valientes han respondido al llamado a servir, llevando adelante ese legado de sacrificio y valentía en nuestras fuerzas armadas.

El Día de los Veteranos es más que un día en el calendario: es una oportunidad para reflexionar sobre las innumerables formas en que nuestros veteranos han protegido nuestras libertades y defendido nuestros valores. Nuestros miembros del servicio y sus familias han dado mucho para garantizar la seguridad y la prosperidad de nuestra nación. Por todo lo que han hecho, es esencial que sigamos respaldándolos como

ellos siempre nos han respaldado a nosotros.

Debemos asegurarnos de que nuestros veteranos y sus familias reciban el apoyo, los recursos y el respeto que se han ganado. Desde atención médica hasta capacitación laboral, apoyo en salud mental y asistencia para la vivienda, les debemos asegurarnos de que estos recursos sean sólidos, accesibles y completos. Me comprometo a defender políticas que defiendan estos principios y aseguren que nuestros veteranos tengan todas las oportunidades para prosperar después del servicio.

En este Día de los Veteranos, honremos los sacrificios de todos los que han servido, así como de aquellos que continúan vistiendo el uniforme hoy. Y reafirmemos también nuestro compromiso con aquellos que han servido y con asegurar que su transición de regreso a la vida civil se realice con la dignidad, el cuidado y la oportunidad que merecen.

Gracias a todos nuestros veteranos. Su coraje y dedicación a nuestro país nos inspiran todos los días.

Feliz Día de los Veteranos,

Lori Trahan  
Miembro del Congreso

**“Honor al soldado y al marino de todas partes que defienden con valentía la causa de su país. Honor, también, al ciudadano que se preocupa por su hermano en el campo de batalla y sirve, como mejor puede, a la misma causa”.**

**"Honor to the soldier and sailor everywhere, who bravely bears his country's cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause."**

Abraham Lincoln

## Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz

daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

Alberto M. Surís

albertosuris@rumbonews.com

Publicación de SUDA, Inc.

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# Viet Nam Road Race on October 19, 2024

Photos courtesy of Richard Russell





POR DALIA DÍAZ  
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

# Desde Mi Esquina



## Trans en deportes femeninos

Este argumento se ha estado dando durante años cada vez que una jovencita se lastimaba practicando algún deporte o se le negaba la victoria sobre una competidora más robusta con hormonas masculinas.

La gente se ha quejado de discriminación porque deben ser consideradas mujeres una vez que experimentan la transformación. Otros han argumentado que no se puede negar la biología simplemente cambiando la apariencia.

Si bien esto se discute en los tribunales de todo el país, enfurece a cualquiera que ame la libertad de expresión en Massachusetts.

El Congresista de Salem Seth Moulton se atrevió a decir durante una entrevista con el New York Times: "Tengo dos niñas pequeñas, no quiero que un atleta masculino o ex masculino las atropelle en un campo de juego".

Más tarde dijo en una entrevista con WBZ-TV: "Este es un ejemplo de un tema polémico que tenemos que estar dispuestos a abordar como Partido Demócrata... estamos

perdiendo en temas como este".

Ahora, ex empleados y pasantes del congresista están pidiendo que se disculpe por decir lo que piensa sobre el uso de los pronombres y los niños que juegan en deportes femeninos. La reacción de la gobernadora Maura Healey fue: "Creo que una discusión sobre deportistas transgénero es una discusión diferente a la de alguien que fue deportista universitario. Pero ya sabes, hay demasiada confusión de cosas en este momento y lo que veo y lo que vi en ese comentario fue jugar a la política con la gente", dijo Healey.

¿Qué pasó con la gente que pedía tolerancia? ¿Por qué nadie defiende el derecho del congresista Moulton a expresar sus creencias? Ese segmento de la sociedad aspira a controlar los pensamientos y las ideas para obligar a todos a vivir dentro de su sistema de opresión.

Escuchemos a la ciencia y las diversas opiniones para tomar las decisiones adecuadas con respecto a su igualdad para jugar en deportes femeninos.

Exigir que la gente se calle no es la respuesta; eso es tiranía.

## ¡Oh, Dios! ¡Qué concejala tan despistada!

La concejala de la ciudad Fidelina Santiago cree que compró el Distrito A y puede hacer lo que quiera con él. Recientemente escribió en su página de Facebook: "La concejala del Distrito A, Fidelina Santiago, te invita a la fiesta navideña de nuestro vecindario y a la iluminación de nuestra nueva Navidad en el parque Storow el sábado 30 de noviembre a las 4 p. m."

Le dijeron de inmediato que algo así debería incluirse en la agenda del concejo para su discusión y aprobación.

Ella ha estado en el concejo el tiempo suficiente como para familiarizarse con las reglas o, al menos, si no está segura, preguntarle a alguien si se puede hacer. El presidente del concejo no es un ogro; es muy accesible. Lo mismo ocurre con la secretaria municipal.

Probablemente ella piensa que es la alcaldesa del Distrito A.

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

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

Henry Ward Beecher

## CARTAS AL EDITOR

**RUMBO**  
315 Mt. Vernon St.  
Lawrence MA 01843  
Email: [Rumbo@rumbonews.com](mailto:Rumbo@rumbonews.com)

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

## Celebrate the Holidays on Boston's Historic Freedom Trail®

### Historic Holiday Strolls Begin November 22

The Freedom Trail® Foundation invites revelers to celebrate this holiday season on the annual Historic Holiday Strolls. The festive atmosphere of the city, set against the unique backdrop of Boston's historic sites and centuries of history, makes these merry 60-minute tours a perfect way to celebrate the holidays. Walk the Freedom Trail and discover how Boston's holiday traditions evolved on the Strolls offered select Fridays and Saturdays at 3:30 p.m. from November 22 through December 28.

Led by 19th-century Dickensian costumed guides departing from the Boston Common Visitor Information Center, the Strolls are complete with a tour of holiday lights and Christmas trees along the Freedom Trail. Following the Strolls, guests receive discounts off museum store purchases at Freedom Trail sites, including the Old South Meeting House, Old State House, Paul Revere House, and Old North Church's Heritage and Gift Shops (valid with any Historic Holiday Stroll receipt from November through December).

Tickets are \$20 for adults and \$10 for children, and reservations can be made online; tickets may also be purchased in-person at the Boston Common Visitor Information Center. The Freedom Trail Historic Holiday Strolls may also be scheduled for a group tour by calling (617) 357-8300. The Freedom Trail Foundation continues to offer daily public Walk Into History® Tours throughout the season and during the winter months. For tour tickets and more information please visit [www.thefreedomtrail.org](http://www.thefreedomtrail.org).

WHAT: Freedom Trail® Historic Holiday Strolls

WHO: Freedom Trail Players® dressed in 19th-century costume and tour participants

WHERE: Boston Common Visitor Information Center (139 Tremont St, Boston, MA 02108) (Departure Location)

WHEN: Fridays and Saturdays at 3:30 p.m. from November 22 through December 28

MEDIA: Please call (617) 357-8300 ext. 201 to secure a press certificate to experience tours

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# Izando la bandera de los Veteranos // Raising the Veterans flag

El 8 de noviembre de 2024, el Alcalde DePeña, junto con funcionarios electos de Lawrence, concejales de la ciudad, la coordinadora de servicios para personas sin hogar Kelly Frazier y miembros de la comunidad, izaron con orgullo la bandera de los veteranos en el ayuntamiento. Esta ocasión especial honró a dos residentes distinguidos de Lawrence: el sargento Robert "Butch" Gagne, un veterano de la Marina de 98 años, y el soldado de primera clase Carlos Erik Martínez del ejército de 26 años de edad, quienes simbolizan a los veteranos más viejos y más jóvenes de la ciudad. Gracias a todos por el apoyo.

On November 8, 2024, Mayor DePeña, along with Lawrence elected officials, city councilors, Homeless Services Coordinator Kelly Frazier, and community members, proudly raised the Veterans Flag at City Hall. This special occasion honored two distinguished Lawrence residents: SGT Robert "Butch" Gagne, a 98-year-old Navy veteran, and PFC Carlos Erik Martínez, a 26-year-old Army soldier, symbolizing the city's oldest and youngest veterans.

Thank you all for the support.

Photos courtesy of Richard Russell



Miembro de la FDIC

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## Flag Ceremony Spotlights UMass Lowell Initiatives to Support Military Connected Students, Veterans



U.S. Air Force Chief Master Sgt. Alan Weary was the keynote speaker at UMass Lowell's 15th annual Flag Ceremony, which honored veterans on campus and in the community. / UMass LOWELL PHOTO

A UMass Lowell Flag Ceremony Thursday honored veterans' service to the nation and highlighted the institution's initiatives to support military-connected students on campus and families in the community.

Held at University Crossing, the 15th annual event featured the unfurling of a three-story-tall American flag from the top balcony of the building's atrium, a performance by the UMass Lowell Marching Band and the presentation of the colors by the UMass Lowell Air Force ROTC Detachment No. 345.

Each year, more than 1,300 student veterans and active-duty military members attend UMass Lowell either on campus or online, many while deployed at locations around the world.

Offering the keynote address was U.S. Air Force Chief Master Sgt. Alan Weary who boasts a 25-year military career capped by his tenure as installation command chief at Hanscom Air Force Base in Massachusetts. In January, he will become the chief operating officer of the UMass Lowell Applied Research Corporation.

"The work UMass Lowell is doing is exciting and transformative," Weary said. "To me, the university provides the ideal podium for veterans to showcase their people skills, their academic skills and their technical expertise to become the next generation of leaders and problem solvers."

UMass Lowell Chancellor Julie Chen credited Weary with growing the partnership between the university and Hanscom Air Force base, just one of several initiatives including UMLARC and the UMass Lowell HEROES collaboration, which connect UMass Lowell researchers, military leaders and contractors to innovate cutting-edge solutions that enhance the protection and

performance of troops.

"Partnerships like these are important threads in the fabric of our university. Indeed, they are central to our pursuit of the Lowell Innovation Network Corridor, which will create a vital urban district that benefits our city, our students, and veterans," Chen said. "It is deeply meaningful today to pay tribute to those students, alumni, faculty and staff – and university partners – who've given so personally and deeply to protecting and securing our country."

One example of UMass Lowell's outreach to veterans is the newest organization to join LINC, Vets RISE. A collaboration between UMass Lowell and Headlamp, it will provide veterans and their spouses with the training and resources they need to launch rewarding life sciences careers.

The event also featured remarks by UMass Lowell student-veteran Samantha Spaziano, a Purple Heart recipient and president of the university's Student Veterans Association who is a business administration major from Attleboro, Massachusetts. A U.S. Air Force veteran who held the rank of staff sergeant and worked as an aviation resource manager, Spaziano was awarded a Purple Heart for combat injuries she sustained in Iraq. As a UMass Lowell student, she serves as cadet commander in Air Force ROTC Detachment 345, based on campus. After graduation, she plans to become a military pilot.

She credited UMass Lowell, notably the Student Veterans Association and the ROTC corps, for helping her transition back to civilian life.

"They've become part of my UMass Lowell experience that I call home and family," she said.

## Suicidio entre nuestros veteranos

Por Mallory Wire

El 11 de noviembre, Estados Unidos celebra el Día de los Veteranos, un día dedicado a los veteranos de guerra estadounidenses. Se convirtió en un feriado federal en nuestro país el 11 de noviembre de 1938, llamado Día del Armisticio. Tras la Segunda Guerra Mundial y la Guerra de Corea, se lo conoció como el Día de los Veteranos.

Al honrar a nuestros veteranos, debemos reconocer que muchos tienen problemas de salud mental. Según el Informe Anual Nacional de Prevención del Suicidio de Veteranos de 2023, en 2021 hubo 6392 muertes por suicidio de veteranos, y fue la segunda causa principal de muerte entre los veteranos menores de 45 años. Los veteranos indígenas estadounidenses o nativos de Alaska tienen la tasa de suicidio más alta entre todos los veteranos, seguidos de los blancos, asiáticos y afroamericanos. De todos los suicidios de veteranos en 2021, el 72 % fueron con armas de fuego. En 2021, la tasa de suicidios con armas de fuego entre las mujeres veteranas fue un 281 % más alta que entre las mujeres no veteranas, y la tasa de suicidios con armas de fuego entre los hombres veteranos fue un 62 % más alta que entre los hombres no veteranos.

La Administración de Veteranos encontró una variedad de factores que pueden aumentar el riesgo de suicidio. Algunos de estos son: abuso de sustancias, trastorno de estrés postraumático, lesión

cerebral traumática, depresión, ansiedad, insomnio, dosis más altas de medicamentos opioides para el control del dolor y factores de estrés psicosocial agudos. Los veteranos que abusan de las drogas y el alcohol tienen más del doble de probabilidades de morir por suicidio que otros veteranos.

El VA tiene recursos de salud mental. Un buen lugar para comenzar sería visitar [www.vetcenter.va.gov](http://www.vetcenter.va.gov) o puede llamar a la Línea de Crisis para Veteranos marcando 988 y presionando 1. También puede enviar un mensaje de texto al 838255. Las personas con pérdida auditiva pueden llamar al TTY: 800-799-4889.

La Fundación Jason (JFI) es otro recurso valioso. JFI se dedica a la prevención del suicidio a través de programas de concientización educativa que nos brindan las herramientas y los recursos para ayudar a identificar y ayudar a jóvenes y adultos en riesgo. Si tiene un amigo o un ser querido que sea un veterano y esté luchando con su salud mental, es importante conocer las señales de advertencia y los factores de riesgo asociados con la ideación suicida. Conocer esta información podría ser clave para salvar la vida de esa persona. Para obtener más información y encontrar la oficina afiliada más cercana a usted, visite [www.jasonfoundation.com](http://www.jasonfoundation.com).

Mallory Wire  
Director de división asociado  
The Jason Foundation

## Suicide Among Our Veterans

By Mallory Wire

The United States celebrated Veterans Day on November 11th. It is a day dedicated to American veterans of wars. It became a federal holiday in our country on November 11th, 1938, called Armistice Day. In the aftermath of World War II and the Korean War it became known as Veterans Day.

As we honor our veterans, we need to recognize that many struggle with their mental health. According to the 2023 National Veteran Suicide Prevention Annual Report, there were 6,392 veteran suicide deaths in 2021, and it was the 2nd leading cause of death among Veterans under age 45-years-old. American Indian or Alaska Native Veterans have the highest suicide rate among all Veterans followed by Whites, Asians, and African Americans. Of all Veteran suicides in 2021, 72% were by firearms. The firearm suicide rate among Veteran women was 281% higher than non-Veteran women, and the firearm suicide rate among Veteran men was 62% higher than for non-Veteran men in 2021.

The Veterans Administration found a variety of factors that may increase the risk of suicide. Some of these are: substance abuse, PTSD, traumatic brain injury, depression, anxiety, insomnia, higher doses of opioid medications for pain control, and

acute psychosocial stressors. Veterans who misuse drugs and alcohol are more than twice as likely to die by suicide than other Veterans.

The VA has mental health resources. A good place to start would be to visit [www.vetcenter.va.gov](http://www.vetcenter.va.gov) or you can call the Veterans Crisis Line by dialing 988 and pressing 1. You can also text 838255. For people with hearing loss, they can call TTY:800-799-4889.

The Jason Foundation (JFI) is another valuable resource. JFI is dedicated to the prevention of suicide through educational awareness programs that equip us with the tools and resources to help identify and assist at-risk youth and adults. If you have a friend or loved one who is a veteran and struggling with their mental health, it is important to know the warning signs and risk factors associated with suicidal ideation. Knowing this information could be key to saving that person's life. For more information and to find the closest Affiliate Office to you, visit [www.jasonfoundation.com](http://www.jasonfoundation.com).

Mallory Wire  
Associate Division Director  
The Jason Foundation

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# Rumbo

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# MVPC & MeVa Celebrate Milestone Anniversaries



The Merrimack Valley Planning Commission (MVPC) and Merrimack Valley Transit (MeVa) recently celebrated significant milestones with a joint anniversary event held at the Merrimack Valley Golf Club on October 17th. MVPC commemorated 65 years of strategic regional planning and development, while MeVa marked 50 years of providing essential transit services to the community. The event honored decades of collaboration, recognizing the contributions of local governments, businesses, and residents, as well as the community leaders who have been instrumental in the region's growth. The evening was a memorable occasion, filled with reflection on shared accomplishments and the enduring commitment to the Merrimack Valley's continued progress.

Stratton Lloyd, the President and CEO of Essex County Community Foundation (ECCF), provided the keynote address for the evening and focused on the strong, ongoing collaboration between ECCF, MVPC, and MeVa. He emphasized how these partnerships have been instrumental in addressing critical regional issues such as economic development, infrastructure improvements, and community resilience. Lloyd also highlighted the shared goals

between ECCF, MVPC, and MeVa, noting that together they have made significant strides in shaping the future of the region.

In honoring MVPC and MeVa's long-standing contributions, Lloyd congratulated MVPC on its 65th anniversary and MeVa on its 50th anniversary, praising their decades of dedicated service to the community. He commended both organizations for their leadership in fostering innovation and collaboration, pointing out that their work has had a lasting impact on Essex County and beyond. Lloyd also expressed optimism about continuing these vital partnerships in the years to come.

The evening concluded with special acknowledgements from several esteemed officials, including US Senator Edward Markey, State Senator Bruce Tarr, and State Representative Kristin Kassner, who each provided official recognitions for MVPC and MeVa's significant contributions to the region. Executive Director Jerrard Whitten brought the evening to a close with his "forward thoughts," reflecting on the successes of the past and outlining a vision for the future that continues to prioritize innovation, partnership, and progress for the Merrimack Valley.

# Merrimack Valley Credit Union Donates Company Vehicle to Vehicles for Veterans



MVCU's Facilities Manager Shaun Waeger with the 2018 Chevy Equinox that was donated to Vehicles for Veterans.

Merrimack Valley Credit Union (MVCU) is proud to announce the donation of one of its company vehicles to Vehicles for Veterans, a nonprofit car donation foundation that supports U.S. veterans and their families.

Vehicles for Veterans turns donated vehicles into funding for veteran programs across the country that support housing, healthcare and employment assistance. Through this donation, MVCU is helping to further the organization's mission to support veterans who have served and sacrificed for our country.

"Honoring and supporting those who served is a cause that is extremely close to my heart," says MVCU President & CEO John J. Howard, who is a veteran of the U.S. Marine Corps. "We are so proud to support an organization that helps our veterans and their families lead happy and healthy lives. It is the least we can do in return for all that they have done for us!"

MVCU donated a 2018 Chevy Equinox with about 150,000 miles to the nonprofit organization in celebration of Veterans Day.

For more information on MVCU's

community initiatives, please visit [www.mvcu.com](http://www.mvcu.com).

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

## OFFICE OF THE STATE AUDITOR **DIANA DIZOGLIO**

### Auditor DiZoglio to Host Governor Healey for Tour of Methuen Youth and Community Center Site

**BOSTON** – State Auditor Diana DiZoglio will host Governor Maura Healey for a tour of the site of the future Methuen Youth and Community Center. They will be joined by local elected officials and the Leadership and Literacy Foundation, an education-focused nonprofit that has been involved with the project.

"I'm excited to host the Governor for a tour of the soon-to-be Methuen Youth and Community Center," said Auditor DiZoglio. "This project has been years in the making and we hope to partner with this Administration on continued efforts to support our youth."

Members of the press are invited to attend.

**WHERE:** 10 Ditson Pl, Methuen, MA 01844

**WHEN:** Monday, November 18 at 5pm



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## MERRIMACK VALLEY PLANNING COMMISSION

### Monthly Hybrid Meeting of November 21, 2024

**Time: 11:00 a.m.**

**For more details on this hybrid meeting contact Jodie Furey at [jfurey@mvpc.org](mailto:jfurey@mvpc.org)**



# Haverhill Bank Names Soares and White as Branch Managers

HAVERHILL, Mass. (Nov. 14, 2024)—Haverhill Bank recently named branch managers at its offices in West Newbury and Salem, NH.

Fernanda Soares, who joined Haverhill Bank in 2016, was named West Newbury branch manager, while Nadine M. White recently joined the team and will serve as Salem, NH, branch manager.

Soares, of Salem, NH, most recently served Haverhill Bank as Salem, NH, branch manager and previously as Whittier Regional Technical High School branch manager and as a universal banker. She also worked as a member service representative and office administrator at Lowell Municipal Employees Federal Credit Union during 2014 and 2015 and as new account representative at Lowell Bank from 2010 to 2014. She is a graduate of Lowell High School.

White, of Danville, NH, has more than 35 years of banking experience. She previously was employed in several capacities at Pentucket Bank, last serving as the Hampstead, NH, branch manager. White also held several positions including assistant branch manager at Kennebunk Savings Bank from 2013 to 2015 and spent 20 years with Santander Bank (previously Sovereign Bank and Fleet Bank) in a variety of positions ranging from head teller to assistant vice president. She is a graduate of Northern Essex Community College and Georgetown High School. Active in



Fernanda Soares was named West Newbury branch manager.

the community, White is a board member of Community Crossroads in Atkinson NH.

## About Haverhill Bank

A depositor-owned institution, Haverhill Bank was founded in 1877 and is the oldest cooperative bank in Massachusetts. The bank's Main Office is at 180 Merrimack St. in Haverhill. Haverhill Bank also maintains offices at 163 South Main St., 1094 Main St., 6 West Main St., Merrimac, 281 Main St., West Newbury, and 396 Main St., Salem, NH.

HAVERHILL, Mass. (14 de noviembre de 2024)—Haverhill Bank nombró recientemente gerentes de sucursal en sus oficinas de West Newbury y Salem, NH.

Fernanda Soares, quien se unió a Haverhill Bank en 2016, fue nombrada gerente de sucursal de West Newbury, mientras que Nadine M. White se unió recientemente al equipo y se desempeñará como gerente de sucursal de Salem, NH.

Soares, de Salem, NH, trabajó recientemente en Haverhill Bank como gerente de sucursal de Salem, NH y anteriormente como gerente de sucursal de Whittier Regional Technical High School y como banquera universal. También trabajó como representante de servicio al cliente y administradora de oficina en Lowell Municipal Employees Federal Credit Union durante 2014 y 2015 y como representante de cuentas nuevas en Lowell Bank de 2010 a 2014. Es graduada de Lowell High School.

White, de Danville, NH, tiene más de 35 años de experiencia en banca. Anteriormente trabajó en varias funciones en Pentucket Bank, y su último puesto fue el de gerente de sucursal en Hampstead, NH. White también ocupó varios puestos, incluido el de gerente de sucursal asistente en Kennebunk Savings Bank de 2013 a 2015, y pasó 20 años en Santander Bank (anteriormente Sovereign Bank y Fleet Bank) en una variedad de puestos que iban desde cajera principal hasta vicepresidenta asistente. Se graduó en Northern Essex Community College y Georgetown High



Nadine M. White se desempeñará como gerente de la sucursal de Salem, NH.

School. Activa en la comunidad, White es miembro de la junta directiva de Community Crossroads en Atkinson, NH.

## Acerca de Haverhill Bank

Haverhill Bank, una institución propiedad de los depositantes, fue fundada en 1877 y es el banco cooperativo más antiguo de Massachusetts. La oficina principal del banco está en 180 Merrimack St. en Haverhill. Haverhill Bank también mantiene oficinas en 163 South Main St., 1094 Main St., 6 West Main St., Merrimac, 281 Main St., West Newbury y 396 Main St., Salem, NH.

## BBB Tip: How to spot and avoid job scams this holiday season

Retailers and shippers traditionally hire seasonal workers to fulfill holiday shoppers' demands, whether online or in person. These jobs are a great way to make extra money, sometimes with the possibility of turning into a long-term employment opportunity. However, they are sometimes not all that they seem.

When looking for seasonal work to help fund holiday purchases and household bills, the Better Business Bureau has some suggestions to make the seasonal job hunt successful. According to the BBB Scam Tracker Risk Report, employment scams were the second riskiest in 2023. Being proactive in finding the right opportunity is key, but be careful when a job just seems too good to be true.

### Tips to avoid holiday job scams

- Employers will never ask for payment upfront for a job. Beware businesses that ask applicants to pay for job supplies, application, or training fees. These expenses are the employer's responsibility - and asking for money is a big red flag that something is wrong.

- Be wary of job offers that don't require an interview. Even during the peak hiring season, reputable companies prefer to talk to top job candidates before hiring them. If a job offer is presented without an interview (on the phone or in person) or is offered only via the Internet, question the company's hiring practices and do a little more digging.

- Be wary of big money for small jobs. If an employer promises outrageously good wages for simple tasks such as reshipping packages, stuffing envelopes, or answering phones, this is a red flag. These too-good-to-be-true offers are an attempt to steal your personal information from a fake job application and can cause problems for you for a long time.

- Never work for a company before they hire you. A legitimate company will not ask potential applicants to complete complex projects before making an official offer. Before beginning any work, request an offer letter or written confirmation of what the job entails, including an official start date and compensation details.

For more holiday tips, visit the BBB Holiday Tips page.

## Consejo de BBB: Cómo detectar y evitar las estafas laborales en esta temporada de fiestas

Los minoristas y transportistas tradicionalmente contratan trabajadores de temporada para satisfacer las demandas de los compradores navideños, ya sea en línea o en persona. Estos trabajos son una excelente manera de ganar dinero extra, a veces con la posibilidad de convertirse en una oportunidad de empleo a largo plazo. Sin embargo, a veces no son todo lo que parecen.

Al buscar trabajo de temporada para ayudar a financiar las compras navideñas y las facturas del hogar, Better Business Bureau tiene algunas sugerencias para que la búsqueda de trabajo de temporada sea exitosa. Según el Informe de riesgo de seguimiento de estafas de BBB, las estafas laborales fueron las segundas más riesgosas en 2023. Ser proactivo para encontrar la oportunidad adecuada es clave, pero tenga cuidado cuando un trabajo parece demasiado bueno para ser verdad.

### Consejos para evitar las estafas laborales en las fiestas

- Los empleadores nunca pedirán el pago por adelantado de un trabajo. Tenga cuidado con las empresas que piden a los solicitantes que paguen los materiales para el trabajo, la solicitud o las tarifas de capacitación. Estos gastos son responsabilidad del empleador y pedir dinero es una gran señal de alerta de que algo anda mal.

- Desconfíe de las ofertas de trabajo

que no requieren una entrevista. Incluso durante la temporada alta de contratación, las empresas de buena reputación prefieren hablar con los mejores candidatos antes de contratarlos. Si le presentan una oferta de trabajo sin una entrevista (por teléfono o en persona) o se ofrece solo por Internet, cuestione las prácticas de contratación de la empresa e investigue un poco más.

- Desconfíe de las grandes sumas de dinero por trabajos pequeños. Si un empleador promete salarios escandalosamente buenos por tareas sencillas como reenviar paquetes, llenar sobres o responder teléfonos, esto es una señal de alerta. Estas ofertas demasiado buenas para ser verdad son un intento de robar su información personal de una solicitud de trabajo falsa y pueden causar problemas durante mucho tiempo.

- Nunca trabaje para una empresa antes de que lo contraten. Una empresa legítima no pedirá a los posibles solicitantes que completen proyectos complejos antes de hacerles una oferta oficial. Antes de comenzar cualquier trabajo, solicite una carta de oferta o una confirmación por escrito de lo que implica el trabajo, incluida una fecha de inicio oficial y detalles de la remuneración.

Para obtener más consejos para las vacaciones, visite la página de consejos para la época de fiestas de BBB.

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**UN PUNTO DE VISTA** ©1996

Por Paul V. Montesino, PhD, MBA, CCP

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

**Una Palabra Para los Sabios**

Si usted ha seguido mis artículos de Punto de Vista a lo largo de los años, se habrá dado cuenta de que, con pocas excepciones, la combinación de mis artículos en inglés y español en Rumbo no ocupa más de una página por publicación, incluyendo gráficos o material secundario. Eso equivale a un promedio máximo de novecientas palabras para un artículo en inglés y novecientas cincuenta para su traducción al español. La traducción de idiomas requiere ajustes gramaticales y consideraciones que aumentan el número de palabras.

Tengo cuidado con esas pocas excepciones. Tratar de exceder ese espacio competiría con otros artículos o publicidad importantes para los editores, para la economía del periódico y, sobre todo, para ustedes, los lectores. Estamos aquí para ayudarlo o iluminarlo, no para aburrirlo. Espero que lo logremos.

Si usted ha seguido los escritos bíblicos sagrados conocidos a través de los siglos, puede estar familiarizado con un comentario inicial del "Libro", la Biblia: "En el principio era el Verbo".

Nótese que se refiere al "Verbo", no a "Los Verbos". Bastaba con que nuestro Creador comenzara con una semilla que creciera hasta convertirse en un árbol, no con ramas y ramitas que nublaran el cielo y privaran al árbol de la luz solar que necesita para crecer.

No estamos seguros de si el número de palabras usadas por los grandes escritores fue intencional, pero sabemos que crearon grandes escritos. Lo mismo ocurre cuando hablamos

de la comunicación e interacción humana. El ciclo electoral nacional recientemente finalizado nos ofreció oportunidades que excedieron lo que debería ser o debería haber sido suficiente para comunicar nuestras ideas y opiniones, pero cruzamos esa línea como lo hacemos a menudo.

No hay necesidad de añadir insultos o agresividad hacia aquellos que piensan diferente a nosotros, cualquiera que sea nuestra afiliación política. Todos los titulares de cargos electivos en el gobierno, local, regional o nacional eventualmente deben cesar y los días de aquellos que nos gustan, o nos disgustan, también deben cesar. Por supuesto, es sólo en sociedades libres como la nuestra donde finalmente llega ese fin. El mundo está lleno de ejemplos en los que ese no es el caso y los funcionarios electos tratan de permanecer en el poder para siempre. Para ellos eso es "El Verbo".

Ahora comenzamos el tiempo de recuperación. Nos da la oportunidad de renovar amistades o relaciones familiares que pueden haber sido desgastadas por nuestra política, ya sea intencional o no. Así es como debe ser, por supuesto. Los amigos y la familia son parte de nuestra naturaleza eterna, su fragilidad no lo es. Comparta el pan con ellos. Ignore los carbohidratos. Comenzamos nuestro artículo con este título: "Una palabra para los sabios".

Lo terminamos con otro: "Una palabra para los sabios es suficiente". Y no olviden esto: "El Silencio es Oro." ¡Coja el oro! No creo que necesite más de mí.

Y ese es mi punto de vista hoy. Agur.



**A POINT OF VIEW** © 1996

By Paul V. Montesino, PhD, MBA, CCP

**A Word to the Wise**

Suppose you've followed my Point of View articles through the years. In that case, you'll have noticed that, with few exceptions, the combination of my English and Spanish articles in Rumbo doesn't take more than one page per issue, including any graphics or secondary material. That comes to an average maximum of nine hundred for an English article and nine hundred fifty for its Spanish translation. Language translation requires grammatical adjustments and considerations that increase the number of words.

I'm careful with those few exceptions. Trying to exceed that space would compete with other articles or advertising important to the editors, the newspaper's economy, and primarily to you, the readers. We are here to help or enlighten you, not to bore you. I hope we succeed.

If you've followed the sacred biblical writings known through the ages, you may be familiar with a starting comment in The Book, the bible: "In the Beginning, it was The Word."

Notice that it refers to "the Word," not "the Words." It was sufficient for our Creator to start with a seed that would grow to become a tree, not branches and twigs that would cloud the sky and deprive the tree of the sunlight it needs to succeed.

We're not sure if prominent writers intentionally used a large number of words, but we know that they created big writings.

The same is true when we talk about human communication and interaction. The recently completed national election cycle offered us opportunities exceeding what should have been or should've been enough to communicate our ideas and opinions, but we crossed that line as we often do.

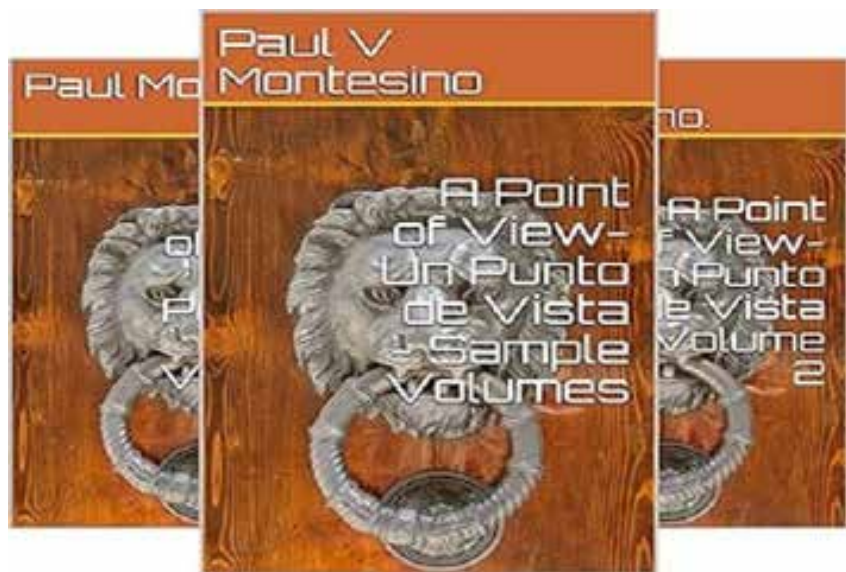
There is no need to add insult or aggressiveness towards those who think differently from us, regardless of political persuasion. All elective government position holders, local, regional, or national, eventually must cease, and the days of those we like or dislike must also do. Of course, it is only in free societies like ours that such an end eventually comes. The world is full of examples where that's not the case, and elected officials try to remain in power forever. For them, that is "The Word."

Now, we begin recovery time. It gives us an opportunity to renew friendships or family relations that may have been frayed by our politics, whether intentional or not. That's as it must be, of course. Friends and family are part of our eternal nature; their frailty isn't. Break bread with them. Ignore carbohydrates. We started our article with this title: "A Word to the Wise."

We end it with another: "A Word to the Wise is sufficient." And don't forget this: "Silence is Golden." Go for the Gold! I don't believe you need more from me.

And that is my Point of View today. So Long.

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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.

Class fee is \$50. Call 978-683-7316 for more information.



**National Hunger & Homeless Awareness Week**  
November 17- 23, 2024



Food insecurity affects so many in our community, but together, we can help alleviate hunger.

Haverhill Public Schools is hosting a district wide food and hygiene drive to collect essential items.

**What We're Looking For:**

- Canned and boxed food items
- Non-perishable snacks, cereals, and grains
- Baby food and formula
- Deodorants
- Toothpaste
- Shampoo/Conditioners
- Soap

**Where to Donate:**

**Drop-off Location**

- Any of the Schools within Haverhill Public School District.
- **McKinney Vento Office**  
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For more information please contact:

Maria Maldonado Cruz  
McKinney Vento Liaison  
978-420-1967  
maria.maldonadocruz@haverhill-ps.org





## Support for Caregivers

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Wednesdays | 4 p.m.

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*Light refreshments will be served.*

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## Massachusetts Registry of Motor Vehicles Now Offering Commercial Learner's Permit Exams in Spanish and Portuguese

New language options to help boost job opportunities, support business community

BOSTON – The Massachusetts RMV is pleased to announce it is expanding the number of languages offered for individuals interested in taking commercial learner's permit exams. Effective immediately, the knowledge exams are now available in Spanish and Portuguese, as well as in English.

To apply for a commercial learner's permit, the applicant must be a Massachusetts resident, be at least 18 years of age, have lawful presence in the United States, and have an active passenger (Class D) driver's license.

"We hope to encourage more residents to consider applying for a Commercial Driver's License by offering the exam in Spanish and Portuguese, along with English," said Transportation Secretary and CEO Monica Tibbits-Nutt. "Making the exam available in additional languages will give more residents an opportunity to get a credential which will make them eligible for many job opportunities and will also support the needs of businesses, school systems, and other employers who need CDL holders to provide essential services."

"The addition of Spanish and Portuguese for commercial learner's permit exams allows eligible applicants to take the knowledge test in one of these languages, should they choose," said Registrar of Motor Vehicles Colleen Ogilvie. "This will help remove a barrier and increase the pool of commercial drivers for companies doing business in the Commonwealth."

Applicants for a commercial license are issued a Commercial Learner's Permit (CLP) only after passing the requisite tests for the type of commercial vehicle the resident wants to operate.

"Transit ridership is continuing to tick upwards as industries recover from the impact of the pandemic, so anything we can do to make more transit bus drivers available goes a long way in supporting regional economies," said Rail and Transit Administrator Meredith Slesinger. "The Commonwealth's Regional Transit Authorities have been advocating for this change and I am pleased that we have been able to accommodate this commonsense initiative."

MetroWest Regional Transit Authority

Administrator Jim Nee said, "The recruitment and retention of highly skilled, professional, and commercial drivers is vital to providing public transit in MetroWest. The partnership and flexibility the RMV is showing by providing multilingual options highlights the ongoing willingness of the Commonwealth to be at the forefront of the post-COVID recovery through innovative solutions."

The commercial general knowledge and all endorsement tests are now available in the three languages. The language is selected at the time the applicant starts the knowledge test on the testing station computers at the RMV Service Center. There is also an audio component where the CLP applicant will see and hear the questions and answers during the testing session. Commercial testing is not available remotely, only at the Service Centers.

The road test, or driving skills test, that follows the knowledge test must be administered in English, per federal regulation. Also, per federal regulation, the use of a foreign language interpreter is not permitted.

There are other federal requirements that applicants must meet to qualify for a commercial operating privilege:

- Prove lawful presence in the United States by providing documentation such as a U.S. birth certificate or U.S. Passport, a permanent resident card or employment authorization card prior to being issued a commercial learner's permit or driver's license.
- Complete an entry level driver training (ELDT) education course from an approved vendor
- Meet federal physical and vision standards
- Complete the self-certification requirement
- Supply a medical certificate
- Pass a background check to be authorized to transport hazardous materials, if applicable.

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# Upcoming Classes at HC Media

Beginner and advanced courses open to all city residents, organizations and students

## A Message from the Director's Desk

Greetings, all of you HC Media members, volunteers, and everyone else out there just interested in what's happening in our little neck of the community!

We're smack-dab in the middle of fall, and you know what that means. Winter is not far behind, bringing with it a slew of holiday productions! What? We barely got over Halloween, you say? Well as I write this, the VFW Santa Parade is only two weeks away. Being as that event is one of our biggest productions of the year, it's full steam ahead into Happy Merry Land for us. This year's coverage is shaping up to be the best that we have ever produced, starting with the location. As the area around Harbor Place is looking more like the surface of the moon these days, we've opted to bring it back to where it all began for Haverhill Community Television in 1982. We'll be shooting directly across from the old Bradford College in Bradford. I need to throw out a huge thanks to the amazing Pat Driscoll of Driscoll Funeral Home, who has agreed to provide us with power and Internet. This year there will be more cameras, more guests, and more surprises. Here's hoping the weather is beautiful! If you're in the area, please stop by and say hey!

In other news, we've made a few new hires here at the station. Their mission... to seek out new opportunities, to explore strange new forms of content, to boldly go where no Access Center has gone before!

The first is someone who's been working with us for years in one capacity or another. You know him, you love him, you want to give him a hug... Dave Shultz is now officially on the HC Media payroll.



Matt Belfiore, Director

He'll be working part time in the Creative Operations Department with Lindsay. The other hire is the amazing Matt Scharn, our NECC intern for the semester. Matt is a graduate of Lindsay's Video Field Production class at the college, and so he comes to us with great skills and an even greater work ethic. Here's hoping we can keep Mr. Scharn around for awhile!

Well I guess that's all for this month's Director's Desk. There is so much going on here, but if I were to tell you all of it, I would need to write a book. So until we meet again... Over the river and through the woods with you! Godspeed! Eat lots of pumpkin pie and stock up on Alka-Seltzer! Happy Thanksgiving!

**UPCOMING MEMBERSHIP & EDITING CLASSES!**

- New Membership Orientation**  
November 25th @ 6PM
- Intermediate Editing Techniques**  
November 14th & 21st @ 7PM
- Introduction to Video Editing**  
December 2nd & 9th @ 6PM

To register for classes, contact us at [info@haverhillcommunitytv.org](mailto:info@haverhillcommunitytv.org) or call (978) 372-8070

**It's never too late in the year to start learning about media production! HC Media is offering free classes through the end of 2024.**

Want to get started with media production? HC Media's beginner production classes are open to you! If you are interested in becoming an HC Media member, or know someone who is, sign up for our Basic Membership class. If you have taken the Basic class and would like to get

started on video editing, HC Media will be offering a 2-night introductory Editing class using Adobe Premiere Pro in December. All classes and trainings are free and open to Haverhill residents, organization members and students.

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

— Michael Jordan



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# Higiene Mental



Por Dr. Tomás Núñez

La higiene mental es el conjunto de actividades que permiten que una persona esté en equilibrio con su entorno sociocultural. Estas acciones intentan prevenir el surgimiento de comportamientos que no se adapten al funcionamiento social y garantizar el ajuste psicológico imprescindible para que el sujeto goce de buena salud mental.

La sociedad en general debe involucrarse en la creación de un ambiente propicio para que todas las personas se encuentren en equilibrio con el entorno. La familia, el sistema educativo, el Estado y la religión, por ejemplo, aportan a la higiene mental.

Cuando hablamos de higiene mental se hace necesario que establezcamos que existen multitud de hábitos que podemos realizar de manera periódica y frecuente para conseguir que aquella sea lo óptima posible. En concreto, algunos de los más significativos son los siguientes:

Valoración positiva de uno mismo. Con esto lo que venimos a dejar patente es que se hace vital y fundamental para nuestra salud mental que reforcemos tanto nuestra autoestima como nuestra propia imagen. Y es que no sólo debemos valorar lo bueno

que tienen el resto de personas sino también nosotros mismos.

Gestión de nuestras emociones. Todas y cada una de las emociones que nos asaltan, tanto en el lado positivo como en el negativo, se hace necesario que sepamos encauzarlas e interpretarlas por nuestro bien.

Recuerdos positivos. En este caso se trata de que debemos marcharnos al pasado para recordar momentos buenos y positivos y no otros que nos hicieron daño o que nos causaron frustración.

Satisfacción de las necesidades básicas. Tener una buena higiene mental que nos proporcione una salud mental estable y equilibrada es algo que pasa, entre otras cosas, por la satisfacción de nuestras necesidades básicas. Si no satisfacemos las mismas lo que haremos será causarnos una frustración y, por tanto, un daño. Entre esas necesidades principales estaría el comer, el beber, el dormir, el practicar sexo...

Ver lo positivo. Muchas serán las situaciones y las personas que estarán presentes en nuestro alrededor y de todas ellas sólo hay que quedarse con lo que es positivo y bueno para nosotros.

La autonomía, el bienestar subjetivo, el potencial emocional y la competitividad forman parte de los factores que debe cuidar la higiene mental. Es importante tener en cuenta que la ausencia de un desorden mental reconocido (como la esquizofrenia o la psicosis) no implica el bienestar mental.

La salud mental de un individuo se refleja en su comportamiento cotidiano y está vinculada a la capacidad para manejar sus temores y angustias, controlar la ansiedad, enfrentar las dificultades y aliviar las tensiones. Todas las personas deberían poder llevar adelante una vida independiente sin que las relaciones interpersonales afecten su poder de decisión y resolución.

La higiene mental debe ser cuidada por cada individuo a través de hábitos positivos que le permitan mantener el equilibrio interno. La valoración positiva de los rasgos propios y ajenos, la catarsis emocional y el fortalecimiento de la autoestima son algunas de las cuestiones que cualquier persona debe trabajar para proteger su higiene mental y para evitar desequilibrios psicológicos que le impidan desenvolverse con normalidad.

# Mental Hygiene

By Dr. Tomás Núñez

Mental hygiene is the set of activities that allow a person to be in balance with their sociocultural environment. These actions try to prevent the emergence of behaviors that do not adapt to social functioning and guarantee the psychological adjustment essential for the subject to enjoy good mental health.

Society in general must be involved in creating an environment conducive to all people being in balance with their environment. The family, the educational system, the State and religion, for example, contribute to mental hygiene.

When we talk about mental hygiene, it is necessary to establish that there are many habits that we can carry out periodically and frequently to achieve that it is as optimal as possible. Specifically, some of the most significant are the following:

Positive self-assessment. With this, what we are trying to make clear is that it is vital and fundamental for our mental health to reinforce both our self-esteem and our own image. And it is that we must not only value the good things that other people have but also ourselves.

Management of our emotions. Each one of the emotions that assail us, both on the positive and negative side, we need to know how to channel and interpret them for our own good.

Positive memories. In this case, we must go back in time to remember good and positive moments and not others that hurt us or caused us frustration.

Satisfaction of basic needs. Having good mental hygiene that provides us

with stable and balanced mental health is something that happens, among other things, through the satisfaction of our basic needs. If we do not satisfy them, what we will do is cause frustration and, therefore, harm. Among these main needs would be eating, drinking, sleeping, having sex...

Seeing the positive. There will be many situations and people present around us and of all of them we only must keep what is positive and good for us.

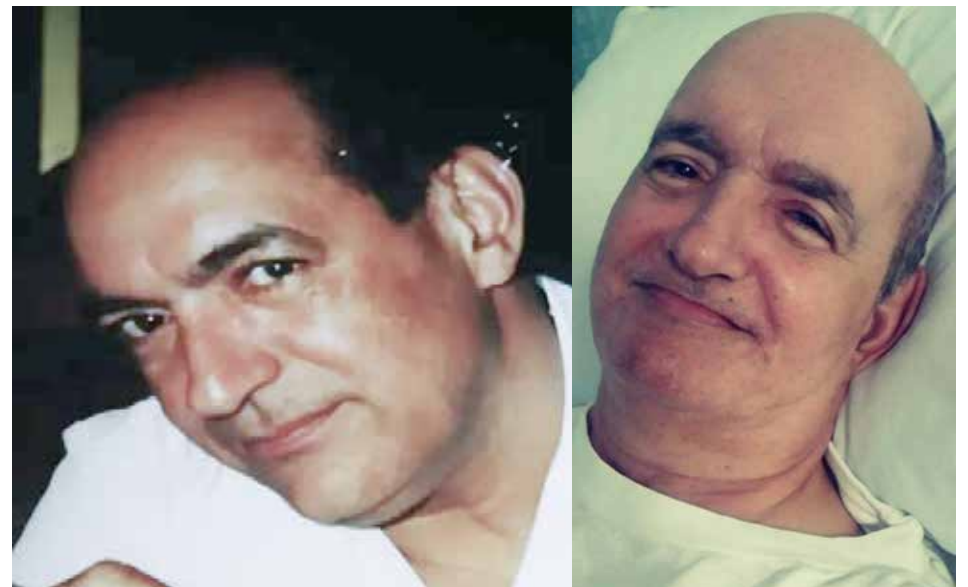
Autonomy, subjective well-being, emotional potential and competitiveness are part of the factors that mental hygiene must take care of. It is important to note that the absence of a recognized mental disorder (such as schizophrenia or psychosis) does not imply mental well-being.

An individual's mental health is reflected in their daily behavior and is linked to the ability to manage their fears and anxieties, control anxiety, face difficulties and relieve tension. All people should be able to lead an independent life without interpersonal relationships affecting their decision-making and resolution power.

Mental hygiene must be maintained by everyone through positive habits that allow them to maintain internal balance. The positive evaluation of their own and others' traits, emotional catharsis and strengthening self-esteem are some of the issues that any person must work on to protect their mental hygiene and to avoid psychological imbalances that prevent them from functioning normally.

## Cronología

### Bernardo Valdez (“Nano”)



“Nano” a los 50 años.

“Nano” ya en cama.

Bernardo Valdez (“Nano”), Dominicano, de 75 años de edad, falleció el 7 de noviembre 2024, en el Andover Forest Rehabilitation Center, North Andover.

Le sobreviven sus dos hijas Ana y Liana Valdez, junto a su nieto Michael Rivera. El hijo de Bernardo, José Valdez, falleció en el 2021.

Bernardo trabajó la mayor parte de su vida en Lawrence MA. Parte de los años 90 como conserje en la Nassar Ford y en el Departamento de Salud Mental. También fue propietario de una tienda de artículos variados en el 350 Essex Street.

Desde mediado de los 90 hasta el final de la década del 2000 fue fotógrafo en Valdez

Photo Studio y del 2013 y 2016 dedicó su tiempo con orgullo y entusiasmo a vender pastelitos por las calles de Lawrence.

Le fascinaban las actividades culturales, la lectura, escritura, la buena música, así como observar y jugar béisbol. Su pasión fue pasar tiempo de calidad con sus familiares y amistades, que hoy lo recuerdan por su alegría contagiosa y su cómico y ocurrencioso humor.

La Familia y amistades cercanas invitan a la Celebración de su Vida, el sábado, 30 de noviembre a las 12:00PM en Lawrence Heritage State Park, 1 Jackson Street, (Esquina Canal), 2do. Piso, Lawrence MA 01840.

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## Men's Basketball Tops Vermont in Season Opener



11/9/2024 | Men's Basketball | Box Score  
North Andover, Mass. - The Merrimack College men's basketball team beat the University of Vermont in their season opener 65-51. Adam "Budd" Clark scored a team-high 19 points. The point guard from Philly added six rebounds and six assists. Both Matt Becht and Sean Trumper had 11 points in their Warrior debut.

### The Essentials

Score: Merrimack 65, Vermont 51  
Records: Merrimack (1-0) | Vermont (0-1)  
Location: Lawler Arena

### Rapid Recap

• The Catamounts jumped out to an early five-point lead. Clark added the first bucket of the night for the Warriors. Bryan Etumnu knocked down a three to tie the game at five. Clark then drove the lane giving the Warriors a two-point lead. Clark hit a three to put Merrimack up by five. Vermont hit a three to cut the lead down to two. With 13 minutes to play in the first the game was tied at 11. David Murray and Armandas Plintauskas scored back-to-back buckets to put the Warriors back up four. Both teams battled back and forth for a number of minutes. With three and a half minutes to go, Vermont took the lead by one. Plintauskas hit a three to put the Warriors back up by two. Clark scored four straight

points to send Merrimack into halftime up by six.

• After nearly three minutes of no scoring, Vermont knocked down a three to make it a one possession game. Both teams traded buckets, Clark then hit a jumper to put Merrimack up five. After a free throw from the Catamounts, Trumper drove the lane for two. The Warriors added four-points to take their biggest lead of the night at 10. At the 11 minutes mark, Becht hit a three to put Merrimack up 11. Back-to-back three from Devon Savage and Becht, put the Warriors up by 16 with nine and a half minutes to play. Vermont go the lead down to 14. Becht then hit another three to swell the lead to 17. The Warriors would hold on to the lead in the final minutes with some great defensive play to win the game by 14.

### Notes and Numbers

- Etumnu finished the game with nine points and seven rebounds.
- Merrimack forced 17 turnovers in the victory.
- Both Clark and Becht finished the game with three steals, Trumper added two in the win.

### Up Next

Merrimack gets back to action on Wednesday night against VCU. Game time is set for 7 p.m. on Facebook.

## Men's Basketball Drops Matchup At VCU

11/13/2024 | Men's Basketball | Box Score  
Richmond, Va. - The Merrimack College men's basketball team dropped its first road game of the season at Virginia Commonwealth University on Wednesday night. Adam "Budd" Clark led the way for the Warriors with 19 points and five steals. Sean Trumper was the other Merrimack player in double figures with 16 points. The graduate student big man also had five rebounds.



### The Essentials

Score: Merrimack 42, VCU 63  
Records: Merrimack (1-1) | VCU (3-0)  
Location: Siegel Center

### Rapid Recap

• Clark got the scoring going for the Warriors in their first offensive possession. After a Ram free throw, he hit another jumper to put Merrimack up four. VCU then went on a five-point run to go up two. Devon Savage then knocked down a three to put the Warriors up by one. The Rams responded with a seven-point run to go up six. Matt Becht drove the lane for two, getting the advantage down to four. VCU added five straight points to go up nine. Clark scored two free throws and Trumper added a layup to get the lead down to seven. A Clark jumper with six minutes to go in the first half made it a two-possession game. The Rams then went on a 13-point run to go up 18. Trumper added two free throws making it a 16-point game. VCU finished the game on a five-point run to head into halftime up 21.

• Trumper start the second half off with a free throw cutting it down to 20. Both teams

battled back and forth for the first quarter of the second half. VCU found themselves up 26 with 14 minutes to play. Trumper drove the lane for two with eight minutes to go in the second half to cut the lead down to 24. David Murray and Clark hit two free throws to get it down to 22. A Clark jumper with four and a half minutes got the advantage down to 19 points. The Warriors could not compete the comeback, losing by 21.

### Notes and Numbers

- The Warriors shot 70% from the free throw line (17-24)
- Merrimack forced 17 turnovers in the loss, scoring 14 points giveaways.
- The Warriors scored 14 points in the paint.

### Up Next

Merrimack heads back home to take on Princeton University on Sunday in Lawler Arena. Game time is set for 1 p.m.

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

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# 6th Global Training Course for Leaders of Portuguese Communities

Azorean-American Leader Participates in International Leadership Training for Portuguese Community Leaders in Santa Maria da Feira Selected by the Portuguese Consulate-General in Boston to represent the Portuguese community in the Boston area, Daniel Romão de Melo, a Portuguese citizen born in the United States and residing between Methuen, Massachusetts, and Biscoitos, on Terceira Island in the Azores, recently participated in the 6th Global Training Course for Leaders of Portuguese Communities in Santa Maria da Feira, Portugal. Organized by Portugal's Ministry of Foreign Affairs in partnership with the Municipality of Santa Maria da Feira, this event brought together 25 community leaders from 11 countries to empower those who serve Portuguese communities around the world.

Daniel Romão de Melo, whose parents emigrated from Praia da Vitória, Terceira, has a deep connection to his Azorean roots. With extensive professional experience in residential construction and real estate investments, he has also played significant roles in cultural and community organizations. In addition to serving as Vice President of the Boston Portuguese Festival and Advisory Board Member of the Saab Center for Portuguese Studies at the University of Massachusetts Lowell, he was also President of the Portuguese American Club of Lawrence, Massachusetts, where he helped strengthen cultural and social bonds within the Portuguese-American community. More recently, he has begun contributing to Terceira's economy through initiatives in tourism and winemaking, joining the newly formed Associação de Vitivinicultores da Ilha Terceira.

This training course in Santa Maria da Feira, held from November 4 to 6, offered participants a blend of skill development and a rich cultural experience. "It's inspiring to learn alongside other Portuguese community leaders from around the world and to experience the cultural heritage that unites us," said Daniel Romão de Melo. "This training strengthens our ability to support

Portuguese communities globally and to connect them with their roots." Participants in the course engaged in five core panel discussions, including Funding Support from the DGACCP, Local Policies for Supporting Community Organizations, Generating Opportunities and Building Bridges through networking, and Government Policies for Portuguese Communities Abroad. These sessions aimed to equip community leaders with tools to foster the cultural, educational, and economic development of Portuguese communities worldwide.

Daniel Romão de Melo's participation in this event highlights his ongoing commitment to building cultural bridges between the diaspora and Portugal. With roots in both Methuen, MA, and the Azores, he actively promotes cultural pride and community engagement among Portuguese and Portuguese-descended communities. For more information on Daniel Romão de Melo's involvement with the Boston Portuguese Festival, the Saab Center for Portuguese Studies, or the Global Training Course for Leaders of Portuguese Communities, please contact directly. (photos attached)

## About the Boston Portuguese Festival

The Boston Portuguese Festival celebrates the rich cultural traditions of Portugal and the Lusophone world through various events held in the Boston area. Founded to promote the heritage and contributions of the Portuguese community, the festival engages audiences of all backgrounds with Portuguese music, art, and cuisine.

## About the Saab Center for Portuguese Studies

Based at the University of Massachusetts Lowell, the Saab Center for Portuguese Studies promotes the study of the language, literature, and culture of Portugal and the Lusophone world, providing educational and research opportunities for students and the community at large.



"Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."  
 MUHAMMAD ALI

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 WWW.rumbonews.COM



# Merrimack Valley Chamber Food Drive Networking Mixer



Thank you to everyone who joined us at the Merrimack Valley Chamber Business Networking Mixer and Food Drive at Studios 15 in Amesbury!  
Our members generously brought cans of food, all of which will go to support Our Neighbors Table in their efforts to help those in need.

# MV Chamber hosts Networking Breakfast at LeadHumano



The Merrimack Valley Chamber held a Networking Breakfast at LeadHumano Collective! It was a fantastic morning of new connections, a delicious breakfast, and an inside look at the amazing LeadHumano office.  
A big shoutout to all who attended, to our sponsor Benefit Advisors Group, and to our wonderful host LeadHumano for making this event possible!

# MV Chamber hosts networking mixer at Tuscan Market

The Merrimack Valley Chamber hosted a packed MV Chamber Coffee, Cookies, and Networking Night at Tuscan Market! It was a fantastic evening of building connections and enjoying the welcoming atmosphere of the Tuscan Market.

Special thanks to our sponsor, Haverhill Bank, and our gracious host, Tuscan Market



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BY DALIA DÍAZ  
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LEÁLO 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.

### Trans in girls' sports

This argument has been taking place for years whenever a young lady was hurt playing some sport or denied a win over a more robust competitor with male hormones.

People have complained about discrimination because they must be considered females once they undergo the transformation. Others have argued that biology cannot be denied just by changing appearance.

While that is discussed nationwide in courtrooms, it enrages anyone who loves the freedom of speech in Massachusetts.

The Salem Congressman Seth Moulton dared say during an interview with the New York Times, "I have two little girls, I don't want them getting run over on a playing field by a male or formerly male athlete."

He later said in an interview with WBZ-TV, "This is an example of a contentious issue that we have to be willing to take on as a Democratic Party . . . we're losing on issues like this."

Now, former staffers and interns of the Congressman are calling for him to apologize for speaking his mind about pronoun usage and boys playing in girls' sports.

Governor Maura Healey's reaction was, "I think a discussion about transgender athletes is a different discussion as somebody who was a college athlete. But you know there's too much conflating of things right now and what I see and what I saw in that

comment was playing politics with people," Healey said.

What happened to the people asking for tolerance? Why does no one defend Congressman Moulton's right to express his beliefs? That segment of society aspires to control thoughts and ideas to force everyone to live within its system of oppression.

Let's listen to science and the diverse opinions to make the proper decisions regarding their equality to play in girls' sports.

Demanding that people shut up is not the answer; that's tyranny.

### Oh, God! What an oblivious councilor!

City Councilor Fidelina Santiago believes she bought District A and can do whatever she wants with it. She recently wrote on her Facebook page, "Councilor of District A, Fidelina Santiago Invites you to our neighborhood holiday Party and lighting our new Christmas at the Storrow Park Saturday, November 30 at 4 pm."

She was promptly told that something like that should be placed on the council's agenda for discussion and approval.

She has been on the council long enough to familiarize herself with the rules or, at least, if she's not sure, ask somebody if it can be done. The council president is not an ogre; he's very approachable. The same goes for the city clerk.

She probably thinks she's District A Mayor.

### Check out the LRA proposals online



Although I have not been able to attend most of the Lawrence Redevelopment Authority's (LRA) meetings, my interest in their work has not changed. I try to keep abreast of the presentations by developers vying for the opportunity to build and restore Lawrence.

There have been some exciting projects, and Manny Matías of Matías Capital presented the one that impressed me most. He has a team of experienced, bilingual, and licensed real estate agents who have been serving Massachusetts, New Hampshire, and Rhode Island with great success. For disclosure, I will say that he

did major renovations in my house in 2015 and 2016 to our total satisfaction.

He plans to change the face of Methuen Street in a way no one has dreamt of. These diagrams briefly show what it will be like with businesses on the first floor and housing above. He's planning on having a rooftop restaurant, the first in the city.

Talk about forward-thinking! I wish him all the best.

You can view all the projects on the LRA's website: <https://lawrenceredevopmentauthority.org/>

**"It is frightful that people who are so ignorant should have so much influence."**

— George Orwell  
[www.facebook.com/poets01](http://www.facebook.com/poets01)

fb/david avocado wolfe

**A brave snake saving a fish from drowning.**

**This is how the media reports the news these days.**

### Revise las propuestas del LRA en la internet



Aunque no he podido asistir a la mayoría de las reuniones de la Autoridad de Reurbanización de Lawrence (LRA), mi interés en su trabajo no ha cambiado. Trato de mantenerme al tanto de las presentaciones de los desarrolladores que compiten por la oportunidad de construir y restaurar Lawrence.

Ha habido algunos proyectos emocionantes, y Manny Matías de Matías Capital presentó el que más me impresionó. Tiene un equipo de agentes inmobiliarios experimentados, bilingües y con licencia que han estado prestando servicios en Massachusetts, New Hampshire y Rhode Island con gran éxito. Para mayor claridad,

diré que hizo renovaciones importantes en mi casa en 2015 y 2016 a nuestra total satisfacción.

Planea cambiar la cara de Methuen Street de una manera que nadie ha soñado. Estos diagramas muestran brevemente cómo será con los negocios en el primer piso y las viviendas arriba. Está planeando tener un restaurante en la azotea, el primero de la ciudad.

¡Qué visión de futuro! Le deseo todo lo mejor.

Usted puede ver todos los proyectos presentados en la página web del LRA: <https://lawrenceredevopmentauthority.org/>

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# Noviembre es el Mes de la Adopción de Mascotas Mayores

Aquí te contamos por qué los perros y gatos de “cierta edad” se pueden convertir en los mejores amigos

Material Digital: Fotos / BRoll

En el Santuario de Animales de Best Friends Animal Society en Kanab, -el más grande del país-, los perros mayores son tan valorados que poseen su propia área especial llamada "Old Friends" (Viejos Amigos). Allí, docenas de perros mayores disfrutan de una vida llena de cariño, premios y aventuras mientras esperan ser adoptados en sus años dorados.

Caso contrario sucede en los albergues de todo el país donde los adultos mayores (que se refiere a mascotas de seis años en adelante), son a menudo una de las poblaciones más vulnerables. Por eso, Best Friends Animal

Society, una organización líder en el bienestar animal que trabaja para poner fin al sacrificio de perros y gatos en los albergues de Estados Unidos para el año 2025, está alentando a los posibles adoptantes a considerar a un adulto mayor este noviembre, mes de la Adopción de Mascotas Mayores.

“Las mascotas mayores son especiales y están tan agradecidas de encontrar un hogar amoroso nuevamente”, dijo Julie Castle, CEO de Best Friends Animal Society. “Adoptar una mascota mayor es muy gratificante porque le estás dando a un perro o gato maravilloso una segunda oportunidad en la vida. A cambio, tendrás un fantástico compañero”.



Aquí tienes algunas razones más para adoptar una mascota mayor:

- Ya sea que busques un compañero activo para salir a caminar o un "perezoso" para hacerte compañía en el sofá, puedes encontrar la mascota mayor ideal para cualquier estilo de vida.
- En lugar de tener que entrenar a un cachorro o gatito, las mascotas mayores suelen ser bien educadas y solo necesitan un breve repaso para aprender su nueva rutina en el hogar.
- Los consejeros de adopción a menudo tienen notas sobre mascotas mayores con un historial positivo de convivencia con niños, otras mascotas y ser entrenadas para vivir en interiores, por lo que encontrar al compañero adulto adecuado puede ser más fácil que con una mascota joven.
- Si buscas una raza específica, es más fácil encontrarla en los albergues y grupos de rescate con adultos mayores. También existen rescates específicos de razas que suelen tener mascotas mayores fantásticas.

Para encontrar un albergue o rescatista local cerca de tu casa, visita [salvaunamascota.org](http://salvaunamascota.org).

Best Friends Animal Society es la organización líder en bienestar animal, que trabaja para lograr que para el año 2025 se haya puesto fin a la práctica de sacrificar perros y gatos en los albergues de los Estados Unidos. Fundada en 1984, Best Friends es pionera en el movimiento “no-kill” y ha ayudado a reducir la cantidad de animales sacrificados en los albergues, de aproximadamente 17 millones por año a 415,000. Best Friends lleva a cabo programas que salvan vidas en todo el país y tiene el santuario más grande del país. Trabajando en forma conjunta con una red de alrededor de 4,800 socios dedicados a promover el bienestar animal, Best Friends está trabajando para salvar a todas las mascotas, Save Them All®. Para más información, visita [SalvaUnaMascota.org](http://SalvaUnaMascota.org).

### Redes sociales

Facebook: [@bestfriendsanimalsocietynespanol](https://www.facebook.com/bestfriendsanimalsocietynespanol)  
Instagram: [bestfriends\\_enespanol](https://www.instagram.com/bestfriends_enespanol)



# Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

## Knights fall in national quarterfinal to Mohawk Valley

Batavia, NY (November 12, 2024) – The six seeded Northern Essex Community College men’s soccer team saw their 14-game winning streak snapped in the national quarterfinal on Tuesday night as they fell to third seeded Mohawk Valley by a final score of 4-1. The Knights fall to 14-3 on the season.

The Hawks jumped out to 3-0 lead in the game’s opening 25 minutes as they opened the scoring at the 8:27 mark tucking a loose ball away into the corner when they Knights couldn’t clear the box. MVCC would add another pair of goals at the 18:47 mark and again at 24:03.

NECC would get on the board just before the 30 minute mark when Jadiel Bomfim (Nashua, NH) converted a penalty kick after he was taken out by the

MVCC goalkeeper on a one on one scoring opportunity.

Mohawk Valley took the momentum back just three minutes later when they scored their fourth goal of the half coming down the left side of the field and beating Knights keeper Will Paganini (Derry, NH) to his right to close out the games scoring in the first half.

For the game, MVCC outshot the Knights by a 18-12 margin while Paganini was forced to make six saves compared to three for the Hawks.

The Knights who are making their first ever national tournament appearance will close out their season on Thursday afternoon when they will take on Joliet Junior College in a consolation match at 1:30pm.

## #11 Men’s basketball bounces back with 90-67 win over Bunker Hill

Boston, MA (November 15, 2024) – On Thursday evening the Northern Essex Community College men’s basketball team bounced back from their first conference loss in over two years with a win over Bunker Hill. With the win the Knight improve to 3-2 overall and 2-1 in conference play.

The Bulldogs jumped out to an early advantage before the Knights began to take control of the game with an 18-point advantage at halftime 48-30.

Javien Kirmil (Lowell) and Christian Moscat (Lawrence) shared game high point

totals as they recorded 14 points apiece. Alex Johnson (Worcester) added 10 points to give the Knights a trio of double-digit point scorers.

Karl Wolfgang (Douala, CM) added a game high nine rebounds.

The Knights shot a season high 49.2 percent from the floor.

They will close out a three game road swing on Saturday when they travel to Community College of Rhode Island for a 2:00pm tip off in Warwick.

## Women’s basketball makes it three in a row with win over Bunker Hill

Boston, MA (November 15, 2024) – The Northern Essex Community College women’s basketball team made it three wins in a row on Thursday night as they defeated the host Bulldogs by a 74-60 final. With the win the Knights improve to 3-1 overall and 3-0 in conference play.

NECC held a five-point advantage at the end of the first quarter, 16-11 and took that same lead into the locker room at half time as both teams scored 15 points each in the second stanza before the Knights opened up the lead in the third quarter.

The Knights got 26 points each out of both Mirelys Morales (Dracut) and Rhaelyn

Gutierrez (Methuen). Shaneley Henriquez (Lawrence) added 15 points to give NECC three in double digits on the night.

Amy Fluet (Methuen) and Rebecca Heathman (Billerica) both added a team high 13 rebounds, with Morales added 10 of her own for a double-double performance.

The Knights shot 40.6 percent from the floor on 28 of 69 shooting while going 11 of 14 from the free throw line.

The Knights will head to Warwick, RI on Saturday for a 12:00pm tip-off with CCRI in a rematch of last seasons Region 21 championship game from March.



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## Fire victims / Víctimas de incendios

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

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

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

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



# CLASIFICADOS | CLASSIFIEDS

## LEGAL NOTICE

### NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after November 29, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2006 Nissan Altima VIN 1N4AL11D76N459448
2. 2011 Chevrolet Silverado 1500 VIN 3GCPKSE38BG327509

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

Signed  
Kevin Stuart  
Stuart's Automotive  
11/8, 11/15, 11/22

## LEGAL NOTICE

### NOTICE OF PUBLIC SALE

Notice is hereby given by Trombly Bros., Inc. of 141-153 Sutton Street North Andover, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell the following vehicles on or after November 22, 2024 beginning at 10:00 am by public or private sale to satisfy their garage keeper's lien for towing, storage, and notices of sale. Vehicles are being stored at Trombly Bros., Inc.

1. 2010 Acura TL VIN 19UUA8F54AA011497
2. 2018 Chevrolet Trax VIN 3GNCJNSB2JL292090
3. 2005 Honda Pilot VIN 2HKYF18545H542705

Signed,  
Mark Trombly  
Trombly Bro., Inc.  
11/1, 11/8, 11/15

## LEGAL NOTICE

### NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicle on or after November 22, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2008 Hyundai Veracruz VIN KM8NU73C68U052144

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

Signed  
Kevin Stuart  
Stuart's Automotive  
11/1, 11/8, 11/15

## 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 22, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2010 Nissan Versa VIN 3N1BC1CP4AL360054
2. 2005 Pontiac Grand Prix VIN 2G2WP522X51263677
3. 2003 Dodge Ram VIN 1D7HU18N43J594481
4. 2018 Honda Civic VIN 19XFC2F77JE202327
5. 2021 Nissan Altima VIN 1N4BL4DV0MN363135

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

Signed  
Frank Coady  
Coady's Towing Service  
11/1, 11/8, 11/15

## LEGAL NOTICE

### NOTICE OF PUBLIC SALE

Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L. CH. 255, Section 39A, that they will sell or junk the following vehicles on or after December 9, 2024 beginning at 10:00 am by private or public sale to satisfy their garage keeper's lien for towing, storage, and lien fees. Vehicles are being stored at Sheehan's Towing and may be viewed by appointment only.

1. 2020 Jeep Compass VIN 3C4NJDCB8LT104797
2. 2021 GMC Sierra 1500 VIN 3GTU9DED7MG262514
3. 2022 Nissan Rogue VIN JN1BJ1AW6NW478431
4. 2020 Honda CR-V VIN 2HKRW2H85LH686300
5. 2020 Honda CR-V VIN 2HKRW2H57LH655555
6. 2013 Hyundai Santa Fe VIN 5XYZUDLB5DG123325
7. 2018 Jeep Cherokee VIN 1C4PJLCB2JD518356
8. 2013 Honda Accord Crosstour VIN 5J6TF1H59DL001423

Robert Sheehan  
Owner, Sheehan's Towing L.L.C.  
11/15, 11/22, 12/1



### Caregiver Support Group Online via Zoom

Wednesday, November 20 | 11 a.m.

Join Bridges® memory care experts and other caregivers who understand the complexities of caring for a loved one with memory loss.

Our Zoom support groups offer the opportunity to ask questions, share stories, and learn strategies to make caring for your loved one a less stressful and more fulfilling experience for you both.

[Register for Zoom Support Group](#)

We also offer in-person support group opportunities. Reach out to your local Senior Advisor for details.

### Early-Stage Support Group Online via Zoom

Wednesday, November 27 | 11 a.m.

We invite those with early-stage dementia to join us for a guided conversation and open forum.

Connect with others who are coping with memory loss – people who truly understand what you're experiencing. Ask questions of our memory care professionals and share your concerns. Learn about resources available and practical tips to help you live an active life while planning a secure future.

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

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

**The Merrimack Valley Immigrant & Education Center**

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

The classes will meet on Tuesdays and Thursdays either from 9 AM to 11:30 AM or 6 M to 8:30 PM.

Class fee is \$50. Call 978-683-7316 for more information.



**PRESS PREVIEW**

**ABELARDO MORELL: IN THE COMPANY OF MONET AND CONSTABLE**

**THURSDAY, NOVEMBER 21, 10 AM**  
 EUGENE V. THAW GALLERY FOR WORKS ON PAPER,  
 MANTON RESEARCH CENTER

Join us for a first look at the Clark Art Institute's latest special exhibition, *Abelardo Morell: In the Company of Monet and Constable*. Cuban-American photographer Abelardo Morell (b. 1948, Havana; lives and works in Boston) has walked in the paths of Claude Monet and John Constable, using his signature Tent/Camera technology to capture the places where these leading nineteenth-century landscape painters made their iconic works. Morell will personally guide this tour of the exhibition, which showcases over a dozen of his large-scale photographs.

Welcoming Remarks  
**Olivier Meslay**  
 Hardymon Director

Curatorial Remarks  
**Anne Leonard**  
 Manton Curator of Prints, Drawings, and Photographs

Exhibition Tour  
**Abelardo Morell**

*RSVP by November 19 to [cmccormack@clarkart.edu](mailto:cmccormack@clarkart.edu)*

**WILLIAMSTOWN, MASSACHUSETTS**  
**CLARKART.EDU**

Abelardo Morell: In the Company of Monet and Constable is organized by the Clark Art Institute and curated by Anne Leonard, Manton Curator of Prints, Drawings, and Photographs.

Generous support for this exhibition is provided by the Troob Family Foundation.

Abelardo Morell, Tent-Camera Image, Poppy Field #2, Near Villeval, France (detail), 2023, archival pigment print, Courtesy of the artist and Edgema Hook Gallery

**THE CLARK**

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

**¡Gracias por tu apoyo!**