



Over 100 Children Were Adopted on National Adoption Day, Friday 22nd

Newton, MA – On Friday, November 22nd, National Adoption Day was celebrated with the legalization of 116 adoptions from foster care across Massachusetts. The George N. Covett Courthouse was host to an inspiring celebration, inviting families, children, community members, and the media to commemorate the adoption of 20 children and teens in Brockton.

Distinguished speakers at the event included the Honorable Kim Driscoll, Lieutenant Governor of the Commonwealth of Massachusetts; the Honorable Heidi E. Brieger, Chief Justice of the Trial Court; the Honorable Dana M. Gershengorn, Chief Justice of the Juvenile Court Department;

Staverne Miller, Commissioner for the Department of Children and Families; and adoptive family Hillary and Kent Pigeon, among others.

This year is the 22nd anniversary of the joint National Adoption Day celebration in Massachusetts. It dates back to November 2002, when DCF, the courts, and the Massachusetts Adoption Resource Exchange (MARE) joined efforts to raise awareness about the need for adoptive families. Right now, 2,460 children are waiting to be adopted in Massachusetts, hundreds of them at risk of aging out of foster care without a permanent family.

Cuidando a un ser querido esta Navidad

Bridges by EPOCH, un centro de vida asistida para el cuidado de la memoria en Andover, ofrece seminarios y charlas sobre estos temas de forma gratuita para el público. Uno reciente, durante las fiestas, estuvo repleto de información útil para las familias. Pg. 5



Susan Tourtillotte, senior advisor at Bridges, Andover.

Caring for a loved one during the Holidays

Bridges by EPOCH, a memory care assisted living facility in Andover, offers seminars and talks on these topics free to the public. A recent one, about the holidays, was packed with useful information for families. Pg. 6

MeVa Stuff-A-Bus

MeVa is proud to announce the return of its Stuff-A-Bus Drive, an initiative to collect toys, clothes, and non-perishable food items to support local families. The drive will take place on Friday, December 6, at two convenient locations:

Target in Haverhill: 9:00 AM – 11:00 AM

Target in Methuen: 1:00 PM – 4:00 PM

The Stuff-A-Bus Drive invites the community to come together and help bring joy and essential items to families and individuals in need this holiday season. All donations collected will go directly to Neighbors In Need and Debbie's Treasure Chest, ensuring the spirit of giving reaches as many people as possible.

Items Needed:

- New, unwrapped toys
- Gently used or new clothing
- Non-perishable food items

MeVa invites everyone to get involved and contribute to making a positive impact. Whether it's a toy for a child, a warm coat for a family member, or food for the table, every donation helps bring hope and happiness to the community. Together, we can stuff the bus and hearts with holiday cheer!

For additional information about the MeVa Stuff-A-Bus Drive, contact: Betsaida Jarvis, Office: 978469-6878 x 119, Bjarvis@mevatransit.com

YMCA Honors Socratic, Inc. and Community Volunteers



Credit: Borrero Photography

Honorees at the 144th Annual Meeting of the Merrimack Valley YMCA. From left: YMCA President and CEO Francis J. Kenneally III, Alan Dorson, Melanie Griffin, Donna Aldrich, Chris Sullivan, and Socrates De La Cruz. Missing from photo was Linda Buell. Pg. 9

Request for Proposals for EA Family Shelter Site Meal Preparation, Delivery, and Service Program

Community Teamwork, Inc. (CTI) is requesting proposals from prospective restaurant/catering vendors to meet the food preparation, delivery, service, and clean-up for an emergency family shelter site in Methuen, MA, supporting seventy-five (75) families. The proposed vendor must have the capacity to provide required Meal Service twice daily, seven days a week, for at a minimum, six months, with an opportunity for additional service period(s). Specifications with instructions for applicants are available upon request from: Phyllis Marion, Purchasing Coordinator, CTI; request via email to: Pmarion@commteam.org.

All required bids using the requisite format must be received by December 16th, 2024 by 12:00 pm EST (noon). CTI reserves the right to accept or reject any or all proposals not deemed in the best interest of CTI. This notice is provided for informational purposes only, applicants shall be subject in all respects to the terms and conditions contained in the actual RFP. CTI supports the MA Supplier Diversity goals pursuant to Executive Order 565, including the SDP Commitment.

Community Teamwork Fair Housing program

People with disabilities are entitled to reasonable accommodations or modifications that allow them to fully enjoy their housing. Learn more and get help requesting accommodations or modifications from a housing provider by contacting the Community Teamwork Fair Housing program at 978-654-5637 or fairhousing@commteam.org. Any opinions or recommendations expressed in this message are those of the author(s) and do not necessarily reflect the views of the Department of Housing and Urban Development.

Vivienda Justa de Community Teamwork

Las personas con discapacidades tienen derecho a adaptaciones o modificaciones razonables que les permitan disfrutar plenamente de su vivienda. Obtenga más información y ayuda para solicitar adaptaciones o modificaciones a un proveedor de vivienda comunicándose con el programa de Vivienda Justa de Community Teamwork al 978-654-5637 o fairhousing@commteam.org. Las opiniones o recomendaciones expresadas en este mensaje son las del autor y no necesariamente reflejan las opiniones del Departamento de Vivienda y Desarrollo Urbano.

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Celebrate the Second Annual Culinary Celebration in Lowell



Photo courtesy of the City of Lowell Event Save the Date, pictures from Culinary Celebration 2023 - Girls Inc and community partners enjoy the event and Booty Vortex takes the stage at the LMA.

Join the City of Lowell for an evening of delicious tastes, fun music, and community spirit at the Culinary Celebration 2024, set to take place on Thursday, December 12, 2024, from 4:30PM to 7:30PM at the Lowell Memorial Auditorium. This year's event features 20 local restaurants offering a taste of Lowell's unique culinary heritage, as well as live entertainment from Booty Vortex.

"We are thrilled to bring the Culinary Celebration back after such an enthusiastic response last year," said City Manager Thomas A. Golden, Jr. "This event highlights not only the incredible food culture in Lowell, but also the spirit of togetherness and generosity that defines our community. We invite everyone to join us in celebrating local flavors while highlighting a local organization making a positive impact, the Lowell Humane Society."

Residents and visitors are invited to explore an array of cuisines that reflect the cultural diversity of Lowell. From savory to

sweet, there's something for every palate. In addition to local food and live music, attendees have the option to support the Lowell Humane Society, a local nonprofit organization on a mission to care for animals in need.

Event Details:

- Date: Thursday, December 12, 2024
- Time: doors at 4:30PM, live music starts at 5:30PM
- Location: Lowell Memorial Auditorium, 50 E Merrimack St, Lowell, MA
- Admission: Free, no tickets required

Don't miss this opportunity to gather with friends, family, and neighbors to honor the city's rich culinary traditions while highlighting a great local cause.

For more information, visit: <https://www.facebook.com/share/19kUGDxrWX/>

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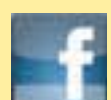
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Medicare: ¿cómo tomar decisiones informadas para escoger el plan correcto?

Por Steven Ruiz, vocero de Medicare Advantage para Humana

Con más de 40 años de experiencia en el cuidado de la salud, he tenido la oportunidad de ver cómo van aumentando las necesidades de atención médica, a medida que avanza nuestra edad. Esta perspectiva única me permite hablar tanto desde la experiencia profesional como personal y poder aconsejar a todas aquellas personas que son elegibles para Medicare sobre cómo revisar cuidadosamente sus opciones de atención médica para 2025.

Este es el momento perfecto para analizar el tipo de beneficios que necesitamos, ya que el período de inscripción estará abierto hasta el 7 de diciembre, lo que nos da la oportunidad de seleccionar el plan de Medicare Advantage y plan de recetas médicas que se ajusten mejor a nuestras necesidades y presupuesto con tiempo.

Medicare Advantage son planes ofrecidos por compañías de seguros privadas, diseñados para personas de 65 años o más, o que son elegibles debido a una incapacidad. Al igual que Medicare Original, los planes de Medicare Advantage cubren gastos médicos y visitas al médico, pero también pueden incluir beneficios adicionales que se ajustan a las necesidades de cada paciente. Por ejemplo: cobertura de medicamentos, atención dental, visual o

auditiva.

Para aquellas personas que eligen Medicare Original para cobertura hospitalaria y médica, las compañías de seguros privadas ofrecen planes independientes que incluyen la cobertura de medicamentos recetados o Parte D —Planes de Medicamentos Recetados— para ayudar a cubrir el costo de las recetas médicas.

Estas son mis recomendaciones para elegir un plan de manera informada:

Costos: Evalúe con detalle los costos asociados con el plan que elija para evitar gastos inesperados. Medicare Advantage cubre costos médicos que incluyen visitas médicas y servicios de emergencia. Estos costos nunca deben sobrepasar el monto máximo del desembolso que ya se conoce de antemano. Tener claro el monto que debe pagar puede hacer una gran diferencia, especialmente si necesita atención médica regular.

Cambios en el plan: Siempre recomiendo revisar la información que recibe de su compañía de seguros para asegurarse de obtener la cobertura que realmente necesita. Los beneficios y costos de un plan pueden cambiar cada año, por lo que es importante mantenerse informado sobre las diferencias. Por ejemplo, este año un cambio significativo es la reducción del

máximo desembolso para medicamentos recetados; esto significa que aquellos que dependen de estos medicamentos para estar saludables, pagarán menos dinero.

Red de proveedores: Verifique si sus médicos preferidos forman parte de la red de proveedores del plan y entienda los costos dentro y fuera de esta red, para asegurarse de que el plan se ajuste a su presupuesto y estilo de vida. Con los planes de Medicare Advantage, las reglas varían según el tipo de plan. Algunos tienen redes de proveedores limitadas y requieren una referencia escrita para ver a un especialista, mientras que

otros le permiten ver a proveedores fuera de la red sin necesidad de ser referido por su médico primario.

Tómese el tiempo para evaluar sus opciones y elegir el plan adecuado para usted o su ser querido. Explore sus opciones de cobertura de Medicare a través de la página Medicare.gov, donde puede comparar planes y beneficios y obtener un costo estimado para cada plan. Puede obtener información sobre los planes de Humana en Humana.com/MedicareFAQ.

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POR DALIA DÍAZ
daliadiaz@rumbonews.com

■ READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



¿Están empeorando las cosas?

Hay varias cosas que están sucediendo en Lawrence sobre las que se habla muy poco, y los lectores buscan información en Rumbo. Tenga la seguridad de que si ve algo en estas páginas, se confirma que es verdad. El problema es que hay tanto secretismo que es imposible encontrar algo que valga la pena escribir.

Mi tema favorito es la Autoridad de Reurbanización de Lawrence (LRA, por sus siglas en inglés) que sigue haciendo lo que quiere, y a nadie parece importarle. Tengo muchas preguntas sobre lo que están haciendo y nunca escucho de nadie que me explique o corrija mis teorías. Disfruté asistir a sus reuniones e incluso me ofrecí como voluntario para formar parte del comité que revisó la propuesta solicitada. Desafortunadamente, durante los últimos dos meses, no he podido ir ni siquiera ver las reuniones, pero estuve presente en la reunión del 20 de noviembre. Me enteré de que, a partir del 1 de enero de 2025, la LRA será una entidad separada que pagará a sus empleados mediante el formulario W-9, no el 1099.

También hubo un informe financiero del Sr. Cintrón, que aparentemente fue traído por Octavien Spanner. Él ofreció un Informe de Gestión, Autoridad de Reurbanización de Lawrence, para el período que termina el 31 de octubre de 2024. Mencionó la cifra de más de \$800,000 gastados por la LRA este año. Algunos miembros de la junta cuestionaron cosas como "materiales de construcción", pero nada significativo. El único miembro que hace preguntas es Sara Pérez. Es molesto que nadie parezca tener curiosidad por un gasto tan significativo.

Recordemos que el Ayuntamiento le dio a la LRA \$2.5 millones en la primavera,

y recuerdo que el presidente Jeovanny Rodríguez dijo que debían informar cómo lo usaron. Una vez más, nadie pregunta.

Hay demasiado secretismo en el Ayuntamiento. Solicitamos información que debería hacerse pública, y se niega o se ignora. Me esfuerzo mucho por recopilar información, documentos y declaraciones para escribir sobre hechos, y nunca chismorreo, y ellos lo hacen muy difícil.

Un ejemplo perfecto es que podríamos ir a la página web de la ciudad y copiar las actas de las reuniones del Ayuntamiento y los subcomités, la LRA y la Comisión de Discapacidad. Ya no se publican allí. Vivimos en la oscuridad. ¿Dónde está la transparencia? No tengo tiempo para informar al Procurador General o al Inspector General de la Commonwealth cada vez que me niegan una solicitud o descubro alguna irregularidad, pero hay que hacer algo.

La Navidad comienza oficialmente en Lawrence...

La gente puede pensar que me estoy metiendo con Fidelina Santiago, concejala del Distrito A, pero ¿qué debo hacer? Solo estoy tratando de enseñarle cómo hacer las cosas, pero ella no escucha.

Ella planeó hacer una fiesta de iluminación del árbol de Navidad en Storrow Park, pero cuando le dijeron que hay reglas para esas actividades y que debería haberlo planteado ante el ayuntamiento, era demasiado tarde para ir como lo exigen las reglas. En cambio, ella sigue adelante con sus planes, mostrando a la comunidad cómo los concejales de la ciudad pueden violar las reglas mientras todos los demás deben pedir permiso. ¡Eso es un líder!

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Hubo una duda sobre si el Departamento de Obras Públicas proporcionaría la electricidad para la festividad, pero más tarde, se descubrió que no había energía en ese parque, lo que resultó en el uso de un generador.

El alcalde Brian DePeña estaba molesto porque no se llevaría a cabo ninguna celebración navideña hasta que él encendiera el árbol frente al ayuntamiento, marcando el comienzo de la temporada. Probablemente no fue lo suficientemente fuerte porque ella va con la fecha que había fijado, ganándole de mano.

Matías está de regreso en la oficina del alcalde

No importa cómo diga esto, muchos de ustedes lo malinterpretarán. Santiago Matías y Milagros saben muy bien que soy su amigo y no dudo en llamarlos cuando necesito algo, pero hay algo que debe decirse.

Matías ha elegido varios trabajos con la ciudad y, más recientemente, fue el Jefe de Gabinete del alcalde. Últimamente, ha

estado actuando de manera extraña (esa es la palabra más suave que pude encontrar para describirlo), y luego un día, dejó el trabajo y luego presentó una carta de renuncia.

Tuvo suerte de que el alcalde DePeña lo aceptara nuevamente a partir del próximo lunes, y esta decisión me confundió porque está dando el mensaje equivocado a los empleados de la ciudad y a la comunidad en general al ser indulgente, suave y sensible, y eso no es lo que debe ser la máxima autoridad en la ciudad.

Entonces, alguien me envió este párrafo que Matías escribió en su página de Facebook:

"La mitología griega nos habla de Antaeus que era un gigante Guerrero su madre era Gaea, la diosa de la tierra y era invencible porque cuando lo derribaban la tierra le daba más fuerzas. La derrota le daba más fuerza. Conoces a alguien así???"

Continuó diciendo que siempre que cae, se levanta más fuerte y otras cosas, sonando como un niño malcriado egoísta. ¡No te caíste, te rendiste! ¿Qué tal un poco de humildad en lugar de arrogancia?

Mi razón para traer esas dos historias es mostrar que algo muy importante falta en la estrategia del alcalde al cargo: carácter. Es la máxima autoridad de la ciudad y no debe permitir que nadie lo pisotee.

No piensen ni por un momento que no quiero hacer algo sobre Michael Owens, el ex director de personal. No voy a hacer algo de lo que luego me pueda arrepentir por no ser completo o veraz. Tal vez tenga que ir al fiscal general para obligar a la ciudad a que me diga la verdad sobre lo que pasó.

Lo que yo entiendo hasta ahora es que estaba dentro del período de prueba que le permitió a la ciudad despedirlo del trabajo, y había razones serias para despedirlo. Ese es otro aspecto en el que el alcalde ha demostrado su debilidad. El miedo a que alguien pueda demandar a la ciudad paraliza a todos los que ceden a sus demandas. A ese ritmo, desperdiciaremos todo el excedente o superávit si lo entregamos sin luchar.

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Cuidando a un ser querido durante las Navidades y días festivos



Por Dalia Díaz

¡Llegó la mejor época del año! Nuestras tradiciones y costumbres cobran vida con las reuniones familiares y de amigos. ¡Qué tiempos más felices!

También hay estrés relacionado con la temporada, en particular si un miembro de la familia muestra síntomas o fue diagnosticado con demencia. Estos familiares pueden estropear las celebraciones si los demás no están al tanto de su condición y comportamiento, pero hay algunas cosas que puede hacer.

Bridges by EPOCH, un centro de vida asistida para el cuidado de la memoria en Andover, ofrece seminarios y charlas sobre estos temas de forma gratuita para el público. Uno reciente, durante las fiestas, estuvo repleto de información útil para las familias.

Junto con la emoción de esperar con ansias las tradiciones familiares y los recuerdos especiales, hay estrés y tristeza al pensar en lo diferentes que son las cosas en comparación con años atrás, y aprender a manejarlas es de suma importancia.

Puede ser abrumador para un cuidador pensar en cómo manejar todos los altibajos. Las Navidades pueden ser momentos enriquecedores y significativos tanto para los cuidadores como para las personas con pérdida de memoria, pero es posible que sea necesario modificar ciertas tradiciones o celebraciones.

Esta es la época para conectarse con familiares y amigos, recordar el pasado y esperar con ansias lo nuevo, practicar tradiciones y creencias religiosas, y dar y recibir amor y agradecimiento.

También hay desafíos durante estos días, como preocupaciones por los viajes, horarios, cambios inesperados, aumento del ruido y personas y lugares desconocidos.

Una persona con demencia puede sentir incomodidad o irritación debido al cambio de rutina, la cantidad de personas, el ruido, la sobreestimulación general, la

ansiedad o la vergüenza de que los demás noten su pérdida de memoria.

Un cuidador puede sentirse abrumado por las responsabilidades de cuidado mientras intenta mantener las tradiciones navideñas. También puede dudar en invitar a otros a compartir la festividad, por temor a que los invitados se sientan incómodos con los cambios de memoria de la persona.

Consejos para superar las Navidades

Hay algunas cosas que puede hacer para asegurarse de que todo salga según lo planeado, pero primero debe ajustar las expectativas para usted y sus seres queridos. No se presione para mantener todas las tradiciones o asistir a todos los eventos. Sea honesto consigo mismo y planee hacer solo lo que pueda razonablemente manejar; evite asumir demasiadas tareas. Pida y acepte ayuda cuando sea necesario.

Trate de mantener una rutina diaria normal para su ser querido, incluso si requiere reducir o modificar sus tradiciones. Comunique abiertamente sus inquietudes sobre las celebraciones o tareas de las fiestas a amigos y familiares; hágales entender que su familiar puede no comportarse como en el pasado y puede esperar que cambien de tema o se alejen durante una conversación.

El primer paso para aliviar el estrés

Sea sincero sobre la situación, pero evite hablar de ella con su ser querido presente. Prepare a la familia y amigos con anticipación, recuérdelos que su familiar puede no recordarlos, pero aún puede disfrutar de su compañía. Dé ejemplos de posibles comportamientos inusuales y brinde consejos sobre cómo interactuar con su ser querido y qué evitar. Comparta ideas sobre formas significativas de interactuar.

Debe planificar un área tranquila para que la persona se retire si las cosas se vuelven demasiado agitadas. Si va a una casa o un lugar desconocidos, lleve consigo un objeto de "confort" favorito, como una manta o una almohada.

Siempre que sea posible, debe optar por lo que le resulte familiar. Organice los eventos en su casa en lugar de en restaurantes o lugares desconocidos y considere la posibilidad de que su familia organice la comida en su casa si es un lugar familiar para su ser querido. Considere limitar la cantidad de invitados a una reunión.

Si los síntomas aumentan por la noche, tal vez el almuerzo o el brunch sean una mejor opción. Para reducir su lista de tareas pendientes, pida a familiares o amigos que traigan platos para una comida al estilo potluck o solicite la comida a domicilio de un restaurante o servicio de catering local.

Consejos para la decoración navideña

Para mantener el espacio tranquilo y seguro, trate de limitar la decoración

navideña. Evite reorganizar los muebles o crear obstáculos de cualquier tipo. Evite luces parpadeantes o grandes exhibiciones que puedan causar confusión. Reemplace las velas encendidas por velas eléctricas. Use decoraciones que ayuden a recordar recuerdos y tradiciones familiares.

Involucre a su ser querido

Encuentre formas de involucrar de manera segura a su ser querido en las actividades y tradiciones navideñas, como preparar la comida, envolver regalos, decoraciones, etc., y concéntrese en actividades que sean significativas para la persona.

Cantar villancicos, leer las Sagradas Escrituras u hornear recetas familiares preciadas pueden ser más significativas que asistir a un evento social que puede volverse abrumador.

Entre las actividades significativas para las fiestas se encuentran pasear en auto entre exhibiciones de luces, escuchar y cantar música navideña, recordar con fotos antiguas de las fiestas, poner la mesa para las cenas navideñas, hacer o enviar tarjetas navideñas, mirar las tarjetas que reciben juntos, colgar adornos o colocar decoraciones, crear manualidades navideñas sencillas como casas de jengibre o adornos florales, leer una historia navideña favorita o ver una película clásica de Navidad.

Cuando se trata de hacer regalos, piense en lo que esta persona disfruta en esta etapa. Rompecabezas o actividades para personas con demencia; revistas o libros con letras e imágenes grandes; ropa fácil de usar y cuidar; álbumes de fotos (o

mantas, tazas, etc.); artículos sensoriales o muñecos de terapia/mascotas de compañía; música favorita (y reproductores de música); películas clásicas o cintas de programas de comedia antiguos; juegos sencillos o familiares; lociones y artículos de tocador para aromaterapia.

Cómo manejar los viajes durante las vacaciones

Siempre que sea posible, utilice los medios de transporte que le resulten familiares; evite los lugares o los horarios de viaje concurridos; informe al personal de viajes sobre las necesidades especiales; viaje cuando su ser querido esté en su mejor momento; mantenga las rutinas diarias lo más fielmente posible; regístrese en MedicAlert/Safe Return; viaje con elementos de identificación e información médica.

Las navidades son un momento para reunirse con amigos y seres queridos para recordar el pasado y mirar hacia un futuro brillante. Concéntrese en disfrutar el tiempo juntos y enfóquese en las cosas positivas de la vida.

Lo más importante en esta época no son los regalos ni las decoraciones perfectas, sino la sensación de que te quieren en todo momento.

Bridges byEPOCH está ubicado en 254 Lowell St., Andover, MA. Para obtener información sobre el calendario de presentaciones futuras, puede comunicarse con Susan Tourtillotte, asesora principal, en stourtillotte@Bridgesbyeepoch.com.



Emotional and Practical Support for Caregivers

Join Us on Zoom

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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All Bridges by EPOCH locations are accredited by Purple Flag for Dementia Care™. This illustrates our company-wide ongoing commitment to excellence with adherence to 60 best practices, extensive team member training, and a collaborative approach.





MEMORY CARE ASSISTED LIVING AT ANDOVER

BridgesbyEPOCH.com

978.289.4100

254 Lowell Street

Andover, MA 01810

Caring for a loved one through the Holidays



Tips for Getting Through the Holidays

There are some things you can do to ensure things go as planned, but first, you must adjust expectations for yourself and your loved ones. Don't pressure yourself to maintain every tradition or attend every event. Be honest with yourself and plan to do only what you can reasonably manage; avoid taking on too many tasks. Ask for and accept help when needed.

Try to maintain a normal daily routine for your loved one, even if it requires paring down or modifying your traditions. Openly communicate your concerns about holiday celebrations or tasks with friends and family; let them understand that your relative may not behave as in the past and expect them to change the subject or walk away during a conversation.

The First Step to Easing Stress

Be candid about the situation but avoid discussing it with your loved one present.

Prepare family and friends ahead of time, reminding them that your loved one may not remember them but can still enjoy their company. Give examples of possible unusual behaviors and provide tips on how to interact with your loved one and what to avoid. Share ideas on meaningful ways to engage.

You should plan a quiet area for the person to retreat to if things get too hectic. If you go to an unfamiliar home or location, take along a favorite "comfort" item, such as a blanket or a pillow.

You should stick with the familiar when possible. Keep events at home rather than in unfamiliar restaurants or locations and consider having your family host the meal at their house instead if it's a familiar place for your loved one. Consider limiting the number of guests at a gathering.

If the symptoms increase in the evening, perhaps lunch or brunch will be a better choice. To reduce your to-do list, ask family or friends to bring dishes for a potluck-style meal or have food delivered by a local restaurant or caterer.

Tips for Holiday Decorations

To keep the space calm and safe, try to limit holiday decorations. Avoid rearranging furniture or creating obstacles of any sort. Avoid blinking lights or large displays that may cause confusion. Substitute electric candles for burning candles. Use decorations that help recall memories and family traditions.

Involve Your Loved One

Find ways to safely involve your loved one in holiday activities and traditions, such as food preparation, wrapping gifts, decorations, etc., and focus on activities that are meaningful to the person.

Christmas caroling, reading scripture, or baking cherished family recipes may be more meaningful than attending a social event that may become overwhelming.

Among the meaningful holiday activities are driving through light displays, listening to and singing along with holiday

music, reminiscing with old holiday photos, setting the table for holiday dinners, making and/or sending holiday cards, looking at holiday cards you receive together, hanging ornaments or placing decorations, creating simple holiday crafts such as gingerbread houses or wreaths, reading a favorite holiday story, or watching a classic Christmas movie.

When it comes to gift-giving, think of what this person enjoys at this stage. Puzzles or activities for those with dementia; magazines or books with large print and pictures; easy-wear and care clothes; photo albums (or blankets, mugs, etc.); sensory items or therapy dolls/companion pets; favorite music (and music players); classic movies or tapes of old comedy shows; simple or familiar games; lotions and toiletries for aromatherapy.

Managing Holiday Travel

Stick with familiar modes of

transportation whenever possible; avoid busy places or travel times; advise travel personnel about special needs; travel when your loved one is at their best; maintain daily routines as closely as possible; register with MedicAlert/Safe Return; travel with ID items and medical information.

Holidays are a time to gather with friends and loved ones to reminisce about the past and look forward to a bright future. Concentrate on enjoying your time together and focus on the positive things in life.

The most important thing at the holidays is not the gifts or perfect decorations— it's the feeling that you are loved at any given moment.

Bridges byEPOCH is located at 254 Lowell St., Andover, MA. For information about the future schedule of presentations, you may contact Susan Tourtillotte, senior advisor, at stourtillotte@Bridgesbyepoch.com.

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By Dalia Díaz

The best time of the year is here! Our traditions and customs come alive with friends and family gatherings. Oh, happy times!

There is also stress related to the season, particularly if a family member is showing signs or was diagnosed as having dementia. These relatives may put a damper on the celebrations if others are not aware of their condition and behavior, but there are some things that you can do.

Bridges by EPOCH, a memory care assisted living facility in Andover, offers seminars and talks on these topics free to the public. A recent one, in the holidays, was packed with useful information for families.

Along with the excitement of looking forward to family traditions and special memories, there's stress and sadness thinking about how different things are from years ago, and learning to manage is of the utmost importance.

It may be overwhelming for a caregiver to think about managing all of the ups and downs. Holidays can be meaningful, enriching times for both caregivers and those with memory loss, but certain traditions or celebrations may need to be modified.

Holidays are for connecting with family and friends, reminiscing about the old and looking forward to the new, practicing traditions and religious beliefs, and giving and receiving love and thanks.

There are also challenges during the Holidays, such as travel concerns, schedules, unexpected changes, increased noise, and unfamiliar people and places.

A person with dementia may feel discomfort or irritation due to the change in routine, the number of people, noise, general over-stimulation, anxiety, or embarrassment about others noticing their memory loss.

A caregiver may feel overwhelmed by caregiving responsibilities while trying to maintain holiday traditions. They may also be hesitant to invite others to share the holiday, fearing the guests will be uncomfortable with the person's memory changes.



Support for Caregivers

IN-PERSON SUPPORT GROUP

Wednesdays | 4 p.m.

October 9 | November 13 | December 11

Light refreshments will be served.

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

Kindly contact Senior Advisor Susan to RSVP.

Send an Email

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ANUNCIO DE AUDIENCIA PÚBLICA Y SOLICITUDES

AÑO FISCAL 2026

SUBVENCIONES PARA PROGRAMAS FEDERALES DE HUD- CDBG, HOME Y ESG

El Municipio de Lawrence, a través de su Oficina de Planificación y Desarrollo, llevará a cabo audiencias públicas y un taller para el desarrollo de su Plan de Acción Anual y el uso de aproximadamente \$2.7 millones en subvenciones, provenientes de fondos federales del Departamento de Desarrollo Comunitario, conocido como CDBG, el programa HOME, y la Subvención de Soluciones de Emergencia (ESG). Estos fondos estarán disponibles alrededor del 1ro de Julio del 2025. La cantidad actual de fondos dependerá de apropiaciones por el Congreso.

La ciudad está solicitando propuestas para el AÑO FISCAL 2026 financiada por CDBG. En la Audiencia Pública el día 4 de Diciembre del 2024 se presentarán los logros de los programas y proyectos que recibieron financiación en el año anterior, se solicitarán ideas y recomendaciones para establecer prioridades en nuevo Plan de Acción, y se proporcionará información sobre los fondos del CDBG y se explicará el proceso de solicitud para el próximo año. El día 11 de Diciembre del 2024 se ofrecerá un taller MANDATORIO para responder preguntas y asistir con las aplicaciones (si no asiste no podrás aplicar). Las audiencias y talleres son totalmente accesibles y abiertos al público en general. Habrá una audiencia pública el 6 de Febrero del 2025 para las presentaciones ante el Comité de Asesoramiento de Desarrollo Comunitario.

Las personas que requieran traducción o lenguaje por señas en inglés, deben comunicarse con la oficina antes del día 20 de Noviembre del 2024 llamando al teléfono (978) 620-3510 o envíe un correo electrónico a mcolon@cityoflawrence.com.

Si desea que se revise su solicitud de propuesta antes de la fecha límite, envíe un correo electrónico a mcolon@cityoflawrence.com para programar una cita. (El horario disponible para este servicio será del 6 de Enero del 2025 al 10 de Enero del 2025 de 9:00 a.m. a 12:00 p.m.)

Las aplicaciones estarán disponibles en la página de internet del Municipio de Lawrence www.cityoflawrence.com el miércoles 4 de Diciembre del 2024 después de las 9:00am.

Una vez completadas, las solicitudes deberán ser recibidas por la Oficina de Planificación y Desarrollo del municipio de Lawrence, ubicada en el 360 de la calle Merrimack Entrada K oficina 270 en Lawrence, MA, antes de las 3:00pm del viernes 24 de Enero del 2025. Aquí debajo están las fechas de las reuniones relacionadas con el Proceso de Solicitudes de Propuestas.

FECHA	EVENTO	LUGAR
Miércoles 4 de Diciembre del 2024 de 5:30-7:30 pm	Audiencia Pública	Biblioteca Pública de Lawrence 51 de la calle Lawrence
Miércoles 11 de Diciembre del 2024 de 5:30-7:30 pm	Taller Mandatorio CDBG	Biblioteca Pública de Lawrence 51 de la calle Lawrence
Jueves 6 de Febrero del 2025 de 5:30-9:30 pm	Audiencia Pública Presentaciones de los Solicitantes	Escuela South Lawrence East 165 de la calle Crawford

Brian A. DePeña, Alcalde



ANNOUNCEMENT OF PUBLIC HEARING and Request for Proposals (RFP) FY 2026 Action Plan

COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) and HOME Program

The City of Lawrence, through its Office of Planning and Development, will conduct Public Hearings and a Workshop regarding the development of the Annual Action Plan and the use of approximately \$2.7 million in Federal Community Development Block Grant (CDBG), and HOME funds available on or about July 1, 2025. The actual amount will depend on Congressional appropriations.

The City is soliciting applications for Fiscal Year 2026 CDBG funding. A Public Hearing on Wednesday, December 4, 2024 will review the accomplishments of programs receiving funding in the current and past year, solicit ideas and recommendations for priorities in the new Action Plan, and provide information on the CDBG funding and application process for the upcoming year. A MANDATORY Workshop for all applicants on December 11, 2024 will answer questions and assist with their applications (If you do not attend you cannot apply). A public hearing on February 6, 2025 will be for applicant presentations to the Community Development Advisory Board.

The hearings and workshops are fully accessible and open to all. Individuals requiring translation or American sign interpreters are asked to contact the office at (978) 620-3510 or via email at mcolon@cityoflawrence.com by November 20, 2024.

(Office hours January 6, 2025 to January 10, 2025 between 9:00am and 12:00pm) If you would like your RFP submission reviewed prior to the deadline please email mcolon@cityoflawrence.com to schedule a time.

Application materials will be available on the city's website www.cityoflawrence.com on Wednesday, December 4, 2024 after 9 a.m.

Completed applications must be received at the Office of Planning and Development 360 Merrimack Street Entrance K Unit 270 Lawrence, MA, no later than Friday, January 24, 2025 by 3:00 p.m. Below is the schedule of 3 meetings related to the RFP process.

DATE	EVENT	LOCATION
Wednesday December 4, 2024 5:30 -7:30 p.m.	Public Hearing Accomplishments/Process	Lawrence Public Library 51 Lawrence Street
Wednesday December 11, 2024 5:30-7:30 p.m.	Mandatory CDBG Workshop	Lawrence Public Library 51 Lawrence Street (Applicant Assistance)
Thursday February 6, 2025 5:30-9:30 p.m.	Public Hearing Presentations by Applicants	South Lawrence East School 165 Crawford Street

Brian A. DePeña, Mayor

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**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.

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

"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

La Ciudad de Lawrence Celebra la Transformación del Parque Mullaney "Hancock"

Lawrence, MA (Noviembre 21, 2024) – La Ciudad de Lawrence celebró con orgullo la gran reapertura del Parque Mullaney "Hancock", un sitio histórico que ha sido revitalizado para servir a la comunidad para las generaciones venideras. A la ceremonia asistieron el Alcalde Brian A. DePeña, funcionarios electos de Lawrence, Awilda Pimentel, directora de la Oficina de Planificación y Desarrollo Comunitario, concejales de la ciudad, departamentos de policía y bomberos de Lawrence y Marina Acosta de la oficina del senador Pavel Payano, junto con residentes y miembros comunitarios.

El evento marcó la culminación de un proyecto de restauración de \$500,000 financiado a través de fondos de Subvención en Bloque para el Desarrollo Comunitario (CDBG), que transformó este parque abandonado hace mucho tiempo en un espacio seguro y acogedor para familias, niños y miembros de la comunidad.

El Alcalde DePeña pronunció un discurso elocuente, destacando la importancia histórica del parque y el impacto directo en la comunidad.

"Este parque, donado a nuestra ciudad a principios del siglo XX por la Essex Company, simboliza nuestra herencia compartida", dijo el Alcalde DePeña. "Hoy no sólo celebramos la reapertura de un parque; celebramos la resiliencia, la comunidad y nuestro compromiso compartido de hacer de Lawrence un lugar mejor para todos".

El Parque Mullaney "Hancock" ahora cuenta con numerosas mejoras, que incluyen:

- Nuevas canchas de baloncesto

- Un nuevo portabicicletas y contenedores de basura renovados

- Paisajismo revitalizado, incluidos árboles plantados por Groundwork Lawrence

- Rehabilitación de un muro de piedra histórico para proteger los tribunales

- Campos de béisbol

- Cercas reparadas para garantizar la seguridad a largo plazo

- Gradas

El parque honra la memoria del sargento John Mullaney, un héroe de Lawrence de la Primera Guerra Mundial que hizo el máximo sacrificio en el bosque de Argonne en 1918.

La celebración contó con música de King Jy, comida provista por Flavor Fusion Fest y comentarios sinceros de los líderes comunitarios. Este esfuerzo de colaboración detrás de la transformación del parque incluyó contribuciones de TEC Engineers, Belko Landscaping Construction, Groundwork Lawrence, también en asociación con DPW, Servicios Humanos y de Salud de la Ciudad de Lawrence y organizaciones locales.

El Parque Mullaney "Hancock" ahora está listo para atender a cientos de niños y familias diariamente, incluidos estudiantes de las escuelas Guilmette y Hennessey, residentes de la Autoridad de Vivienda Pública de Hancock y la comunidad de Tower Hill.



City of Lawrence Celebrates the Transformation of Mullaney "Hancock" Park

Lawrence, MA (November 21, 2024) – The City of Lawrence proudly celebrated the grand reopening of Mullaney "Hancock" Park, a historic site that has been revitalized to serve the community for generations to come. The ceremony was attended by Mayor Brian A. DePeña, Lawrence Elected Officials, Awilda Pimentel, Director of the Office of Planning and Community Development, City Councilors, Lawrence Fire and Police Departments, and Marina Acosta from Senator Pavel Payano's office, along with residents and community stakeholders.

The event marked the culmination of a \$500,000 restoration project funded through Community Development Block Grant (CDBG) funds, which transformed the long-abandoned park into a safe, welcoming space for families, children, and community members.

Mayor DePeña delivered a heartfelt speech, highlighting the park's historical significance and its future impact on the community.

"This park, gifted to our city in the early 1900s by the Essex Company, symbolizes our shared heritage," said Mayor DePeña. "Today, we are not just celebrating the reopening of a park; we are celebrating resilience, community, and our shared commitment to making Lawrence a better place for everyone."

Mullaney "Hancock" Park now boasts numerous improvements, including:

- Brand-new basketball courts

- A new bike rack and updated trash receptacles

- Revitalized landscaping, including trees planted by Groundwork Lawrence

- Rehabilitation of a historic stone wall to protect the courts

- Baseball fields

- Repaired fencing to ensure long-term safety

- Bleachers

The park honors the memory of Sergeant John Mullaney, a World War I hero from Lawrence who made the ultimate sacrifice in the Argonne Forest in 1918.

The celebration featured music by King Jy, food provided by Flavor Fusion Fest, and heartfelt remarks from community leaders. It underscored the collaborative effort behind the park's transformation, which included contributions from TEC Engineers, Belko Landscaping Construction, Groundwork Lawrence, also in partnership with DPW, Health and Human Services from the City of Lawrence, and local organizations.

Mullaney "Hancock" Park now stands ready to serve hundreds of children and families daily, including students from the Guilmette and Hennessey Schools, residents of the Hancock Public Housing Authority, and the Tower Hill community.



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Debemos atrevernos a ser grandes, y debemos darnos cuenta de que la grandeza es el fruto del trabajo, el sacrificio y el gran coraje.

"We must dare to be great; and we must realize that greatness is the fruit of toil and sacrifice and high courage."

- Theodore Roosevelt

Merrimack Valley YMCA's Annual Meeting Honors Socratic, Inc. and Community Volunteers

LAWRENCE – The Merrimack Valley YMCA celebrated its 144th Annual Meeting by recognizing volunteers for their community service and dedication to the values of the Y.

The Y presented youth empowerment organization Socratic, Inc., and its founder, Socrates De La Cruz of Lawrence, with the Community Partner of the Year Award.

The Merrimack Valley YMCA is a leading non-profit for healthy families, youth development and social responsibility. The Merrimack Valley YMCA is comprised of the Lawrence Y, Andover/North Andover Y, Methuen Y and Camping Services branches.

In addition to Socratic, Inc., five community members were honored for their support of the Y's branches.

"We are so proud to recognize our volunteers who have given so much of themselves to support the Y's mission," said Francis J. Kenneally III, Merrimack Valley YMCA CEO and president. "These dedicated volunteers and partners play a key role in the success that we have had an organization this past year."

Socratic, Inc. inspires and empowers youth to recognize, develop, and achieve their full potential. Through scholarships and support, Socratic, Inc., is dedicated to helping youth in the Merrimack Valley grow, thrive and succeed.

"I am deeply touched that our organization is receiving this award," said De La Cruz. "Desmond Tutu once said, we have to stop pulling people out of the river and go upstream to see why they're falling in. At Socratic, Inc., we believe in going upstream. We're committed to the Y, to Frank and his team because their work is also going upstream."

Under the leadership of De La Cruz, Socratic, Inc., has created positive change and shows a commitment to advancing youth development – a mission that is closely aligned to the work of the Merrimack Valley YMCA.

"He's bridging the gap for youth to move forward on their academic journey and he's building their character and strength along the way," Kenneally said. "We've been so proud to work alongside Socratic, Inc., through our CORE 4 leadership program and see the impact."

The Y also recognized five individuals for outstanding volunteer service.

Linda Buell of Methuen was recognized by the Methuen Y for leadership of the food pantry, with serves more than 4,100 families monthly.

Alan Dorson of Epping, NH, a past winner, has been a steadfast leader for the Y Camping Services Branch, which includes three camp programs. His stewardship of the Complete the Fleet campaign has helped the Y to raise \$1.6 million toward a \$2 million goal to modernize the island camp boat transportation fleet.

Melanie Griffin of Tewksbury was awarded by the Andover/North Andover

Branch for a being a champion of the Y who gives her time, passion and ideas to make the Y the best place it can be.

Central Catholic High School Principal Chris Sullivan was honored for his dedication and years of service to the Lawrence Y, serving on the board and working with our teen programs.

"Together we are able to provide opportunity for our local teens to attain a top-notch education, preparing our young leaders for the next crucial steps in their lives," said Joe Agosto, executive director of the Lawrence Y. "Chris is instrumental in growing our partnership and increasing our impact to ensure our ability to continue to provide this resource and support for years to come."

Donna Aldrich of North Andover, outgoing YMCA Board of Director's Chairwoman, was recognized by Kenneally for her board stewardship. Under Aldrich's leadership, the Y board has worked on its own development, increased its diversity in members, and engaged in thoughtful strategic planning to set up the Y for long term success.

This year, through memberships, camps, youth programs and social services, the Merrimack Valley YMCA impacted more than 75,000 people. Some highlights of the Y's work in 2024 include:

- Provided 126,000 pounds of food to 7,300 families through the Lawrence Food pantry
 - Cared for 900 children in child care and after school care programs across five locations
 - Awarded 150 youth and teens with scholarships to attend day and overnight camps
 - Held over 13,300 swimming lessons to teach youth this life-saving skill
 - Supported 133 eighth graders through the Lawrence Y Adelante Program with skill building, mentoring and scholarship
- To learn more about the Merrimack Valley YMCA and its programs visit <http://www.mvymca.org>.

About the Merrimack Valley YMCA

The Merrimack Valley YMCA is a leading nonprofit that works to enrich our communities through healthy living, youth development and social responsibility. With deep roots serving the Merrimack Valley, the Y is comprised of the Andover/North Andover YMCA, the Lawrence YMCA, the Methuen YMCA, Camp Lawrence and Camp Nokomis on Lake Winnepesaukee, and Day Camp Otter in Salem, New Hampshire. Each of these branches and camps responds to the needs of our distinct communities, creating an organization rich in cultural, social, and economic diversity. Through quality programs, services, volunteers, and staff, the Merrimack Valley YMCA is constantly working to make healthier lives achievable for everyone. *Mus consulis Mulerecri sinatiu rnisses in diciend*



Back row: Alex Perez, Socratic Inc.; Evan Silverio, Silverio Insurance; Socrates De La Cruz; Tobit Garcia, JPS Corp.; Francis J. Kenneally, Merrimack Valley YMCA.

Front row: Stephanie Guyotte, Merrimack Valley YMCA; Sophan Smith, EforAll; Claudia Soo Hoo, Merrimack Valley YMCA; Anexis Sanchez, Jeanne D'Arc Credit Union; Karina Calderon, Lawrence General Hospital.



This is Socrates and his team at Socratic Inc.

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"Love and compassion are necessities, not luxuries. Without them, humanity cannot survive."

"El amor y la compasión son necesidades, no lujos. Sin ellos, la humanidad no podrá sobrevivir."

Dalai Lama

UMass Lowell and Home Base Collaborate To Support Veterans' Health and Well-Being

New LINC Partner Builds on University Expertise in Human Performance

Home Base, a National Center of Excellence dedicated to providing lifesaving clinical care for the invisible wounds of war, has announced a partnership with UMass Lowell as its next location to expand its regional footprint. This new site, situated within the Lowell Innovation Network Corridor (LINC), will offer critical resources to veterans and military families across northern and western Massachusetts, southern New Hampshire, Vermont, and Maine.

This collaboration — which will also include LINC partner Mass General Brigham — aims to expand access to essential services, address the unique needs of veterans and military families across the region, and contribute to ongoing efforts to improve care for those impacted by traumatic brain injury, post-traumatic stress and other unseen injuries.

"UMass Lowell is deeply committed to supporting our veterans and advancing research that addresses their unique challenges," UMass Lowell Chancellor Julie Chen. "Partnering with Home Base allows us to take our strengths in many areas such as psychology, physical therapy and kinesiology, nutrition, medical sensors/ devices, and virtual and augmented reality, and apply them to make a meaningful impact on the lives of those who have served our nation."

Retired Brigadier General Jack Hammond, Executive Director of Home Base, also praised the partnership.

"Home Base is broadening our mission to heal the invisible wounds of our Nation's Heroes by addressing the wider range of challenges they face from their service, including blast injury, trauma, and a range of associated risks," said Hammond. "Our new HealthSpan approach is designed to empower Veterans to lead healthy, productive lives, free from brain injury, mental health struggles, Pain, and chronic health issues and injuries. We are excited to collaborate with UMass Lowell and deeply value their expertise and resources, which will help us continue providing best-in-class care to the Veterans we serve."

The UMass Lowell site will offer both in-person and telehealth services, expanding Home Base's reach to underserved areas. It will be located near the university's ROTC program and HEROES (Harnessing Emerging Research Opportunities to Empower Soldiers), a collaborative center with U.S. Army Combat Capabilities Development Command (DEVCOM) that focuses on advanced research to support military personnel. This strategic location will create a collaborative environment supporting future innovations in veterans' health and national security.

The partnership will also scale up its efforts by engaging with Mass General Brigham, the U.S. Department of Health and Human Services Advanced Research Projects Agency for Health, the Advanced Regenerative Manufacturing Institute (ARMI) / BioFabUSA, the National Institutes of Health (NIH), and other leading organizations.

"This collaboration exemplifies how UMass Lowell and the Lowell Innovation Network Corridor can drive groundbreaking research and deliver critical care to our veterans," said UMass President Marty Meehan. "The work happening at UMass

Lowell will not only improve lives but also strengthen Massachusetts' leadership in the life sciences."

Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service Members, Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education, and research — all at no cost to them — regardless of era of service, discharge status or geographical location. Founded by the Boston Red Sox organization and Massachusetts General Hospital in 2009, Home Base operates the first and largest private sector clinic in the United States out of Massachusetts, with locations in Florida, Arizona and soon expanding to Houston. Home Base has provided lifesaving care and support to over 40,000 Veterans and their Family across all 50 states, five territories and 13 countries and trained more than 85,000 clinicians nationwide.

Officials Praise Partnership

U.S. Rep. Lori Trahan: "Our veterans deserve access to high-quality, compassionate care, and this collaboration between Home Base and UMass Lowell marks a significant step forward in supporting our local heroes. This partnership is a testament to the power of community-driven solutions, and I am proud to see it launch in the heart of my district. Together, Home Base and UMass Lowell will ensure that veterans and their families can access essential services close to home, reinforcing Massachusetts as a national leader in veteran care."

Lowell City Manager Tom Golden: "This partnership brings together two exceptional institutions committed to serving our veterans and advancing groundbreaking research. By establishing a Home Base site here, UMass Lowell and LINC are reinforcing Lowell's role as a center for innovation and community impact. This initiative will provide crucial resources to our veterans and military families while enhancing Lowell's position as a city dedicated to supporting those who have served."

U.S. Sen. Ed Markey: "The brave service members and veterans who have served our country deserve to get the groundbreaking, holistic care that Home Base provides. The collaboration between Home Base and UMass Lowell will provide critical services to veterans, service members, and their families to address both physical and mental health needs. This partnership represents a powerful commitment to those who have committed to serve us, and I am grateful to see Massachusetts leading the way with innovative and compassionate care."

For more information on Home Base's programs or the UMass Lowell partnership, please visit Home Base or UMass Lowell.

About UMass Lowell

A top Massachusetts public university, UMass Lowell is a national research university in the heart of a Gateway city. The university offers its students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs, vigorous



UMass Lowell Chancellor Julie Chen, UMass President Marty Meehan and Home Base executive director, Retired Brigadier General Jack Hammond, signed a Memorandum of Agreement welcoming Home Base as the latest Lowell Innovation Network Corridor partner Wednesday, Nov. 20. / PHOTO BY ED BRENNEN



Hammond and Chen met Nov. 20 to sign a Memorandum of Agreement, formalizing the partnership. Chancellor Chen and General Hammond sign the Memorandum of Agreement Wednesday, Nov. 20. / PHOTO BY ED BRENNEN

hands-on learning and personal attention from leading faculty and staff, all of which prepares graduates to be leaders in their communities and around the globe. www.uml.edu

About Home Base

Home Base is a national nonprofit dedicated to healing the invisible wounds of war for Veterans of all eras, Service

Members, Military Families and Families of the Fallen through world-class, direct clinical care, wellness, education and research — all at no cost to them — regardless of era of service, discharge status or geographical location. The program was founded by Massachusetts General Hospital and the Boston Red Sox organization in 2009. For more information visit: <https://www.homebase.org>.



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Elección escolar y cómo el nuevo liderazgo educativo impactará a las familias

En 2024, más de 15 estados aprobaron leyes importantes que amplían las opciones educativas, ofreciendo a las familias hispanas inmigrantes más oportunidades para elegir lo mejor para sus hijos. Sin embargo, muchas aún enfrentan desafíos para conocer y aprovechar estas alternativas.

Krissia Campos Spivey, senior director de Conoce tus Opciones Escolares, está disponible para entrevistas para hablar sobre temas como:

- Cómo estas políticas están impactando a las comunidades hispanas.
- Qué implica el nuevo liderazgo educativo para la expansión de la elección escolar.
- Historias reales de familias hispanas transformando la educación de sus hijos con estas oportunidades.
- Cuáles son los derechos de los inmigrantes que hacen parte del sistema K-12?

Datos clave para entender la tendencia:

- En 2023, el 72% de los padres consideraron nuevas escuelas para sus hijos, frente al 52% en 2022.
- El 64% de las familias hispanas dice necesitar más información sobre las opciones educativas disponibles.

Este es un momento clave para abordar cómo las familias hispanas están navegando el panorama educativo actual. Si deseas programar una entrevista o recibir información por favor envíame un correo a lucia@schoolchoiceweek.com o llámame al 202-480-2927 ext 823.

Gracias!

Lucía Matamoros
 Manager of education policy and media relations
 National School Choice Awareness Foundation

Merrimack Valley Credit Union Welcomes New Vice President of Finance and Treasury

Brian Harrington will oversee the finance and treasury divisions of the credit union

Lawrence Mass. – Oct. 21, 2024 —Merrimack Valley Credit Union (MVCU) is excited to announce that Brian Harrington has joined the organization as vice president of finance and treasury. Harrington brings extensive experience in financial management and strategic planning, making him an exceptional addition to MVCU's senior leadership team.

Harrington earned both his undergraduate and graduate degrees in finance at Suffolk University in Boston, Mass. He began his career in banking at State Street and subsequently held roles at other large financial institutions including Liberty Mutual, Citizens Bank and Amundi US (formerly Pioneer Investments), where he developed valuable skills in financial planning and analysis, budgeting and strategic planning.

Harrington joined the world of community banking at Newburyport Bank, where he worked as a senior financial analyst, assistant vice president, and vice president, director of financial planning and analysis. In addition to enjoying his daily duties—Harrington says his “heart is in community banking”—he appreciated the bank’s focus on supporting the community. He most recently worked as vice president of financial planning and analysis at Lighthouse Credit Union (formerly Northeast Credit Union) in Portsmouth, N.H.

Joining MVCU in summer 2024 was an easy transition, as Harrington was interested in a community-focused financial institution positioned for growth.

“I am excited to be part of an institution that is active in my community because I feel like there’s a lot more that I can personally do to help my community by working here,” says Harrington, who currently resides in Amesbury, Mass. “And with recent mergers and the announcement of the credit union’s new name, it’s really exciting to be at a growing credit union that still embraces a supportive, neighborhood feel.”

Harrington grew up in Hookset, N.H., and has lived along the Merrimack River for most of his life. When he is not working, Harrington can be found spending quality time with his wife and two sons, ages five and three.

In his new role, Harrington will oversee MVCU's financial operations and strategic financial planning, playing a critical part in ensuring the credit union's continued financial stability and growth.



MVCU's Vice President of Finance & Treasury Brian Harrington.

When asked what he is most looking forward to, Harrington says:

“I’m looking forward to helping develop and grow our team to best prepare our credit union for a bright future. I’m excited to improve upon the efficiency of our team and the sophistication of our reporting, and to build more relationships throughout our community.”

To learn more about MVCU’s team, please visit www.mvcu.com/news.

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

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

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

– Michael Jordan

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Principio Tierra



Por Tomás Núñez, ThD

Nunca se había hablado tanto de la Tierra como en los últimos tiempos. Hasta parecería que la Tierra acabara de ser descubierta. Los seres humanos han hecho un sinnúmero de descubrimientos, pueblos indígenas escondidos en las selvas remotas, seres nuevos de la naturaleza, tierras distantes y continentes enteros. Pero la Tierra nunca fue objeto de descubrimiento. Fue necesario que saliésemos de ella y la viésemos desde fuera para descubrirla como Tierra y Casa Común.

Eso ocurrió a partir de los años 60 con los viajes espaciales. Los astronautas revelaron imágenes antes nunca vistas. Usaron expresiones conmovedoras como “la Tierra parece un árbol de navidad colgado en el fondo azul del universo”, “es bellísima, resplandeciente, azul y blanca”, “cabe en la palma de mi mano y puedo taptarla con mi pulgar”. Otros tuvieron sentimientos de veneración y de gratitud y rezaron. Todos regresaron con un renovado amor por la buena y vieja Tierra, nuestra Madre.

Esta imagen del globo terrestre visto desde el espacio exterior, divulgada diariamente por las televisiones del mundo entero, suscita en nosotros un sentimiento de sacralidad y está creando un nuevo estado de conciencia. En la perspectiva de los astronautas, desde del cosmos, Tierra y Humanidad forman una única entidad. Nosotros no vivimos solamente sobre la

Tierra. Somos la propia Tierra que siente, piensa, ama, sueña, venera y cuida.

Pero en los últimos tiempos se han anunciado graves amenazas que pesan sobre la totalidad de nuestra Tierra. Los datos publicados el 2 de febrero que culminaron el día 17 de noviembre de 2007, por el organismo de la ONU, el Panel Intergubernamental sobre el Cambio Climático, junto con los impasses recientes de Bali nos indican que ya entramos en la fase del calentamiento global con cambios abruptos e irreversibles. El calentamiento puede variar de 1,4 a 6 grados centígrados dependiendo de las regiones terrestres. Los cambios climáticos son de origen antrópico, es decir, su principal causante es el ser humano que ha dado vida a un proceso industrial salvaje.

Si no se hace nada, iremos al encuentro de lo peor y millones de seres humanos podrán dejar de existir sobre el planeta.

Como hemos destruido irresponsablemente, ahora debemos regenerar urgentemente. La salvación de la Tierra no caerá del cielo. Será fruto de la nueva corresponsabilidad y del renovado cuidado de toda la familia humana.

Dada esta situación nueva, la Tierra se ha vuelto, de hecho, el oscuro y gran objeto del cuidado y del amor humano. No es el centro físico del universo como pensaban los antiguos, pero se ha vuelto en los últimos tiempos el centro afectivo de la humanidad. Sólo tenemos este planeta para nosotros. Desde aquí contemplamos todo el universo. Aquí trabajamos, amamos, lloramos, esperamos, soñamos y veneramos. A partir de la Tierra hacemos la gran travesía rumbo al más allá.

Lentamente estamos descubriendo que el valor supremo es asegurar la pervivencia del planeta Tierra y garantizar las condiciones ecológicas y espirituales para que la especie humana se realice y toda la comunidad de vida se perpetúe.

Debido a esta nueva conciencia hablamos del principio-Tierra. Es el fundamento de una nueva radicalidad. Cada saber, cada institución, cada religión y cada persona debe plantearse esta pregunta: ¿Qué hago yo para preservar la materia común y garantizar que tenga futuro dado que viene siendo construida desde hace 4.300 millones de años y merece seguir existiendo?

Porque somos Tierra no habrá para nosotros cielo sin Tierra.

Earth Principle

By Tomás Núñez, ThD

Never has there been so much talk about the Earth as in recent times. The Earth was just discovered. Human beings have made countless discoveries: indigenous peoples hidden in remote jungles, new beings of nature, distant lands, and entire continents. But the Earth was never the object of discovery. We needed to leave and see it from the outside to discover it as Earth and a Common Home.

Starting in the 1960s, with space travel, astronauts revealed images never seen before. They used moving expressions such as “the Earth looks like a Christmas tree hanging in the blue background of the universe,” “it is beautiful, resplendent, blue and white,” and “it fits in the palm of my hand, and I can cover it with my thumb.” Others felt veneration and gratitude and prayed. All returned with a renewed love for good old Earth, our Mother.

The image of the Earth seen from outer space, broadcast daily by television channels around the world, aroused in us a feeling of sacredness and created a new state of consciousness. From the astronauts’ perspective, from the cosmos, Earth and Humanity form a single entity. We do not live only on Earth. We are the Earth itself, which feels, thinks, loves, dreams, reverts, and cares.

But in recent times, serious threats have been announced that weigh on the entirety of our Earth. The data published on February 2, which culminated on November 17, 2007, by the UN agency, the Intergovernmental Panel on Climate Change, and the recent impasses in Bali indicate that we have already entered the phase of global warming with abrupt and irreversible changes. The warming can vary from 1.4 to 6 degrees Celsius depending on the terrestrial regions. Climate change is of anthropic origin; its leading cause is the human being who has given life to a wild industrial process. If nothing gets done, we will encounter the worst, and millions of human beings may cease to exist on the planet.



Since we have irresponsibly destroyed it, we must now urgently regenerate. The salvation of the Earth will not fall from the sky. It will be the fruit of new co-responsibility and renewed care of the entire human family.

Given this new situation, the Earth has become, in fact, the dark and grand object of human care and love. It is not the physical center of the universe as the ancients thought, but it has recently become the emotional center of humanity. We have only this planet for ourselves. From here, we contemplate the entire universe. Here, we work, love, cry, hope, dream, and worship. From Earth, we make the great journey towards the beyond.

We are slowly discovering that the supreme value is to ensure the survival of planet Earth and guarantee the ecological and spiritual conditions for the human species to be realized and the entire community of life to be perpetuated.

Because of this new awareness, we speak of the Earth principle. This is the foundation of a new radicalism. Every knowledge, institution, religion, and person must ask themselves this question: What can I do to preserve the common material and guarantee that it has a future since it has been built for 4.3 billion years and deserves to continue existing?

Because we are Earth, there will be no heaven without Earth.

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

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

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

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Greater Lowell Community Foundation Announces New Round of Refugee and Immigrant Resettlement Fund Grants

Lowell, MA – The Greater Lowell Community Foundation (GLCF) announced an additional round of grant awards from the Refugee and Immigrant Resettlement Fund to six Greater Lowell nonprofits. This round of \$65,000 in grants supported a broad range of underfunded needs identified by Greater Lowell organizations, including food and essential supplies, housing support, staffing, and transportation.

“Through the continued, generous support of our donors, we were able to fund an additional round of grants,” said Jay Linnahan, GLCF’s President and CEO. “The six nonprofits selected to receive these grants are filling the gaps needed to support newcomers in Greater Lowell.”

2024 GLCF Refugee and Immigrant Resettlement Fund Grants:

- **Andover Islamic Center** - The grant will supplement gaps in current benefits, including purchasing cleaning supplies and pest control items, as well as transportation gift cards for rides to doctors’ appointments and job interviews until they can obtain driver’s licenses.

- **Catie's Closet, Inc. (Dracut)** - Funding to provide newcomer families with access to emergency basic needs including clothing and toiletries.

- **Dignity In Asylum (Concord)** - Funding to provide safe transitional housing and community support to people seeking asylum who are at risk of homelessness.

- **International Institute of New England (Lowell)** - The International Institute of New England (IINE)’s English for Speakers of Other Languages (ESOL) program will connect 150 low-income refugee and immigrant newcomers in Lowell with adult English language education, an essential service for unlocking social, educational, and employment opportunities. Experienced instructors, supported by volunteer tutors, teach classes offered by proficiency level and integrate reading, writing, oral communication, and technical literacy.

- **Lowell Community Health Center** - Funding for a bilingual-bicultural Patient Navigator (PN). This person will act as cultural liaison and advocate, linking newcomers to services they need while helping to eliminate racial, ethnic, and socioeconomic health disparities. As cultural bridges, PNs build trust and play a crucial role in promoting the health and well-being of vulnerable populations.

- **Stone Soup Kitchen Ministries (Ayer)** - Funding to stock the shelves of the Ayer Migrant Communal Kitchen.

In the fall of 2023, GLCF established the Refugee and Immigrant Resettlement Fund to provide support to local nonprofits working with newcomers. The intention of the grants is to provide funding to help ensure those in need are welcomed and connected with resources to assist with housing, employment, transportation, food, acculturation, and other related support.

Donations to the GLCF Refugee and Immigrant Resettlement Fund can be made online at www.glcfoundation.org or by mail to the GLCF Refugee and Immigrant Resettlement Fund c/o GLCF, 100 Merrimack Street, Suite 202, Lowell, MA 01852.

For more information about the Greater Lowell Community Foundation, visit www.glcfoundation.org.

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



Greater Lowell Community Foundation recently announced an additional round of GLCF Refugee and Immigrant Resettlement Fund grants to six nonprofits. Catie’s Closet (Dracut) received a grant to provide newcomer families with access to emergency basic needs including clothing and toiletries. Pictured are Catie’s Closet Confidence Creators filling SOS Urgent Response orders for local children in need. Each package contains up to two weeks of clothing and essentials for children experiencing sudden crisis situations.



Stone Soup Kitchen Ministries in Ayer received a grant from GLCF Refugee and Immigrant Resettlement Fund for their Migrant Communal Kitchen. A number of the items need to be purchased from local grocery stores, and this funding helps to support these costs. Pictured, a volunteer’s shopping cart used to stock Stone Soup Kitchen’s pantry shelves.

Free Riding at Windrush Farm!

North Andover, MA – November 14, 2024: Riders who have not ridden for months or even years are invited to get back in the saddle at no cost at Windrush Farm, in North Andover! Windrush is offering a one-time free evaluation ride on Saturday mornings, for independent riders. Riders are invited to show their skills in grooming, tacking and riding at the walk and trot– after “passing” this fun test, riders can then join others that take part in lessons on well-trained gentle horses or go on pop-up trail rides around the beautiful farm. Enjoy the sweet smell of a horse barn and getting on the back of a horse again.

Further information can be found at windrushfarm.org.

About Windrush Farm:

Founded in 1964, Windrush Farm is located on the North Andover/Boxford line. Windrush offers high-quality equine-assisted services to children and adults facing physical, cognitive, and emotional challenges. Windrush also offers recreational riding.

For more information about Windrush Farm, please visit windrushfarm.org



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

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

Rosalynn Carter



Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Knights blitz Quinsigamond, 119-53

Haverhill, MA (November 19, 2024) – The Northern Essex Community College men’s basketball team picked up their third straight win on Tuesday evening improving to 5-2 on the season and 4-1 in conference play. The win was the 35th straight on the Sport and Fitness Center home court.

15 different Knights found the scoresheet in the contest led by a season high 18 points from Xavier Rivera (Lowell). He was joined in double figures by a quartet of teammates as Alex Johnson (Worcester) and Alejandro Delgado (Haverhill) each recorded 11 and Karl Wolfgang (Douala, CM) and Cristian Moscat (Lawrence) had

10 apiece.

Ryan Pacy (Salem, NH) dished out 9 assists to go along with his six points as the Knights surpassed the century mark for the first time on the season.

Yuno Matsuda (Tokyo, JP) led the swarming defensive effort as he had five steals.

The Knights return to the court on Thursday when they hit the road to take on UConn-Avery Point at 7:00pm in Groton, CT. NECC will return home next Tuesday at 6:00pm when they welcome MassBay Community College.

Knights stay hot with 98-67 road win over UConn-Avery Point

Groton, CT (November 21, 2024) – The Northern Essex Community College men’s basketball team picked up their fourth straight victory on Thursday evening picking up a 98-67 road win over UConn-Avery Point. With the win the Knights improve their overall record to 6-2 and sit at 5-1 in region play.

Alejandro Delgado (Haverhill) led four scorers in double figures as he had a team high 17-point performance. He added 10 rebounds and 2 assists for a double-double effort. Ryan Pacy (Salem, NH) followed right behind Delgado with a season high 16 points.

Alex Johnson (Worcester) added 11 points and was followed by Javien Kirmil (Lowell) with 10.

Karl Wolfgang (Douala, CM) added 11 rebounds to go along with a pair of blocked shots and Yuno Matsuda (Tokyo, JP) dished out a team high six assists.

NECC kicks off a four game home swing on Tuesday when they host MassBay at 6:00pm from the Sport and Fitness Center before hosting the third annual NECC Turkey Classic on Thanksgiving weekend sponsored by ConvenientMD and Gino’s Pizza.

Manténgase alerta sobre las últimas estafas

Consejos para protegerse de las estafas de suplantación de identidad.

Los estafadores que se hacen pasar por varias organizaciones como Amazon pueden enviarle llamadas, mensajes de texto y correos electrónicos con diversas tácticas para intentar engañarlo y obtener información personal o credenciales de inicio de sesión.

¿A qué debe prestar atención?

Los estafadores pueden decirle que hay una investigación de fraude y que debe "verificar" su cuenta o afirmar que hay una actividad no autorizada o fraudulenta en su cuenta de Amazon.

¿Cómo puede evitar ser estafado?

Amazon nunca le pedirá que comparta su contraseña, contraseña de un solo uso (OTP) para iniciar sesión en la cuenta ni que verifique información personal confidencial por teléfono.

o Visite el Centro de mensajes en Amazon.com o en nuestra aplicación para revisar los correos electrónicos auténticos de Amazon.

o Vaya directamente a nuestro sitio web y vaya a Su cuenta para realizar cambios en su información de facturación y cuenta.

o El servicio de atención al cliente está disponible las 24 horas, los 7 días de la semana para ayudarlo con cualquier pregunta que pueda tener.

Mantenga a los demás a salvo

Si recibe una comunicación (una llamada, un mensaje de texto o un correo electrónico) que cree que no es de Amazon, infórmenoslo a amazon.com/reportscam.

Para obtener más información sobre cómo mantenerse seguro en línea, visite Proteja su sistema en la página de Servicio al cliente de Amazon.



Stay alert about the latest scams

Tips to protect yourself from impersonation scams.

Scammers posing as various organizations like Amazon may send you calls, texts, and emails with various tactics to try to deceive you to provide personal information or sign-in credentials.

What to watch out for?

Scammers may tell you there is a fraud investigation and you must “verify” your account or claim there is an unauthorized or fraudulent activity on your Amazon account.

How can you avoid being scammed?

o Amazon will never ask you to share your password, account sign-in One-Time Password (OTP), or verify sensitive personal information over the phone.

o Visit the Message Center on Amazon.com or on our app to review authentic emails from Amazon.

o Go directly to our website, and go to Your Account to make changes to your billing and account information.

o Customer Service is available 24/7 to help with any questions you may have.

Keep others safe

If you receive communication — a call, text, or email — that you think may not be from Amazon, please report it to us at, amazon.com/reportscam.

For more information on how to stay safe online, visit Protect Your System on the Amazon Customer Service page.

Save The Date!

Expand your palate with local culinary cuisines and live music.
Everyone is invited to enjoy for FREE!

Culinary Celebration 2024

Back by popular demand, Booty Vortex will bring groovy tunes from the 70s to the stage!

After tasting the savory cuisine, sample the sweet side of Lowell at the dessert stations - a new feature at Culinary Celebration!

Thursday, December 12, 2024

Doors at 4:30 PM
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Football Topped By Sacred Heart in Yankee Conference Championship Game



11/16/2024 | Football | Box Score
North Andover, Mass. - The Merrimack College football team was beat by Sacred Heart on Saturday afternoon in the Yankee Conference Championship Game.

The Essentials

Score: Sacred Heart 31, Merrimack 20
Records: Merrimack (4-6) | Sacred Heart (5-6)

How It Happened

- On the opening kickoff Jermaine Corbett took the ball 99-yards to the endzone to give Merrimack an early seven-point lead. The return was the senior running back's second return of the season. The Pioneers answered back one offensive play later. The Sacred Heart running back took it 73-yards to tie the game at seven. After stops from both defenses, Liam Davis knocked down a 31-yard field goal to give Merrimack the lead with just over two minutes to play in the first quarter. A little over halfway through the second quarter, the Warriors broke through and found the end zone. Jermaine Corbett took it 18-yards for a score that put Merrimack up by 10. Sacred Heart added a

touchdown with two and a half minutes to play in the first half to head into halftime down by three.

- Davis got the scoring going for Merrimack in the second half with a 42-yard field goal. The Pioneers responded with a touchdown, which gave them their first lead of the afternoon. In the fourth quarter the Warrior quarterback threw and interception that was returned for a touchdown, putting Sacred Heart up eight. A field goal from the Pioneers with just under four minutes to play in the second half put the game out of reach for the Warriors.

Notes & Numbers

- Jermaine Corbett rushed for 163 yards on 22 carries and a touchdown.
- Brandon Roberts and Tyler Leavy led the team in tackles with six on the afternoon.
- Both Deon Houston and Donte Williams had interceptions in the loss.

Up next

The Warriors play their final game of the season on Saturday against Fordham University. Game time is set for 1 p.m. in New York.

ated at 13. Tye Dorset proceeded to knock down two threes. Clark added a jumper to give Merrimack an eight-point lead. The Tigers stopped the run with a jumper. Sean Trumper hit a three to put the Warriors up by nine. With six and a half minutes to play in the game, Becht hit a three to put Merrimack up by 14. Princeton battled back to tie the game at 33. Clark hit a jumper in the final seconds of the half to send the Warriors into halftime up by two.

- In their first offensive possession of the second half, the Tigers tied the game at 35. Tumper drove the lane for two, putting Merrimack back up. Princeton then went on an eight-point run to go up six. Becht hit a three to stop the run and make it a one possession game. The Tigers answered back with a three to go back up six. With 12 minutes to go in the game, Clark hit a jumper to cut the lead down to four.

Princeton scored four straight points to go up by eight with seven minutes to play. With three minutes to play the Tigers hit a jumper to increase their advantage to 14 points. The Warriors battled back, but could only get the deficit to as low as nine. Merrimack would lose the game by 11.

Notes and Numbers

- Trumper and Becht finished the game with nine points each. Trumper added seven rebounds.
- Merrimack forced 14 turnovers in the loss, scoring 13 points off giveaways.
- Malik Edmead scored three points in six minutes in his first action of the season.

Up Next

Merrimack hits the road to take on Rutgers on Wednesday night. Game time is set for 7 p.m.

Men's Basketball Defeated By #24 Rutgers



11/21/2024 | Men's Basketball | Box Score
Piscataway, NJ. - The Merrimack College men's basketball team dropped a mid-week non-conference matchup to Rutgers University on Wednesday night 74-63. Adam "Budd" Clark scored a team-high 22 points to lead the way for the Warriors.

The Essentials

Score: Merrimack 63, #24 Rutgers 74
Records: Merrimack (1-3) | #24 Rutgers (4-0)
Location: Jersey Mike's Arena

Rapid Recap

- The Scarlet Knights scored the first six points of the game to go up two possessions. Bryan Etumnu stopped the run with a layup. Rutgers then added a jumper to go back up six. Matt Becht hit a three to put Merrimack down three. The Scarlet Knights responded with a three of their own to maintain the six-point advantage. Down eight five minutes into the game, Armandas Plintauskas hit a three to put Merrimack down five. David Murray scored to cut the lead to three. Clark went on a personal four-point run to get the lead down to one. Both teams battled for number of minutes. With nine minutes left in the first half, Clark hit a jumper to put the Warriors down three. Clark then added two free throws to make it a one-point game. Rutgers got the lead back up to five. With six minutes to go in the first, the Scarlet Knight

lead was seven. Rutgers went into halftime up seven.

- Rutgers would get the scoring going in the second half to go up 10. Clark would drive the lane for two getting it back down to eight. The lead went between 10 and eight for a number of minutes. The Scarlet Knights found themselves up 12 with 15 minutes to play. Sean Trumper scored four straight points to cut the lead down to eight. With 10 minutes to play in the game the Scarlet Knights advantage swelled to 13. A Tye Dorset three with five minutes to play got the lead down to 11. Devon Savage and Trumper scored on back-to-back possessions to get the advantage down to seven. The Warriors could not compete the comeback and would lose the game by 11.

Notes and Numbers

- Clark finished the game with six assists and four rebounds.
- Merrimack forced 11 turnovers in the loss, scoring nine points off giveaways.
- Trumper was the only other Warrior in double figures with 10 points in the loss.

Up Next

Merrimack stays on the road to take on Butler University. Game time is set for 7 p.m.

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

Men's Basketball Falls to Princeton Sunday

11/17/2024 | Men's Basketball | Box Score

North Andover, Mass. - The Merrimack College men's basketball team lost a matchup with Princeton University on Sunday afternoon 68-57. Adam "Budd" Clark had a game-high 24 points in the loss. He also had four rebounds, two assists and a steal.

The Essentials

Score: Merrimack 57, Princeton 68
Records: Merrimack (1-2) | Princeton (4-1)
Location: Lawler Arena

Rapid Recap

- One minute into the game, the Tigers got the scoring going with a layup. Bryan Etumnu answered with a layup of his own to tie the game at two. Princeton then went on a six-point run to go up two possessions. Matt Becht hit a three to get



the lead down to three. The Warriors then went on a six-point run of their own to take a three-point advantage. With a little under 11 minutes left in the first half the score was

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BY DALIA DÍAZ
daliadiaz@rumbonews.com

LEÁLO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



Are things getting worse?

There are several things going on in Lawrence that only a little is being said about them, and readers look to Rumbo for information. Rest assured that if you see anything in these pages, it is confirmed as true. The problem is that there is such secrecy going on that it is impossible to find out anything worth writing.

My favorite topic is the Lawrence Redevelopment Authority (LRA) continuing to do what it wants, and no one seems to care. I have lots of questions about what they are doing and never hear from anyone with an explanation or correction to my theories. I enjoyed attending their meetings and even volunteered as part of the committee to review the requested proposal. Unfortunately, during the past two months, I have not been able to go or even watch the meetings, but I was present at the November 20th meeting. I learned that beginning January 1, 2025, the LRA will be a separate entity paying its employees on W-9, not 1099.

There was also a financial report from Mr. Cintrón, who apparently was brought in by Octavien Spanner. He offered a Management Report, Lawrence Redevelopment Authority, for the period ending October 31, 2024. He mentioned the figure of over \$800,000 spent by the LRA this year. Some board members questioned things like "building materials" but nothing meaningful. The only member who asks questions is Sara Perez. It's annoying that nobody seems curious about such a significant expenditure.

Let's remember that the City Council gave the LRA \$2.5 million back in the Spring, and I remember that President Jeovanny Rodríguez said they were to report how they used it. Again, nobody's asking.

There's too much secrecy at City Hall. We request information that should be made public, and it is either denied or ignored. I try very hard to gather information, documents, and statements to write about facts, and I never gossip, and they make it very difficult.

A perfect example is that we could go on the city's webpage and copy the minutes from meetings of the City Council and subcommittees, the LRA, and the

Commission on Disability. They are no longer published there. We are living in the dark. Where is the transparency? I don't have the time to report to the Attorney General or the Inspector General of the Commonwealth every time I am denied a request or discover any wrongdoing, but something must be done.

Christmas officially starts in Lawrence...

People may think I'm picking on Fidelina Santiago, District A councilor, but what should I do? I'm just trying to teach her how to do things, but she doesn't listen.

She planned to have a Christmas tree lighting party at Storrow Park, but when she was told that there are rules for those activities and that she should have brought it up before the city council, it was too late to go as the rules required. Instead, she is going ahead with her plans, showing the community how rules can be violated by city councilors while everyone else must ask for permission. That's a leader for you!

There was a question about whether the Department of Public Works would provide the electricity for the festivity, but later, it was discovered that there was no power at that park, resulting in the use of a generator.

Mayor Brian DePeña was upset because no holiday celebration was to take place until he lit up the tree across city hall, marking the beginning of the season. He probably was not strong enough because she is going with the date she had set, beating him to the punch.

Matías is back at the mayor's office

No matter how I say this, many of you will misinterpret it. Santiago Matías and Milagros know very well that I am their friend and have no hesitation in calling them when I need something, but there is something that must be said.

Matías has had his pick of jobs with the city and, most recently, was the mayor's Chief of Staff. Lately, he has been acting strangely (that's the softest word I could find to describe him), and then one day, he walked off the job and later rendered a

From Richard Russell

I'm Baack! Zuck You, Mucky! So much has happened in the 6 weeks that where Funny Business social media unceremoniously deleted 14 years posts, etcetera for an unknown violation of community standards; but what do you expect from a Havid dropout! There have been 6 weeks of political turmoil in Lawrence that no one can blame on me. Now that I have a media outlet to post my 2 cents on, should I just go ahead and plead guilty to everything that happens from this point forward? LOL!

www.russelloflawrence.com

resignation letter.

He was lucky that Mayor DePeña took him back beginning next Monday, and this decision confused me because he's giving the wrong message to city employees and the community at large as being lenient, soft, and sensitive, and that's not what the maximum authority in the city should be like.

Then, someone sent me this paragraph that Matías wrote on his Facebook page:

"Greek mythology tells us about Antaeus, who was a giant warrior. His mother was Gaea, the earth goddess, and he was invincible because when he was knocked down, the earth gave him more strength. The defeat gave him more strength. Do you know anyone like that?"

He went on to say that whenever he falls, he gets up stronger and other things, sounding like an egotistical spoiled brat. You didn't fall, you quit! How about a bit

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of humility instead of arrogance?

My reason for bringing those two stories is to show that something very important is missing from the mayor's office: character. He is the maximum authority in the city and should not allow anyone to walk all over him.

Don't think for a moment that I don't want to do something about Michael Owens, the former personnel director. I am not going to do something that I may regret later for not being complete or truthful. I may just have to go to the attorney general to force the city to tell me the truth about what went on.

The way I understand it thus far is that he was within the probation period that allowed the city to dismiss him from the job, and there were serious reasons to fire him. That's another area in which the mayor has shown his weakness. The fear that someone might sue the city paralyzes everyone giving in to their demands. At that pace, we will waste the entire surplus if we give it away without a fight.

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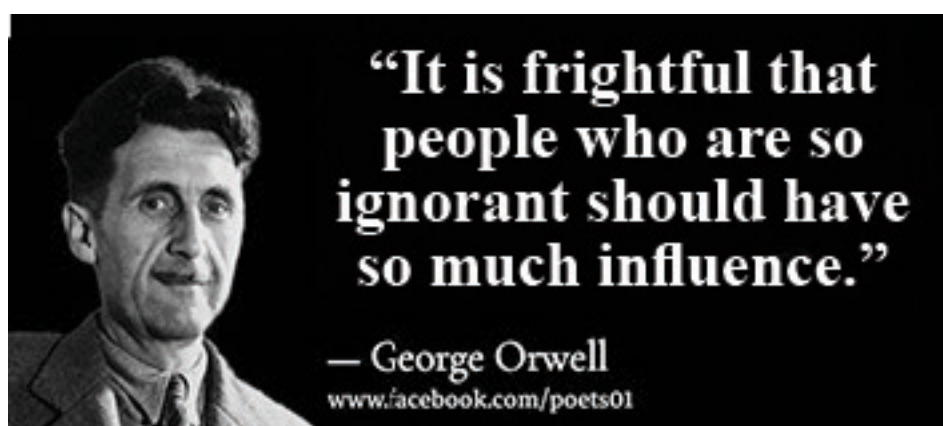
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Notice is Hereby given by Sheehan's Towing L.L.C. of 26 Lawrence St Methuen, MA, pursuant to the provisions of M.G.L. CH. 255, Section 39A, that they will sell or junk the following vehicles on or after December 9, 2024 beginning at 10:00 am by private 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.

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- 2013 Hyundai Santa Fe VIN 5XYZU4DLB5DG123325
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- 2013 Honda Accord Crosstour VIN 5J6TF1H59DL001423

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

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

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

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