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The BILINGUAL Newspaper of the Merrimack Valley



Inauguran la nueva sede Christmas celebration de la policía de Lawrence



La ceremonia de inauguración conmemora un hito importante en la construcción de la nueva sede de policía de Lawrence. La nueva estación se está construyendo frente a la antigua estación de policía en 90 Lowell St.

Topping-off ceremony for new police headquarters

The Topping-Off Ceremony commemorates a significant milestone in the construction of the new Lawrence Police Headquarters. The new station is being built across from the old police station at 90 Lowell St.

District E celebrates Christmas



City councilor for District E Stephany Infante, organized a Christmas celebration at Carleen's Coffee Shoppe which was attended by members of the Lawrenced Police Department and the Fire Department, Mayor Brian DePeña, D.A. Paul Tucker, Senator Pavel Payano who became Santa Claus for the evening, and District C councilor Gregory Delrosario. Thanks to John Farrington for always being ready to cooperate.

at City Hall



Después de la iluminación y cantos que alegraron la tarde, se dirigieron adentro del edificio para tomar chocolate caliente, regalos y sorpresas.

After the lighting and singing that brightened the evening, they headed inside the building for hot chocolate, gifts and surprises.

Cinco beneficios que puede solicitar en línea en SSA.gov

Five benefits you can apply for online at SSA.gov

MVYMCA opens new Child Care center in Andover



Merrimack Valley YMCA CEO Francis J Kenneally III and South Church Paster Dana Walsh cut the ribbon to celebrate the center's grand opening as State Rep. Tram Nguyen and Janice Phillips, district director for Sen. Barry Finegold, and Michael Bevilacqua, president of the Merrimack Valley Chamber of Commerce look on. Pg. 10





Threat to Lori Trahan **Never write angry** Pajama pants

Cinco beneficios que puede Five benefits you can apply solicitar en línea en SSA.gov for online at SSA.gov

Por Marilenin Vasquez MPAS

Seguimos facilitándole el acceso a nuestros programas y beneficios. Nuestro sitio web, www.SSA.gov, ofrece una manera conveniente de solicitar beneficios en línea.

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- Beneficios de jubilación o para cónyuge: debe tener al menos 61 años y 9 meses y desea que sus beneficios comiencen en no más de 4 meses. Solicite en www.ssa. gov/retirement.
- Beneficios por discapacidad: puede usar nuestra solicitud en línea en www.ssa. gov/disability para solicitar beneficios por discapacidad si:
 - o Tiene 18 años o más.
 - o No puede trabajar debido a una condición médica que se espera que dure al menos 12 meses o resulte en la muerte.
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- Ingreso de Seguridad Suplementario (SSI): el SSI ofrece pagos mensuales a adultos y niños con discapacidad o ceguera que tienen ingresos limitados y pocos recursos. Las personas de 65 años o más sin discapacidades que tienen ingresos y recursos limitados también pueden ser elegibles para el SSI. Algunos adultos con discapacidades que cumplen con ciertos

requisitos pueden completar el proceso de solicitud en línea. Para obtener más información, visite www.ssa.gov/ssi. Si no puede visitar nuestro sitio web, puede llamar al 1-800-772-1213 para programar una cita. (Si es sordo o tiene problemas de audición, puede comunicarse con nuestro número

- Personas de 65 años o más.
- Trabajadores más jóvenes que han recibido beneficios por discapacidad durante 24 meses.
- o Personas con enfermedad renal en etapa terminal (ESRD) o esclerosis lateral amiotrófica (ELA). Nota: No tienen un período de espera de dos

Si aún no recibe beneficios del Seguro Social, debe solicitar Medicare hasta 3 meses antes de cumplir 65 años en www.ssa.gov/ medicare. Debe considerar sus opciones de Medicare incluso si todavía está trabajando y está cubierto por un plan de salud grupal de su empleador (o el plan de salud del empleador de su cónyuge a través de su empleo activo).

Ayuda adicional con los costos de medicamentos recetados de Medicare: el programa de Ayuda adicional ayuda a los beneficiarios de Medicare con los costos de medicamentos recetados, como deducibles y copagos. Las personas que reciben Medicare y necesitan ayuda con el costo de sus medicamentos pueden solicitar Ayuda adicional en www.ssa.gov/medicare/partd-extra-help.

Comparta esta información con quienes la necesiten.

TTY/TDD, 1-800-325-0778). Medicare: Medicare es un programa de seguro médico federal para:

You can apply for:

MPAS

By Marilenin Vasquez

Retirement or Spouse's Benefits - You must be at least 61 years and 9 months and want your benefits to start in no more than 4 months. Apply at www.ssa.gov/retirement.

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you to access our programs and benefits.

Our website -www.SSA.gov- offers a

convenient way to apply online for benefits.

- Disability Benefits You can use our online application at www.ssa.gov/disability to apply for disability benefits if you:
 - o Are age 18 or older.
 - o Are unable to work because of a medical condition that is expected to last at least 12 months or result in
 - o Have not been denied disability benefits in the last 60 days. If your application was recently denied, you can appeal our decision online and request a review of the determination we made. Please visit www.ssa.gov/ apply/appeal-decision-we-made.
- Supplemental Security Income (SSI) – SSI provides monthly payments to adults and children with a disability or blindness who have limited income and few resources. People age 65 and older without disabilities who have limited income and resources may also be eligible for SSI. Some adults with disabilities who meet certain requirements

may complete the application process online. To learn more, visit www.ssa.gov/ ssi. If you cannot visit our website, you can call 1-800-772-1213 to schedule an appointment. (If you are deaf or hard of hearing, you may contact our TTY/TDD number, 1-800-325-0778.)

- Medicare Medicare is a federal health insurance program for:
 - o People age 65 or older.
 - Younger workers who have received disability benefits for 24 months.
 - o People with end-stage renal disease (ESRD) or Amyotrophic lateral sclerosis (ALS). Note: They do not have a two-year waiting period.

If you are not already receiving Social Security benefits, you should apply for Medicare up to 3 months before turning age 65 at www.ssa.gov/medicare. You should consider your Medicare options even if you are still working and covered under an employer group health plan (or your spouse's employer health plan through their active employment).

Extra Help with Medicare Prescription Drug Costs – The Extra Help program helps Medicare beneficiaries with prescription drug costs, like deductibles and copays. People on Medicare who need assistance with the cost of their medications can apply for Extra Help at www.ssa.gov/medicare/ part-d-extra-help.

Please share this information with those who need it.

Malden native serves aboard **USS Ronald Reagan**



Lt. David Palencia, from Malden, Massachusetts, serves food during a Thanksgiving meal on the mess decks onboard Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76), while in-port Naval Base Kitsap in Bremerton, Washington, Nov. 28, 2024. Ronald Reagan provides a combat-ready force that protects and defends the United States, and supports alliances, partnerships and collective maritime interests in the Indo-Pacific region. (U.S. Navy photo by Mass Communication Specialist 2nd Class Caleb Dyal)



The BILINGUAL Newspaper of the Merrimack Valley

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Semana Nacional de Seguridad Tributaria, 2do día:

IRS y socios de la Cumbre de Seguridad instan a personas a tener cuidado con malos consejos de impuestos en redes sociales

WASHINGTON — El Servicio de Impuestos Internos y los socios de la Cumbre de Seguridad emitieron hoy una alerta a los consumidores acerca de la creciente amenaza de malos consejos tributarios en las redes sociales que continúan engañando a las personas para que presenten declaraciones de impuestos incorrectas.

En el segundo día de la Semana Nacional de Seguridad Tributaria anual (actualmente en su noveno año), el IRS y los socios de la Cumbre de Seguridad destacan información incorrecta y estafas que se continúan promulgando en las redes sociales. Estas estafas toman diferentes formas e incluyen promesas extravagantes de inflar reembolsos.

"La cantidad de malos consejos tributarios en las redes sociales continúa en aumento, lo que atrae a contribuyentes desprevenidos a presentar declaraciones de impuestos incorrectas," dijo el comisionado del IRS, Danny Werfel. "Instamos a las personas a que investiguen un poco antes de caer en estas estafas. Encontrar un profesional de impuestos de confianza o visitar IRS.gov es una mejor manera de investigar un problema tributario, que confiar en que alguien habla en su automóvil o en su cocina acerca de un truco tributario inexistente."

Durante varios años, los miembros de la Cumbre de Seguridad (que representan agencias tributarias estatales, profesionales de impuestos, compañías de software tributario y la industria financiera) han trabajado para crear conciencia sobre el robo de identidad relacionado con los impuestos y las estafas tributarias relacionadas. Para contrarrestar esta creciente amenaza de estafas tributarias, muchos de los miembros de la Cumbre se han unido para lanzar un grupo relacionado, la Coalición contra las estafas y las amenazas de planes fraudulentos (CASST).

Durante el año pasado, el IRS y los socios de la Cumbre vieron un aumento de nuevas estafas y malos consejos en las redes sociales que prometen enriquecer a los contribuyentes. Este año, el público ha visto un surgimiento y la rápida propagación de estafas tributarias que varían desde el Crédito tributario por combustible en las declaraciones de impuestos federales, hasta estafas que involucran inversiones en criptomonedas falsas que finalmente dejan a las víctimas sin dinero.

La recién formada alianza CASST, que comprende docenas de organizaciones del sector público y privado, trabajan en conjunto para combatir estas crecientes estafas y proteger a los contribuyentes contra la presentación de declaraciones de impuestos inexactas impulsadas por consejos en las redes sociales. Aumentar la conciencia de los planes fraudulentos nuevos y emergentes en las redes sociales es una parte de un esfuerzo múltiple de la coalición CASST para combatir las estafas y el fraude tributario.

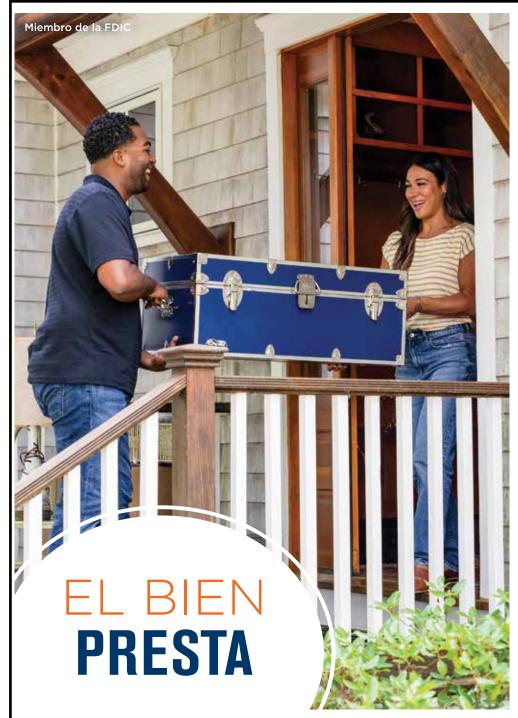
Las estafas que prometen dinero fácil mediante la reclamación de créditos incorrectos u otros planes fraudulentos se promueven en las redes sociales y en otros lugares. Algunos productores de contenido engañoso en las redes sociales actúan con un afán de lucro delictivo, mientras que otros simplemente intentan ganar atención y clics, sin tener en cuenta los riesgos que esto supone para sus seguidores.

"El sentido común dicta que, si parece demasiado bueno como para ser verdad, probablemente lo es, especialmente con algunas de las ideas locas sobre los impuestos que se difunden en las redes sociales," dijo Werfel. "Las plataformas de redes sociales están plagadas de influenciadores que hacen afirmaciones sobre créditos o deducciones tributarias que exageran la verdad o son mentiras absolutas, con el objetivo de ganar influencia o impulsar sus puntos de vista. Al mismo tiempo, esto pone en riesgo las declaraciones de impuestos y las finanzas personales de su audiencia. Si las personas quieren buena información tributaria en las redes sociales, deben seguir opciones como un profesional de impuestos de confianza o las plataformas de redes sociales del IRS".

Workplace English Classes Forming at the Merrimack Valley Immigrant **& Education Center**

Registrations are now being taken for Workplace English classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843. These classes are free to Lawrence residents but students must have a high beginner level of English.

Anyone interested in signing up for morning or evening classes should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.



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Este documento no representa un compromiso de entregar un préstamo. Sujeto a pautas del programa y aprobación de crédito. Eastern Bank NMLS #451827.

POR DALIA DÍAZ daliadiaz@rumbonews.com

iliadiaz@rumbonews.com

Desde Mi Esquina



CARTAS AL EDITOR RUMBO 315 Mt. Vernon St. Lawrence MA 01843 Email: Rumbo@rumbonews.com

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

Amenazas a Lori Trahan

La congresista Lori Trahan (MA-03) emitió la siguiente declaración después de que el Departamento de Policía de Westford respondiera a una amenaza de bomba dirigida a su casa en Massachusetts:

"Esta mañana, me enteré de una amenaza de bomba dirigida a mi familia y a mí. Estoy agradecida con los excelentes oficiales del Departamento de Policía de Westford que respondieron rápidamente para asegurarse de que estuviéramos a salvo y que ahora están trabajando con la Policía del Capitolio de los Estados Unidos y la Policía del Estado de Massachusetts en relación con este incidente".

"Es un buen momento para decir lo obvio: las amenazas de violencia e intimidación no tienen cabida en nuestro país".

La mayoría de las veces, estas amenazas resultan ser falsas, pero infligen miedo, creando un estado de ansiedad en todos los que rodean a la víctima prevista. Si las autoridades encuentran al culpable, él o ella merece la pena máxima debido al dolor y los gastos causados.

Sin embargo, no hay excusa para las amenazas o la violencia de ningún tipo. Vivimos en un país donde resolvemos las diferencias a través del sistema legal y cuando se trata de política, también tenemos un sistema para eso: se llama elecciones.

Nunca escriba nada cuando esté enojado

La semana pasada fue un triste ejemplo de por qué nunca deberíamos escribir una carta o un correo electrónico a alguien cuando estamos en problemas, frustrados o después de tomarnos unas copas. Nuestra mente se siente diferente y no podemos razonar las cosas, probablemente lamentando lo que hicimos a la mañana siguiente.

Lo mismo ocurre con las discusiones con nuestra "media naranja". Dependiendo de la situación o el motivo de la discusión, es mejor esperar hasta más tarde y hablarlo con calma. Estas sesiones de enojo tienden a dañar la relación; pues todas son parte de crecer y envejecer juntos. La mayoría de las veces, nos damos cuenta de que no valió la pena no hablarnos durante días.

READ IT IN ENGLISH ON PAGE 16

Lo que sucedió hace unos días debería ser una experiencia de aprendizaje para todos nosotros. Pete Segseth, nominado por el presidente electo Trump para ser Secretario de Defensa, fue criticado después de descubrir un correo electrónico que su madre le había enviado en el 2018. Ella lo estaba reprendiendo por ser mujeriego y abusar de las mujeres. Cuando se dio cuenta de lo que había hecho, le envió un mensaje disculpándose por el anterior, pero esta vez sólo el primero llegó a los medios.

Eso dio lugar a todo tipo de acusaciones desagradables contra Pete. Su madre salió en televisión explicando que no debió haberlo hecho, y sus compañeros de trabajo en Fox salieron públicamente en su defensa.

Todo eso se podría haber evitado, incluida la vergüenza de admitirlo en televisión, si se hubiera tomado el tiempo de relajarse y pensar lo que estaba a punto de hacer. Hablo por experiencia; he sido así de impulsiva, sólo para disculparme después.

Misnuevos pantalones de franela

Alberto me trajo un par de pantalones de franela para estar cómoda trabajando en casa, y me encantan. Entonces, me di cuenta de que estos son los pantalones que usan los hombres y las mujeres al aire libre. ¡Son pantalones de pijama!

Los niños los usan para ir a la escuela, y la administración debería educarlos sobre cómo vestirse apropiadamente mientras están allí. ¿Qué pasó con los uniformes que debían usar? Puede que a muchos padres no les parezca importante, pero la falta de disciplina en la escuela es la causa de que tantos jóvenes no sean capaces de adaptarse a tener un trabajo o a aceptar órdenes de un superior. La educación empieza en casa.

Pero, ¿qué se puede esperar de adultos que salen a restaurantes, a hacer las compras, etc., en pijama? Esa es la educación que imparten a sus jóvenes: rebeldía en lugar de disciplina.

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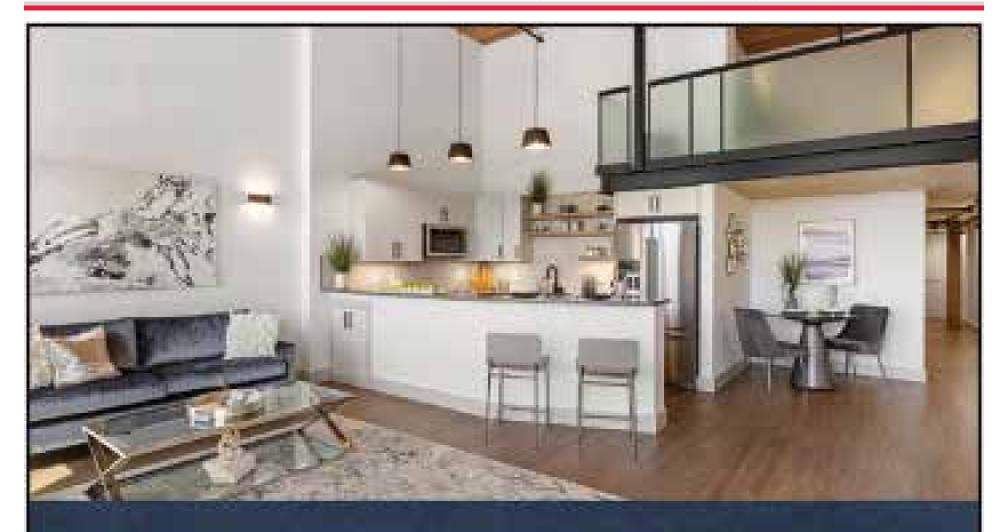
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Heritage Common celebra con amor y música su

Thanks Giving Lunch!

Con gran entusiasmo, risa y música, reinó la armonía entre el público presente. La música no se hizo esperar con el artista Omar Clavijo donde se hizo sonar las cuerdas, las flautas y los andes con su historia, milenaria llenándose de aplauso a tan bellas melodías.

Fue un compartir hermoso donde la administración del complejo compartió junto a los presentes de un delicioso almuerzo y la música.

Las palabras de bienvenida fueron brindadas por Vera Zannino, Juana Pérez, Maritza Cruz, y Melissa Guerra. Ellas llevaron palabras alentadoras para nuestra comunidad para estas fiestas navideñas.

Le damos gracias a la administración de Heritage Common por siempre estar atento a esta comunidad.





















¡Qué comiencen las celebraciones Navideñas! Let the Christmas Celebrations begin!

Photos courtesy of Richard Russell

El Alcalde Brian DePeña abrió la temporada Navideña con un precioso despliegue de luces frente al ayuntamiento alegóricas a la época que fue alabado por todos los que asistieron.

Después de la iluminación y cantos que alegraron la tarde, se dirigieron adentro del edificio para tomar chocolate caliente, regalos y sorpresas.

Mayor Brian DePeña opened the Christmas season with a beautiful display of lights in front of City Hall allegorical to the season that was praised by all who attended.

After the lighting and singing that brightened the evening, they headed inside the building for hot chocolate, gifts and surprises.



Happy
2025









Inauguración de la nueva sede de policía de Lawrence

La ciudad de Lawrence y el alcalde Brian A. DePeña, junto con la delegación estatal de Lawrence, los concejales de la ciudad y los socios del proyecto pronunciaron discursos para conmemorar esta ocasión trascendental, reafirmando el compromiso de la ciudad de fomentar un entorno seguro para todos los residentes. Se llevó a cabo el 4 de diciembre de 2024.

La ceremonia de inauguración conmemora un hito importante en la construcción de la nueva sede de policía de Lawrence. La nueva estación se está construyendo frente a la antigua estación de policía en 90 Lowell St.

commemorates a significant milestone in the construction of the new Lawrence Police

Headquarters. The new station is being built

across from the old police station at 90

Lowell St.

La ceremonia incluyó la colocación de la última viga de acero estructural, que simboliza el progreso hacia la finalización de esta instalación de vanguardia. La tradición exige que el árbol se coloque en el techo, pero como se había quitado la grúa, se colocó en una viga que luego se elevó al tercer nivel, en lugar del techo.

Este proyecto resalta la inversión sustancial de la Ciudad en infraestructura de seguridad pública, destinada a equipar al Departamento de Policía de Lawrence con recursos modernos para servir y proteger mejor a la comunidad.

The City of Lawrence and Mayor The ceremony featured the placement Brian A. DePeña along with the Lawrence of the final structural steel beam, symbolizing State Delegation, City Councilors and progress toward completing this state-ofthe-art facility. The tradition calls for the project partners delivered remarks to mark this momentous occasion, reaffirming the tree to be placed on the roof but, since the crane had been taken away, it was placed City's commitment to fostering a safe and on a beam later hoisted to the third level, secure environment for all residents. It was held on December 4, 2024. instead of the roof. The Topping-Off Ceremony

This project highlights the City's substantial investment in public safety infrastructure, aimed at equipping the Lawrence Police Department with modern resources to better serve and protect the community.

Topping-off ceremony for Lawrence's new police headquarters

Photos courtesy of Richard Russell













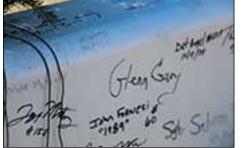


















City of Lawrence Commemorates Veterans' Day

The Center - November 8, 2024

Photos courtesy of Richard Russell

























Merrimack Valley YMCA opens new Child Care center in Andover

ANDOVER – The Merrimack Valley YMCA opened a brand new child care center in collaboration with the town of Andover and the South Church, expanding to offer infant care for the first time.

"Families in the Merrimack Valley need and deserve high-quality, safe child care," said Francis J. Kenneally, President and CEO of the Merrimack Valley YMCA. "We're so excited to open this new center today, expanding our capacity in Andover, adding infant care, and giving parents the peace of mind that our talented staff provide. We're thankful to the South Church for opening its doors to us and to the town of Andover for supporting this collaboration."

With a capacity for up to 36 children, this new child care center offers the same high quality, affordable child care programs for which the Y is known. The Merrimack Valley YMCA serves 900 children from infants through school age at five locations in the region.

"Quality, affordable child care is critical to a thriving community," said Andover Town Manager Andrew Flanagan. "The opening of the Merrimack Valley YMCA child care center at South Church is a significant step towards making sure that Andover families can access the essential support they need. This program will not only help parents balance work and family life but also fosters the development of our youngest residents, strengthening the fabric of our community for years to come."

The Merrimack Valley YMCA partnered with the South Church to use the church's renovated spaces for multiple child care rooms.

"Our partnership with the YMCA represents a beautiful convergence of missions," said Rev. Dana Walsh, South Church Pastor. "By opening our doors to the YMCA, we're taking our commitment to nurturing connections and embodying God's love within and beyond our walls. The YMCA's dedication to helping children become their best selves aligns well with our vision of compassionate service, creating a transformative space where community and

care intersect.'

The Y celebrated the opening of the center on Dec. 3 with a ribbon cutting with Flanagan, Walsh, State Rep. Tram Nguyen; Janice Phillips, representing State Sen. Barry Finegold's office; Joseph Bevilacqua, president of the Merrimack Valley Chamber of Commerce; and YMCA childcare staff.

"This is a great example of how collaborations can directly benefit our communities," said Nguyen. "I'm thrilled to have this child care expansion in Andover. At the state level, we can not do this work to support families without amazing partners at the local level."

State Sen. Barry Finegold said, "Everyone knows we have a childcare shortage, so it's especially heartening to see trusted local leaders like the Merrimack Valley YMCA and South Church coming together to open a brand new facility. Families in our communities will welcome this timely collaboration."

The Merrimack Valley YMCA South Church Child Care Center offers infant care through preschool age care, led by the YMCA's trained staff. The center is open Monday through Friday from 7:30 a.m. to 5 p.m. Families can learn more at www. mvymca.org. The center is accepting new enrollments.

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 Winnipesaukee, 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.



Jennifer Flagg, the YMCA's early education director at the South Church center, welcomes officials and staff to the ribbon cutting



The infant room at the Merrimack Valley YMCA's new South Church Child Care Center

Lazarus House Ministries welcomes Gail C. Favreau as their new Director of Development

Gail comes to Lazarus House with more than 16 years of non-profit development experience, including extensive knowledge in major and individual giving, securing corporate partnerships, events, board relations, strategy execution and stewardship. She feels deeply connected to the Lazarus House Ministries' mission and is looking forward to being in the position to make a stronger difference in people's lives in the Merrimack Valley.

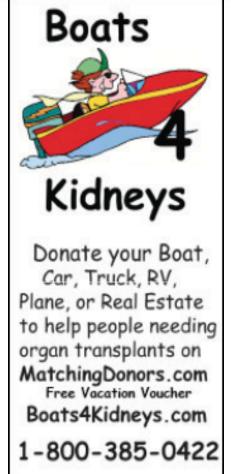
"I am truly excited and blessed to welcome Gail Favreau as our new Director of Development of Lazarus House Ministries. Gail's expertise and passion for our mission will undoubtedly help us achieve even greater impact within our community and Guests". In her new position as Director of Development at Lazarus House Ministries, Gail will serve on the executive leadership team and report to Executive Director Carmen H. Vega. She will be responsible for creating and executing strategies to lead a team in engaging external stakeholders to increase philanthropic support for Lazarus House Ministries' programs and community services.

Most recently, Gail served as Associate Vice President of Development, at the American Heart Association. In this role, she developed a comprehensive fundraising plan to secure and grow new commitments, successfully managed a portfolio of over 200 prospects including major and corporate donors, as well as board members, raising over a million dollars for the Heart Walk. Gail spent eight years combined at the Greater Boston Food Bank and the Pine Street Inn, increasing donor engagement, funding program opportunities and leading large-scale events with a focus of increasing awareness.

Lazarus House Ministries is a private non-profit organization in Lawrence, MA that helps people dealing with the various challenges of poverty. The organization offers food, shelter, clothing, community resources, and advocacy services to those in need. These services are completed with an open and non-judgmental heart and each person helped is treated as a Guest, served with dignity and respect.

For more information, please visit https://lazarushouse.org/







Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Men's Basketball grabs pair of **Turkey Classic victories**

Haverhill, MA (December 2, 2024) - The Northern Essex Community College men's basketball team picked up a pair of wins over the holiday weekend as they hosted the 3rd annual NECC Turkey Classic at the Sports and Fitness Center.

On Saturday the Knights defeated Suffolk County Community College by 93-56 final before defeating SUNY Adirondack on Sunday by 92-77 result. The wins improve the Knights to 9-2 on the season and extends their home winning streak to 38 games dating back to February 23rd 2022.

SATURDAY

Four starters scored in double digits as NECC jumped out to an early lead and never trailed in the game, taking a 30-point lead into halftime with a 51-21.

Alex Johnson (Worcester) scored a team high 14 points, followed by Ryan Pacy (Salem, NH) with 12, Christian Sanders (Boston) with 11 and Alejandro Delgado (Haverhill) with 10.

Johnson also handed out six assists and had four takeaways.

Karl Wolfgang (Douala, CM) contributed a team high 10 rebounds to go along with nine points.

SUNDAY

Wolfgang had a monster performance on Sunday with a double-double effort of 14 rebounds and 10 points as NECC had five players score in double figures.

Javien Kirmil (Lowell) returned to the lineup on Sunday to toss in a game high 17 points on six of ten shooting from the floor.

Cristian Moscat (Lawrence), Delgado and Yuno Matsuda (Tokyo, JP) added 13, 12 and 10 respectively.

Moscat and Matsuda also handed out seven and five assists.

Sanders added nine rebounds.

As a team, NECC controlled the glass outrebounding the Timberwolves by a 51-23 margin.

Johnson and Moscat were named to the All-Tournament team following Sunday's win.

NECC will return to conference play and close out a four game home swing on Tuesday evening when they play host to Springfield Tech at 7:30pm at the Sport and Fitness Center on the Haverhill campus.

Jadiel Bomfim repeats as NJCAA Soccer First Team All American

Haverhill, MA (December 3, 2024) -Sophomore Jadiel Bomfim (Nashua, NH) of the Northern Essex Community College men's soccer team was today named a men's soccer First Team All-American as announced by the national office.

For Bomfim, it's his second straight First Team All American selection as he earned the honor a season ago and becomes the first member of the men's soccer program to be named a two-time All-American.

In 2024, Bomfim led the Knights and Region 21 in both goals and total points with 16 and 39 respectively. His numbers included four game winning goals and four multi goal games, highlighted by a four-goal performance on September 14th against Community College of Rhode Island.

Bomfim was also named the NJCAA Player of the Week on September 18th as part of a five goal week as he added a goal in win over NHTI to go along with the four goal performance at CCRI.

Over his two seasons in the Knights uniform Bomfim finished his junior college career with 43 goals, 13 assists and 99 points.

As a team, the Knights finished the year with a 14-4 overall record and advanced to the NJCAA National Quarterfinals for the first time in program history, following Region 21 and Northeast District championships.

CLASIFICADOS | CLASSIFIEDS

LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicle on or after December 23, 2024 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2010 Ford Fusion VIN 3FAHP0HG4AR267973

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

Kevin Stuart Stuart's Automotive 12/1, 12/8, 12/15

Knights take down #7 Quincy on the road 101-96

Quincy, MA (December 7, 2024) - The Alejandro Delgado (Haverhill) had a team Northern Essex Community College men's basketball team trailed for 35 of the games 40 minutes on Saturday, but took the look when it mattered most in the closing minutes and picked up their 10th straight win to improve to 12-2 on the season and 9-1 in conference play, tied atop the top of the conference standings.

The Knights trailed from the opening tip as Quincy jumped out to 6-0 and held a four point advantage at the half, 52-48. The Knights took their first lead with five minutes remaining in the game as sophomore Ryan Pacy (Salem, NH) was fouled taking a three-point shot and calmly drained all three shits to give the Knights an 85-84 lead they never relinquished in the closing minutes.

For game, Pacy scored 14 points, all of which came in the second half.

high 24 points, including a pair of free throws in the closing minute to go along with 12 rebounds for a double-double.

Javien Kirmil (Lowell) added 16 points including going four from four from three, while Christian Moscat (Lawrence) and Alex Johnson (Worcester) added 12 points apiece.

NECC connected on their highest free throw total of the season as shot 81% from the charity stripe hitting on 17 of 21

The Knights will close out the first half of the season with a pair of home games, first coming against Massasoit Community College next Saturday December 14th with tip off scheduled for 2:00pm from the Sport and Fitness Center.



Tuesday, December 17 | 12:00 p.m. In Person at Bridges® Andover

A light lunch will be served.

Bridges® experts will share insights into the emotional and practical challenges that occur within relationships when a loved one has dementia.

Join us as we discuss changing family dynamics, spousal stress, and conflict resolution tactics to maintain healthy connections.

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12

El Cerebro, evolución y funcionamiento



Por Tomás Núñez, ThD

Desde que se descubrió la verdadera importancia del cerebro su estudio ha estado avanzando a pasos agigantados. Para este articulo intentaré dar una visión actualizada del conocimiento sobre este órgano en cuanto a funcionamiento y capacidades.

El cerebro humano moderno es el resultado de la evolución, relativamente rápida y constante, desde los primeros homínidos hasta el Homo sapiens sapiens.

Se ha podido corroborar que esta evolución ha estado favorecida por otros avances de partes corporales entre las que destacan el pulgar oponible (prensible) y el bipedismo.

En la antigüedad los científicos habían divagado sobre las funciones que desarrollaba este órgano, pero en la actualidad, mediante técnicas como la tomografía computacional o el electroencefalograma ese puede conocer mejor su estructura y dinámica. Este estudio minucioso del sistema nervioso también ha permitido conocer más sobre la unidad funcional y estructural del mismo: la neurona.

Estas células (las neuronas) tienen la capacidad de generar y transmitir impulsos

eléctricos a otras de la misma tipología mediante la secreción de neurotransmisores en un contacto llamado sinapsis. Las drogas hacen variar el equilibrio químico de las uniones sinápticas.

El cerebro desarrolla diversas actividades de cierta complejidad: entre estas funciones destacan la memoria, el lenguaje, el habla, la praxia, la gnosia y la inteligencia.

Hoy en día el estudio del cerebro continúa siendo muy activo debido a la complejidad del órgano y, aunque se tiene una visión amplia del papel del mismo dentro del organismo, aún nos quedan muchas incógnitas por resolver.

El cerebro humano tal y como lo conocemos actualmente ha sufrido un proceso de evolución de 2.5 millones de años desde nuestro ancestro más primitivo. Se considera que empezó a aumentar notablemente de tamaño en el Australopitecus africanus - posible predecesor de nuestro género con un volumen cerebral de aproximadamente 500 centímetros cúbicos - y lo hizo a un ritmo estimado de 150.000 neuronas por generación.

Pese a tener una estatura similar a la del chimpancé, los cerebros de estos individuos empezaron a presentar volúmenes encefálicos significativamente superiores. Por su parte, los primeros miembros del género Homo mostraban una mediana de 700 centímetros cuadrados y evolucionaron de manera gradual y casi lineal - sin baches - hasta llegar a los 1.400 centímetros cúbicos del Homo sapiens actual.

A lo largo de nuestra evolución las mejoras en el cerebro y el cuerpo se han complementado recíprocamente: cuando una avanzaba, ésta impulsaba la mejora de la otra siguiendo un ciclo de retroalimentación positiva. De esta manera, ponerse de pie fue uno de los primeros hechos trascendentales de la humanidad y está constatado que esto sucedió antes de la aparición de los pulgares prensiles, la habilidad de fabricar herramientas o el desarrollo del lenguaje.

The brain, evolution, and function

By Tomás Núñez, ThD

Since the true importance of the brain was discovered, its study has been advancing by leaps and bounds. For this article, I will give an updated view of the knowledge about this organ in terms of function and capabilities.

The modern human brain is the result of relatively rapid and constant evolution from the first hominids to Homo sapiens.

It has been possible to corroborate that this evolution was favored by other advances in body parts, among which the opposable (graspable) thumb and bipedalism stand out.

In ancient times, scientists had digressed on the functions that this organ developed, but today, through techniques such as computer tomography or electroencephalography, we can better understand its structure and dynamics. This detailed study of the nervous system has also allowed us to learn more about its functional and structural unit: the neuron.

These cells (neurons) have the ability to generate and transmit electrical impulses to other cells of the same type by secreting neurotransmitters in a contact called a synapse. Drugs change the chemical balance of synaptic junctions.

The brain develops various activities of a certain complexity: among these functions, memory, language, speech, praxis, gnosis, and intelligence stand out.

Today, the study of the brain continues

to be very active due to the complexity of the organ, and although we have a broad vision of its role within the organism, we still have many unknowns to resolve.

The human brain as we know it today has undergone a process of evolution of 2.5 million years since our most primitive ancestor. It is considered that it began to increase significantly in size in Australopithecus africanus - a possible predecessor of our genus with a brain volume of approximately 500 cubic centimeters - and it did so at an estimated rate of 150,000 neurons per generation.

Despite being similar in size to chimpanzees, the brains of these individuals began to show significantly larger brain volumes. The first members of the genus Homo, on the other hand, had a median size of 700 square centimeters and evolved gradually and almost linearly - without any gaps - until reaching the 1,400 cubic centimeters of today's Homo sapiens.

Throughout our evolution, improvements in the brain and the body have complemented each other: when one advanced, it drove the improvement of the other following a positive feedback loop. Thus, standing up was one of humanity's first transcendental events, and it is proven that this happened before the appearance of prehensile thumbs, the ability to make tools, or the development of language.

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

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

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Merrimack Valley Credit Union and Cabot Boston Credit Union Members Approve Proposed Merger

Members of both organizations voted overwhelmingly in favor of the merger



MVCU President & CEO John J. Howard and CBCU Manager Marta Carney at MVCU's Lawrence corporate office.

Lawrence, Mass. – Dec. 3, 2024 — The members of Merrimack Valley Credit Union (MVCU) and Cabot Boston Credit Union (CBCU) voted in favor of merging the two financial organizations last month, following separate member votes at each organization's corporate headquarters. MVCU will be the continuing credit union.

Founded in 1955, MVCU is a statechartered, not-for-profit, member-owned financial cooperative with more than \$2.3 billion in assets and 19 retail branches that serve more than 115,000 members in Massachusetts, New Hampshire and Rhode Island. The merger will combine the resources, expertise and values of two longstanding credit unions.

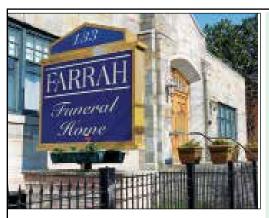
"We are thrilled that our members support and approve of our partnership with CBCU," said MVCU President & CEO John J. Howard. "By joining forces, we're creating a stronger, more robust organization that will provide enhanced

financial services and benefits to our credit union family."

CBCU Manager Marta Carney shared similar enthusiasm: "Throughout the merger process, the needs of our members have remained at the forefront. MVCU shares our commitment to serving our members and supporting our communities. I am confident that together, we will continue to build on our legacy of financial empowerment while expanding opportunities for our members and staff alike."

MVCU and CBCU expect to officially become one credit union on Jan. 1, 2025, pending regulatory approval.

In 2019, 2020 and 2023, MVCU completed successful mergers with Bridgewater Credit Union, Ocean Spray Employees Federal Credit Union and RTN Federal Credit Union respectively. For more information about the proposed merger between MVCU and CBCU, visit https:// www.mvcu.com/merger.



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Boletín de Diciembre

A medida que nos acercamos al final del año, estamos emocionados de celebrar la riqueza de nuestra comunidad, donde la diversidad prospera y se honran todas las tradiciones. Desde las fiestas culturales hasta las actividades familiares festivas, este es un momento para unirnos y apreciar las formas únicas en que todos celebramos.

Nuestros programas para niños han sido un gran éxito este año, brindando creatividad, diversión y aprendizaje a niños de todos los orígenes. Ya sea a través de eventos, manualidades, deportes y juegos,

estamos orgullosos de ofrecer oportunidades para que las mentes jóvenes exploren, se conecten y crezcan.

Como siempre, le agradecemos por ser parte de nuestra vibrante comunidad. ¡Brindemos por crear recuerdos y difundir alegría en esta temporada navideña y más

Les deseamos a todos felicidad y paz,

Andover/North Andover YMCA

December Newsletter

As we approach the end of the year, we are excited to celebrate the richness of our community, where diversity thrives, and all traditions are honored. From cultural holidays to festive family activities, this is a time to come together and appreciate the unique ways we all celebrate.

Our kids' programs have been a huge success this year, bringing creativity, fun, and learning to children of all backgrounds. Whether through events, crafts, sports and

games, we're proud to offer opportunities for young minds to explore, connect, and grow.

As always, we thank you for being part of our vibrant community. Here's to making memories, and spreading joy this holiday season and beyond!

Wishing you all happiness and peace,

Andover/North Andover YMCA

¿Necesita un momento de paz? Busca la forma de salir una noche.Le podemos ayudar. Mande a los niños a la Y.

Need a moment of peace? Looking for an easy date night? We got you. Send the kids to the Y!



MCC's Prepare to Attend College Honors Student Achievement

Middlesex Community College held a graduation ceremony for students who completed the Prepare to Attend College (PAC) program on Friday, November 15. The event provided an opportunity for graduates to share their experiences, receive certificates, and celebrate their success.

"Thank you to all involved with making the PAC instruction and graduation such a success," said Judy Burke, MCC's Vice President of Institutional Advancement and Workforce Development. "We had students from 16 different countries attend classes. Their positivity was palpable. In receiving their certificate of completion, they each spoke and later sang 'You've Got a Friend in Me.' They have a friend in MCC. We are helping them achieve their dreams!"

Mad Sherely, from Haiti and now living in Dracut, graduated from MCC's PAC One course. Sherely was appreciative of class instructor Faithe MacElliott's friendliness and teaching methods.

"My cousin encouraged me to take an English class at MCC because she loved the experience," Sherely said. "During class, Faithe answered our questions, gave examples, and taught us expressions. She was patient with us. My classmates were also funny and a joy to engage with."

Mario Mateo, from Peru and now living in Lowell, graduated from MCC's PAC Two course. After Mateo's son was born, he was motivated to join the program and learn English.

"I feel more ready than ever to face new challenges," Mateo said. "My goal is to get a degree at MCC which will help me support my family in Peru and the United States. All my classmates were wonderful, and I am thankful for them. Together, we have made great memories."

After the PAC graduates spoke, class instructor Faithe MacElliott gave the graduates their certificates.

"The English Learner Institute serves a growing need for English language instruction in our communities," MacElliott said. "Whatever their objective might be,



MCC's Prepare to Attend College Honors Student Achievement

students know their ability to communicate in English is essential in pursuing their goals. The camaraderie among students is powerful. Knowing other people are going through the same assimilation to a new country, a new lifestyle, as well as a new language is not only comforting but allows students to check in with each other."

As part of PAC, MacElliott introduces students to MCC resources such as the food pantries, libraries and the Academic Centers for Enrichment (ACE) for additional English practice and tutoring. As the program finishes, MCC's academic advisors visit the class to speak to graduates about continuing their education with options, including enrolling in credit

classes at MCC.

"I am proud to help newcomers navigate the application and assessment processes for our two English classes," said Charles Zhang, MCC's PAC Program Coordinator. "Our dedicated team works together seamlessly to achieve PAC's mission of empowering students. We recognize that they are not just English learners—they are talented, hardworking individuals driven to make a meaningful impact in our communities. Their perseverance and commitment are inspiring."

The PAC program is a part of MCC's English Learner Institute (ELI) which offers non-native English speakers the opportunity to improve their English skills. The PAC

program runs three times a year and learners complete it in eight-weeks. It is free, flexible and split into two levels. Visit https://www.middlesex.edu/corporate/languageclasses.html for more information.

"We have seen quite an increase in those interested in attending this past year," said Katy Gentile, MCC's Assistant Director of Corporate Education and Training. "Middlesex has been lucky to have two experienced instructors working with us. MacElliott and Zhang have come together to offer a fantastic program. The words of respect we heard about both individuals at the graduation ceremony is a tribute to the great work being done at MCC."

Healey-Driscoll Administration Announces \$10 Million in Grants to Expand Regional Transit Service

Funding is going to Regional Transit Authorities to promote improved connections across routes and service areas

BOSTON – The Healey-Driscoll Administration has announced \$10 million in funding to nine Regional Transit Authorities (RTAs) for 10 projects that increase connections between transit routes and service areas. The grants will allow RTAs to pilot new expansions, continue promising pilots, and improve existing connections.

"Residents across our state rely on Regional Transit Authorities to get to work, school, the grocery store, doctor's appointments, and more. This funding will increase service options and make commutes easier, in addition to our recent investment to make service free at most RTAs," said Governor Maura Healey. "Our administration is committed to prioritizing improvements to transportation infrastructure and quality of life in our communities."

"Expanding connectivity options makes a real difference in the lives of people who travel to get to work, go to medical appointments, and provide for their families," said Lieutenant Governor Kim Driscoll. "By supporting programs like these, we are helping to uplift individual households and to champion stronger, more equitable communities."

These grants will also allow RTAs to improve their existing connections. Riders have a better experience when connections are faster. For example, the Merrimack Valley Regional Transit Authority (MeVa) and Lowell Regional Transit Authority are receiving a grant to improve the frequency of the Lawrence-Lowell route connecting their two service areas, and the Southeastern Regional Transit Authority is receiving funds to provide express service between Fall River and New Bedford.

MeVa and LRTA will be receiving \$1,156,164 for the purpose of increasing frequency on the existing route connecting Lowell and Lawrence.

"MeVa route #24, which is the second highest ridership route in our system, connects the two Gateway Cities of Lawrence and Lowell, which happen to lie at

the hearts of two regional transit authorities, MeVa and LRTA respectively," said MeVa Administrator Noah S. Berger. "This Connectivity award for our 'Frequency is Freedom' initiative will allow us to run this vital link every 20 minutes, conveniently opening up access to critical services across both service areas and opportunities, including healthcare, employment, and higher ed. Big thanks to Governor Healey and the legislature for recognizing that borders, whether between municipalities or RTA districts, might exist on maps, but don't reflect how people live."

"The MWRTA is thrilled to work with the WRTA and our partners at MassDOT to implement two exciting new transportation options in MetroWest and Central Mass," said MWRTA Administrator Jim Nee. "Through an innovative new joint microtransit zone, the MWRTA and WRTA will team up to provide the first multi-RTA microtransit project in the Commonwealth. The MWRTA is also very excited to be able to pilot the 495 Connector, a fixed route focused

on North-South Connections between communities and the MBTA Commuter Rail system, allowing commuters the option to leave their cars at home more often. This new route will connect the Framingham/ Worcester Line with both the Fitchburg and Franklin Commuter Rail lines. The MWRTA is grateful that the state legislature and administration value public transit, and we are excited to deliver these exciting new options to the people of Massachusetts."



\$1 Million Pro Bull Riders' World **Championship Race Winds Through** the Manchester, NH and the Greater Boston Area on Dec. 20-21 -Interviews Available with World. No. 8-Ranked Bull Rider Mason Taylor

In less than six months, the PBR (Professional Bull Riders) will crown the 2025 World Champion, presenting them the covted gold buckle and \$1 million bonus. And while that will happen in Texas, all roads to the World Championship will go through the greater Boston area and Manchester, New Hampshire, when the elite Unleash The Beast bucks into town on Dec. 20-21.

Marking PBR's fifth trip to Manchester, the world's premier bull riding tour will take over SNHU Arena for two nights of can'tmiss competition as the world's Top 40 bull riders go head-to-head against the most powerful animal athletes on the planet. For more on the event, click here.

Last season, Brady Fielder won his career-first Unleash The Beast event in Manchester. The victory was part of a career year for the surging Australian, ultimately concluding the year a career-best No. 8 in the world.

Hoping to follow in his footsteps, Mason Taylor will be looking to accomplish big things in the Granite State as he chases his first PBR World Championship this May.

A bit about Taylor:

- From a young age, Taylor was an athlete, excelling not only within the youth rodeo ranks, but also as a baseball player, making an appearance at the Little League World Series.
- Since making his PBR elite tour debut in 2018 in Atlantic City, New Jersey, Taylor has proved himself to be arguably one of the grittiest cowboys within the PBR, now a proud member of the Empire State's bull riding team – the New York Mavericks.
- Taylor's toughness and resilience were evident at the 2021 PBR World Finals when he competed through a broken mandible. With his jaw wired shut, he went a nearperfect 5-for-6 at the season-end event to finish third, concluding the season ranked a career-best No. 11 in the world.
- Proving the 2021 campaign was no fluke, Taylor was a World Championship contender in 2022, holding the world No. 1 rank in his career for the first time following his win in Indianapolis, en route to concluding the season No. 12 in the standings. His individual success led him to be an early pick in the initial PBR Teams Draft, and Taylor was a part of the league's first trade as he alongside Daylon

Swearingen were traded to the Carolina Cowboys from the Texas Rattlers.

- Taylor's 2023 season was mired with injury, and the Texas native, who was traded to the Nashville Stampede in the interim, turned his focus to 2024.
- Despite not beginning his season until the third month of the campaign, Taylor made a late season push to qualify for his fifth PBR World Finals. As the Teams campaign began, Taylor was traded twice, briefly riding for the Texas Rattlers before landing with the New York Mavericks.
- Taylor was a force for New York's bull riding team, key in their postseason victory at the Ride-In Round which helped them qualify for the 2024 PBR Teams Championship during their first season with the league.
- In addition to riding for the New York Mavericks, Taylor is no stranger to success in the Northeast. Two of Taylor's early career wins with the PBR were registered in Wilkes-Barre, Pennsylvania, and Rochester, New York. The seasoned competitor is also known to excel inside Madison Square Garden. In 2020, Taylor won the 15/15 Bucking Battle inside the "World's Most Famous Arena" via his career-first 90-point ride and has finished inside the Top 20 in his four appearances at the main event in New York City. Across his three appearances in Manchester, Taylor has registered a 9th and 18th place finish.
- Taylor is now primed to bring a PBR Teams Championship to New York and compete for an individual gold buckle. With the 2025 season in full swing, Taylor has already climbed to No. 8 in the world courtesy of a fourth-place finish at the season-launch event in Tucson, Arizona, and an eighth-place effort the following week in Ontario, California.

Prior to the PBR premier series' return to Manchester and the Greater Boston Area, would you be interested in covering the

PBR athletes, including Taylor, stock contractors and operational staff are available for interviews, either by phone or video conference, as soon today, or in the greater Manchester area starting Thursday, December 19.

To attend the event, please apply via the online media credential portal https:// pbr.com/about/media-credentials/

The Merrimack Valley Immigrant & **Education Center**

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

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

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



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CONFIRMED Amesbury Mayor Kassandra Gove



CONFIRMED Andover **Town Manager** Andrew Flanagan



CONFIRMED Haverhill Mayor **Melinda Barrett**



INVITED Lawrence Mayor **Brian DePena**



Methuen Mayor TBD

INVITED



INVITED Newburyport Mayor Sean Reardon



CONFIRMED **North Andover** Town Manager Melissa Rodrigues

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

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

Edward R. Murrow



BY DALIA DÍAZ daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR RUMBO

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

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

Threats to Lori Trahan

Congresswoman Lori Trahan (MA-03) issued the following statement after the Westford Police Department responded to a bomb threat targeting her home in Massachusetts:

"This morning, I was made aware of a bomb threat targeting my family and me. I am grateful to the excellent officers at the Westford Police Department who responded swiftly to make sure we were safe and who are now working with the United States Capitol Police and Massachusetts State Police regarding this incident."

"It's a good time to say the obvious: threats of violence and intimidation have no place in our country."

Most often, these threats turn out to be false, but they inflict fear, creating a state of anxiety on everyone around the intended victim. If the authorities find the culprit, he or she deserves the maximum penalty because of the pain and expense caused.

Nevertheless, there's no excuse for threats or violence of any kind. We live in a country where we solve differences through the legal system and when it comes to politics, we have a system for that as well: it's called elections.

Never write anything in anger

This past week has been a sad example of why we should never write a letter or email someone during trouble, frustration, or after having a few drinks. Our minds feel differently, and we cannot reason things out, probably being sorry for what we did the next morning.

The same goes for arguing with our "better half." Depending on the situation or reason for the argument, it is best to wait until later and discuss it calmly. These angry sessions tend to damper the relationship;

because they are all part of growing up and old together. Most of the time, we realize that it was not worth not being on speaking terms for days.

What happened a few days ago should be a learning experience for us all. Pete Segseth, nominated by President-elect Trump to be Secretary of Defense, came under fire after discovering an email his mother had sent to him in 2018. She was chastising him for being a womanizer and being abusive of women. When she realized what she had done, she sent him a message apologizing for the previous one, but only the first one made it to the media this time.

That gave way for all kinds of nasty accusations to be made against Pete. His mother went on television explaining that she shouldn't have done it, and his coworkers at Fox came publicly to his defense.

All of that could have been avoided, including her embarrassment of admitting it on television, if she had taken the time to relax and think what she was about to do. I'm speaking from experience; I have been impetuous like that, only to apologize later.

My new flannel pants

Alberto brought me a pair of flannel pants to be comfortable working at home, and I love them. Then, I realized these are the pants men and women wear outside. They are pajama pants!

Children wear them to school, and the administration should educate them on how to dress appropriately while there. What happened to the uniforms they were required to wear? It may not sound important to many parents, but the lack of discipline in school is the cause of so many young people not being able to adapt to holding a job or accepting orders from a superior. Education begins at home.

But would you expect from adults who go out to restaurants, shopping, etc., in their pajamas? That's the education they provide their young: rebellion instead of discipline.

"ELEVEN" good food; great service



"Restaurant Eleven has a unique menu that satisfies your flavor palate and first of a kind and elegant ambiance in Lawrence," said Carmen García-King. Here she is with Ezekiel Llerena on the left and Yoel Herrera, the owner.

Welcome to Eleven Kitchen and Bar, a modern steakhouse in the heart of Lawrence Massachusetts, where exceptional cuts of meat meet the art of mixology.

ELEVEN opened in October offering magnificent service and out of the ordinary menu, Perfect for large groups of celebrations.

They are located at 226 Essex St., Lawrence.

"El Restaurant Eleven tiene un menú único que satisface tu paladar y un ambiente elegante y único en Lawrence", dijo Carmen García-King. Aquí está con Ezekiel Llerena a la izquierda y Yoel Herrera, el propietario.

Bienvenidos a Eleven Kitchen and celebracio Bar, un moderno steakhouse en el corazón de Lawrence, Massachusetts, donde Lawrence.

excepcionales cortes de carne se combinan con el arte de la coctelería.

ELEVEN abrió en octubre ofreciendo un magnífico servicio y un menú fuera de lo común, perfecto para grupos grandes de celebraciones.

Están ubicados en 226 Essex St., Lawrence.

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