



Marzo/March 1, 2025

EDICIÓN NO. 947

The BILINGUAL Newspaper of the Merrimack Valley

Matar la nostalgia de Dios
Killing the nostalgia for God

Por/By Dr. Tomas Núñez

Pg. 12

Merrimack College and NECC Sign Joint Admissions and Transfer Partnership Agreement



NECC President Lane Glenn and Merrimack College President Christopher E. Hopey, Ph.D signing the agreement between the two institutions. Merrimack College and NECC have enjoyed a long-standing partnership focused on accessibility and opportunities for learners in the Merrimack Valley and beyond. Over the past five years alone, about 400 NECC students have transferred to Merrimack College.

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MVCU y Methuen High School se asocian en la Feria Anual de Crédito de por Vida



Los voluntarios de Credit for Life ayudaron a los estudiantes a tomar decisiones financieras importantes en función de sus salarios. Además de considerar los costos de transporte, alojamiento y comida, los estudiantes necesitaban presupuestar sus pasatiempos en la mesa "Diversión, diversión, diversión".

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MVCU and Methuen High School Partner for Annual Credit for Life Fair

Credit for Life volunteers helped students make important financial decisions based on their given salaries. In addition to considering transportation, housing and food costs, students needed to budget for their hobbies at the "Fun, Fun, Fun" table.

Pg. 2

Help Mrs. Strange become **AMERICA'S FAVORITE TEACHER**

What would I do with the \$25,000?

I would use it to take some Lawrence High School Learning Center students on a field trip to Europe. The \$25k would help cut costs in half for a field trip to Europe for students, making the trip more financially accessible to lower income students and families. This would be a spectacular way to show my students the world and bring history to life!



1. Top 20 (begins February 24th and ends March 6th) – Public voting will help reduce each group to the top twenty (20) Competitors.
2. Top 15 (begins March 6th and ends March 13th) – Public voting will help reduce each group to the top fifteen (15) Competitors.
3. Top 10 (begins March 13th and ends March 20th)
4. Top 5 (begins March 20th and ends March 27th)
5. Group Finals (begin March 27th and end April 3rd)
6. Wildcard Round (begins April 4th and ends April 6th)
7. Quarterfinals (begin April 7th and end April 17th)
8. Semifinals (begin April 18th and end April 24th)
9. Finals (begin April 25th and end May 1st)

Vamos a apoyar a Kendrys Vásquez y su familia. Vea la historia en la página 8.

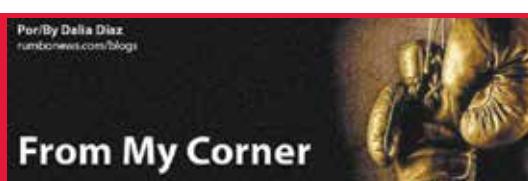
Let's support Kendrys Vasquez and family. See story on page 8.

The Rev. James T. O'Reilly OSA Division Eight Ancient Order of Hibernians
Organized 1871 Lawrence, Massachusetts 01842
"154 Years of Dedication to Religion, Heritage, Charity and Community"
Division 8 AOH Lawrence Announces 2025 Award Recipients

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Desde Mi Esquina



From My Corner

Más sobre Mayra Gonell
Nadie presta atención al LRA

Página 4

More on Mayra Gonell
Nobody pays attention to the LRA

Page 16

Merrimack Valley Credit Union y Methuen High School se asocian para la Feria Anual de Crédito de por Vida

El evento involucra a los estudiantes de último año con simulaciones de decisiones financieras importantes

El viernes 14 de febrero, Merrimack Valley Credit Union (MVCU) y Methuen High School (MHS) se unieron por sexto año para presentar la Feria de Crédito de por Vida a cientos de estudiantes de último año.

Crédito de por Vida es una simulación financiera de dos horas que se lleva a cabo en Klimas Field House en MHS, donde los estudiantes seleccionaron una profesión que se adapta mejor a sus planes posteriores a la graduación y recibieron un salario estimado. Luego se conectaron con voluntarios y analizaron las decisiones financieras que enfrentarían como adultos, como asistir a la universidad comunitaria, estatal o privada; elegir entre comprar un automóvil o un pase de transporte público; y decidir si alquilar o comprar una casa.

Los estudiantes también aprendieron cómo sus elecciones de estilo de vida, que incluyen comer fuera, comprar una membresía de gimnasio o tener una mascota, afectarían su presupuesto. Se enfrentaron a una "verificación de la realidad" al hacer girar "La rueda de la desgracia", que incluía elementos que podrían tener un impacto negativo en el presupuesto de un estudiante o proporcionar la ganancia inesperada para mantener su presupuesto mensual en positivo.

Los estudiantes terminaron la feria en el puesto de asesoramiento crediticio, donde los voluntarios analizaron los gastos y el salario de los estudiantes para ayudarlos a comprender la importancia de la planificación financiera y cómo sus decisiones finalmente afectaron su presupuesto.

La asociación entre MVCU y MHS comenzó con la feria inaugural en 2018. El evento cuenta con el personal de docenas de voluntarios de organizaciones comunitarias y profesionales locales, el distrito escolar de Methuen y MVCU. Los voluntarios tienen conversaciones cara a cara con los estudiantes sobre el impacto que tienen sus decisiones en su presupuesto y ofrecen décadas de experiencia práctica a los estudiantes.

"Es muy importante que sigamos enseñando alfabetización financiera en el entorno de la escuela secundaria", dice Olivia Pink, especialista en marketing de MVCU y coordinadora de la feria Credit for Life. "El 'mundo real' puede ser abrumador y hay muchas más decisiones financieras de impacto que uno toma a medida que envejece, pero la Feria de Crédito de por Vida de MHS ayuda a los estudiantes a abordar estas decisiones. Creo que la mejor parte de este evento es que les muestra a los estudiantes que pueden tomar estas grandes decisiones y



Leyenda de la foto: Los voluntarios del equipo de MVCU en la Feria Credit for Life en el MHS Klimas Field House.

MVCU team member volunteers at the Credit for Life Fair in the MHS Klimas Field House.

que, independientemente del resultado, siempre habrá alguien de su lado que los apoyará para que tengan éxito. Esperamos continuar con este evento con MHS durante los próximos años y esperamos presentarlo a la clase de último año del próximo año".

"La Feria de Crédito de por Vida es un evento interactivo y educativo que brinda a nuestros estudiantes de último año una invaluable experiencia financiera del mundo real", dice la directora asociada de MHS, Glenda L. Javier. "El evento permite a los estudiantes asumir el papel de adultos que trabajan y tomar decisiones financieras importantes sobre vivienda, transporte, educación y otros gastos esenciales. Con la guía de voluntarios dedicados de nuestra comunidad (profesionales que aportan su experiencia y conocimientos del mundo real), los estudiantes adquieren conocimientos prácticos sobre presupuestos, gastos responsables y planificación financiera. La feria es una piedra angular del compromiso de MHS de equipar a los estudiantes con las habilidades que necesitan para el éxito más allá del aula. Al interactuar con profesionales y experimentar de primera mano el impacto de sus decisiones, los estudiantes se van con un mayor sentido de alfabetización financiera y confianza en su capacidad para navegar por el futuro".

Para obtener más información sobre las iniciativas comunitarias de MVCU, visite www.mvcu.com/news.

Merrimack Valley Credit Union and Methuen High School Partner for Annual Credit for Life Fair

The event engages graduating seniors with simulations of important financial decisions

On Friday, Feb. 14, Merrimack Valley Credit Union (MVCU) and Methuen High School (MHS) teamed up for the sixth year to present the Credit for Life Fair to hundreds of graduating seniors.

Credit for Life is a two-hour financial simulation held in Klimas Field House at MHS where students selected a profession that best fits their post-graduation plans and received an estimated salary. They then connected with volunteers and discussed financial decisions they would encounter as adults, such as attending community, state or private college; choosing between purchasing a car or a public transit pass; and deciding whether to rent or own a home.

Students also learned how their lifestyle choices, including eating out, purchasing a gym membership or owning a pet, would affect their budget. They faced a "reality check" by spinning "The Wheel of Misfortune" that included items that could either have a negative impact on a student's budget or provide the windfall to keep their monthly budget in the positive.

The students finished the fair at the credit counseling booth, where volunteers analyzed the students' spending and salary to help them understand the importance of financial planning and how their decisions ultimately impacted their budget.

The partnership between MVCU and MHS began with the inaugural fair in 2018. The event is staffed by dozens of volunteers from local professional and community organizations, the Methuen school district and MVCU. The volunteers have face-to-face conversations with the students about the impact their choices have on their budget and offer decades of practical experience to the students.

"It is so important that we continue to

teach financial literacy in the high school setting," says MVCU Marketing Specialist and Credit for Life Fair Coordinator Olivia Pink. "The 'real world' can be daunting and there are a lot more impactful financial decisions that you make as you get older, but the MHS Credit for Life Fair helps students tackle these decisions. I believe that the best part of this event is that it shows students that they can make these big decisions and that, regardless of the outcome, there will always be someone in their corner rooting for their success. We hope to continue this event with MHS for years to come and look forward to presenting it to next year's senior class."

"The Credit for Life Fair is an interactive and educational event that provides our senior students with invaluable real-world financial experience," says MHS Associate Principal Glenda L. Javier. "The event allows students to step into the role of working adults, making important financial decisions about housing, transportation, education and other essential expenses. With the guidance of dedicated volunteers from our community—professionals who bring their expertise and real-world insights—students gain practical knowledge about budgeting, responsible spending and financial planning. The fair is a cornerstone of MHS' commitment to equipping students with the skills they need for success beyond the classroom. By engaging with professionals and experiencing firsthand the impact of their choices, students leave with a greater sense of financial literacy and confidence in their ability to navigate the future."

To learn more about MVCU's community initiatives, visit www.mvcu.com/news.

Rumbo

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DIRECTOR AND GRAPHIC DESIGN

Dalia Diaz
daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR
Alberto M. Suris
albertosuris@rumbonews.com

Publicación de SUDA, Inc.
315 Mt. Vernon Street Lawrence, MA 01843-3206

Tel: (978) 794-5360 | www.rumbonews.com

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Alcalde Brian A. DePeña nombra a Victor E. Ortega como nuevo Director de Servicios para Veteranos



El Alcalde Brian A. DePeña se complace en anunciar el nombramiento de Victor E. Ortega como nuevo Director de Servicios para Veteranos de la Ciudad de Lawrence. Con una distinguida carrera militar y un profundo compromiso con el servicio, Ortega aporta una experiencia y una dedicación invaluables a su nuevo cargo.

Nacido en Puerto Rico, Ortega se mudó a los Estados Unidos en 2001 a la edad de 18 años. A pesar de enfrentar desafíos, incluida la barrera del idioma, aceptó nuevas oportunidades y, en 2005, se alistó en el Cuerpo de Marines de los Estados Unidos. Su servicio incluyó despliegues en Irak en 2007 durante las Operaciones Libertad Iraquí 6, 7 y 8, seguidos por un despliegue en Afganistán en 2009 como parte de la Operación Libertad Duradera y la Operación Khanjar en la provincia de Helmand. Su valentía y liderazgo se exemplificaron durante una misión de rescate crítica donde dirigió a su escuadrón para salvar las vidas de dos compañeros marines.

Como Director de Servicios para

Veteranos, Ortega aprovechará su experiencia militar, sus logros educativos y su pasión por la defensa de los derechos de los veteranos para garantizar que estos reciban el apoyo y los recursos que merecen. El Alcalde DePeña expresó su confianza en el liderazgo de Ortega.

Fue en Lawrence donde no sólo estableció fuertes vínculos dentro de la comunidad, sino que también conoció a su esposa, lo que profundizó aún más su conexión con la ciudad. A lo largo de sus 12 años de carrera militar, Ortega perfeccionó sus habilidades de liderazgo, realizó estudios superiores y mantuvo su compromiso con el aprendizaje permanente.

El nombramiento de Ortega refleja el compromiso permanente de la Ciudad de Lawrence de honrar y ayudar a quienes han servido en las fuerzas armadas. Su liderazgo desempeñará un papel clave en la expansión de los servicios, la defensa de las necesidades de los veteranos y la garantía de que quienes se han sacrificado por su país reciban la atención y las oportunidades que se han ganado.

Mayor Brian A. DePeña appoints Victor E. Ortega as the new Director of Veterans Services

Mayor Brian A. DePeña is pleased to announce the appointment of Victor E. Ortega as the new Director of Veterans Services for the City of Lawrence. With a distinguished military career and a deep commitment to service, Ortega brings invaluable experience and dedication to his new role.

Born in Puerto Rico, Ortega moved to the United States in 2001 at the age of 18. Despite facing challenges, including a language barrier, he embraced new opportunities and, in 2005, enlisted in the United States Marine Corps. His service included deployments to Iraq in 2007 during Operations Iraqi Freedom 6, 7, and 8, followed by deployment to Afghanistan in 2009 as part of Operation Enduring Freedom and Operation Khanjar in Helmand Province. His bravery and leadership were exemplified during a critical rescue mission where he led his squad to save the lives of two fellow Marines.

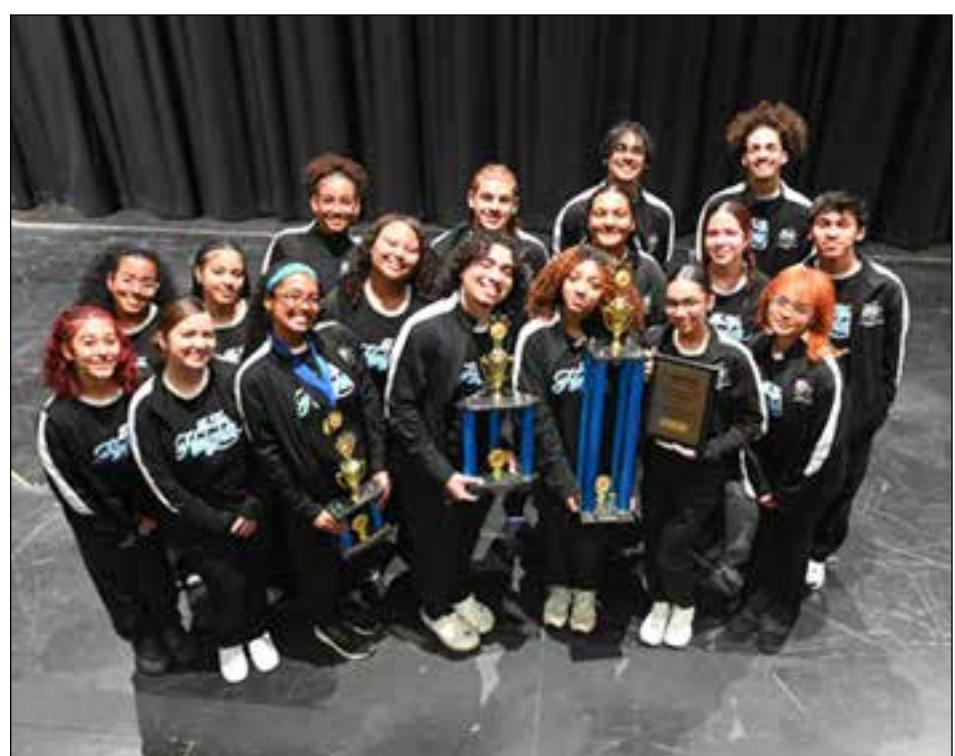
As Director of Veterans Services, Ortega

will leverage his military background, educational achievements, and passion for advocacy to ensure that Lawrence veterans receive the support and resources they deserve. Mayor DePeña expressed his confidence in Ortega's leadership, stating,

It was in Lawrence that he not only built strong ties within the community but also met his wife, further deepening his connection to the city. Throughout his 12-year military career, Ortega honed his leadership skills, pursued higher education, and remained committed to lifelong learning.

Ortega's appointment reflects the City of Lawrence's ongoing commitment to honoring and assisting those who have served in the armed forces. His leadership will play a key role in expanding services, advocating for veterans' needs, and ensuring that those who have sacrificed for their country receive the care and opportunities they have earned.

Felicidades al Grupo de Teatro de Lawrence High School



Felicitaciones al grupo de Teatro de la Escuela Secundaria Lawrence, que fue al Festival Nacional de Artes Escénicas durante las vacaciones de febrero y regresó a casa con el premio!

En unos días vertiginosos, los 35 estudiantes actores hicieron sus papeles para los jueces; tomaron talleres de actuación, música y danza con profesionales de Broadway; y tuvieron la oportunidad de conocer a otros actores de todo el país.

El elenco interpretó una pieza de "In the Heights" y 10 miembros compitieron en la categoría de solistas. Los Lancers recibieron el premio a la Excelencia en Coreografía de Conjunto, el Trofeo del Juez por Altos

Logros y el máximo honor del festival por la puntuación más alta: el Trofeo Showcase.

Carolina Sánchez y Kiara Félix ganaron medallas por una Calificación Superior en la competencia de solistas; y Kevin Reyes, Carolina Sánchez y Kiara Félix ganaron medallas por los Premios Spotlight a la Excelencia en Actuación en la competencia de conjuntos. Finalmente, el domingo, el elenco tuvo el honor de actuar en el Escenario Lagoon en Universal Studios.

Bienvenidos a casa y excelente trabajo!

Alcalde,
Brian A. DePeña

Congratulations LHS Theatre



Congratulations to Lawrence High School Theater, which went to the National Performing Arts Festival over February vacation and came home with the hardware!

In a whirlwind few days, the 35 student actors performed for judges; took acting, music and dance masterclass workshops with Broadway professionals; and had the chance to meet other actors from around the country.

The cast performed a piece from "In the Heights" and 10 members competed in the solo competition. The Lancers were awarded Ensemble Excellence in Choreography, the Judge's Trophy for High Achievement, and festival's top

honor for highest score – the Showcase Trophy.

Carolina Sanchez and Kiara Felix each won medals for a Superior Rating for the solo competition; and Kevin Reyes, Carolina Sanchez and Kiara Felix won medals for the Spotlight Awards for Excellence in Performance in the ensemble competition.

Finally on Sunday the cast had the honor of performing on the Lagoon Stage in Universal Studios - Welcome home and well done all!

Mayor,
Brian A. DePeña

Carta al Editor

Protesta por artículo sobre Mayra Gonell

Le escribimos para expresar nuestro disgusto por las horribles acusaciones y palabras que se usaron para describir a nuestra querida madre Grechy Rosario. Esta historia fue publicada por su editora, la Sra. Dalia Diaz el 8 de febrero de 2025. Puede encontrarla publicada en la sección "Desde mi Esquina". Apoyamos plenamente a nuestra madre y la defendemos contra las acusaciones engañosas publicadas en el periódico. Para defender el carácter de mi madre, tenemos que decir que es muy vergonzoso saber cómo la están difamando y acusando de descuidar y maltratar a nuestra abuela. Esto está muy mal en muchos niveles, acusando falsamente y causando mucho estrés no solo a mi madre, sino también a mi abuela. Este es un acto de conspiración antijudicial contra nuestra madre al difundir públicamente información falsa y también invadir su privacidad.

Desde que éramos más jóvenes, ella ha demostrado ser una persona muy positiva, encantadora y compasiva con la familia e incluso con los extraños.

Ella siempre nos ha mostrado acciones notables hacia la humanidad y en ser un modelo a seguir como una mujer trabajadora desde que tenemos memoria. Ella nos mostró su dedicación a trabajar con un propósito. No solo en criarnos, sino también en cuidar a nuestra abuela anciana incluso antes de que decidiera mudarse de la casa del Sr. Leoncio. Ella siempre encontró tiempo y brazos extra para apoyarnos a todos nosotros, sus cuatro hijos, nietos, sobrinas y

sobrino. Su compromiso con nuestra familia es genuino y encomiable.

Además de nuestras responsabilidades familiares, nuestra madre está muy involucrada en ayudar a los demás. Aunque mi madre tiene otros dos hermanos, ella es la única que cuida a nuestra abuela Mayra. Durante años y desde que tenemos memoria, nuestra madre es y siempre ha sido la única persona que se toma el tiempo para llevar a la abuela Mayra a sus citas médicas, organiza su medicación y, además, siempre encuentra tiempo para hacerla sentir bien consigo misma, como llevarla a hacerse la manicura y la pedicura, visitar a la peluquería y también llevarla a la iglesia. También la lleva de compras o, como dice mi madre, en su "día de chicas". También organiza viajes para que nuestra abuela visite a nuestra tía y tío (sus otros dos hijos) que residen en New Jersey y Florida.

En conclusión, su dedicación a nosotros y a su familia es impresionante. Estaremos eternamente agradecidos por las enseñanzas y la estructura que nuestra madre no solo nos ha enseñado, sino que nos ha mostrado con sus acciones cotidianas. Nuestra madre es una mujer íntegra, de buen corazón, compasiva, amigable y no tiene miedo de hacer lo correcto incluso cuando los demás no la están viendo.

Roberto Rosario
Rosilma Nivar
Greimy Rosario
Genesis Rosario

Letter to the Editor

Protest over article about Mayra Gonell

We are writing to express our disgust in the awful accusations and words that were used to describe our beloved mother Grechy Rosario. This story was published by your editor, Ms. Dalia Diaz on February 8, 2025. You can find it published in the section under "Desde mi Esquina, From my Comer". We are in full support for our mother and defend her against the misleading accusations published in the newspaper. In order to defend my mother's character we have to say that is very shameful to know how she's being defamed and accused of neglecting and mistreating our grandmother. This is so wrong on so many levels, falsely accusing and causing a lot of stress not only to my mother, but also to my grandmother. This is an unjust judicial act of conspiracy against our mother by publicly spreading false information and also invading her privacy.

Since we were younger, she has proved herself to be a very positive, lovely compassionate person towards the family and even strangers.

She has always shown us remarkable actions towards humanity and in being a role model as a hard working woman ever since we can remember. She showed us her dedication to working with a purpose. Not only in raising us but caring for our elderly grandmother even before she decided to move out of Mr. Leoncio's home. She's always found time and extra arms in supporting all of us, her four children, grandkids, nieces and nephew. Her

commitment to our family is both genuine and commendable.

In addition to our family responsibilities, our mother is very actively involved in helping others. Although my mother has two other siblings, she is the only one caring for our grandmother Mayra. For years and as long as we can remember our mother is and has always been the only person to take out the time to bring to grandma Mayra to her medical appointments, arranges her medication, and in addition she always finds time to make her feel good about herself like taking her to get manicures and pedicures, visits to the hair dresser, and also takes her to church. She also takes her shopping or as my mother calls on their "girls out day". She also arranges trips for our grandmother to visit our aunt and uncle (her two other children) who reside in New Jersey and Florida.

In conclusion, her dedication to us and her family is impressive. We are forever grateful for the teachings and structure our mom has not only taught us but has shown us with her everyday actions. Our mother is a woman of integrity, kindhearted, compassionate, friendly, and is not afraid to do what's right even when others aren't watching.

Roberto Rosario
Rosilma Nivar
Greimy Rosario
Genesis Rosario

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Alcalde Brian A. DePeña recibe solicitud de la unión de bomberos para mantener servicios en la actual estación en la calle Bodwell

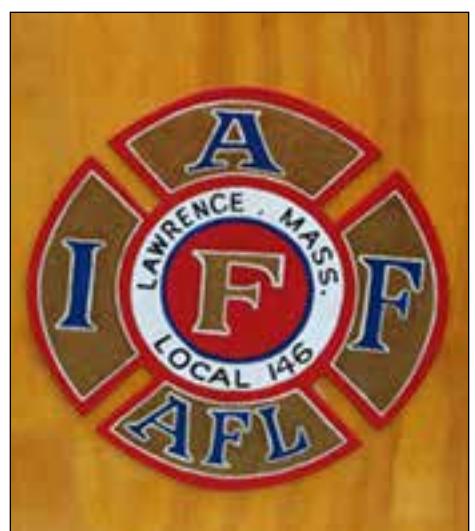
El Alcalde Brian A. DePeña, en reconocimiento a la dedicación y el compromiso de los bomberos con la seguridad de la comunidad, aprobó la solicitud presentada por la Unión de Bomberos de seguir brindando los servicios del local 146 localizado en la calle Bodwell en la Ciudad de Lawrence.

Esta decisión tiene como objetivo optimizar las respuestas diarias ante emergencias, asegurando una mayor eficiencia en la protección de los residentes. Además, el Alcalde DePeña anunció la llegada de nuevos equipos para el Departamento de bomberos, los cuales fortalecerán la capacidad operativa y la

coordinación para este vital departamento.

Si bien la colaboración entre el Departamento de Bomberos y la Policía es fundamental, el Alcalde Peña coincide con la Unión de Bomberos en que no es necesario centralizar todas las operaciones diarias en un sólo centro de comunicaciones, salvo casos de emergencias que ameriten tener un sólo centro de operaciones. De esta manera, cada entidad podrá continuar desempeñando sus funciones desde sus respectivas ubicaciones, garantizando un mejor uso de los recursos, respuestas más eficaces y seguridad pública ante cualquier eventualidad.

Pictures from the demonstration by members of different unions were taken by Richard Russell.



Mayor Brian A. DePeña receives request from the firefighters union to maintain services at the current station on Bodwell Street

Mayor Brian A. DePeña, in recognition of the dedication and commitment of firefighters to community safety, approved the request submitted by the Firefighters Union to continue operations at Local 146 located on Bodwell Street in the City of Lawrence.

This decision aligns with the goal of maintaining and optimizing daily responses to emergencies, ensuring greater efficiency in protecting residents. Additionally, the Mayor announced the arrival of new equipment for the Fire Department, which will strengthen the operational capacity and coordination for this vital department.

While collaboration between the Fire Department and the Police is essential, Mayor DePeña agrees with the Firefighters Union that it is not necessary to centralize all daily operations in a single communications center, except in cases of emergencies that warrant a unified response. In this way, each entity will be able to continue performing its functions from its respective locations, ensuring better use of resources, more effective responses, and public safety in the event of any incident.



Essex County Habitat for Humanity ha construido más de 100 viviendas asequibles para familias en Lawrence y Merrimack Valley. ¡Habitat ReStore ayuda a financiarlos!



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Merrimack College and NECC Sign Joint Admissions and Transfer Partnership Agreement

A new joint admissions agreement between Northern Essex Community College and Merrimack College will provide NECC students with more seamless pathways to continue their education after graduating with their associate degrees. Under the agreement, students who opt-in are conditionally accepted to Merrimack College when they are accepted to NECC. Once a student graduates from NECC, they can begin the transfer process. Merrimack College will provide a designated transfer admissions counselor for graduates of NECC, who will receive priority for Merrimack merit scholarships.

"Now more than ever, we must ensure that any student who dreams of earning an associate degree and bachelor's degree can do so," said Merrimack College President Christopher E. Hopey, Ph.D. "And this agreement will make that dream more accessible to more students. We know first-hand the transformative impact higher education can have on its students and the communities they go on to serve."

During the event, President Hopey also announced that NECC students who transfer to Merrimack College after they earn their associate's degree will receive

up to a \$10,000 scholarship, or a \$5,000 scholarship if they enroll in the Bachelor in Humanities program.

Merrimack College and NECC have enjoyed a long-standing partnership focused on accessibility and opportunities for learners in the Merrimack Valley and beyond. Over the past five years alone, about 400 NECC students have transferred to Merrimack College.

The institutions have worked to grow early college programs and are exploring the establishment of an innovation corridor in the Merrimack Valley.

"Merrimack remembers its roots," said NECC President Lane Glenn H'15. "Merrimack remembers the importance of service to our communities and ensuring accessibility to and affordability of a high-quality education. This joint admissions agreement is another significant step forward because it makes the process much simpler."

NECC has joint admission agreements with four additional institutions: Salem State University, UMass Lowell, Regis College, and Emmanuel College. Learn more by visiting the Transfer webpage.

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE [RUMBONEWS.COM](#)



RODAJE ADEUDADO HASTA EL 26 DE MARZO DE 2025

Si su automóvil fue registrado antes del **1 de enero, 2025**, sepa que se le envió por correo una factura de impuestos especiales.

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EXCISE TAX DUE MARCH 26, 2025

If your car was registered as of **January 1st** an excise bill will be mailed to you on or before February 23, 2025.

Please DO NOT disregard a bill. If you think you don't owe it, email us at collectors@cityoflawrence.com. You can view your bill online by visiting <https://epay.kelleryan.com/search> and simply entering your license number and date of birth.



Alcalde Brian A. DePeña nombra a Johanny Guillermo como nueva asistente ejecutiva de su oficina

El Alcalde Brian A. DePeña se complace en anunciar el nombramiento de Johanny Guillermo como nueva asistente ejecutiva de la oficina del alcalde. Con más de 30 años de experiencia en banca y servicios financieros, Guillermo aporta una gran experiencia al puesto, lo que sigue fortaleciendo aún más el compromiso de ella con la ciudad y la administración.

Antes de este nombramiento, Guillermo se desempeñó como subgerente de sucursal en Methuen Credit Union, donde desempeñó un papel clave en la supervisión de las operaciones diarias, garantizando la satisfacción del cliente y manteniendo la seguridad financiera. Anteriormente ocupó el puesto de gerente de sucursal en People's United Bank en Lawrence, donde

dirigió estrategias operativas, desarrollo del personal e iniciativas de planificación financiera.

Guillermo habla inglés y español con fluidez y ha sido una defensora dedicada de la educación financiera y el crecimiento económico dentro de la comunidad. Su amplia experiencia en finanzas y liderazgo la convierte en una valiosa incorporación al equipo de la administración DePeña.

Además del nombramiento de Guillermo, el Alcalde DePeña se complace en anunciar el ascenso de Claudia Hoyos a Oficial de Proyectos II de la Oficina de Planificación y Desarrollo. La dedicación y las contribuciones de Hoyos han sido fundamentales para impulsar las iniciativas de desarrollo de la ciudad.



Mayor Brian A. DePeña with Claudia Hoyos and Johanny Guillermo.

Mayor Brian A. DePeña appoints Johanny Guillermo as the new executive assistant to his office

Mayor Brian A. DePeña is pleased to announce the appointment of Johanny Guillermo as the new Executive Assistant to the Mayor's Office. With over 30 years of experience in banking and financial services, Guillermo brings a wealth of expertise to the role, further strengthening her commitment to the city and this administration.

Prior to this appointment, Guillermo served as Assistant Branch Manager at Methuen Credit Union, where she played a key role in overseeing daily operations, ensuring customer satisfaction, and maintaining financial security. She previously held the position of AVP/Financial Service Manager at People's

United Bank in Lawrence, where she led operational strategies, staff development, and financial planning initiatives.

Fluent in English and Spanish, Guillermo has been a dedicated advocate for financial education and economic growth within the community. Her extensive background in finance and leadership makes her a valuable addition to the Mayor's Office team.

In addition to Guillermo's appointment, Mayor DePeña is pleased to announce the promotion of Claudia Hoyos to Project Officer II for the Office of Planning & Development. Hoyos' dedication and contributions have been instrumental in advancing the city's development initiatives

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

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

CICERO

La Cámara de Representantes de Massachusetts reconoce el Día de Concienciación sobre el Síndrome de Abstinencia de Esteroides Tópicos

Boston, MA - En un paso significativo para generar conciencia sobre una condición menos conocida, el Representante de Massachusetts Frank Moran y la Cámara de Representantes presentaron una Resolución que reconoce el 3 de febrero como el Día de Concientización sobre el Síndrome de Abstinencia de Esteroides Tópicos.

Según el Representante Moran, "Esta resolución tiene como objetivo arrojar luz sobre las luchas que enfrentan las personas que sufren el Síndrome de Abstinencia de Esteroides Tópicos (TSW), una condición que ocurre cuando la piel reacciona a la retirada de los corticosteroides tópicos. Al reconocer este día, la Cámara de Representantes de Massachusetts espera ofrecer conciencia y apoyo a las personas afectadas por el TSW."

Amir Vasquez, de seis años, que ha estado luchando contra el TSW, compartió su experiencia: "Solo quiero que mi piel se sienta mejor. Quiero jugar al aire libre con mis amigos sin sentir picazón y dolor todo el tiempo".

El padre de Amir, Kendrys Vasquez, ex alcalde y concejal de la ciudad de Lawrence, expresó su gratitud por la resolución: "Como padre, es desgarrador ver sufrir a tu hijo. Pero hoy, damos un paso adelante para generar conciencia y encontrar soluciones para el TSW. Estamos agradecidos por los esfuerzos del representante Moran y el apoyo de la Cámara de Representantes de Massachusetts".

La madre de Amir, Denise Vasquez, agregó: "Como familia, hemos aprendido a enfrentar juntos los desafíos del TSW. Pero sabemos que no estamos solos. Hoy, nos solidarizamos con todas las familias afectadas por el síndrome de Down y esperamos que esta resolución nos acerque a encontrar una solución".

La familia Vásquez está llevando su defensa un paso más allá al establecer la Skin Heroes Foundation, una organización sin fines de lucro dedicada a generar conciencia, promover la educación y apoyar los esfuerzos de defensa de las personas y familias afectadas por el síndrome de Down.

"Queremos asegurarnos de que ninguna familia tenga que pasar por lo que hemos pasado", dijo Kendrys Vásquez. "La Skin Heroes Foundation será un recurso para las familias, una voz para quienes están luchando y un catalizador para el cambio".

Reva Vaddi, sobreviviente del síndrome de Down, y su madre Sarat Pothuri también



estuvieron presentes en la presentación de la resolución. Reva compartió su historia personal al afirmar que "habiendo sufrido personalmente la abstinencia de esteroides tópicos, estoy agradecida de haberme curado y haber recuperado una sensación de normalidad en mi vida. Esta resolución sobre el TSW es muy significativa para mí, ya que ofrece la esperanza de que los futuros pacientes se sientan atendidos, apoyados y menos solos en sus luchas".

Sarat Pothuri, cuidadora, defensora y miembro de la junta directiva de ITSAN, enfatizó la importancia de esta resolución: "Hoy es un hito importante para nuestra familia, los guerreros resilientes del TSW, los defensores y la increíble comunidad de cuidadores y simpatizantes. Como cuidadora, he sido testigo de primera mano del impacto devastador del TSW en mi hija y los desafíos duraderos que le siguen. El reconocimiento del Día de Concientización sobre el TSW es un paso crucial para reconocer esta condición grave y brindar esperanza a quienes están en el camino hacia la curación y la recuperación".

Para obtener información y recursos adicionales sobre el TSW, se anima a las personas a visitar el sitio web de la Red Internacional de Concientización sobre los Esteroides Tópicos (ITSAN) en <http://www.itsan.org/>. ITSAN es una organización líder dedicada a brindar apoyo, educación y defensa a las personas y familias afectadas por el TSW en todo el mundo.



Massachusetts House of Representatives Recognizes Topical Steroid Withdrawal Syndrome Awareness Day

Boston, MA - In a significant move to raise awareness about a lesser-known condition, Massachusetts Representative Frank Moran and the House of Representatives presented a Resolution recognizing February 3rd as Topical Steroid Withdrawal Syndrome Awareness Day.

According to Representative Moran "This resolution aims to shed light on the struggles faced by individuals suffering from Topical Steroid Withdrawal Syndrome (TSW), a condition that occurs when the skin reacts to the withdrawal of topical corticosteroids. By acknowledging this day, the Massachusetts House of Representatives hopes to offer awareness and support for those affected by TSW."

Six-year-old Amir Vasquez, who has been battling TSW, shared his experience: "I just want my skin to feel better. I want to play outside with my friends without feeling itchy and sore all the time."

Amir's father, Kendrys Vasquez, former Mayor and City Councilor of Lawrence, expressed his gratitude for the resolution: "As a parent, it's heartbreaking to see your child suffer. But today, we take a step forward in raising awareness and finding solutions for TSW. We're grateful for Representative Moran's efforts and the Massachusetts House of Representatives' support."

Amir's mother, Denise Vasquez, added, "As a family, we've learned to navigate the challenges of TSW together. But we know we're not alone. Today, we stand with all the families affected by TSW, and we hope that this resolution will bring us closer to finding a solution."

The Vasquez family is taking their advocacy a step further by establishing the Skin Heroes Foundation, a non-profit

organization dedicated to raising awareness, promoting education, and supporting advocacy efforts for individuals and families affected by TSW.

"We want to ensure that no family has to go through what we've gone through," said Kendrys Vasquez. "The Skin Heroes Foundation will be a resource for families, a voice for those who are struggling, and a catalyst for change."

TSW survivor Reva Vaddi and her mother Sarat Pothuri were also in attendance for the presentation of the resolution. Reva, shared her personal story by stating that "Having personally endured Topical Steroid Withdrawal, I am grateful to have healed and regained a sense of normalcy in my life. This TSW resolution is deeply meaningful to me, as it offers hope that future patients will feel seen, supported, and less alone in their struggles."

Sarat Pothuri, a caregiver, advocate and Board Member of ITSAN, emphasized the significance of this resolution: "Today is a significant milestone for our family, resilient TSW warriors, advocates, and the incredible community of caregivers and supporters. As a caregiver, I have witnessed firsthand the devastating impact of TSW on my daughter and the lasting challenges that follow. The recognition of TSW Awareness Day is a crucial step toward acknowledging this severe condition and bringing hope to those on the path to healing and recovery."

For additional information and resources on TSW, people are encouraged to visit the International Topical Steroid Awareness Network (ITSAN) website at <http://www.itsan.org/>. ITSAN is a leading organization dedicated to providing support, education, and advocacy for individuals and families affected by TSW worldwide.



**The Rev. James T. O'Reilly OSA Division Eight
Ancient Order of Hibernians
Post Office Box 1407**

Organized 1871 Lawrence, Massachusetts 01842

"154 Years of Dedication to Religion, Heritage, Charity and Community"

**Division 8 AOH Lawrence Announces
2025 Award Recipients**

The Rev. James T. O'Reilly OSA Division 8 Ancient Order of Hibernians has announced the names of their 2025 Award Recipients. The Most Reverend Robert P. Reed, who serves as an Auxiliary Bishop for the Archdiocese of Boston and is the president of the Catholic Television network has been selected as the 2025 recipient of the Richard Cardinal Cushing Award, and Michael Greenler of Methuen, and twenty plus year member of Division 8 AOH, has been selected, as Division 8's 2025 Irishman of the Year. Both of these awards will be presented at the 153rd Annual Saint Patrick's Day Banquet and Dance on Saturday evening, March 1, 2025, at the Lawrence Lodge of Elks, 652 Andover Street in Lawrence. Anyone interested in attending this Dinner Dance and award presentations on March 1, should contact Dinner Dance Chairman Jeff Sullivan @ 603 479 5395.

Patricia Mariano, a lifelong Lawrencian, educator, principal and Lawrence School Committee member, has been selected as the recipient of Division 8's 2025 Hon. John E. Fenton Citizenship Award. The Fenton Award will be presented at Division 8's 55th Annual Saint Patrick's Day Luncheon on Friday, March 14, 2025, at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA at Noon. Anyone interested in attending this event should contact the Luncheon Chairman Jack Lahey at 603 560 8192.

The Richard Cardinal Cushing Award, which is named after the late Catholic Irish prelate who died in November 1970, and was first presented in 1974 to the Honorable John F. McCormack of Massachusetts, then Speaker of the House of Representatives in Washington, DC. This award is awarded to an Irish Catholic of high moral character who exemplifies the characteristics of the late Richard Cardinal Cushing. The individual may be a man or woman, who through their life endeavors demonstrates in their daily lives the qualities

of what an exemplary Irish Catholic should be.

The Hon. John E. Fenton Citizenship Award was established in 1975 to honor the late Judge John E. Fenton who passed in August 1974. Judge Fenton, who was a member of Division 8, went on to serve two terms as National President of the Ancient Order of Hibernians. This award is awarded to a man, woman, or organization, without regard to their religious, or ethnic background, who has contributed in an outstanding manner to betterment of the Greater Lawrence and Merrimack Valley area. The Honorable John E. Fenton Citizenship Award was first awarded to the late Irving E. Rogers, then publisher and owner of the Lawrence Eagle Tribune. The Irishman of the Year Award, which is the highest award the Division can bestow on a member, was established in 1964 and is presented annually to a member of Division 8 AOH for his outstanding service, dedication, and contributions to Hibernianism and Division 8. The first recipient of this award was the late Patrick Scanlon of Lawrence, Massachusetts.

The Rev. James T. O'Reilly OSA Division Eight AOH in Lawrence, Massachusetts was founded on November 5, 1871, and for the past 154 years has helped preserve Irish culture, history, and traditions in a multifaceted way. The talents of its members have been recognized beyond the borders of the Lawrence area. The Men's Division has produced two National Presidents, and the Ladies Division one. In addition to these three National Presidents, three members have served as National Directors of the Order. Several members have gone on to serve in elected and appointed positions on the National, State and County Boards. At the present time, one member of Division 8 serves on the AOH National Board, four on the Massachusetts AOH State Board and three on the AOH Essex County Board.

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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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.



Rev. James T. O'Reilly OSA Division Eight

Ancient Order of Hibernians

Lawrence, Massachusetts

"154 Years of Dedication to Religion, Heritage, Charity and Community"

Irish Heritage Month March 2025

Lawrence, Massachusetts

Preserving and Fostering our Heritage and Culture

Saturday, March 1, 2025 – 154th SAINT PATRICK'S DAY BANQUET AND DANCE at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA. Traditional Corned Beef & Cabbage Dinner by Simply Elegant Catering with dancing to the *Silver Spears Irish Show Band* from 6 pm – 11 pm – Awarding of the Richard Cardinal Cushing, Irishman & Irishwoman of the Year Awards. For more information contact Jeff Sullivan by email at jdsullivan1@comcast.net or you may text or call him @ 603 479 5395. Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 2, 2025 - ANNUAL Wild Rover 4 MILE CLASSIC ROAD RACE - 11 am, at the Lawrence Lodge of Elks 652 Andover Street, Lawrence, MA (rain or shine) – This event is being set up by the Wild Rover Series.

Sunday, March 2, 2025 - OPENING RECEPTION and EXHIBIT "The Rev. James T. O'Reilly and his Contributions to Lawrence and Beyond" – WHITE FUND LECTURE - with the **Rev Patrick Armano**, who will speak on the life of the Rev. James T. O'Reilly OSA and his contributions to Greater Lawrence - at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 2 pm Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Monday, March 3, 2025 - IRISH FLAG RAISING Across from City Hall – Common St. @11 a.m.

Sunday, March 9, 2025 - WHITE FUND LECTURE – by Professor Richard Padova, M. ED, M.A on "A Geographical Look at Ireland" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence, MA @ 2 pm. (FREE) – Handicap Accessible

Wednesday, March 12, 2025 - AOH NATIONAL HUNGER MONTH FOOD DRIVE: Please consider donating canned goods and non-perishable food items. All food items received will be donated to a local food pantry. TIME: 6 pm – 7:00 pm at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence MA. Sponsored by Division 8 AOH – Handicap Accessible

Friday, March 14, 2025 – 54th ANNUAL SAINT PATRICK'S DAY LUNCHEON at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA Traditional Corned Beef and Cabbage Dinner by Simply Elegant Catering with entertainment by the *Silver Spears Irish Show Band* at NOON. Awarding the Honorable John E. Fenton Citizenship Award - For more information contact Jack Lahey at 603 560 8192. Sponsored by Division 8 AOH – Handicap Accessible

Sunday, March 16, 2025 – WHITE FUND LECTURE – with Maine Author, – **Michael Connolly**, who will discuss his book, "Ever the Twain Shall Meet" - at Lawrence Heritage State Park Visitors Center, 1 Jackson Street, Lawrence, MA @ 2 pm Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Monday March 17, 2025 – HAPPY SAINT PATRICK'S DAY! – Enjoy this grand day with family and friends listening to Irish Music, stories, and laughter at home with family and friends or at your favorite restaurant!

Saturday, March 22, 2025 - IRISH FILM FESTIVAL at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence MA @ 10 am. Sponsored by Division 8 AOH (FREE) – Handicap Accessible

Sunday, March 23, 2025 - JOIN PIANIST TERRI KELLEY AND VOCALIST BILL DONELAN FOR AN ALL-NEW PROGRAM OF CELTIC MELODIES - FROM ANCIENT GAELIC AIRES TO CURRENT SONGS - at the Lawrence Public Library, Sargent Auditorium, 51 Lawrence St., Lawrence, MA @ 2 pm Presented by Division 8 (FREE) – Handicap Accessible

Sunday, March 30, 2025 - EXHIBIT CLOSES "The Rev. James T. O'Reilly and his Contributions to Lawrence and Beyond" at Lawrence Heritage State Park Visitors Center, 1 Jackson St, Lawrence (FREE) – Handicap Accessible

The Rev. James T. O'Reilly OSA Division Eight AOH was founded on November 5, 1871. The Division yearly hosts numerous social events and activities, and has scholarship opportunities for members, the children and grandchildren of members on the high school and college level, including a scholarship for study in Ireland. Division 8 meets at the Lawrence Lodge of Elks, 652 Andover Street, Lawrence, MA, on the second Wednesday of the month. **For information on AOH Membership please write to: Division 8 AOH Organizer, PO Box 1407, Lawrence, MA**

IRISH HERITAGE MONTH 2025 IS SPONSORED BY THE ANCIENT ORDER OF HIBERNIANS DIVISION 8

Irish Heritage Month 2025 is supported in part by a grant from the Lawrence Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



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Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Knights run past UCAP, advance to Region 21 Semi-Finals

Haverhill, MA (February 26, 2025) – The top seeded and #8 nationally ranked Northern Essex Community College men's basketball team has advanced to the Region 21 semi-finals for the fourth consecutive year by running away from UConn Avery Point by a 100-71 final score on Tuesday night at the Sport and Fitness Center. The win improves the Knights record to 26-3 on the season.

NECC will take on Bristol Community College on Saturday at 4:00pm in the semi-finals. The game will take place at CCRI in Warwick.

The game was even through the first 10 minutes, with the Knights holding a one point advantage, before they methodically began to pull away and took a 12 (47-35) lead into the locker room at halftime.

PLAYOFF PREVIEW: Men's basketball earns top seed, Women to play CCRI

Haverhill, MA (February 25, 2025) – The Northern Essex Community College men's and women's basketball teams are prepared to kick off the Region 21 post-season this week. The men, currently ranked #8 nationally have earned the tournament's top seed for a third straight season, while the women have earned a spot in the semi-finals for a second consecutive season.

MEN:

The Knights will kick off their post-season run on Wednesday night, entering the post-season with a 25-3 overall record, 20-2 in conference play when they play host to eighth seeded UConn Avery Point at 6:30pm on the Haverhill campus.

NECC swept a pair of regular season games from the Pointers on November 21st 98-67 and most recently on February 15th 109-90. A win on Wednesday night would send the Knights to the tournament final four, hosted by CCRI in Warwick on Saturday and Sunday. The winner of Wednesday's matchup would play at 4:00pm Saturday against the winner of Bristol and Roxbury. Sunday's championship game is set for 3:15pm.

Heading into the post-season the Knights are led by a pair of double digit scorers in Alejandro Delgado (Haverhill) and Javie Kirmil (Lowell) who are averaging 14.5 and 12.6 points per game.

As a team, the Knights are currently scoring 90.5 points per game, while holding the opponent to 70.

The back to back Region 21 champions, the Knights were the first team to win

13 different players scored at last one basket for the Knights in the contest led by a team high 18 points from Alex Johnson (Worcester).

Xavier Rivera (Lowell) and Alejandro Delgado (Haverhill) both scored 12 points apiece while Karl Wolfgang (Douala, CM) added 10 to give NECC four scorers in double figures.

Yuno Matsuda (Tokyo, JP) dished out eight assists in the victory while scoring six points of his own.

The Knights and Bayhawks will be meeting for the third time this season on Saturday and split a pair of games with each team winning at home. Bristol grabbed the win on November 12 by a 73-64 final before NECC took a 99-61 win on January 21st.

back to back titles in 23 years and will look to become only the second program in region history to win three consecutive championships when Mattatuck (CT) Community College won three straight from 1986-88.

The tournament winner will advance to the national tournament in Herkimer, NY.

WOMEN:

With their win over Bunker Hill last Monday, the Knights secured the final spot in the four-team women's Region 21 tournament. The Knights will face top seeded and tournament host CCRI on Saturday (1:15pm) in Warwick.

The semi-final matchup will be a rematch of last season's regional championship game in which CCRI was victorious. CCRI also capture both regular season meetings during the current campaign. The winner will advance to the championship game on Sunday at 1:00pm.

The Knights will enter the tournament with a 10-11 overall record and 7-6 in conference play.

NECC will go into the tournament led by the nations second leading scorer in freshman Rhaelyn Gutierrez (Methuen) who heads into the post-season averaging 28.7 points per game. A first team all-region selection a season ago, Mirelys Morales (Dracut) is second on the team in scoring with 17.6 points per game.

The tournament winner will advance to the women's national tournament in Rochester, MN.

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Lappin Foundation Enhancing Jewish Identity Across Generations Jewish Women's History Month

In celebration of Jewish Women's History Month, Lappin Foundation, JCCNS, and NSJCC invite the community to Ballots, Babies, and Banners of Peace, featuring Dr. Melissa R. Klapper, Professor of History and Director of Women's & Gender Studies at Rowan University. The program will highlight the untold story of American Jewish Women's Pre-World War II activism and the long history of American Jewish women's involvement in making change in the world around them. The program will take place on Wednesday, March 5, 2025, 7:30 p.m. ET on Zoom. The program is free, and everyone is welcome. Please register at LappinFoundation.org. For more information contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

Albert Einstein: The Father of Israel's Academic Excellence

Lappin Foundation and the Consulate General of Israel to New England invite the community to a presentation by Ido Aharoni Aronoff about Albert Einstein's connection with Zionism and his invaluable contribution to Israel's academic prowess. The program will take place on Thursday, March 20, 2025, 7:30 p.m. ET on Zoom. Thanks to a grant from the Dr. David M. Milch Foundation, the program is free, and everyone is welcome. Please register at LappinFoundation.org. For more information, please contact Sharon Wyner at 978-565-4450 or email swyner@lappinfoundation.org.

Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org> heallawrence@aol.com

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

HC Media - Board of Directors! Applications will be accepted through March 31

The governance committee of HC Media is currently accepting applications of persons interested in serving on the HC Media Board of Directors. Nominees for seats on the Board of Directors shall be Members of the Corporation whose application for nomination is made no later than thirty (30) days prior to the date of the Annual Meeting.

If you wish to be considered, please complete the Board of Directors Application Google Form here. You can also pick up a paper application at our 60 Elm Street location. All applications must be completed and returned to HC Media, 60 Elm Street, Haverhill, MA 01830 by Monday, March 31, 2025 at 4:00 pm.

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El uso regular de hilo dental podría reducir el riesgo de un ataque o derrame cerebral causado por coágulos de sangre o latidos de corazón irregulares



Puntos destacados de la investigación:

- Las personas que usan hilo dental regularmente (una o más veces por semana) podrían tener un riesgo menor de sufrir un ataque o derrame cerebral causado por un coágulo de sangre que se traslada desde el corazón, o relacionado con latidos de corazón irregulares, como la fibrilación auricular (FA).
- Los beneficios del uso regular de hilo dental pueden ser independientes del cepillado de dientes y de otras conductas de higiene bucal.
- Los investigadores sugieren que el uso de hilo dental es un hábito saludable que es asequible, fácil de adoptar y accesible en todas partes.

DALLAS, 30 de enero de 2025 — El uso de hilo dental al menos una vez por semana puede estar relacionado con un menor riesgo de ataque o derrame cerebral causado por un coágulo de sangre que bloquea el flujo sanguíneo cerebral o latidos de corazón irregulares, según un estudio preliminar que se presentará en la Conferencia internacional de derrame cerebral 2025 de la American Stroke Association (la Asociación Americana del Derrame Cerebral). El encuentro se llevará a cabo en Los Ángeles, del 5 al 7 de febrero de 2025, y es el principal encuentro mundial de investigadores y médicos dedicados a la ciencia de los ataques y derrames cerebrales y la salud cerebral.

“Un reciente informe de salud mundial reveló que las enfermedades bucales, como las caries y las enfermedades de las encías sin tratar, afectaron a 3,500 millones de personas en 2022, lo que las convierte en las afecciones más extendidas a nivel global”, afirmó el autor principal del estudio, el Dr.

Souvik Sen, M.D., M. S., M.P.H., presidente del Departamento de Neurología de Prisma Health Richland Hospital y de la Facultad de Medicina de la Universidad de Carolina del Sur en Columbia, Carolina del Sur. “Nuestro objetivo era determinar qué comportamiento de higiene bucal (uso de hilo dental, cepillado o visitas regulares al dentista) tiene el mayor impacto en la prevención de ataques y derrames cerebrales”.

El estudio Atherosclerosis Risk in Communities (ARIC), una de las primeras investigaciones a gran escala de este tipo en los EE. UU., evaluó el uso de hilo dental en el hogar mediante un cuestionario estructurado de más de 6,000 personas. Entre las que informaron que usaban hilo dental, 4092 no habían sufrido un ataque o derrame cerebral y 4050 no habían recibido un diagnóstico de latidos de corazón irregulares conocidos como fibrilación auricular (FA) (sitio web en inglés).

Se preguntó a los participantes si tenían presión arterial alta, diabetes o colesterol alto, así como si fumaban, y se les preguntó sobre su índice de masa corporal, su nivel educativo y la regularidad con la que se cepillan los dientes y visitan al dentista. Durante los 25 años de seguimiento, se identificó que 434 participantes habían sufrido ataques o derrames cerebrales, de los cuales 147 fueron causados por coágulos cerebrales en arterias grandes; 97, por coágulos que se formaron en el corazón; y 95, por el endurecimiento de arterias más pequeñas. Además, se observó que 1291 participantes habían presentado FA.

El análisis determinó lo siguiente:

- El uso de hilo dental estuvo relacionado con un riesgo un 22% menor de ataque cerebral isquémico, un riesgo un 44% menor de ataque cerebral cardioembólico (coágulos de sangre que se trasladan desde el corazón) y un riesgo un 12% menor de fibrilación auricular.
- El menor riesgo asociado fue

independiente del cepillado regular y las visitas de rutina al dentista u otros comportamientos de higiene bucal.

- El aumento de la frecuencia del uso de hilo dental se relacionó con una mayor probabilidad de reducción del riesgo de ataque cerebral.
- El uso de hilo dental también se asoció con una menor probabilidad de caries y enfermedades periodontales.

A los investigadores les sorprendió la reducción de latidos de corazón irregulares, o fibrilación auricular. La fibrilación auricular es la forma más común de latidos de corazón irregulares. Puede provocar un ataque o derrame cerebral, insuficiencia cardíaca u otras complicaciones cardiovasculares. Se estima que más de 12 millones de personas tendrán fibrilación auricular en los Estados Unidos para 2030, según las Estadísticas sobre enfermedades cardíacas y ataques cerebrales de 2025 de la American Heart Association (sitio web en inglés).

“Los comportamientos de salud bucal están relacionados con la inflamación y el endurecimiento de las arterias. El uso de hilo dental puede reducir el riesgo de sufrir un ataque o derrame cerebral al disminuir las infecciones y la inflamación bucales y fomentar otros hábitos saludables”, afirmó Sen. “Muchas personas han expresado que el cuidado dental es costoso. El uso de hilo dental es un hábito saludable que es fácil de adoptar, asequible y accesible en todas partes”.

Las limitaciones del estudio incluyen que los datos se basaron en las respuestas a un cuestionario y que el seguimiento a 25 años parece haberse centrado únicamente en los resultados de ataques o derrames cerebrales y enfermedades cardíacas. Según Sen, no se realizó un seguimiento del uso de hilo dental u otros comportamientos bucales a lo largo de los años.

“Este estudio ofrece más información sobre los comportamientos específicos de salud dental que pueden estar relacionados con los riesgos de ataque o derrame cerebral y la posible reducción del riesgo. Con más investigaciones, las prácticas de salud dental podrían llegar a incorporarse a los factores de riesgo de los “8 elementos esenciales de la vida”, que incluyen la dieta, la actividad física, la exposición a la nicotina, el sueño, el índice de masa corporal, la presión arterial, la glucemia y los lípidos en sangre”, afirmó Daniel T. Lackland, Dr.P.H., FAHA, miembro del Consejo de Epidemiología y Prevención y de Derrames Cerebrales de la

American Heart Association y profesor de epidemiología y director de la División de Neurociencias Traslacionales y Estudios de Población en el Departamento de Neurología de la Universidad Médica de Carolina del Sur en Charleston. Lackland no participó en este estudio.

Antecedentes y detalles del estudio:

- El estudio comenzó en 1987 y está en curso.
- De los 6258 participantes, el 82% eran adultos blancos y el 18%, adultos negros, según sus propias declaraciones. Su edad promedio era de 62 años y el 55% eran mujeres.
- Se excluyó a los posibles participantes si habían perdido la totalidad de sus dientes, si tenían implantes dentales, enfermedades cardíacas, articulaciones artificiales, una válvula cardíaca implantada o stent, si habían recibido un trasplante de órganos o se habían sometido a una cirugía mayor. Los nombres de los coautores, los datos públicos y las fuentes de financiación se encuentran en el artículo.

Las afirmaciones y conclusiones de los estudios que se presentan en los encuentros científicos de la American Heart Association son exclusivas de los autores del estudio y no reflejan necesariamente la política ni la posición de la Asociación. La Asociación no ofrece garantía de ningún tipo de su exactitud o fiabilidad. Las sinopsis que se presentan en los encuentros científicos de la Asociación no han sido revisadas por homólogos, sino que se han seleccionado por paneles de revisión independientes y se toman en consideración con base en su potencial para contribuir a la diversidad de los asuntos y puntos de vista científicos que se debatieron en el encuentro. Los hallazgos se consideran preliminares hasta que se publiquen como artículos completos en revistas científicas revisadas por homólogos.

La Asociación recibe financiación de personas particulares principalmente; además, distintas fundaciones y empresas (incluidas compañías farmacéuticas y fabricantes de dispositivos, entre otras) realizan donaciones y financian eventos o programas específicos de la Asociación. La Asociación tiene políticas estrictas para evitar que estas relaciones influyan en el contenido científico. Los ingresos de las compañías farmacéuticas y de biotecnología, los fabricantes de dispositivos y los proveedores de seguros de salud y la información financiera general de la Asociación están disponibles aquí (sitio web en inglés).

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Matar la nostalgia de Dios



Por Tomás Núñez, ThD

"Saudade" no se puede traducir en otros idiomas. Entonces, no es algo definido, sino que uno vive y sufre. Describiéndolo: es una melancolía tierna en una mezcla de dolor leve por un bien que se ha experimentado y que no regresa, pero que vuelve dulcemente a la memoria: es el primer beso del ser querido, es una mirada profunda de una mujer que, en una plataforma del tren, también encontró al otro hombre con una mirada penetrante que revelaba un amor inmediato; el tren partió y nunca más la encontraron; pero esa mirada mutua que fue al fondo del alma nunca podría ser olvidada. Saudade es la experiencia de, en una concentración máxima, ser totalmente llevado por el Ser de Dios hasta el punto de no sentir más su propio cuerpo. Este anhelo es doloroso cuando ya no es posible renovarlo. Solo dejó un anhelo infinito por la felicidad suprema. El anhelo no deja que el pasado permanezca pasado. Aunque ausente, lo hace presente, permaneciendo solo invisible.

En nuestra peregrinación por la vida, todo lo que es bello, satisfactorio, impactante y profundo nos ha tocado, deja un rastro de anhelo. Un niño canceroso bien dicho: la nostalgia es el amor que permanece cuando todo ha pasado.

La sociedad moderna tarde y leer y escribir saturados muchos, o todos, de los bienes materiales, lleno de felicidad promesas vacías e incluso forjaron un falso evangelio de la prosperidad que dan tiempo, entusiasmo y sudoroso dinero como en las iglesias neopentecostales fundamentalistas, explotados por pastores que son verdaderos lobos con piel de oveja. El mercado los mantiene conscientemente ocupados por miles de ofertas de consumo, viajes, nuevas experiencias que les dificultan encontrarse. Uno vive ut si Deus non daretur "como si Dios no existiera" o hubiera sido borrado del horizonte de la existencia.

Pero no todo es manipulable en humanos; Hay misterios, canciones impenetrables que contienen recuerdos y arquetipos ancestrales. Por lo tanto, puede surgir un anhelo muy particular, anhelo de Dios, del Ser que habita en lo profundo. Durante siglos, dio cohesión a la sociedad y ofreció una base para la existencia humana.

Por razones muy complejas que no pueden analizarse aquí, estalló el nuevo hombre de la modernidad. Él despidió a

Dios. Se presentó como un dios menor en terra, como "un dios menor en la tierra". Su experiencia fundacional fue definida por la fuerza de voluntad, por el poder ejercido como dominación sobre los demás, sobre las mujeres, sobre los pueblos, sobre la naturaleza, sobre la vida e incluso sobre el espacio exterior. Asumió tantas tareas en la nueva conformación del mundo que, de repente, se dio cuenta de que ya no podía realizarlas. El pequeño dios creó "el complejo de Dios". Ya no tiene la fuerza, se siente frágil, indefenso, temeroso de sí mismo, porque creó una máquina de muerte que puede suicidarse de muchas maneras diferentes. Hizo guerras que solo en el siglo XX mataron a 200 millones de personas. Ha devastado la naturaleza que ahora se está volviendo contra él con tifones, calentamiento global, aumento de los océanos, escasez de bienes y servicios sin los cuales la vida no puede sostenerse.

Aparece lo que estaba oculto en ese rincón oculto de su interior: el "anhelo de Dios". El nombre "Dios" no importa, sino lo que Él representa: esa energía poderosa y amorosa que sostiene todo y, por lo tanto, debe ser viva e inteligente, ese valor incuestionable, vivo y radiante, que guía los comportamientos y controles humanos. Fuerzas negativas El mantra de la cultura ilustrada es engañoso: "Anunciamos la muerte de Dios porque lo hemos matado". Y lo matamos para tomar su lugar y ser el Superhombre que se hizo a sí mismo "el pequeño dios" que vive más allá del bien y del mal. El decide todo. Durante más de dos siglos, trató de lograr ese propósito y fracasó. Sucumbió al peso de las tareas que impuso. Ahora está vagando, solo, buscando algo a lo que aferrarse. Vive la ilusión, ya mencionada por un místico: El enemigo del Sol salió a una terraza, cerró los ojos y gritó a todos: ya no hay sol; el sol murió porque lo maté". Ignorante, ya no ve el sol no por el sol sino por sus ojos cerrados. El sol siempre estará allí para iluminar, porque esa es su naturaleza. Tal vez entró en un eclipse. Y esto exacerba aún más el anhelo de Dios de que finalmente estalle la nube de la arrogancia humana y venga humildemente a ser bienvenidos por nosotros.

Este anhelo de Dios no existe en la gran mayoría de todos los pueblos que no han pasado por la circuncisión de la modernidad. La absurda arrogancia de matar a Dios nunca cruzó por sus mentes. Mucho menos afirmaron ser "el pequeño dios" que dominaba todo ya todos. "Ellos matan el anhelo de Dios" sintiéndolo en su trabajo diario, en las relaciones amorosas con la familia, en la dura lucha por garantizar los medios de subsistencia día tras día. Ni siquiera necesitan creer en Dios, porque lo conocen, lo sienten y lo viven en la piel del cuerpo, en el espíritu, en el sufrimiento y en la discreta alegría de vivir.

Estos son los guardianes de la memoria sagrada del Dios de mil nombres (Tao, Shiva, Olorum, Yahweh, Allah, Dios). Son los profetas y maestros de los niños de la modernidad tardía, capaces de humedecer sus raíces para que se pongan verdes y superen la triste soledad que los devora. Solo encuéntralos y escúchalos. Entonces ellos también "matarán el anhelo de Dios". Cómo extrañamos a este Dios, humano, vivo y verdadero.

Killing the nostalgia for God

By Tomás Núñez, ThD

"Saudade" cannot be translated into other languages. So, it is not something defined, but one lives and suffers. Describing it: it is a tender melancholy in a mixture of mild pain for a good that has been experienced and that does not return, but that sweetly returns to memory: it is the first kiss of the loved one, it is a deep look of a woman who, on a train platform, also met the other man with a penetrating look that revealed an immediate love; the train left and they never met her again; but that mutual look that went to the depths of the soul could never be forgotten. Saudade is the experience of, in maximum concentration, being totally carried away by the Being of God to the point of no longer feeling one's own body. This longing is painful when it is no longer possible to renew it. It left only an infinite longing for supreme happiness. Longing does not let the past remain past. Although absent, it makes it present, remaining only invisible.

In our pilgrimage through life, everything that is beautiful, satisfying, impactful and profound has touched us, leaving a trace of longing. A cancerous child well said: nostalgia is the love that remains when everything has passed.

Modern society late and literate saturated many, or all, of material goods, filled happiness with empty promises and even forged a false gospel of prosperity that gives time, enthusiasm and sweaty money as in fundamentalist neo-Pentecostal churches, exploited by pastors who are true wolves in sheep's clothing. The market consciously keeps them busy with thousands of consumer offers, trips, and new experiences that make it difficult for them to find themselves. One lives ut si Deus non daretur "as if God did not exist" or had been erased from the horizon of existence.

But not everything is manipulable in humans; there are mysteries, impenetrable songs that contain ancestral memories and archetypes. Thus, a very particular longing can arise, a longing for God, for the Being that dwells deep within. For centuries, he gave cohesion to society and offered a basis for human existence.

For very complex reasons that cannot be analyzed here, the new man of modernity broke out. He dismissed God. He presented himself as a minor god on terra, as "a minor god on earth". His founding experience was defined by willpower, by power exercised as domination over others, over women, over peoples, over nature, over life and even over outer space. He took on so many tasks in the new shaping of the world that he suddenly realized that he could no longer perform them. The little god created "the God complex". He no longer has the strength, he feels fragile, helpless,

afraid of himself, because he created a death machine that can commit suicide in many ways. He waged wars that killed 200 million people in the 20th century alone. He has devastated nature, which is now turning against him with typhoons, global warming, rising oceans, shortages of goods and services without which life cannot be sustained.

What was hidden in that hidden corner of his interior appears: the "longing for God." The name "God" does not matter, but what He represents: that powerful and loving energy that sustains everything and must therefore be alive and intelligent, that unquestionable value, alive and radiant, that guides human behaviors and controls. Negative Forces The mantra of enlightened culture is misleading: "We announce the death of God because we have killed him." And we kill him to take his place and be the Superman who made himself "the little god" who lives beyond good and evil. He decides every-thing. For more than two centuries, he tried to achieve that purpose and failed. He succumbed to the weight of the tasks he imposed. Now he is wandering, alone, looking for something to hold on to. Live the illusion, already mentioned by a mystic: The enemy of the Sun went out to a terrace, closed his eyes and shouted to everyone: there is no more sun; The sun died because I killed it." Ignorant, he no longer sees the sun not because of the sun but because of his closed eyes. The sun will always be there to illuminate, because that is its nature. Maybe it entered an eclipse. And this further exacerbates the longing for God that the cloud of human arrogance will finally burst and come humbly to be welcomed by us.

This longing for God does not exist in most of all peoples who have not gone through the circumcision of modernity. The absurd arrogance of killing God never crossed their minds. Much less did they claim to be "the little god" who dominated every-thing and everyone. "They kill the longing for God" by feeling it in their daily work, in loving relationships with the family, in the hard struggle to ensure the means of subsistence day after day. They do not even need to believe in God, because they know him, feel him and live him in the skin of the body, in the spirit, in suffering and in the discreet joy of living.

These are the guardians of the sacred memory of the God of a thousand names (Tao, Shiva, Olorum, Yahweh, Allah, God). They are the prophets and teachers of the children of late modernity, capable of moistening their roots so that they become green and overcome the sad loneliness that devours them. Just find them and listen to them. Then they too will "kill the longing for God." How we miss this God, human, living and true.



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Men's Volleyball Victorious Against Wentworth



2/22/2025 | Men's Volleyball | Box Score
NORTH ANDOVER, MA- The Merrimack men's volleyball team was victorious against the Wentworth Leopards, winning 3-0 on the evening of February 22nd.

Rapid Recap

Score: Merrimack 3, Wentworth 0
Records: Merrimack 4-3, Wentworth 12-3

How it Happened

The first set started with thunderous points from both sides with each team trading tallies. Each of the Merrimack starters would be involved in getting a point for the Warriors. Kai Vogel would go on a run and secure a bunch of kills for the Warriors. The blue and gold would catch fire with the game tied at 20 late in the set. More kills and service aces from Kai Vogel as well as a kill from Logan Whitaker would give the Warriors the advantage. A service ace from Davis McCurdy would propel the Warriors to claim set 1, 25-21.

The second set saw both teams trading scores in the early goings once again. Kills from Kai Vogel, Ephraim Abhulime, and Logan Whitaker would keep the Warriors in the game. Chris U'Glay would get involved towards the middle of the set and provide the blue and gold with some much needed points. The Warriors would go up 17-11 halfway through the set with some momentum from a few key plays. Kills from Ephraim Abhulime and Kai Vogel would push the Warriors to claim set 2, 25-20.

The third set started with the teams

trading points once again. The Warriors would catch fire in the first half of the set and roll with their newfound momentum. Service aces from Chris U'Glay and Kai Vogel and kills from Ephraim Abhulime and Logan Whitaker would give the Warriors the energy to continue their surge. This would cause Wentworth to call a timeout. The Warriors would keep the good vibes rolling with a string of points from Kai Vogel. It would be a kill from John Clinton and a Wentworth service error that would be the deciding points at the end of the set, giving Merrimack the match victory.

Notes and Numbers

- Kai Vogel led the way in kills with 16
- Kai Vogel also had the most service aces with 7
- Blake Taschner had an astounding 36 assists
- Logan Whitaker had 7 digs
- Ephraim Abhulime had 8 kills

Up Next

The Warriors return to Hammel Court on Wednesday, February 26th when they play the Harvard University Crimson at 7PM. Watch the game online on the Merrimack Sports Network. Link to watch is on the Merrimack men's volleyball schedule.

For continuing coverage of Merrimack Athletics and Merrimack men's volleyball, visit merrimackathletics.com. Follow Merrimack men's volleyball on Instagram @merrimackmvb .

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Men's Volleyball Defeats Harvard in Commanding Fashion



2/26/2025 | Men's Volleyball | Box Score
NORTH ANDOVER, MA- The Merrimack men's volleyball team secured a win against the Harvard University Crimson in their second meeting of the 2025 season on Wednesday, February 26th.

Rapid Recap

Score: Merrimack 3, Harvard 1
Records: Merrimack 5-3, Harvard 5-6

How it Happened

The first set started off strong for the Warriors. Kai Vogel, Logan Whitaker and Kaden Owens would each get kills to get the blue and gold rolling. Merrimack had a strong presence in front of the net and had a slew of blocks that would get them points in the middle of the set. Ephraim Abhulime would contribute some kills as well late in the frame. The Warriors would put pressure on the Crimson, as they committed multiple service errors and were forced to call two timeouts during the set. Nick Tidik and Kai Vogel would have emphatic spikes at the end of the set to give the Warriors the set 1 win, 25-16.

The second set started with a back-and-forth tilt. Nick Tidik, Ephraim Abhulime, and Kai Vogel would keep the Warriors in the game with kills early on. Logan Whitaker would catch fire in the second half of the set with a number of huge spikes and an electric block to energize the Warriors. Ephraim Abhulime would secure some more blocks in front of the net, causing the Crimson to once again call a timeout. He would also have the set-deciding spike to give the Warriors a 25-23 set win.

The third set started off with both teams trading points. Kai Vogel and Logan Whitaker would have some big points to keep the Warriors in the game. Logan Whitaker and Ephraim Abhulime would team up to tally a big block to the liking

of the many Warriors fans in attendance. However, Harvard controlled the set and went on to take set 3 by a score of 25-20.

The fourth set was total dominance from the Warriors. The blue and gold would become red hot and score nine unanswered points in a row in the middle of the set. Kai Vogel and Nick Tidik would get involved with a monstrous block that energized Hammel Court. Blake Taschner would keep the scoring entourage going with three service aces in a row. Kai Vogel and Logan Whitaker would get some big points during that strength and keep the Warriors in control. The blue and gold kept rolling and went on to win set 4 by a score of 25-18. The last point by the Warriors was a kill from Ephraim Abhulime. It was a great night for Merrimack men's volleyball!

Notes and Numbers

- Logan Whitaker had an amazing game with 16.5 points, 13 kills, 2.5 blocks and a service ace
- Kai Vogel was second in kills with 12. He also had a clutch block.
- Blake Taschner had an astounding 38 assists
- Ephraim Abhulime had 2.5 blocks, commanding the front of the net
- Kyle Standage tallied 11 digs
- Nick Tidik had 7 kills and 3 assists

Up Next

The Warriors hit the road to take on the Penn State Nittany Lions on Friday, February 28th at 7PM. The game will be streamed on B1G+. Link to watch is on the Merrimack men's volleyball schedule and the B1G+ website.

For continuing coverage of Merrimack Athletics and Merrimack men's volleyball, visit merrimackathletics.com. Follow Merrimack men's volleyball on Instagram @merrimackmvb .

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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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 March 15, 2025 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2011 Chevrolet Aveo VIN KL1TD6DE5BB188121

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

Signed
Kevin Stuart
Stuart's Automotive
2/22, 3/1, 3/8

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NOTICE OF PUBLIC SALE

Notice is hereby given by Duff's Garage, Inc., 92 Kendall Road, Tyngsboro, MA, pursuant to the provisions of MA G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after March 30, 2025 beginning at 10:00 am by public or private sale to satisfy their garage keepers lien for towing, storage, and notices of sale. Vehicles are being stored at Duff's Garage, Inc.

1. 2004 Jeep Grand Cherokee VIN 1J4GW48S54C237897
2. 2013 GMC Terrain VIN 2GKFLVEK5D6368331

Signed
Glen R. Allgrove
Owner
3/8, 3/15, 3/22

LAST CHANCE: Youth Mental Health First Aid on March 6

We are excited to offer a free Youth Mental Health First Aid Training on Thursday, March 6. This evidence-based course is designed to help adults identify, understand, and respond to signs of mental health challenges in young people.

Details:

Date: Thursday, March 6
Time: 9:30 AM to 3:30 PM
Location: 430 N Canal Street, Lawrence, MA
Cost: Free

Please note: All participants are required to complete mandatory online pre-work prior to the training. Instructions for accessing the pre-work will be sent after registration.

This training is perfect for parents, teachers, coaches, and anyone who works with youth. ONLY A FEW SPOTS LEFT, REGISTER NOW!

To sign up or learn more, respond to this message or email Katie at kpfeiffer@fsmv.org.

Want this training for your staff? Let's set up a meeting! Email kpfeiffer@fsmv.org to get started.

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9:30 am - 3:30 pm

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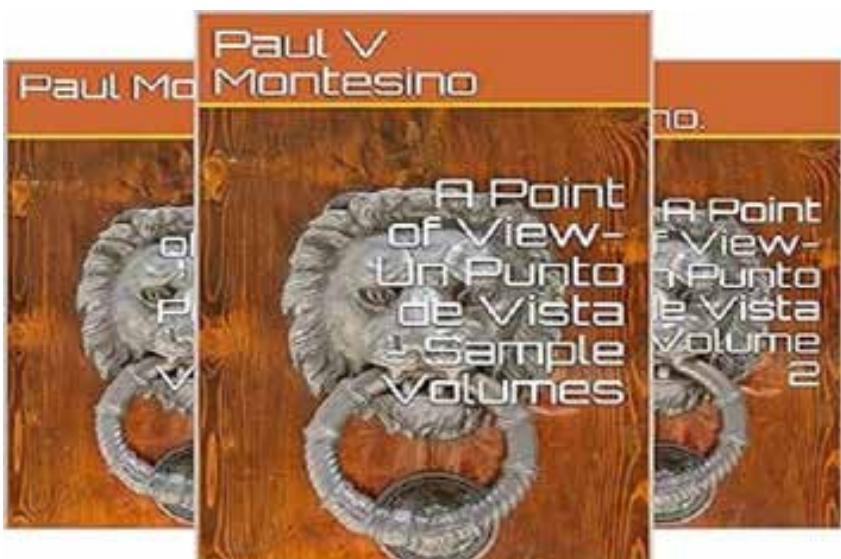
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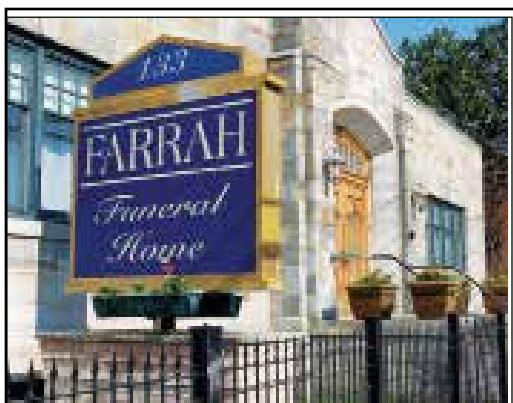
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Community Inclusion Summit

WEDNESDAY, MARCH 12TH FROM 9:30AM-2PM

UMass Lowell Coburn Hall
850 Broadway St., Lowell, MA

Community Organizations

Participants will learn concrete strategies and techniques for supporting inclusion within their own programs, and have opportunities to connect with like-minded organizations, representing recreational, cultural, enrichment, faith-based, or any community organization/business seeking to create a culture of inclusion.

- Here's just some of what participants will take from this 4.5-hour summit:
- Learn about the principles of disability inclusion that community-based programs should embrace and implement.
 - Learn proper terminology, empowering language and suggested disability etiquette and interactions.
 - Learn how to connect people with and without disabilities in friendship in your programs.
 - Leave with action points to implement back to your organization immediately!
 - Connect and exchange ideas with like-minded community organizations.

COST IS ONLY \$25 - THIS INCLUDES LUNCH

Register Here

<https://bit.ly/LowellSummit>

REQUESTS FOR ACCOMMODATIONS CAN BE MADE TO: RHATHARD@ARCMASS.ORG
PLEASE NOTE: REQUESTS FOR ASL OR LANGUAGE INTERPRETERS OR CART SERVICE MUST BE SUBMITTED BY 2/24/25

Proudly Presented by



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 PM to 8:30 PM.

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



Merrimack Valley
Chamber of
Commerce

CONGRESSIONAL FORUM 2025

Bringing Business &
Government Together

Monday, March 3rd
 7:30 AM - 9:30 AM

Michael's Function Hall
12 Alpha St
Haverhill, MA 01832

Includes a Full Hot Breakfast Buffet

Sponsorship is now available. Thank you to our sponsors to date: All-Pro Electric; Health Connector for Business; Merrimack Valley Credit Union; MV Chamber Means Business; National Grid; Revise, Inc.; TEC Inc., The Engineering Corp; Wellpoint

\$40 Members / \$50 Future Members
Register and/or Sponsor at:

www.merrimackvalleychamber.com
978-686-0900
office@merrimackvalleychamber.com

CONFIRMED SPEAKERS



Congressman
Seth Moulton



Congresswoman
Lori Trahan

The Challenges & Opportunities Facing the United States in 2025.

How are You, Your Family and Your Business Impacted?



IN-PERSON SUPPORT GROUP

Wednesdays | 4 p.m.
January 8 | February 5 | March 5

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.

You're welcome to bring your loved one with memory loss to enjoy an activity with our life enrichment team while you attend the support group.

Kindly contact Senior Advisor Susan to RSVP.

stourtillotte@bridgesbyepoch.com

HONORED TO FLY THE PURPLE FLAG™

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



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