



Una fecha que nunca podría olvidar

A date I could never forget

Por/By Paul Montesino

Pg. 10

Marzo/March 15, 2025

EDICIÓN NO. 949

The BILINGUAL Newspaper of the Merrimack Valley

## NASA HUNCH Program Reps. visited GLTS



From left, Advanced Manufacturing Instructor Don Ouellette, NASA Machinist Mentor Roy Bellard, Superintendent John Lavoie and HUNCH Academy Project Manager and Regional Mentor Dr. Florence Gold. (Photo Courtesy Greater Lawrence Technical School)

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## The Ancient Order of Hibernians celebrated St. Patrick's Day Luncheon



Mayor Brian DePeña dressed for the part at the St. Patrick's Day Luncheon at the Elks on Friday, March 14. More pictures next week.

Lawrence High School Theater Program  
Proudly Presents

**MISS  
Saigon**  
School Edition

Lawrence High School  
Performing Arts Center

April 4<sup>th</sup>, 5<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>

6:00PM

Sponsored By  
Mass Cultural Council

## Raising the Irish flag in Lawrence



Margaret O'Connor and her daughter, City Clerk Eileen O'Connor Bernal are the staples at this occasion, even in such a cold day. See more pictures on page 3.

**Lupoli Companies, Matt Light  
lanzan programa para estudiantes  
de Lawrence**

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**Lupoli Companies, Matt Light to Launch  
Program with Lawrence Students**



# Greater Lawrence Technical School Advanced Manufacturing Students Visited by NASA HUNCH Program Representatives

ANDOVER — Greater Lawrence Technical School Advanced Manufacturing, Robotics & Automation, Metal Fabrication and Environmental Science students were recently visited by NASA HUNCH representatives, and signed a locker that will travel to the International Space Station (ISS).

On Monday, March 3, HUNCH Academy Project Manager and Regional Mentor Dr. Florence Gold and Machinist Mentor Roy Bellard from the NASA HUNCH program visited GLTS students.

Over the past few years, Advanced Manufacturing Instructor Don Ouellette has worked closely with NASA to develop curriculum for Grade 12 students. The students learn about programming, machining and inspecting hardware that will make its way to the International Space Station.

GLTS Advanced Manufacturing students have been working on creating latch knobs for securing stowage lockers. These lockers transport experiments and other items to the ISS, so adherence to rigorous specifications and meticulous documentation is paramount to mission success. To date, no high school program except GLTS has been able to successfully machine the latch knobs.

Dr. Gold emphasized to students that the work they're completing for NASA will benefit them in their future careers. The experience they gain by working on real world projects at such a high level will set them apart from others as they pursue employment opportunities or post-secondary education after high school.

During the visit, to commemorate their participation in the HUNCH program, students and teachers signed a locker that will be used in the International Space Station. All students across Massachusetts who participate in the HUNCH program will sign the locker.

Additionally, Dr. Gold shared the exciting news that three of GLTS' current junior Advanced Manufacturing students will have the opportunity to participate in a paid internship program this summer, working 40 hours per week with the support of Instructor Ouellette.

Interested students must submit an essay to express their interest in this program, and the top three students will be selected.

"Greater Lawrence Tech's participation in the NASA HUNCH program provides our students with a unique opportunity that will help them immensely once they leave our campus and enter the workforce," said Superintendent Lavoie. "We are grateful for the NASA HUNCH program for placing its trust in our students and are proud they are performing such important work."

HUNCH is an instructional partnership between NASA and local school districts. Students are tasked with creating cost-effective hardware and soft goods in collaboration with HUNCH team members.

The HUNCH program works with more than 500 school districts in 46 states. HUNCH projects cover six areas: culinary, design and prototyping, design for flight, hardware, soft goods, video and media.

# Estudiantes de Manufactura Avanzada de la Escuela GLTS recibieron la visita de representantes del Programa HUNCH de la NASA



L - R: Don Ouellette, Instructor de Manufactura Avanzada; Roy Bellard, Mentor de Maquinistas de la NASA; John Lavoie, Superintendente; y la Dra. Florence Gold, Gerente de Proyecto y Mentora Regional de la Academia HUNCH. (Foto cortesía de la Escuela Técnica Greater Lawrence)

ANDOVER — Los estudiantes de Manufactura Avanzada, Robótica y Automatización, Fabricación de Metales y Ciencias Ambientales de la Escuela Técnica Greater Lawrence recibieron recientemente la visita de representantes del Programa HUNCH de la NASA, quienes firmaron un casillero que viajará a la Estación Espacial Internacional (EEI).

El lunes 3 de marzo, la Dra. Florence Gold, Gerente de Proyecto y Mentora Regional de la Academia HUNCH, y el Mentor de Maquinistas Roy Bellard, del programa HUNCH de la NASA, visitaron a los estudiantes de GLTS.

En los últimos años, el Instructor de Manufactura Avanzada, Don Ouellette, ha colaborado estrechamente con la NASA para desarrollar un programa de estudios para estudiantes de 12.º grado. Los estudiantes aprenden programación, mecanizado e inspección de hardware que llegará a la Estación Espacial Internacional.

Los estudiantes de Manufactura Avanzada de GLTS han estado trabajando en la creación de perillas de cierre para asegurar los compartimentos de almacenamiento. Estos compartimentos transportan experimentos y otros artículos a la EEI, por lo que el cumplimiento de rigurosas especificaciones y una documentación meticulosa son fundamentales para el éxito de la misión. Hasta la fecha, ningún programa de secundaria, excepto GLTS, ha logrado mecanizar con éxito las perillas de cierre.

La Dra. Gold enfatizó a los estudiantes que el trabajo que están realizando para la NASA los beneficiará en sus futuras carreras. La experiencia que adquieren al trabajar en proyectos del mundo real a tan alto nivel los diferenciará del resto al buscar oportunidades laborales o acceder a la educación superior después de la preparatoria.

Durante la visita, para conmemorar su participación en el programa HUNCH, estudiantes y profesores firmaron un casillero que se utilizará en la Estación Espacial Internacional. Todos los estudiantes de Massachusetts que participan en el programa HUNCH firmarán el casillero.

Además, el Dr. Gold compartió la emocionante noticia de que tres de los estudiantes de tercer año de Manufactura Avanzada de GLTS tendrán la oportunidad de participar en un programa de prácticas remuneradas este verano, trabajando 40 horas semanales con el apoyo del instructor Ouellette.

Los estudiantes interesados deben presentar un ensayo para expresar su interés en este programa, y se seleccionarán los tres mejores.

"La participación de Greater Lawrence Tech en el programa HUNCH de la NASA brinda a nuestros estudiantes una oportunidad única que les será de gran ayuda una vez que dejen nuestro campus y se incorporen al mercado laboral", declaró el superintendente Lavoie. Agradecemos al programa HUNCH de la NASA por confiar en nuestros estudiantes y nos enorgullece que estén realizando una labor tan importante.

HUNCH es una colaboración educativa entre la NASA y los distritos escolares locales. Los estudiantes tienen la tarea de crear hardware y productos textiles rentables en colaboración con los miembros del equipo HUNCH.

El programa HUNCH trabaja con más de 500 distritos escolares en 46 estados. Los proyectos HUNCH abarcan seis áreas: culinaria, diseño y prototipado, diseño para vuelo, hardware, productos textiles, video y medios.

**STARTING APRIL 2<sup>ND</sup>, 2025**

**METHUEN POLICE**

**CITIZENS POLICE ACADEMY**

**Chief Scott McNamara**

is proud to announce that the

**METHUEN POLICE DEPARTMENT IS NOW ACCEPTING APPLICATIONS!**

The academy is an exciting, dynamic, and informative 12-week course designed to provide participants with an interactive, hands-on, comprehensive overview of the Methuen Police Department. Class time will include an introduction to patrol, detectives, swat, communications, CPR, firearms, and various other department programs. At the completion of the academy, you will be CPR certified and receive a firearm safety certificate.

Applications can be picked up at the Methuen Police Department dispatch window or online at [Methuenpolice.com](http://Methuenpolice.com). Applicants must be at least 18 years of age. You must fill out the application & all the waivers to be considered. You must live or work in the city of Methuen to participate in this program.

Participants cannot have any felony convictions, be on parole or probation or have been arrested in the last 2 years.

**WHEN:** April 2 – June 18, 2025  
Every Wednesday Night  
6:00–9:00 PM

**COST:** FREE

**WHERE:** Methuen Police Department  
90 Hampshire St.  
Methuen, MA 01844

\*\* apply early due to a limited amount of space\*\*

For more information contact:

**Officer Aaron Little**  
Community Outreach  
Call : (978) 983-8727 or  
Email: [ALittle@ci.methuen.ma.us](mailto:ALittle@ci.methuen.ma.us)

## Rumbo

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# Raising the Irish flag in Lawrence

March 3, 2025 in front of City Hall

The Rev. James T. O'Reilly OSA Division Eight  
Ancient Order of Hibernians

Photos courtesy of Richard Russell





# Federación Dominicana de Judo hace reconocimiento al Profesor Nelson Silvestre



El Profesor Nelson Silvestre recibe reconocimiento de la Federación Dominicana de Judo, "Fedo Judo" y de la Asociación de Judo, la ciudad de La Vega - AJUDOVEGA.

Quiero agradecer humildemente estos reconocimientos recibidos, por estas instituciones del Deporte de la República Dominicana. Agradecer especialmente al presidente de FedoJudo, al Lic. Gilberto García. También quiero agradecer José Luis Coronado, presidente de la Asociación de Judo de La Vega - AJUDOVEGA.

Quiero agradecer en mi persona, al Sensei Porfirio Taveras Martínez, por su dedicación y sus esfuerzos de trabajo, para que el Judo Vegano continúe en la Formación de nuevos Profesionales Judocas.

El Judo Vegano desde su nacimiento en 1972, fundado por el Sensei Panchito De La Mota, ha venido formando profesionales como médicos, ingenieros,

abogados, maestros y otras profesiones.

También podemos decir que en el camino de su desarrollo como deporte y estilo de vida, ha venido trabajando en la formación acompañado por sus dirigentes y entrenadores, el Judo de la Vega ha sido soportado a través de la asociación de padre en ayudar a familias necesitadas.

Les envió un abrazo grande, a los ex - presidentes que aportaron y siguen aportando su granito de arena para que el Judo de la Vega siga trabajando.

Bendiciones para todos los judocas, los de ayer y los de hoy. En ustedes descansa el futuro del Judo de La Vega y los próximos profesionales.

Quiero agradecer a todas las asociaciones del país, a sus dirigentes y clubes por mantener viva nuestra disciplina, en su trabajo a diario, en la formación de nuevos ciudadanos y a decirle a los jóvenes de hoy, que sí se pueden lograr las metas.

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

MUHAMMAD ALI



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

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

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

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

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



Bagsinbulk.com



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

**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 CLOSURES "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.



<https://www.pw4c.org/youth-at-risk-conference>

## 25th Annual YAR Conference



Endicott College

May 28, 2025

7:30 AM - 4:00 PM

"25 years of Empowering Youth: Together, We Thrive"

## Youth at Risk Conference

May 28, 2025

Endicott College, Beverly, MA

The region's only annual all-day conference for professionals working with at-risk youth with hands-on workshops, CEUs and Networking events.





## EGGS & ISSUES

Bringing influential public and private figures together with the local business community for crucial conversations around the challenges and opportunities our region faces.



**Mayor of Haverhill  
Melinda Barrett**

**Topics**  
Property taxes for businesses and residents, City Hall updates

**Wednesday, March 19th**  
**7:30 am - 9 am**  
**2 Merrimack Street, 3rd Floor, Haverhill**

Breakfast provided  
\$25 for members, \$35 for non-members  
Register at [haverhillchamber.com](http://haverhillchamber.com)



# CICLO DE CINE

## Home: El país de la ilusión

**Sunday, March 23, 2025 - Hora: 2:15 pm**

**Domingo 23 de Marzo, 2025**  
**Hora: 2:15pm**

**Auditorio Johnson**  
**Biblioteca Pública**  
**Haverhill**  
**199 Main Street**

**(781)608-5046**



“Aléjate de aquellas personas que intentan menospreciar tus ambiciones. Las mentes pequeñas siempre harán eso, pero las mentes grandes te darán la sensación de que tú también puedes llegar a ser grande”.

\*\*\*\*\*



"Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too."

- Mark Twain



## “Es espantoso que personas tan ignorantes tengan tanta influencia”.

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

## Free Tax Preparation

for Income-Qualified Individuals & Families

**The Volunteer Income Tax Assistance Program**  
Free tax assistance for low- and moderate-income individuals and families.


For more information & to make an appointment, call Oriana Burgos, 978-620-4752 or email [oburgos@glcac.org](mailto:oburgos@glcac.org).

The Greater Lawrence Community Action Council, Inc. creates opportunities by collaborating with our community and empowering individuals to achieve their goals.

**Scheduling Appointments**

- Tax preparation services offered March 10 to May 2.
- Appointments available: Monday & Tuesday: 9 a.m. to 5 p.m.; Wednesday & Thursday: 12 to 8 p.m.; Saturday: 9 a.m. to 2 p.m.

**To pre-register, scan the QR code:**






## PREPARACIÓN DE IMPUESTOS GRATUITA

PARA INDIVIDUOS Y FAMILIAS DE BAJOS INGRESOS

**Programa de Asistencia Voluntaria de Impuestos sobre la Renta (VITA por sus siglas en inglés)**  
Asistencia gratuita para declaración de impuestos para personas y familias de ingresos bajos y moderados.

Para más información y programar una cita, llame a Oriana Burgos, 978-620-4752 o correo electrónico, [oburgos@glcac.org](mailto:oburgos@glcac.org)

Greater Lawrence Community Action Council, Inc. crea oportunidades colaborando con nuestra comunidad y capacitando a las personas para que logren sus objetivos.

**Ahora programando citas**

- Servicios de preparación de impuestos ofrecidos del 10 de marzo al 2 de mayo.
- Citas disponibles de lunes y martes de 9 am.- a 5 p.m.; miércoles y jueves de 12 a 8 p.m.; sábados, 9 a.m. a 2 p.m.

**Para pre-inscribirte, escanea el código QR**





# Lupoli Companies une fuerzas con Matt Light, exjugador de los New England Patriots, para lanzar un programa sin fines de lucro con estudiantes de Lawrence

El programa insignia de 4 años de la Fundación Light promueve la responsabilidad, la ética, la rendición de cuentas y el trabajo arduo para jóvenes selectos de la Costa Norte.

**QUÉ:** La Fundación Light ([www.mattlight72.com](http://www.mattlight72.com)), una organización sin fines de lucro fundada en 2001 por Matt Light, tres veces campeón del Super Bowl y exjugador de los New England Patriots, y su esposa Susie, dará la bienvenida este mes a cuatro jóvenes de Lawrence, Massachusetts, a su programa de liderazgo al aire libre: Camp Vohokase. El programa reúne a 16 jóvenes de diversas partes del país que tienen una conexión con la Fundación a través de su amplia red de apoyo. El campamento, que se lleva a

cabo en Chenoweth Trails en Greenville, Ohio, se centra en ser: REAL: desarrollar líderes responsables, éticos y responsables. Mediante una combinación de actividades al aire libre y experiencias prácticas de aprendizaje, el equipo de Light Foundation asesora a estos jóvenes durante sus años de preparatoria, con reuniones semanales regulares y visitas trimestrales enfocadas en el trabajo en equipo, el servicio comunitario y el desarrollo profesional. Al completar el programa de 4 años, los participantes se gradúan con las habilidades necesarias para inspirar liderazgo en sus propias comunidades. Los nuevos campistas de este año provendrán de Lawrence, Massachusetts, continuando la tradición de atraer a participantes de todo Estados Unidos, incluyendo Ohio, Rhode

Island, Massachusetts, Luisiana, Indiana, Tennessee, Florida y Washington, D.C.

Sal Lupoli y Lupoli Companies ([www.lupolico.com](http://www.lupolico.com)) actuarán como Enlaces Comunitarios para la nueva generación de Lawrence. Ayudarán a guiar a estos jóvenes y los conectarán con experiencias y oportunidades locales que les permitirán desarrollar sólidas habilidades de liderazgo.

**CUÁNDO:** Los 4 estudiantes recién seleccionados firmarán un compromiso el martes 18 de marzo. La ceremonia comenzará a las 17:00 y durará aproximadamente hasta las 19:00. Las entrevistas estarán disponibles de 17:00 a 17:30.

**DÓNDE:** Edificio del pabellón de la sede de The Lupoli Company,

**QUIÉN:**

- Matt Light, tres veces campeón del Super Bowl, exjugador de los New England Patriots, y cofundador de The Light Foundation

- Sal Lupoli, Sr. – Fundador de The Lupoli Companies

- Robin Finn, Director de la Escuela Intermedia THE Leonard, Lawrence

- Ralph Carrero, Superintendente de las Escuelas de Lawrence



**Atención Correcta, Lugar Correcto.**

**SALA DE EMERGENCIAS**

- Dolor de pecho o dificultad para respirar
- Quemaduras, cortes o laceraciones graves
- Huesos rotos o articulaciones dislocadas
- Desmayo, cambios en el estado mental o hablar arrastrando las palabras
- Lesiones en la cabeza o los ojos
- Debilidad y/o entumecimiento en un lado del cuerpo

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

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

Dalai Lama



**Su tienda de segunda mano para mejorar en el hogar**

**Precios bajos en productos nuevos y usados. Furniture, lámparas para el hogar, suministros de construcción ¡y mucho más!**

**ReStore**  
Essex County Habitat for Humanity

647 Andover Street, Lawrence  
Abierto de martes a sábado, de 10 am a 5 pm  
[ecrestore.org](http://ecrestore.org)

## Lupoli Companies Joins Forces with Former New England Patriot Matt Light to Launch Nonprofit Programming with Lawrence Students

The Light Foundation's 4-year flagship program promotes responsibility, ethics, accountability, and hard work for select youth from North shore.

**WHAT:** The Light Foundation ([www.mattlight72.com](http://www.mattlight72.com)), a nonprofit founded in 2001 by three-time Super Bowl Champion and former New England Patriot Matt Light and his wife Susie, will welcome four new young men this month from Lawrence, MA, to its outdoor leadership program – Camp Vohokase. The program brings together 16 young men from various parts of the country who have a connection to the Foundation through its vast support network. Held at Chenoweth Trails in

Greenville, OH, the Camp focuses on being: R.E.A.L. – developing responsible, ethical, accountable leaders. Through a combination of outdoor activities and hands-on learning experiences, the Light Foundation team mentors these young men throughout their high school years, with regular weekly check-ins and quarterly visits that focus on team building, community service and workforce development. Upon completing the 4-year program, participants graduate equipped with the skills needed to inspire leadership in their own communities. This year's new campers will hail from Lawrence, MA, continuing the tradition of drawing participants from across the United States, including Ohio, Rhode Island, Massachusetts, Louisiana, Indiana, Tennessee, Florida and Washington, D.C.

Sal Lupoli and the Lupoli Companies ([www.lupolico.com](http://www.lupolico.com)) will serve as Community Liaisons for the incoming Lawrence class. They will help mentor these young men and will assist in connecting them to local experiences and opportunities from which they can develop strong leadership skills.

**WHEN:** The 4 newly selected students will sign a pledge on Tuesday, March 18th. The ceremony will begin at 5:00PM and last until approximately 7:00PM. Interviews available from 5 to 5:30PM.

**WHERE:** The Lupoli Company Headquarters pavilion building.

**WHO:**

- Matt Light, 3X Super Bowl Champion and former New England Patriot, and Co-Founder of The Light Foundation

- Sal Lupoli, Sr. – Founder of the Lupoli Companies

- Principal Robin Finn, THE Leonard Middle School, Lawrence

- Superintendent of Lawrence Schools, Ralph Carrero



# Greater Lawrence Technical School Hosts Legislator's Breakfast to Strengthen Ties with State and Municipal Officials

ANDOVER — On Friday, Feb. 28, Greater Lawrence Technical School (GLTS) welcomed key state and municipal officials to campus for a Legislator's Breakfast.

The event was hosted by GLTS' talented Culinary staff and students. It served as a platform for Superintendent John Lavoie to express gratitude to local legislators and elected officials from the four sending districts for their unwavering support of Greater Lawrence Technical School.

Superintendent Lavoie personally thanked these leaders for their critical contributions to securing necessary funding, advocating for career and technical education (CTE) programs, facilitating grant opportunities, and supporting legislation at the state level. Their ongoing efforts are essential to the continued growth and success of GLTS and its students.

During his presentation, Superintendent Lavoie addressed the ongoing need to increase access to vocational technical education, particularly in light of the high demand for seats at schools like GLTS. He emphasized the importance of expanding opportunities for students and community members in Massachusetts, where vocational programs are increasingly essential for workforce development.

The Superintendent highlighted several exciting developments, including the upcoming Aviation Maintenance Technology Program, which is currently under development and is expected to open in Fall 2025 — pending FAA approval this spring, followed by final approval as a Chapter 74 CTE program from the Massachusetts Department of Elementary and Secondary Education. He also shared plans to potentially introduce additional CTE programs, such as Veterinary Science and Animal Science, in collaboration with the MSPCA in Methuen. Moreover, he is

exploring opportunities to secure additional space off campus to expand health career programs, which remain in high demand among students and employers in the region.

A key topic of discussion during the event was the proposed admissions lottery. Superintendent Lavoie shared his perspective on why maintaining specific admission criteria is vital in preserving GLTS' mission of preparing a skilled workforce that meets the needs of local employers and supports a thriving regional economy.

"I feel very fortunate to have the legislative leadership in our district that gives unwavering support to GLTS and supports vocational education across the state," Superintendent Lavoie stated. "Our legislators are always happy to hear about the growth and expansion of new programs here at GLTS, and how they can contribute to our continued success by creating more opportunities for our students and community."

As a result of the conversation regarding admissions and increasing access to CTE, Superintendent Lavoie is coordinating a future meeting with legislators to share some of his ideas and continue this dialogue.

The event concluded with a tour led by Superintendent Lavoie, where several attendees visited cutting-edge programs, including Advanced Manufacturing, Biotechnology, Metal Fabrication, HVAC, and Automotive Technology. This hands-on experience allowed the officials to witness firsthand the incredible work being done at Greater Lawrence Technical School.

GLTS deeply appreciates the continued support from its legislators and is excited to work together to build even more opportunities for its students and the community.



Greater Lawrence Technical School welcomed key state and municipal officials to campus for a Legislator's Breakfast on Feb. 28. (Photo Courtesy Greater Lawrence Technical School)



From left, Superintendent Lavoie, Lawrence City Councilor Stephany Infante, Methuen City Councilor Patricia Valley, and GLTS District Committee Vice Chair Julio Mejia in the Advanced Manufacturing shop. (Photo Courtesy Greater Lawrence Technical School)



The Legislative Breakfast served as a platform for Greater Lawrence Technical School to express gratitude to local legislators and elected officials from the four sending districts for their unwavering support. (Photo Courtesy Greater Lawrence Technical School)



From left, Superintendent Lavoie, Methuen City Councilor Patricia Valley, Lawrence City Councilor Stephany Infante, GLTS District Committee Vice Chair Julio Mejia, and Metal Fabrication Instructor David Thompson during a tour of the Metal Fabrication shop. (Photo Courtesy Greater Lawrence Technical School)

## Youth Writing Workshop

Registrations are now being taken for a Youth Writing Workshop for students in grades 6 through 10. Workshop classes will be held on Tuesday and Thursday evenings 6 PM to 8 PM starting July through August at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, Building 2, Level B, Lawrence, MA 01843. The workshops are free for Lawrence residents or \$10 for other towns' residents for each monthly workshop.

By popular demand MVIEC has engaged writing instructor Robert Largess to once again teach this workshop. Fee is \$10 registration for the 6 week course, free for Lawrence residents.

Students interested in improving their writing skills should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at [www.mviec.org](http://www.mviec.org) for directions and more details.



## GLCAC recibe una subvención de la ECCF para ofrecer clases de uso de computadoras

El Greater Lawrence Community Action Council, Inc., ampliará su programa de Alfabetización Digital con una subvención de \$50.000 de la Essex County Community Foundation. El GLCAC colaborará con Lawrence Community Works y MassHire para inscribir a hasta 80 estudiantes adultos en clases de uso de computadoras de nivel principiante e intermedio.

La alfabetización digital aumenta las oportunidades de empleo, la estabilidad económica y la calidad de vida de una persona. Según la National Skills Coalition, aunque dos tercios de los empleos de servicios de nivel inicial requieren el uso de computadoras, el 73 por ciento de los trabajadores en esos puestos carecen de habilidades para resolver problemas digitales.

“Le damos las gracias a la Essex County Community Foundation por su compromiso con la ampliación de la alfabetización digital como vía a la estabilidad financiera para las personas y familias del valle del Merrimack”, dijo Vilma Martínez-Domínguez, CEO y directora ejecutiva de GLCAC. “Al aprender habilidades básicas con una computadora, los estudiantes adultos obtendrán las herramientas necesarias para conseguir, mantener y mejorar sus opciones de empleo”.

La EFCF anunció recientemente que les concedió \$627.000 a 13 organizaciones sin fines de lucro que les ofrecen a los residentes las herramientas digitales que necesitan en la vida diaria. Las subvenciones de la ECCF ampliarán el acceso de los residentes de la región a computadoras portátiles, Internet y capacitación digital. Esto aumentará sus oportunidades educativas y sus opciones laborales, y les permitirá reunirse con sus profesionales de la salud y mantenerse en contacto con familiares y amigos.

“Sabemos que una computadora y WiFi son necesidades básicas en el mundo actual”, dijo Kate Machet, vicepresidente de iniciativas de sistemas y relaciones gubernamentales de la ECCF. “Y también lo es la capacitación para usar la tecnología de forma segura y eficaz. Pero aquí mismo, en el condado de Essex, hay miles de personas que aún no tienen acceso a estos recursos”.

### Acerca de GLCAC

GLCAC es una agencia de servicios sociales polifacética que ayuda a más de 33.000 personas por medio de una serie de programas que incluyen aprendizaje temprano, servicios energéticos, programas de salud y nutrición, servicios legales de inmigración, ayuda con la vivienda y servicios comunitarios, así como educación para adultos y capacitación laboral.

## GLCAC Receives ECCF Grant for Computer Classes

The Greater Lawrence Community Action Council, Inc. will expand its Digital Literacy program with a \$50,000 grant from the Essex County Community Foundation. The GLCAC will work with Lawrence Community Works and MassHire to enroll up to 80 adult students in beginner and intermediate computer training classes.

Digital literacy increases an individual's opportunities for employment, economic stability, and quality of life. While two-thirds of entry-level service jobs require the use of computers, 73 percent of workers in those jobs lack digital problem-solving skills, according to the National Skills Coalition.

“Thank you to the Essex County Community Foundation for its commitment to expanding digital literacy as a path to financial stability for individuals and families in the Merrimack Valley,” said Vilma Martinez-Dominguez, the GLCAC's CEO & executive director. “By learning basic computer skills, residents will gain the tools necessary to secure, maintain, and improve their employment options.”

EFCF recently announced that it has awarded \$627,000 to 13 nonprofits

working to provide residents with the digital tools they need to navigate everyday life. The ECCF grants will expand access to laptops, internet access, and digital literacy training for residents across the region, allowing them to advance their educational opportunities, improve job prospects, meet with healthcare providers, and stay connected to family and friends.

“We know that a computer and Wifi are absolute necessities in today's world,” said Kate Machet, ECCF's vice president for systems initiatives and government relations. “And so is the training to know how to use technology safely and effectively. But there are thousands of people right here in Essex County that still don't have access to these resources.”

### About GLCAC

GLCAC is a multi-faceted social services agency that assists more than 33,000 individuals through a range of programs including early learning, energy services, health and nutrition programming, immigration legal services, housing supports and community services, and adult education and workforce development.

## Encuesta de AARP destaca enorme peso de deudas de tarjetas de crédito entre latinos adultos mayores del país

*Más de la mitad de los latinos adultos mayores en EE.UU. tiene enormes deudas de tarjetas de crédito*

WASHINGTON — Una nueva encuesta de AARP publicada hoy revela que más de la mitad (56%) de los latinos adultos mayores de 50 años que tienen deudas de tarjetas de crédito las usan para pagar gastos básicos que de otra manera no tendrían cómo cubrir, y el 18% de ellos dependieron de las tarjetas de crédito para cubrir gastos básicos todos los meses durante el último año. Los hallazgos revelan cómo el aumento en gastos básicos como comida, vivienda y servicios públicos, junto con los gastos de atención médica y las cargas financieras inesperadas, están amenazando el bienestar financiero y la seguridad de la jubilación para muchos latinos adultos mayores en Estados Unidos.

La encuesta encontró que el 39% de los latinos adultos mayores con deudas de tarjetas de crédito informa que tiene más deuda de tarjeta de crédito que hace un año. Casi la mitad (48%) de los adultos mayores que mantienen un saldo en su tarjeta de crédito de mes a mes deben \$5,000 o más, y el 28% mantienen un saldo de \$10,000 o más. Casi 9 de cada 10 latinos encuestados (87%) dicen que los gastos inesperados contribuyen a sus deudas de tarjetas de crédito.

“Un número preocupante de adultos mayores tienen deudas de tarjetas de crédito hoy en día solo para llegar a fin de mes”, dijo Indira Venkat, vicepresidenta sénior de Investigaciones de AARP. “La deuda de tarjeta de crédito puede poner en peligro la seguridad de la jubilación. Para muchos jubilados, que a menudo viven con un ingreso fijo, es un verdadero desafío pagar sus deudas sin hacer sacrificios significativos”.

Los adultos mayores más propensos a tener un saldo mensual incluyen a personas de 50 a 64 años, aquellos con ingresos inferiores a \$40,000, así como adultos mayores negros e hispanos/latinos. Más de la mitad (52%) de los adultos de 50 a 64 años tienen deudas de tarjetas de crédito. Una parte significativa de las personas de 65 a 74 años (42%) y de 75 años o más (35%) también tienen deudas de tarjetas de crédito.

Hallazgos clave adicionales entre los adultos de 50 años o más que tienen deudas de tarjeta de crédito:

- Tensión financiera a largo plazo: el 26% están muy preocupados por cuánto

tiempo les llevará pagar su deuda, y aproximadamente uno de cada cinco espera tardar más de cinco años en hacerlo. Los principales factores que generan deuda de tarjeta de crédito incluyen gastos diarios, costos de vehículos, de vivienda y de atención médica.

- Gastos de atención médica: el 50% dicen que los gastos de atención médica han contribuido a su deuda de tarjeta de crédito. Entre este grupo, los gastos médicos más grandes que contribuyen a la deuda son los gastos dentales (46%), los medicamentos recetados (35%) y el cuidado de la vista (19%).

- Pago de deudas de tarjetas de crédito canceladas: el 23% todavía están pagando saldos de tarjetas de crédito canceladas.

- Ahorros en disminución: el 46% dicen que las tarjetas de crédito han afectado su capacidad de ahorrar para el futuro.

Estos hallazgos se basan en una encuesta entre 4,846 adultos de 50 años o más que arrastran deudas de tarjetas de crédito de un mes anterior, ya sea en tarjetas activas o tarjetas canceladas. Para ver la encuesta completa y la metodología, visita [www.aarp.org/ccdebt](http://www.aarp.org/ccdebt). Conoce más sobre los recursos de AARP para manejar dinero en [AARP.org/MoneyTools](http://AARP.org/MoneyTools).

### Acerca de AARP

AARP es la organización sin fines de lucro ni afiliación política más grande de la nación, dedicada a empoderar a las personas de 50 años o más para que puedan escoger cómo viven a medida que envejecen. Con una presencia nacional, AARP fortalece las comunidades y aboga por los asuntos de mayor importancia para los más de 100 millones de adultos mayores de 50 años en Estados Unidos y sus familias: la seguridad de la salud y de las finanzas, y la satisfacción personal. AARP también trabaja para los consumidores en el mercado al proponer nuevas soluciones y permitir que productos y servicios de alta calidad, cuidadosamente escogidos, lleven el nombre de AARP. Fuente confiable de noticias e información, AARP produce las publicaciones de mayor circulación en el país, AARP The Magazine y AARP Bulletin. Para más información, visita [www.aarp.org/about-aarp/](http://www.aarp.org/about-aarp/), [www.aarp.org/espanol](http://www.aarp.org/espanol) o sigue @AARP, @AARPEnEspanol y @AARPadvocates en las redes sociales.



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# El punto Dios en el cerebro



Por Tomás Núñez, ThD

La religiosidad del ser humano tiene una base biológica en el cerebro, como han estudiado algunos neurocientíficos y que han llamado el «punto Dios» en el cerebro. A él se debe la inteligencia espiritual que debemos desarrollar a lo largo de nuestra vida.

Estoy convencido que: «El “punto Dios” en el cerebro. La base biológica de la espiritualidad» tiene una base biológica en la religiosidad, lo que los científicos han llamado el “punto de Dios” en el cerebro, por lo que está presente en todos los seres humanos. De esta forma la religión no es algo restringido a las instituciones religiosas, ni tampoco algo opcional, sino algo permanente, que siempre está en actividad cuando buscamos el sentido de la vida, cuando tenemos una experiencia de amor, de solidaridad, de profunda paz y comunión con todas las cosas.

Las religiones del mundo son formas de expresar con ritos, comportamientos y doctrinas, ese «punto Dios». Todas tienen ese «algo» en común, a pesar de tener expresiones diferentes según las culturas.

Ello nos permite valorar esta ola de misticismo y religiosidad que permea nuestra cultura e inunda los medios de comunicación de masas como la radio y la televisión. La religión nos ofrece instrumentos para que espiritualicemos nuestras vidas más allá de aquello que las religiones e iglesias constituidas nos puedan ofrecer.

## Los estudios sobre el cerebro destacan tres tipos de inteligencia:

La primera es la inteligencia intelectual, lo que conocemos por el Cociente Intelectual. Se trata de la inteligencia analítica, por la que elaboramos

conceptos y hacemos ciencia. Con ella organizamos el mundo, los Estados, las empresas, todo tipo de burocracia, y solucionamos problemas objetivos.

La segunda es la inteligencia emocional, popularizada especialmente por el profesor de Harvard, psicólogo y neurólogo Daniel Goleman, con su conocido libro La inteligencia emocional. Está demostrado que la estructura de base del ser humano no es la razón (logos), sino la emoción (pathos). Somos, fundamentalmente, seres de pasión, empatía, compasión y amor.

La tercera es la inteligencia espiritual, reconocida recientemente por neurólogos, neurolingüistas y técnicos en magnetoencefalografía. A través de ella captamos los contextos mayores de nuestra vida, rompemos creativamente los límites, percibimos unidades y nos sentimos insertos en el Todo, nos volvemos sensibles a valores, a cuestiones del sentido de la vida y a temas ligados a Dios y a la trascendencia.

Esa conciencia tiene una base biológica en las neuronas. Cuando los lóbulos temporales del cerebro son sometidos a una excitación de una determinada frecuencia, se desencadena una experiencia espiritual de exaltación, de inmensa alegría y de felicidad, como la de quien está delante de una Presencia.

Se ha observado que siempre que se abordan temas religiosos, Dios, o los valores que conciernen al sentido profundo de las cosas, no superficialmente sino con un compromiso sincero y profundo, se produce una excitación que va más allá de los normales 40 hertzios. De ahí que neurobiólogos como Persinger y Ramachandran, y la física cuántica Danah Zohar hayan bautizado esa región de los lóbulos temporales como el «punto Dios» (véase el libro de D. Zohar, Inteligencia espiritual, Barcelona 2001). Otros prefieren hablar de la «mente mística».

Sin embargo esto no significa que Dios esté sólo en ese punto del cerebro. Dios empapa toda la realidad. Pero el «punto Dios» es un órgano interno por el que reconocemos su presencia en todo y en nosotros.

Pero no basta constatar el «punto Dios» en el cerebro, hay que desarrollar esta inteligencia espiritual, volviéndonos hacia dentro de nosotros mismos y dialogando con nuestro Centro y con lo Profundo que hay en nosotros.

El «punto Dios» alimenta nuestra resistencia a hacer el mal y nos fortalece en la realización del bien y de todo tipo de valores, especialmente aquellos que implican apertura al otro, protección de la vida, sobre todo de la más vulnerable, compasión, perdón y amor incondicional.

# The God Point in the Brain

By Tomás Núñez, ThD

Human religiosity has a biological basis in the brain, as some neuroscientists have studied and called the "God Point." It is the source of the spiritual intelligence we must develop throughout our lives.

I am convinced that: "The 'God Point' in the Brain. The Biological Basis of Spirituality" has a biological basis in religiosity, what scientists have called the "God Point" in the brain, which is why it is present in all human beings. In this way, religion is not something restricted to religious institutions, nor is it optional, but something permanent, always active when we search for the meaning of life when we experience love, solidarity, profound peace, and communion with all things.

The world's religions are ways of expressing this "God Point" through rituals, behaviors, and doctrines. They all have this "something" in common, despite having different expressions depending on the culture.

This allows us to appreciate this wave of mysticism and religiosity that permeates our culture and floods mass media such as radio and television. Religion offers us tools to spiritualize our lives beyond what established religions and churches can offer us.

## Brain studies highlight three types of intelligence:

The first is intellectual intelligence, what we know as the Intelligence Quotient (IQ). This is analytical intelligence, through which we develop concepts and conduct science. With it, we organize the world, states, businesses, and all types of bureaucracy and solve objective problems.

The second is emotional intelligence, popularized mainly by Harvard professor, psychologist, and neurologist Daniel Goleman, with his well-known book Emotional Intelligence. It has been proven that the basic structure of the human being is not reason (logos), but emotion (pathos). We are, fundamentally, beings of passion,

empathy, compassion, and love.

The third is spiritual intelligence, recently recognized by neurologists, neurolinguists, and magnetoencephalography technicians. Through it, we grasp the larger contexts of our lives, creatively break boundaries, perceive unities, and feel embedded in the Whole. We become sensitive to values, questions of life's meaning, and themes linked to God and transcendence.

This awareness has a biological basis in neurons. When the brain's temporal lobes are excited at a specific frequency, a spiritual experience of exaltation, immense joy, and happiness is triggered, like someone standing before a Presence.

It has been observed that whenever religious themes, God, or values that concern the profound meaning of things are addressed, not superficially but with a sincere and profound commitment, an excitation is produced that goes beyond the normal 40 hertz. Hence, neurobiologists such as Persinger and Ramachandran, and quantum physicist Danah Zohar, have named this region of the temporal lobes the "God point" (see D. Zohar's book, Spiritual Intelligence, Barcelona 2001). Others prefer to speak of the "mystical mind."

However, this does not mean God is only at that point in the brain. God permeates all reality. But the "God point" is an internal organ through which we recognize His presence in everything and ourselves.

But it is not enough to simply recognize the "God point" in the brain; we must develop this spiritual intelligence by turning inward and dialoguing with our Center and with the Deep within us.

The "God point" nourishes our resistance to doing evil and strengthens us in pursuing good and all kinds of values, especially those that involve openness to others, protection of life, especially the most vulnerable, compassion, forgiveness, and unconditional love.

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## Haverhill –Thursday, March 20, 2025 Meeting (public)

**The Merrimack Valley Planning Commission will hold its monthly meeting on Thursday, March 20 at 11:00 a.m. The agenda includes updates on the commission's activities and is available at the MVPC website [www.mvpc.org](http://www.mvpc.org). For questions or details of this meeting contact Jodie Furey at [jfurey@mvpc.org](mailto:jfurey@mvpc.org)**





## UN PUNTO DE VISTA ©1996

Por Paul V. Montesino, PhD, MBA, CCP

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

### Una fecha que nunca podría olvidar

El miércoles, 13 de marzo de 1957, hace sesenta y ocho años, todo funcionaba, el Banco de Desarrollo Económico y Social de Cuba (BANDES), era lo de siempre. Mi jefe, el Dr. Jorge Diago Govin, secretario de la compañía y principal asesor legal del banco y uno de los miembros más prestigiosos de la profesión legal en Cuba, me pidió que entregara un documento importante que necesitaba la firma oficial del presidente cubano Fulgencio Batista.

En un papel como el de los conocidos garantes de las emisiones de bonos en Estados Unidos, Moody's o Standard & Poor's, el Gobierno de Cuba, a través del Banco Nacional, era el garante último de cualquier deuda que emitíamos en BANDES y, citando las famosas palabras de Harry Truman, el presidente estadounidense, "la pelota terminaba en la cima".

Era un hermoso día soleado de primavera, y agradecí la oportunidad de dejar de leer largos informes legales y contratos con mis colegas abogados y salir de la oficina para estirar las piernas. Tomé un autobús y me dirigí al Palacio Presidencial (ahora el "Museo de la Revolución") cerca del malecón de La Habana en Refugio #1 entre las calles Monserrate y Zulueta (ahora Agramonte) y me acerqué a la entrada principal. El soldado armado que montaba guardia abrió la puerta permitiéndome entrar brevemente para entregar mi carta y sellar la copia como recibo. Entonces me fui.

Minutos después, mientras caminaba a unas cuadras en dirección al Banco Nacional de Cuba, en la calle Cuba 402, para entregar otra copia del mismo documento que necesitaba firma, un joven estudiante de la Universidad de La Habana, de mi edad, se acercó al mismo soldado. Había llegado en una furgoneta cargada de revolucionarios armados ocultos que fingían ser un repartidor de flores al palacio.

A diferencia de mí, él tenía un rifle oculto, disparó y mató al guardia que yo acababa de conocer. Con la ayuda de los otros atacantes escondidos en la camioneta, logró ingresar al palacio con la intención de matar al presidente Fulgencio Batista, quien se encontraba en uno de los pisos superiores en ese momento y, al escuchar la conmoción, se escondió en un ascensor sosteniendo su propio revólver para protegerse sobreviviendo al ataque.

Cuarenta atacantes al palacio fuertemente protegido y cómplices que habían apoyado un esfuerzo coordinado en otras partes de la ciudad nunca lo lograron, entre ellos José Antonio Echeverría, conocido como "Manzanita", un líder estudiantil, y Menelao Mora Morales, un ex representante del Congreso del Partido Auténtico y propietario de autobuses públicos.

En el baño de sangre que siguió a una policía secreta enloquecida tras el ataque, una de las víctimas fue el distinguido abogado y exsenador Pelayo Cuervo Navarro, un destacado dirigente del Partido Ortodoxo (base política de Castro) y candidato presidencial que ni siquiera estaba al tanto del atentado contra la vida del presidente.

Agentes de seguridad mataron a

Pelayo Cuervo la noche del 13 de marzo, cuando arreció la nueva ola de violencia. Cuando estos revolucionarios murieron, Castro ascendió en la escala revolucionaria y se convirtió en la siguiente opción factible contra Batista, el tiempo lo haría probable, el vacío político ahora seguro.

Los derechos constitucionales fueron suspendidos ese día y la vida política en la nación, una vez más, se había convertido en una pesadilla. Antes, en 1956, en Panamá, el presidente de los Estados Unidos, Dwight D. Eisenhower había asistido a una conferencia con líderes de otras naciones latinoamericanas y le dio la espalda a Fulgencio Batista cuando ambos se acercaron accidentalmente y este último extendió su mano en vano para estrechar la del presidente de Estados Unidos. Eisenhower no correspondió y simplemente se alejó.

El mensaje no tan sutil del presidente de los Estados Unidos tenía mucha importancia estratégica en ese momento. Este fiasco político y militar en el palacio abrió el camino para que solo un grupo cubano que se oponía al régimen de Batista en ese momento tuviera éxito, los revolucionarios castristas en las montañas orientales de Cuba.

Desembarcaron allí el 2 de diciembre de 1956 en Playa Las Coloradas, Niquero, y estaban librando un conflicto guerrillero de bajo nivel de desgaste en la selva. Tuvieron que pasar veintidós sangrientos meses antes de que Cuba pudiera deshacerse del régimen de Batista, un capítulo criminal en nuestro libro de historia. Se abrió entonces una nueva fase violenta de nuestra tragedia política, que todavía leemos, página tras página triste, con dolor y sufrimiento.

El ruido de la conmoción del feroz ataque del 13 de marzo llegó a mis oídos después de que salí del palacio presidencial y me acercaba, a pie, a mi próxima parada en la calle Cuba 402, la oficina principal del Banco Nacional de Cuba, donde me refugié durante varias horas antes de sentirme lo suficientemente seguro como para salir y regresar a mi oficina del BANDES. Había estado a solo unos minutos y metros de una situación que ponía en peligro mi vida y estaba en el típico lugar equivocado en el momento equivocado, pero afortunadamente no era el último.

No sé si debería haber estado agradecido o asustado y en qué orden; estoy seguro de que era ambas cosas. Después del incidente, la Universidad de La Habana cerró, la educación universitaria tuvo que esperar hasta que la situación política cambió; una situación que no se hizo fácil por un nuevo gobierno revolucionario que se basaba en el adoctrinamiento político y no tomaba prisioneros, solo los ejecutaba por conveniencia, si no por verdadera justicia. Cuba no se graduó de médicos por un tiempo.

Y en cuanto a mí, me tomó cinco años y catorce días más abrir mis puertas a Miami, Florida, y mi vida americana.

Y ese es mi punto de vista hoy. Agur.

*Esta historia se publicó por primera vez en mis memorias "Pablito - Un cubano con Acento Bostoniano".*



## A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

### A date I could never forget



On Wednesday, March 13, 1957, sixty-eight years ago, everything at work, the Economic Development and Social Bank of Cuba, in Spanish called "Banco de Desarrollo Económico y Social" (BANDES,) was business as usual. My boss, Dr. Jorge Diago Govin, the company's Secretary and chief legal counsel of the bank and one of the most prestigious members of the legal profession in Cuba, asked me to deliver an important document needing official signature from Cuban President Fulgencio Batista.

In a role like the known guarantors of bond issues in the United States, Moody's or Standard & Poor's come to mind, the Government of Cuba, through the National Bank, was the ultimate guarantor of any debt we issued at BANDES and, quoting the famous words from Harry Truman, the American president, "the buck ended at the top."

It was a beautiful sunny spring day, and I welcomed the opportunity to stop reading long legal briefs and contracts with my lawyer colleagues and get out of the office to stretch my legs. I took a bus and went to the Presidential Palace (now the "Museum of the Revolution") near the Havana waterfront at Refugio #1 between Monserrate and Zulueta (now Agramonte) streets and approached the main entrance. The armed soldier who was standing guard opened the gate allowing me to enter briefly to deliver my letter and stamp the copy as a receipt. I then left.

Minutes later, as I was walking blocks away in the direction of the Cuban National Bank at 402 Cuba Street to deliver another copy of the same document in need of a signature, a young University of Havana student, of my age, approached the same soldier. He had arrived in a van loaded with hidden armed revolutionaries who were pretending to be a flower delivery to the palace.

Unlike me, he had a concealed rifle and shot and killed the guard I had just met. With help from the other attackers hidden in the truck he gained entrance to the palace with the intention of killing President Fulgencio Batista who was on one of the upper floors at the time and, hearing the commotion, hid in an elevator holding his revolver for protection surviving the attack.

Forty attackers to the heavily protected palace and accomplices who had supported

a coordinated effort elsewhere in the city never made it, including José Antonio Echeverría, known as "Manzanita," a student leader, and Menelao Mora Morales, a former Autentico Party congressional representative and owner of public buses.

In the ensuing bloodbath of a secret police gone berserk after the attack, one of the casualties was distinguished attorney and former senator Pelayo Cuervo Navarro, a prominent leader of the Ortodoxo Party (Castro's political base) and presidential candidate who was not even aware of the attempt on the president's life. Security agents killed Pelayo Cuervo the night of March 13, as the new wave of violence surged. When these revolutionaries died, Castro moved up on the revolutionary scale and became the next feasible option against Batista, time would make him probable, the political vacuum now certain.

Constitutional rights were suspended that day and political life in the nation, one more time, had become a nightmare. Earlier, in 1956, in Panama, US President Dwight D. Eisenhower had attended a conference with leaders from other Latin American nations and turned his back on Fulgencio Batista when the two approached accidentally and the latter extended his hand in vain to shake the US president's. Mr. Eisenhower did not reciprocate and simply walked away.

The not-so-subtle message from the U.S. President had a lot of strategic significance at the time. This political and military fiasco at the palace opened the way for only one Cuban group opposing the Batista regime at the time to succeed, the Castro revolutionaries in the eastern mountains of Cuba.

They landed there on December 2 of 1956 on Playa Las Coloradas, Niquero, and were fighting a low-level guerrilla conflict of attrition in the jungle. It took twenty-two bloody months before Cuba could get rid of the Batista regime, a criminal chapter in our history book. A new violent phase of our political tragedy then opened, one that we still read, page after sad page, with pain and suffering.

The noise of the commotion in the ferocious attack on March 13 reached my ears after I left the presidential palace and was approaching, on foot, my next stop

(Cont. on page 11)



## A date I could never forget...

(Cont. from page 10)

at 402 Cuba Street, the main office of the National Bank of Cuba where I cooled my heels for several hours before I felt safe enough to leave and return to my BANDES office. I had been only minutes and feet away from a situation endangering my life and was in the typical wrong place at the wrong time, but fortunately not the latter.

I do not know if I should have been grateful or scared and in what order; I am sure I was both. After the incident, the University of Havana closed, college education had to wait until the political situation changed; a situation not made

easier by a new revolutionary government relying on political indoctrination and taking no prisoners, just executing them for expedience if not for true justice. Cuba did not graduate medical doctors for a while.

And as for me, it took five years and fourteen days more to open my doors to Miami, Florida, and my American life.

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

*This story was first published in my memoirs "Pablito-A Cuban with a Boston Accent."*

## NMCOG Hosting March 20 Greater Lowell Economic Summit

*Summit to Draw Together Stakeholders Across the Region*

The Northern Middlesex Council of Governments (NMCOG) has opened registration for the 2025 Greater Lowell Economic Summit. Local officials, business owners, economic development agencies, and others are invited to learn about opportunities and collaboratively develop a vision and strategies to guide the region's economic development for the next five years.

Between 8am and 7pm on Thursday, March 20, the summit will include discussion sessions on critical topics, a networking lunch, an outdoor walking tour, and a "happy hour" discussion on regional collaboration. The summit will take place at UKG at Crosspoint Towers (900 Chelmsford St, Lowell). Participants are welcome to register for the session or sessions of their interest.

"After talking with more than fifty stakeholders across the region, we've learned that this is a perfect time to come together. The Lowell Innovation Network Corridor and other initiatives are creating new opportunities for collaboration," said Jennifer Raitt, NMCOG Executive Director. "This summit will strengthen that collaboration, building our collective capacity to improve quality of life of and economic resilience for people across our region."

In the spirit of collaboration, the five-year Comprehensive Economic Development Strategy that is being informed by the summit has been named Greater Lowell Stronger Together. It will include a vision, goals, and strategies to bolster business development, support the region's workforce, and ensure growth benefits all types of people in the region.

For more information about Greater Lowell Stronger Together and the Economic Summit, please visit <https://www.nmco.org/ceds>.

### About Greater Lowell Stronger Together

Greater Lowell Stronger Together is a Comprehensive Economic Development Strategy (CEDS) planning process. This economic development planning process is designed to enable the region to become more resilient, prosperous, and competitive. This is a vital component of establishing and maintaining a robust economic ecosystem by building regional capacity—through hard and soft infrastructure—that contributes to individual, firm, and community success. It provides a vehicle for individuals, organizations, local governments, learning institutes, and private industry to build strategies that will best serve economic development in the region. This planning effort is being completed in partnership with Fourth Economy Consulting.

### About the Northern Middlesex Council of Governments

NMCOG is one of thirteen regional planning agencies within Massachusetts. Formed under Chapter 40B of the Massachusetts General Laws, NMCOG serves the municipalities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Pepperell, Tewksbury, Tyngsborough, and Westford to support and enhance a wide range of planning objectives related to land use, environmental protection, climate resiliency, economic development, housing, municipal service delivery, and transportation. NMCOG's professional staff assist member communities in designing, facilitating, and implementing programs and planning initiatives which further the interests of the overall region. NMCOG staff also serve as staff to the Northern Middlesex MPO, to which they provide comprehensive transportation planning services for the region under contract with the Massachusetts Department of Transportation.

## NECC Announces Plans for 2025 Commencement

Haverhill, MA (March 11, 2025)– Planning for the 63rd annual Commencement Ceremony at Northern Essex Community College is underway. The event will be held on the Haverhill Campus on Saturday, May 17, at 11 a.m. More than 500 students and their families will gather for the occasion.

This year's featured speaker will be Robert (Bob) Pozen, a renowned finance and public policy expert and best-selling author. Pozen is currently a Senior Lecturer at the MIT Sloan School of Management and a non-resident senior fellow at the Brookings Institution.

"Beyond his distinguished roles in both the public and private sectors, Bob has demonstrated a generous, steadfast commitment to helping community college students to succeed," said NECC President Lane Glenn. "He has inspired and led practical research focused on enhancing student retention and degree completion by addressing student basic needs, with an eye toward the future and influencing national public policy and investment. I look forward to Bob sharing his insights and guidance with the Class of 2025."

Pozen was an executive at Fidelity Investments from 1987 to 2001, eventually rising to vice chairman of the company and president of FMR Co., the investment adviser to Fidelity's mutual funds. In 2004, he became chairman of MFS Investment Management. In late 2001 and 2002, Pozen served on President Bush's Commission to Strengthen Social Security, and in 2003, served as Secretary of Economic Affairs for Massachusetts Governor Mitt Romney. In 2007, he served as chairman of the SEC's Committee to Improve Financial Reporting.

Pozen published his book "Extreme Productivity: Boost Your Results, Reduce Your Hours" in 2012, which he developed into a course for corporations around the globe as well as for the MIT Executive Education program. Since then, Pozen has become a sought-after lecturer in productivity. In addition to MIT, he has taught at Georgetown, NYU, and Harvard.

Pozen graduated summa cum laude from Harvard College and obtained a law degree from Yale Law School where he was a member of the editorial board of the Yale Law Journal.

The 63rd annual Commencement Ceremony will also feature a student speaker selected by faculty and staff and the presentation of awards, including the Social Justice Award and Emeritus.

To learn more about commencement, visit the website.

Northern Essex Community College, the first Federally designated Hispanic Serving Institution in New England, is an education leader for the Merrimack Valley. Through a supportive learning environment and cultural inclusion, NECC embraces all identities and inspires initiative and excellence through top-notch, affordable certificate and associate degree programs online and at campuses in Haverhill and Lawrence. NECC offers many bachelor's degree transfer options, workforce development, and community education classes and hosts the NECC Police Academy, MassHire Merrimack Valley, and Gallaudet University's Regional Center for the deaf and hard of hearing. Visit Northern Essex online at [www.necc.mass.edu](http://www.necc.mass.edu).

## El Seguro Social anuncia mejoras de inteligencia artificial para las grabaciones de audiencias

*Las actualizaciones mejoran la precisión de las transcripciones y proporcionan ahorros continuos*

### Por Marilenin Vasquez MPAS

La Administración del Seguro Social (SSA, siglas en inglés) anunció hoy que este mes se finalizará el lanzamiento a nivel nacional de su sistema de grabación y transcripción de audiencias (HearT, siglas en inglés). El sistema HearT reemplaza un sistema de hardware anticuado y grande en cada oficina de audiencias con una solución de un programa de computadora que registra y produce transcripciones para cada caso a nivel de audiencias para garantizar el debido proceso. El sistema HearT mejora la eficiencia empresarial al proporcionar transcripciones automatizadas más precisas a través de inteligencia artificial (AI, siglas en inglés) generativa. Además, al utilizar plenamente el sistema HearT, el Seguro Social ahorrará alrededor de \$5 millones por año.

El Comisionado Interino del Seguro Social, Lee Dudek, dijo: "Al eliminar sistemas obsoletos y reemplazarlos con programas de computadora innovadores que han demostrado que funcionan, estamos mejorando nuestros servicios para las personas de los EE. UU. y ahorrando millones cada año. Un buen gobierno significa encontrar maneras de hacer las cosas mejor y la implementación del

sistema HearT en todo el país demuestra claramente eso".

El sistema HearT proporciona un mejor servicio al cliente al admitir todos los formatos de audición (en persona, por teléfono y por video) sin depender de hardware de grabación. Esto genera menos retrasos o cancelaciones de audiencias debido a fallas de equipos o problemas técnicos, lo que resulta en audiencias más oportunas para el público. Aproximadamente 500,000 clientes se beneficiarán de este nuevo programa de computadora cada año. Estas mejoras optimizan la eficiencia al permitir que los empleados dediquen más tiempo a las audiencias y a otras cargas de trabajo prioritarias. Se espera que el Seguro Social complete la implementación a nivel nacional el 17 de marzo de 2025.

Para obtener más información sobre el proceso de audiencias, visite SSA's Official Hearings and Appeals Website (Sitio de internet oficial de Audiencias y Apelaciones del Seguro Social, solo en inglés) o para apelar una decisión, visite Apelar una decisión | SSA.

Para recibir más noticias sobre el Seguro Social, siga a la Oficina de Prensa en X @SSAPress (solo en inglés).

## Fire victims / Víctimas de incendios

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

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

<http://heallawrence.org/>

[heallawrence@aol.com](mailto:heallawrence@aol.com)

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





## Men's Volleyball Successful Against D'Youville

3/7/2025 | Men's Volleyball | Box Score

NORTH ANDOVER, MA- The Merrimack men's volleyball team was successful against the D'Youville University Saints on the evening of March 7th, winning 3-1 in four sets.

### Rapid Recap

Score: Merrimack 3, D'Youville 1  
Records: Merrimack 6-4, D'Youville 3-6

### How it Happened

Set 1 was a hard-fought back and forth tilt. Logan Whitaker would keep the Warriors in the game with a string of kills, tallying 6 of his own in the first set. Ephraim Abhulime and the dynamic brother duo of Kai Vogel and Isaiah Vogel would team up to get the Warriors some crucial points throughout the frame. Kasen Owens would have a clutch spike at the end of the set. Logan Whitaker would have the spike that gave the blue and gold the set victory by a score of 25-21.

Set 2 saw the Warriors get off to a strong start. Logan Whitaker had an emphatic spike and Ephraim Abhulime had a block in front of the net. Isaiah Vogel would power the ball over the net halfway through the set to give the Warriors the clear advantage. Logan Whitaker would catch fire and get three consecutive kills to reach point 15 and the mid-way timeout. Nathan Knapp would get involved soon after and get a point of his own. Kasen Owens would provide a string of points towards the end of the set to propel the Warriors to another set victory. Nathan Knapp would have a block at the end of the set that put the cherry on top of a successful frame for the Warriors.

Set 3 would be another tight battle between the two teams. Ephraim Abhulime,



Isaiah Vogel, and Kasen Owens would keep the Warriors in the game with some much-needed points. The blue and gold would be momentarily down, but would crawl back to be even with the Saints. Blake Taschner would provide a spark and send a spike over the net to tie the set at 14. The rest of the set would see both teams trading points until the Saints came alive and took set 3 by a score of 25-23.

Set 4 started off with an early advantage from the Warriors, where they went up as much as 4-1. Logan Whitaker and Isaiah Vogel would provide offense throughout the set with some kills of their own. The blue and gold would get hot halfway through the set and have a 18-13 lead. Logan Whitaker and Isaiah Vogel would have some huge points at the end of the set to push the Warriors to a match victory.

### Notes and Numbers

- Logan Whitaker had 16 kills
- Ephraim Abhulime had 15 kills
- Kasen Owens had 7 kills and 8 digs
- Isaiah Vogel had 9 kills and 4 digs
- Blake Taschner had an astounding 41 assists and 4 service aces

## Softball Comes Up Short Against Texas

3/8/2025 | Softball | Box Score

COLUMBUS, OHIO- The Merrimack softball team lost to the University of Texas Longhorns in the Ohio State Tournament on Saturday, March 8th.

### Rapid Recap

Score: Texas 10, Merrimack 1  
Records: Texas 22-1, Merrimack 0-8

### How it Happened

The Warriors would have competitive at-bats in the early goings. Alex Miller would get the offense going in the 3rd inning by reaching on an error. She would also advantage twice in that same inning on a fielder's choice and a stolen base via wild pitch. Anna Gedacht would come in relief in the bottom of the 3rd and get three outs in five at-bats. Thiana Brito would come up in the top of the 4th and plop a double into center field. She would be the catalyst that got the offense going, as Gabby Kaduson would come up and secure an RBI with a groundout to second base.



Although the Warriors made some noise in the later innings, they would end up losing to the Texas Longhorns on Saturday.

### Notes and Numbers

- Thiana Brito had a double in the 4th.
- Gabby Kaduson secured an RBI.
- Anna Gedacht came in relief and got key outs.
- Alex Miller reached on an error.

## Men's Volleyball Wins KP Match of the Week

3/8/2025 | Men's Volleyball |

Box Score

NORTH ANDOVER, MA

The Merrimack men's volleyball team claimed victory over the Daemen University Wildcats in the KP Match of the Week on Saturday, March 8th.

### Rapid Recap

Score: Merrimack 3, Daemen 1  
Records: Merrimack 7-4, Daemen 9-4

### How it Happened

The first set was a battle for both sides. Logan Whitaker would get the Warriors rolling with a string of spikes and a block early on. Nick Tidik provided a clutch block and clutch spike halfway through the set. The Warriors would be momentarily down, but would crawl back to be within striking distance of the Wildcats. Logan Whitaker would provide some more fire power late in the set with some kills to keep the Warriors in it. Ephraim Abhulime would have a big block towards the end of the set, prompting Daemen to call a timeout. After the timeout, he and Logan Whitaker would team up for another big block to tie the game at 24. The freshman middle blocker would come in clutch once again with a spike to tie the set at 25. Isaiah Vogel would provide a spark with a big spike for point 26. It would be a huge service ace from Logan Whitaker that would be the deciding point for Merrimack and push them to win set 1 by a score of 27-25.

The second set would have the same intensity as the first. Isaiah Vogel would have a clutch block in the early goings that energized the team. His brother Kai Vogel would get a service ace that resulted in a Warriors lead. Logan Whitaker would catch fire early in the set with a string of kills. Ephraim Abhulime would catch fire with a kill and a service ace, propelling the Warriors to take an 11-6 lead. The rally from the blue and gold would force Daemen to take another timeout. Logan Whitaker would once again come through with a pair of kills. Isaiah Vogel and Nick Tidik would team up for a huge block in front of the net for point 16. Nick Tidik would be involved with securing another block one point later. The Warriors would be momentarily down, but would crawl back within striking distance with a kill and a shared block from Kai Vogel. Despite the Warrior's late surge, the Daemen Wildcats would win set 2 by a score of 25-22.

The third set started with another seesaw contest. Kasen Owens would heat up and provide a pair of kills. Ephraim Abhulime would once again use his net-front presence and secure another block and another kill for the Warriors. Kai Vogel would have a thunderous service ace and a kill halfway through the set, causing Daemen to once again take a timeout. Reece



Lindstrom would redirect a ball for a kill that worked to the Warrior's advantage. Ephraim Abhulime would follow by getting the building energized with emphatic blocks and spikes. Nick Tidik and Kasen Owens would have kills at the end of the set that would add more points for the blue and gold. It would be Ephraim Abhulime with the set-deciding point at the end of the frame to give the Warriors a 25-22 set victory.

The fourth set saw the teams trade points again. Logan Whitaker came right out of the gate with two kills for the Warriors. Kasen Owens and Ephraim Abhulime would follow suit with big spikes of their own. Kai Vogel would keep the train rolling with consecutive spikes of his own. Logan Whitaker would get hot in the middle of the set and provide another string of kills to add to the Warrior's lead. Dallas Birkenbeuel would make the box score by teaming up for a big block with Ephraim Abhulime. The Providence native would have another big spike for point 23 late in the set. It would be Kai Vogel giving the Warriors the set and match victory with a kill.

### Notes and Numbers

- Logan Whitaker had the most kills with 18
- Ephraim Abhulime had 10 kills and 4 blocks
- Kai Vogel had 7 kills, 2 service aces, and 2 blocks
- Kyle Standage had 17 digs
- Kasen Owens had 7 kills
- Nick Tidik had 4 blocks
- Reece Lindstrom returned to the lineup and had a jaw-dropping 41 assists.

### Up Next

The Warriors return home tomorrow, March 9th when they play the Roberts Wesleyan Redhawks at Hammel Court at 12PM.

For continuing coverage of Merrimack Athletics and Merrimack men's volleyball, visit [merrimackathletics.com](http://merrimackathletics.com). Follow Merrimack men's volleyball on Instagram @merrimackmvp.

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# Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

## Gutierrez, Morales named to All Region 21 Women's Basketball teams

Haverhill, MA (March 10, 2025) – Two members of the Northern Essex Community College women's basketball team in freshman Rhaelyn Gutierrez (Methuen) and sophomore Mirelys Morales (Dracut) have been selected to the Region 21 All Region teams as voted by the coaches.

Gutierrez was named to the first team, while Morales picked up all region honors for the second consecutive season and landed on the second team.

Gutierrez, who left quite a mark in her rookie campaign finished the season ranked second nationally in scoring at 27.9 points per game and finished the season by scoring 619 points. She scored 40 or more points in four games this season including a season high 47 points on December

3rd in a win over NHTI. Her free throw percentage of 77.5%, going 100 for 129 at the line was good for 8th nationally.

Morales, the workhorse averaged a double-double on the season with 18.5 points and 10.9 rebounds per game ranking second on the team in both categories. She scored 20 or more points on 10 occasions this season and finished her career with a season high 29 points in the Knights regional semi-final loss to CCRI. She grabbed a season high 20 rebounds against NHTI and had 18 rebounds on two separate occasions.

As a team, the Knights advanced to the Region 21 tournament for the second consecutive season before falling to nationally ranked CCRI in the semi-finals.

## Knights fall late to Dallas-Richland in NJCAA Tournament opener, 73-68

Herkimer, NY (March 12, 2025) – The eighth seeded Northern Essex Community College men's basketball team fell late on Wednesday afternoon to ninth seeded Dallas College-Richland in the opening round on the NJCAA men's basketball tournament by a 73-68 final score. The Knights drop to 28-4 on the season and will conclude their season tomorrow morning with a consolation game against the loser of today's Mountain View-Herkimer game.

The game was back and forth throughout the opening half as neither team would lead by more than six at any point in the first 20 minutes. NECC would take a two point lead into the locker at halftime with the score 34-32.

Both teams would go on a run after the midway the point of the second, first with the Knights going ahead 56-45, before Richland went on a run of their own forcing the Knights to turn the ball over and take advantage of fast break points and

eventually take a 62-59 lead with just over four minutes remaining.

Joendy Rosario (Lawrence) hit a three with 13 seconds remaining in the game to make it one possession game 71-68, but a pair of free throws from Richland sealed the final score at 73-68.

For the game, Alex Johnson (Worcester) finished with a team high 14 points and was joined in double figures by Javien Kirmil (Lowell) with 11 points.

Rosario and Karl Wolfgang (Douala, CM) both added nine points.

Alejandro Delgado (Haverhill) grabbed a team high 12 rebounds.

NECC shot 42% for the game compared to 41% for Richland.

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NECC shot 42% for the game compared to 41% for Richland.

## Knights rally past Mountain View, finish 9th in national tournament

Herkimer, NY (March 13, 2025) – The Northern Essex Community College men's basketball team finished the 2024-25 campaign with a win over Dallas-Mountain View College on Thursday morning by a 107-99 final score and in the process finished the season with a 29-4 overall record and 9th place national tournament finish in the 12-team tournament.

The Knights got off to a slow start and trailed by 13 points at halftime, 55-42, but relied on their deep bench and high pressure defense to rally past the Lions in the second half. NECC outscored the oppositions by a 21 point margin in the second half and took an 84-83 lead they wouldn't relinquish with 7:51 remaining on a layup from Alex Johnson (Worcester).

Xavier Rivera (Lowell) had a career game off the bench for the Knights as he scored

a career high 25 points off the bench on 11-14 shooting, while also grabbing nine rebounds.

Four other Knights joined Rivera in double figures, led by Alejandro Delgado (Haverhill) with 19 points, Johnson tossed in 15 off the bench, while Christian Sanders (Boston) and Ryan Pacy (Salem, NH) had 12 and 11 respectively.

Delgado added eight rebounds while Yuno Matsuda (Tokyo, JP) and Joendy Rosario (Lawrence) combined to hand out 11 assists in the win.

For the game, the Knights shot 54.2% compared to 50% for the Lions, while also outrebounding them 48-32.

The Knights bench outscored the Lions by a 52-20 margin.

## Delgado, Kirmil, Stratton pick up All-Region honors

Haverhill, MA (March 14, 2025) – A pair of Northern Essex Community College men's basketball standouts picked up All-Region 21 honors as recently selected by a vote of the league's coaches, while Knights head coach Darren Stratton was named Region 21 and East District Coach of the Year for a third consecutive season.

Alejandro Delgado (Haverhill) picked up first team honors while Javien Kirmil (Lowell) was selected to the second team.

Delgado, who appeared in all 33 games on the season with 27 starts, was the Knights leader in both scoring and rebounds as he averaged 14.9 points and 8.7 rebounds per game. His rebounding figure was good for fifth in the region. He dropped a season and career best 29 points in the regional championship game victory over Quincy and recorded 20 or more points on five separate occasions during the season. On fourteen occasions during the season he picked up double digit rebounds including a season best 17 against

Massasoit December 14th.

Kirmil, a second-year guard started all 31 games he played in this season averaging 11.7 points per games, scoring in double digits 16 times on the season with a single game high of 28 on February 17th against Bunker Hill. Over his two seasons in the Knights uniform he played in 64 games and finished his two seasons 604 points. He is expected to move on next season to continue his playing and academic career at American University in Spain.

Stratton, who picked up his 350th win leading the Knights in the regional championship game has guided the program to three consecutive national tournament appearances and became only the second program in Region 21 history to win three consecutive titles and first in 37 years.

For the season, NECC finished with a 29-4 overall record and placed 9th in the national tournament.

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# CLASIFICADOS | CLASSIFIEDS

## LEGAL NOTICE 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.

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

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

## LEGAL NOTICE NOTICE OF PUBLIC SALE

Notice is hereby given by Coady's Towing Service 139 Marston Street, Lawrence, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicles on or after March 29, 2025 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

- 2012 Ford Focus VIN 1FAHP3K22CL317687
- 2015 Acura TLX VIN 19UUB1F3XFA027357
- 2014 BMW X1 VIN WBAVL1C55EY22620
- 2020 Silverline Trailer VIN 58SGF4028RE038405

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

Signed  
Frank Coady  
Coady's Towing Service  
3/8, 3/15, 3/22

## LEGAL NOTICE

### Ruiz et al. V. NEI General Contracting, Inc. Et al. Notificación de acuerdo de demanda colectiva

Si usted trabajó en el proyecto de construcción Mary D. Stone en Auburn, Massachusetts para Delta Drywall y/o NEI General Contracting en un equipo bajo el capataz Lukasz Zajkowski entre el 21 de junio y el 20 de agosto de 2021, es posible que pueda recibir dinero de un reciente acuerdo de demanda colectiva. Para obtener más información, visite <https://optimeadmindforms.com/nei-general-contracting-settlement/> o llame al (844) 625-7313.

### Notice of Class Action Settlement

If you worked on the Mary D. Stone construction project in Auburn, Massachusetts for Delta Drywall and/or NEI General Contracting on a crew under foreman Lukasz Zajkowski between June 21 and August 20, 2021, you may be able to receive money from a recent class-action settlement. For more information please visit <https://optimeadmindforms.com/nei-general-contracting-settlement/> or call (844) 625-7313.

3/8, 3/15

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## THE MERRIMACK VALLEY CHAMBER OF COMMERCE

Wednesday, April 2nd, 2025

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- FREE AFTER EXPO NETWORKING RECEPTION MIXER
- ACRES OF FREE PARKING FOR VISITORS & EXHIBITORS

[www.merrimackvalleychamber.com](http://www.merrimackvalleychamber.com)

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*Lupoli*  
COMPANIES

## WE'RE HIRING!

Refer a friend and receive a \$25 gift card for Lupoli Hospitality restaurants.

Hired employee must mention your name and email address upon hire. You must be an active subscriber to this email list. \$25 gift card will be sent to you via email after 90 days of successful employment.

**BOSA SKIES**  
ROOFTOP LOUNGE  
160 MERRIMACK STREET  
10TH FLOOR  
HAVERHILL, MA

- Senior Director of Restaurants
- Busser (Seasonal)
- Food Runner (Seasonal)
- Bartender (Seasonal)

**BOSA**  
COASTAL ITALIAN  
160 MERRIMACK STREET  
HAVERHILL, MA

- Senior Director of Restaurants
- Assistant General Manager
- Line Cook
- Host
- Bartender



- Shift Lead - Billerica, MA
- Pizza Maker - Billerica, MA
- Pizza Store Manager - Boston, MA
- Pizza Maker - Boston, MA
- Pizza Maker - Chelmsford, MA
- Pizza Maker - Manchester, NH

**34 | PARK**  
INSPIRED ITALIAN  
34 PARK STREET  
ANDOVER, MA

- Senior Director of Restaurants
- General Manager
- Food Runner
- Busser

**ACES & EIGHTS**  
CASINO  
HAMPTON BEACH, NH  
169 OCEAN BLVD  
HAMPTON, NH

- Security Guard
- Bartender
- Line Cook
- Surveillance/Security Director
- Cage Cashier
- Casino Dealer
- Drop and Count Team Attendant

*Lupoli*  
COMPANIES  
290 MERRIMACK STREET  
LAWRENCE, MA

- Restaurant Technology Applications Specialist
- Marketing Intern
- Maintenance Technician
- HVAC Technician

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