

NECC 2025 Student Commencement Speaker



Mike McDougal is this year's Student Commencement Speaker.

College wasn't always part of the plan for Michael McDougal of Haverhill. Despite being smart and naturally curious, the rigors of high school didn't suit his learning style. At 16 years old, he dropped out, opting instead to get his GED and get to work. Pg. 7

Winners of the AmeriCheer Hershey National Championship



The Lawrence High School Varsity Coed Cheer Team won a national title in the AmeriCheer Hershey National Championship on April 26 in Harrisburg, Penn., taking first place in the advanced varsity coed division. The Lancers had to earn a bid through the Merrimack Valley Conference championships, regional championships, and Mass. state championships, and were incredibly proud to successfully represent LHS, LPS and the City of Lawrence on a national level. It is their second AmeriCheer title, having also won in 2022.

Exchange Club of Lawrence and the Andovers



Photo courtesy of Richard Russell

The Exchange Club of Lawrence, Andover and North Andover held a Charity Fight Night on Saturday, April 26, 2025 at the Lawrence Boys and Girls Club. They offered a hearty short rib dinner with all the fixin's and lots of raffle and auction items.

They want to thank the 2025 Fight Night Committee: Chris Rines, Steve Alfano, Armand Buonanno, Larry Yameen, Bob Wescott, and Loida Vargas. Also, gratefuls to MC Rick Blain.

A special THANK YOU to Mel Peabody, promoter extraordinaire.

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El equipo de porristas mixto de la preparatoria Lawrence ganó un título nacional en el Campeonato Nacional AmeriCheer Hershey el 26 de abril en Harrisburg, Pensilvania, obteniendo el primer lugar en la división mixta avanzada. Las Lancers tuvieron que ganarse una plaza en los campeonatos de la Conferencia del Valle de Merrimack, los campeonatos regionales y los campeonatos estatales de Massachusetts, y se sintieron increíblemente orgullosos de representar con éxito a LHS, LPS y la ciudad de Lawrence a nivel nacional. Es su segundo título AmeriCheer, tras haberlo ganado en 2022.

Lawrence General and Holy Family Hospitals Welcome Greg Sebasky as New Board Member

Accomplished Healthcare Executive Greg Sebasky Appointed to Board of Trustees



Lawrence General Hospital and Holy Family Hospital are pleased to announce the appointment of Greg Sebasky to their Board of Trustees. A recognized business leader in healthcare, technology, and education, Sebasky brings more than three decades of transformational leadership to the role and will provide strategic insight as the hospitals continue to evolve in a rapidly changing healthcare landscape.

Sebasky currently serves as Chairman of the Board at Ascend Learning, a leading provider of online educational content, simulations, and analytics for healthcare professionals, following his recent retirement as the company's CEO. Since joining Ascend in 2014, he has driven significant innovation and growth, with specialized expertise in understanding what creates value for companies and executing strategies that deliver consistent, steady, and sustainable results.

Additionally, he has extensive experience leading global organizations—previously as Chairman of Philips North America and Executive Vice President for Philips Healthcare. He will bring both his global and local business and financial planning experience to Lawrence General and Holy Family Hospitals' governance and strategy efforts.

Rosemarie Day, Chair of the Boards of Trustees, said, "We are thrilled to welcome Greg Sebasky to the Board of Trustees. His exceptional leadership and deep experience in healthcare, technology, and education will be a valuable addition to

the Board. We look forward to his insights and innovative thinking as we continue to serve our communities with high-quality, compassionate care."

"It's an honor to join the Board of Trustees of Lawrence General and Holy Family Hospitals—institutions that play such a critical role in our communities," said Sebasky. "I look forward to supporting their mission and working with an incredible group of leaders to help shape the future of healthcare delivery in the region."

Sebasky holds an MBA from Harvard Business School and a BBA from the University of Notre Dame. He has a longstanding passion for mission-driven organizations and a deep commitment to improving healthcare access and outcomes.

About Lawrence General Hospital and Holy Family Hospital

Lawrence General Hospital and Holy Family Hospital are a 469-bed regional health care system serving 19 communities throughout the greater Merrimack Valley in Massachusetts and southern New Hampshire. The hospitals, which joined on Oct. 1, 2024, have campuses in Lawrence, Methuen and Haverhill, Mass., offer comprehensive inpatient and ambulatory services, including heart care, cancer care, orthopedics, maternal and child services, and specialty services such as sleep medicine, wound and hyperbaric medicine, and behavioral health.

The Merrimack Valley Immigrant & Education Center

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

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

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

Concord Chorus presents Together in the Light - Ernest Bloch: Sacred Service and works of Randall Thompson May 10, 2025

The Concord Chorus, with Music Director Dr. Kevin Leong, presents Together in the Light - Ernest Bloch: Sacred Service and works of Randall Thompson, on Saturday, May 10, 8 p.m., at St. Camillus Church, 1185 Concord Turnpike, Arlington MA.

This moving concert is part of the official Concord250 celebration of the American Revolution, themed "Still Heard 'Round the World." The concert features David Kravitz, baritone soloist and John Sullivan on piano. The setting of the performance in Arlington marks the very route the British soldiers took to march to Lexington and Concord, and near the site of the bloodiest battle of that day in 1775.

Ernest Bloch immigrated from Switzerland and became a U.S. citizen in 1924. He wrote Avodath Hakodesh (Sacred Service) while visiting his home country, and then safely settled permanently in the U.S. in 1939 before the start of the second World War.

Join us as we celebrate and reflect on the beginnings of our nation and the power of the music of American composers. Saturday, May 10, 2025 8:00 p.m., St. Camillus Church, 1185 Concord Turnpike, Arlington MA. Special prices: \$25 general, \$20 seniors (65+), and \$8 children and students. Tickets and information on concordchorus.org.

YWCA **YWCA**

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

Rosalynn Carter

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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Photos courtesy of Richard Russell



POR DALIA DÍAZ
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READ IT IN ENGLISH ON PAGE 16

Desde Mi Esquina



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

El Comité para la Selección del Nuevo Jefe de Policía

Una Reflexión sobre la Integridad y la Corrupción

Me resistía a participar en la selección del nuevo jefe de policía como parte del Comité. Como directora de esta publicación, debía mantenerme al margen de cualquier asunto político. Sin embargo, el alcalde Brian DePeña insistió y me rogó con frecuencia que me uniera al Comité porque necesitaba personas íntegras para servir.

Después de un tiempo, decidí que, si quería comprobar la honestidad del proceso de selección, tenía que participar activamente, así que acepté. ¡Cuánto me arrepiento de haber puesto en juego mi reputación! Fue la acción más corrupta y sucia en la que he participado.

Mi duda inicial surgió de la creencia de que mi puesto exigía imparcialidad y una clara separación de los asuntos políticos. Como directora, mi deber era mantener la integridad de nuestra publicación y asegurar que nuestra información fuera imparcial. Sin embargo, la persistencia del alcalde DePeña venció mi resistencia. Sus apelaciones a mi sentido del deber e integridad finalmente me convencieron de participar en el proceso de selección.

Una vez involucrada, esperaba aportar transparencia e imparcialidad a los procedimientos. Sin embargo, a medida que avanzaban las reuniones, se hizo dolorosamente evidente que el proceso era todo menos honesto. El nivel de corrupción y manipulación que presencié fue asombroso. Las intenciones ocultas influyeron en las decisiones, se intercambiaron favores a puerta cerrada y el mérito real de los candidatos se vio eclipsado por maniobras políticas.

El arrepentimiento ahora ensombrece cada pensamiento sobre esta dura experiencia. Mi participación, con la intención de defender la integridad, me enredó inadvertidamente en una red de engaños. La experiencia ha dejado una huella imborrable en mi perspectiva, reforzando la importancia de adherirse firmemente a los propios principios, incluso frente a la persuasión implacable.

En retrospectiva, este episodio nos recuerda poderosamente el delicado equilibrio entre el deber cívico y la integridad personal. Subraya la necesidad de la vigilancia para salvaguardar la propia reputación y la importancia de la transparencia en todas las formas de gobierno.

Esta experiencia ha moldeado profundamente mi comprensión de las complejidades inherentes a la participación política y el imperativo de un compromiso inquebrantable con los estándares éticos.

La vicepresidenta del Concejo Municipal, Stephany Infante, el teniente de policía retirado Michael Laird, la pastora Milagro Grullón, el empresario Rafael Guzmán, el trabajador del Departamento de Obras Públicas, Frankie Caraballo, y yo formamos el Comité. Se agregaron dos personas por si alguno de los siete no podía asistir una noche: Filbert Ferreira y Susan Almonó.

Durante la primera reunión de este Comité, se acordó que todo sería confidencial para evitar malentendidos en la comunidad y porque la información de los candidatos debía mantenerse privada. Desde el principio, comenzaron a filtrarse cosas.

Empezamos con una lista de 34 solicitantes de todo el país. Aun así, Jon Fehlman, a su criterio, excluyó a quienes no cumplían los requisitos, y solo recibimos 16 nombres, incluyendo tres de Lawrence: Maurice Aguiler, William Castro y Michael McCarthy. No nos informaron qué método utilizó ni si cada caso contaba con una investigación de antecedentes.

Antes de la primera reunión, se intentó eliminar a William Castro. El Sr. Fehlman le envió un correo electrónico con la siguiente solicitud: "Necesito que me confirme su interés en el puesto de jefe de policía de Lawrence. Como sabe, Lawrence exige que el candidato seleccionado se mude a Lawrence en el plazo de un año a partir de su fecha de contratación".

Castro respondió sin dudar: "Sigo interesado en el puesto. Permítame revisar la publicación y la descripción del puesto en relación con la reubicación en la ciudad. La última vez que revisé, todos los agentes del orden público pueden vivir a cierta distancia de la ciudad, y exigirme que viva dentro de ella podría ser discriminatorio, ya que me enteré que Recursos Humanos y la vicepresidenta del Concejo Municipal, Stefany Infante, la concejala Wendy Luzon, el sargento Michael Simard, el teniente Rossi y el teniente Raso han colaborado para eliminarme del proceso de contratación".

Como eso no funcionó, Fehlman sugirió comenzar la primera reunión hablando sobre "el jefe más reciente que ha tenido la ciudad". La conversación fue breve, y Castro estaba listado solo porque el alcalde lo favorecía. Su nombre fue eliminado de la lista y nunca se llevó a cabo una votación.

El comité encargado de seleccionar al jefe de policía de Lawrence se reunió dos veces, y la asistencia fue deficiente. De los siete miembros asignados por el

alcalde, solo participaron Milagro Grullón, Michael Laird y Stephany Infante.

Susan Almonó fue designada como suplente en caso de conflictos de agenda, pero no estuvo presente a pesar de la ausencia de Frankie Caraballo y Filbert Ferreira. Esta sesión tenía como objetivo repasar cómo discutiríamos con los candidatos y reducir la lista para futuras entrevistas.

Daniel Guzmán, Michael Laird y Stephany Infante asistieron a la segunda reunión, y yo asistí a ambas. Nuevamente, solo estuvieron presentes cuatro miembros, con la ausencia de Frankie Caraballo, Filbert Ferreira y Susan Almonó. En mi opinión, la asistencia a las reuniones debería ser obligatoria. Esta vez, de los dieciséis candidatos de la lista, decidimos que se presentarían a entrevistas, basándonos en sus currículums.

Este proceso estuvo amañado desde el principio. No entiendo por qué el alcalde Brian DePeña eligió a personas predispuestas a seguir un camino seguro para formar parte de este comité. Estaba solo, y cuando expresé mis razones para juzgar a un candidato, Rafael Guzmán me gritó: "¡Esa es tu opinión!". Sí, es mi opinión basada en la verdad y los hechos; fue mi respuesta rápida.

Después de la reunión, me di cuenta de que me estaban manipulando como una pieza de ajedrez, y no podía ser parte de eso. Que eligieran a quien vinieron a apoyar. Preferí separarme con dignidad en lugar de terminar siendo parte de la corrupción que invade Lawrence renunciando por escrito.

El 20 de marzo, Caryl García, directora interina de personal, envió un correo electrónico a los miembros del Comité: "Según el alcalde, no considerará ninguna recomendación a menos que estén presentes como mínimo cinco miembros. También desea recordarles a todos el papel fundamental que desempeña este comité en el bienestar de la comunidad y la importante responsabilidad que se les ha confiado. Cada uno de ustedes ha sido elegido para representar los intereses de la ciudad de Lawrence, y este puesto requiere el compromiso de cumplir con esa responsabilidad".

Mi respuesta fue inmediata: "Debo expresar mi total desacuerdo con esa declaración. El proceso de selección fue defectuoso desde el principio, y no será más que un simple participante simbólico, especialmente cuando mi nombre corre el riesgo de quedar manchado. Después de que expliqué mis razones para negarme a participar, la concejala Stephany Infante envió una carta alegando que mentí en mis declaraciones".

Stephany les dijo a los miembros del Concejo que yo estaba enojada porque mi candidato favorito no había sido elegido. Nunca se votó por Castro, y yo no estaba allí por nadie.

Cumplí mi palabra y no asistí a la reunión del 20 de marzo. Al día siguiente,

el alcalde DePeña insistió de nuevo en que me necesitaba allí, así que regresé para las entrevistas del 24 de marzo. Esta vez, participaron los siete miembros, incluyendo por primera vez a Filbert Ferreira y Susan Almonó. De repente, Stephany Infante propuso que no se me permitiera votar por haber faltado a la reunión anterior con las tres primeras entrevistas. Por supuesto, eso no tuvo resultado.

Nos dieron un conjunto de diez preguntas para los candidatos y se nos permitió hacer una o dos. Eran filosóficas (por ejemplo, "¿Por qué quiere ser jefe?", "¿Logros significativos?", "¿Cómo se mantiene motivado?", "¿Fomentar las relaciones con la comunidad?", "Aplicación de la ley vs. libertades civiles", etc.).

Cuando intenté desviarme de su enfoque preguntando: "¿Alguna vez ha tenido que despedir a alguien por hacer algo ilegal?", el Sr. Fehlman me interrumpió: "Esa pregunta no está en la lista, y tenemos que ceñirnos a los temas de esa lista".

Antes de empezar con Maurice Aguiler, hice una aclaración. Les dije que era amigo personal. Su currículum era perfecto para el puesto y realizó una entrevista excelente. Sin embargo, cuando nos quedamos solos para hablar de los tres candidatos entrevistados esa noche, todos notaron un error que cometió al hablar de los problemas en la estación y se decidió seleccionar solo a dos excelentes candidatos, dejándolo fuera. Además, estaba empatado con otro candidato para el tercer puesto que luego renunció a la competencia.

Stephany y Rafael Guzmán se mantuvieron firmes en su postura de no dejarme votar. Ella escribió: "Aún tenemos un miembro que renunció formalmente por correo electrónico y lo declaró públicamente, pero la administración se niega a hacer lo correcto y le permite participar".

Rafael agregó: "Estoy totalmente de acuerdo con la Concejal Infante en cuanto al proceso de votación: solo los miembros que participaron en las entrevistas de ambos candidatos pueden expresar su opinión y votar. No se puede dar una opinión objetiva sobre dos personas cuando solo se ha visto y escuchado a una".

Pero nadie mencionó que Susan Almonó y Filbert Ferreira solo estuvieron en la última reunión y votaron.

El alcalde insistió en obtener tres nombres para presentar al concejo para que pudieran elegir al ganador. Cuando solo le enviaron dos, se negó a aceptar hasta tener un tercero.

El capitán Aguiler estaba empatado con otro candidato 3-3, y cuando este renunció, Aguiler fue agregado como el tercer nombre a la lista.

Así sucedió, solo que el alcalde eligió a uno en lugar de enviar los tres al concejo. Fue un desastre desde el principio, y me pregunto si ese era su propósito desde el principio.

"El periodismo es publicar lo que otros no quieren que se publique: todo lo demás son relaciones públicas."

"Journalism is publishing what others don't want published: everything else is public relations."

George Orwell

Albergues del país reducen casi un 60% el sacrificio de mascotas

De acuerdo con nueva data, los albergues del país han logrado una reducción significativa en el sacrificio de mascotas como consecuencia de la falta de espacio.

Cuatro millones de perros y gatos fueron salvados el año pasado de morir en un albergue, según nuevos datos de Best Friends Animal Society. El conjunto de datos de Best Friends de 2024 ofrece la visión nacional más precisa y completa sobre la cantidad de perros y gatos que entran y salen de los albergues en un año determinado.

Best Friends atribuye las cifras positivas de vidas salvadas a una tendencia que muestra un apoyo y un impulso creciente hacia programas que se aplican en los albergues de todo el país. En los últimos ocho años, los albergues han visto una reducción de casi el 60% en el número de mascotas que son sacrificadas por falta de espacio.

En el 2024, poco menos de cinco millones de perros y gatos ingresaron a los albergues del país, lo que representa una disminución del 12 % en comparación con 2016. Para ponerlo en perspectiva, en el 2016 más de un millón de perros y gatos fueron sacrificados en los albergues. El año pasado, esa cifra se redujo a 425,000, una disminución del 59 %, con casi dos de cada tres albergues logrando el estatus de “no-kill”. (donde no se sacrifican mascotas en los albergues)

“Nuestros nuevos datos son motivo de celebración porque demuestran que Estados Unidos ya no está dispuesto a aceptar el sacrificio de mascotas como un medio viable para gestionar la población en los albergues”, dijo Julie Castle, directora ejecutiva de Best Friends Animal Society. “Desde que en 2016 asumimos el compromiso firme de convertir al país en ‘no-kill’, hemos visto cómo lo que muchos consideraban una utopía se ha convertido en la nueva normalidad. Pero aún queda trabajo por hacer: el año pasado, 425,000 perros y gatos fueron sacrificados simplemente porque no tenían un lugar al que llamar hogar. Seguiremos trabajando para salvar la vida de todos los perros y gatos sanos y tratables hasta que logremos que eso sea una realidad.”

Gobernadores y legisladores de todo el país también se están alineando con la tendencia “no-kill”, y desde 2024, nueve estados han emitido proclamaciones o resoluciones en apoyo a esta causa, incluyendo Arizona, Georgia, Montana, Idaho, Mississippi, Dakota del Norte, Utah, Virginia y Washington.

Actualmente, Delaware, New Hampshire, Rhode Island y Vermont han alcanzado y mantenido ser “no-kill”, lo que significa que todos los albergues en esos cuatro estados tienen un nivel de salvamento del 90% o superior.

Otros diez estados, además del Distrito de Columbia, tienen menos de mil mascotas por salvar para alcanzar a ser “no-kill” en todo su territorio. A continuación, se

presenta un desglose aproximado del número de mascotas que aún necesitan ser salvadas en cada estado — del más cercano a ser “no-kill” al más lejano:

- Montana – 40
- Dakota del Norte – 50
- Maine – 150
- Connecticut y Wyoming – 200
- Massachusetts – 300
- Idaho y Nebraska – 450
- Minnesota – 500
- Oregón y el Distrito de Columbia – 800
- Virginia Occidental – 1,100

- Alaska – 1,300
- Dakota del Sur – 1,500
- Iowa – 1,600
- Nueva Jersey, Utah y Washington – 1,700
- Nevada – 1,900
- Colorado – 2,300
- Kansas y Misuri – 2,400
- Nueva York – 2,500
- Wisconsin – 2,900
- Arizona y Hawái – 5,200
- Pensilvania – 5,400
- Arkansas – 5,800
- Misisipi – 6,200

- Maryland – 8,000
- Carolina del Sur – 8,800
- Virginia – 9,100
- Indiana – 9,300
- Tennessee – 9,600
- Illinois y Oklahoma – 10,100
- Michigan – 10,700
- Ohio – 11,500
- Kentucky – 12,300
- Nuevo México – 12,400
- Luisiana – 12,900
- Georgia – 20,100

(Cont. on pg. 12)

Please join us!

2025 Eartha Dengler History Award Ceremony

Thursday, June 12, 2025
 5:30 PM — 8:30 PM
 Central Catholic High School
 300 Hampshire Street, Lawrence

Gala Reception
\$100.00 / \$80.00 *

* Young Historian rate for those 30 years old and under

The Lawrence History Center Board of Directors proudly present

“Auntie” Joan Kulash

Recipient of the

2025 Eartha Dengler History Award

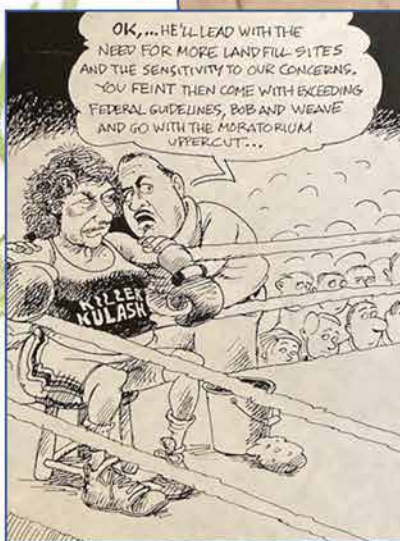
All Roads Lead to Joan

For decades, Joan Kulash has been a champion of social justice, tirelessly working to strengthen communities and amplify their voices in Lawrence, Massachusetts and the local area. Joan’s journey has spanned environmental justice advocacy, teaching students with learning differences, and decades in corporate leadership roles. Seeking deeper purpose, what started as a “temporary” role turned into twenty years of dedication—*earning her the beloved title “Auntie Joan” from the communities she has uplifted.*

As the driving force behind Jericho Road, now Community InRoads, Joan has fostered meaningful change, inspired by Dr. Martin Luther King Jr.’s call to confront the stark contrasts of poverty and wealth. By empowering nonprofits, she has strengthened the individuals and families they serve, creating lasting impact. Under her leadership, the work expanded beyond Lawrence to Haverhill, ensuring even more communities have access to vital resources. Joan also launched the *Cultural Inclusion Program* cultivating a new generation of diverse, community-driven leaders who now shape nonprofit boards with their skills, lived experience, and passion.

To Purchase Tickets and/or Sponsor the Event,
 please visit <https://lawrencehistory.org/dengler/2025>
 or SCAN THE QR CODE.



¡Felicitaciones a Néstor Castillo!



Néstor Castillo se ha destacado como director de comunicaciones de la alcaldía de Lawrence por los últimos tres años pero él tiene muchos intereses, de acuerdo con sus múltiples talentos.

El 16 de mayo viajará a Medellín, Colombia a recibir un prestigioso premio.

“Estoy muy orgullo de recibir a través de "Premios La Flor" este reconocimiento en la categoría dominicano destacado en el exterior”, nos dijo.

Después irá a Venezuela para recibir el Premio Voces en la categoría Mejor Narración y Acting para Audiolibro o

Cuento.

“¡Qué emoción compartir esta increíble noticia! He sido nominado a los Premios Voces Latinas ¡Un sueño hecho realidad! Me siento profundamente honrado de estar junto a tantos profesionales talentosos. Gracias infinitas a Dios, a mi familia y a cada uno de ustedes por su apoyo constante. ¡Esta nominación me llena de orgullo!

Nosotros también nos sentimos orgullosos de tus triunfos y por tenerte tan cerca. Te auguramos todos los éxitos del mundo.

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

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

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4	personas:	\$132,300
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Para más información y disponibilidad de planillas:

Recogerlas: Danvers Town Hall, Community Development Office, Biblioteca Pública

Teléfono: (978) 456-8388 FAX: (978) 456-8986

Email: lotteryinfo@mcohousingservices.com

TTY: 711



Puede enviar su planilla por email, fax o por correos fechado a más tardar **Mayo 16, 2025** o antes de la fecha límite. La solicitud debe incluir toda la información requerida.

Las planillas están disponibles en www.mcohousingservices.com

Las sobrevivientes de violencia doméstica tienen derecho a la seguridad en su vivienda

Estos derechos están protegidos tanto por la ley federal como por la ley estatal de Massachusetts. Para obtener más información, o si cree que está sufriendo discriminación en la vivienda, comuníquese con el Programa de Vivienda Justa de Community Teamwork en fairhousing@commteam.org o al 978-654-5637. Las opiniones o recomendaciones expresadas en este mensaje son las del autor y no necesariamente reflejan las opiniones del Departamento de Vivienda y Desarrollo Urbano.



Mereces seguridad en casa



Las leyes estatales y federales protegen a los sobrevivientes de violencia doméstica en sus viviendas.

2025 Student Commencement Speaker Found NECC on his Journey Back to Health



By Melissa Bouse

College wasn't always part of the plan for Michael McDougal of Haverhill. Despite being smart and naturally curious, the rigors of high school didn't suit his learning style. At 16 years old, he dropped out, opting instead to get his GED and get to work.

McDougal held a series of hourly jobs and eventually worked up to an IT position at a bank. He enjoyed the challenge of his role and had made peace with the fact that he didn't have a degree.

"I feel like I was sort of on autopilot," he remembers. "I was happy enough, and college never really felt like it was an option just because of how expensive it would be and, you know, I was doing well enough."

But one day in 2019, everything changed.

"I just woke up in the hospital, I had no memory of how I got there."

Eventually, McDougal pieced together the events. He had passed out somehow and hit his head on the concrete, causing a skull fracture and brain bleed.

"I came very close to not making it."

Despite the severity of his accident, McDougal physically recovered quickly. His cognitive recovery, however, was clearly going to take a lot longer.

"I felt a huge difference in how my brain was working. I had pretty constant headaches, and in a cognitively demanding job, I realized I couldn't keep doing things the way I had been doing them."

McDougal was relying on ibuprofen to curb the pain, and even still, often couldn't work a full day. So he decided to try to manage the pain through activities he enjoyed before his injury — namely hiking and running — and found his brain felt better when he was pushing himself physically.

"It sounds cliché, but after the accident, it caused me to re-evaluate my life and think about all the things I wanted

to accomplish. You think 'I'll get to that someday' but then you realize how close you were to not having that opportunity, and it's like 'ok, I can't put this off.'"

For McDougal, that meant accomplishing a huge life goal: hiking the Appalachian Trail. With his wife's blessing, in 2022, he set out from Georgia with the goal of making the 2200-mile trek to Maine. His wife would send supply packages to

checkpoints along the trail, and in the first package, she included a note asking how much Advil he'd taken, so she could ensure she was including enough in the following boxes. That was the first time he realized he hadn't taken any in his first two weeks.

"...Not even for my knees, let alone my headaches! My head hadn't hurt at all out there. And I realized through doing the trail, that my brain just didn't respond to stress in the way that it used to."

After six months, McDougal completed the trail. And with the momentum of a major accomplishment at his back, he realized he could make other changes in his life.

"One of the first headlines I saw when I got back was about MassReconnect. And I thought, 'this seems like perfect timing.'"

MassReconnect was launched in 2023, making community college free for Massachusetts adults 25+ who do not already have an associate degree. McDougal learned about the program just in time to attend an Explore NECC Open House. There, he met Michael Penta, assistant professor of computer and information sciences, who explained the degree opportunities and transfer pathways.

"I just got a great vibe from everyone I talked to, and it just felt like a really good fit. I didn't hesitate to enroll."

McDougal quickly found his groove as a CIS: Computer Science major. He says he enjoyed the interactive, hands-on learning opportunities, as well as sharing his industry knowledge and life experiences with his classmates.

"I've felt really privileged to be able to answer questions that they might have about some of the things that I had experienced," he says.

Being a mentor comes naturally to McDougal. Outside the classroom, he leads astronomy programming for local families, including a stargazing event at Tattersall Farm in Haverhill. He is also a

member of the North Shore Amateur Astronomy Club and has volunteered at their public star parties, further extending his commitment to community science education. In addition, he volunteers with MakeIT Haverhill, a nonprofit in the Mt. Washington neighborhood focused on digital equity. There, he serves as a Digital Literacy and Equity Assistant, helping adult learners—many of them recent immigrants—gain foundational computer skills.

McDougal's dedication to his classes and his giving spirit, along with his story and near-perfect GPA inspired Penta and fellow professor Kristin Sparrow to nominate McDougal to be the 2025 featured student speaker for the 63rd annual commencement exercises at NECC.

"The thing that impressed me the most about Mike was his kindness to others in the classroom," wrote Sparrow in her nomination letter. "I would often witness Mike working with other students to answer their questions or explain how he approached a programming problem. If I needed him to help me figure out an issue with some software, he was happy to oblige even on his own time. Mike's kindness and patience were always evident



in the classroom."

Penta agreed, adding: "Mike represents the very best of what community colleges offer: a second chance, a proving ground, and a launchpad. His story is exceptional and inspirational, but at its core, it is the story of so many of our students—arriving here through winding paths and difficult beginnings. Mike's success is a testament to perseverance."

McDougal will share his story with graduates at the ceremony on May 17. He is planning another astronomy event at Tattersall Farm this summer, and in the fall, he will transfer to UMass Lowell to pursue his bachelor's degree in computer science.

NECC Announces Plans for 2025 Commencement

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.

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Just six weeks remain until our much-anticipated Hope Rising Spring Gala. We cordially invite you to join us in celebration on Wednesday, May 14th, at 6:30 pm at the elegant State Room in Boston.

Let's come together to illuminate the dreams and aspirations of our exceptional students. Your presence will shine a light on their futures and inspire them to reach new heights!

Prepare for a joyful celebration featuring stories from our incredible students, alumni, and faculty. We will also share updates on the inspiring progress of our Ready to Rise campaign to build a new school and expand to the lower grades.

We are excited to celebrate with you!

Our Hope Rising Spring Gala recognizes individual champions, business leaders, and community partners who make our work possible. As a tuition-free school, 100% of the proceeds from the event directly support our commitment to creating a resource-rich, inclusive, student-centered, independent middle school for Lawrence girls.

To Purchase Tickets or Sponsor Today!

<https://give.esperanzaacademy.org/>

"I raise up my voice—not so that I can shout, but so that those without a voice can be heard [...] We cannot all succeed when half of us are held back."

"Levanto mi voz, no para poder gritar, sino para que los que no tienen voz puedan ser escuchados [...] No todos podemos tener éxito si la mitad de nosotros estamos reprimidos"

-Malala Yousafzai



Holy Family Hospital Methuen achieves an 'A' hospital safety grade from Leapfrog Group

An 'A' grade represents highest level in safety and demonstrates continuous commitment to quality and safety and harm prevention to patients

Holy Family Hospital in Methuen received an "A" hospital safety grade from The Leapfrog Group for its spring 2025 reporting. This national distinction recognizes the organization's commitment to protecting patients from preventable harm and errors.

"The 'A' grade highlights the Methuen team's exceptional work and underscores its collective commitment to delivering safe, high-quality care for patients," said Anthony Alley, MSN, RN, senior vice president of clinical operations & chief nursing and quality officer. "It reflects the skill, vigilance, and deep commitment by team members to deliver the best possible care to every person who receives care at the hospital."

Across all three campuses, Lawrence General Hospital and Holy Family Hospital are continuously focused on preventing harm, reducing medical errors, and prioritizing the well-being and safety of every patient served.

The Leapfrog Group is an independent national organization that promotes transparency in hospital safety, leveraging publicly and hospital

reported data, including more than 30 national performance measures related to preventable errors, infections, and injuries. Massachusetts hospitals have long been pioneers in quality measurement and voluntary safety data reporting, and Lawrence General Hospital and Holy Family Hospital support efforts that promote transparency in quality patient care.

About Lawrence General Hospital and Holy Family Hospital

Lawrence General Hospital and Holy Family Hospital are a 496-bed regional health care system serving 19 communities throughout the greater Merrimack Valley in Massachusetts and southern New Hampshire. The hospitals, which joined on Oct. 1, 2024, have campuses in Lawrence, Methuen and Haverhill, Mass., offer comprehensive inpatient and ambulatory services, including heart care, cancer care, orthopedics, maternal and child services, and specialty services such as sleep medicine, wound and hyperbaric medicine, and behavioral health.

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Sip, Sample & Support Emmaus Emmaus to Hold Annual Spring Fundraising Event on May 15

HAVERHILL | Emmaus invites you to join the fun and support a great cause at "Sip, Sample and Support," the organization's annual spring gala and fundraising event on Thursday, May 15.

Founded in 1985, Emmaus, Inc. is a non-profit organization dedicated to helping families and individuals rebuild their lives. Located in Haverhill, MA, it is the largest provider of emergency shelter in Essex County. For over 40 years, Emmaus has helped more than 40,000 children and adults out of homelessness and toward self-sufficiency. This past year alone, we helped a total of 1,929 people whose lives have been impacted by homelessness, including 864 children under 18 years old, 134 victims of domestic violence, 41 seniors (65+), and 28 veterans."

Throughout the evening, guests will have several opportunities to support Emmaus's mission, including an exciting live auction. For the third consecutive year, City Councilor Tim Jordan will serve as auctioneer, while Katherine Underwood from WMUR will emcee the event. Known for hosting unforgettable galas, Emmaus promises an evening full of entertainment, including a cocktail contest, classic American cuisine, wine pull, raffles, and a few surprises guaranteed to delight attendees.

The Sip, Sample and Support gala is truly a remarkable event. It mobilizes our community to come together and raise funds to help combat about housing insecurity." said Jeanine Murphy, Emmaus, CEO

Sponsorships, tickets, and donation opportunities are available at <https://emmausinc.ejoinme.org/sipsample25..> We hope to see you there!



Photos Courtesy of Nick Fortuna

Softball Secures Series Sweep of Mount St. Mary's on Senior Day

4/27/2025 | Softball

NORTH ANDOVER, MA - The Merrimack softball team won against Mount St. Mary's by a score of 6-0 on Senior Day. The victory secured the series for the Merrimack Mountaineers. The three players of the day before the game were Sydney Shinopulos and Sydney Warrior's lone grad student was also briefly honored.



Score: Merrimack 6, Mount St. Mary's 0

How It Went

Anna Gedacht got the start in the circle for the Warriors. She had ducks on the pond early, but she got out of trouble with two clutch strikeouts. Ellen Hubbard started her Senior Day with a lead off single to left field in the 1st inning. Thiana Brito continued her great weekend by moving her over with an infield single. Madeline Arvai then poked a 2 RBI single through the middle to make it 2-0 Warriors. Anna Gedacht got back in the circle in the 2nd inning and had a 1-2-3 inning. Eva Issitt and Ellen Hubbard came up in the bottom of the inning and both ran out infield singles. Anna Gedacht had more ducks on the pond in the 4th, but she got out of it with an incredible double play from the Warriors defense. Ellen Hubbard added to her great outing with an infield hit in the bottom of the frame that scored Abby Choquette and made it 3-0 Warriors. Anna Gedacht had two more 1-2-3 innings in the top of the 5th and top of the 6th. In the bottom of the frame, Sofia Palyan hit a sky high ball to deep right center that hit the top of the wall. It was very close to leaving the yard, but Palyan was rewarded with a double. Sam Russalesi pinch ran for her and proceeded to steal home to make

it 4-0 Warriors. Hannah Scarano, the lone grad student for Merrimack softball (also honored today), pinch hit and ran out an infield single! Thiana Brito followed that with an RBI single to make it 5-0 Warriors. Gabby Kaduson then drove in pinch runner Madi Gibeault to make it 6-0 Warriors. Anna Gedacht got back in the circle in the 7th and secured the complete game outing and shutout victory for the Warriors!

Notes and Numbers

- Anna Gedacht got the complete game win and struck out 6 Mount batters.
- Thiana Brito added to her weekend RBI total by adding 1 more today and going 2 for 4 at the plate.
- Madeline Arvai had 2 RBIs.
- Gabby Kaduson and Ellen Hubbard also had RBIs.

Up Next

The Warriors return home on Tuesday, April 29 when they welcome the Sacred Heart Pioneers for their final home doubleheader of 2025 at the Warrior Softball Diamond at Martone-Mejail Field. The teams will play a doubleheader with game times of 2PM and 4PM. The contests will be steamed on the Merrimack Sports Network. For continuing coverage visit www.merrimackathletics.com. Follow the Merrimack softball team on Instagram and Twitter @merrimacksb.

Softball Falls to Sacred Heart on Senior Day from Warriors

4/29/2025|Softball|Box Score

NORTH ANDOVER, MA - Merrimack softball team fell to the Sacred Heart Pioneers in the home doubleheader of 2025.

Game 1 Score: Merrimack 2-0 Sacred Heart

Game 2 Score: Merrimack 2-0 Sacred Heart

Game 1



Anna Gedacht got the start in game 1 and had a 1-2-3 outing in the first inning. Ellen Hubbard and Thiana Brito dunked in singles to get on base in the bottom of the frame. Anna Gedacht got back to pitching in the 2nd and commanded the circle with 2 strikeouts and getting a clutch out with a Pioneers runner on second. Alex Miller got up in the bottom of the frame and ran out an infield single. The defense shined for the Warriors in the top of 5th inning as Thiana Brito made a diving play and Gabby Kaduson threw out a runner from behind the plate. Although the Warriors defense made the game close and limited the Pioneers, the blue and gold lost game 1 by a score of 2-0.

Game 2

Recap

Anna Gedacht went back out to the circle to begin game 2. Gabby Kaduson then came up in the bottom of the 1st and hit a towering ball to deep right field that went

through the fence for a ground rule double. Emma Prahin took over the pitching duties in the top of the 3rd and struck out the first batter she faced. She then recorded another strikeout for out number 3. The freshman pitcher returned to the circle in the 4th and once again started the inning with a strikeout. The Game 2 battery combo kept the Warriors in it as Madison Metcalf came up in the bottom of the 4th and hit a double to left center field. Emma Prahin had a bases loaded jam in the 5th but she was able to limit the damage and get out of it. The Warriors then manufactured some offense in the bottom of the frame with an Ellen Hubbard walk and a Thiana Brito single. Sarah Shurtleff came in relief and made the first 2 outs of her pitching appearance by herself (strikeout and PFP). She then recorded another strikeout 2 at-bats later. In the top of the 7th, she had ducks on the pond but was able to get out of it. Although the pitching had a good outing in game 2, the Warriors lost game 2 by another score of 2-0.

Game 1 Notes and Numbers

- Anna Gedacht had another complete game outing and got 3 strikeouts in the circle
- Ellen Hubbard was 2 for 4
- Thiana Brito was 3 for 4



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Deja ir el Dolor y el Enojo



Por Tomás Nuñez, ThD

Un enemigo del corazón es el enojo. Nos enojamos cuando no obtenemos lo que queremos.

Muéstrame a una persona enojada y te mostraré a una persona herida. Y te garantizo que esa persona está herida porque le han quitado algo. Alguien le debe algo.

Todos conocemos personas cuyo enojo puede ser expresado de las siguientes maneras: «Arruinaste mi reputación». «Te robaste mi familia». «Te llevaste los mejores años de mi vida». «Destruiste mi primer matrimonio». «Me despojaste de mi adolescencia». «Me quitaste la pureza». «Me debes un aumento». «Me debes una

oportunidad para intentarlo». «Me debes una segunda oportunidad». «Me debes afecto».

La raíz del enojo es la percepción de que algo te ha sido quitado. Te deben algo. Y ahora se ha establecido una relación deuda-deudor.

¿Y qué tal tú? ¿Qué deuda está causando el enojo que sientes?

¿Cuánto tiempo vas a permitir que las personas que te han lastimado controlen tu vida? ¿Otro mes? ¿Otro año? ¿Otra etapa de tu vida? ¿Cuánto tiempo?

¿Me gustaría proponer que hoy sea el día en que dejes de aferrarte al dolor!

Si bien es cierto que no puedes deshacer lo que ha sucedido, también es cierto que no tienes que dejar que el pasado controle tu futuro. En Efesios 4, se nos ordena «abandonen toda amargura, ira y enojo». Hacemos eso «perdonándonos unos a otros.

El remedio para el enojo es el perdón. Si esperamos que nos paguen por los daños que nos han hecho, seremos nosotros quienes pagaremos. Si, por el contrario, cancelamos las deudas que nos deben, seremos liberados.

El enojo no resuelto producto de un daño intencional o no intencional, es el más devastador. Sin embargo, de alguna manera, es el más fácil de superar. Simplemente decides cancelar la deuda. Decides y declaras: «Ya no me debes más».

Sigue este proceso de cuatro pasos hoy:

- 1 Identifica con quién estás enojado.
- 2 Determina lo que te deben.
- 3 Cancela la deuda y perdona.
- 4 No dejes que el enojo se acumule de nuevo.

Let Go of Pain and Anger

By Tomás Nuñez, ThD

An enemy of the heart is anger. We get angry when we don't get what we want.

Show me an angry person, and I'll show you a hurt person. And I guarantee you that the person is hurt because something has been taken from them. Someone owes them something.

We all know people whose anger can be expressed in the following ways: "You ruined my reputation." "You stole my family." "You took the best years of my life." "You destroyed my first marriage." "You robbed me of my adolescence." "You took away my purity." "You owe me a raise." "You owe me a chance to try." "You owe me a second chance." "You owe me affection."

The root of anger is the perception that something has been taken from you. You are owed something. And now a debtor relationship has been established.

And what about you? What debt is causing the anger you feel?

How long are you going to allow the people who have hurt you to control your life? Another month? Another year? Another stage of your life? How long?

I'd like to propose that today be the day you stop holding on to the pain!

While it's true that you can't undo what has happened, it's also true that you don't have to let the past control your future. In Ephesians 4, we are commanded to "get rid of all bitterness, anger, and wrath." We do that by "forgiving one another."

The remedy for anger is forgiveness. If we expect repayment for the wrongs done to us, we will be the ones who will pay. If, on the other hand, we cancel the debts owed to us, we will be set free.

Unresolved anger resulting from intentional or unintentional harm is the most devastating. Yet, in some ways, it's the easiest to overcome. You simply decide to cancel the debt. You decide and declare, "You don't owe me anymore."

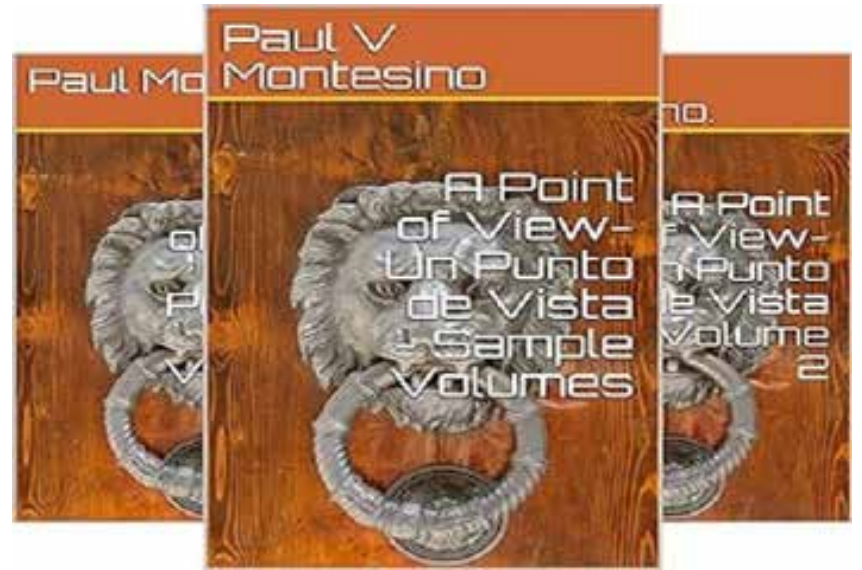
Follow this four-step process today:

- 1 Identify who you're angry with.
- 2 Determine what they owe you.
- 3 Cancel the debt and forgive.
- 4 Don't let anger build up again.

"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

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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 for directions and more details.

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Conozca los signos del ataque o derrame cerebral y ayude a salvar vidas durante el Mes del Derrame Cerebral en Estados Unidos



La American Stroke Association le invita a conocer las señales de advertencia R.Á.P.I.D.O. y a tomar medidas para prevenir un derrame cerebral

DALLAS, 1 de mayo de 2025 — Cada año, aproximadamente 800,000 en los Estados Unidos sufren un ataque o derrame cerebral, sin embargo, hasta un 80% de estos podrían prevenirse mediante cambios en el estilo de vida y una evaluación adecuada de los factores de riesgo. Durante mayor, con motivo del Mes del Derrame Cerebral en Estados Unidos, la American Stroke Association (la Asociación Americana del Derrame Cerebral), una división de la American Heart Association (la Asociación Americana del Corazón), está generando a nivel nacional la concienciación sobre el hecho de que el derrame cerebral se puede, en gran medida, prevenir, tratar y superar.

Un derrame cerebral puede ocurrirle a cualquier persona, incluso a personas jóvenes. Conozca las señales, los factores de riesgo y cómo protegerse:

1. Identifique un derrame cerebral R.Á.P.I.D.O. Si nota el Rostro caído, Alteración del equilibrio, Pérdida de fuerza en el brazo o pierna, Impedimento visual o Dificultad para hablar, debe Obtener ayuda y llamar al 911. Conozca cómo pueden verse, sentirse o sonar estas señales en la experiencia interactiva Experiencia R.Á.P.I.D.O.

2. Comprenda sus factores de riesgo y consulte con su médico cómo prevenir un derrame cerebral. La presión arterial alta es una de las principales causas y un factor de riesgo controlable del derrame cerebral.

3. La recuperación de un derrame cerebral es posible. Los supervivientes de un derrame cerebral y sus cuidadores pueden hacer seguimiento de su salud, sus medicamentos y acceder a información confiable sobre la vida después de un derrame cerebral.

Un derrame cerebral ocurre cuando se interrumpe el flujo sanguíneo normal en el cerebro. Cuando algunas partes del cerebro no reciben la sangre rica en oxígeno que necesitan, esas células mueren. Identificar rápidamente los síntomas y recibir tratamiento de inmediato mejora las probabilidades de sobrevivencia y recuperación.

Conozca las señales de advertencia

El derrame cerebral es una emergencia. Si alguien está sufriendo un derrame, debe recibir atención médica de inmediato.

Use el acrónimo R.Á.P.I.D.O. para identificar los signos más comunes:

- Rostro caído - ¿Un lado de la cara está caído o entumecido? Pida a la persona que sonría. ¿La sonrisa de la persona es irregular?
- Alteración del equilibrio: ¿Tiene dificultad para caminar o pierde el equilibrio la persona?

- Pérdida de fuerza en el brazo – ¿Un brazo está débil o entumecido? Pida a la persona que levante ambos brazos. ¿Se desvía un brazo hacia abajo?

- Impedimento visual repentino: ¿Tiene problemas repentinos de visión la persona en uno o en ambos ojos?

- Dificultad para hablar – ¿Habla arrastrando las palabras? Pida a la persona que repita una frase sencilla, como “El cielo es azul”.

- Obtenga ayuda, llame al 911 - Si alguien muestra alguno de estos síntomas, incluso si los síntomas desaparecen, llame al 911 y acuda a un hospital inmediatamente. Actuar con rapidez puede salvar una vida.

Tome medidas para prevenir un derrame cerebral

Las personas adultas negras e hispanas en los Estados Unidos enfrentan un riesgo desproporcionadamente más alto de sufrir un derrame cerebral. Esto se debe, en parte, a tasas más elevadas de presión arterial alta, obesidad y diabetes, así como a factores socioeconómicos que limitan el acceso a la atención médica y a la prevención.

La gran mayoría de los derrames cerebrales se pueden prevenir:

- Controle su presión arterial: Mantener una presión arterial saludable, reduce el riesgo. Según la actualización estadística 2025 de la American Heart Association, casi la mitad de los adultos en Estados Unidos tiene presión alta, y muchos no lo saben.

- Adopte un estilo de vida saludable: Comer bien, mantenerse físicamente activo, dejar de fumar y controlar el estrés ayudan a reducir el riesgo. La guía de Los Ocho Pasos Esenciales para Mi Salud detalla los pasos clave para mejorar y mantener la salud cardiovascular y cerebral.

- Controle sus afecciones de salud: Trastornos como la fibrilación auricular (AFib), la diabetes y el colesterol alto aumentan el riesgo. Trabaje con su proveedor de cuidados de salud para mantener estas condiciones bajo control.

- Reduzca el riesgo de un segundo derrame cerebral: Aproximadamente 1 de cada 4 supervivientes tendrá otro derrame cerebral. En algunos casos, esto ocurre porque no se identificó la causa del primer evento. Los exámenes para detectar la causa y otros factores de riesgo adicionales pueden ayudarle, junto con su equipo de cuidados de salud, a desarrollar un plan para prevenir otro evento.

La recuperación es posible

Las personas que han sufrido un ataque cerebral deben, a menudo, hacer frente a cambios físicos, emocionales y cognitivos para seguir adelante. Los supervivientes y sus cuidadores pueden obtener apoyo durante su proceso de recuperación y acceder a información confiable sobre cómo retomar la vida después del derrame cerebral.

Durante el Mes del Derrame Cerebral en Estados Unidos, tome acción e impulse el cambio aprendiendo a identificar las señales de advertencia y conversando con su equipo de cuidados de salud sobre cómo manejar sus factores de riesgo.

Juntos, podemos cambiar el futuro de la salud y transformar vidas. Obtenga más información en DerrameCerebral.org.

La Fundación HCA Healthcare es patrocinadora nacional de la iniciativa Together to End Stroke® de la American Stroke Association y del Mes del Derrame Cerebral en Estados Unidos.

Acerca de la American Heart Association

La American Heart Association es una fuerza implacable que trabaja para lograr un mundo con vidas más largas y saludables. La organización, dedicada a garantizar la igualdad en materia de salud en todas las comunidades, ha sido una de las principales fuentes de información sobre salud durante más de cien años. Con el apoyo de más de 35 millones de voluntarios en todo el mundo, financiamos investigaciones pioneras, defendemos la salud pública y proporcionamos recursos esenciales para salvar y mejorar vidas afectadas por enfermedades cardiovasculares y derrames cerebrales. Mediante el impulso de avances y la aplicación de soluciones

probadas en los ámbitos científico, político y asistencial, trabajamos sin descanso para hacer avanzar la salud y transformar vidas cada día. Conéctate con nosotros a través de heart.org (sitio web en inglés), Facebook, X o llamando al 1-800-AHA-USA1.

Acerca de la American Stroke Association

La American Stroke Association es una fuerza implacable en favor de un mundo con menos derrames cerebrales y vidas más largas y saludables. Colaboramos con millones de voluntarios y donantes a fin de garantizar atención equitativa para la salud y los ataques cerebrales en todas las comunidades. Nos esforzamos por prevenir, tratar y combatir el ataque cerebral al financiar investigaciones innovadoras, defender la salud pública y proporcionar recursos que salvan vidas. Esta asociación, con sede en Dallas, se creó en 1998 como una división de la American Heart Association. Si desea más información o participar, llame al 1-888-4STROKE o visite stroke.org. Síguenos en Facebook y X.

Albergues reducen sacrificios... (Cont. de la página 5)

- Alabama – 21,300
- Florida – 22,600
- Carolina del Norte – 35,300
- California – 62,400
- Texas – 86,000

“Millones de hogares en Estados Unidos agregarán una mascota a su familia este año,” dijo Castle. “Si tan solo 1 de cada 17 de esas familias eligiera adoptar una mascota de un albergue en lugar de comprarla en una tienda de mascotas o a un criador, podríamos alcanzar el ‘no-kill’ en todo el país. Esto tiene solución: podemos poner fin al sacrificio innecesario de las mascotas de nuestra nación — sus vidas están, literalmente, en nuestras manos.”

Para obtener más información, visita salvaunamascota.org

*El término “no-kill” se define por un nivel de salvamento del 90 % de los animales que ingresan a un albergue y es un indicador significativo y lógico para medir el progreso en la salvación de vidas. Típicamente, el número de mascotas que sufren problemas médicos o de comportamiento irreparables que comprometen su calidad de vida y les impiden ser reubicadas no supera el 10 % de todos los perros y gatos que ingresan a los albergues. Para que cualquier comunidad sea “no-kill”, todos los miembros de esa comunidad deben trabajar juntos para lograr y mantener ese objetivo común, mientras priorizan la seguridad comunitaria y una buena calidad de vida para las mascotas como principios guía del modelo “no-kill”. Esto significa cooperación entre albergues de animales, grupos de rescate, agencias gubernamentales, miembros de la comunidad y otros interesados, todos comprometidos con las mejores prácticas y protocolos.

Sobre los datos de Best Friends Animal Society

Best Friends Animal Society cuenta con el conjunto de datos más completo y preciso de la industria, proporcionando información clave y análisis de más de 10,000 albergues y grupos de rescate en todo Estados Unidos, y compartiéndolo de la manera más transparente posible. Estos datos están disponibles públicamente a través de nuestro panel de salvamento de mascotas, hasta el nivel de cada albergue. Best Friends cree que confiar al público este nivel de transparencia en los datos es fundamental para que una comunidad logre el estatus “no-kill”. Nuestro panel de salvamento es el ÚNICO lugar centralizado donde puedes ver los datos de albergues individuales, incluidos aquellos que Best Friends ha obtenido activamente a través de solicitudes de registros públicos y fuentes accesibles al público para ofrecer la imagen más completa posible.

Sobre Best Friends Animal Society

Best Friends Animal Society es una organización líder en bienestar animal dedicada a salvar las vidas de perros y gatos en los albergues de los Estados Unidos y a hacer que todo el país sea “no-kill”. Fundada en 1984, Best Friends gestiona instalaciones y programas de salvamento en todo el país en asociación con más de 5,000 albergues y organizaciones de rescate. Desde nuestra sede en Kanab, Utah, también operamos el santuario animal “no-kill” más grande del país, un destino que da vida a nuestra misión para miles de visitantes cada año. Mantenemos los datos más completos sobre albergues de animales en el país y los ponemos a disposición del público, empoderando a las comunidades con información crucial sobre las necesidades de sus albergues locales y cómo pueden ayudar. Creemos que cada perro y gato merece un hogar. Y creemos que, trabajando juntos, podemos Salvarlos a Todos.

CLASIFICADOS | CLASSIFIEDS

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 May 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. 2008 Infiniti G35 VIN JNKBV61F28M277140
2. 2006 Acura MDX VIN 2HNYD18876H500730
3. 2013 Hyundai Elantra VIN 5NPDH4AE3DH319977

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

Signed
Frank Coady
Coady’s Towing Service
4/22, 5/1, 5/8

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://optimeadminforms.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://optimeadminforms.com/nei-general-contracting-settlement/> or call (844) 625-7313.

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE RUMBONEWS.COM

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.

¡La Fundación Big Brother Big Sister necesita tu ayuda!



Si tienes ropa usada y pequeños artículos del hogar que ya no usas, dónalos para quienes si los necesitan. Llegaremos a tu puerta para recibir lo que puedas entregar.

Para programar una cita, llama al 1.800.483.5503 o visítanos en nuestra página web en internet: www.bbbsfoundation.org.

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

¡Gracias por tu apoyo!

Merrimack Valley Chamber of Commerce

Next Generation Leaders Conference

>> Open to all Members <<

This exciting conference brings together young, dynamic professionals to:

- ★ Learn from thought leaders and experts.
- ★ Connect with inspiring mentors and peers.
- ★ Build skills to lead with impact and innovation.



Friday, May 16th



12 NOON - 1:30 PM



China Blossom

946 Osgood St
North Andover, MA



Speaker

Luz Frazier

Founder & CEO
The LeadHumano
Collective

Congrats to our NGL Award Recipients!

- Michael Bastien, Co-Founder/CEO, Brothers in Arms mens Support Circle
- Mary Lupoli, Assoc. Dir., Leasing & Dev., Lupoli Companies
- Giselle Pajazetovic, Broker/Owner, P&Co.
- Alexander Thompson, CEO, Studios 15

\$35.00 Members
\$45.00 Future Members

Title Sponsor: TD Bank

Associate Sponsor:
BrightBridge Credit Union

Register or Sponsor at:
MerrimackValleyChamber.com
978-686-0900
Office@MerrimackValleyChamber.com



YAR Youth at Risk | 25 Years
PATHWAYS FOR CHILDREN

<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.



Sticker CONTEST



This is the year to put your stamp (well, sticker) on the face of elections in the City of Haverhill!

Submissions for the 2025 I Voted! Sticker Contest will be accepted from until May 16, 2025.

The winning design will be featured on our I Voted! sticker during the 2025 municipal elections. It is a great way to learn about civic responsibility and showcase local pride! The contest is open to students in grades K-12, who are residents of Haverhill, MA.



Submit your design via email at cityclerk@haverhillma.gov or in person in Room 118 of City Hall.

The Merrimack Valley Immigrant & Education Center

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

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

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

Mi abuelo me dijo una vez que hay dos tipos de personas: los que hacen todo el trabajo y los que se llevan el mérito. También me dijo que debo estar en el primer grupo; hay menos competencia.

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.

— Indira Gandhi



Foster MA

Cada padre hace una diferencia



MASSACHUSETTS DEPARTMENT OF Children & Families



Foster MA

Cada padre crea una diferencia

Sea la diferencia en la vida de un niño

Un hogar estable y cariñoso es importante para todos los niños, especialmente los que podrán haber enfrentado la negligencia o el trauma. En cualquier momento, hay entre 6,000 y 9,000 niños en el cuidado de crianza en Massachusetts, que representan todas las edades, grupos étnicos y niveles económicos. Los padres de crianza en todo Massachusetts brindan hogares seguros y cariñosos en un momento crítico en la vida de los niños.

Usted podrá mejorar la vida de un niño. Solicite más información sobre ser un padre de crianza.



MASSACHUSETTS DEPARTMENT OF Children & Families

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

BY DALIA DÍAZ
daliadiaz@rumbonews.com

LÉALO EN ESPAÑOL EN LA PÁGINA 4

From My Corner



LETTERS TO THE EDITOR
RUMBO

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

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

The Committee on Selecting the New Police Chief

A Reflection on Integrity and Corruption

I was reluctant to participate in the Committee's selection of the new police chief. As director of this publication, I should remain outside of anything political. However, Mayor Brian DePeña insisted and often begged me to join the Committee because he needed people of integrity to serve.

After a while, I decided that if I was to find out how honest the selection process was, I had to be in the middle of it, so I agreed. Oh, am I sorry I ever put my reputation at play! That was the most corrupt and dirty action I have ever participated in.

My initial hesitation stemmed from believing that my position demanded impartiality and a clear separation from political affairs. As a director, my duty lay in maintaining the integrity of our publication and ensuring that our reporting remained unbiased. Mayor DePeña's persistence, however, wore down my resistance. His appeals to my sense of duty and integrity ultimately convinced me to participate in the selection process.

Once involved, I hoped to bring transparency and fairness to the proceedings. Yet, as the meetings progressed, it became painfully clear that the process was anything but honest. The level of corruption and manipulation I witnessed was astounding. Hidden agendas influenced decisions, favors were exchanged behind closed doors, and the actual merit of the candidates was overshadowed by political maneuvering.

Regret now shadows my every thought regarding this ordeal. My involvement, intended to uphold integrity, inadvertently embroiled me in a web of deceit. The experience has left an indelible mark on my perspective, reinforcing the importance of steadfastly adhering to one's principles, even in the face of relentless persuasion.

In retrospect, this episode powerfully reminds us of the delicate balance between civic duty and personal integrity. It underscores the necessity of vigilance in safeguarding one's reputation and the importance of transparency in all forms of governance.

This experience has profoundly shaped my understanding of the complexities inherent in political involvement and the imperative of unwavering commitment to ethical standards.

City Council Vice President Stephany Infante, Retired Police Lieutenant

Michael Laird, Pastor Milagro Grullón, Businessman Rafael Guzman, DPW Worker Frankie Caraballo, and I formed the Committee. Two were added in case one of the seven could not attend one night: Filbert Ferreira and Susan Almonó.

During the first meeting of this Committee, it was agreed that everything should be confidential to avoid misunderstandings in the community and because the candidates' information should remain private. From the beginning, things started leaking out.

We started with a list of 34 applicants from all over the country. Still, Jon Fehlman used his judgment to remove those who didn't qualify, and we only received 16 names, including three from Lawrence: Maurice Aguiler, William Castro, and Michael McCarthy. We were not told what method he used or if each case had a background search.

Before the first meeting, there was an effort to eliminate William Castro. Mr. Fehlman sent him an email with this request: "I need for you to confirm for me your continued interest in the Lawrence chief of police position. So, you are aware, Lawrence is requiring the candidate selected as chief of police move to Lawrence within one year of their hire date."

Castro responded without hesitation: "I am still interested in the job position. Please allow me to review the job posting and description regarding relocation to the city. Last I checked, all law enforcement officials are allowed to live within a certain distance from the city and requiring me to live within the city could be discriminatory, since I learned that HR and City Council Vice President Stefany Infante, councilor Wendy Luzon, Sgt. Michael Simard, Lt. Rossi, and Lt. Raso have a collaborated effort to eliminate me from the hiring process."

Since that didn't work, Fehlman suggested beginning the first meeting to discuss "the most recent chief the city has had." The discussion was brief, and Castro was listed only because the mayor favored him. His name was removed from the list, and there was never a vote.

The committee in charge of selecting a police chief in Lawrence met twice, and the attendance was less than satisfactory. Out of the seven members assigned by the mayor, only Milagro Grullón, Michael Laird, and Stephany Infante participated.

Susan Almonó was appointed as an alternate in the event of individual scheduling

conflicts, but she was not there even though Frankie Caraballo and Filbert Ferreira were absent. This session was meant to go over how we would discuss the candidates and narrow down the list for future interviews.

Daniel Guzmán, Michael Laird, and Stephany Infante attended the second meeting, and I attended both. Again, only four members were present, with Frankie Caraballo, Filbert Ferreira, and Susan Almonó absent. In my opinion, meeting attendance should be mandatory. This time, we decided on six candidates to come for interviews out of sixteen on the list based on their resumes.

This process was rigged from the beginning. I don't understand why Mayor Brian DePeña chose people who were predisposed to go a sure way to serve on this committee. I was alone, and when I expressed my reasons for judging a candidate, Rafael Guzmán yelled at me, "That's your opinion!" Yes, it is my opinion based on the truth and facts; it was my quick response.

After the meeting, I realized they were playing me like a chess piece, and I could not be part of that. Let them pick the one they came to support. I instead separated myself with my dignity rather than end up part of the corruption invading Lawrence resigning in writing.

On March 20, Caryl García, the interim personnel director, emailed the Committee members stating, "Per the Mayor he will not consider any recommendations unless at least five members are present. He would also like to remind everyone of the critical role this committee plays in the well-being of the community and the significant responsibility entrusted to its members. Each of you has been chosen to represent the interests of the City of Lawrence, and this position requires a commitment to honoring that responsibility."

My response was immediate. "I must express my strong disagreement with that statement. The selection process was flawed from the beginning, and I will be nothing more than a mere token participant, especially when my name is at risk of being tarnished. After I provided my reasons for refusing to participate, Councilor Stephany Infante sent a letter alleging that I lied in my statements."

Stephany told the council members I was angry because my favorite candidate was not chosen. There was never a vote for Castro, and I was not there for anyone.

I kept my word and did not attend the March 20 meeting. The next day, Mayor DePeña insisted again that he needed me there, so I returned for the March 24 interviews - this time, all seven members participated, including Filbert Ferreira and Susan Almonó for the first time. Suddenly,

Stephany Infante made a motion that I should not be allowed to vote because I had missed the previous meeting with the first three interviews. Of course, that didn't go anywhere.

We were given a set of ten questions for the candidates and were allowed to ask one or maybe two. They were philosophical (E.g., "Why do you want to be Chief?" "Significant achievements?" "How do you stay motivated?" "Fostering relationships with the community?" "Law enforcement vs. civil liberties," etc.

When I tried to deviate from them by asking, "Have you ever had to fire anyone perhaps for doing something illegal?" I was interrupted by Mr. Fehlman, "That question is not part of the list, and we have to stay on the topics of that list."

Before we began with Maurice Aguiler, I made a disclaimer. I told them that he was a personal friend of mine. His resume was perfect for the job, and he did a great interview. However, when we were left alone to discuss the three candidates interviewed that night, everyone picked up a mistake he made while talking about problems at the station and it was decided to select only two great candidates, leaving him out. Besides, he was tied to another candidate for third place who later resigned from the competition.

Stephany and Rafael Guzmán continued to be adamant about letting me vote. She wrote, "We still have a member who formally resigned via email and stated this publicly, but yet the administration refuses to do the right thing and is allowing this member to participate."

Rafael added, "I am in complete agreement with Ms. Councilor Infante regarding the voting process: only the members that participated in the interviewing process of both candidates are allowed to voice their opinion and vote. One can't really provide an objective opinion about two individuals when one has only seen and heard from one."

But nobody mentioned that Susan Almonó and Filbert Ferreira were only at the last meeting and voted.

The mayor insisted on getting three names to submit to the council so they could pick the winner. When he was sent only two, he refused to accept until he had a third one.

Captain Aguiler was tied with another candidate 3-3, and when that other applicant resigned, Aguiler was then added as the third name to the list.

That's how it happened, except the mayor chose one instead of sending all three to the council. It was a mess from the beginning, and I wonder if that was his purpose from the start.



If you want to know
who controls you,
look at who you are
not allowed to criticize.

- Voltaire

AZ QUOTES

"El periodismo es publicar lo que otros no quieren que se publique: todo lo demás son relaciones públicas."

"Journalism is publishing what others don't want published: everything else is public relations."

George Orwell

