Rumho

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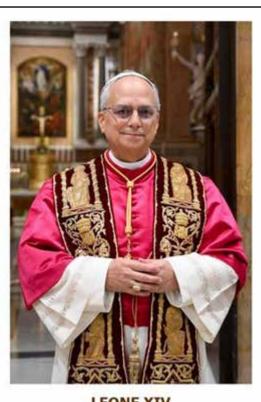


Relación simbiótica ojo-cerebro

Symbiotic Eye-Brain Relationship

Por/By Dr. Tomas Núñez

Archbishop Richard G. Henning statement on The Election of **Pope Leo XIV**



LEONE XIV

With great joy we received the news from Rome: habemus papam! We have a pope! I join with Catholics in the Archdiocese of Boston and throughout the world, along with people of good will, in celebrating the election of Pope Leo XIV as the new Holy Father. We pray for him as he begins this ministry as the Vicar of Christ and the Bishop of Rome. May he be for us a visible source and foundation of communion in faith.

In his first words to us, Pope Leo spoke of the peace that is the gift of the Lord Jesus:

Peace be with you all, this is the first greeting of the resurrected Christ, the good shepherd who has given up his life for God. And I should also like this greeting of peace to enter our hearts and our families. (Pope Leo XIV from the balcony of St. Peter's Basilica)

Maythatpeacegivehimstrength and consolation, and may it fill our hearts as we live our own calling.

Methuen man receives Navy commendation



Capt. Robert "Seph" Coats (left) presents Lt. Cmdr. Joel Borrelli-Boudreau (right) with the Navy and Marine Corps Commendation Medal, gold star in lieu of seventh award, in recognition of his service as Navy Office of Community Outreach Liaison Officer while serving at United States Navy Band.Lt. Cmdr. Borrelli-Boudreau departs to assume his new duties as executive officer at the Naval School of Music.

Navy musicians play a pivotal role in connecting current members of the military with veterans who faithfully served their country. Also, Members of the U.S. Navy Band country/bluegrass ensemble Country Current perform for veterans at Veterans Care Center, while on their 2022 national tour.

GLTS Highlights Alumni Excellence



From left, Station 8 members Felix Reyes, Jean Jimenez, Johnny Jimenez, and Ignacio Rodriguez. Jean Jimenez and Rodriguez are both alumni of Greater Lawrence Technical School. (Photo Courtesy Station 8)

Reunión del Concejo de 5/6/25 ¿El Concejo sigue las Desde Mi Esquina Página 4





4 consejos para ayudar a residentes de Massachusetts a ahorrar más en costos de atención médica en el 2025

Por Caitlin McCormick UnitedHealthcare of New England

Una parte importante del plan financiero de cualquier familia debería ser entender mejor los costos de atención médica. Los costos médicos continúan aumentando año tras año y pueden impactar su billetera.1 De hecho, más del 7% de los adultos de Massachusetts evitó la atención médica debido a los costos el año anterior, según nuevos datos de America's Health Rankings.

Recursos y beneficios pueden estar disponibles para ayudar a apoyar la salud y a ahorrar más dinero en el 2025. Aquí le presento cuatro consejos para considerar:

1. Considere los planes de salud diseñados para ayudarle a comparar opciones. La transparencia en los precios y el aumento de los costos de atención médica han sido un problema durante mucho tiempo.1 Los precios pueden variar en cientos o miles de dólares por los mismos servicios dentro de la misma ciudad. Hasta hace poco, muchos consumidores no disponían de una forma sencilla y conveniente para comparar las opciones y costos de atención médica con antelación. Afortunadamente, esto está empezando a cambiar.

Algunos empleadores ahora ofrecen a sus trabajadores planes de salud más modernizados que ofrecen costos iniciales y opciones de cuidado para ayudar a las personas a comparar opciones de atención médica como si compraran otros productos. Hable con su empleador acerca de los beneficios que pueden estar disponibles para usted.

2. Aproveche los incentivos financieros y los programas de bienestar. Usted puede recibir recompensas a través de su plan de salud por actividades como acudir a su visita anual de bienestar, hacerse ciertos exámenes preventivos o completar una encuesta de salud. Algunos empleadores ofrecen programas de bienestar para ayudar a las personas a manejar mejor las enfermedades crónicas costosas.

3. No se olvide de otros beneficios básicos. Los planes dentales y de visión pueden ayudarlo a ahorrar dinero y tener acceso a la atención médica, mientras que los beneficios complementarios de salud como el seguro de accidentes, enfermedades críticas e indemnización hospitalaria pueden ayudar a proporcionar protección financiera y mayor tranquilidad.

Muchos planes dentales incluyen cobertura para la atención preventiva, incluyendo la limpieza dental y exámenes de cáncer oral. Algunos planes ofrecen beneficios añadidos como limpiezas adicionales y mantenimiento de las encías durante el embarazo sin costo adicional. Usted también puede tener acceso a servicios dentales virtuales que proporcionan consultas clínica a toda hora además de la atención preventiva.

4. Acceso al cuidado preventivo. Recuerde programar su examen anual de bienestar y exámenes preventivos. Los planes de salud generalmente cubren la atención preventiva, lo que significa que usted puede pagar \$0 por ciertos servicios preventivos cubiertos si acude a un proveedor de su red. Además, considere opciones como visitas virtuales para atención no urgente. Las visitas virtuales pueden ser rentables y

más convenientes.

Estas estrategias pueden ayudarlo a tomar decisiones de salud más informadas y a ahorrar más dinero. Hable con su empleador y su plan de salud sobre los beneficios disponibles para usted este año.

1 Health Care Cost Institute

4 tips to help Massachusetts residents save more on health care costs in 2025

By Caitlin McCormick, UnitedHealthcare of New England

Better understanding health care costs should be an important part of any family's financial plan. Medical costs continue to rise year-over-year and can have an impact on your wallet.1 In fact, over 7% of Massachusetts adults avoided health care due to costs in the previous year, according to new data from America's Health Rankings.

Resources and benefits may be available to help support whole-person health and may help people save more money in 2025. Here are 4 tips to consider:

1. Consider health plans designed to help you shop for care. Price transparency and rising health care costs have long been an issue in health care.1 Prices can vary by hundreds or thousands of dollars for the same services within the same city. Until recently, many consumers did not have a simple and convenient way to compare their health care and cost options ahead of time. Fortunately, that is starting to change.

Some employers now offer more modernized health plans to their workforces that offer upfront costs and care options to help people shop for health care like they shop for other products. Talk to your employer about what benefits may be available to you.

2. Take advantage of financial incentives and wellness programs. You may be able to earn rewards through your health plan for activities like your annual wellness visit, getting certain preventive screenings or completing a health survey. Some employers offer wellness programs that aim to help individuals better manage costly chronic conditions.

3. Don't forget about other core benefits. Dental and vision plans may help you save money and access care while supplemental health benefits like accident, critical illness and hospital indemnity insurance may help provide financial protection and greater peace of mind.

Many dental plans include coverage for preventative care including dental cleanings and oral cancer screenings. Some plans offer extra benefits like additional cleanings and gum maintenance during pregnancy at no additional cost. You may also have access to teledentistry services that provide a clinical consult 24/7 in addition to your regular preventive care.

4. Access preventive care. Remember to schedule your annual wellness exam and preventive screenings. Health plans usually cover preventive care, which means you may pay \$0 out of pocket for certain covered preventive services if you go to a network provider. Additionally, consider options like virtual visits for non-emergency care. Virtual visits may be both cost-effective and more convenient.

These strategies may help you make more informed health decisions and may help you save more money. Talk to your employer and health plan about what benefits are available to you for 2025.

1 Health Care Cost Institute

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The BILINGUAL Newspaper of the Merrimack Valley

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Renovaciones en el Ayuntamiento de Lawrence Renovations at Lawrence Cty Hall







Durante la sesión de Participación Pública del Concejo Municipal del martes pasado, el exconcejal Richard Russell cuestionó de quién fue la idea de la remodelación que se está llevando a cabo en este edificio histórico.

Mostró su desaprobación con numerosas preguntas. "Es una pena cubrir la carpintería con pintura. Me pregunto quién solicitó esta obra, quién la autorizó y de dónde saldrá el dinero para financiar estas renovaciones. El Ayuntamiento de Lawrence, Massachusetts, está en el registro nacional de edificios históricos. ¿Se requieren permisos especiales para remodelaciones interiores? ¿De quién fue la idea?"

Más tarde me envió estas fotos,

lo que, francamente, me molestó porque eso no debería hacerse con algo que refleja la historia de la ciudad. Al llamar a Amita del Centro de Historia de Lawrence, ella confirmó que el edificio tiene estatus histórico, pero me recomendó que llamara a Jonas Stundzia, de la Comisión Histórica.

Jonas dijo que el edificio en sí es histórico, pero no el interior. Dijo que solo se refieren al exterior. Jorge Jaime, director del DPW, explicó lo mismo y añadió que los cambios estructurales se debían a varias razones. Se veía emocionado al contarme que cada día se celebran al menos tres bodas y que las renovaciones lo harán más atractivo para la ocasión.

A Richard también le preocupaba

During the Public Participation on of the City Council's meeting Tuesday, former councilor Richard historical but not the interior. He said they only have to do with the exterior of the building.

Jorge Jaime, DPW director explained the same and he went further saying that there were several reasons for the structural changes. He sounded excited while telling me that every day there are at least three weddings and the renovations will make it more attractive for the occasion.

Richard was also concerned that they

Richard was also concerned that they have removed the roll up/roll down screen behind the council president's chair that is used for Power Point presentations. Last Tuesday, a Power Point presentation was shown on the wide screen TV on the wall behind where Coucilor Celina Reyes sits, making it quite uncomfortable for people in the chamber to watch.

Mr. Jaime told me that it was only temporary; a big screen will be placed behing the president's chair, that will offer a better, neater and clear picture for everyone. The councilors will also have a monitor in front allowing them to watch the presentations without having to turn around.



que hubieran quitado la pantalla enrollable detrás de la silla del presidente del concejo, que se usa para las presentaciones de PowerPoint. El martes pasado, se mostró una presentación de PowerPoint en el televisor de pantalla ancha en la pared detrás de donde se sienta la concejala Celina Reyes, lo que resultaba bastante

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incómodo para los presentes.

El Sr. Jaime me explicó que era solo temporal; se colocará una pantalla grande detrás de la silla del presidente para ofrecer una imagen mejor, más nítida y clara para todos. Los concejales también tendrán un monitor al frente que les permitirá ver las presentaciones sin tener que voltearse.

Office@MerrimackValleyCamber.com

During the Public Participation portion of the City Council's meeting last Tuesday, former councilor Richard Russell questioned whose idea it was the remodeling that's taking place in this historical building.

He showed his disapproval asking many questions. "It is a shame to cover the woodwork with paint. I wonder who requested this work, who authorized the work, and where the money to pay for these renovations are coming from. Lawrence, MA City Hall is on the national register of historic buildings. Does it require special permits for interior remodelling work? Whose idea was it?"

He later sent me these pictures which, frankly, upset me because that should not be done to something that reflects the city'a history.

Upon calling Amita at Lawrence History Center, she confirmed that the building is of an historical status but recommended that I called Jonas Stundzia of the Historical Commission.

Jonas said that the building itself is



POR DALIA DÍAZ daliadiaz@rumbonews.com

Desde Mi Esquina



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Las cartas deben te<mark>ner menos de 300</mark> palabras de largo. Favor de incluir un número de teléfono o dirección electrónica para confirmar quién la envía.

Reunión del Concejo Municipal de 6/5/25

Mientras veía la reunión del concilio del martes pasado, tomé varias notas; algunas me enojaron y otras casi me hicieron llorar. Pero debo comenzar citando a mi amigo Richard Russell después de leer mi columna de la semana pasada:

"Ya sabía tres cosas en la vida que la persona promedio no debería ver: 1) ver cómo se hacen perritos calientes y salchichas, 2) la violencia de la guerra y 3) la política clandestina. Habiendo visto las tres en varios momentos de mi vida, 3) es la más repugnante y repulsiva, y tus comentarios sobre formar parte de ese comité lo confirmaron aún más".

Russell también comentó sobre suspender los puestos de Jefe de Policía, Jefe de Bomberos y Director Administrativo y Financiero (CAFO) hasta que se certifiquen los votos de las elecciones de noviembre, y luego dejar que el próximo alcalde, quienquiera que sea, dé su opinión sobre quién le gustaría para los próximos 4 años.

En medio de lo que está pasando la ciudad, estoy completamente de acuerdo con él porque tendremos un descanso mental muy necesario. También se publicará el puesto de Directora de Recursos Humanos, ya que no se ha hecho desde septiembre, cuando despidieron al exdirector. Sé que Caryl García quiere quedarse, pero no tiene los requisitos. Es abogada y trabajó en el departamento legal, pero eso no la capacita para tratar con sindicatos en negociaciones y contratos, ni en nada relacionado con recursos humanos.

El alcalde Brian DePeña le otorgó un contrato de 90 días, aunque se suponía que debía publicar la vacante y buscar un reemplazo. Luego, el concejo se negó a extenderlo por otros 90 días. Después de que el abogado Kevin Foley renunciara a su puesto como Primer Abogado Adjunto de la Ciudad, pensé que volvería porque significaría un ascenso y más dinero.

Ese puesto se publicó de inmediato, pero no le interesó. Ella quiere Personal.

Quizás recuerden (y pueden buscarlo en ediciones recientes de Rumbo) que dos mujeres se presentaron ante el concejo para un nombramiento permanente en puestos que habían estado desempeñando durante un año o más. Sus compañeros de trabajo y supervisores hablaron en su nombre, pero lo que los concejales les hicieron fue una vergüenza.

Las menospreciaron; las llamaron mentirosas hasta el punto de hacer llorar a una de ellas en televisión. Los miembros del concejo se negaron a aceptar credenciales de las escuelas de la República Dominicana, insistiendo en que no cumplían con los requisitos para el puesto que ocupaban.

READ IT IN ENGLISH ON PAGE 16

Si están tramando algo para favorecer a Caryl García como directora de personal, este será un escándalo más sobre el funcionamiento de esta ciudad. Las calificaciones no cuentan. Lo importante es a quién conoces.

¿El Concilio cumple con la ley?

¡Todos los días aprendemos algo!

Al parecer, nuestros concejales están en una especie de "capacitación en el trabajo". Siempre dije que ninguno de ellos ha leído jamás la Carta Constitucional de la Ciudad. Después del revuelo con el comité que eligió al nuevo jefe de policía, la leyeron y encontraron que, en el Capítulo 3.7, establece:

Nombramientos. El alcalde presentará al ayuntamiento, salvo disposición en contrario, los nombres de todas las personas que desee nombrar como jefes de departamento o directores de cualquier agencia municipal. El concejo remitirá a todos los candidatos al comité permanente de personal y administración, el cual los investigará para su confirmación y elaborará un informe con recomendaciones para el pleno del ayuntamiento, no menos de siete ni más de veintiún días después de dicha remisión. La nominación del alcalde será confirmada por mayoría de votos de los concejales. La disposición del Artículo 3.8(c) no será aplicable. Si el ayuntamiento no ha tomado ninguna medida, dichos nombramientos entrarán en vigor el trigésimo día siguiente a la fecha en que el ayuntamiento haya recibido el

Hay un silencio absoluto sobre lo que están haciendo y me temo que no están haciendo nada de lo anterior. Si iban a realizar una verificación de antecedentes, probablemente debería ser la Policía Estatal quien la hiciera. ¿Pero por qué inventar esa excusa ahora? ¿Nadie les recordó ese proceso cuando Romero o Vasque fueron elegidos jefes de policía?

Algo me dice que quieren que expiren los 30 días. Pero hay esperanza, en caso de que los concejales no hayan leído más sobre la Carta de la Ciudad:

4.5 Destitución de Funcionarios.

El alcalde podrá destituir a cualquier persona designada en virtud de la Sección 4.3, sujeto a las disposiciones de la Sección 3.7(b) de esta Carta.

"... es fundamental que nos aseguremos de que las noticias locales no solo sobrevivan sino que prosperen, especialmente cuando los medios se enfrentan a algunas de las compañías más grandes que el mundo haya conocido. Las noticias locales enfrentan una crisis en los Estados Unidos".

Senadora Estadounidense Amy Klobuchar (D-MN)

Frank Bisignano, líder de la industria de servicios financieros, será el 18vo Comisionado del Seguro Social

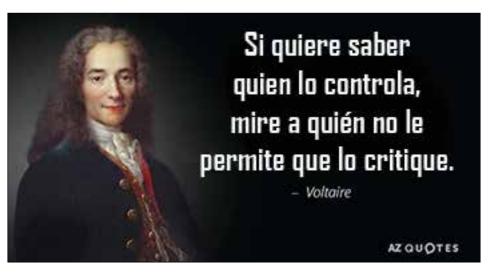
Frank Bisignano, líder de la industria de servicios financieros, prestó juramento hoy como el 18º Comisionado del Seguro Social

Se incorpora a la Administración del Seguro Social procedente de Fisery, la empresa líder en pagos y tecnología financiera, donde fue presidente y director ejecutivo.

"El presidente Trump ha sido claro sobre el

Seguro Social. Lo protegeremos", declaró el comisionado Bisignano. "Haremos de la Administración del Seguro Social una organización de primer nivel".

El Comisionado del Seguro Social supervisa la administración de todos los programas del Seguro Social. El año pasado, el Seguro Social pagó más de 1,5 billones de dólares en beneficios a más de 72 millones de beneficiarios.



Fire victims / Víctimas de incendios

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

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

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

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



Sueños Basketball, en su décimo aniversario, presentó conferencia

Lawrence, MA. — En el marco del décimo aniversario de Sueños Basketball, Jaqueline y José Dilone presentaron la conferencia Sembrando hijos triunfadores, impartida por la periodista dominicana Arelis Reynoso.

La charla está dirigida a padres y tutores. Reynoso, madre de dos hijos deportistas, explica cómo ha logrado criar y educar buenos ciudadanos; su fórmula combina el amor y la autoridad en la

Esta ponencia se ha ofrecido en varias ciudades de Estados Unidos y, en República Dominicana, el periodista Héctor Gómez la ha coordinado para que distintos clubes deportivos y organizaciones culturales la reciban en diversas localidades de la isla.

Como conferencista, Arelis Reynoso ha sido acogida con entusiasmo, pues su exposición aborda aspectos cotidianos de la convivencia con los hijos. Al Horford, estelar jugador de la NBA y campeón con los Boston Celtics, fue becado en la Universidad de Florida antes de llegar al mejor baloncesto del mundo, donde contribuyó a ganar dos

campeonatos consecutivos de la NCAA. Christian Hernández, su hijo menor, cursa actualmente estudios universitarios."Me ha tocado criar hijos que, gracias a Dios, han sido triunfadores. Ambos han logrado construir sus vidas con la bendición de haber sido criados en un hogar feliz, donde mi norte ha sido estar presente en sus actividades deportivas y escolares. Con autoridad, amor y control establecí dinámicas que me funcionaron, y esas experiencias las comparto como testimonio de mi éxito como madre", acotó Reynoso.

Las presentaciones de Sembrando hijos triunfadores se ofrecen sin costo para padres y tutores. Reynoso pertenece a la MPBP (Mothers of Professional Basketball Players, por sus siglas en inglés).

Por sugerencia y motivación de varias madres de la organización, Arelis dispone su agenda para viajar donde soliciten su conferencia:

"Entiendo que hay que llevar esperanza y amor a las comunidades, que están ávidas de escuchar testimonios de vida que les ayuden a educar a sus hijos con ejemplos reales de personas que, como yo,



han sido clave en su formación y educación. Me complace ir a lugares donde nadie piensa llegar, validar la importancia de la familia y llevar mi testimonio de vida como mamá; es fundamental para aportar e impactar vidas

con mi experiencia", agregó.

Actualmente, Arelis Reynoso es editora del blog de noticias Deporvida.net y presenta el podcast "A lo que vinimo" en su canal de YouTube y en Spotify.



Sueños Basketball presented a conference on its tenth anniversary

Lawrence, MA - As part of the tenth journalist Arelis Reynoso.

This talk, aimed at parents and guardians, focuses on the challenges and rewards of raising well-rounded young people. Reynoso, a mother of two athlete sons, shared how she has successfully raised responsible and accomplished citizens; her approach to parenting combines love and authority.

The conference has been offered in several cities across the United States and in the Dominican Republic. The iournalist Héctor Gómez has coordinated its presentation in numerous sports clubs and cultural organizations throughout the island.

Arelis Reynoso has been warmly received as a speaker, as her message

addresses everyday experiences and anniversary celebration of Sueños challenges of parenting. Her story Basketball, Jaqueline and José Dilone resonates deeply—her older son, NBA star hosted the conference Sowing Triumphant Al Horford, earned a scholarship to the Children, presented by Dominican University of Florida and went on to win two consecutive NCAA championships before achieving stardom with the Boston Celtics. Her younger son, Christian Hernández, is currently pursuing a university degree. "I've had to raise children who, thank God, have been successful," Reynoso shared. "Both have built fulfilling lives, and I've been fortunate to guide them with love, discipline, and consistency. I've always been present in their academic and athletic journeys. My parenting formula-rooted in love, authority, and control-worked for me, and I now share it as a testimony of my journey as a mother."

The Sowing Triumphant Children presentations are offered free of charge to parents and guardians. Reynoso is a member of MPBP (Mothers of Professional Basketball Players).

Thanks encouragement fellow mothers in the organization, she now adjusts her schedule to bring the conference wherever it is needed.

"I believe in bringing hope and love to communities," she said. "People want to hear real stories—stories that inspire and guide them in raising their own children. I take pride in going where few expect someone to go, to validate the importance of family, and to offer my testimony as a mother. Sharing

my experience is a way to serve and make a difference."

Arelis Reynoso is currently the editor



of the news blog Deporvida.net and host of the podcast A lo que vinimo, available on YouTube and Spotify.

Two New Staffers Join President's Office

Northern Essex Community College for student success and community is proud to welcome two new staff members to roles within the President's Office. Jennifer Ball will start on May 12 as the new Chief of Staff. Philip DeCologero will step into the newly created Director of President's Office Communications and External Affairs role on May 5.

"Jenn and Phil both bring extensive knowledge of local and state government, as well as experience in complex project management and strategic planning," says NECC President Lane Glenn. "Both will be tremendous assets to the college. We're thrilled to welcome them to the team."

Ball is currently the Assistant Town Manager in Ashland, MA. In that role, she manages cross-departmental projects and advises the Town Manager and elected officials on policy and operations. She's overseen significant initiatives, including developing and maintaining the Town's five-year Capital Improvement Plan, and served on the Executive Committee for Ashland is United, a community group focused on creating an inclusive and accepting community.

"I'm honored and excited for the opportunity to work alongside President Glenn and his dedicated leadership team in an environment focused on creating highquality education that is accessible to all students," says Ball. "My experience in state and local government has prepared me to bring a collaborative and strategic approach to my new role, I look forward to using these skills to support the college's goals and help further create opportunities

engagement."

Prior to joining the town of Ashland, Ball worked as an adjunct faculty member for George Washington University's Master's in Homeland Security Program. She was also the Chief of Staff at the MA Emergency Management Agency.

Ball holds a Bachelor of Arts in Psychology from UMass Amherst and a Master of Criminal Justice from Northeastern University.

DeCologero comes to NECC from the Office of the State Auditor, where he is the Director of Community & External Affairs. He acts as the State Auditor's chief liaison with municipal officials while overseeing community outreach activities. DeCologero also manages social media and researches and drafts press releases, op-eds, and speeches for Auditor Diana DiZoglio.

Previously, DeCologero spent three years as the Executive Director at the Amesbury Chamber of Commerce. He was also the Chief of Staff for Methuen Mayor Stephen N. Zanni and served on the North Andover Board of Selectmen. Throughout his professional experience and growing up in North Andover, DeCologero says he has a special appreciation for the integral role NECC plays in local communities and

"You hear people from all types of backgrounds mention NECC as a driver of innovation and creativity. And that extends outside of the realm of higher education, because NECC is involved in so much,"



Jennifer Ball, the new Chief of Staff within President Lane's office.

he remarks. "As someone who has been in the trenches in various Merrimack Valley communities, I'm excited to be in a role that can serve them collectively."

DeCologero has also experienced NECC as a student. As a senior at Merrimack College, he needed an additional class to graduate. Knowing it would likely mean another student loan for him to take it at Merrimack, he took the course at NECC instead, saving time and money.



Philip DCologero will become Director of President Lane's Office of Communications and External Affaikrs.

"NECC contributed to my degree. They were so accommodating."

DeCologero holds a bachelor's degree in political science from Merrimack College.

DeCologero and Ball join office manager Heather Ringwald, who was hired in January, to complete the President's Office staff. Current Chief of Staff Cheryl Goodwin will retire at the end of May.

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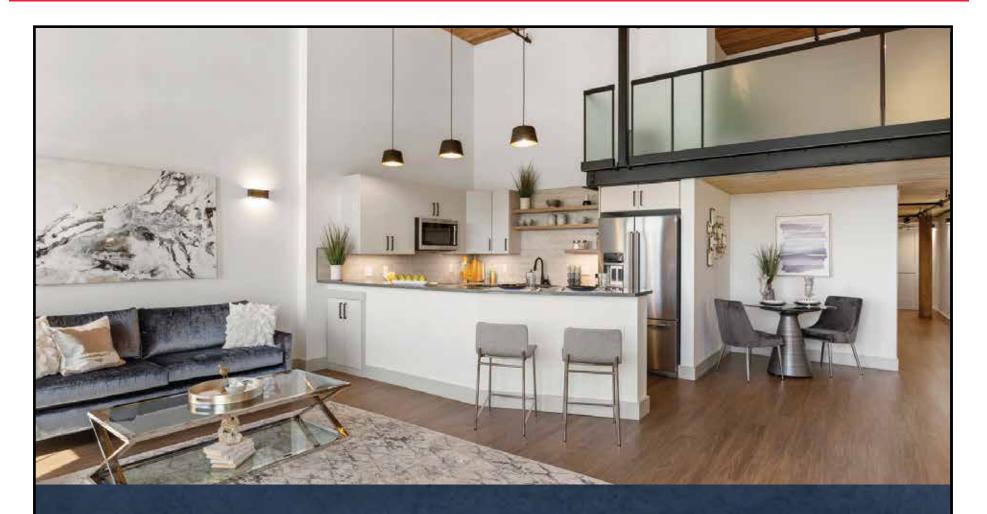
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States with the Best High Schools Budgeting Education

Adam McCann, WalletHub Financial WriterMay 6, 2025



More than 9 in 10 Americans think budgeting should be taught in schools, according to a recent WalletHub survey. Despite this, only 11 of the 50 states get an A rating from the American Public Education Foundation. To earn an A, states must require completion of standalone personal-finance courses in high school and implement financial literacy education into their K-12 curriculum.

To determine where schools are doing the best job teaching students budgeting skills, WalletHub compared the 50 states and the District of Columbia using 11 key metrics. They range from whether students are required to take a personal-finance course to financial literacy test scores to school rankings.

Whether or not you live in a state that provides formal education in how to make

a budget, though, it's still important for you to create and stick to one. That way, you'll be much better prepared to deal with fluctuations in the economy, high prices, an unexpected layoff or other financial difficulties.

"All high schools should have mandatory personal-finance education, including instruction in budgeting. Students who learn to budget before they join the workforce will be able to make much better financial decisions. They will also be able to save more for the future and are likely to have higher credit scores than their peers who never learned how to budget or who had to figure things out on their own without instruction."

CHIP LUPO, WALLETHUB ANALYST



PUBLIC NOTICE Haverhill –Thursday, May 15, 2025 – Meeting (public)

The Merrimack Valley Planning Commission will hold its monthly meeting on Thursday, May 15 at 11:00 a.m. The agenda includes updates on the commission's activities and is available at the MVPC website www.mvpc.org. For questions or details of this meeting contact Jodie Furey at jfurey@mvpc.org

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Overall		Total	Financial Education	Financial Education
Rank	State	Score	Performance & Access Rank	Growth Rank
1	Utah	83.37	1	15
2	Virginia	77.18	2	17
3	North Carolina	75.60	3	7
4	Georgia	74.58	7	1
5	Florida	71.84	6	5
6	Mississippi	70.36	5	21
7	New Jersey	68.32	4	26
8	Alabama	67.75	8	15
9	Tennessee	66.57	9	17
10	Nebraska	65.57	17	1
11	Minnesota	63.88	11	9
12	Ohio	63.74	23	4
13	Michigan	63.55	10	14
14	Indiana	63.47	12	12
15	Oregon	62.66	13	13
16	Rhode Island	60.98	30	13
17	Missouri	60.39	15	17
18	New Hampshire	59.24	20	11
18 19	Texas	57.98	20 14	31
	South Carolina	57.69		6
20			26	
21	Maryland	57.01	21	24
22	Connecticut	56.19	29	8
23	Idaho	54.80	18	31
24 25	Iowa	54.38	28	23
25 26	New Mexico	53.81	22	30
26 27	New York	53.59	25	27
27	Arizona	53.15	24	33
28	Nevada	53.11	16	38
29	North Dakota	51.73	27	28
30	Wisconsin	51.49	19	39
31	West Virginia	48.34	35	20
32	Kansas	46.81	36	10
33	Arkansas	46.60	31	37
34	Kentucky	44.84	33	35
35	Louisiana	43.31	39	22
36	Pennsylvania	42.28	32	41
37	Colorado	41.92	34	40
38	Illinois	34.68	43	29
39	Vermont	32.44	44	36
40	Oklahoma	31.02	47	25
41	Delaware	30.88	42	42
42	Hawaii	30.28	40	46
43	Maine	28.86	48	34
44	Washington	28.59	45	43
45	California	27.37	37	51
46	District of Columbia	27.08	38	50
47	Massachusetts	25.11	41	49
48	Wyoming	21.66	46	48
49	Montana	20.48	49	44
50	South Dakota	16.67	50	45
51	Alaska	10.46	51	47
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Note: With the exception of "Total Score," the columns in the table above depict the relative rank of each state, where a rank of 1 represents the best conditions for that category.

Greater Lawrence Technical School Highlights Alumni Excellence: Jean Jimenez and Ignacio Rodriguez of Station 8

ANDOVER — Jean Joel Jimenez, Class of 2011, and Ignacio Rodriguez, Class of 2010, are two of the four members of Station 8, a group of Lawrence firefighters whose mission is to create fun, family-friendly public fire and safety education videos.

In their teenage years, Jimenez and Rodriguez studied plumbing at Greater Lawrence Technical School. Although neither continued down that career path, they both noted that GLTS provided them with invaluable life skills that they use every day.

"My studies at GLTS have profoundly shaped my career in numerous ways. It provided me with a solid foundation of knowledge and skills, instilled valuable life lessons, and offered opportunities for self-discovery and career exploration," said Jimenez. "As a freshman, I had the privilege of exploring various shops, allowing me to choose one where I could learn for the rest of my high school years. This experience equipped me with the tools necessary to navigate academic pursuits, enter the workforce, and build a successful career."

"GLTS teaches lessons that a traditional high school cannot," Rodriguez echoed. "For example, it taught a 14-year-old me how to safely and responsibly use torches and power tools. Then, through co-op opportunities, students can apply the skills they have learned in real jobs with actual clients and customers. I felt very prepared having these skills and experiences, which I know most kids my age did not have."

Even though both men started as GLTS plumbing students and are now members of Lawrence Fire and Station 8, their journeys to get to where they are now differ greatly.

"My career path wasn't always straightforward, and there were many changes along the way," Jimenez shared.

After graduating from GLTS, Jimenez enrolled at Mount Wachusett Community College to pursue a degree in Criminal Justice with the intention of becoming a police officer. He transferred to Fitchburg State University, where he studied for two years before enlisting in the Army National Guard to finance his education and serve his country.

In 2014, he was deployed to Guantanamo Bay, Cuba, where he served for a year. Upon his return, he joined the

Worcester Police Academy and was later hired as a campus police officer for various schools, including Salem State University.

His older brother, Johnny Jimenez—a fellow Station 8 member—is a Lieutenant in the Lawrence Fire Department; he encouraged Jimenez to take the exam to transition from a police officer to a firefighter. In 2016, Jimenez was hired by the Lawrence Fire Department, where he's served for nine years. During his service, he has been named Firefighter of the Year twice.

"I've been fortunate enough to serve my country and now serve my community as a firefighter," he expressed. "I've even been Firefighter of the Year twice now, which has been such an honor."

Jimenez's next achievement will be earning his Associate's degree in Fire Science from North Shore Community College in May and attending Salem State University in the fall to pursue his Bachelor's degree in Fire Science.

"Due to the various turns and directions in my career path and my deployment, I never managed to complete my college degree. It wasn't a matter of whether I would obtain my college degree; it was a question of when. This realization holds immense significance in life, and every successful person emphasizes the importance of setting one's mind to achieving their goals. I think it's even simpler than that. Never stop trying, and I promise that everything you set your mind to, you will achieve."

Rodriguez pursued a different calling after graduation from GLTS.

After high school, he toured nationally with Grammy-nominated Latin duo Carlos y Alejandra. After a few years of touring, Rodriguez felt that it was time to focus on finding a career. During his search, he worked in security and then as an admin at Boston Children's Hospital until 2016, before joining the Lawrence Fire Department as a firefighter.

"Becoming a firefighter has been one of my proudest achievements. I was 23 years old when I first started the job, which is fairly young for a firefighter," Rodriguez explained. "I've been here for nine years and have not looked back since."

During his time with the department, he's had many successes and achievements, including obtaining his Associate's degree in Fire Science, receiving Firefighter of the Year three times, earning citations from



Jean Jimenez (second from left) and Ignacio Rodriguez (second from right) have built successful careers in the fire service and as members of Station 8 after graduation from Greater Lawrence Technical School. (Photo Courtesy Station 8)

state and local government, receiving a letter of recognition for his response during the Merrimack Valley Gas disaster and being awarded the Stephen D. Coan Fire Marshal's Award for acts of heroism.

Last May, Jimenez and Rodriguez banded together with fellow Lawrence Firefighters Johnny Jimenez and Felix Reyes to create Station 8. Station 8 is set in a fictional world with fictional firefighters who teach kids about safety. They create videos, write songs, perform live shows, and are currently writing a book. Station 8's goal is not only to change how kids learn about fire and life safety, but also to make learning about safety easily accessible to everyone.

Almost one year later, Station 8 has garnered over 24,000 subscribers and more than 8 million views.

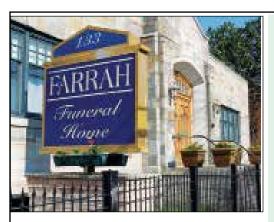
"For me, Station 8's success isn't just in the numbers; Station 8 is a combination of all the things I love. I get to be a father, a firefighter, and keep my passion for writing and playing music alive," said Rodriguez. "I never imagined that this is where life would bring me: from being a traveling musician to rescuing people, and now I teach kids. I couldn't be happier!"

In light of Station 8's success, Jimenez shared a piece of advice for GLTS students: "A key thing I learned from attending GLTS is to not to be afraid to fail. Try different things, and most importantly, never stop bettering yourself. Everyone has their own timeline and definition of success, but what's most important is if you're happy."

"We are incredibly proud of Jean and Ignacio on their successes since graduating from Greater Lawrence Technical School," said Superintendent John Lavoie. "Their stories are outstanding examples that our students can take what they've learned here and use their skills to accomplish anything that they desire. Not only are we thankful for their service to our community and country, but their admirable mission of educating the younger generation on the importance of life safety. We are proud to have Jean and Ignacio as part of the GLTS community.



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Relación simbiótica ojo-cerebro



Por Tomás Núñez, ThD

Los ojos son los responsables de aportar información visual al cerebro, comprende... el ojo no ve.

quien interpreta y procesa la información. Es a través de la retina por donde la información llega al cerebro, para que éste atribuya factores tales como color, forma, etc. para ser devuelto al ojo.

La percepción visual, permite discriminar e interpretar los estímulos externos (lo que transmite la retina) para relacionarlo con conocimientos previos del individuo como también con el estado emocional del mismo. La retina sólo transmite efectos lumínicos, efectos ópticos que llegan desde el exterior. Esta recepción es denominada "visión".

Sin embargo, el ojo no sólo es responsable de enviar la información al cerebro para su procesamiento visual, sino que permite que el cerebro procese la información con rapidez. Gracias a la información enviada por la retina, el cerebro es capaz de transformar esos efectos de luz y recrear la realidad externa... brindar significado a lo que los ojos transmiten.

Por ello, lo que el cerebro no

Symbiotic Eye-Brain Relationship

By Tomás Núñez, ThD

The eyes are responsible for providing visual information to the brain, which interprets and processes the information. It is through the retina that information reaches the brain, so that it can attribute factors such as color, shape, etc., to be returned to the eye.

Visual perception allows us to discriminate and interpret external stimuli (what the retina transmits) to relate them to the individual's prior knowledge as well as to their emotional state. The retina only transmits light effects, optical effects that

arrive from the outside. This reception is called "vision."

However, the eye is not only responsible for sending information to the brain for visual processing; it also allows the brain to process information quickly. Thanks to the information sent by the retina, the brain can transform these light effects and recreate external reality... giving meaning to what the eyes transmit.

Therefore, what the brain does not understand... the eye does not see.



City of Haverhill Collaboration with Community Groups Makes Riverside Art in the Park and **Edible Avenue Projecta Reality**

Exciting progress is underway with the Riverside Art in the Park and Edible Avenue Project - and it would not be possible without the strong collaboration between the City of Haverhill and a dedicated group of community organizations. The project, a joint effort led by Team Haverhill, Creative Haverhill, SJ Art Consulting, Haverhill Garden Club, the Haverhill High School Art Department, and Haverhill's Brightside, is located along the new walkway by the Merrimack River, which was built by the City with support from a MassTrails grant from the Commonwealth of Massachusetts' Executive Office of Energy and Environmental Affairs.

The overall vision includes two key features: Art in the Park - A dynamic outdoor space filled with sculptures and public artwork; and Edible Avenue - A beautiful walkway lined with trees, plants, and shrubs with edible parts. Together these additions are adding to the community experience of this beloved public park.

For several years, the future of the project was uncertain due to limitations at a previous site. However, at a critical juncture, the City of Haverhill embraced the vision and welcomed it to Riverside Park, thanks to the leadership of Mayor Melinda Barrett and Andrew Herlihy, Community & Economic Development Director. In addition to providing a new home for the project, the City has been an active and supportive partner throughout its development - from site preparation and infrastructure support to embracing artist selections and ensuring a smooth implementation process.

"The City's support for this initiative has been nothing short of transformative," said Erin Padilla, Director, Creative Haverhill. "Their collaboration has helped turn a long-standing vision into a vibrant reality, and we are deeply grateful for their continued partnership."

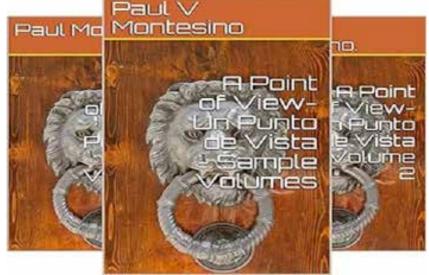
In addition to constructing the beautiful pathway along the river and the spur connecting an existing sidewalk to the new riverside path, the City supported the project by planting 15 trees as part of the Edible Avenue component; clearing an area of dead and dying trees; removing invasive plants and poison ivy to make way for the plantings and art work; and leveling the area to prepare it for the project. The project received critical assistance from the Mayor's Office, the Community Development Department, the Recreation Department, and the Department of Public Works, as well as Haverhill High School Fine Arts Department and the Whittier Technical High School.

"When Erin, Ann, and Sarah first approached me about the Art in the Park project, I thought it was a great idea if we could make it work," said Mayor Melinda Barrett. "We surveyed the area in person to ensure it was appropriately placed and talked through ways to make it sustainable and accessible. Collaboration is key to bringing creative projects to life and I look forward to seeing this first Art in the Park installation completed alongside the Edible Avenue."

The Riverside Park Art in the Park and Edible Avenue project is being funded by a generous donation from the Pentucket Bank Charitable Foundation, as well as grants from the Haverhill Cultural Council, the Massachusetts Federation of Garden Clubs, the Haverhill Garden Club, and Haverhill's Brightside. Whittier Technical High School students built two handicapped accessible raised planting beds installed along the path. Nunan Florist & Greenhouses is contributing shrubs, bushes and plants, which will be planted within the next month. Signs and brochures will explain how the plants can be used as food for people, birds, bees, and other pollinators.

"We are so grateful to Mayor Melinda Barrett and the City of Haverhill for helping us get this complicated multifaceted project off the ground and guiding us in seeing it through to completion," said Ann Jacobson, chair of the Team Haverhill Riverside Park Art in the Park and Edible Avenue Committee. "We are already excited to think about future ways we can build on what we have achieved together to make the project even better."

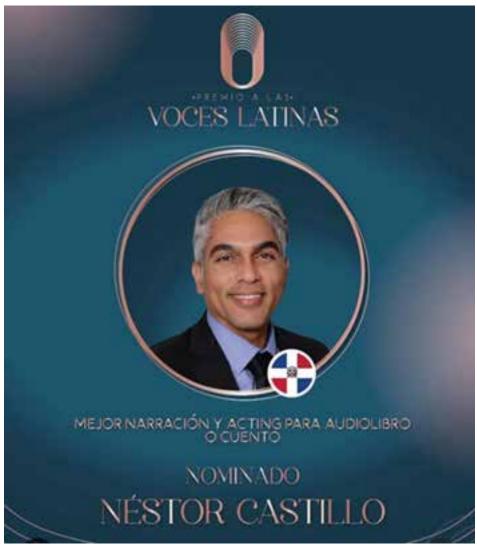




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¡Felicitaciones a Néstor Castillo!



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.

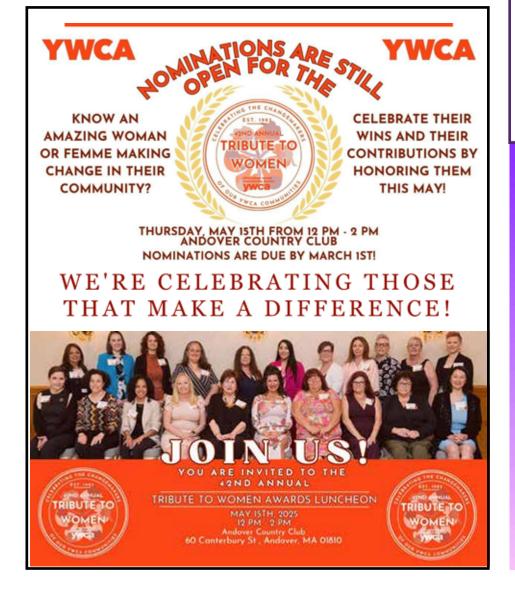
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Meet Lura Smith

2025 W.I.S.E. Panelist Legacy in Motion: Women Reimagining Retirement

Lura Smith has been a resident of Lowell, MA for over fifty years. She and her husband, Robert, are proud parents to two sons and grandparents to four grandchildren. Born and raised in New Orleans, LA, she recalls with pride growing up in a loving home and vibrant community that withstood the trying forces of racial segregation during the 1950s and 1960s. Nurtured and guided by her elders, peers, and church family in the Crescent City, Lura naturally exudes both spirit and sway to move people through music-Gospel, Blues, Jazz, and the American songbook-that has shaped the soundtrack of her life.

While known for her long and storied professional career in technology, higher education, and other sectors, she is especially well known for creating the Lura Smith & Family Scholarship Fund and for establishing one of Greater Lowell's most impactful events commemorating the life and legacy of Reverend Dr. Martin Luther King, Jr.



Lura received the Key to The City of Lowell, Massachusetts on February 21, 2023. Always focused on cultivating community, Lura carries a torch, passed forward to her, so that others might find their way towards peace, resilience, and joy!

Stay tuned for spotlights on our other two panelists!

Our W.I.S.E. Annual Event will be taking place on Tuesday, May 20th from 12pm-2pm at Vesper Country Club.

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"Cuando tienes paz en ti mismo y aceptas, entonces estás lo suficientemente tranquilo como para hacer algo, pero si te lleva la desesperación, no hay esperanza".

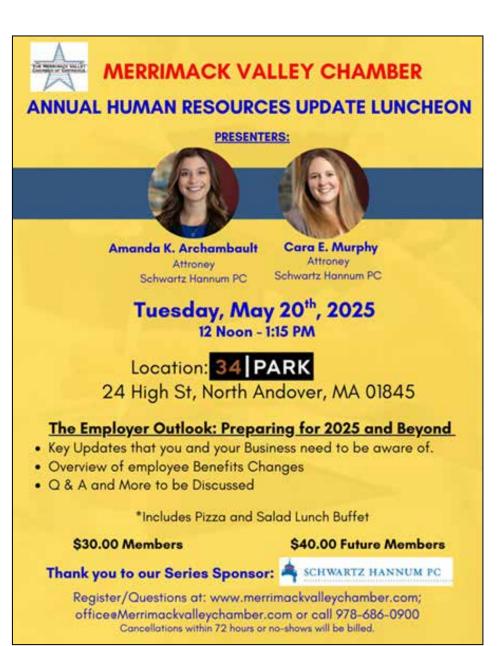
"When you have peace in yourself and accept, then you are calm enough to do something, but if you are carried by despair, there is no hope."

Thich Nhat Hanh





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Sports with Northern Essex Community College

By Dan Blair, Director of Athletics

Knights track and field to be represented in 14 events at NJCAA National Championships

Haverhill, MA (May 7, 2025) – The Northern Essex Community College track and field program will send 13 individuals to this week's national meet to represent the program in 12 individual events and a pair of relays.

Maci Abbatessa (Danvers) who qualified in all three weight events will lead the contingent at the three day meet which is scheduled to start on Thursday afternoon at Mohawk Valley Community College in Utica, NY. She earned the Knights highest seed, as she is ranked third in the shot put on the performance list with a mark of 10.85 meters. She is also ranked ninth in the discus throw (30.22m) and 11th in the hammer throw (28.66m).

Also representing the women's program at the meet will be Janelis Uviedo (Nashua, NH) in the triple jump and 200 meters as she is seeded ninth and 16th respectively in her two events.

Estephany Lizardo (Lawrence) is seeded ninth in the 3000 meter steeplechase, while Juliet Sellers (Andover) is seeded 11th in the 800 meter run.

On the men's side, both the 4x100 and 4x400 meter relay teams will compete along with four competing in individual events.

Edwin SamMbaka (Paris, FR) is seeded 30th in the 200 meter dash, while Cristian Moscat (Lawrence) is seeded 14th in the 800 meter run.

In the field events, Derick PierrePaul (Lawrence) is seeded 11th in the high jump, while Karl Wolfgang (Douala, CM) is seeded 14th in the shot put.

Back on the track, the 4x100 is seeded 16th, while the 4x400 is seeded 15th. Expected to compete in the 4x100 are SamMbaka, Moscat, Adriel RosaSanchez (Haverhill) and Victor Metiver (Lawrence). In the 4x400 will be Moscat, Metiver, RosaSanchez and Lemuel DelValle (Lawrence).

The top eight finishers in each event will score points for the team standings, while the top three in each event will be named NJCAA All-Americans.

Baseball set to open postseason play on Thursday under the lights

Haverhill, MA (May 7, 2025) – The Northern Essex Community College baseball team, currently ranked 9th in the latest NJCAA national poll will open up the postseason on Thursday as the top seed in the Region 21 when they host fourth seeded Bunker Hill. First pitch is scheduled for 7:00pm at Trinity Stadium.

The Knights will be looking for their fourth consecutive regional title as they begin a quest to make the programs 11th all-time World Series appearance. Community College of Rhode Island will enter the tournament seeded second and will host third seeded Massasoit in Thursdays other first round matchup. Winners and losers bracket games are set for Saturday with a champion to be crowned on either Sunday or Monday. Due to pending weather, the weekend schedule and locations have changed, full schedule is below.

The double elimination tournament is set to conclude on Sunday, with the tournament winner advancing to the Northeast District Championship best of three series to be played in New York at the winner of the Region 15 tournament beginning on Friday May 16th.

Heading into the tournament, the Knights are led offensively by Manny Castro (Manchester, NH) who is batting .467 with 49 hits in 107 at-bats including 21 extra base hits and 44 RBIs. Anthony Marino (Lynn) and Jaren Megan (Fairhaven) join Castro batting over .400 with marks of .433 and .430 respectively. The trio has combined for 97 stolen bases on the season.

On the mound, the Knights feature a plethora of arms at their disposal including

the top three ERA's in the region Eric Bridges (Saugus), Larsen Burch (Painting Post, NY) and Jake Kelleher (Haverhill) who enter the post-season with 1.01, 1.72 and 2.75 ERAs respectively. Enger Paulino (Dudley) has been a shutdown arm coming out of the bullpen with 26 strikeouts in 20 innings of work.

Region 21 Tournament Schedule (updated May 7th)

Thursday May 8th

Game 1: #1 Northern Essex vs. #4 Bunker Hill 7:00pm (Haverhill Stadium)

Game 2: #2 CC Rhode Island vs. #3 Massasoit 2:30pm (Bill Beck Stadium – URI)

Saturday May 10th

Game 3: Loser of Game 1 vs Loser of Game 2 12:00pm (Pentucket Regional HS)

Game 4: Winner of Game vs Winner of Game 2 5:30pm (Haverhill Stadium)

Sunday May 11th

Game 5: Winner of Game 3 vs Loser of Game 4 12:00pm (Campanelli Stadium - Brockton)

Game 6: Winner of Game 4 vs. Winner of Game 5 3:00pm (Campanelli Stadium – Brockton)

Monday May 12th

Game 7: If Necessary TBD

Abbatessa and Uviedo Place on Day One of NJCAA Track Nationals

Utica, NY (May 8, 2025) – The Northern Essex Community College women's track and field team got off to a strong start on Thursday afternoon on day one of the NJCAA National Championships hosted by Mohawk Valley Community College.

Both Maci Abbatessa (Danvers) and Janelis Uviedo (Nashua, NH) recorded personal best performances in their events on Thursday, placing them among the top eight performers in their championship event.

In the hammer throw Abbatessa, recorded a season best throw of 32.34 meters in her second throw of the preliminary round which would advance her to the nine athlete final and stand up to place eighth in the event and give the Knights one point in the team standings.

On the runway, Uviedo, hop, skipped and jumped her way to 9.87 meters on her second attempt in the triple jump as that mark would advance her to the finals and stand up for a seventh place finish and give the Knights two points in the team totals.

For their point scoring performances, both individuals were recognized as All-Americans by the United States Track and Field/Cross Country Coaches Association.

With three points after day one, NECC currently sits in 13th place overall.

One the men's side, the 4x100 relay team placed 13th in the preliminary round with a time of 46.17. NECC was seeded 16th going into the competition.

Knights advance in winners bracket with 10-3 win over Bunker Hill

Haverhill, MA (May 8, 2025) – The top seeded and #9 nationally ranked Northern Essex Community College baseball team opened up postseason play with a 10-3 win over Bunker Hill on Thursday night and advanced in the winners bracket of the Region 21 Tournament. The Knights improve to 28-8 overall and will play Community College of Rhode Island on Saturday at 5:30pm at Haverhill Stadium. A Saturday win would send the Knights into the tournament championship round, a loss and they would move into the losers bracket.

Bunker Hill jumped out to 2-0 lead in the top of the first but Knights starter Jack Sarno (Byfield) settled in and went seven innings, allowing three runs (two earned) on five hits, striking out three and issuing one walk. Mike Giessler (Peabody) came on in relief to close the door in the final two innings allowing one hit while striking out four and walking one.

NECC would quickly take the lead back and not relinquish as they plated four in the bottom of the first and two more runs in the second. Anthony Marino (Lynn) got things started with a one out single and would score on a double from Jacob Carter (Malden). With two outs Thomas Fratto (Reading) singled to right field to tie the game and Michael Fabiano (Reading) followed with a two-run home run.

The Knights would plate two more in the second inning on sacrifice flies from both Marino and Carter. Four more runs in the sixth inning would account for the 10-3 final score.

All nine batters in the lineup recorded atleast one hit in the game as the Knights outhit the Bulldogs 14 to six in the contest, led by three hits apiece from Carter and Marino. Fratto also added a pair of hits.

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MERRIMACK ATHLETICS

Softball Blanked by Boston College in Midweek Game

4/23/2025 | Softball | Box Score

BRIGHTON, MA- The Merrimack softball team lost to the Boston College Eagles in a single non-conference game on the evening of April 23rd.

Rapid Recap

Score: BC 8, Merrimack 0

Records: BC 21-23 Merrimack

How it Happened

Anna Gedacht got the start in the circle and kept the Eagles hitters at bay. Ellen Hubbard continued her hitting streak by giving the Warriors their first hit of the afternoon with a single to left field. Abby Choquette then followed that up with a single of her own to the opposite field. Gabby Kaduson kept the train rolling as she also singled, this time to left field, moving Choquette up to the next base. Sarah Shurtleff and Brandi Neil came in relief and got clutch outs for the blue and gold. The Warriors put together more competitive at-bats throughout the frame. Although they gave a great effort, they ultimately lost to the Eagles by a score of 8-0.

Notes and Numbers



- Ellen Hubbard, Abby Choquette, and Gabby Kaduson all had a base hit each.
- The Merrimack pitching combined for 3 strikeouts in the circle.

Up Next

The Warriors return home this weekend when they welcome the Mount St. Mary's Mountaineers to the Warrior Softball Diamond. Please note that the games originally scheduled for Saturday, April 26 have been moved to Friday, April 25. The team will be honoring their seniors this weekend! The games will be streamed on the Merrimack Sports Network. For continuing coverage, visit www.merrimackathletics.com . Follow Merrimack softball on Instagram and Twitter @merrimacksb.

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

4/27/2025 | Softball | Box Score

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 sweep over the Mountaineers. The three seniors honored before the game were Ellen Hubbard, Sydney Shinopulos and Sofia Palyan. The Warrior's lone grad student Hannah Scarano was also briefly honored before the game.

Score: Merrimack 6, The Mount 0

How It Happened

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

(Cont. on page 15)

Softball Wins in Walk-Off Fashion in Both Games Against Mount St. Mary's



4/25/2025 | Softball | Box Score 1 | Box Score 2

NORTH ANDOVER, MA- The Merrimack softball team won two thrilling games in walk-off fashion against Mount St. Mary's on April 25th. Thiana Brito was the hero in Game 1, and Sofia Palyan was the hero in Game 2!

Game 1 Score: Merrimack 3, The Mount 2 (9 innings)

Game 2 Score: Merrimack 7, The Mount 6

Game 1 Recap

Anna Gedacht got the start in the circle and had a 1-2-3 outing in the first inning. Gabby Kaduson got the offense going in the bottom of the 1st with a line drive over the head of The Mount center fielder for a double. Anna Gedacht had the bases loaded in the 2nd inning, but she got out of the jam and left The Mount base runners stranded to end the inning. She had another very efficient inning in the 3rd, getting two of the three outs by herself with Ellen Hubbard making a great diving play for out number 3. Eva Issitt got up in the bottom of the 3rd and lined a single to left field. After she reached, Issitt and Ellen Hubbard each stole a base. Thiana Brito provided the first tally for the Warriors with a sac fly that scored Issitt. Gabby Kaduson kept the train rolling with another line drive hit over the center fielder's head for an RBI double to give the Warriors the lead. Caity Lemay picked up where her teammates left off as she came up in the 4th inning and hit a hard ground ball up the middle for a single. Thiana Brito then stepped up in the bottom of the 5th and hit a rocket single to center field. Alex Miller continued the offensive effort in the 6th inning with a base hit right down the left field line. The Mount tied the game in the 7th inning, but the defense and the pitching from the Warriors came in clutch to limit the damage. As the game went to extra innings, both teams had runners on base in the 8th but none came across the plate. Anna Gedacht was lights out in the top of the 9th as she set down each of The Mount batters in order. Thiana Brito was the hero in the bottom of the 9th as she hit a walk-off single to win game 1 for the Warriors, 3-2!

Game 2 Recap

Ellen Hubbard and Gabby Kaduson both reached with singles in the bottom of the 1st. Madeline Arvai then plated Hubbard with a ground out RBI to tie the game at 1. The Warriors went on a hitting streak in the third inning. Eva Issitt got up and ran out an infield single. Ellen Hubbard followed that with a blistering double in the left field gap. Thiana Brito then continued her great offensive day by poking a 2 RBI single to right center field. The top of the order came up in the 5th for the Warriors as Ellen Hubbard and Thiana Brito both got singles. It paved the way for Sam Russalesi and Caity Lemay to work walks and make a comeback to be within striking distance of The Mount. Sofia Palvan, Eva Issitt and Ellen Hubbard then reached with hits in the bottom of the 6th. The Warriors defense made some clutch outs in the later innings, as Eva Issitt and Thiana Brito were diving and reaching for fly balls all over the field. Sofia Palyan was the hero in the bottom of the 7th as she delivered the game-winning 2 RBI hit to give the Warriors their second walk-off victory of the day, 7-6!

Game 1 Notes and Numbers

- Thiana Brito was 2 for 4 with 2 RBIs. She delivered the game-winning hit and the game-tying sac fly.
- Gabby Kaduson was also 2 for 4 with an RBI.
- Anna Gedacht pitched a compelte game and recorded 6 strikeouts.

Game 2 Notes and Numbers

- Ellen Hubbard was 4 for 4.
- Sofia Palyan was 2 for 4 with 2 RBIs and the game-winning hit.
- Thiana Brito added 2 more RBIs to make it 4 on the day.
- Sarah Shurtleff and Emma Prahin combined for 7 strikeouts as the pitchers. Brandi Neil also held it down in the circle and got quality outs while giving up 0 runs.

Up Next

The Warriors play the third game of their series with the Mount St. Mary's Mountaineers on Sunday, April 27th. The team will be celebrating Senior Day! The game is currently scheduled to start at 12PM, with the Senior Day ceremony taking place before the game. It will also be steamed on the Merrimack Sports Network. For continuing coverage, visit www.merrimackathletics. com. Follow Merrimack softball on Instagram and Twitter @merrimacksb.

Merrimac College...

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

Cont. from page 14)

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 Despite Great Day from Warrior's Pitching

4/29/2025 | Softball | Box Score 1 | Box Score 2

NORTH ANDOVER, MA- The Merrimack softball team lost both games to the Sacred Heart Pioneers in their last home doubleheader of 2025 on April 29th.

Game 1 Score: Merrimack 0, Sacred Heart 2

Game 2 Score: Merrimack 0, Sacred Heart 2

Game 1 Recap

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
- Alex Miller was 1 for 2

Game 2 Notes and Numbers

- Thiana Brito had a hit and played in her 100th game!
- Emma Prahin and Sarah Shurtleff combined for 6 strikeouts as the pitchers
- Gabby Kaduson and Madison Metcalf both went 1 for 2 at the plate

Up Next

The Warriors head out to Niagara Falls, NY to take on the Niagara University Purple Eagles on May 2nd and May 3rd. The May 2nd games are at 12PM and 2PM and the May 3rd game is at 11AM. This is an important series for the Warriors as it could determine their playoff position. For containing coverage, visit www.merrimackathletics. com . Follow the Merrimack softball team on Instagram and Twitter @merrimacksb.

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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 NOTICE OF PUBLIC SALE

Notice is hereby given by Stuart's Automotive, Inc. 97 Tanner Street, Lowell, MA, pursuant to the provisions of Mass G.L c. 255, Section 39A, that they will sell or junk the following vehicle on or after May 30, 2025 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2011 Cadillac STS VIN: 1G6DW6ED6B0108692

- 2. 2013 Honda Odyssey VIN: 5FNRL5H67DB055329
- 3. 2014 Jeep Compass VIN: 1C4NJDEB7ED847618
- 4. 2020 Honda Accord VIN: 1HGCV3F91LA003964

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

Signed Kevin Stuart Stuart's Automotive 5/8, 5/15, 5/22

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://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.











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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.

City council meeting of 5/6/25

While watching last Tuesday's City Council meeting, I made some notes; some made me angry, and I almost cried in others. But I must begin by quoting my friend Richard Russell after reading my column last week:

"I already knew about three things in life that the average person should not see: 1) making hotdogs and sausages, 2) the gore of war, and 3) backroom politics. Having seen all three at various points in my life; 3) is the most disgusting and repulsive and your comments about being on that committee further confirmed it".

Russell also made some comments about putting the positions of Police Chief, Fire Chief, and Chief Administrative and Finance Officer (CAFO), on hold until the November election votes are certified and then let the next mayor, whoever it is, have his input as to who they would like for the next 4 years.

In the midst of what the city is going through, I completely agree with him because we'll get much-needed mental relaxation.

Also to be posted is the Director of Human Resources position because it has not been done yet since September, when the former director got fired. I know Caryl García wants to stay there but she has none of the qualifications for it. Yes, she's an attorney who used to work in the legal department, but that doesn't make her knowledgeable in dealing with unions in negotiations and contracts, or anything related to human resources.

Mayor Brian DePeña gave her a 90-day contract while he was supposed to post the job and get a replacement. Then, the city council refused to extend it for another 90 days. After Attorney Kevin Foley resigned his position as First Assistant City Attorney, I thought she would go back there because it would mean a promotion and more money.

That position was posted right away but she was not interested. She wants personnel.

You may remember (and you can look it up in recent editions of Rumbo) and two ladies went before the council for a permanent appointment for jobs they had been doing for a year or more. Their coworkers and supervisors spoke on their behalf yet, what councilors did to them was an embarrassment.

They were belittled; they were called liars to the point of making one of them cry on television. Council members refused to accept credentials from the Dominican

Republic schools, while insisting they didn't have the requirements for the position they worked at.

If they are concocting something to favor Caryl García as personnel director, this will be one more scandal of how this city runs. Qualifications don't count. It's who you know.

City Council follows the law?

Every day we learn something!

Apparently, our city council is in on a sort of "on-the-job-training". I always said that none of them has ever read the City Charter. After the turmoil with the committee selecting the new police chief, they read it and found that under Chapter 3.7 states:

Appointments. The mayor shall submit to the city council, unless otherwise provided, the names of all persons he desires to appoint as a department head or director of any city agency. The city council shall refer all such candidates to the standing committee on personnel and administration which shall investigate all such candidates for confirmation and make a report with recommendations to the full city council not less than seven nor more than twenty-one days following such referral. A nomination of the mayor shall be confirmed by a majority vote of the council. The provision of Section 3.8(c) shall not apply. If the city council has taken no action, said appointments shall become effective on the thirtieth day following the date the name has been received by the city council.

There's total silence about what they are doing and I fear they are doing none of the above. If they were going to do a background check, it probably is the State Police that should do that. But why come up with that excuse now? Nobody reminded them of that process when Romero or Vasque were selected as police chiefs?

Something tells me that they want the 30 days to expire.

But, there's hope, in case the councilors didn't read further on the City Charter:

4.5 Removal of Officials. The mayor may remove any person appointed under Section 4.3 subject to the provisions of Section 3.7(b) of this

"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

Financial Services Industry Leader Frank Bisignano to be the 18th Commissioner of Social Security

Financial Services Industry Leader Frank Bisignano was sworn in today as the 18th Commissioner of Social Security.

He joins the Social Security Administration from Fiserv, the industry leading payments and fintech company, where he was Chairman and CEO.

"President Trump has been clear about

Social Security. We will protect it," said Commissioner Bisignano. "We will make the Social Security Administration a premier organization."

The Social Security Commissioner oversees the administration of all Social Security programs. Last year, Social Security paid over \$1.5 trillion in benefits to more than 72 million beneficiaries.



Fire victims / Víctimas de incendios

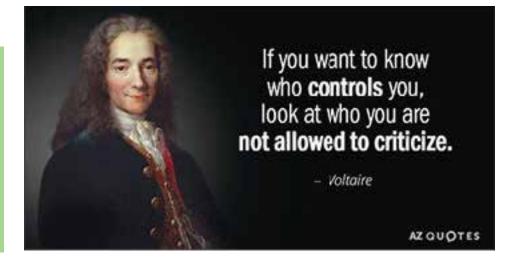
Please contact Heal Lawrence if you wish to make a contribution to the victims of the recent fires in Lawrence. The website has a list of donated items and things that are still needed.

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

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

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

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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

