Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

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Winners of the Veterans Breakfast's money tree

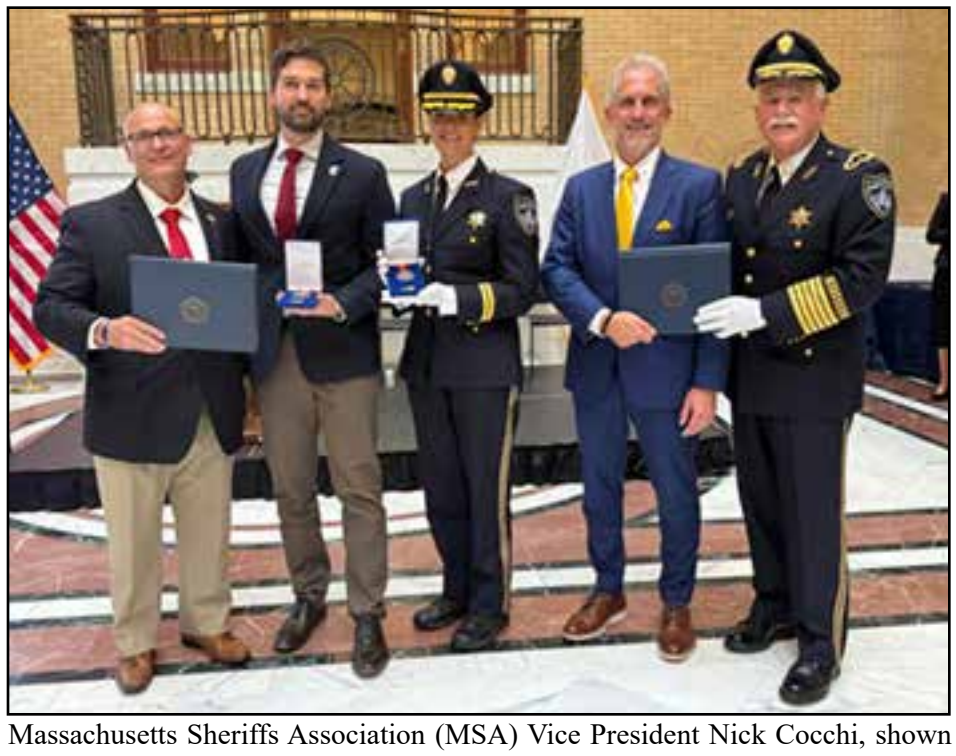


The lucky winners of the money tree at the Veterans Breakfast held at the Lawrence Elks on November 8th, were David and Nancy Corrigan. Here they are with Marilyn Twomey in the center. This event is held in honor of Roger Twomey and all veterans in the area.

(More pictures on page 5)



Esssex County Sheriff's Department honored by State



Massachusetts Sheriffs Association (MSA) Vice President Nick Cocchi, shown left, presents the 2026 Program of the Year Award to the Essex County Sheriff's Department (ECSD) and Northern Essex Community College (NECC) for its educational partnership in corrections. Accepting the award from Sheriff Cocchi were NECC Director of Correctional Education Dr. Will Haden, ECSD Assistant Superintendent/Programs Jessica Oljey, NECC President Dr. Lane Glenn, and Essex County Sheriff Kevin F. Coppinger.

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Impulsando la lectura familiar en Lawrence



Bringing Literacy to Life for Lawrence Families

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Vea más detalles sobre este esfuerzo en la página 9

Carta pública de Sarah Pérez

More details about this effort on page 9

Public letter from Sarah Pérez

Martín Betances, un veterano de la Fuerza Aérea de los EE. UU., recogiendo con orgullo firmas en el estacionamiento de los Elks el día del desayuno de los veteranos.

Martín Betances, a veteran of the U.S, Air Force, proudly collecting signatures en el estacionamiento de los Elks el día del desayuno de los veteranos.

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Essex County Sheriff's Department earns two statewide awards from Massachusetts Sheriffs' Association

Department recognized for excellence in correctional education and leadership training; earns second Program of the Year Award in four years

The Essex County Sheriff's Department has earned two prestigious statewide honors from the Massachusetts Sheriffs' Association (MSA), recognizing the department's commitment to innovative rehabilitation programs and excellence in correctional training.

The department's Education Program, operated in partnership with Northern Essex Community College (NECC), was named Program of the Year, while Captain Richard Ferrari was honored as Training Officer of the Year for his leadership in strengthening supervisory training for correctional professionals across Massachusetts.

The awards continue a remarkable run of recognition for the Essex County Sheriff's Department. Of the four years the MSA has presented its Program of the Year Award, Essex County has won twice. Previous honors recognized the STAR (Supporting Transitions and Re-Entry) Program, which helps justice-involved individuals overcome barriers to employment, education, treatment and successful reintegration into their communities.

"To have our programs recognized as the best in Massachusetts is an incredible honor and a testament to the outstanding work being done by the men and women of this department," said Essex County Sheriff Kevin F. Coppinger. "These awards reflect our commitment to doing more than simply incarcerating individuals. We want to give people the education, skills and support they need to turn their lives around, while also making sure our employees have the best training possible to do their jobs safely and effectively."

Coppinger said the awards reflect the department's broader mission of improving public safety through effective rehabilitation, strong partnerships and a highly trained workforce.

The department has achieved the lowest one-year recidivism rate for reincarceration among Massachusetts counties at 13.5%, a success Coppinger attributes in large part to its comprehensive approach to education, treatment, workforce development and reentry services.

"Whether we are helping someone earn their high school diploma, preparing them for a career, or training our employees to become better leaders, it all comes back to the same goal: safer facilities and safer communities," Coppinger said.

Education Program Recognized for Transforming Lives

Since partnering with Northern Essex Community College in 2019, the Essex County Sheriff's Department has significantly expanded educational opportunities for incarcerated individuals and participants in its community-based reentry programs.

Today, students can pursue high school equivalency credentials, earn transferable college credits, obtain industry-recognized certifications and receive individualized assistance preparing for employment and continued education after incarceration. In 2025 alone, the partnership served more than 1,300 students across the department's facilities and STAR Centers.

Among the program's accomplishments:

- Seventeen students earned their high school equivalency credentials in 2025, with another 16 earning theirs by July 2026.
- Students achieved an 85% passing rate on HiSET examinations, exceeding the Massachusetts average of 72.4%.
- Forty-eight students earned a combined 135 transferable college credits.
- Students earned 77 digital literacy certifications, including 18 advanced IC3 Master Certifications.
- Education advisors provided 751 hours of individualized support and helped coordinate 179 employment placements and 41 vocational training placements.

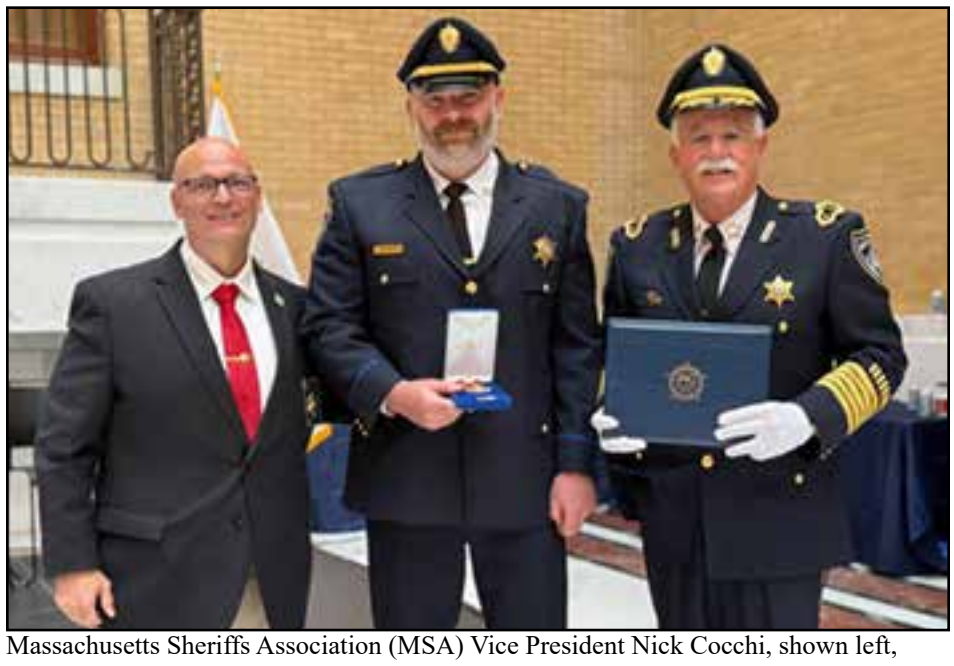
The partnership has also introduced innovative educational opportunities, including a nationally certified peer tutoring program, access to college-level research resources, and Handwritten, a literary journal showcasing students' writing and academic achievements.

The program is led by NECC Director of Education Dr. Will Haden, working closely with Sheriff's Department staff to ensure educational opportunities are accessible and connected to successful reentry.

"Education is one of the most powerful tools we have to reduce recidivism," Coppinger said. "The vast majority of people who come into our custody will eventually return to our communities. The question is whether they return with the same challenges they faced before, or whether we have helped prepare them for a better future. Thanks to our tremendous partnership with Northern Essex Community College, more people are leaving with an education, marketable skills and a real opportunity to succeed."

"Education provides an important pathway to opportunity, and this collaboration demonstrates what can happen when we bring college access and support to students wherever they are," said NECC President Lane Glenn. "We are proud of the accomplishments of students in these programs and grateful to Essex County Sheriff Kevin Coppinger for his leadership and vision in this ongoing partnership."

Captain Richard Ferrari Named Training Officer of the Year



Massachusetts Sheriffs Association (MSA) Vice President Nick Cocchi, shown left, presents the 2026 Training Officer of the Year Award to the Essex County Sheriff's Department (ECSD) Captain Rick Ferrari, shown center. He is congratulated by Essex County Sheriff Kevin F. Coppinger, shown right.

Captain Richard Ferrari, a 19-year correctional veteran and Executive Officer of the Essex County Correctional Facility, was recognized for his work redesigning and strengthening the department's Front Line Supervision Training Program.

Ferrari was instrumental in expanding the program from three days to five days, developing a more comprehensive curriculum focused on the real-world challenges faced by correctional supervisors.

The Essex County Sheriff's Department is the only one of the Commonwealth's 14 sheriff's departments to operate a dedicated Front Line Supervisor Training course.

During fiscal year 2026, the department conducted two classes, training 30 sergeants and four lieutenants from six sheriff's departments: Essex, Worcester, Dukes, Suffolk, Barnstable and Bristol counties.

Ferrari's expanded curriculum emphasizes leadership, communication, decision-making, accountability, de-escalation and employee counseling.

He also developed a full day of realistic, scenario-based training that challenges supervisors to respond to situations they may encounter on the job. Ferrari coordinates a team of 16 correctional professionals to conduct and evaluate the exercises, providing participants with individualized feedback to help strengthen their leadership and decision-making skills.

His instruction has earned high praise from participants, who describe his teaching style as knowledgeable, practical and grounded in real correctional experience.

"Captain Ferrari understands that strong leadership is essential to running a safe, professional correctional facility," Coppinger said. "He has taken nearly two decades of experience and used that knowledge to develop better supervisors, not just here in Essex County, but throughout Massachusetts. His dedication, professionalism and commitment to preparing the next generation of correctional leaders make him incredibly deserving of this recognition."

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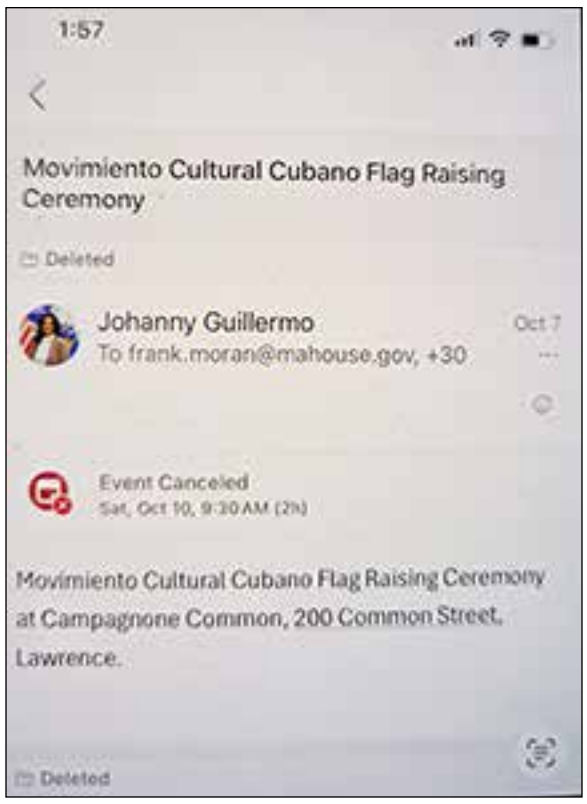
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Desde Mi Esquina

POR DALIA DÍAZ
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¿Quién dirige realmente la ciudad de Lawrence?



Nosotros, los votantes, solemos creer que el alcalde y el Concejo Municipal son, en última instancia, los responsables de garantizar que nuestra ciudad sea gobernada de manera legal, competente y transparente. Sin embargo, ¿qué es lo que estamos presenciando? Por un lado, concejales cuya conducta plantea serias dudas sobre su integridad; por otro, abogados que desempeñan múltiples funciones —incluida la de asesor jurídico de la ciudad— y que, con demasiada frecuencia, parecen ofrecer al alcalde un asesoramiento legal o administrativo desacertado.

A esto se suma un alcalde que parece estar más preocupado por las oportunidades para tomarse fotos y las apariciones políticas que por ejercer un liderazgo efectivo, llegando al extremo de no leer lo que firma. Mientras tanto, se otorgan lucrativos cargos municipales a amigos y familiares cuyas cualificaciones profesionales merecen un examen riguroso.

Cabe señalar que, deliberadamente, no estoy mencionando los problemas legales del alcalde DePeña; estos son irrelevantes para la cuestión que planteo. Mi crítica se centra en su desempeño y en sus responsabilidades como máximo ejecutivo y administrador de la ciudad.

Consideremos lo que ocurrió con la ceremonia de izado de la bandera cubana, organizada por el Movimiento Cultural Cubano frente al Ayuntamiento el 10 de octubre. El 7 de octubre, la jefa de gabinete del alcalde, Johanny Guillermo, envió un memorando a más de 30 destinatarios —incluidos los miembros del Concejo Municipal— anunciando que el evento había sido cancelado y eliminado de la agenda del alcalde. Tengo una copia de ese correo electrónico.

El lunes, 12 de octubre, le hice notar este asunto al alcalde, quien salió en defensa de su jefa de gabinete. Al día siguiente, le envié una copia del correo electrónico original, sin dejar lugar a malentendidos. Posteriormente, el miércoles, 14 de octubre, el evento volvió a aparecer en la agenda. Hasta la fecha, el alcalde no se ha molestado en ofrecer una explicación, una aclaración ni, mucho menos, una respuesta.

¿Es así como se entiende la rendición de cuentas en el Ayuntamiento? Cuando se difunde información contradictoria a más de 30 personas, ¿no debería alguien asumir la responsabilidad de explicar qué fue lo que sucedió?

Trato vergonzoso hacia "House of Mercy"

Ya se ha completado la limpieza de la zona a lo largo de Bay State Road, donde personas sin hogar habían instalado sus tiendas de campaña. La ciudad ha suspendido temporalmente las multas impuestas a Roger Farah, al mismo tiempo que ha aumentado el número de infracciones por las que se le considera responsable.

Está previsto que comparezca ante la Junta de Salud el miércoles a las 6:00 p. m., momento en el que se determinarán los pasos a seguir. Espero sinceramente que quienes realmente se preocupan por la difícil situación de estas personas vulnerables asistan y hagan oír su voz.

Tras la retirada de sus tiendas de campaña y pertenencias personales en camiones de basura, estas personas se quedaron sin un lugar adonde ir. Se vieron obligadas a volver a dormir en la calle, ya que esta administración no ofreció ninguna ayuda significativa ni una alternativa de alojamiento.

¿Qué se ha logrado exactamente? La ciudad retiró sus pertenencias, desplazó a personas vulnerables y las envió de vuelta a la calle. En lugar de abordar el problema de la falta de vivienda, la administración simplemente ha desplazado el problema, agravando una situación que ya era desesperada.

Eso no es una solución. Es una falta de compasión y de liderazgo responsable.

Contacto con la MCAD y la Comisión de Ética

Las preocupaciones en torno al nombramiento de Bélgica Linette Pérez han sido presentadas formalmente ante la Comisión contra la Discriminación de Massachusetts (MCAD, por sus siglas en inglés) y la Comisión de Ética Estatal para su revisión e investigación.

Estos asuntos merecen ser examinados a través de los canales adecuados; mantendré informados a los lectores tan pronto como reciba respuestas de cualquiera de estas entidades.

From My Corner

BY DALIA DÍAZ
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Who is really running the City of Lawrence?



We, the voters, tend to believe that the mayor and City Council are ultimately responsible for ensuring that our city is governed lawfully, competently, and transparently. Yet what are we witnessing instead? Councilors whose conduct raises serious questions about their integrity, attorneys serving in multiple capacities—including the city attorney—who too often appear to provide the mayor with misguided legal or administrative advice.

Add to this a mayor seemingly more preoccupied with photo opportunities and political appearances than with effective leadership to the extreme of not reading what he signs. Meanwhile, lucrative city positions are handed to friends and relatives whose professional qualifications deserve serious scrutiny.

Notice that I am deliberately not mentioning Mayor DePeña's legal problems. They are irrelevant to the issue I am addressing. My criticism concerns his performance and responsibilities as the city's chief executive and administrator.

Consider what happened with the Movimiento Cultural Cubano's planned Cuban flag-raising ceremony across from City Hall on October 10. On October 7, the mayor's Chief of Staff, Johanny Guillermo, circulated a memorandum to more than 30 recipients, including City Council members, announcing that the event had been canceled and removed from the mayor's calendar. I have a copy of that email.

I brought the matter to the mayor's attention on Monday, October 12, and he defended his Chief of Staff. The following day, I forwarded him a copy of her actual email, leaving no room for misunderstanding. Then, on Wednesday, October 14, the event was posted again. To this day, the mayor has not bothered to provide an explanation, clarification, or even a response.

Is this what accountability looks like at City Hall? When contradictory information is circulated to more than 30 people, shouldn't someone be held responsible for explaining what happened?

Shameful Treatment of House of Mercy

The cleanup of the area where homeless individuals had established their tents along Bay State Road has been completed. The city has temporarily halted the fines imposed on Roger Farah, while simultaneously increasing the number of violations for which he is being held responsible.

He is scheduled to appear before the Board of Health on Wednesday at 6:00 p.m., where the next steps will be determined. I sincerely hope that those who genuinely care about the plight of these vulnerable individuals will attend and make their voices heard.

After their tents and personal belongings were hauled away in garbage trucks, these individuals were left with nowhere to go. They returned to sleeping on the streets because this administration offered no meaningful assistance or alternative shelter.

What exactly was accomplished? The city removed their belongings, displaced vulnerable people, and sent them right back to the streets. Instead of addressing homelessness, the administration has merely displaced the problem and made an already desperate situation worse.

That is not a solution. It is a failure of compassion and responsible leadership.

MCAD and Ethics Commissions Contacted

The concerns surrounding Bélgica Linette Pérez's appointment have been formally submitted to the Massachusetts Commission Against Discrimination (MCAD) and the State Ethics Commission for review and investigation.

These matters deserve scrutiny through the appropriate channels, and I will keep readers informed as soon as I receive responses from either agency.

“Camp Read-a-Lot” da vida a la alfabetización para las familias de Lawrence

Los estudiantes de cuarto grado de la escuela Lawrence Family Development Charter School y sus familias participaron recientemente en una “Noche de Alfabetización” especial, la cual celebró el enfoque de este año en la lectura. Bajo el lema “Leyendo juntos” y con una temática de campamento (“Camp Read-a-Lot”), el evento brindó a las familias la oportunidad de explorar actividades de alfabetización y practicar habilidades de lectura fundamentales junto a sus hijos.

Cada salón de clases contó con una actividad diseñada para resaltar las destrezas que los estudiantes están desarrollando:

• Lectura con un propósito: Las familias exploraron libros que ayudan a los estudiantes a identificar la intención del autor, como escribir para persuadir, informar, entretener o establecer conexiones.

• ¡Vamos a pescar!: Los estudiantes “pescaron” historias y poemas relacionados con el tema de campamento para compartirlos con sus familiares.

• Libros cómicos y juegos de completar oraciones (Mad Libs): Una forma divertida de practicar las partes de la oración y otras habilidades lingüísticas.





Otras actividades en “Camp Read-a-Lot” incluyeron teatro de lectores, lectura en parejas (bilingüe en inglés y español), una tienda de campaña llena de libros con temática otoñal y un recorrido de lectura basado en el libro *The Camping Trip*.

La velada concluyó con chocolate caliente y bolsas de obsequios para que los estudiantes las llevaran a casa. Fiel a la misión de Lawrence Family Development, el evento celebró la importancia de la lectura más allá del aula y la creación de oportunidades significativas para que las familias aprendan juntas.

Para los docentes, uno de los momentos más destacados fue ver a los estudiantes compartir con orgullo sus habilidades de lectura y disfrutar de historias junto a sus padres y seres queridos.

A continuación, se presentan fotografías del evento, cortesía de Lawrence Family Development Charter School.

Here are photos from the event, courtesy of Lawrence Family Development Charter School.

“Camp Read-a-Lot” Brings Literacy to Life for Lawrence Families

Lawrence Family Development Charter School’s Grade 4 students and families recently participated in a special “Literacy Night” celebrating this year’s focus on reading. Centered on the theme “Reading Together,” the camping-inspired event (“Camp Read-a-Lot”) offered families an opportunity to explore literacy activities and practice important reading skills alongside their children.

Each classroom featured an activity designed to highlight the skills students are developing:

• Reading with a Purpose: Families explored books that help students recognize an author’s purpose, including writing to persuade, inform, entertain, or make connections.

• Let’s Go Fishing!: Students fished for camping-themed stories and poems to share with their family members.

• Comics & Mad Libs: A fun way to practice parts of speech and language skills.

Other activities at Camp Read-a-Lot included Reader’s Theater, Bilingual English/Spanish partner reading, a tent filled with fall-themed books, and a story walk featuring The Camping Trip.

The evening ended with hot chocolate and goody bags for students to take home. True to Lawrence Family Development’s mission, the event celebrated the importance of reading beyond the classroom and creating meaningful opportunities for families to learn together. A highlight for teachers was seeing students proudly share their reading skills and enjoy stories with their parents and loved ones.

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Pancake Breakfast for Veterans

Lawrence Elks Lodge - November 8, 2026

(Photos: Richardd Russell)



















INTERNATIONAL BOOK FAIR INC

Celebración de la XX Feria Internacional del Libro 2026 todo un éxito

La Feria Internacional del Libro celebró su 20 aniversario, del 16 al 17 de octubre del 2026 dedicada a "Las Voces del Caribe" con gran asistencia del público tanto presencial como virtual.

El evento de este año se llevó a cabo en la Biblioteca Pública de Lawrence localizada en el 51 de la Calle Lawrence en Lawrence, Massachusetts y donde se dieron cita familias, escritores, educadores, artistas y amantes de la literatura celebrando el poder de la lectura y la narración de historias en todas las culturas.

Las estadisticas recopiladas indican que:

Total de participantes	311
Estudiantes de Escuelas Secundarias participantes	565
Personas conectadas por las redes sociales	8587
Países alcanzados	10

(Más detalles en la página de Reporte de Impacto adjunta)

La Feria Internacional del Libro comenzó el viernes, 16 de octubre a las 6 PM con un Tributo a los 20 años de aniversario y las Voces del Caribe donde los libros, la poesía y la cultura del Caribe fueron protagonistas a través de diferentes grupos culturales del área. Se presentó un video especial que resumió las personas claves que emprendieron y siguieron esta gran misión y visión de conectar arte, música, historia, literatura y comunidad en armonía. La actividad musical estuvo a cargo del bien conocido gestor cultural, músico, coreógrafo, bailarín, actor, cantante puertorriqueño, Jorge Santiago Arce, quien luego de presentar la historia de los ritmos y instrumentos musicales del Caribe, nos llevó a unirnos en una comparsa musical donde parte de la audiencia se convirtió en los músicos de los instrumentos de percusión caribeños para el deleite de todos.

Las Ferias Juveniles en la Escuela Superior de Lawrence (Abbot y Upper Academy) y la Escuela de Notre Dame Cristo Rey High School en Methuen, se llevaron a cabo el viernes en la mañana durante el horario escolar en dichas aulas donde escritores y poetas invitados compartieron experiencias con los estudiantes. El sábado por la tarde en el espacio de la Tertulia poética, se entregaron los premios a los ganadores del concurso de Poesía en ambas escuelas. Un total de 21 estudiantes recibieron estos premios y reconocimientos por sus poesías ganadoras que estarán prontamente en la primavera del 2027 en un libro publicado por la Feria.

Durante el sábado se dieron cita escritores, padres, niños, jóvenes, familias, escritores, poetas, editoriales, artesanos, y público en general en la programación de 9:00 AM hasta las 5:00 PM en las facilidades de la Biblioteca Pública de Lawrence.

La Feria Infantil se llevó a cabo en la Biblioteca en la mañana con una serie de actividades que incluyen cuentos, música, movimiento y libros infantiles. También hubo dos paneles sobre la Historia, Raíces, y Herencia Caribeña al igual que un conversatorio con la Editorial Five Points de Cómo Puedes escribir tu Historia.

Gracias a la gentileza y ricos platos hechos por diferentes restaurantes locales, se ofreció un suculento almuerzo para todos los presentes. Es la primera vez que se hizo este ofrecimiento para agradar a todos los presentes y darle un espacio de agradecimiento al arte culinario de nuestros restaurantes locales.

En la tarde se dieron cita varios ponencias/paneles sobre las Voces de Inmigracion, Identidad y la Experiencia de la Diáspora, al igual que las Voces de Apoyo a la Familia y Comunidad y Las Voces de Equidad, Justicia y Diversidad en diferentes salones.

En la sección de Lecturas poéticas contamos con la famosa escritora/traductora Rhina Espaillat y las Poetas del



Pow Wow que luego pudieron escuchar los jóvenes ganadores recitar sus poemas ganadores y recibir sus premios.

La Feria 2026 concluyó con una actividad musical dirigida por Leonardo Nin con una variedad de canciones conocidas y que invitan a celebrar la hispanidad. La próxima Feria Internacional del Libro 2027 se llevará a cabo el 15 y 16 de octubre de 2027 en la Biblioteca Pública de Lawrence una vez más.

Trasfondo de la International Book Fair, Inc.

Fundada en 2006, la International Book Fair, Inc. es una iniciativa cultural sin fines de lucro dedicada a promover la literatura, el intercambio cultural y la participación comunitaria mediante la celebración de los libros, el arte y la educación. Cada año, la feria reúne a autores, educadores, artistas y lectores de toda Latinoamérica y Estados Unidos para fomentar el diálogo, la creatividad y el entendimiento multicultural.

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INTERNATIONAL BOOK FAIR INC

Celebration of the 20th International Book Fair 2026 a Complete Success

The International Book Fair celebrated its 20th anniversary from October 16 to 17, 2026, dedicated to "The Voices of the Caribbean," with strong attendance both in person and virtually.

This year's event took place at the Lawrence Public Library located at 51 Lawrence Street in Lawrence, Massachusetts, where families, writers, educators, artists, and literature lovers gathered to celebrate the power of reading and storytelling across all cultures.

Statistics obtained of the IBF indicates that:

Total participants	311
High School students reached	565
People reached online	8587
Countries reached	10

(More details can be found on the attached Impact Report on page 6.)

The International Book Fair started on Friday, October 16 at 6 PM with a Tribute to the 20th anniversary and the Voices of the Caribbean, where books, poetry, and Caribbean culture took center stage through different cultural groups from the area. A special video was shown summarizing the key people who took on and continued this great mission and vision of connecting art, music, history, literature, and community in harmony. The musical activity was led by the well-known Puerto Rican cultural manager, musician, choreographer, dancer, actor, and singer, Jorge Santiago Arce, who, after presenting the history of Caribbean rhythms and musical instruments, led us to join in a musical parade where part of the audience became the musicians playing Caribbean percussion instruments, much to everyone's delight.

The Youth Fairs at Lawrence High School (Abbot and Upper Academy) and Notre Dame Cristo Rey High School in Methuen took place on Friday morning during school hours in their classrooms, where guest writers and poets shared experiences with the students. On Saturday afternoon, in the space of the Poetry Gathering, the awards were given to the winners of the Poetry contest at both schools. A total of 21 students received these awards and recognitions for their winning poems, which will soon be published in a book by the Fair in the spring of 2027.

On Saturday, writers, parents, children, young people, families, writers, poets, publishers, artisans, and the general public came together for programming from 9:00 AM to 5:00 PM at the Lawrence Public Library facilities.

The Children's Fair took place at the Library in the morning with a series of activities that included stories, music, movement, and children's books. There were also two panels about Caribbean History, Roots, and Heritage, as well as a talk with Five Points Publishing on How You Can Write Your Story.

Thanks to the kindness and delicious dishes made by different local restaurants, a tasty lunch was offered to everyone present. This is the first time such an offer has been made to please everyone and to give a space to appreciate the culinary art of our local restaurants.

In the afternoon, several presentations/panels about the Voices of Immigration, Identity, and the Diaspora Experience, as well as the Voices of Support for Family and Community and the Voices of Equity, Justice, and Diversity were held in different rooms.

In the Poetic Readings section, we had the famous writer/translator Rhina Espaillat and the Pow Wow Poets, and later the young winners could hear their winning poems read aloud and receive their awards.

The 2026 Fair ended with a musical activity led by Leonardo Nin featuring a variety of well-known songs that invite people to celebrate Hispanic culture. The next International Book Fair 2027 will take place on October 15 and 16, 2027, at the Lawrence Public Library once again.

About the International Book Fair, Inc.

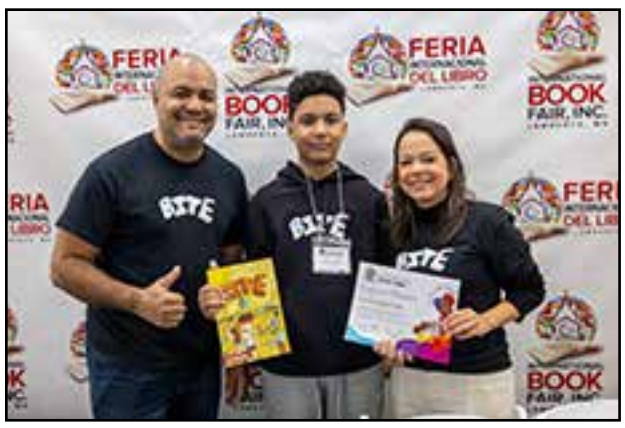
Founded in 2006, the International Book Fair, Inc. is a nonprofit cultural initiative dedicated to promoting literature, cultural exchange, and community engagement through the celebration of books, art, and education. Every year, the fair brings together authors, educators, artists, and readers from all over Latin America and the United States to encourage dialogue, creativity, and multicultural understanding.















ANUNCIO DE AUDIENCIA PÚBLICA Y SOLICITUDES AÑO FISCAL, 2028 SUBVENCIONES PARA PROGRAMAS FEDERALES DE HUD- CDBG, HOME

La Ciudad de Lawrence, a través de su Oficina de Planificación y Desarrollo, llevará a cabo audiencias públicas y un taller para el desarrollo de su Plan de Acción Anual y el uso de aproximadamente $2.7 millones en subvenciones, provenientes de fondos federales del Departamento de Desarrollo Comunitario, conocido como CDBG, y el programa HOME. Estos fondos estarán disponibles alrededor del 1ro de julio del 2027. La cantidad actual de fondos dependerá de apropiaciones por el congreso.

La ciudad está solicitando propuestas de organizaciones locales sin fines de lucro con estatus 501c3 para financiamiento CDBG del año fiscal 2028. En la Audiencia Pública el día 3 de diciembre del 2026 se presentarán los logros de los programas y proyectos que recibieron financiación en el año anterior, se proporcionará información sobre los fondos del CDBG y se explicará el proceso de solicitud para el próximo año. El día 10 de diciembre del 2026 se ofrecerá un taller MANDATORIO para responder preguntas y asistir con las aplicaciones (si no asiste no podrás aplicar). Las audiencias y talleres son totalmente accesibles y abiertos al público en general. Habrá una audiencia pública el 8 de febrero del 2027 para las presentaciones ante el Comité de Asesoramiento de Desarrollo Comunitario.

Las personas que requieran traducción o lenguaje por señas en inglés, deben comunicarse con la oficina antes del día 26 de noviembre del 2026 llamando al (978) 620-3510 o enviando un correo electrónico a mcolon@cityoflawrence.com.

Si desea que se revise su solicitud de propuesta antes de la fecha límite, envíe un correo electrónico a mcolon@cityoflawrence.com para programar una cita. (El horario disponible para este servicio será del 4 de enero del 2027 al 8 de enero del 2027 de 9:00 a. m. a 12:00 m.)

Las aplicaciones estarán disponibles en la página de Internet de la Ciudad de Lawrence www.cityoflawrence.com el jueves 3 de diciembre del 2026 después de las 9:00 a. m.

Una vez completadas, las solicitudes deberán ser recibidas por la Oficina de Planificación y Desarrollo del municipio de Lawrence, ubicada en el 255 de la calle Essex en Lawrence, MA, antes de la 1:00 p. m. del viernes 15 de enero del 2027. Aquí debajo están las fechas de las reuniones relacionadas con el proceso de solicitudes de propuestas.

FECHAS:	EVENTOS:	LUGAR:
Diciembre 3 del 2026 de 6:00-7:30 p. m.	Audiencia Pública (Logros/Proceso)	Oficina de Planificación y Desarrollo 255 de la calle Essex Lawrence, MA
Diciembre 10 del 2026 de 6:00-7:30 p. m.	Taller Mandatorio CDBG (Asistencia para los solicitantes)	Oficina de Planificación y Desarrollo 255 Essex Street Lawrence, MA
Febrero 8 del 2027 de 5:30-9:30 p. m.	Audiencia Pública (Presentaciones de los Solicitantes)	Oficina de Planificación y Desarrollo 255 Essex Street Lawrence, MA

Brian A. DePeña, Alcalde

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ANNOUNCEMENT OF PUBLIC HEARING and Request for Proposals (RFP) City of Lawrence FY 2028 Action Plan COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) and HOME Program

The City of Lawrence, through its Office of Planning and Development, will conduct Public Hearings and a Workshop regarding the development of the Annual Action Plan and the use of approximately $2.7 million in Federal Community Development Block Grant (CDBG), and HOME funds available on or about July 1, 2027. The actual amount will depend on Congressional appropriations.

The City is soliciting applications from local Non-Profits with a 501c3 status for Fiscal Year 2028 CDBG funding. A Public Hearing on Thursday, December 3, 2026 will review the accomplishments of programs receiving funding in the current and past year, and provide information on the CDBG funding and application process for the upcoming year. A MANDATORY Workshop for all applicants on December 10, 2026 will answer questions and assist with their applications (If you do not attend you cannot apply). A public hearing on February 8, 2027 will be for applicant presentations to the Community Development Advisory Board.

The hearings and workshops are fully accessible and open to all. Individuals requiring translation or American sign interpreters are asked to contact the office at (978) 620-3510 or via email at mcolon@cityoflawrence.com by November 26, 2026.

(Office hours January 4, 2027 to January 8, 2027 between 9:00am and 12:00pm) If you would like your RFP submission reviewed prior to the deadline please email mcolon@cityoflawrence.com to schedule a time.

Application materials will be available on the city's website www.cityoflawrence.com on Thursday, December 3, 2026 after 9 a.m.

Completed applications must be received at the Office of Planning and Development 255 Essex Street Lawrence, MA, no later than Friday, January 15, 2027 by 1:00 p.m. Below is the schedule of 3 meetings related to the RFP process.

Date	Event	Location
December 3, 2026 6:00 -7:30 p.m.	Public Hearing Accomplishments/Process	Office of Planning & Development 255 Essex Street Lawrence, MA
December 10, 2026 6:00-7:30 p.m.	Mandatory CDBG Workshop (Applicant Assistance)	Office of Planning & Development 255 Essex Street Lawrence, MA
February 8, 2027 5:30-9:30 p.m.	Public Hearing Presentations by Applicants	Office of Planning & Development 255 Essex Street Lawrence, MA

Brian A. DePeña, Mayor

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House of Mercy's encampment has been scrubbed clean



Esta es la propiedad de Roger Farah en Bay State Rd., Lawrence, frente a la House of Mercy, donde se ofrecían todo tipo de servicios sociales a hombres y mujeres sin hogar. Las tiendas de campaña que se encontraban en esta zona fueron retiradas por la ciudad, y ahora estas personas se encuentran dispersas por toda la urbe, durmiendo en aceras y escaleras. Muchos morirán a causa de la intemperie este invierno, mientras que la ciudad no ha propuesto ninguna solución para abordar el problema.

El campamento de House of Mercy está limpio ahora



This is Roger Farah's property on Bay State Rd., Lawrence, across from the House of Mercy where all kinds of social services were being provided to homeless men and women. The tents in this area were discarded by the city, and these individuals are now all over the city sleeping on sidewalks and stairways. Many will die of exposure this winter while the city has made no suggestion about how to handle the problem.



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Cartas al Editor // Letters to the Editor

Bajo nuestro derecho Constitucional

Por Sarah B. Pérez Márquez

Resulta casi increíble escuchar a personas que no son ciudadanas de los Estados Unidos —y que, por tanto, no tienen derecho a voto en este país— insultar, atacar y desacreditar a ciudadanos estadounidenses que simplemente están ejerciendo sus derechos cívicos y democráticos de votar y postularse a cargos públicos.

El proceso de revocación de mandato es un mecanismo democrático que permite a los votantes solicitar la destitución de un funcionario electo cuando consideran que este ya no los representa adecuadamente.

He intentado poner freno a los insultos, los comentarios ofensivos y las calumnias, respondiendo siempre con dignidad, respeto y civismo. Sin embargo, hay quienes confunden la cortesía con la debilidad, y el respeto con la falta de carácter.

Como dice el refrán: "No eches tus perlas ante los cerdos".

Me niego a rebajarme al nivel de aquellos que recurren a ataques personales porque son incapaces de participar en un debate constructivo basado en hechos y argumentos.

Existe una diferencia fundamental entre tener opiniones opuestas e intentar intimidar, insultar o desacreditar a ciudadanos que están ejerciendo sus derechos constitucionales.

El respeto debe ser mutuo, ¡y nuestros derechos no están sujetos a la aprobación de nadie más!

It's our Constitutional Right

By Sarah B. Pérez Márquez

It is almost unbelievable to hear individuals who are not U.S. citizens and therefore do not have the right to vote in this country insulting, attacking, and discrediting American citizens who are simply exercising our civic and democratic rights to vote and run for public office.

The recall is a democratic process that allows voters to seek the removal of an elected official when they believe that official no longer adequately represents them.

I have tried to put a stop to the insults, offensive remarks, and slander, always responding with dignity, respect, and civility. However, some people mistake politeness for weakness and respect for a lack of backbone.

As the saying goes: "Do not cast your pearls before swine."

I refuse to lower myself to the level of those who resort to personal attacks because they cannot engage in a meaningful debate based on facts and arguments.

There is a fundamental difference between having opposing opinions and attempting to intimidate, insult, or discredit citizens who are exercising their constitutional rights.

Respect must be mutual, and our rights are not subject to anyone else's approval!

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I tried to warn you!

Look at the disrespectful way Celina Reyes and Carlos Morel refer to some voters. They say, "Let those dogs keep on barking" as if she only represents those who voted for her. I always thought she didn't have the character to hold any office, and this confirms it.

I wonder if Carlos believes that he is now "first gentleman"?

¡Intenté advertírselo!

Fíjense en la forma irrespetuosa en que Celina Reyes y Carlos Morel se refieren a algunos votantes. Dicen: "Dejen que esos perros sigan ladrando", como si ella solo representará a quienes votaron por ella. Siempre pensé que no tenía el carácter necesario para ocupar ningún cargo, y esto lo confirma.

¿Será que Carlos cree que ahora es el "primer caballero"?

Más de 100 niños serán adoptados en el Día Nacional de la Adopción, el viernes 20

El viernes 20 de noviembre se celebrará el Día Nacional de la Adopción con la formalización legal de más de 100 adopciones de menores que se encontraban bajo el sistema de cuidado temporal (foster care) en todo Massachusetts. El tribunal George N. Covett Courthouse albergará una inspiradora celebración, a la que están invitadas familias, niños, miembros de la comunidad y los medios de comunicación, para conmemorar la adopción de 28 niños y adolescentes en Brockton.

Entre los distinguidos oradores del evento se encuentran la Honorable Heidi E. Brieger, jueza presidenta del Tribunal de Primera Instancia (Trial Court); la Honorable Megan English Braga, jueza asociada del Tribunal de Sucesiones y Familia del condado de Plymouth; Michael Coelho, administrador judicial del Tribunal de Primera Instancia; la Honorable Dana M. Gershengorn, jueza presidenta del Departamento de Tribunales de Menores; Staverne Miller, comisionada del Departamento de Niños y Familias (DCF); y una familia adoptiva.

Este año se cumple el 24.º aniversario de la celebración conjunta del Día Nacional de la Adopción en Massachusetts. Esta iniciativa comenzó en noviembre de 2002, cuando el DCF, los tribunales y la organización Massachusetts Adoption Resource Exchange (MARE) unieron sus esfuerzos para crear conciencia sobre la necesidad de encontrar familias adoptivas. Actualmente, 1200 niños esperan ser adoptados en Massachusetts; cientos de ellos corren el riesgo de alcanzar la mayoría de edad dentro del sistema de cuidado temporal sin haber encontrado una familia permanente.

Los medios de comunicación que planeen asistir pueden confirmar su presencia escribiendo a zoep@mareinc.org. Habrá un encuentro con la prensa en el que participará una de las familias que llevará a cabo una adopción.

Over 100 Children Will Be Adopted on National Adoption Day, Friday 20th

On Friday, November 20th, National Adoption Day will be celebrated with the legalization of over 100 adoptions from foster care across Massachusetts. The George N. Covett Courthouse is set to host an inspiring celebration, inviting families, children, community members, and the media to commemorate the adoption of 28 children and teens in Brockton.

Distinguished speakers at the event will include the Honorable Heidi E. Brieger, Chief Justice of the Trial Court; Honorable Megan English Braga, Associate Justice of the Plymouth County Probate and Family Court; Michael Coelho, Court Administrator of the Trial Court; the Honorable Dana M. Gershengorn, Chief Justice of the Juvenile Court Department; Staverne Miller, Commissioner for the Department of Children and Families; and an adoptive family.

This year is the 24th anniversary of the joint National Adoption Day celebration in Massachusetts. It dates back to November 2002, when DCF, the courts, and the Massachusetts Adoption Resource Exchange (MARE) joined efforts to raise awareness about the need for adoptive families. Right now, 1,200 children are waiting to be adopted in Massachusetts, hundreds of them at risk of aging out of foster care without a permanent family.

Media planning to attend can RSVP to zoep@mareinc.org. There will be a press gaggle with one of the families adopting.



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Articulation Agreement Turns Community Health Workers' Experience into College Credit

A new articulation agreement between the Massachusetts Association of Community Health Workers (MACHW) and Northern Essex Community College will help local community health workers (CHWs) get closer to earning their associate degrees. The agreement allows CHWs to receive college credit for time they've already spent working in the field. Students who have completed a Massachusetts Department of Public Health-approved CHW training program could be eligible for up to 15 credits immediately, with another nine possible upon further evaluation. That's the equivalent of two semesters.

"They already have thousands of community work hours as part of their CHW certification, so we recognize their expertise," said NECC's Public Health Program Coordinator Amanda Prophett. "I think that makes people feel valued already before they even come in the door."

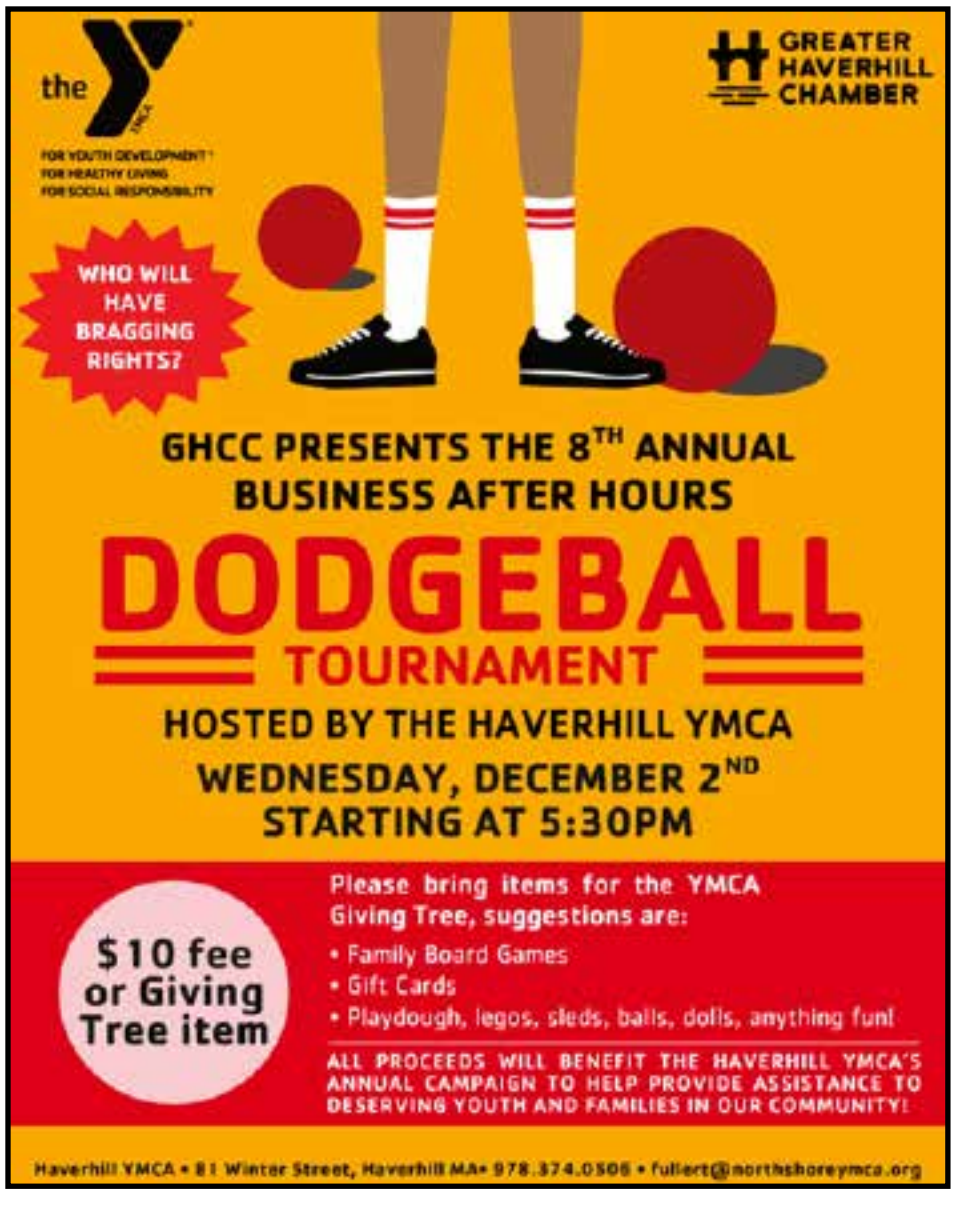
Prophett expects the articulation agreement will encourage more CHWs to seek associate degrees in public health, which can lead to transfer opportunities, career advancement, better care for the individuals they serve, and higher wages.

"We know that there's a continued, growing demand for community health workers in Massachusetts, especially. I think having culturally competent or bilingual community health workers is a huge need right now in the Merrimack Valley. This agreement supports people who are currently working in our local workforce and supports the community because these are the folks that connect directly with people that are maybe struggling or need connections to resources. These CHWs know the community, and they know the language, and they know the culture," she said.

"Community health workers bring knowledge, skills, and trusted relationships that deserve recognition in higher education," said Yoann Sophie Jean-Felix, Deputy Director, MACHW. "This agreement with Northern Essex helps CHWs turn that expertise into college credit, saving time and reducing barriers to earning a degree. For MACHW, partnerships like this are central to strengthening Massachusetts' CHW workforce and ensuring that the people who help others navigate opportunities have meaningful pathways to advance their own careers."

There is no cost to members of MACHW to have their experience evaluated at NECC. Many may also qualify to attend NECC tuition- and fee- free under Massachusetts' free community college program.

Northern Essex currently offers a certificate in community health and an associate degree in public health. For more information, visit the webpages or contact Prophett at aprophett@necc.mass.edu.



El Senado de Massachusetts rechaza el alivio del impuesto a la gasolina

La Federación Nacional de Empresas Independientes (NFIB, por sus siglas en inglés) —la principal organización de defensa de las pequeñas empresas en el país, con miles de miembros en todo el estado— expresa su decepción ante el hecho de que tanto la Cámara de Representantes como el Senado hayan rechazado la oportunidad de ofrecer un alivio fiscal mediante la suspensión del impuesto estatal a la gasolina, que es de 24 centavos por galón.

"Ya sea un jardinero que cuida su césped, un camión que transporta productos para abastecer los estantes de las tiendas o un repartidor que lleva la cena a la puerta de su casa, las pequeñas empresas necesitan combustible para operar", señaló Christopher Carlozzi, director estatal de la NFIB en Massachusetts. "A pesar de toda la retórica sobre hacer que el estado sea más asequible, los legisladores han frenado, una vez más, los intentos de suspender temporalmente el impuesto estatal a la gasolina; una medida que habría brindado un respiro a los conductores, a las pequeñas empresas y a los automovilistas al momento de repostar. Mientras que algunos legisladores podrían considerar esto como una 'maniobra publicitaria', los residentes del estado ven un ahorro que pueden destinar a otros gastos, en un momento en que siguen lidiando con el aumento del costo de vida y de los costos operativos de tener una pequeña empresa en Massachusetts".

Carlozzi recordó que, en su propuesta presupuestaria suplementaria original, la gobernadora Maura Healey solicitó una suspensión de dos meses del impuesto estatal a la gasolina de 24 centavos. Posteriormente, la Cámara de Representantes eliminó esta disposición de su versión del paquete de gastos de fin de año. Más tarde, se presentó una enmienda para restablecer una moratoria similar sobre dicho impuesto, pero fue rechazada. Ahora, la versión del Senado de este mismo proyecto de ley incluía enmiendas similares para suspender el impuesto a la gasolina, las cuales fueron votadas en contra esta misma noche.

Tal como comentó anteriormente a los medios un portavoz de la gobernadora Healey: "No hay nada de 'maniobra publicitaria' en una propuesta destinada a ofrecer un alivio fiscal en el precio de la gasolina a los ciudadanos".

Durante más de 80 años, la NFIB ha defendido los intereses de los propietarios de pequeñas empresas independientes en Estados Unidos, tanto en Washington, D.C., como en las capitales de los 50 estados. La NFIB es una organización sin fines de lucro, apartidista y dirigida por sus propios miembros. Desde su fundación en 1943, la NFIB se ha dedicado exclusivamente a las pequeñas empresas independientes, un compromiso que mantiene hasta el día de hoy. Para obtener más información, visite nfib.com.

Massachusetts Senate Now Votes Down Gas Tax Relief

The National Federation of Independent Business (NFIB), the nation's leading small business advocacy organization with thousands of members across the Commonwealth, is disappointed that both the House and Senate have now rejected opportunities to provide tax relief by suspending the state's 24 cent gas tax.

"Whether a landscaper tending to your lawn, a truck carrying products to stock store shelves, or a delivery driver bringing dinner to your front door, small businesses require fuel to operate," said Christopher Carlozzi, Massachusetts state director for NFIB. "Despite all the rhetoric about making the Commonwealth more affordable, lawmakers once again put the brakes on attempts to temporarily suspend the state gas tax that would offer commuters, small businesses, and motorists relief at the gas pumps. While some lawmakers may see a 'gimmick,' residents of the Commonwealth see savings they can spend elsewhere as they continue to grapple with the rising costs of living and running a small business in Massachusetts."

Carlozzi noted that in her original supplemental budget, Governor Maura Healey called for a two-month suspension of the state's 24 cent gas tax. The House later stripped this provision from their version of the end of year spending package. Subsequently, an amendment reinstating a similar gas tax moratorium was presented but defeated. Now, the Senate version of this same bill offered similar gas tax suspension amendments that were voted down this evening.

As Governor Healey's spokesperson previously commented to the media, "There is nothing gimmicky about a proposal to give gas tax relief to people."

For over 80 years, NFIB has been advocating on behalf of America's small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is nonprofit, nonpartisan, and member-driven. Since our founding in 1943, NFIB has been exclusively dedicated to small and independent businesses, and remains so today. For more information, please visit nfib.com.

Reconocen a DEAF, Inc. en Lawrence

El 22 de octubre, Rossy Gutierrez y Linda Marple representaron a DEAF, Inc. en el evento de concienciación sobre el empleo de personas con discapacidad celebrado en Lawrence. Richard Rodriguez, Esq., coordinador de la ADA (Ley de Estadounidenses con Discapacidades) y oficial de cumplimiento de la ciudad de Lawrence, junto con Joan Finocchiaro, presidenta de la Comisión sobre Discapacidad de Lawrence, hicieron entrega a nuestra oficina en Lawrence de un Certificado de Reconocimiento firmado por el alcalde Brian A. DePeña. El certificado honra nuestra participación en el Mes de la Discapacidad de Lawrence, así como nuestro compromiso con la concientización sobre la discapacidad, la inclusión, la accesibilidad y la igualdad de oportunidades para todos.

Agradecemos a la ciudad de Lawrence por este reconocimiento y por contribuir a crear un entorno laboral más inclusivo y accesible en Lawrence, donde las personas con diversas capacidades sean valoradas, respetadas y empoderadas para alcanzar el éxito.



De izquierda a derecha: Patrick Delaney, jefe del Departamento de Bomberos de Lawrence; Rossy Gutierrez, representante de DEAF, Inc. en Lawrence; Ana Levy, vicepresidenta del Concejo Municipal de Lawrence; Richard Rodriguez, coordinador de la ADA y oficial de cumplimiento de la ciudad de Lawrence; Estela Reyes, representante estatal; y Linda Marple, coordinadora regional principal para las áreas de Salem y Lawrence.

*****

From left to right: Lawrence Fire Chief Patrick Delaney, Lawrence Advocate Rossy Gutierrez, Lawrence City Council Vice-Chair Ana Levy, Lawrence ADA Coordinator/Compliance Officer Richard Rodriguez, State Representative Estela Reyes, and Lead Regional Coordinator for Salem & Lawrence Regions Linda Marple.

DEAF, Inc. Honored in Lawrence

On October 22, Rossy Gutierrez and Linda Marple represented DEAF, Inc. at the Disability Employment Awareness event in Lawrence. Richard Rodriguez, Esq., Lawrence ADA Coordinator/Compliance Officer, and Joan Finocchiaro, Chair of the Lawrence Commission on Disability, presented our Lawrence office with a Certificate of Recognition signed by Mayor Brian A. DePeña. The certificate honors our participation in Lawrence Disability Month and our commitment to disability awareness, inclusion, accessibility, and equal opportunities for all.

Thank you to the City of Lawrence for this recognition and for helping build a more inclusive and accessible Lawrence workforce where individuals of all abilities are valued, respected and empowered to succeed.

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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

News from Northern Essex Community College

#1 Men's Basketball opens season with pair of victories at the Brookdale Basketball Classic

Lincroft, NJ (November 1, 2026) – The defending national champion Northern Essex Community College men's basketball team opened the season with a pair of victories over the weekend at the Brookdale Basketball Classic. On Saturday the Knights defeated Monroe-Bronx by a 73-65 final score before downing Hudson County by a 92-72 final score on Sunday afternoon.

Saturday

A pair of freshman made their collegiate debuts and recorded double-double performances as Rolky BreaArias (Lynn) came off the bench and scored a game high 19 points and grabbed 12 rebounds. He was joined by classmate Martin Drejaj (Methuen) who recorded 13 points to go along with 10 rebounds.

The Knights trailed by four points at the half, 35-31, before outscoring Monroe by a 42-30 margin in the games second half.

Jacob Mercedes (Salem) joined the duo in double figures as he poured in 11 points on five of ten shooting from the floor. Leonard Hilliard (Charlotte, NC) passed a team best five assists in the game.

The Knights shot 44.6 percent from the floor for the game.

Sunday

BreaArias and Drejaj continued to shine on Sunday as both recorded double doubles for the second time in as many games. BreaArias led the team in both stats for the second straight game as he poured in a game high 26 points to go along 12 rebounds.

Drejaj tossed in 18 points of his own to go along with 10 rebounds. Xavier Rivera (Lowell) contributed 10 points to give NECC three double digit scorers in the game.

Jay'von Depina (Brockton) dished out six assists.

The Knights will return to the court next weekend for their home opener on Saturday when they host Connecticut State Community College – Gateway at 2:00pm. The game will feature a pregame ceremony in recognition of Veterans Day.

Women's basketball cruises by CT State-Gateway in Region 21 opener

Haverhill, MA (November 7, 2026) – The Northern Essex Community College women's basketball team opened Region 21 play on Saturday afternoon as they picked up a convincing 82-10 win over the visiting Lions of CT State. With the win the Knights improve to 3-1 overall and 1-0 in conference play.

NECC jumped out early and never looked back as they took a 24-2 lead at the end of the first quarter, before the final 72 point winning margin.

The Knights saw four different players score in double figures led by a game high 19 points from Yeira Davila (Lawrence). She was joined in double figures by Julie Adams (Hudson, NH) with 14, Melissa Fuentes (Lawrence) with 12 and Kelsie Martinez (Lawrence) with 10.

Fuentes picked up her third double-double of the season and added 14 rebounds while Adams handed out seven assists.

The Knights will return to the court on Tuesday for the first of three straight road games when they travel to Bunker Hill with tip-off set for 5:30pm. NECC will home on Tuesday November 17th to host Bristol.

#1 Men's Basketball routs CT State in home opener, 127-56

Haverhill, MA (November 7, 2026) – The #1 ranked Northern Essex Community College men's basketball team opened the home and region portion of their schedule on Saturday afternoon as they saw 15 different players score in a 127-54 rout of CT State Gateway to improve to 3-0 on the season and 1-0 in region play.

The games closest margin was in the early moments with NECC leading 6-4 before going on the outscore the Lions by a 64-19 margin over the remainder of the first half to lead 70-23 at halftime.

NECC saw double doubles recorded by Rolky BreaArias (Lynn) who scored a game high 26 points to go along with 11 rebounds and Jay'Von Depina (Brockton) who scored 10 points while dishing out 10 assists.

The Knights totaled four scorers in double figures as Xavier Rivera (Lowell) poured in 22 points and Isaiah Bean-Brittian (Providence, RI) added 17.

BreaArias added five assists to his stat line.

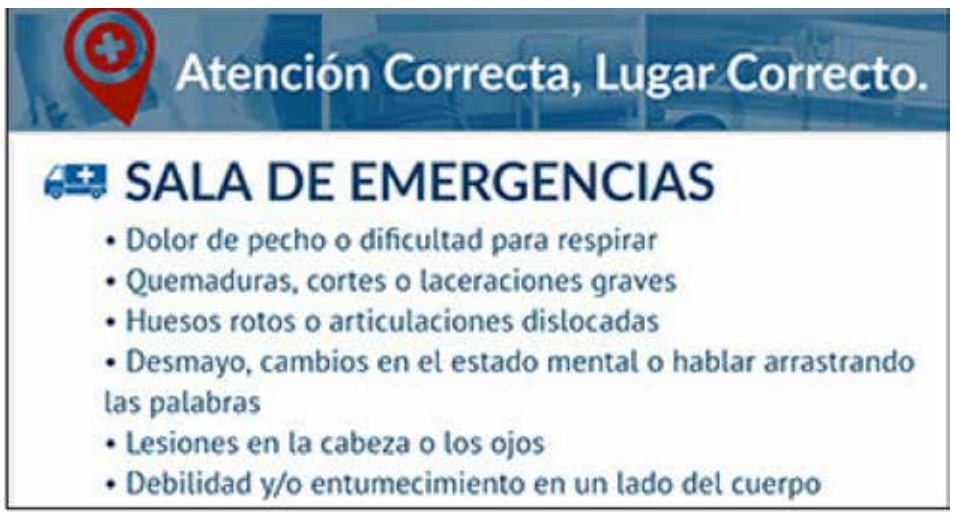
The 127 points scored for the Knights was their highest point total since February 8th 2025 when they scored 122 points against Holyoke.

The Knights will play four straight road games starting on Tuesday when they travel to Bunker Hill to take on the Bulldogs at 7:30pm in Boston. NECC will return home on Tuesday November 17th to host Bristol.

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Menos del 5% de los veteranos militares estadounidenses podrían alcanzar un estado óptimo de salud cardíaca

Una nueva declaración científica de la American Heart Association destaca los riesgos específicos de los veteranos militares y las estrategias para mejorar la salud cardiovascular y la longevidad

Aspectos destacados de la declaración:

• Según una nueva declaración científica de la American Heart Association, menos del 5% de los veteranos militares estadounidenses podrían alcanzar un estado óptimo de salud cardíaca según los parámetros de Life's Essential 8™ de la American Heart Association.

• Los veteranos presentan una alta carga de factores de riesgo de ataques o derrames cerebrales y enfermedades cardíacas, así como de afecciones relacionadas, entre las que se incluyen la obesidad, la presión arterial alta, los niveles anormales de lípidos, los trastornos del sueño, los problemas de salud mental y el consumo de sustancias.

• Un enfoque coordinado que amplíe el acceso a la atención médica y adapte la prevención a las necesidades de los veteranos podría mejorar su salud cardiovascular y la longevidad.

• Casi la mitad de todos los veteranos estadounidenses están inscritos para recibir atención a través del Departamento de Asuntos de los Veteranos de EE. UU., el mayor sistema integrado de atención médica del país.

Menos del 5% de los veteranos militares estadounidenses podrían alcanzar un estado óptimo de salud cardiovascular según los parámetros de Life's Essential 8™ de la American Heart Association (Asociación Americana del Corazón), lo que evidencia la necesidad urgente de mejorar la prevención y ayudar a los veteranos a tener vidas más largas y saludables, según una nueva declaración científica publicada hoy en Circulation, la revista médica más importante de la Asociación.

La declaración, titulada "Promoción de la salud cardiovascular de los veteranos estadounidenses: situación actual, deficiencias y estrategias", se centra específicamente en la promoción de la salud cardiovascular de los veteranos militares. Aplica el marco de Life's Essential 8 y, además, tiene en cuenta la salud mental y el consumo de sustancias, con el fin de evaluar la salud cardiovascular de los veteranos estadounidenses e identificar estrategias que los profesionales de la salud, los investigadores y los responsables de formular políticas públicas puedan utilizar para mejorar los resultados de salud de esta población.

Life's Essential 8 incluye una alimentación saludable, actividad física, evitar el consumo de tabaco, hábitos de sueño saludables, un peso saludable y niveles saludables de azúcar en sangre, colesterol y presión arterial. Según la American Heart Association, alrededor del 20% de la población adulta general de Estados Unidos podría alcanzar un estado óptimo de salud cardiovascular (sitio web en inglés).

"Los veteranos no son simplemente adultos mayores que prestaron servicio militar. Se trata de una población diversa con riesgos de salud específicos determinados por su servicio militar, sus afecciones crónicas, su salud mental, las exposiciones relacionadas con el servicio y las barreras para acceder a la atención médica", afirmó Neal Yuan, M.D., presidente del grupo voluntario de redacción de la declaración científica y profesor adjunto de medicina en la división de cardiología de la Universidad de California en San Francisco. "Reconocer cómo estos factores interactúan e influyen en el bienestar es esencial para ofrecer una prevención y un tratamiento eficaces".

Retos para la salud cardiovascular de los veteranos

Los veteranos militares representan más del 5% de la población adulta de EE. UU. y muestran una diversidad cada vez mayor en cuanto a raza, origen étnico, edad, género y experiencia militar. La declaración identifica varios factores que pueden afectar a su salud cardiovascular, incluidos los siguientes:

• Varias afecciones de salud crónicas, como obesidad, colesterol alto, presión arterial alta, enfermedades cardíacas, diabetes tipo 2, trastornos del sueño, enfermedad pulmonar crónica y enfermedad renal crónica.

• Afecciones de salud mental como ansiedad, depresión y trastorno por estrés postraumático, cada una de las cuales puede duplicar, por sí sola, el riesgo de padecer enfermedades cardiovasculares graves.

• Trastornos por consumo de sustancias, como tabaco, alcohol o drogas ilegales, que se asocian a una reducción de la esperanza de vida de entre 6 y 24 años.

• Dieta de baja calidad y niveles de actividad física por debajo de las recomendaciones.

• Lesiones relacionadas con el servicio militar, exposiciones ambientales y factores de estrés psicológico.

• Barreras para acceder a la atención médica, como vivir en zonas rurales y conectividad limitada a Internet.

Oportunidades para mejorar la salud cardiovascular de los veteranos

La declaración describe medidas prácticas para mejorar los comportamientos relacionados con el estilo de vida, la salud cardiometabólica, la salud mental, el consumo de sustancias y los trastornos del sueño en los veteranos. Las estrategias incluyen las siguientes:

• Ampliar el acceso a alimentos saludables y a programas de nutrición y control del peso.

• Adaptar los objetivos de actividad física a las capacidades de los veteranos y a los recursos disponibles.

• Mejorar la detección, la prevención y el tratamiento de la obesidad, la diabetes, el colesterol alto y la presión arterial alta.

• Ampliar las pruebas de detección y el apoyo en materia de salud mental y trastornos por consumo de sustancias, incluido el tabaquismo, y al mismo tiempo reducir el estigma asociado a recurrir a la atención médica.

• Aumentar el acceso a las pruebas de detección y al tratamiento de los trastornos del sueño.

• Utilizar la telesalud y herramientas para uso en el hogar, como el control de la presión arterial en casa, para llegar a los veteranos que enfrentan barreras para acceder a la atención presencial.

"Los veteranos y sus familias pueden utilizar Life's Essential 8 a fin de evaluar los indicadores clave de la salud cardiovascular y hablar con un profesional de la salud sobre objetivos de prevención personalizados", comentó Yuan.

Los programas del Departamento de Asuntos de los Veteranos ofrecen modelos prometedores

Aproximadamente 9 millones de veteranos, casi la mitad de la población de veteranos militares de EE. UU., están inscritos para recibir atención a través del Departamento de Asuntos de los Veteranos de EE. UU. (VA, por sus siglas en inglés), el sistema de atención médica integrado más grande del país.

"El Departamento de Asuntos de los Veteranos proporciona atención médica integral gratuita o a bajo costo, así como recursos de vivienda y asistencia social", explicó Yuan. "El sistema de salud ha invertido en programas innovadores y los ha desarrollado para mejorar la salud cardiovascular de la población de veteranos, con los que se ha logrado ofrecer una atención de alta calidad".

La declaración señala que los programas del Departamento de Asuntos de los Veteranos centrados en la atención primaria coordinada, la nutrición, la actividad física, el control del peso, la salud mental, el sueño, el consumo de sustancias y la telesalud pueden servir de modelo para otros sistemas de salud.

• Los Patient Aligned Care Teams (equipos de atención centrados en el paciente; PACT, por sus siglas en inglés) reúnen a profesionales de atención primaria con farmacéuticos, dietistas, profesionales de la salud mental y otros especialistas.

• Los programas MOVE! y Whole Health (Salud integral) promueven una alimentación saludable, la actividad física y el control del peso.

• Los programas de telesalud facilitan el control de la diabetes y de la presión arterial, el cuidado de la salud del sueño, así como la atención especializada para los veteranos que viven en zonas rurales.

"Mejorar la salud cardiovascular de los veteranos requiere un enfoque integral y centrado en la persona en su totalidad que vaya más allá de la prevención tradicional de las enfermedades cardíacas", afirmó Yuan. "Abordar de forma conjunta los factores relacionados con el estilo de vida, la salud metabólica, la salud mental, el sueño y los factores sociales que influyen en la salud puede ayudar a los veteranos a tener una vida más larga y saludable".

"La American Heart Association tiene el compromiso de apoyar la salud y el bienestar de los veteranos y del personal militar en servicio activo, así como de abordar los retos de salud específicos que pueden afrontar. A través de nuestra iniciativa Women Veterans and Heart Health (Veteranas y salud cardíaca), ofrecemos recursos centrados en los riesgos de salud específicos de las mujeres que han prestado servicio en las fuerzas armadas. Nuestro Grupo de Recursos para Empleados Military & Veterans Network (Red de militares y veteranos) también ayuda a conectar a la comunidad militar y de veteranos con información y recursos que fomentan estilos de vida saludables y el bienestar mental", señaló Mariell Jessup, M.D., directora científica y médica de la American Heart Association. "Esta declaración científica pone de manifiesto la carga desproporcionada que suponen las enfermedades cardiovasculares entre quienes prestan o prestaron servicio a nuestro país. Si comprendemos mejor sus riesgos y experiencias específicas, podremos crear conciencia, reforzar la prevención y ayudar a más militares y veteranos a tener una vida más larga y saludable".

El grupo voluntario de redacción preparó esta declaración científica en nombre del Consejo de Estilos de Vida y Salud Cardiometabólica; el Consejo de Arteriosclerosis, Trombosis y Biología Vascular; el Consejo de Enfermería Cardiovascular y de Ataques o Derrames Cerebrales; el Consejo de Radiología e Intervención Cardiovascular; el Consejo de Cardiología Clínica y el Consejo de Calidad de la Atención e Investigación de Resultados de la American Heart Association. Las declaraciones científicas de la American Heart Association promueven una mayor conciencia sobre los problemas causados por las enfermedades cardiovasculares y los ataques o derrames cerebrales, y ayudan a

(Cont. en la página 14)

Merrimack Valley YMCA Receives $19,618 MA FRESH Grant to Support Nutrition Education and Fresh Food Access for Young Learners

Funding will support early education programs at four Merrimack Valley YMCA locations as part of $401,985 in statewide MA FRESH grants.

Massachusetts Farm to School is celebrating the Merrimack Valley YMCA as one of 16 recipients of the Massachusetts Farming Reinforces Education and Student Health (MA FRESH) Grant Program, recently announced by the Massachusetts Department of Elementary and Secondary Education (DESE). The YMCA received $19,618 to support hands-on nutrition experiences and increased access to fresh foods for young learners across four of its early education program locations.

The funding will benefit early education programs at the Andover/North Andover YMCA, Merrimack Valley YMCA Child Care at South Church, Methuen YMCA and Lawrence YMCA. Through the grant, the organization is strengthening opportunities for young children to explore nutrition and develop healthy food habits through hands-on learning experiences.

"The FRESH Grant is helping our youngest learners grow strong, healthy, and curious through hands-on nutrition experiences and increased access to fresh foods every day," said Catherine Redard, Executive Director of Child Care at the Merrimack Valley YMCA.

Administered by DESE, the state-funded competitive MA FRESH Grant Program encourages National School Lunch Program (NSLP) and Child and Adult Care Food Program (CACFP) sponsors to start or expand initiatives that connect locally grown and procured foods served in school and early education meal programs with agricultural education and hands-on learning.

The funding supports a range of activities, including school gardens, indoor hydroponic growing systems, culinary classes and farm field trips that help students explore agriculture, nutrition and the food system. Grants may also support professional development for educators and school nutrition professionals, as well as staffing, external partnerships and strategic planning to integrate food literacy into curriculum and nutrition programming over the long term.

"Farm to School is strongest when what students learn about food is connected to the meals they eat and the farms and communities around them," said Simca Horwitz, Co-Director of Massachusetts Farm to School. "MA FRESH grants give schools and early education programs practical support to build those connections. We're excited to see how this year's recipients use the funding to create meaningful learning experiences, strengthen local partnerships and make Farm to School a lasting part of their programs."

Beyond supporting individual projects, the MA FRESH Grant Program helps schools and early education programs build the capacity to sustain local food purchasing and food system education. By investing in staff, training and community partnerships, the funding creates opportunities to connect classroom learning with the food served to students every day.

Educators, school nutrition professionals and early education providers can learn more about the MA FRESH Grant Program and access Farm to School resources at www.massfarmtoschool.org/mafresh-grant/.

About Massachusetts Farm to School

Massachusetts Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools. The organization works with school communities, farmers, fishers and partners across the Commonwealth to expand access to local food and create opportunities for students to learn about the food system. Learn more at www.massfarmtoschool.org.



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AHA: Veteranos militares y su salud cardíaca...

(Cont. from page 13)

facilitar las decisiones fundamentadas sobre los cuidados de salud. En las declaraciones científicas, se describe lo que se conoce actualmente sobre un tema y las áreas que necesitan investigación adicional. Si bien las declaraciones científicas sirven de base para el desarrollo de las pautas, no constituyen recomendaciones de tratamiento. Las pautas de la American Heart Association proporcionan las recomendaciones oficiales de la Asociación para la práctica clínica.

Los coautores son el vicepresidente John M. Gaziano, M.D., M.P.H.; Dina H. Griauzde, M.D., M.Sc.; Elizabeth A. Jackson, M.D., M.P.H., M.B.A., FAHA; Tannaz Moin, M.D., M.B.A., M.S.H.S.; Zaid Almarzooq, M.B.B.Ch.; Jennifer Ballard-Hernandez, D.N.P., FAHA; William C. Cushman, M.D., FAHA; Salomeh Keyhani, M.D., M.P.H.; y Jennifer L. Martin, Ph.D. Las declaraciones de los autores se encuentran en el artículo.

La Asociación recibe más de un 85% de sus ingresos de fuentes que no son empresas. Estas fuentes incluyen contribuciones de personas particulares, fundaciones y patrimonios, así como ganancias por inversiones e ingresos por la venta de nuestros materiales informativos. Las empresas (incluidas las farmacéuticas, los fabricantes de dispositivos y otras compañías) también realizan donaciones a la Asociación. La Asociación tiene políticas estrictas para evitar que las donaciones influyan en el contenido científico y en sus posiciones en materia de políticas públicas. La información financiera general está disponible aquí (sitio web en inglés).

Acerca de la American Heart Association

La American Heart Association es una fuerza incansable que trabaja por un mundo con vidas más largas y saludables. La organización ha sido una fuente líder de información sobre salud durante más de cien años y su objetivo es garantizar la equidad en la salud en todas las comunidades. Con el apoyo de más de 35 millones de voluntarios en todo el mundo, financiamos investigaciones vanguardistas, defendemos la salud pública y proporcionamos recursos fundamentales para salvar y mejorar las vidas afectadas por enfermedades cardiovasculares y ataques o derrames cerebrales. Trabajamos incansablemente para promover la salud y transformar vidas cada día mediante el impulso de avances y la implementación de soluciones comprobadas en las áreas de ciencia, políticas y cuidados. Comunícate con nosotros a través de heart.org, Facebook o X, o llama al 1-800-AHA-USA1.

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Freedom Trail® Announces Official Smartphone App Available in Spanish

The Freedom Trail Foundation has launched the official Freedom Trail® app in Spanish during National Hispanic Heritage Month and as part of the Freedom Trail's 75th anniversary. Available for iOS and Android devices, the Freedom Trail app connects 16 of America's most significant historical landmarks. The innovative offering highlights the rich history of the American Revolution as it unfolded in Boston, as well as a wide assortment of historic sites just steps off the Trail. Bringing the stories of the brave people who helped shape America to life, it makes any visit to and walk along the Freedom Trail fun and educational. The Freedom Trail Foundation has partnered with STQRY, a leading mobile app technology platform to create this Freedom Trail experience.

"The best stories make you feel like you're part of them. We're proud to help the Freedom Trail bring Boston's history to life for more people" says STQRY CEO and President, Thomas Dunne. "Adding Spanish means even more visitors can experience these incredible stories in a way that feels personal."

Signature events such as Paul Revere's midnight ride, the Battle of Bunker Hill, the Boston Tea Party, and the Boston Massacre are featured as well as other historic events and over 250 years of history. The app guides users on the Trail with automatic audio at stops with GPS mapping as well as an interactive map that helps find stops with ease, and over 1.5 hours of audio content, including music and guest interviews with historians and academics. Additionally, photos, images and text for all stops invite people to experience the Trail and historic sites featured on the app. It is the only official app, historically accurate, with text approved by Boston-based historians and the Freedom Trail Foundation.

The partnership with STQRY for the new Spanish and original app came to fruition due to STQRY's unique technology offering, their experience in working with the travel and tourism industry, and its common mission to help educate and entertain a technology-driven audience visiting major sites, like the Freedom Trail. STQRY's state-of-the-art Mobile App Producer, a web-based content management system allowed the Foundation to organize and construct an app that can be easily published and updated across multiple app stores, as well as their connection with Spanish speaking narrators made it seamless to create.

"The Freedom Trail Foundation endeavors to help all navigate and enjoy experiencing the Freedom Trail, and this initiative makes the Freedom Trail more accessible to Spanish speaking residents and visitors alike" says Freedom Trail Foundation Executive Director Suzanne Segura Taylor. "We are delighted to welcome more people to visit Boston's historic gems while using the new Spanish app that is educational and entertaining."

The Freedom Trail apps are available in Spanish and English on the iOS App Store and the Android Market for $9.99. For more information or to purchase the app, visit https://www.thefreedomtrail.org/tours/freedom-trail-tour-app.

Celebrate the Holidays on Boston's Historic Freedom Trail®

Historic Holiday Strolls Kick-Off Friday, November 20

As the Freedom Trail celebrates 75 years, the Freedom Trail Foundation invites revelers of all ages to experience this year's Historic Holiday Strolls. The festive atmosphere of the city, set against the unique backdrop of Boston's historic sites and centuries of history, makes these merry 60-minute tours a perfect way to enjoy the holiday season. Walk the Freedom Trail and discover how Boston's holiday traditions evolved on the Strolls offered Fridays and Saturdays at 3:30 p.m. from November 20 through December 26 (excluding Christmas Day, Friday, December 25).

Led by 19th-century Dickensian costumed guides departing from the Visitor Information Center on Boston Common, the Strolls are complete with a tour of holiday lights and Christmas trees along the Freedom Trail and the history of 19th-century holiday traditions. Following the Stroll, guests receive discounts off museum store purchases at Freedom Trail sites, including Old South Meeting House, Old State House, Paul Revere House, and Old North Church's Heritage and Gift Shops (valid with any Historic Holiday Stroll receipt from November through December).

Tickets are $20 for adults and $10 for children for public tours may be purchased at the Boston Common Visitor Information Center or on-line at TheFreedomTrail.org. Strolls may also be scheduled as private group tours pending availability. The Freedom Trail Foundation continues to offer daily public Official Freedom Trail Tours® throughout November and December and during the winter months. All Freedom Trail Foundation tour offerings are available as private family or group tours by reservation. For more information, please visit TheFreedomTrail.org and to schedule group tours, please call 617-357-8300 press "0."

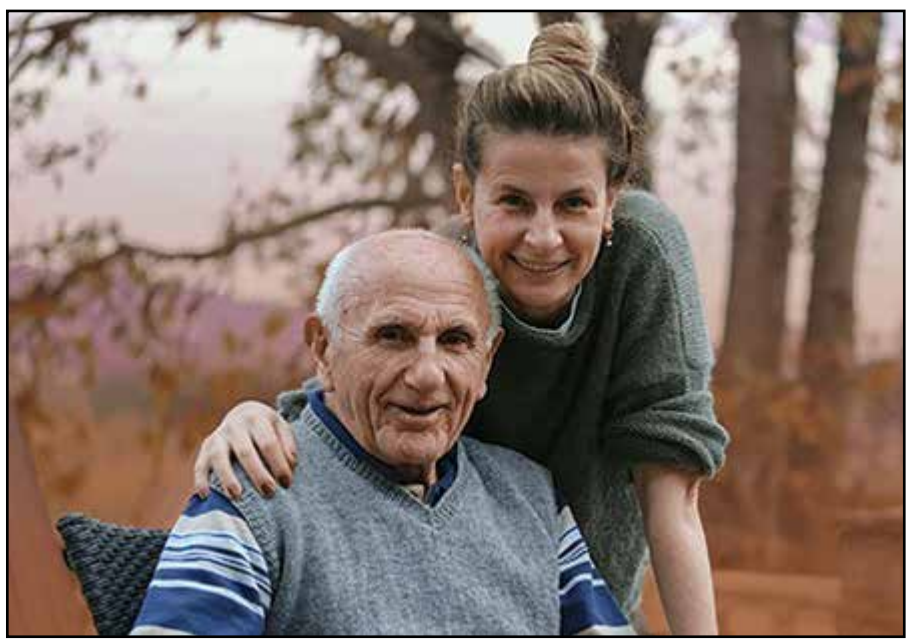
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PUBLIC NOTICE

December 3 @ 6:30 pm - 8:00 pm

CTI Board Meeting (November/December Combined)

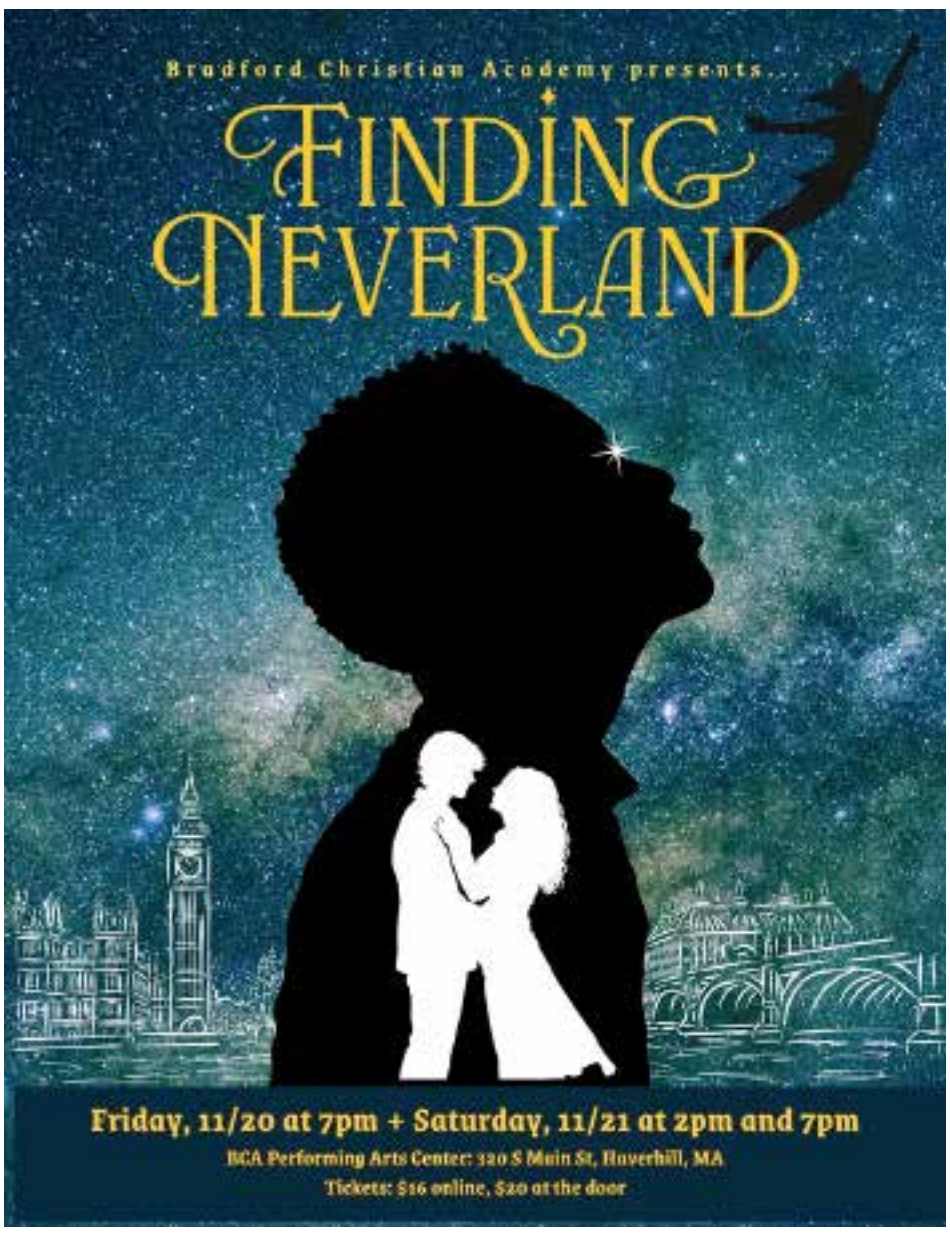
Marjorie McDermott Board Room 155 Merrimack Street – 2nd Floor, Lowell, MA

Full Board Meetings are open to public (RSVP sruas@commteam.org to virtually attend)

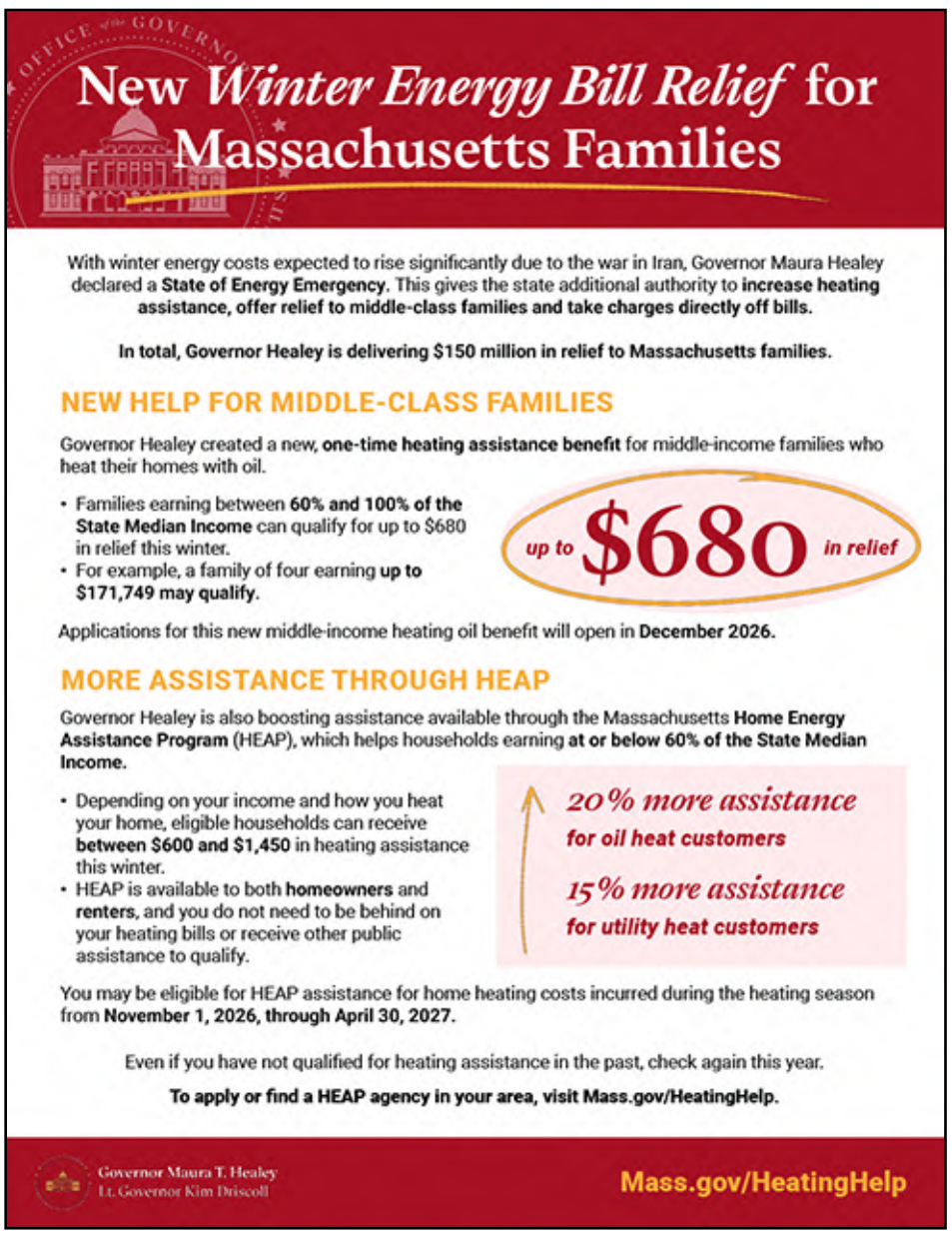
Full Board Meetings take place on Wednesday evenings beginning at 6:30 P.M.

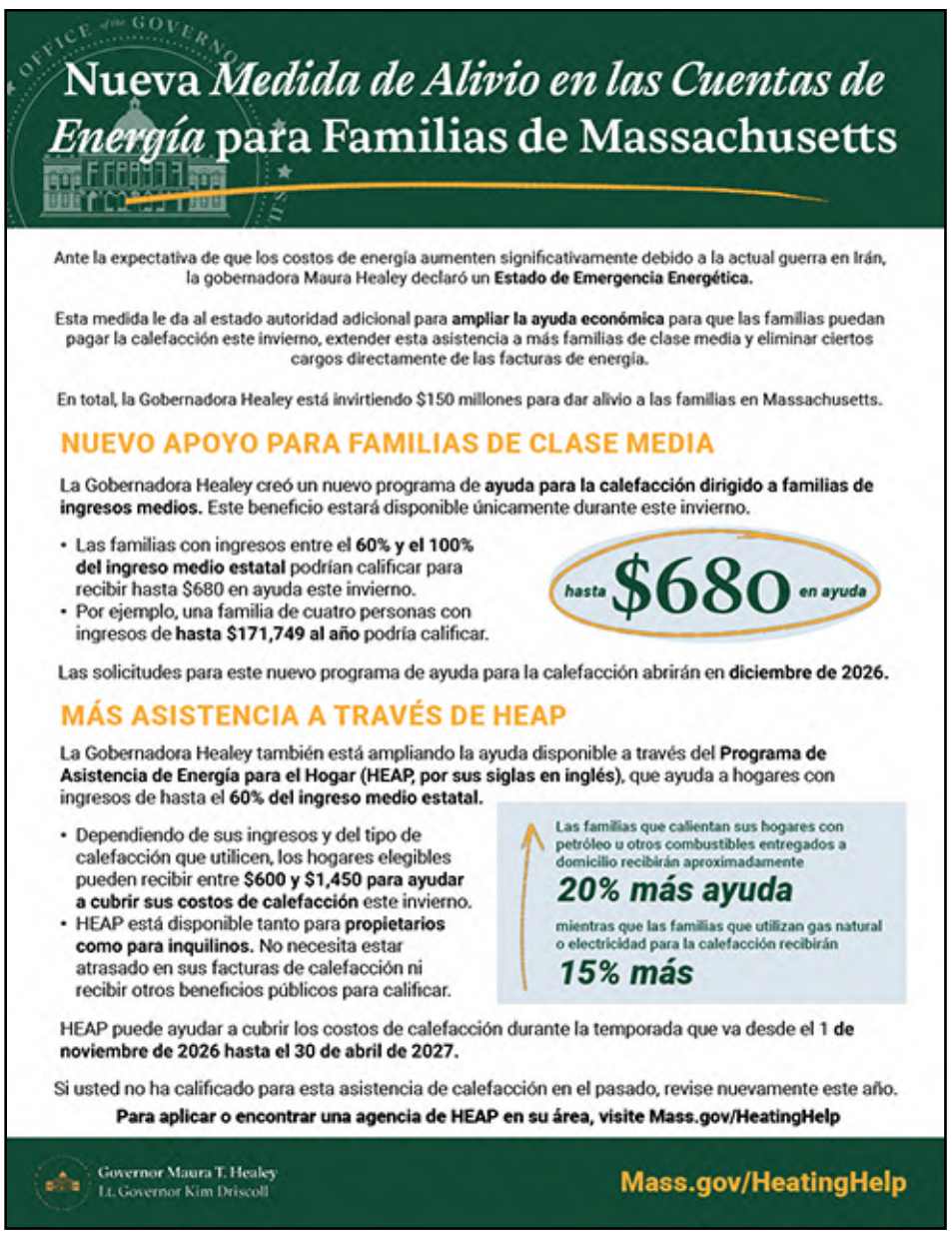
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