

Alcalde De Peña visitó la planta de procesamiento de aguas



Joining Brian A. DePeña, Mayor of Lawrence (not necessarily in order) are Tom Connors, CEO of American Training; Cheri Cousens, P. E. Executive Director; Brett Leavitt, Operations Manager; Jorge Jaime, DPW Director; Gregory Del Rosario, City Councilor; William Hale, Water Commissioner; Dan Lahiff, Water Supervisor; Joseph Quartarone; and Matt Halloran, Sewer Supervisor.

Mayor Brian A. De Peña had the pleasure of visiting the Greater Lawrence Sanitary District in North Andover, MA, touring its water plant and facilities. GLSD is committed to promoting clean rivers, including the Merrimack River, and green economies.

El Alcalde Brian A. De Peña tuvo el privilegio de visitar el Greater Lawrence Sanitation District en North Andover, Massachusetts, para supervisar la planta de tratamiento de aguas residuales. GLSD trabaja para apoyar y mantener nuestros ríos limpios, incluyendo el Merrimack, y para una economía verde.

Primera candidata a concejal de Haverhill



Carmen García-King ha declarado su candidatura para concejal en Haverhill. Pg. 9

Carmen García-King has announced her candidacy for the city council in Haverhill. Pg. 9

Juramentan a Diana DiZoglio // Diana DiZoglio is sworn in Page 2

Methuen Police Appoints Randy Haggar Deputy Chief



Deputy Chief Randy Haggar is sworn in by City Clerk Anne Drouin. (Courtesy Methuen Police Department) Pg. 6

Chief Scott J. McNamara is pleased to report that he has appointed a deputy chief and made several other appointments down the ranks as a result.

New business opens in Andover

(L to R) State Representative Tram Nguyen; Mike Stuart, Stuart Realty Group; State Representative Frank Moran and Michael Bevilacqua, Vice President, Merrimack Valley Chamber of Commerce.

Congratulations to Stuart Group Realty at KRG on the Ribbon Cutting celebration in Andover!

"It was great to be joined by Representatives Nguyen and Moran as well as Ann Ormond who represented the Town. Stuart Group Realty's new office is located on 89 N. Main Street in Suite 202," said Michael Bevilacqua.



Sworn in by Gov. Healey, Auditor DiZoglio Says Role is Deeper Than Analyzing State Money

(Reproduced and translated with permission from WHAV News)



State Auditor Diana DiZoglio, left, with one hand placed on a Bible held by her mother, Kelly Byrnes, and Gov. Maura Healey administering the oath of office. (WHAV News photograph.)

By WHAV News Staff

Massachusetts' new state Auditor Diana DiZoglio was formally sworn in by Gov. Maura Healey last night in Methuen, saying her new job is not just about scrutinizing state spending, but also making sure government is efficient, accountable and get things done.

DiZoglio, who chose not to run for re-election to the state Senate and, instead, successfully sought the statewide job, said her role is also to make sure local businesses get their fair share of state contracts, residents receive streamlined services that include more places to live, not having "mile-long waits" for elderly housing and "safe, reliable transportation." DiZoglio repeatedly pointed to her own experiences before becoming a legislator as her inspiration.

"I worked in Haverhill at various nonprofits, mostly at after-school programs—at places like Girls Inc. and United Teen Equality Center in Lowell. During these years, I had a full-time job... because like many other hardworking families know, even if you work two or three jobs, it can still be a real struggle to access affordable, quality housing, education, healthcare or even reliable transportation to be able to get to those jobs," she said.

DiZoglio added her team will include those with "lived experience" in subject matters her office oversees, serve what she called "Gen-C"—the COVID-19 generation of students and put in place a 17-point "social justice and equity audit plan" to create systems and processes to make sure veterans, survivors of domestic abuse, disabled children, single parents

and others don't fall through any cracks.

The inauguration was notable for putting forward women holding powerful positions in state and federal government. Governor's Councilor Eileen Duff served as master of ceremonies, state Rep. Vanna Howard welcomed guests, state Sen. Lydia Edwards and U.S. Congresswoman Lori Trahan gave remarks and Healey administered the oath of office. The governor acknowledged the cross section of community—from student performers and Gold Star families to Brownie troops and Junior ROTC color guards—represented at the inauguration.

"The joy. The diversity of experience. Young people, with whom I had the pleasure of hanging out with for several minutes in the back. You probably heard us. I apologize. But that is just so what Diana DiZoglio is all about. It does not surprise me the way she has put this ceremony together, compile it and celebrate our young people, to celebrate lived experience, to celebrate the richness and fabric of our community. It is wonderful to be here tonight at Methuen High School to celebrate our new auditor, Diana DiZoglio," the governor said.

DiZoglio shared her self-deprecating humor, telling Healey—the former captain of the Harvard women's basketball team—she also helped Methuen High girls basketball team win the state championship in 1999. "That never would have happened had I not gotten cut from the team that year. You're welcome."

She also reiterated her pledge to make government transparent and accountable, relating the story of how she was sexually harassed as a young legislative aid and forced to sign a non-disclosure agreement to force her silence.

97.9 WHAV is Greater Haverhill's only public radio station and nonprofit local news service. There's membership information at whav.net/become-a-whav-member

Juramentada por la Gobernadora Healey, la Auditora DiZoglio dice que su papel es más profundo que analizar el dinero del estado

(Reproducido y traducido con permiso de WHAV News)

Por el personal de noticias de WHAV

La nueva auditora estatal de Massachusetts, Diana DiZoglio, fue juramentada formalmente por la Gobernadora Maura Healey anoche en Methuen, y dijo que su nuevo trabajo no se trata solo de examinar el gasto estatal, sino también de asegurarse de que el gobierno sea eficiente, responsable y haga las cosas bien.

DiZoglio, quien optó por no postularse para la reelección al Senado estatal y, en cambio, buscó con éxito el puesto estatal, dijo que su función también es asegurarse de que las empresas locales obtengan su parte justa de los contratos estatales, los residentes reciban servicios optimizados que incluyen más lugares para vivir, que no tengan "listas de esperas de una milla de largo" para viviendas para personas mayores y "transporte seguro y confiable". DiZoglio señaló repetidamente sus propias experiencias antes de convertirse en legisladora como su inspiración.

"Trabajé en Haverhill en varias organizaciones sin fines de lucro, principalmente en programas extracurriculares, en lugares como Girls Inc. y United Teen Equality Center en Lowell. Durante estos años, tuve un trabajo de tiempo completo... porque, como muchas otras familias trabajadoras saben, incluso si tiene dos o tres trabajos, puede ser una verdadera lucha para acceder a viviendas asequibles y de calidad, educación, atención médica o incluso transporte confiable. para poder llegar a esos trabajos", dijo.

DiZoglio agregó que su equipo incluirá a personas con "experiencia vivida" en los temas que supervisa su oficina, atenderá a lo que ella llamó "Gen-C", la generación de estudiantes COVID-19 e implementará una "auditoría de justicia social y equidad" de 17 puntos. plan" para crear sistemas y procesos para asegurarse de que los veteranos, sobrevivientes de abuso doméstico, niños discapacitados, padres solteros y otros no

caigan en el olvido.

La toma de posesión se destacó por presentar mujeres que ocupan puestos de poder en el gobierno estatal y federal. La miembro del Governor's Council Eileen Duff actuó como maestra de ceremonias, la Representante Estatal Vanna Howard dio la bienvenida a los invitados, la Senadora Estatal Lydia Edwards y la Congresista Lori Trahan hicieron comentarios y Healey administró el juramento del cargo. La gobernadora reconoció a la muestra representativa de la comunidad, desde artistas estudiantiles y familias Gold Star hasta tropas Brownie y guardias de color de Junior ROTC, representada en la inauguración.

"La alegría. La diversidad de la experiencia. Jóvenes, con los que tuve el placer de compartir varios minutos en la parte de atrás. Probablemente nos escuchaste. Me disculpo. Pero de eso se trata Diana DiZoglio. No me sorprende la forma en que ella organizó esta ceremonia, la compiló y celebró a nuestros jóvenes, para celebrar la experiencia vivida, para celebrar la riqueza y el tejido de nuestra comunidad. Es maravilloso estar aquí esta noche en Methuen High School para celebrar a nuestra nueva auditora, Diana DiZoglio", dijo la gobernadora.

DiZoglio compartió su humor autocrítico y le dijo a Healey, ex capitana del equipo de baloncesto femenino de Harvard, que también ayudó al equipo de baloncesto femenino de Methuen High a ganar el campeonato estatal en 1999. "Eso nunca hubiera sucedido si no me hubieran eliminado del equipo ese año. De nada."

También reiteró su compromiso de hacer que el gobierno sea transparente y rinda cuentas, contando la historia de cómo fue acosada sexualmente cuando era una joven ayudante legislativa y obligada a firmar un acuerdo de confidencialidad para forzar su silencio.

"La precisión para un periódico es lo que la virtud es para una dama; pero un periódico siempre puede publicar una retractación".

"Accuracy to a newspaper is what virtue is to a lady; but a newspaper can always print a retraction."

- Adlai E. Stevenson

Rumbo

The BILINGUAL Newspaper of the Merrimack Valley

DIRECTOR AND GRAPHIC DESIGN

Dalia Díaz

daliadiaz@rumbonews.com

SALES & CIRCULATION DIRECTOR

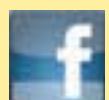
Alberto M. Surís

albertosuris@rumbonews.com

Publicación de SUDA, Inc.

315 Mt. Vernon Street Lawrence, MA 01843-3206

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



facebook.com/rumbonews
twitter.com/rumbonews

Published on the 1st 8th 15th and 22nd of Every Month

Save yourself a trip!

You can get the COVID-19 vaccine along with your flu shot.



For more information:

- Call 978-686-6029
- View our website at GLFHC.org
- Scan the QR code



¡Ahórrese un viaje!

Póngase la vacuna contra el COVID-19 junto con su vacuna contra la gripe/flu.



Para más información:

- Llame al 978-686-6029
- Visite nuestro sitio web GLFHC.org
- Escanee el código QR

GREATER LAWRENCE FAMILY HEALTH CENTER

978-686-0090
WWW.GLFHC.ORG

Los síntomas de un ataque cerebral requieren una evaluación de emergencia aunque desaparezcan en el plazo de una hora

Una nueva declaración científica de la American Heart Association analiza la evaluación rápida del accidente isquémico transitorio (AIT) debido al alto riesgo de un ataque cerebral futuro

Aspectos destacados de la declaración:

- El diagnóstico de un accidente isquémico transitorio (AIT), a veces llamado “alerta de ataque cerebral”, es un desafío porque los síntomas a menudo desaparecen en el plazo de una hora.
- Una nueva declaración científica de la American Heart Association describe cómo evaluar a los pacientes que experimentan un AIT, con orientación específica para los profesionales del cuidado de la salud en áreas rurales.
- Casi una de cada cinco personas de las que se sospecha que han tenido un AIT sufrirá un ataque cerebral en un plazo de tres meses, y dos de cada cinco, con la exploración adecuada, sabrán que en realidad han sufrido un ataque cerebral en lugar de un AIT.
- La evaluación integral de los pacientes con sospecha de AIT con imágenes y el uso de la escala de evaluación de riesgos puede ayudar a determinar qué pacientes deben ser hospitalizados porque tienen un mayor riesgo de sufrir un ataque cerebral en toda regla.

DALLAS, 19 de enero de 2023. Los síntomas de un ataque cerebral que desaparecen en menos de una hora, conocido como accidente isquémico transitorio (AIT), necesitan una evaluación de emergencia para ayudar a prevenir un ataque cerebral, según una nueva declaración científica de la American Heart Association publicada hoy en su revista médica Stroke. La declaración ofrece un enfoque estandarizado para evaluar a las personas con sospecha de AIT, con orientación específica para hospitales en áreas rurales que pueden no tener acceso a imágenes avanzadas o un neurólogo en el lugar.

Un TIA es un bloqueo temporal del flujo sanguíneo al cerebro. Cada año, alrededor de 240,000 personas en los EE. UU. experimentan un AIT, aunque esta estimación puede representar un subregistro de los AIT porque los síntomas tienden a desaparecer en el plazo de una hora. Si bien el TIA en sí mismo no causa daños permanentes, alrededor de 1 de cada 5 de las personas que tienen un TIA sufrirán un ataque cerebral dentro de los tres meses posteriores, casi la mitad de los cuales ocurrirán dentro de los dos días. Por esta razón, es más preciso describir un TIA como un “alerta de ataque cerebral” en lugar de un “ataque isquémico transitorio”, como suele llamarse.

Los síntomas del AIT son los mismos que los del ataque cerebral, solo que temporales. Comienzan repentinamente y pueden tener alguna o todas estas características:

- Los síntomas comienzan fuertes y luego desaparecen.
- Los síntomas suelen durar menos de una hora.
- Parálisis facial.
- Debilidad en un lado del cuerpo.
- Entumecimiento en un lado del cuerpo.
- Problemas para encontrar las palabras

correctas/dificultad para hablar.

- Mareos, pérdida de la visión o dificultad para caminar.

Se puede utilizar el acrónimo F.A.S.T. para reconocer los síntomas de un ataque cerebral e identificar un AIT: F = face (rostro): rostro caído o entumecido; A = arms (brazos): debilidad en un brazo; S = speech (habla): dificultad en el habla; T = time (tiempo): tiempo de llamar al 9-1-1, incluso si los síntomas desaparecen.

“Diagnosticar con confianza un AIT es difícil, ya que la mayoría de los pacientes recuperan su funcionamiento normal para el momento en que llegan a la sala de emergencias”, comentó Hardik P. Amin, M.D., Presidente del Comité de Redacción de Declaraciones Científicas, Profesor Adjunto de Neurología y Director Médico de Ataques Cerebrales en Yale New Haven Hospital, St. Raphael Campus en New Haven, Connecticut. “También hay variabilidad en todo el país en la evaluación que pueden recibir los pacientes con AIT. Esto puede deberse a factores geográficos, recursos limitados en los centros de cuidado de la salud o diferentes niveles de comodidad y experiencia entre los profesionales médicos”.

Por ejemplo, dijo Amid: “Alguien con síntomas de un AIT que acude a una sala de emergencias con recursos limitados puede no recibir la misma evaluación que recibiría en un centro certificado para ataques cerebrales. Esta declaración se escribió pensando en los médicos de salas de emergencias o los internistas: profesionales en áreas con recursos limitados que pueden no tener acceso inmediato a un neurólogo vascular y deben tomar decisiones desafiantes de evaluación y tratamiento”.

La declaración también incluye orientación para ayudar a los profesionales del cuidado de la salud a diferenciar entre un TIA y un “imitador de un TIA”, una condición que comparte algunos signos con el TIA pero que se debe a otras condiciones médicas como la hipoglucemia, una convulsión o una migraña. Los síntomas de un imitador de un TIA tienden a extenderse a otras partes del cuerpo y aumentar su intensidad con el tiempo.

¿Quién está en riesgo de sufrir un AIT?

Las personas con factores de riesgo cardiovascular, como presión arterial alta, diabetes, obesidad, colesterol alto y tabaquismo, tienen un alto riesgo de sufrir un ataque cerebral y un AIT. Otras condiciones que aumentan el riesgo de sufrir un AIT son la enfermedad arterial periférica, fibrilación auricular, apnea del sueño y enfermedad de la arteria coronaria. Además, una persona que ha tenido un ataque cerebral previo tiene mayor riesgo de sufrir un AIT.

¿Qué pruebas se deben realizar primero en la sala de emergencias?

Después de evaluar los síntomas y el historial médico, las imágenes de los vasos sanguíneos en la cabeza y el cuello son una primera evaluación importante. Inicialmente se debe realizar

Carta de la Gobernadora Healy a los Legisladores sobre el Capítulo 90

19 de enero de 2023

Al Honorable Senado y Cámara de Representantes,

Presento para su consideración un proyecto de ley titulado "Ley de Financiamiento de Mejoras a Caminos y Puentes Municipales".

Este proyecto de ley autoriza al Estado a pedir prestados \$400 millones para financiar mejoras en carreteras y puentes de propiedad municipal a través de subvenciones del Capítulo 90 durante los próximos dos años fiscales. Estas subvenciones llegan directamente a cada una de nuestras 351 ciudades y pueblos, continuando la sólida tradición de asociación entre el Commonwealth y las comunidades locales. Estoy buscando una autorización de dos años para permitir que las ciudades y los pueblos tengan tiempo suficiente para poner los fondos a trabajar dada la planificación y la coordinación necesarias para completar estos proyectos críticos.

La rápida aprobación de esta legislación garantizará que las carreteras y los puentes del Estado puedan mantenerse o moverse hacia unas condiciones de buen estado. En consecuencia, les insto a que promulguen esta legislación con prontitud.

Respetuosamente,

Maura T. Healey

Governor Healy's letter to Legislators on Chapter 90

January 19, 2023

To the Honorable Senate and House of Representatives,

I am filing for your consideration a bill entitled "An Act Financing Improvements to Municipal Roads and Bridges."

This bill authorizes the Commonwealth to borrow \$400 million to fund improvements to municipally owned roads and bridges through Chapter 90 grants over the next two fiscal years. These grants reach each of our 351 cities and towns directly, continuing the strong tradition of partnership between the Commonwealth and local communities. I am seeking a two-year authorization to enable cities and towns sufficient time to put the funds to work given the planning and coordination required to get these critical projects completed.

Swift passage of this legislation will ensure that the Commonwealth's roads and bridges can be kept in or moved toward a state of good repair. Accordingly, I urge you to enact this legislation promptly.

Respectfully submitted,

Maura T. Healey

una tomografía computarizada de cabeza sin medio de contraste en la sala de emergencias para descartar hemorragia intracerebral e imitadores de un AIT. También se puede realizar una angiografía por tomografía computarizada para buscar signos de estrechamiento en las arterias que van al cerebro. Casi la mitad de las personas con síntomas de TIA tienen estrechamiento de las arterias mayores que van al cerebro.

Una imagen de resonancia magnética (IRM) es la forma preferida de descartar una lesión cerebral (es decir, un ataque cerebral), idealmente realizada dentro de las 24 horas posteriores al inicio de los síntomas. Alrededor del 40% de los pacientes que se presentan en la sala de emergencias con síntomas de un AIT recibirán un diagnóstico de ataque cerebral con base en los resultados de la resonancia magnética. Es posible que algunas instalaciones no tengan acceso a un escáner de IRM en la sala de emergencias y pueden admitir al paciente en el hospital para una IRM o transferirlo a un centro con acceso rápido a escáner.

Se deberán completar los análisis de sangre en el departamento de emergencias para descartar otras afecciones que puedan

causar síntomas similares a los del AIT, como hipoglucemia o una infección, y para detectar factores de riesgo cardiovascular como diabetes y colesterol alto.

Una vez que se diagnostica un AIT, se recomienda un estudio de diagnóstico cardíaco debido a la posibilidad de que los factores relacionados con el corazón causen un AIT. Idealmente, esta evaluación se realiza en la sala de emergencias, sin embargo, podría coordinarse como una visita de seguimiento con el especialista apropiado, preferiblemente dentro de la semana posterior a sufrir un AIT. Se sugiere un electrocardiograma para evaluar el ritmo cardíaco y detectar fibrilación auricular, que ocurre en hasta el 7% de las personas con un ataque cerebral o AIT. La American Heart Association recomienda que el monitoreo cardíaco a largo plazo dentro de los seis meses posteriores a un TIA es razonable si la evaluación inicial sugiere un problema relacionado con el ritmo cardíaco como la causa del TIA o ataque cerebral.

Una consulta neurológica temprana, ya sea en persona o por telemedicina, se asocia con tasas de mortalidad más bajas después de un AIT. Si la consulta no es

(Cont. en la página 16)

Comienza el Año Nuevo con un refuerzo COVID-19 actualizado y tarjeta de regalo de \$75

Clínicas de vacunación gratuitas para familias programadas en Lawrence

El Departamento de Salud Pública de Massachusetts (DPH, por sus siglas en inglés) ha extendido su oferta de tarjeta de regalo de \$75 hasta el 31 de marzo para los residentes de Massachusetts que reciban una vacuna contra el COVID-19 o un refuerzo en las clínicas de vacunación participantes "Get Boosted" en Lawrence. Las clínicas ofrecen la primera y la segunda dosis de la vacuna, así como el refuerzo bivalente COVID-19 actualizado, que está aprobado para todas las personas mayores de 6 meses.

Mantenerse al día con las vacunas, incluidos los refuerzos, es la forma más eficaz de prevenir enfermedades graves por el COVID-19. Los residentes del Commonwealth que se vacunen o refuerce contra el COVID-19 en cualquiera de las clínicas designadas pueden recibir una tarjeta de regalo de \$75 para un minorista local por cada dosis administrada, hasta agotar existencias.

DPH está trabajando con socios locales, incluidos Lawrence Senior Center (The Center) y Greater Lawrence Community Action Council (GLCAC), para que las vacunas contra el COVID sean accesibles para la mayor cantidad de personas posible. Para encontrar una clínica que ofrezca la tarjeta de regalo de \$75 cerca de usted, visite [Mass.gov/GetBoosted](https://www.mass.gov/GetBoosted). No se requiere identificación o prueba de seguro médico.

En octubre de 2022, el DPH lanzó la campaña Get Boosted como parte de su

Iniciativa de Equidad de Vacunas para aumentar las tasas de vacunación, con un enfoque en los refuerzos. Massachusetts es líder nacional en vacunación contra el COVID-19; según los CDC, el 93 % de la población del estado de 6 meses o más ha recibido al menos una dosis, en comparación con el 81 % a nivel nacional. Alrededor del 64% de las personas completamente vacunadas en Massachusetts han recibido un refuerzo.

"Nos gustaría ver a tantas personas vacunadas como sea posible, por lo que estamos ofreciendo estas clínicas comunitarias de vacunación contra el COVID, incluido un incentivo de tarjeta de regalo de \$75 en ubicaciones seleccionadas, para que sea más fácil para las personas protegerse a sí mismas y a quienes las rodean.", dijo la comisionada de Salud Pública de Massachusetts, Margret Cooke. "Estos refuerzos brindan la mejor protección contra las subvariantes de Omicron, que actualmente son las cepas más frecuentes de COVID-19 en Massachusetts. Se ha demostrado que la vacuna y los refuerzos son seguros y efectivos para adultos y niños. Si ha estado pensando en vacunarse, ahora es el momento".

Obtenga más información sobre las clínicas de vacunación contra el COVID-19 que ofrecen incentivos y encuentre una clínica cerca de usted en [Mass.gov/GetBoosted](https://www.mass.gov/GetBoosted).

Kick off the New Year with an updated COVID-19 booster and \$75 gift card

Free Family-Friendly Vaccination Clinics Scheduled in Lawrence

The Massachusetts Department of Public Health (DPH) has extended its \$75 gift card offer through March 31 for Massachusetts residents who get a COVID-19 vaccination or booster at participating "Get Boosted" vaccination clinics in Lawrence. The clinics offer first and second doses of the vaccine as well as the updated bivalent COVID-19 booster, which is approved for everyone ages 6 months and older.

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness from COVID-19. Commonwealth residents who get vaccinated or boosted against COVID-19 at any of the designated clinics can receive a \$75 gift card to a local retailer for each dose administered, while supplies last.

DPH is working with local partners, including Lawrence Senior Center (The Center) and Greater Lawrence Community Action Council (GLCAC), to make the COVID shots accessible to as many people as possible. To find a clinic offering the \$75 gift card near you, go to [Mass.gov/GetBoosted](https://www.mass.gov/GetBoosted). No ID or proof of health insurance is required.

In October 2022, DPH launched

the Get Boosted campaign as part of its Vaccine Equity Initiative to increase vaccination rates, with a focus on boosters. Massachusetts is a national leader in COVID-19 vaccination; according to the CDC, 93% of the state's population age 6 months and older has received at least one dose, compared with 81% nationally. Some 64% of fully vaccinated individuals in Massachusetts have had a booster.

"We'd like to see as many people vaccinated as possible, so we are offering these community-based COVID vaccination clinics – including a \$75 gift card incentive at select locations – to make it easier for people to protect themselves and those around them," said Massachusetts Public Health Commissioner Margret Cooke. "These boosters provide the best protection against the Omicron subvariants, which are currently the most prevalent strains of COVID-19 in Massachusetts. The vaccine and boosters are proven to be safe and effective for adults and children. If you've been thinking about getting the vaccine, now is the time."

Learn more about the COVID-19 vaccination clinics offering incentives, and find a clinic near you at [Mass.gov/GetBoosted](https://www.mass.gov/GetBoosted).

"La precisión para un periódico es lo que la virtud es para una dama; pero un periódico siempre puede publicar una retractación".

"Accuracy to a newspaper is what virtue is to a lady; but a newspaper can always print a retraction."

- Adlai E. Stevenson

I WAS DENIED AN APARTMENT FOR NOT HAVING 3X THE RENT, EVEN THOUGH I HAVE A VOUCHER.



When a landlord tried to deny me housing because of my housing voucher (e.g., Section 8), I contacted FHAM and learned about my fair housing rights. For instance, if you can afford an apartment with your voucher, then a landlord cannot deny you just because your income is less than three times the total rent. If you believe you have experienced discrimination, contact FHAM and file a complaint.

Visit www.mafham.org or call (508)444-9332.

Voucher Discrimination is Illegal. Report it!




ME NEGARON UN APARTAMENTO POR NO TENER 3 VECES EL VALOR DEL ALQUILER, AUNQUE QUE TENGO UN VALE.



Cuando un arrendador trató de negarme la vivienda debido a mi vale de vivienda (ejemplo, sección 8), me comuniqué con FHAM y me enteré de mis derechos de vivienda justa. Por ejemplo, si puede pagar un apartamento con su vale, entonces el arrendador no puede negárselo solo porque sus ingresos son menos de tres veces el alquiler total. Si cree que ha sufrido discriminación, comuníquese con FHAM y presente una denuncia.

Visite www.mafham.org o llame al (508)444-9332.

La discriminación de vales es ilegal. ¡Repórtalo!




Methuen Police Department Announces Appointment of Deputy Chief and Several Promotions

Chief Scott J. McNamara is pleased to report that he has appointed a deputy chief and made several other appointments down the ranks as a result.

(Pictures courtesy of Methuen Police Department)



Chief Scott J. McNamara and members of the Methuen Police Department who were recently promoted and sworn in by City Clerk Ann Drouin. From left in the back row are Sgt. David Souther Jr., Chief McNamara, Lt. James Moore and Sgt. Neil Quinlan. From left in the middle row are Sgt. Chad Sirois, Lt. Joseph Rynne, Deputy Chief Randy Haggar and Sgt. Kevin Dzioba. From left in front are Sgt. Laurie Borrelli and Capt. Eric Ferreira.

"These promotions represent yet another step forward in the reorganization and realignment of the Methuen Police Department," said Chief McNamara. "Each one of the officers being promoted are well deserving of the recognition and each will play a significant role in the future of our department."

Deputy Chief Randy Haggar

Deputy Chief Haggar is a 29-year veteran of the Methuen Police Department. He was born and raised in Methuen and has been serving the Methuen Police Department for the past year in the role of the Commander, overseeing both the Field Operations and Administrative Bureaus. Deputy Chief Haggar also served as the interim police chief, assisting in the department's transition with the hiring of Chief McNamara.

Deputy Chief Haggar graduated from Methuen High School in 1987. He has a Bachelor's Degree in Criminal Justice Administration from Franklin Pierce College and a Masters of Criminal Justice Administration from Western New England University.

Starting as a Patrol Officer at the Methuen Police Department, Deputy Chief Haggar made his way through the ranks while exercising executive-level command over three major departmental bureaus: Field Operations, Support Services, and Professional Standards/Integrity. Prior to his most recent promotion, he served as the Court Liaison Supervisor, Community Policing Officer and Traffic Division Supervisor.

In 2018, after assisting in the Columbia Gas disaster in Lawrence and working alongside government leaders to provide shelter for affected citizens, Deputy Chief Haggar felt a calling to return to college and obtain a second master's degree, this time from Anna Maria College in Public Administration concentrating on Emergency Management. He was then appointed as the Director of Emergency

Management for the City of Methuen in 2021.

Deputy Chief Haggar completed the prestigious Senior Management Institute for Police — a program of the Police Executive Research Forum that provides senior police executives with intensive training in the latest management concepts and practices used in business and government. He also completed the FBI-LEEDA Leadership Development Trilogy, which includes Supervisor, Command and Leadership Institutes, the FBI-LEEDA Culture and Diversity Institute's Reflective Leadership course, and the FBI-LEEDA Media and Public Relations Officer Courses.

Throughout his career, Deputy Chief Haggar has been positively recognized, receiving the Trauma Intervention Program of the Merrimack Valley's Gift of Caring Award, the MSPCA Public Service Award, and the WCVB-TV, United Way, "Keeping Kids on Track" Award. He has also been recognized on 3 separate occasions for his past mentorship with the Methuen Police Explorer Program.

Deputy Chief Haggar lives in Haverhill with his wife Jennifer and daughter Emerson Claire. Deputy Chief Haggar is a member and volunteers regularly with the Methuen Exchange Club. He is a member of the St. Basils Cursillo community and also a member of the Massachusetts Latino Police Officers Association.

"Randy Haggar is a true professional. He is highly skilled, intelligent, and well versed in all matters relevant to the Methuen Police Department," said Chief McNamara. "Randy is someone that cares deeply for our community and equally so for the men and women of our department. He is capable, competent, and fully committed to our success. I could not be more pleased for Randy as he is truly deserving of this promotion. I have absolutely no doubt he will make an outstanding Deputy Police Chief."

Capt. Eric Ferreira

Eric J. Ferreira has been a member of the Methuen Police Department since July 2012. Prior to serving Methuen, Eric worked as a police officer for five years in the Town of Hudson, N.H. and for two years with the National Security Agency. With Methuen, he served in the Patrol Division as an officer from 2012 to 2016. He was promoted to Sergeant in 2016 and served as a Patrol Supervisor until he was promoted to Lieutenant in 2019. In addition to his patrol duties, Capt. Ferreira served as a Field Training Officer, a firearms instructor, as a member of NEMLEC's Regional Response Team, and as a member and supervisor of the Department's Honor Guard.

In 2021, Capt. Ferreira was transferred to the Office of the Chief as the officer in charge of Professional Standards and Accreditation. Capt. Ferreira has been instrumental in assisting the police department with attaining certification, and the ongoing effort to attain accreditation. In 2022, Capt. Ferreira was given the additional duties of the Commander of the Criminal Investigative Division, where he oversees the detectives and the Street Crimes Unit.

Outside of the Department, he has served twenty-one years in the United States Marine Corps Reserve, where he has attained the rank of Sergeant Major. He served two tours of duty in Iraq, and one tour of duty in Southeast Asia. Capt. Ferreira has been awarded four commendations for superior performance as well as the Combat Action Ribbon.

Capt. Ferreira graduated from the



University of Massachusetts Amherst with a bachelor's degree and from the University of Massachusetts Lowell with a master's degree. He is currently attending law school at New England Law Boston, where he is a member of the Sandra Day O'Connor Honors Program.

Capt. Ferreira attended the FBI-LEEDA Leadership Development Trilogy, completing the Supervisor, Command and Executive Leadership Institutes, as well as the FBI-LEEDA Diversity Institute Reflective Leadership course. He recently graduated from the Senior Management Institute for Policing, a program of the Police Executive Research Forum.

Capt. Ferreira also has extensive training when it comes to Professional Standards and has assisted in leading the department in the updated requirements of the Massachusetts Police Officer Standards and Training Commission.

Capt. Ferreira, the son of Dennis and Mary Ferreira, was born and raised in Lowell. He lives in Methuen with his wife, Rebecca, and his two sons, Eric Jr. and Davis.

(Cont. on page 7)






¿Eres apasionado de hacer la diferencia?

¡Healthy Families es el lugar para usted!

¡Comience su futura carrera en la Primera Infancia o los Servicios Humanos!

La Sociedad de Massachusetts para la Prevención de la Crueldad hacia los Niños (MSPCC), una división de Elliot, está buscando candidatos apasionados, creativos y motivados para ser Visitadores del Hogar en nuestro programa Healthy Families.

¡Ayuda a los padres primerizos a crear un entorno estable y enriquecedor para sus hijos!

Pago competitivo

Beneficios de salud y vacaciones

Reembolso de matrícula

Entrenamiento Competitivo

Aplicar aquí



Jornada completa: de lunes a viernes (horario híbrido)

Diploma de escuela secundaria: \$ 17 / hora

Licenciatura: \$ 18.02 / hora

(Pago adicional para candidatos bilingües)

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE

RUMBONEWS.COM

Methuen Police Promotions

(Cont. from page 6)



Sgt. Chad Sirois

Sgt. Chad Sirois is a 20-year veteran of the Methuen Police Department. He was born in Lawrence and raised in Methuen. Sirois is currently serving the Methuen Police Department in the Patrol Division assigned to the day shift.

Sgt. Sirois graduated from Central Catholic High School and graduated from Southern New Hampshire University with a Bachelor of Science Degree in Criminal Justice. Sgt. Sirois began his career with the Methuen Police Department as a Civilian Dispatcher in June 2002. He went on to graduate from the Lowell Police Academy in January 2006 and has been a full-time Methuen Police Officer since.

Sgt. Sirois has worked as a Patrol

Officer in the Field Operations Bureau, Detective Division and Community Outreach Division. He is also a certified CPR/First Responder Instructor, a member of the Sexual Assault Unit, Motorcycle Unit and a Field Training Officer with the Methuen Police Department.

Sgt. Sirois has participated in the Methuen Tenney Street Summer Basketball League as a referee in the Arlington neighborhood for the past 15 years. He has also volunteered as a soccer and basketball coach with Methuen Youth Sports.

Sgt. Sirois lives in Methuen with his wife Georgia and their daughters, 11-year-old Melina and 9-year-old Effie.

Promotions were commemorated at a ceremony on Thursday night at the Nevins Library in which a total of nine members of the Methuen Police Department who earned promotions in the past year were sworn in by City Clerk Ann Drouin. Those who earned promotions also had their new badges pinned to their uniforms by friends and family members.

"These positions, approved by city council in the FY23 budget in July as well as the promotions approved in December, are yet another step in the planned reorganization of the Methuen Police Department and effectively continue strengthening the Methuen Police Department as we address the audit findings," said Mayor Neil Perry. "I congratulate each of these officers on their advancement and thank them for all they do for our community."



Lt. James Moore's wife pins his new badge to his uniform.

Lt. James Moore

Lt. James Moore is a 28-year veteran of the Methuen Police Department. He was born in Lawrence and raised in Salem, N.H. Moore served most recently as an Administrative Sergeant in the Administrative Bureau.

Lt. Moore graduated from Salem, N.H. High School in 1989 and graduated from Plymouth State University in 1993 with a Bachelor of Science Degree in Marketing and a minor in Spanish. He began his career with the Methuen Police Department as an On-Call Cell Monitor in 1993. He became an Intermittent Dispatcher in 1994 and began dispatching full-time in 1995. He became a Reserve Police Officer in 1998 and graduated from the Reading Police Academy in May of 2000.

Lt. Moore graduated from Emerson College in 1996 with a Master's Degree in Communication Studies with a concentration on Political Communication. He graduated from Western New England University in 2000 with a Master's Degree in Criminal Justice Administration.

Lt. Moore worked as a Patrol Officer in the Field Operations Bureau from 2000 to September 2013 when he was promoted to Sergeant. He worked as a Field Training Officer from 2003 to 2013. He worked as the Field Training Coordinator from 2014 to 2019.

In 2009, Lt. Moore was recognized as the "Police Officer of the Year" by the Methuen Exchange Club. In 1997, Lt. Moore was recognized by the City of Methuen for "Perfect Attendance" and in

1998 for "Near-Perfect Attendance."

Lt. Moore has completed the FBI-LEEDA Trilogy of Supervisor; Command and Leadership Institutes. He has also completed the Penn State University "High-Impact Supervision" Course, and the FBI-LEEDA: Media and Public Relations Course and Public Information Officer Course.

Lt. Moore worked as an Administrative Sergeant and a Court Liaison Sergeant from 2017 to November 2019. He was promoted to Temporary Lieutenant in November 2019 and served in that capacity in the Patrol Division until June 2020.

Lt. Moore lives in Salem, N.H. with his wife of 18 years Tricia and their 17-year-old son Conner and 15-year-old daughter Leah. Lt. Moore is also a volunteer for the Salem New Hampshire Performing Arts Music Club, which supports performing arts programs for Salem New Hampshire Schools. Lt. Moore is currently the president of the Methuen Police Superior Officers Association.



Lock in NOW!

30-YEAR FIXED RATE RESIDENTIAL MORTGAGE

5.999% INTEREST RATE | **6.055%** APR*

Purchase or Refinance • Loans up to \$2 Million, No Points! **

APPLY ONLINE 24/7 at institutionforsavings.com

Call us at 978-358-8890 to learn more about our low to moderate income First-time Homebuyer programs in Essex County.



INSTITUTION FOR SAVINGS

BUILDING STRONGER COMMUNITIES TOGETHER SINCE 1820.

institutionforsavings.com



*APR denotes Annual Percentage Rate as of 1/19/23 and is based on a \$300,000 purchase loan or no-cash out refinance loan with minimum credit score of 720 and maximum LTV of 80%. Rate is subject to change without notice. Unit cost per \$1,000 borrowed is \$5.99. Minimum loan amount is \$100,000, maximum loan amount is \$2 million. Owner-occupied single family primary residences only. Offer subject to credit approval. Property insurance required. Flood insurance required if the property is located in a FEMA Special Hazard Flood Zone. Monthly payment examples do not include escrow amounts for real estate taxes and/or insurance, if applicable. This may increase payment amount. Other terms and conditions may apply. Member FDIC • Member DIF • NMLS ID. #409410

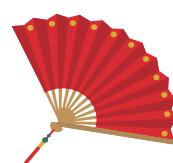
**Points and/or additional fees may be assessed for borrowers with credit scores lower than 720 and/or cash-out refinance loans.

READ PREVIOUS EDITIONS OF RUMBO ON OUR WEBSITE RUMBONEWS.COM



LUNAR NEW YEAR CELEBRATION

**Friday, January 27, 2023
11:00 a.m - 2:00 p.m**



**The Center
155 Haverhill Street
Lawrence, MA 01840**



\$6.00 per ticket

Call to register at 978-620-3550



Lanzamiento de Free File del IRS busca ahorrarles dinero ganado con esfuerzo a contribuyentes

El servicio de preparación de impuestos provisto por Free File del Servicio de Impuestos Internos ya está disponible para el uso de los contribuyentes. Free File se activó el 13 de enero de 2023, 10 días antes de la fecha de inicio de la temporada de presentación de impuestos de 2023. El IRS comienza a aceptar declaraciones de impuestos individuales el 23 de enero.

Free File del IRS marca su temporada de presentación número 21 este año y es una de las muchas opciones gratuitas disponibles para los contribuyentes para presentar sus impuestos en línea o en persona. Free File del IRS se ofrece a través de una asociación público-privada entre el IRS y Free File Inc., anteriormente Free File Alliance. A través de esta asociación, los principales proveedores de software de impuestos hacen que sus productos en línea estén disponibles en inglés y español de manera gratuita.

Siete socios proporcionarán productos en línea de Free File del IRS este año a cualquier contribuyente o familia que haya ganado \$73,000 o menos en 2022.

Debido a que la temporada de presentación no comienza hasta el 23 de enero, los proveedores de Free File del IRS aceptarán declaraciones de impuestos completas y las retendrán hasta que puedan presentarse electrónicamente en esa fecha.

Aquellos que ganen más de \$73,000 pueden usar los formularios rellenos de Free File (FFFF, por sus siglas en inglés) del IRS, la versión electrónica de los formularios en papel del IRS, el 13 de enero también. Este producto es mejor para las personas que se sienten cómodas preparando sus propios impuestos.

¿Cómo funciona Free File en línea del IRS?

Cada proveedor de Free File del IRS establece sus propias reglas de elegibilidad para los productos según la edad, los ingresos y el estado de residencia.

Los contribuyentes que ganaron \$73,000 o menos en 2022 probablemente encontrarán un producto que satisfaga sus necesidades. Algunos proveedores también ofrecen preparación gratuita para la declaración estatal. Los militares en servicio activo pueden usar cualquier producto Free File del IRS si su ingreso bruto ajustado fue de \$73,000 en 2022 o menos.

Para encontrar el producto Free File del IRS adecuado, los contribuyentes pueden:

1. Visitar [IRS.gov/freefile](https://www.irs.gov/freefile),
2. Usar la herramienta de búsqueda en línea de Free File del IRS para obtener ayuda para encontrar el producto correcto, o
3. Usar la herramienta Examinar todas las ofertas para revisar cada oferta,
4. Seleccionar el mejor producto para ellos,
5. Seguir los enlaces al sitio web del proveedor para comenzar su declaración de impuestos.

¿No cuenta con una computadora?

No hay problema. Los productos Free File del IRS admiten el acceso a teléfonos móviles. Los contribuyentes pueden hacer sus impuestos en su teléfono inteligente o tableta.

Participantes de Free File del IRS

Para 2023, los siguientes proveedores participarán en Free File del IRS:

- 1040Now
- ezTaxReturn.com
- FileYourTaxes.com
- On-Line Taxes
- FreeTaxUSA
- TaxSlayer
- TaxAct

Para 2023, ezTaxReturn.com proporcionará un producto Free File del IRS en español.

Nueva encuesta: 64,6% de familias hispanas ha pensado transferir de escuela a sus hijos en 2022

Los hispanos lideran la realineación de la educación K-12 posterior a COVID al demandar por más opciones escolares para sus hijos

El sistema educativo K-12 de Estados Unidos está experimentando una realineación única en una generación impulsada por una mayor demanda de opciones escolares. Los padres hispanos, afroamericanos y jóvenes millennials, según los resultados de la encuesta publicada hoy por la National School Choice Awareness Foundation (NSCAF), son los más activos a la hora de querer buscar opciones para sus hijos.

Según la encuesta, el 64,6% de los padres latinos consideraron nuevas escuelas para sus hijos durante el año pasado, o actualmente están considerando hacer un cambio, versus un 46,2% de padres americanos y un 64,5 afroamericanos.

Los padres que exploraron nuevas opciones educativas estaban motivados principalmente por el deseo de encontrar una mejor educación para sus hijos y no por una insatisfacción generalizada con las escuelas de sus hijos, indicó la encuesta. De hecho, el 67,9% de los padres expresaron satisfacción con las escuelas de sus hijos. Adicionalmente, más de un tercio de padres latinos (36,8%) expresó que si el costo no fuera un factor, consideran la opción de cambiar de escuela o de entorno de aprendizaje a sus hijos.

Sin embargo, después de COVID, los padres están cada vez más preocupados por el progreso académico, y el 86,1% dijeron que estaban al menos un poco preocupados por el proceso de aprendizaje de sus hijos. Más de un tercio de los padres (37,9 %) dijeron que el año pasado también accedieron a tutorías en persona o en línea. Es poco probable que la demanda de los padres por opciones escolares disminuya en

los próximos años. Así mismo, el 75,7% de los padres hispanos dijeron que desearían tener más información sobre las opciones educativas disponibles para sus hijos.

“Todos los niños merecen una educación eficaz y de calidad, el acceso a una educación eficaz abre todo un mundo de posibilidades para todas las nuevas generaciones de niños hispanos”, dijo Krissia Campos Spivey, directora de Conoce tus Opciones Escolares en NSCAF. “La Semana Nacional de Opciones Escolares busca brindar información esencial a todas las familias del país. Este año, la celebración contará con eventos e información bilingüe que ayudará a todas las familias a tomar las mejores decisiones para su familia sobre los ambientes educativos.”

Para obtener más información sobre las opciones escolares, o para acceder a la información completa sobre regulaciones, tipos de escuela, tips sobre cómo identificar la mejor escuela para sus hijos visite [opcionesescolares.com](https://www.opcionesescolares.com) y entérese de todos los eventos nacionales visitando [schoolchoiceweek.com](https://www.schoolchoiceweek.com).

National School Choice Week (NSCW, por sus siglas en inglés) informa, inspira y empodera a padres a que descubran las opciones de educación K-12 disponibles para sus hijos, incluida la educación tradicional pública, charter, magnet, en línea, privada y en el hogar. Cada enero, decenas de miles de escuelas, organizaciones e individuos planifican eventos y actividades únicos para destacar de manera positiva las opciones educativas efectivas en sus comunidades. La Semana es un proyecto de la National School Choice Awareness Foundation, apartidista y apolítica.

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

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

Dalai Lama

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.



137 Lawrence Street
Lawrence, MA 01841

(978)682.4060

Somos expertos en precios módicos y servicio de alta calidad.

La Primera Funeraria hispana sirviendo con esmero y satisfacción a la comunidad latinoamericana.

Brindamos servicio de asistencia social y enviamos el cuerpo a cualquier lugar incluyendo a Puerto Rico, la República Dominicana, Centro y Suramérica. También ofrecemos planes pagados con anticipación y estampas de recordatorios.



García-King es la primera en anunciar públicamente la candidatura para el puesto de concejal del nuevo distrito de Haverhill

(Reproducido y traducido con permiso de WHAV News)

Por el personal de noticias de WHAV

La primera candidata para uno de los nuevos escaños del Concejo Municipal de Haverhill basado en wards, se presentó el martes y dijo que quiere participar en la "ola de cambio" de la ciudad.

Carmen García-King, de 433 Washington St., dijo que busca ser elegida para el Distrito 2 de Haverhill, que representa a Mount Washington y una parte del centro de la ciudad y Bradford a lo largo del Río Merrimack. García-King dijo que supervisar la construcción de la nueva Escuela Dr. Albert B. Consentino es una de sus principales prioridades.

"Consentino es un gran proyecto y sé que significa mucho para la comunidad. Desempeñaré un papel en la racionalización de todo lo que sea necesario para la ciudad y para el mejoramiento de los niños", dijo a WHAV.

García-King, cuyo idioma principal es el inglés, pero también habla español y tiene conocimiento de otros idiomas, dijo que ha vivido en Haverhill durante 10 años y compró su casa actual hace cuatro años. Vive con su esposo de 16 años y su hijo, estudiante de una escuela pública. Ha trabajado durante ocho años en MassHire Merrimack Valley Career Center, operado por Northern Essex Community College en Haverhill y Lawrence.

Dijo que apenas está comenzando a organizar su candidatura y que pronto anunciará un sitio web y un correo electrónico para la campaña.

Los votantes de Haverhill favorecieron la representación del Concejo Municipal y el Comité Escolar basado



Haverhill City Council candidate Carmen García-King. (Courtesy photograph.)

en el distrito por un margen de 2-1 en un referéndum no vinculante de 2021. El año pasado, la legislatura y el gobernador aprobaron la petición de autonomía de la ciudad.

El Concejo Municipal se expande a 11 miembros con siete concejales elegidos por distrito y otros cuatro elegidos en general. El Comité Escolar tendrá siete miembros por distrito, tres representantes de toda la ciudad y el alcalde como desempate. La legislación también reduce los mandatos del Comité Escolar de cuatro a dos años, pero los elegidos para mandatos de cuatro años en 2021 pueden completar sus mandatos.

Garcia-King First to Publicly Announce Candidacy for New Haverhill Ward Councilor Seat

(Reproduced and translated with permission from WHAV News)

By WHAV News Staff

The first contender for one of Haverhill's new Ward-based City Council seats stepped forward Tuesday, saying she wants to participate in the city's "wave of change."

Carmen Garcia-King, of 433 Washington St., said she seeks election to Haverhill's Ward 2, representing Mount Washington and a portion of downtown and Bradford along the Merrimack River. Garcia-King said overseeing construction of the new Dr. Albert B. Consentino School is one of her top priorities.

"Consentino is a huge project and I know it means a lot to the community. I will play a role in streamlining anything that needs to be done for the city and for the betterment of the kids," she told WHAV.

Garcia-King, whose primary language is English, but also speaks Spanish and has knowledge of other languages, said she has lived in Haverhill 10 years and purchased her current home four years

ago. She lives with her husband of 16 years and son, a public school student. She has been employed eight years by MassHire Merrimack Valley Career Center, operated by Northern Essex Community College in Haverhill and Lawrence.

She said she is just beginning to organize her candidacy and will announce a campaign website and email shortly.

Haverhill voters favored ward-based City Council and School Committee representation by a 2-1 margin in a non-binding 2021 referendum. Last year, the city's home rule petition was approved by the legislature and governor.

The City Council expands to 11 members with seven city councilors elected by ward and four others elected at-large. The School Committee will have seven ward members, three citywide representatives and the mayor as tiebreaker. The legislation also reduces School Committee terms from four to two years, but those elected to four-year terms in 2021 are permitted to complete their terms of office.

97.9 WHAV is Greater Haverhill's only public radio station and nonprofit local news service. There's membership information at whav.net/become-a-whav-member

Matthews and Jordan Elected Haverhill Bank Trustees



Jennifer R. Matthews and Timothy J. Jordan, both known for their extensive community involvement and service, were recently elected to Haverhill Bank's board of directors at the institution's annual meeting.

Matthews, of Methuen, serves as executive director of L'Arche Boston North. She has been involved 17 years with the nonprofit that provides homes for life for adults with developmental disabilities, and has served the past five years as executive director.

Matthews is a member of the executive committee of the Greater Haverhill Chamber of Commerce, director of the Haverhill Exchange Club and co-chair of the Club's Hometown Heroes Committee. She received her bachelor's in Sociology from UMass Boston in 2009 and took part in the Merrimack Valley LEADS program in 2021.

Jordan is a financial advisor and owner

of Jordan Financial and Insurance Services of Haverhill. He serves as president of the Haverhill City Council, president of the Rotary Club of Haverhill, board member of the Greater Haverhill Foundation, chair of the Sacred Hearts Parish Finance Committee and a longtime member of Team Haverhill. A 1990 Haverhill High School graduate, he received a bachelor's in Economics and Accounting from the College of the Holy Cross and holds a certified retirement income professional designation from American College.

A depositor-owned institution, Haverhill Bank was founded in 1877 and is the oldest cooperative bank in Massachusetts. The bank's Main Office is at 180 Merrimack St. in Haverhill. Haverhill Bank also maintains offices at 163 South Main St., 1094 Main St., 6 West Main St., Merrimack, 281 Main St., West Newbury, and 396 Main St., Salem, N.H.

It's easy finding **Rumbo**
(978) 794-5360

CRAFTIVISM

- ART EXHIBITION & RECEPTION -

This exhibition is the culmination of the craftivism artwork created by local teens throughout the fall Craftivism Class offered by local artist Joanna Corea with the Quirky Leopard in partnership with Creative Haverhill. Their artwork will be on display at the Haverhill Public Library from **January 9th - January 31st**. Please join us in celebrating these awesome teens and their artwork at the closing reception, details below:

Exhibition Reception:

- when** - Wednesday, January 25th, 5:00 - 7:00 pm
- where** - Haverhill Public Library Gallery, 2nd Floor
- who** - Free and open to the public

FIND YOUR VOICE, SHOW THE WORLD!



UN PUNTO DE VISTA © 1996

Por Paul V. Montesino, PhD, MBA, CCP

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

Los chistes no son

A finales de los años sesenta y principios de los setenta, el país todavía estaba bajo el hechizo erróneo de que estaba bien hacer bromas raciales ... sobre otros. No solo eran frecuentes e insípidas, sino que se suponía que debíamos tomarla con calma. Hubo una pregunta previamente revelada que hizo mi supervisora en mi nuevo trabajo cuando decidió correlacionar mi origen nacional cubano con una hierba muy conocida: "¿Fumas marihuana?" Preguntó riendo, el resto de los empleados se unieron al coro ... sino. Hasta el día de hoy no he probado esa hierba ni siquiera como curiosidad.

Los funcionarios de bancos de Boston nos reuníamos para almorzar para mejorar las relaciones comerciales, y solíamos bromear unos a otros usando chistes

racionalmente estereotipados típicos del día y se suponía que no debíamos enojarnos sin importar cuán escandalosos fueran. Todo era parte del juego, nunca fuera del menú.

El país, por supuesto, creció. Los supervisores que hicieron preguntas como el comentario de "hierba" mencionado anteriormente fueron penalizados, incluso despedidos.

Recientemente, el rector de la Universidad de Purdue Northwest agregó una broma étnica asiática improvisada a uno de sus discursos dando la bienvenida a un receptor del título de Doctor Honorario. Este era un funcionario educativo de alto nivel que se dirigía a un destinatario de alto nivel. Pero obviamente, el pecado es el mismo independientemente de su nivel organizativo.

Hay innumerables razas, creencias religiosas y nacionalidades representadas en esa universidad. Seleccionar un grupo para bromear es ofensivo. Estoy seguro de que esos grupos no reciben un descuento en sus habitaciones y clases por pertenecer a un grupo. Como resultado de este error de que el Canciller se disculpó rápidamente, el Senado de la Facultad de esa universidad ha solicitado su renuncia. Esperemos. No hemos escuchado lo último sobre este incidente. Si tiene que renunciar, no será gracioso.

Los chistes, improvisados o no, no tienen cabida en nuestras relaciones humanas. Algunas personas tienen la noción equivocada de que agregar epítetos raciales a un comentario pierde su sabor ofensivo cuando los vestimos con humor, incluso un guiño de ojos. Bueno, no amigos.

La mayoría, si no todo, del humor dirigido contra los demás es parte de la suposición errónea de que somos responsables de la condición que se burla ... Los acentos, las nacionalidades,

las orientaciones sexuales, el género, la raza, las creencias religiosas familiares, la inteligencia parecen atraer al bromista insensible.

Cuando crecí, las discapacidades físicas eran debilidades y los niños discapacitados eran el blanco de bromas dolorosas. Llamar a otra persona "gay" era una ofensa y ser gay obligaba a muchos a ocultar su orientación sexual en el famoso closet porque podría ser costoso para la reputación. Hoy en día, la homosexualidad no es una orientación negativa. Tenemos personas políticas, de negocios y de entretenimiento abiertamente homosexuales. Y, por supuesto, el matrimonio entre personas del mismo sexo es la ley del país, de muchas tierras, diría yo.

Lo que me lleva de vuelta al título de este artículo: "Los chistes no son". No deben atacar u ofender a otros, incluso en broma. Se supone que los chistes son comentarios autodirigidos, no dirigidos contra nadie más.

Y ese es mi punto de vista hoy. Abur.



Health Center to Join New Care Management Program

Greater Lawrence Family Health Center is gearing up for a new partnership this spring.

In November, the Commonwealth announced that 17 Massachusetts health care organizations were selected as part of the re-procurement of the MassHealth Accountable Care Organization (ACO) program, beginning April 1. Features of this new waiver have motivated the groups in the Merrimack Valley Accountable Care Organization (MVACO) to participate in the 2023 ACO program with new partners.

ACOs are teams of doctors, nurses, other clinicians, and insurance providers who work together to administer coordinated, high-quality health care to their patients. ACOs in Massachusetts care for 1.2 million MassHealth members.

In 2023 and continuing for five years, GLFHC will enter into a new ACO with Community Care Cooperative, known as C3. This "Model B" ACO is made up of 23 health centers throughout the Commonwealth, and has a track record of success for all of its member institutions and their patients.

"GLFHC is excited to be part of C3. Our relationship with Lawrence General Hospital will remain quite strong as our primary location for inpatient services, specialty care, and the hospital experience for our Family Medicine Residency program," said Guy L. Fish, MD, MBA,

President & CEO of GLFHC.

Previously, local health care partners GLFHC and Lawrence General Hospital (LGH) joined together to form the MVACO. Known as My Care Family, the MVACO and AllWays Health Partners managed the health care of patients with MassHealth insurance. My Care Family was a "Model A" ACO and was comprised of staff from both the health center and the hospital, with support from AllWays Health Partners.

Since the MVACO formed six years ago, both GLFHC and LGH have learned much about structuring care coordination for their patients, delivering better care at lower cost, said Dr. Fish. This is one of the reasons GLFHC is partnering with a new ACO.

Lawrence Family Health Center is to improve and maintain the health of individuals and families in the Merrimack Valley by providing a network of high quality, comprehensive health care services and by training health care professionals to respond to the needs of a culturally diverse population. More than 62,000 patients depend on GLFHC for their primary health care needs at locations in Lawrence, Haverhill and Methuen. For more information, visit <https://glfhc.org>.



A POINT OF VIEW © 1996

By Paul V. Montesino, PhD, MBA, CCP

The Jokes that "ain't"

In the late nineteen sixties and early seventies, the country was still under the erroneous spell that it was OK to make racial jokes...about others. Not only were they frequent and tasteless, but we were supposed to take them, and give them, in stride. There was the previously disclosed question asked my supervisor at my new job when she decided to correlate my Cuban national origin with a well-known herb: "Do you smoke marihuana?" She asked laughing, the rest of the employees joining in the chorus... or else. To this day I haven't tried that herb even as a curiosity.

Boston bank officers meeting for lunch to improve business relations, used to kid each other using racially stereotyped jokes typical of the day and we weren't supposed to get upset no matter how outrageous. It was all part of the game never away from the menu.

The country, of course, grew up. Supervisors who asked questions like the "herb" comment mentioned above were penalized, even fired.

Recently, the Chancellor of Purdue University Northwest added an off de cuff improvised Asian ethnic joke to one of his speeches welcoming an Honorary Doctor degree recipient. This was a high-level educational official addressing a high-level recipient. But obviously, the sin is the same regardless of its organizational level.

There are countless races, religious beliefs, and nationalities represented at that university. To select one group for jest is offensive. I am sure that those groups do not receive a break in their rooms and tuition for belonging to one group. As a result of this snafu that the Chancellor was

prompted to apologize for, the Faculty Senate at that university has requested his resignation. Stand by. We have not heard the last about this incident. If he has to step down it will not be funny.

Jokes, improvised or not, have no place in our relationships. Some folks have the misguided notion that adding racial epithets to a comment loses its offensive flavor when we dress them with humor, even a winking of the eye. Well, they don't folks.

Most, if not all, of the humor addressed against others is part of the erroneous assumption that we are responsible for the condition being made fun of... foreign accents, nationalities, sexual orientations, gender, race, family religious beliefs, intelligence, seem to attract the insensitive joker.

When I grew up, physical disabilities were weaknesses, and disabled children were the targets of painful jokes. Calling another person "gay" was an offense and being gay forced many to hide their sexual orientation in the infamous closet because it could be costly to one's reputation. Today, gayness is not a negative orientation. We have openly gay political, business, and entertainment individuals. And, of course, same-sex marriage is the law of the land, of many lands I'd say.

This brings me back to the title of this article: "Jokes ain't." They shouldn't attack or offend others even in jest. Jokes are supposed to be self-directed comments, not targeted against anybody else.

And That is My point of view Today. So long.

**CITY OF LAWRENCE
LEGAL NOTICE**

To the owners of the hereinafter described parcels of land and situated in **LAWRENCE** in the county of **ESSEX** and Commonwealth of Massachusetts and to all other concerned:

You are hereby notified that on **WEDNESDAY, FEBRUARY 15, 2023 at NOON**, pursuant to the provisions of General Laws Chapter 60, Section 53 as amended, and by virtue of the authority vested in me as Collector of Taxes – It is my intention to take for the **City of LAWRENCE** the following parcels of land for non-payment after demand, of the taxes due thereon, with interest and all incidental expenses and costs to the date of taking, unless the same shall have been paid before that date.

**PERLA ORTIZ
Collector of Taxes**

Table with columns: ASSESSED OWNER, CURRENT OWNER, PROPERTY ID, PROPERTY LOCATION, BOOK/PAGE, BILL YEAR, AMOUNT DUE, and multiple columns for parcel details including address, owner name, and amount.

Fire victims / Víctimas de incendios
When a fire occurs in Lawrence, usually many families are left homeless and in need of everything. Please contact Heal Lawrence if you wish to make a contribution to the victims. The website has a list of items and things that are needed as well as victims' names, ages, sizes, etc. but they suggest giving them gift cards to grocery stores and department stores in any denomination.

Cuando un incendio ocurre en Lawrence, por lo regular muchas familias se quedan sin hogar y necesitados de todo. Favor de ponerse en contacto con Heal Lawrence si desea hacer una contribución a las víctimas. El sitio en la internet tiene una lista de artículos que necesitan así como nombres, edades, tallas, etc. de las víctimas pero ellos sugieren que les compren tarjetas de mercados o tiendas por departamentos de cualquier denominación.
http://heallawrence.org/ heallawrence@aol.com
https://www.facebook.com/heallawrence.mass

Get help to quit.

mass.gov/vaping @GetTheVapeFacts

Una vida saludable para el corazón comienza con un buen cuidado prenatal

La American Heart Association indica que un corazón sano es la clave para un embarazo saludable

Las estadísticas demuestran que nacen más bebés entre agosto y septiembre que en cualquier otra época del año. Eso significa que muchos futuros padres pronto sabrán que están esperando un bebé. La American Heart Association indica que nunca es demasiado temprano para comenzar el cuidado de la salud prenatal para ayudar a mantener sanos los corazones de la madre y del bebé.

Una salud del corazón deficiente pone en riesgo tanto a las futuras mamás como a sus hijos. Las enfermedades cardíacas son la principal causa de muerte relacionada con el embarazo y representa más de 1 de cada 4 muertes relacionadas con el embarazo (26.5 %), según la Actualización de 2022 de las estadísticas sobre enfermedades cardíacas y derrames cerebrales de la American Heart Association. Un estudio publicado en 2022 en la revista insignia de la Asociación, *Circulation*, reveló que solo alrededor del 40% de las mujeres en los EE. UU. que dan a luz tienen una buena salud cardíaca antes del embarazo, siendo el exceso de peso el principal factor de mala salud previa al embarazo.

Según Michelle A. Albert, M.D., M.P.H., FAHA, presidenta voluntaria de la American Heart Association, incluso si una mujer no está en su mejor estado de salud antes de quedar embarazada, nunca es demasiado tarde para hacer lo posible para estar más saludable en beneficio de su bebé y de ella misma.

“El embarazo suele ser un momento crucial en la vida de una mujer desde una perspectiva a corto y largo plazo. Para algunas, puede ser su primera experiencia con una condición médica importante, para la mayoría, es un momento natural para pensar más en el futuro de su propia salud, así como la de su bebé”, comentó Albert, quien es la catedrática subvencionada en Cardiología de Walter A. Haas-Lucie Stern, profesora de medicina de la University of California at San Francisco (UCSF) y decana de Admisiones de la Facultad de Medicina de la UCSF. “Recibir atención prenatal regular y controlar los factores de riesgo cardiovascular después del embarazo, si corresponde, junto con cambios saludables en el estilo de vida, pueden mejorar la experiencia del embarazo y el parto. Además, seguir estos pasos puede conducir a una vida más larga

y saludable para la madre y el bebé”.

Un estudio de 2019 en la revista médica de la American Heart Association reveló que mejorar la salud del corazón durante las primeras etapas del embarazo puede conducir a un embarazo más saludable, así como mejorar la salud cardíaca a largo plazo de la mujer. El estudio destacó la importancia de que los proveedores de cuidado de la salud presten mucha atención a la salud cardíaca de la mujer durante el embarazo y promuevan cambios en el estilo de vida, como la dieta saludable y actividad física.

Lo que es bueno para la mamá también es bueno para el bebé, según las investigaciones presentadas en las Sesiones Científicas 2019 de la American Heart Association. El estudio descubrió que los niños tienen más probabilidades de tener una buena salud cardiovascular durante la adolescencia y posteriormente si sus madres tuvieron una buena salud cardíaca durante el embarazo.

“No es posible enfatizar de manera suficiente la importancia de llevar un estilo de vida saludable durante el embarazo”, expresó Albert. “Una dieta saludable, ejercicios moderados que incluyen caminar, dejar de fumar y otros comportamientos saludables, son herramientas importantes para un embarazo saludable tanto para la madre como para el niño”.

Las mujeres que tienen enfermedades cardíacas o que experimentan complicaciones cardiovasculares durante el embarazo deben trabajar en estrecha colaboración con su médico de cuidados de la salud para controlarse y tomar los medicamentos recetados a fin de tratar y reducir los factores de riesgo cardiovascular que podrían acompañarlas a lo largo de la vida.

“Todavía queda mucho por aprender sobre los riesgos especiales de la salud materna e infantil relacionados con la salud cardiovascular. Esta es un área que la American Heart Association continúa siguiendo de cerca, destinando dinero a la investigación y a otros recursos para garantizar los resultados más saludables para los padres y los bebés durante toda su vida”, explicó Albert.

Obtenga más información sobre cómo tener un embarazo saludable en heart.org.



MVCC Networking at Noon Luncheon at Orzo, North Andover

Sponsored by: A.P. Michaud Insurance Agency, Inc.



We had a wonderful time Networking at our packed Networking at Noon Luncheon last week at [Orzo Trattoria!](#)

Members had a great time networking, making new connections and enjoying a great lunch at Orzo.

Thank you to everyone who attended, to our sponsor [A.P. Michaud Insurance Agency, Inc.](#) and to our host Orzo trattoria

Aroma Spa and Laser Center Grand Opening in Methuen!



Congratulations to Aroma Spa & Laser Center on their recent Grand Opening Ribbon Cutting in Methuen!

It was great to be joined at [Aroma Spa & Laser Center Methuen](#) with Mayor Perry, Councilor Zeigler as well as the entire Aroma staff and their family members!

Make sure to visit them at 63 Lawrence Street in Methuen

SCORE.

CONSEJEROS DE LOS PEQUEÑOS NEGOCIOS DE AMÉRICA

**¿Comenzando un Negocio? ¿Comprando un Negocio?
¿Haciendo Crecer su Negocio?**


CONSEJOS GRATIS Y CONFIDENCIALES SOBRE NEGOCIOS POR UNA ORGANIZACIÓN SIN ÁNIMO DE LUCRO

Sesiones de Consejerías jueves de 10:00 AM a 2:30 PM
Excepto el 3^{er} jueves de cada mes

Por favor, llame al 978-686-0900 para una cita con Lawrence SCORE

MERRIMACK VALLEY CHAMBER OF COMMERCE

CLASIFICADOS | CLASSIFIEDS



Office of Planning & Development
12 Methuen St
Lawrence, MA 01844

CITY OF LAWRENCE-LIST OF CITY OWNED PROPERTIES

Map	Lot	St #	St Name	Legal Area (Square Feet)
159	52	569	Andover St	145,055
153	1		Beacon St	178,596
151	54	137-139	Bennington St	3,170
100	61-2	180	Boxford St	2,352
195	4		Chelmsford St	1,771
166	46	617	Common St	5,735
183	25		Doyle St	14,167
120	19	24-26	Durham St	4,650
54	2-12	262	E Haverhill St, Unit 12	579
149	42		Erving Ave	5,450
106	53	147-149	Essex St	2,325
190	76	10-18	Florence Pl	13,056
190	78	23-25	Florence St	2,500
190	79	19-21	Florence St	2,500
190	80	9-11	Florence St	8,100
76	35		Garfield St (Lot 60)	5,328
187	104	78-80	Greenwood St	7,920
185	9	22	Hancock St	2,765
88	94	37	Haverhill St	2,489
210	15		Highgate St	13,502
192	25	74	Holly St	2,700
192	29	75	Holly St	11,025
192	30	69-73	Holly St	9,000
92	79		Kendall St	3,205
48	23		Marston St	1,687
189	19		May St	9,542
149	37	72	Myrtle St	3,200
149	38	74-86	Myrtle St	11,307
87	51	63-65	Newbury St	4,092
87	4	49-51A	Newbury St	4,065
87	7		Newbury St (Garden St)	5,170
165	18	88-92	Oxford St	4498
192	48	314-316	Park St	2,186
171	133	202-202A	Park St	4,000
70	94	4	Plisch Way	4,826
130	111	15-17	Saunders St	7,700
200	3	60	Shepard St	10,844
156	23		So Bowdoin St	39,242
123	1	7	So Canal St	31,875
123	2	9	So Canal St	67,082
123	3	19	So Canal St	50,094
103	6-A	55	So Canal St	1.2 A
152	11	98	Stearns Ave	4,198
107	47	100	Summer St	10,044
204	22	389	Water St	18,800
186	91	1-3	Bodwell St	Currently Being Sold as a Yard Sale
54	26	33-35	Alma St	Currently Being Sold as a Yard Sale
171	40		Willow St Lot 40	Currently Being Sold As a Direct Disposition

Francisco Sorillo, M.S., M.Ed. Asst. Officer
Email: Frank.sorillo@cityoflawrence.com Phone: (978) 620-3520
Updated 12/16/2022

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 the following vehicles on or after February 9, 2023 starting at 10:00 am by private or public sale to satisfy their garage keepers lien for towing, storage, and notices of sale:

1. 2004 Honda CR-V VIN SHSRD78894U235818
2. 2018 Honda Accord VIN 1HGCV1F64JA175977
3. 2011 BMW 328 VIN WBAKF5C53BE395919
4. 2004 Chrysler Sebring VIN 1C3EL65R04N180035
5. 2007 Honda CR-V VIN JHLRE48757C114296

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

Signed
Frank Coady
Coady's Towing Service
1/22, 2/1, 2/8

Workplace English Classes Forming at the Merrimack Valley Immigrant & Education Center

Registrations are now being taken for Workplace English classes at the Merrimack Valley Immigrant & Education Center (the former Asian Center), 439 S. Union Street, building 2, Level B, Lawrence, MA 01843. These classes are free to Lawrence residents but students must have a high beginner level of English.

Anyone interested in signing up for morning or evening classes should call MVIEC, The Merrimack Valley Immigrant & Education Center at 978-683-7316. Check out the MVIEC's website at www.mviec.org for directions and more details.

PARA TODO TIPO DE SEGURO



Yomari, Elizabeth, Nini, Joan y Carla


Personales Automóviles Casas Negocios

* Tarifas bajas para seguro de AUTOS y CASAS

SE HABLA ESPAÑOL

DEGNAN INSURANCE AGENCY, INC.

85 Salem Street., Lawrence MA 01843
TEL. (978) 688-4474 . FAX (978) 327-6558
WWW.DEGNANINSURANCE.COM



BE A LIFESAVER BECOME A LIVING KIDNEY DONOR TODAY ON...

MatchingDonors.com

Healey-Driscoll Administration Files \$987 Million Immediate Needs Bond Bill and \$400 Million Chapter 90 Bill

Proposal seeks critical authorization for key housing & economic development programs

The Healey-Driscoll Administration filed legislation that seeks \$987 million in bond authorization to preempt interruptions to core state capital programs supporting housing and economic development across the Commonwealth, and to remain competitive in the pursuit of federal grants. The administration also filed An Act Financing Improvements to Municipal Roads and Bridges, which authorizes the Commonwealth to borrow \$400 million to fund improvements to municipally owned roads and bridges through Chapter 90 grants over the next two fiscal years.

The Immediate Needs Bond Bill is aimed at providing funds for critical infrastructure programs that have exhausted existing resources, such as MassWorks and the Middle Mile Broadband program. Governor Healey and Lieutenant Governor Driscoll announced the filing on Thursday at Greylock Works in North Adams and Ludlow Mills, two projects that previously received MassWorks funding and represent the impact this program has on local communities.

The bill also proposes authorization to ensure the continuity of several other ongoing housing production and preservation programs in the near-term. It includes key grant programs that support cities and towns for libraries, seaport development, housing, tourism, planning, and targeted funds for rural and small towns. Finally, the bill includes state matching funds to position the Commonwealth to take advantage of opportunities to compete for once-in-a-generation federal grant dollars in areas including climate change, advanced manufacturing, broadband access, water and sewer infrastructure, and technology.

“This bill ensures that critical housing, infrastructure and community development programs have the funding needed to continue serving the people of Massachusetts. And it’s only the start of our administration’s proposed capital investments,” said Governor Maura T. Healey. “We look forward to working with our colleagues in the Legislature and other stakeholders as we develop our broader long-term strategy to increase housing production and preservation, and expand economic opportunity for all residents, which will culminate in a more comprehensive bond bill later this session.”

“At a time when increasing the housing supply in the Commonwealth is a top priority, it is imperative that core capital programs that support these objectives are sufficiently funded and continue to operate,” said Lieutenant Governor Kimberley Driscoll. “This legislation will prevent disruption to grant programs that directly benefit hundreds of local communities across the state while also positioning Massachusetts to take advantage of federal grant opportunities that will multiply the impact of our resources.”

The bill proposes a total of \$110 million in authorization to continue to support housing creation and preservation, including affordable rental housing production and rehabilitation, public housing, climate resilient housing, and transit-oriented development. This

includes additional authorization for programs that are or are nearly out of authorization but remain in high demand and are core to efforts to expand and preserve Massachusetts’ housing supply. These programs include the Housing Stabilization Fund, Housing Innovations Fund, Smart Growth Housing Trust, and Facilities Consolidation Fund. The bill also includes \$48 million for the repair and modernization of public housing units that support approximately 80,000 residents across more than 230 municipalities.

“This bond bill takes a purposeful and targeted approach to ensure that key capital programs that drive economic growth in Massachusetts communities and support the state’s housing stock are able to continue operating without interruption,” said Administration and Finance Secretary Matthew J. Gorzkowicz. “We look forward to working with the Legislature to promptly pass this legislation and to collaborating further in the coming months to develop a comprehensive plan for investing in the Commonwealth’s long-term growth and success.”

The proposed authorization would also provide a total of \$482 million to finance economic development programs that directly benefit Massachusetts communities, with \$400 million proposed for the MassWorks program. MassWorks is the largest and most flexible source of capital funds to municipalities for public infrastructure projects that support and accelerate housing production, spur community development, and create jobs throughout the Commonwealth. As one of 12 programs administered through the Community One Stop for Growth, MassWorks has funded more than 500 projects since its creation in 2011, and the authorization proposed in this legislation would enable hundreds of additional local projects to move forward. This legislation proposes additional authorization for other Community One Stop for Growth programs as well, including \$34 million for the Underutilized Properties program, which improves, rehabilitates and redevelops blighted, abandoned, vacant or underutilized properties, \$5 million for the Rural and Small Town Development Fund, which supports capital and community planning in low-population areas, and \$1 million for Community Planning Grants.

“This bill will enable us to continue critical infrastructure work necessary to facilitate economic development in all 351 cities and towns across the Commonwealth,” said Housing and Economic Development Secretary Yvonne Hao. “With renewed authorization for our key programs, the Healey-Driscoll Administration can continue to build housing, create jobs, and help communities thrive.”

The legislation also proposes additional resources for a number of other high demand community economic development programs that will need additional authorization over the next two years. These programs spur community development, promote economic growth, and keep Massachusetts on the leading edge of innovation, and include:

- \$104 million for the Clean Water Trust to finance communities’ efforts to improve water infrastructure and improve local water quality;

- \$52 million for programs supporting the Commonwealth’s innovation economy, including the advanced manufacturing sector, purpose-driven research, technology development, and in emerging technologies such as artificial intelligence and machine learning (AI/ML), robotics, quantum information science, cybersecurity, communications, and digital health;

- \$9.3 million for broadband infrastructure, particularly in central and western Massachusetts communities.

Lastly, the bill proposes funding that would put Massachusetts in a position to compete for new, historic levels of federal grant opportunities. Proof of available matching funds are generally required as a condition of applying for a federal award, and showing the availability of dedicated funds for this purpose dramatically

strengthens the state’s application to any such federal program. The bill proposes \$200 million as a state match for competitive federal grant programs, such as the CHIPS and Science Act. Similarly, the bill includes \$40 million to enable the state to apply for federal broadband and digital equity initiatives. It also includes \$30 million to allow the Commonwealth to compete for community broadband dollars funded at the federal level through the Infrastructure Investment and Jobs Act (also known as the Bipartisan Infrastructure Law).

The grants provided by An Act Financing Improvements to Municipal Roads and Bridges will reach each of Massachusetts’ 351 cities and towns directly. The administration is seeking a two-year authorization to enable cities and towns sufficient time to put the funds to work given the planning and coordination required to get these critical projects completed.

See the Governor’s filing letter for the Chapter 90 bill on page 4 in Spanish and English.

Find us in / Búsquenos en Facebook/Rumbo

Knights jumps two spots to #5 in week 9 NJCAA poll

By Dan Blair
Director of Athletics
Northern Essex Community College

Following a 2-0 week and extending their winning streak to 12 games with an overall record of 16-1 the Northern Essex Community College men’s basketball team has jumped two spots in the week 9 poll to the number five position.

NECC moved up to the five spot by receiving a total of 77 points to move into the ahead of Dallas College – Eastfield who slipped to the six position. Brookdale College remains the number one ranked team in the nation with a 14-0 record and received 105 points and all nine first place votes.

The ranking is the high-water mark for the program as they picked up wins over UConn-Avery Point and Gateway

Community College last week. In the 109-52 victory over UCAP Darlin Santiago (Salem, MA) made his first career start and recorded 29 points on 8-11 shooting from behind the three-point line. In Saturday’s win over Gateway, Luis Reynoso (Lawrence) recorded a triple double of 27 points, 17 rebounds and 10 assists to lead the Knights.

The Knights will hit the court for a pair of road games this week before returning home for a five-game home swing beginning Tuesday January 24. Tonight, the Knights will head west to Holyoke Community College for a 7:00pm tip-off before traveling to Bristol Community College on Saturday.

#5 Knights roll over Holyoke

The newly minted fifth ranked Northern Essex Community College men’s basketball team continued to roll along Tuesday evening as they picked up their 13th consecutive win over Holyoke Community College by a final score of 107-37. The 70-point margin of victory is believed to be the largest margin of victory in program history.

The game was never in questions as NECC jumped out quickly as never trailed as they took a 65- 27 lead into the locker room at halftime. With the win, the Knights improve to 17-1 overall and 12-0 in conference action.

Jeremiah Melendez (Lawrence) and Luke O’Donnell (Hamilton) were

the game’s high scorers as they dropped 17 points apiece. For Melendez as of his points came in the first half. Mehmet Asik (Ankara, Turkey) added 14 points while Jonathan Lingisi (Hamilton, Ontario) added 11 points while making his debut in the Knights uniform.

Twelve different players recorded at least three points or more in the victory,

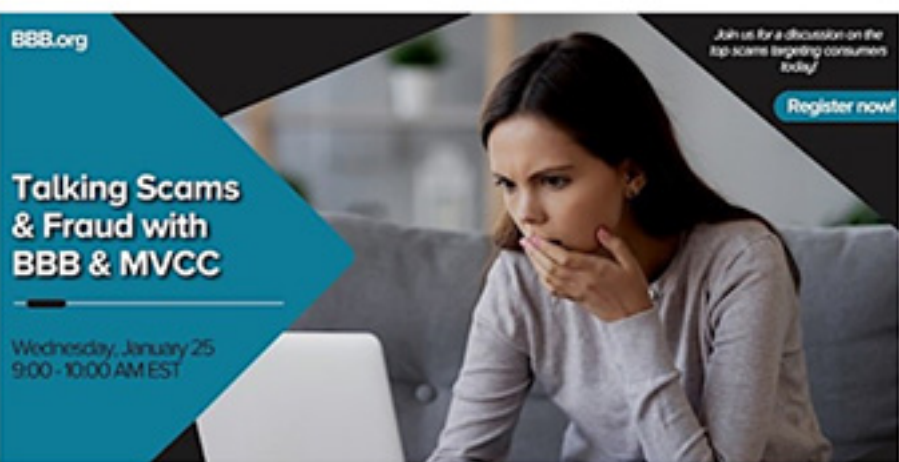
NECC will stay on the road for the remainder of the week as they will travel to Eastern Nazarene for an exhibition game on Thursday evening before jumping back into conference play on Saturday afternoon when they travel to Bristol Community College in Taunton for a 2:00pm tip-off with the Bayhawks.

Merrimack Valley Chamber

NEXT GENERATION LEADERS PRESENT TALKING SCAMS & FRAUD WEBINAR WITH BBB!




Wednesday, January 25th
9:00 AM – 10:00 AM
Free Webinar but Registration is Required



Thank You to our Sponsor: TD Bank

FREE for MEMBERS \$5 for FUTURE MEMBERS
Registration is required
Webinar link will be emailed within 24 hours of registration

CONNECT WITH US:






MerrimackValleyChamber.com (978) 686-0900

Merrimack Valley Chamber

Presents **NETWORKING AT NOON LUNCHEON AT SHADI'S!**

Open to ALL Chamber Members!





Thursday, February 2nd, 2023
12 Noon - 1:15 PM
Shadi's Restaurant & Lounge
585 Chickering Road, North Andover, MA 01845
(978) 686-6921

Includes Your One Individual Lunch Plated Choice
of Arabic Platter; Baked Haddock or Chicken Kabob.
Each meal served with Salad, Rice Pilaf and French Fries and Cash Bar!

Have your staff and customer luncheon with MVCC @ Shadi's!

Thank you to our sponsor A.P. Michaud Insurance Agency, Inc.

 [LIKE us on Facebook](#)
  [Join MVCC LinkedIn](#)
  [Follow us on Twitter](#)
  [Instagram](#)


MVCC Members ONLY \$25.00 Shadi's 2/2/23 Future Members \$35.00
 You may now Register for this program, and/or pay online with secure Credit Card payment at
www.merrimackvalleychamber.com with American Express, Discover, Master Card or Visa.
 You may also Pay by cash, check or credit card at this Chamber program.
 Yes, Please accept my reservation for # ___ People
 ___ Check enclosed payable to Merrimack Valley Chamber of Commerce
 ___ Bill Me (Members only) ___ Credit Card: on location
 Name(s) _____ Company/Address _____
www.merrimackvalleychamber.com (978) 686-0900 Office@MerrimackValleyChamber.com

Lawrence Public Schools




virtual Tu Voz Council Consejo Tu Voz


Please join our district-wide virtual Tu Voz Council meeting scheduled for
Thursday, January 26, 2023.

Por favor, únase a nuestra reunión virtual del Consejo de Tu Voz a través del distrito
programada para el jueves 26 de enero de 2023.





6:00 PM - 7:30 PM

-  **LPS Update**
Actualización de LPS
-  **Follow up about the Elevator Pitch**
Darle seguimiento al discurso del elevador
-  **School Attendance**
La Asistencia Escolar




<https://bit.ly/3BEorvt>
Link is case sensitive.





THE MERRIMACK VALLEY CHAMBER OF COMMERCE

HEALTHCARE SERIES PRESENTS: GROUP HEALTH INSURANCE FOR SMALL BUSINESSES



Thursday, February 16th, 2023
8:00 AM - 9:15 AM
Maria's Restaurant
81 Essex Street
Haverhill, MA 01832
Includes Hot Breakfast Buffet



**Guest Speakers: Health Connector for Business
and Benefit Advisors Group**

Health Connector for Business provides small businesses in Massachusetts (under 50 employees) with access to affordable, quality health insurance, with opportunities to save money on lower premiums, tax credits, and the ConnectWell wellness program, while giving employees the unique opportunity to pick their own plan.

Andrew Firmin from Benefit Advisors Group is a certified broker with the Health Connector for Business and works with small businesses to help identify the right plans and to assist with communicating plan benefits and helping employees navigate the enrollment process.

The Merrimack Valley Chamber of Commerce
★ 264 Essex Street, Lawrence, MA 01840 ★
★ Telephone: 978-686-0900 Email: office@merrimackvalleychamber.com ★ www.merrimackvalleychamber.com

Rumbo

"The Bilingual Newspaper of the Merrimack Valley"
www.rumbonews.com





HELP YOUR TEEN QUIT VAPING

GET OUT RAGED! GetOutraged.org

At MMA Annual Meeting, Governor Healey Announces Executive Order Creating Housing Working Group

Chaired by Lt. Governor Driscoll, working group will advise on structure of new housing secretariat

At Friday's Massachusetts Municipal Association's Annual meeting, Governor Maura T. Healey announced that she has filed an Executive Order creating a Housing Working Group. The group will be chaired by Lieutenant Governor Kimberley Driscoll and comprised of key stakeholders, including housing developers, advocates, municipal leaders and others to be named at a later date. The group is charged with guiding the structure of Governor Healey's new housing secretariat and informing the process of filing an Article 87 to create the position. The Governor has pledged to file legislation creating this new secretariat within her first 100 days.

"One of the single biggest problems facing our state – and the most important point of collaboration between the Governor and municipal leaders – is housing affordability," Governor Healey said in her remarks before 1,000 municipal leaders from across Massachusetts. "Every community will have a role to play in meeting our housing goals, which will have real economic benefits. We cannot do this alone. We want to make this a win-win for municipalities who partner with us in this effort, so that your communities can realize the benefits of a flourishing housing market."

"As a former Mayor and member of a housing authority board, I understand how housing presents one of the greatest challenges to our local leaders. That's why we want them at the table, alongside other stakeholders like developers and community advocates," said Lieutenant Governor Driscoll. "This new housing secretariat will empower our state to prioritize housing with the scale and urgency that this crisis demands. It's critical that we take a collaborative approach to this process."

In her address, Governor Healey also outlined her administration's priorities on a number of key challenges facing municipal leaders and state government and emphasized the need for collaboration.

"As we look ahead, I want you to know you will always have a partner in Kim and me – we will listen, we will learn,

we will reach out, and we will be there to confront our biggest challenges together," said Governor Healey. "Because we know Massachusetts can only move forward if all our cities and towns are strong, our students and families are supported, and our main streets are vibrant."

Chief among those challenges is addressing the impacts COVID-19 has had on students and closing opportunity gaps in education. To do this, the Governor committed to:

- Fully funding the Student Opportunity Act and meeting the needs of charter school reimbursement funds in her FY24 budget.
- Assisting school districts with the cost of transporting students and fully funding the McKinney-Vento program to ensure that homeless students can enroll in, attend and have the opportunity to succeed at school.
- Supporting the special education circuit breaker program to help maintain funding to assist all school districts with the cost of these critical services.
- Filing supplemental funding to ensure migrant children have access to the education and support they need to learn and thrive, and that communities have the resources to make it happen.

Pointing to the need for predictability, transparency and open communication between the state and municipalities, Governor Healey committed to early notification of local aid funding levels, including Chapter 70 and unrestricted government aid, in advance of her FY24 budget. She also highlighted her administration's recently filed \$987 million immediate needs bond bill and \$400 million Chapter 90 authorization bill, and the positive impacts they will have on housing, job creation, economic development, roads and bridges in cities and towns.

Derrames cerebrales... (Cont de la página 4)

posible durante la visita de emergencia, la declaración sugiere un seguimiento con un neurólogo idealmente dentro de las 48 horas, pero no más de una semana después de ocurrido un AIT, dado el alto riesgo de sufrir un ataque cerebral en los días posteriores. La declaración cita investigaciones que indican que aproximadamente el 43 % de las personas que sufrieron un accidente cerebrovascular isquémico (causado por un coágulo de sangre) tuvieron un AIT dentro de la semana anterior al ataque cerebral.

Evaluación del riesgo de sufrir un ataque cerebral después de un AIT

Una forma rápida de evaluar el riesgo de un paciente de sufrir un ataque cerebral futuro después de un AIT es la escala ABCD2 de 7 puntos, que estratifica a los pacientes en riesgo bajo, medio y alto

según la edad (Age), la presión arterial (Blood pressure), las características clínicas (síntomas) (Clinical features), la duración de los síntomas (menos o más de 60 minutos) (Duration of symptoms) y diabetes (Diabetes). Una puntuación de 0 a 3 indica riesgo bajo, de 4 a 5 riesgo moderado y de 6 a 7 riesgo alto. En los pacientes con puntajes ABCD2 de moderados a altos, se puede considerar la hospitalización.

La colaboración entre los profesionales de la sala de emergencias, los neurólogos y los profesionales de atención primaria es fundamental para garantizar que el paciente reciba una evaluación integral y un plan ambulatorio bien comunicado para la prevención futura de ataques cerebrales luego del alta.

"La incorporación de estos pasos para las personas con sospecha de AIT



Delivery Volunteers Needed

“The Gift of Service Leads to a Life of Love.”

— Mary White

DRIVERS NEEDED!

Please help keeping babies in need of diapers dry. We are backed up on diaper deliveries.
Please consider signing up to make deliveries!

We also need of a food delivery volunteer for Wednesdays at 11am in March.

Volunteers are needed on **Monday, Wednesday and Thursday mornings** at our **Food Pantries**.

Do you have questions about **volunteering at Neighbors In Need?** Please reach out to Helen @ volunteer@needfood.org. Helen Pickard is the new Volunteer Coordinator and hopes you will sign up for our many volunteer opportunities!



For the safety of our clients, volunteers, and staff, all volunteers must be vaccinated against Covid-19.

♥ Thank you for helping us to provide food and diapers to local families. ♥

Have questions? Contact us at volunteer@needfood.org or 978.685.8321 for more information!




www.rumbonews.com

puede ayudar a identificar qué pacientes se beneficiarían de la hospitalización, en comparación con aquellos que podrían recibir el alta de forma segura de la sala de emergencias con un seguimiento cercano”,

comentó Amin. “Esta guía empodera a los médicos en entornos académicos tanto rurales como urbanos con información para ayudar a reducir el riesgo de ataques cerebrales futuros”.



Right Care, Right Place.



EMERGENCY ROOM

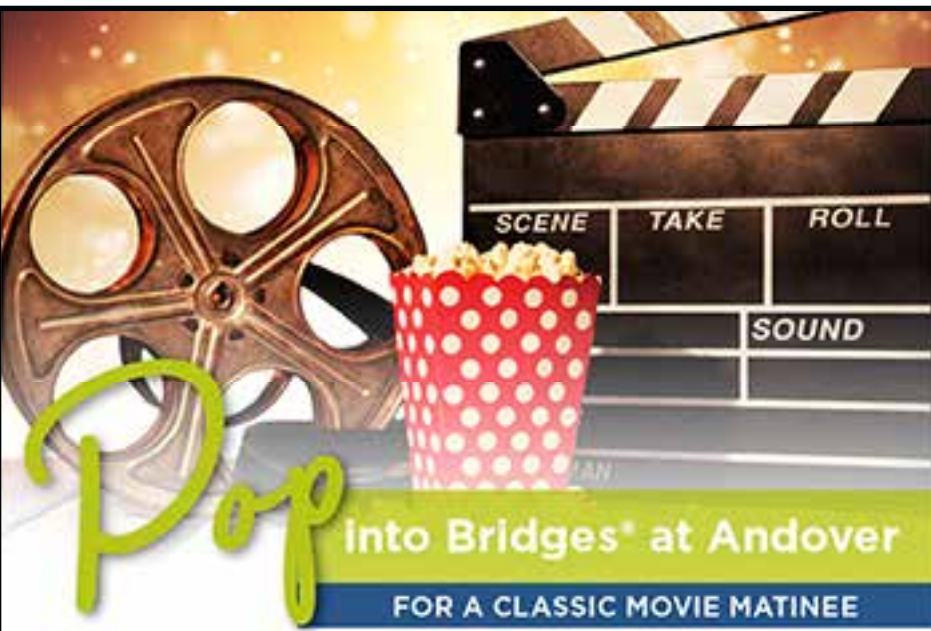
- Chest pain or difficulty breathing
- Serious burns, cuts, or lacerations
- Broken bones or dislocated joints
- Chest pain or difficulty breathing
- Fainting, changes in mental state, or slurred speech
- Head or eye injuries
- Weakness and/or numbness on one side

Mattresses Recycling

To Schedule a Mattress Pick up
Please Call Department of
Public Works (DPW) 978-620-3090

Reciclaje de Colchones

Para agendar la recogida de colchones
por favor llamar
al Departamento de Obras Publicas
(DPW) 978-620-3090

Pop into Bridges® at Andover
FOR A CLASSIC MOVIE MATINEE

**Celebrate National Popcorn Day
With Your Loved One**
Thursday, January 19 | 2 – 4 p.m.
254 Lowell Street | Andover

Join the Bridges® at Andover "cast and crew" for a classic film showing. While you're here, sample several flavors of America's favorite cinema snack, and leave with a tin to enjoy at home.

Kindly contact Senior Advisor Susan
to reserve your spot by Tuesday, January 17.

**READ PREVIOUS EDITIONS OF RUMBO ON
OUR WEBSITE **RUMBONEWS.COM****



**32ND ANNUAL
BUSINESS AWARDS**

PRESENTED BY HAVERHILL BANK

**Friday, February 10th, 2023
7:30 - 9:30 AM**
Atkinson Country Club
Atkinson, NH

Annual Award Winners:

- Business of the Year: Salem Five Bank**
- Arts & Culture: Dustin-Duston Garrison House
- Education: HP3
- Family-Owned Business: Broco Energy
- Health: Sarah's Place
- Manufacturing: IMI
- Pioneer: NECC Culinary Program
- Restaurant: Casa Blanca
- Retail/Wholesale: Museum of Printing Gift Shop
- Rising Star: Wellness Hot Yoga
- Rookie of the Year: G's Southern Texas Flare
- Service for Non-Profit: Endicott College
- Service for Profit: Peddler's Daughter
- Technology: Embryotech
- Volunteer: Maria Cunha
- Women in Business: Jennifer Matthews
- John E. Ratka Award: Linda Dean Campbell
- Lifetime Achievement Award: Peter Carbone

Monthly Award Winners:

- January - River Street Cafe
- July - Museum of Printing
- February - CNA Stores
- August - Stom
- March - Carmen Johnson Muscular Therapy
- September - Cedar's Mediterranean Foods
- April - Jeanne Gelger Crisis Center
- October - Salem Five Bank
- May - Casa Blanca
- November - Wellness Hot Yoga
- June - US Eco Products Corporation
- December - Coldwell Banker



TO REGISTER:
<https://www.bridgesbyepochmemorycare.com/webinar/>

BridgesbyEPOCH.com

Greater Haverhill Chamber Of Commerce

2023 Annual Awards Breakfast
Atkinson Country Club
85 Country Club Drive
Atkinson, NH

Our annual Awards Breakfast will be on **Friday, February 10th** at Atkinson Country Club.

Congratulations to our Award Winners!

Business of the Year: Salem Five Bank
Lifetime Achievement Award: Peter Carbone

- Arts & Culture: Dustin-Duston Garrison House
- Education: HP3
- Family-Owned Business: Broco Energy
- Health: Sarah's Place
- Manufacturing: IMI
- Pioneer: NECC Culinary Program
- Restaurant: Casa Blanca
- Retail/Wholesale: Museum of Printing Gift Shop
- Rising Star: Wellness Hot Yoga
- Rookie of the Year: G's Texas Southern Flare
- Service for Non-Profit: Endicott College
- Service for Profit: Peddler's Daughter
- Technology: Embryotech
- Volunteer: Maria Cunha
- Women in Business: Jennifer Matthews
- John E. Ratka Award: Linda Dean Campbell

Snowflake Sweepstakes
February 19, 2023 7 - 10 PM


Perfect gift for the holidays! Snowflake Sweepstakes
Tickets ON SALE NOW
CHANCE TO WIN \$10,000!



Tickets for the Greater Haverhill Chamber of Commerce
1st annual raffle, Snowflake Sweepstakes, are now on
sale!
Tickets are \$100 each, and the odds are great that you'll win a cash prize.
Split a ticket with friends from work, your friends, or your family!

Greater Haverhill Chamber of Commerce
2 Merrimack Street, 3rd Floor
Haverhill, MA 01830
(978) 373-5663


ONLINE SUPPORT FOR FAMILY CAREGIVERS




Honoring Resistance and Refusals
Thursday, February 16 | 11 a.m. or 7 p.m.

Confusion? Fear? An itchy outfit? Learn how to identify the why behind your loved one's disagreeable demeanor so you can safely honor their wishes or gain their cooperation.

Bridges® by EPOCH communities are characterized by beautiful residential designs that have been meticulously planned to support the needs of those with Alzheimer's and other forms of dementia. With around-the-clock specialized care, delicious dining, and life-enriching programs that adapt to changing needs, residents can comfortably age in place with familiar people who know and care about them.



Our Bridges® Locations:
 Andover, MA | Hingham, MA | Lexington, MA | Mashpee, MA
 Nashua, NH | Norwalk, CT | Pembroke, MA | Stamford, CT
 Sudbury, MA | Trumbull, CT | Westford, MA | Westwood, MA



TO REGISTER:
<https://www.bridgesbyepochmemorycare.com/webinar/>

BridgesbyEPOCH.com

It's easy finding **Rumbo**
(978) 794-5360

Evento Especial sobre la Salud Materna
 en la ciudad de Lawrence



M
 MODELO HEALTH
 CIENCIA DE MAÑANA

Participar

Lunes,
 23 de enero

10:00am - 10:45am

Lawrence
 Public Library
 51 Lawrence St
 Lawrence, MA 01841

Modelo Health™ los invita a un evento especial con el alcalde Brian A. DePeña en el Día de Concientización sobre la Salud Materna (23 de Enero). Presentaremos un enfoque innovador para abordar temas de salud materna en la comunidad de Lawrence.

El alcalde DePeña compartirá noticias sobre su nueva iniciativa para disminuir los desafíos de salud y apoyar el cuidado de las madres.



Lawrence Public Library

Rumbo
 "The Bilingual Newspaper of the Merrimack Valley"
[WWW.rumbonews.COM](http://www.rumbonews.com)

TELESALUD Y ATENCION DEL CANCER



- ¿Le han diagnosticado cáncer recientemente? (2019 o posterior)
- ¿Vive en Lawrence, Methuen, o North Andover?
- ¿Tiene Ud. entre 18 y 75 años?

Lo invitamos a unirse a nuestro estudio de investigación sobre Telesalud y atención del cáncer después de la pandemia de COVID 19

¿Qué implica?

- Una entrevista por teléfono o Zoom que dure de 30 minutos a una hora
 - Hablaremos sobre su uso de llamadas telefónicas, visitas virtuales al médico, o mensajes electrónicos para comunicarse con su equipo médico


Para hacer una cita, por favor póngase en contacto con:
 Para inglés: Rachel Faulkenberry
rachel_faulkenberry@dfci.harvard.edu / 706-224-8893

Para español: Aileene Maldonado
aileene_maldonado@dfci.harvard.edu / 323-445-7469

Recibirá \$50 por su tiempo

VISWANATH LAB

TELEHEALTH & CANCER CARE



- Have you been recently diagnosed with cancer? (2019 or later)
- Do you live in Lawrence, Methuen, or North Andover?
- Are between the ages of 18 and 75 years?

We invite you to join our research study on Telehealth and Cancer Care after the COVID-19 pandemic

What is involved?

- An interview by phone or over Zoom lasting 30 minutes to and hour to:
 - Talk about your use of phone calls, virtual doctor's visits, or electronic messages to communicate with your care team

To make an appointment, please contact:
 For English: Rachel Faulkenberry
rachel_faulkenberry@dfci.harvard.edu / 706-224-8893

For Spanish: Aileene Maldonado
aileene_maldonado@dfci.harvard.edu / 323-445-7469

You will receive \$50 for your time

VISWANATH LAB