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A MONTHLY JOURNAL OF NEWS, COMMENTARY AND OPINIONS SERVING THE MERRIMACK VALLEY

Fired attorney's firm member made millions on Taxpayers

Andrea Traficanti files for permanent disability

VALLEY PATRIOT STAFF

Former Lawrence city hall worker Andrea Traficanti will be back in court next month seeking permanent and total disability benefits after filing a new claim with the Department of Industrial Accidents.

Her claim now is that she is permanently and totally disabled indefinitely and cannot work anymore because of the stress she endured at Lawrence City Hall.

The disability claim was filed last month by her new attorney Michael Torrisi and a Conciliation is scheduled for December 10, 2008.

A conciliation is an informal proceeding where it is determined by a neutral party (a conciliator) if there is enough medical evidence to proceed before a judge.

Traficanti, who is now married to DPW director Frank McCann, (her immediate supervisor), won a stress related workers' compensation claim last year, filing for

said benefits shortly after Mayor Michael J. Sullivan stated that he was about to lay her off due to Lawrence's severe budgetary constraints.

Traficanti was making \$53,000 a year as the projects planner for the city and answered directly to her (then) live-in boyfriend, DPW director Frank McCann; who was under fire for allegedly mispending city money on construction projects.

Traficanti has been out on workers' compensation for nearly 22 months now and was originally awarded weekly compensation benefits back on May 31, 2007.

Traficanti's award amounted to \$612.06 per week. The award was retroactive from the date of alleged loss (January 4, 2007) to the present, as well as continuing medical costs, attorney fees and expenses. The award was won at a Conference before a judge.

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mmm!
home-made puppy treats!

VALLEY PATRIOT OF THE MONTH: SCOTT DEMPSEY

Tech. Sgt. James F. Moore Jr.

VALLEY PATRIOT HERO REPORTER

LAWRENCE - Scott Dempsey and his contributions to his country are nothing short of noteworthy. They have been honorable and just. He has been brave and steadfast. The Valley Patriot is delighted to showcase his service as November's Valley Patriot of the month.

Scott Dempsey was born in Lynn in 1982 to the late Brian survived by his mother, Laurie. Scott has one sibling, sister, Lindsay. He pretty much lived a normal life in the suburb of Boston where he played little league baseball and Pop Warner football with dreams of playing for

the Red Sox and the beloved Pats. He was also raised in Lynn where he attended Lynn Vocational and Technical Institute, studying the Electrical Program as well as lettered in Varsity Football.

Shortly after his 20th birthday, he enlisted in the United States Army to become a "19 Delta", or also known as a Calvary Scout. He left for basic training on Apr 14, 2003 and earned his stripes with the 5/15 Calvary, Bravo troop, second platoon and graduated from Basic Military Training. His Military Occupational Specialty (MOS) was trained to be a 19 Delta, Armored

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EDITORIAL



Today we are all Americans!

Congratulations to Barak Obama and the incoming Obama administration.

Though many Americans did not vote for Obama and indeed some of us have expressed serious reservations about this competence and the direction he will take this country, now is not the time for such division. Now is the time to stand behind our newly elected president and show the rest of the world that we are a country united against all threats foreign and domestic.

In the coming months and years, the Obama administration will face monumental challenges. We should, indeed we must, give Barak Obama a fresh chance to show us what he can do for our country and what direction he wants to take us.

Since we know almost nothing about how he will govern, his real philosophy on education, criminal justice, foreign policy or domestic affairs we have a duty as Americans to wait and see how he will react to the issues facing our nation and the results of such reactions.

As the duly elected next president of the United States, Barak Obama deserves the benefit of doubt as history has shown us that most presidents govern quite differently than the way they promise to govern while on the campaign trail.

A new day has dawned in America and a new direction has been plotted by the voters of this country. Only time will tell how successful a president Obama will be and whether or not his ideas will strengthen our country or weaken it.

We hope and pray that a president Obama will keep our nation safe and that the result of his presidency will make all of our lives better, whether or not we agree with the way he goes about it. And it would be neglectful on our part not to mention the historic nature of electing the first black man ever to serve as our nation's commander in chief.

Our country has come so far in such a short amount of time since the days of slavery or even the racially divisive period of the sixties and civil rights movement. How many times during this election season did we hear from political pundits, conservative radio hosts and the media that this country was not ready for a black president.

Well, the voters proved them all wrong. Americans went to the polls in record numbers, not to vote for a black president, but to vote for a president that inspired and motivated them. That man, Barak Obama, just happened to be black and most voters were able to look beyond race by choosing a man based on his ideas and what they perceived to be the content of his character.

During this country's economic crisis, Obama provided American's with hope, promise and faith that Senator McCain just could not deliver.

Republicans who voted for McCain should also be proud of their candidate. With George Bush's approval rating so low, and the republican party being blamed in the media for every problem in the country, McCain had an incredible uphill battle just trying to distance himself from the present administration. He gave a gracious concession speech where he expressed pride in the historical significance of electing a black man as president.

We are still fighting the war on terror as we have American troops fighting for our freedoms in Iraq and Afganistan. Americans now need to come together and rally behind the new president-elect and be one United States of America.

For today we are ALL Americans!

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Letters to the editor, columns and op/eds can be submitted to valleypatriot@aol.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

Corrections; Please contact the editor at valleypatriot@aol.com

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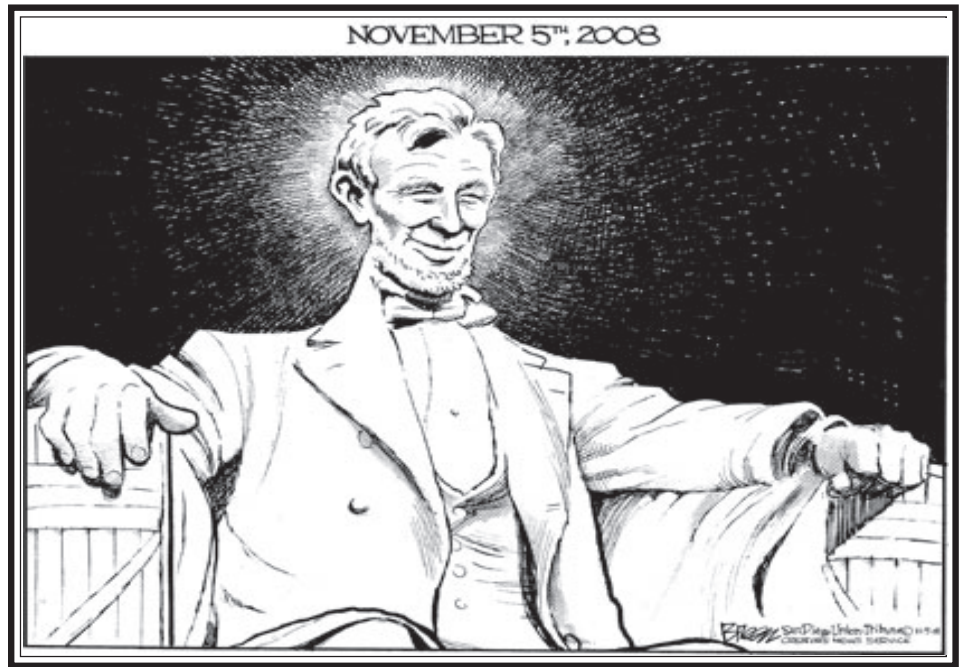
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Local daily news updates are online at www.valleypatriot.com



LETTERS

Fund set up in memory of Lawrence fire victims

Fellow Lawrencians,

With deep regrets, I write to you this evening in the name of the Cahalane Family who live on Leeds Terrace in Lawrence. Late Sunday evening, a devastating fire claimed the lives of Linda Cahalane and her son Sean. Sean had been trapped by the fire and his mom Linda gave her life by running back into the home trying to save Sean. This act of a parent's love is beyond words.

Although I did not know the family personally, one cannot help but empathize with their unfathomable loss.

What I have learned since Sunday is that Sean was a popular football team manager at Whittier Regional Vocational Technical High School in Haverhill and was a popular employee of the Andover Market Basket. As a patron on the store, I had the opportunity to meet Sean over the past year and I found him to be a wonderful young man.

A fund has been set up in memory of Sean and Linda at the Andover Federal Credit Union.

I humbly ask you to please consider supporting this family through a monetary donation to this fund. There is nothing that any of us can do to compensate for the loss of human life but this fund can be our community's opportunity to show our support for the surviving members of the Cahalane Family.

Donations may be made directly at:

The Cahalane Fire Fund
19c Lupine Road
Andover, MA 01810
C/O "Andover Federal Credit Union"

Please join me in praying for Russ Cahalane and his family.

Sincerely,
Dave Abdoo
Lawrence City Council



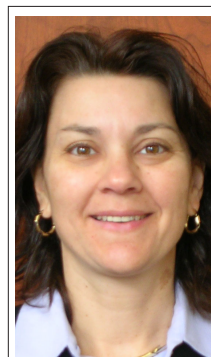
In Control Advanced Driver Training facility in N. Andover

ACTON/BOXBOROUGH, MA - Local high school students (from left to right) Andrew Kappel, Danny Ladd, Chris Muff and Kelsey McGovern accelerated their physics lessons when their normal class was combined with the In Control Advanced Driver Training Program for a day long course. In Control normally teaches teens how to react to dangerous driving situations but science teacher Chris Siren saw an academic benefit to the class.

Students from Acton-Boxborough and Groton-Dunstable high schools performed real life g-force experiments at high speeds, while also learning the driving

skills that will help them avoid crashes, which are most common in teen drivers. The Class used a specialized vest designed to measure acceleration in three dimensions while the car is turning, starting, and stopping.

The data from the vest can then be downloaded to laptop computers, which gives students the ability to calculate and analyze the physics statistics of their own driving. This physics lesson coincided with National Teen Driver Safety Week in order raise awareness about the dangers that face new drivers.



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A couch with a view: the fall tv season is finally HERE!

Ray Shackett
VALLEY PATRIOT ENTERTAINMENT REPORTER

As I make myself comfortable at master control (the living room couch) concerns weigh heavily on my conscience. Conflicts arise tempting my moral and social backbone that allows others to judge as curious and sad when expressed outwardly.

It's a conundrum that I believe is suffered by many much like myself. It's with this belief that I am finally comfortable enough to share with you my thoughts, advice and ramblings.

In this age of seven hundred plus television channels and the too narrow prime time viewing hours of eight to eleven PM, one question trumps all during these witching hours... what to watch, what to tape, what to skip. (Writer's note: For you digi-heads with a short term memory and for all those under the age of twelve, "tape" refers to a prehistoric form of recording television programs by transferring images

and sounds to magnetic tape to be played back on an endangered, if not already extinct, device called a VCR. I, myself, TiVo my programs. You choose the recording format that works best for you.)

You see, when you are like me, and I pray that you have better things to do with your time, on any given night I find myself agonizing over three or more shows that are scheduled for the same time. What to watch, what to tape, what to skip. This precision planning can sometimes require the use of graphs, pie charts and slide rules.



But with this article I can help you skip this tedious process.

Allow me to begin with a joyous celebratory exclamation... THE FALL TV SEASON IS HERE! A time to reconnect with old friends (The Office, House, CSI) and greet with open arms, but cautious consideration, new promising relationships (Fringe, Life On Mars, The Mentalist). So much to watch, so little time.

Which brings me back to the topic at hand... watch, tape, skip. I have sacrificed countless hours of my "life" to bring to you the best and the worst of this new day's dawn... dum dum dum... Fall TV. It's my hopes to make your precious TV viewing time productive, enjoyable and time efficient. Let's get rockin'.

Watch it! – My picks on what is a can't-miss at first showing program. Stuff water cooler talk is made of. Don't risk having the twist on Lost ruined for you by not watching it "live".

Tape it! – Programs that can sit for a few days. No big twists, turns or must-see-moments. View on your own timetable.

Skip it! – Enough said.

One thing to keep in mind throughout this process... Neilson is the AntiChrist. In this day of TiVo, DVR and the internet, Neilson still puts more stock in immediate viewing numbers.

While you're saving your favorite show for the weekend, Neilson is assuming that you are not watching and before you know it... POOF... your show is a casualty of the Great Ratings War.

Now, as previously mentioned, there are countless combinations of conflicts on any given night of the week. Here is a short list of my quick fixes for a more enjoyable viewing experience.

Monday 10pm

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HAVERHILL ON THE MOVE

Haverhill Mayor Jim Fiorentini's notebook

Jim Fiorentini

HAVERHILL MAYOR

Council Approves Mayor's Plan to Meet Fiscal Crisis

Due to the recent fiscal crisis, the State cut aid to the city of Haverhill by \$1 million. To meet the challenge, I put a number of good things on hold including the hiring of two additional police officers. I cut back on overtime, level funded our capital improvements budget, and drew \$170,000 from our rainy day account. The only department I did not cut was public education.

As I told the council, "education is our top priority." I told the city council that we would not ask for an override or debt exclusion unless it was an absolute last resort. Because of careful advance planning, we were able to meet the challenge of a \$1 million budget cut with minimal impact on public services. However, we are all deeply concerned that if the economy continues to deteriorate there will be further cuts required in January. In my address to the council, I told the council "in everything we do, we need to pay careful attention to the bottom line." The Council approved my plan by a 9-0 vote.

Consolidation Vote In this tough fiscal environment, it is important that government be as efficient and transparent as possible. Today, the city and the school department each have their own departments handling worker's compensation, payroll, benefits, civil

service, and web site updates. We have separate finance departments and separate personnel departments. The city has one person who prints payroll checks. The schools have their own people. We have a person who handles worker's compensation. They have their own. The list goes on.

Surely, we can and we must do better. I have proposed that we consolidate our departments. Cities like Reading, Barnstable, Methuen, Andover, Harvard and Salem have consolidated. So can we. The Mayor of Salem tells me that consolidation was resisted, but today she feels it is the best thing she has done. If a city and school consolidate their functions, the school committee can vote to end the consolidation at any time. It is telling that not a single city that has consolidated services has ever unconsolidated. Under my proposal, the policy decisions and decisions on who to hire would always be left to educators.

The administrative and ministerial functions would be consolidated. In personnel, consolidation will save us money and make government more efficient. We do not know how much until we are able to get into the school department and see exactly how many people are really needed to do every job. In finance, it will lend us a separate set of eyes to review the finances, and allow us to do what we can not do now, long-term budget projections. You may wish to contact your school committee members on this issue. Kerry Fitzgerald, President

kerryf@verizon.net Scott Wood Jr., Vice-President wood45106@aol.com Joseph Bevilacqua (the only member who supports consolidation at this time.) joebevilacqua@haverhill-ps.org Erin Francescone, erinfrancescone@comcast.net Shaun Toohey, shauntoohey@earthlink.net Susan Danehy, sdanehy16@hotmail.com

Sewer Extension to Hilldale Avenue Industrial Park Completed Our long term plans to meet the Hale debt have always been to increase our revenues by growing the tax base. New development downtown, new businesses like Magellan Aerospace and new retail stores like Target, Lowes and BJ's have already added millions to our tax levy. To make certain Haverhill is ready to compete for jobs of the future, we are working to expand the Hilldale Avenue industrial park.

Our first task was to bring new sewer service to the park. Thanks to a \$1 million grant from the State which we applied for, lobbied hard for and obtained, we have now installed sewer service to the first half of the industrial park. The work was completed in October, and the first businesses are ready to be tied in. We have now applied for a new grant to further extend the sewer service to the rest of the park right up to the New Hampshire line. We will hear from the State shortly. Part of our strategy to bring in new jobs is to make this park bio ready and ready for the new green jobs of tomorrow.

Mayor Chosen to Speak at Economic Development Conference in Hartford, Conn

Mayor James J. Fiorentini has been chosen to be a guest at the Conference of Shopping Centers annual meeting in Hartford, Connecticut this coming Thursday. Mayor Fiorentini was asked to speak about how Haverhill rezoned and brought in BJ's, Target and Lowes—the largest influx of new retail stores in its

history. Mayor Fiorentini said he intended to use the conference as an opportunity to pitch his city to shopping center developers to try to bring more retail to the city. "We know that in this economic environment no one is expanding. We also know that his downturn will not last forever. We want to be ready when the economy turns around."

MCAS Scores Show Small But Continual Improvement MCAS scores, which went up by 5% last year, continued to improve but by a much more modest number. Math MCAS scores were up by 3%, while ELA (English Language Arts) was down by 2%, leaving a net 1% improvement. The top scoring middle school was Hunking. The biggest improvement was at the John Greenleaf Whittier Elementary School which showed a 17% improvement. I will be at the school to honor them with the Mayor's Educational Excellence Award. While improvement is always good, I am nowhere near satisfied with the result. Our goal in education must be constant improvement.

Retail Brand Alliance Coming In January On November 18, we go before the city council to outline our incentive package to bring for Retail Brand Alliance, makers of Brooks Brother suits, here to Haverhill. Retail Brands comes with over 300 new manufacturing jobs, and the possibilities of 100 more. Retail Brand Alliance came down to a choice of Haverhill or moving the company overseas to the Far East. Keeping them here required a tremendous amount of hard work, a strong economic incentive package, and a strong partnership with the Patrick administration. When the company opens in January, we are hoping to lure Governor Patrick here to celebrate.



Jim Fiorentini is the mayor of Haverhill and is serving in his third term. You can email him at jimfior@aol.com

HCTV and COA To Sponsor "DTV Awareness Day" on November 17th at Haverhill Library**Haverhill Community Television and Council on Aging urge TV viewers to gear up for the conversion to all digital television**

Haverhill — February 17, 2009 has been set as the deadline for the digital transition by the U.S. Congress. After that date, most TV broadcasting will be digital. To help answer the many questions the transition to digital television (DTV) raises, Haverhill Community Television and the Council on Aging is sponsoring "DTV Awareness Day" on Monday, November 17, 2008. It will be held at the Haverhill Public Library at 7:00 p.m. in the Johnson Auditorium. Representatives from HCTV and Comcast will present a step by step presentation of what the DTV transition means to you.

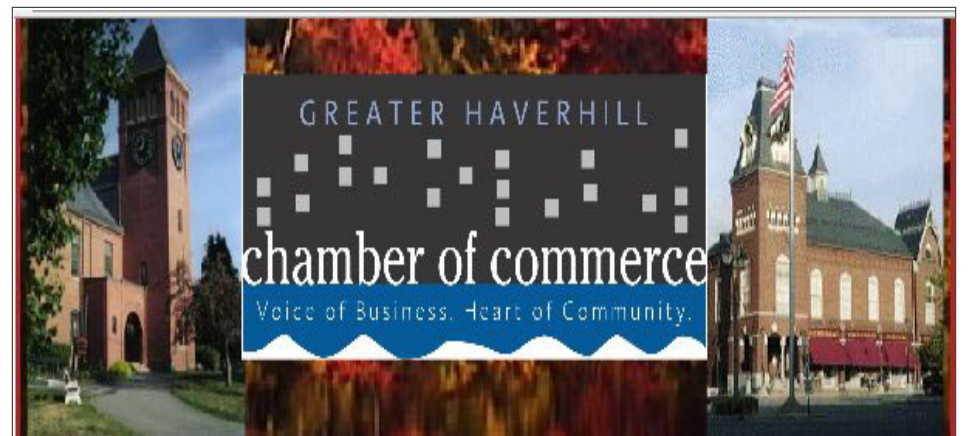
To help consumers with the DTV transition, the Government established the Digital-to-Analog Converter Box Coupon Program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes.

Help will be available for you to apply for the coupon program.

Why is the country converting to digital? Digital broadcasting allows stations to offer improved picture and sound quality, and digital is much more efficient than analog. Further, DTV can provide interactive video and data services that are not possible with analog technology.

February 2009 will be here sooner than we think. Now is the time for us all to get up to speed on DTV: what is it; what does it mean to me; what do I need to do? HCTV and the COA encourage everyone to educate themselves on this important issue.

So, come and learn about the digital transition. Don't let your television go dark after February 17, 2009.



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THINKING OUTSIDE THE BOX

Liberty, a lost concept

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

The following article was first published in the very first issue of The Valley Patriot. It is re-printed this month as a reminder of what is at stake in the election just concluded. Are we retaining our heritage of Liberty? Or, are we trading our Liberties for the seductive illusion of security? It took centuries to discover and establish human Liberty. It can evaporate in just a few decades of ignorance and sloth. Re-establishing Liberty may take centuries.

“No legal plunder: This is the principle of justice, peace, order, stability, harmony, and logic.” — Frederic Bastiat, *The Law*, 1850

We thank God for Liberty. Bands play, soldiers march, and hands cover hearts. Old Glory is a symbol of Liberty. Millions of flags are flown, anthems are sung, pledges are made, and allegiances are sworn. We cherish our history of Liberty. Founding Fathers are immortalized and shrines are built. We fight for Liberty. Politicians call us to arms when it is threatened. We offer our sons and daughters to protect it.

Liberty is almost universally heralded but rarely expounded. Liberty is praised but left conveniently abstract so it will not interfere with the practice of government. It is impolite to mention Liberty when the latest government program is unveiled, the necessity of a new regulation is asserted, or the latest tax increase is proposed.

What does Liberty have to do with these? Not very much if Liberty has no core meaning, or no value beyond parades, flags and sentiment.

Maybe we should dust off Liberty and decide if we really believe in it. We shouldn't be afraid to do that. If Liberty has lost its relevance and has no meaning, so be it. Let's be honest and say so. Honor those that died for it and move on. In modern parlance, we should just “Get over it!”

If, on the other hand, we bring Liberty into focus, rediscover its real meaning, and find that it has value, then we should apply the concept of Liberty to our laws and to our political institutions. Do our laws and institutions further Liberty or undercut it? If the latter, we need to choose. Do we really believe in Liberty?

Maybe we don't really crave Liberty (or even want it). We can't know until we rediscover what it is. Let's start from the beginning. What is Liberty?

In a political context (which is all that is relevant here), **Liberty pertains to the rights of man** (no gender intended, here or later) **to act as he chooses and to use and dispose of his property as he chooses, without interference from government, so long as in so doing he does not interfere with the equal rights of others to do likewise.**

Liberty is a simple but revolutionary concept. It is a concept that protects all individuals and limits the abuse of government power. It frees man and constrains the state.

Don't expect governments to embrace “Liberty-the-Concept,” only “Liberty-the-Symbol.” Liberty-the-Symbol can be used to manipulate, to control, and to gain allegiance. Liberty-the-Concept diminishes governments' dominion over man. It gives back to ever man, woman and child the deeds to their lives.

You may be unsure and wonder, “Should we embrace Liberty? Should man have the right to act as he chooses and to dispose of his property as he chooses as long as he does not interfere with the equal rights of others?”

What is the alternative? If man doesn't have these rights, who chooses what he can and cannot do? Why should others be able to decide for him if he can't decide for himself?


Remember, we are not discussing actions that infringe on the equal rights of others. Such infringements are the natural dominion of governments and law. Indeed, they are the justification for the very existence of governments and law.

As Frederic Bastiat wrote, “What, then, is law? It is the collective organization of the individual right to lawful defense... It is the substitution of a common force for individual forces. And this common force is to do only what the individual forces have a natural and lawful right to do: to protect persons, liberties, and properties.”

You may suggest that a group (e.g., via a majority vote) should have the power to decide. But if no individual has the right to decide, how does the majority gain this right? Except by force or the threat of force, it can't.

When government force is exerted (or threatened) to defend individuals from the use of force initiated by others, it represents a legitimate extension of the rights of self-defense of the individual members of society. When it is exerted to deny someone the right to act – when such actions do not infringe on the equal rights of others – or to expropriate an individual's property gained through

"No legal plunder: This is the principle of justice, peace, order, stability, harmony, and logic." -- Frederic Bastiat, The Law, 1850



consenting interactions with others, it represents a usurpation of power that has no legitimate basis.

If a man's actions do not interfere with the equal rights of others, what legitimate interest do others have in forcefully restraining these actions? If their interest is not rightful, i.e., if their interest is to derive unearned value by constraining or compelling another man's actions or to take his lawfully acquired property for their own benefit, isn't this use of force nothing more than theft?

But what if the group infringes liberties to further a “public good”? What individual liberties are to be traded for this public good? What level of control or expropriation is to be permitted? Should it be concentrated on a few people or thinly spread over many? What level of infringement will we accept?

If the enslavement of a few eases the suffering of many, do we permit it? Do we sacrifice more rights for the benefit of children and their education or for healthcare and the elderly?

Which rights do we give up first: The right to free association? To freedom from search and seizure? The right to self defense? The right to trade without interference? Freedom of the press? Freedom of assembly? Freedom of speech?

Does the ballot box become merely a front for coercion, mob rule, and socially acceptable theft?

When we constrain by force one's right to act, including the right to possess, use, and trade property, we have violated the most basic right of man. We have abridged the people's right to protect, maintain and improve their lives and the lives of their loved ones.

Once we have accepted the premise that any group, including government, however constituted, can violate these basic liberties, there is no limit to the horrors that are possible.

It starts with the principle that the good of the majority (or substitute any popular

alternative: society, the children, the poor, the elderly, the disabled ...) takes precedence over the rights of any single individual. Once accepted, this principle inexorably erodes the foundation of human relations.

It may take decades, but eventually one sector of society will gain sufficient strength to subjugate another and civility will lose its grip. The result, eventually, will be a complete loss of our freedoms and a risk of horrors such as those experienced by victims of slavery, the Nazi Holocaust, and the Soviet Gulag.


Throughout history, governments have committed more murders (not including wars) than all individual acts of murder combined. It happens where Liberty is rejected as the model for human relations.

Liberty is an inconvenient notion if you have political power and want to advance a particular special interest.

If you embrace Liberty, you need to use peaceful persuasion and voluntary trade to obtain desired goods and services. This requires thought and effort. The alternative is to discard Liberty, so you can compel others to give up their property and services against their wishes.

Our forefathers recommended the former. Our current practice is the latter. This is not a minor change. It is fundamental. It will ultimately determine whether our future is peaceful and prosperous, with a generous dose of goodwill ... or not.

Parades, anthems, monuments and national holidays are nice, but, when it comes to Liberty, I prefer the real thing.



Dr. Ormsby is a member of the North Andover School Committee. He is a graduate of Cornell and has a doctorate from MIT. You can contact Dr. Ormsby via email: ccormsby@comcast.net

Contribute to The Valley Patriot Legal Defense Fund

Free speech is under attack all over America, but locally free speech is under attack as well. Recently, The Valley Patriot has been served with a lawsuit which could silence the views and opinions expressed within our pages. Fighting lawsuits takes time, energy, resources and money. Your contribution to the Valley Patriot Legal Defense Fund will help defray our legal costs. We ask our supporters in the community and supporters of free speech to donate whatever you can to help us keep the Valley Patriot from being silenced. **See Story Page 12.**

You can mail your donations to:

The Valley Patriot Legal Defense Fund
PO BOX 453
North Andover MA, 01845

Or donate using PayPal on-line by visiting

The Valley Patriot Website at
valleypatriot.com



Merrimack River Feline Rescue Society's Holiday Open House to be held on Dec. 6

Take a break from the hustle and bustle of the holidays (on *Saturday, December 6th, 2008 – 11 a.m. to 4 p.m.*) and join the Merrimack River Feline Rescue Society (MRFRS) for their annual holiday open house.

Relax and enjoy festive music and refreshments while spending time with the kitties, especially the "Wallflowers" — a group of lovely cats who just can't understand why they keep being overlooked by adopters! Give one of the Wallflowers the gift of a forever home and MRFRS will waive their adoption fee that day. If more shopping is what you crave, they will have that as well! Don't miss out on Betty's homemade cat toys, MRFRS calendars, MRFRS wear and other great gifts! Check out the giving tree and learn how you can help the kitties.

The kitties are planning the decorations as we speak! Proceeds will help fund the nonprofit organization's numerous free and low-cost programs and services. Please call 978-462-0760 or visit www.mrfrs.org for more information.



PHOTO: RACHEL PORTEN

Where: MRFRS Headquarters, 63 Elm Street, Salisbury, MA

About MRFRS: MRFRS is a nationally recognized, non-profit volunteer organization committed to ensuring the health and welfare of feral and domestic cats and kittens by promoting proactive, compassionate, no-kill programs. For more information, please call 978-462-0760 or visit www.mrfrs.org.

Mayor Proposes Haverhill's First "Leash Free Dog Trail"



PHOTO: COURTESY

Haverhill mayor Jim Fiorentini at the proposed leash free dog park in Haverhill.

Haverhill Mayor James J. Fiorentini last month proposed that a largely unused path from the Winnekenni basin to Plug's Pond be designated as the city's first "leash free dog trail."

Leash free dog trails are increasingly popular throughout the State and country. There are about 300 leash free dog trails in Massachusetts, including one in Amesbury at Woodsum Farm. Leash free dog trails are a low-cost alternative to dog parks, which require fencing.

The leash free trail would not require any initial outlay of city money. The trail is at the bottom of the park and is not connected to the rest of the trail system near the castle.

The leash free dog trail requires Council approval and received a mixed reception before the city council last month.

It is scheduled for a council subcommittee hearing on November 6. If you support a leash free dog trail, please email the Council at citycncl@cityofhaverhill.com

If it is approved, we expect it to open sometime around November 1. Please watch the papers for notification.

To check out a list of leash free dog trails in Massachusetts go to <http://www.ecoanimal.com/dogfun/massachusetts.html>

Donations Needed!!!



Needy animals are asking for your help! One Tail at a Time Rescue in Haverhill, MA rescues puppies and dogs from high-kill shelters in the South. We are always looking for donations, especially during the winter months. A list of what we could use is below. I've started a pile of things that I don't need anymore and instead of throwing things away, it goes to good use!

Thanks in advance for anything you might be able to donate! -Kate Whitney

***Sheets *Towels *Blankets *Paper towels *Newspapers (we really need these!) *Dog crates/Cat carriers *Dog or Cat food (dry or canned) *Toys/Chewys/Treats *Monetary donations are always welcome**

If you have any questions, please contact The Valley Patriot's Puppy Girl, Kate Whitney at kahw313@aol.com or 978-808-4893

Striders run to support the Merrimack Valley Hospice House

NORTHANDOVER - This Thanksgiving morning the Striders are running the Feaster Five road race for a cause, and they are counting on you to join them. What better way to begin this season of giving than with a 5 mile or 5 kilometer (3.1 miles) run through the streets of Andover, Massachusetts while helping to raise money for the new Merrimack Valley Hospice House. Proceeds from the Feaster Five pledge program benefit the Hospice House currently under construction in Haverhill.

"We are thrilled to have the support of the Merrimack Valley Striders for this very

important project which benefits the entire Merrimack Valley," said Joan Stygles Hull, RN, MBA, President of Merrimack Valley Hospice. "The Merrimack Valley Hospice House will provide a place of comfort and compassion for terminally ill patients and their families. There is no such option available in our community."

Since its first running 21 years ago, the Merrimack Valley Striders have hosted this growing Thanksgiving Day race in Andover's downtown. The race will begin at 8:30 a.m. on Main Street at the corner of Route 133 and Route 28 and end at



Brickstone Square. Last year more than 8000 runners and walkers participated in one of the largest and oldest Thanksgiving running events in Massachusetts. In fact, the Feaster Five has become a holiday tradition for thousands of Merrimack Valley residents — a time to connect with family and friends, kick off the start of the holiday season, and raise money for an important cause. The Kids K, for children under the age of 12, begins at 8:00 a.m. in the park next to Balmoral Street a few yards from the race starting line.

"All the details you need to be a part of this exciting race are on the website www.feasterfive.com" said Tom Licciardello, race organizer from Merrimack Valley

Striders". "Please join us at the Feaster Five and help support this terrific cause".

The on-line registration fee to enter the race is \$25.00. You can also support the race charity, the Merrimack Valley Hospice House, with an optional \$5.00 donation when you register. The race is hosted by the Merrimack Valley Striders and managed by Dave McGillivray Sports Enterprises. Major sponsors include Eagle Tribune Publishing and Harvard Pilgrim Health Care.

To learn more about the Merrimack Valley Hospice House and how you can support this critical project you can visit the agency's website at: www.merrimackvalleyhospice.org or contact Vicki Kelley at 978-552-4162.

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PUPPY LOVE! with Kate Whitney

Save yourself some money and prepare home-made doggy treats

Kate Whitney
VALLEY PATRIOT PUPPY COLUMNIST

Happy November! I hope this edition finds everyone and their pets doing well. Before I get into what this next edition is about, I wanted to revisit something that I talked about in my first article: fostering. If anyone would like to open up their home to a needy dog or cat, please email me.

Winter is the time of year when we especially need generous people to take in homeless animals. To think about these animals on the cold streets or crammed into a crowded shelter just breaks my heart. By opening up your home, you are doing much more than just providing a safe, warm temporary place for these animals; you are giving them a second chance at life. Think about it and please let me know if you are interested or have any questions.

This month, I thought I would put together a little something about homemade treats for dogs. Every time I go into a doggie boutique, the site of the beautiful homemade dog treats makes my own mouth water, never mind my dog's. I thought that instead of spending outrageous money on something that's gone three seconds after you give it to your dog, I would provide some homemade recipes that I found online. Try rewarding you dog with some of these tasty ideas, or bring a bag full to your upcoming holiday parties hosted by fellow dog owners.

Soft Doggie Cookies Made With Baby Food

Ingredients: 3 2 1/2 oz. jars of baby food, either beer or chicken, 1/4 c Dry milk powder, 1/4 c Wheat germ

Instructions: Combine ingredients in a bowl and mix well. Roll into small balls and place on well-greased cookie sheet. Flatten slightly with fork. Bake in preheated 350 oven for 15 minutes or until brown. Cool on wire racks and STORE IN REFRIGERATOR...also freezes well.



PHOTO: COURTESY

Notes: cream of wheat can be substituted for the wheat germ.

Organic Tasty Treats

Ingredients: 1 1/2 c Water 1/4 c Organic Applesauce, 1/4 c Vegetable Oil, 2 Organic Eggs, 2 tsp Vanilla, 3/4 c Organic White Flour, 1 c Organic Cornmeal, 3/4 c Organic Oats, 2 1/2 c Organic Whole Wheat Flour, 1/3 c Organic Peanut Butter (crunchy or smooth)

Instructions: Preheat oven to 400-degrees. Combine liquid ingredients, including peanut butter, in medium bowl and mix well. Mix dry ingredients in large bowl and slowly stir in liquid mixture until smooth. Roll dough out on a large, floured surface to 1/2-inch thickness. Cut dough into treat sizes using a sharp knife or dog-themed cookie cutter and place on an ungreased cookie sheet. Bake treats for 20 minutes then let them cool for another hour so they will harden and be crispy.

Doggie Carrot Cookies

Ingredients: Handful of Carrots, 1 c Oats, Blender, Cookie sheet, 2 Eggs, 2 1/4 c Unbleached Oat Flour

Directions: Pre-heat oven to 300 degrees. Put carrots into blender. You're going to need about 2 cups of pureed carrots; the number of carrots you'll need depends on the size. After you've finished blending them, put carrot mixture in a bowl. Mix in oats, oat flour, and eggs. Stir until completely mixed. The mix shouldn't be too runny; if it is, just add more oats. You'll want it firm enough that it will bake into a solid piece when it's cooked. Place the mixture on the cookie sheet. Pat it flat until it covers the cookie sheet in a thin layer. You can also use a 9x9 pan for thicker cookies. Bake the cookies until they are firm but not burnt; be careful not to bake too long. Most standard, conventional ovens will take about 30 minutes, but may be longer or shorter depending on how thin your cookies are, so keep an eye on them! Take the cookies out of the oven, and put them someplace safe to cool. When they have completely cooled, cut them into squares or strips.

Chicken Jerky

Ingredients: Package of chicken breasts, Cookie sheet

Directions: Clean chicken breasts, then carefully slice them into long, thin strips. The thinner the strips are the better. Place the strips on a greased or non-stick cookie sheet. Bake the strips for around 3 hours at 180 degrees. The result will be the same as if it were done in a dehydrator, and there's no need to go out and purchase one. The low temperature will dry the chicken slowly, and you'll have a chewy result that your canine friend will love. Let strips cool, out of your dog's reach. They can



PHOTO: TOM DUGGAN

Boxford resident Kate Whitney holds Dasher, a foster-puppy she took in temporarily last year while looking for a loving home to place her in.

be stored in plastic bags or in airtight containers, and can also be frozen for future use.

Woofies

Ingredients: 1 c All-purpose flour 1 c Whole-wheat flour, 1/2 c Wheat germ, 1/2 c Nonfat dry milk, 3 T Vegetable shortening, 1 tsp Brown sugar, 1/2 tsp Salt, 1 Egg, 1/2 c Water

Directions: Preheat oven to 350 degrees F. Spray cookie sheet with nonstick cooking spray. In a large bowl, combine both flours, wheat germ, nonfat dry milk, shortening, brown sugar, and salt; mix until crumbly. Add the egg and water; mix well. On a lightly floured surface, knead the dough until smooth. Using a rolling pin, roll out to a 1/2-inch thickness. Using a dog bone-shaped cookie cutter or a knife, cut out biscuits. Place on the cookie sheet and bake for 25 to 30 minutes, or until lightly browned. Remove to a wire rack to cool completely.

PUPPY GIRL, page 27

"Puppy Girl" Comic Strip by Dave Sullivan of Dracut (c) copyright, 2008

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After seeing that their primary exit path is blocked, the teacher immediately redirects the children to their secondary exit.

From Page 1: Andrea Traficanti files for permanent disability

The weekly compensation of \$612.06 was based upon her average weekly wage of \$1,020.10. So far, Traficanti has received more than \$53,000 in benefits and has not returned to work.

The City of Lawrence originally appealed the Conference Award but apparently withdrew its appeal over the summer. At that time, Traficanti was represented by attorney Kathleen O'Donnell of Marcotte Law Offices in Lowell and The City of Lawrence was represented by Attorney William DiAdamo of the DiAdamo Law Office on Appleton Way in Lawrence.

The DiAdamo Law Office no longer represents the City of Lawrence for workers' compensation cases as their contract was not renewed. They represented the City of Lawrence for both the Traficanti and Jennifer Padellaro workers' compensation losses (see Paying Attention on Page 12). According to the DiAdamo Law Office, with respect to workers' compensation, "we were engaged under a contract that paid \$48,000 a year."

Fired for Potential conflicts?

With regard to representing the City of Lawrence against Andrea Traficanti, William and Carmine DiAdamo say they believe that their communication with "the other side" may have contributed to their contract not being renewed.

Fired Attorney's firm member made millions on taxpayers

"We are frequently retained for our ability to communicate with the other side, which, ironically, is apparently the reason we were fired here."

Carmine DiAdamo of the DiAdamo Law Office

In August of this year, The DiAdamo Law Office sent a letter to The Valley Patriot stating:

"We see Frank (DPW Director Frank McCann) at meetings where substantial issues are discussed, involving both GLSD and, when we were representing the City, DPW. We also see Frank in the courtyard outside of City Hall and our office. All conversations are amicable and, candidly, I am very impressed with his grasp of complex issues which are critical to the City and which, apparently, have eluded -officials who, I respectfully suggest would do well to acquaint themselves with the problems so that they can better serve their constituents. *We are frequently retained for our ability to communicate with the other side, which, ironically, is apparently the reason we were fired here.*" (emphasis added)

While the DiAdamo Law Office was representing the City of Lawrence against Traficanti's workers' compensation claim, they continued to serve as special counsel for Greater Lawrence Sanitary

District (GLSD), where Frank McCann has been a Board Member since the year 2000.

In a letter dated August 26, 2008 from the DiAdamo Law Office about their pay from the GLSD it states:

"We are special counsel for the GLSD for litigation matters. We bill hourly. It appears to me that roughly \$25,000 to \$30,000 would have been due and owing work performed in 2007."

Documents from GLSD, however, show payments of \$47,731 was paid to DiAdamo Law Office in 2007. Documents also show that in 2006 the DiAdamo Law Office made \$108,733 for legal services, (see box next page).

According to a letter by Richard Hogan, Executive Director for GLSD; "Frank McCann is a member of the GLSD Board of Commissioners. The Board of Commissioners approve all bills and contracts and there are no outstanding bills of DiAdamo Law Office."

Also, according to Hogan, no Conflict of Interest documents (called a 268A) were submitted to GLSD between January 1, 2001 to present. In short, DiAdamo never properly disclosed in writing the potential conflict of interest representing the city against Traficanti while working with her husband Frank McCann on the GLSD board at the same time. DiAdamo also never disclosed the fact that their law office had previously represented the Lawrence DPW as McCann is the DPW director for the City of Lawrence.

Carmine DiAdamo also continues to receive payments from The City of Lawrence in the form of rent for his building in Lawrence. According to the most current lease agreement between Carmine DiAdamo and the Lawrence School Department, dated November 20, 2003, rent payments are made to Carmine DiAdamo as Trustee of 237 Essex Street Realty Trust where the Lawrence School Department rents the first, second, third and fourth floors of 255 Essex Street, Lawrence.

The School Department administrative offices are in the same building as the DiAdamo Law Office.



PHOTO: TOM DUGGAN

Lawrence DPW Director Frank McCann and his wife Andrea Traficanti-McCann at a political fundraiser last year. McCann was Traficanti's immediate supervisor in city hall before she filed for worker's compensation claiming to be too "stressed" to work in the political environment of Lawrence City Hall. Traficanti mysteriously filed for taxpayer benefits shortly after Mayor Sullivan sent word to attorneys that he was going go lay her off for budgetary reasons.

The term of the most current lease agreement, which was recently renewed, is for a period of 10 additional years. The lease agreement commenced on January 1, 2005 and rent for the first 5 years is listed as \$9.51/sq. ft or \$344,300.28 per year, plus a consumer price index increase, if any.

From documents obtained by The Valley Patriot, dated from July, 2001 to present, Carmine DiAdamo has received 101 checks, totaling **\$2,616,362.40** from the city of Lawrence for these rent payments. Some checks are paid to Carmine DiAdamo/owner, while others are made to Carmine DiAdamo/trustee.

Lawrence Mayor Michael Sullivan, who initially laid off Traficanti has been one of the strongest proponents of keeping the school department's administrative offices in DiAdamo's building.

Shortly after refusing to renew DiAdamo's contract as the city of Lawrence's workers' compensation attorney, Sullivan hired Newburyport attorney Ron St. Pierre who will be handling the case for the city against Traficanti's claim for permanent disability.

If you have a news tip please mail your information to valleypatriot@aol.com



PHOTO: TOM DUGGAN

The DiAdamo Law Office on Appleton Way in Lawrence is located in the same building as the Lawrence School Department administrative offices. The building is owned by The DiAdamo Trust. DiAdamo made more than \$2 million dollars in rent from the City of Lawrence in just the last seven years. In the background is Lawrence City Hall where Frank McCann works as the DPW Director for the City of Lawrence.

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021986	10/24/01	00 - DIADAM	CARMINE W DIADAMO ESQ	9,971.43																
022890	06/26/02	00 - DIADAM	CARMINE W DIADAMO ESQ	14,300.00																
023159	08/28/02	00 - DIADAM	CARMINE W DIADAMO ESQ	13,110.40																
023404	10/30/02	00 - DIADAM	CARMINE W DIADAMO ESQ	14,402.40																
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Cash Account	Check #	Check Date	Warrant	Clr	Cleared Da	Amount														
01 1040	64094	09/23/2002	47S03			13,871.85	90753	02/20/2004	142S-04				13,871.85							
01 1040	63406	08/30/2002	30S-03			41,615.55	82039	02/05/2004	12S-04				13,871.85							
01 1040	61391	06/27/2002	217S-02			532.13	73252	05/28/2003	189S-03				13,871.85							
01 1040	60136	05/21/2002	198S-02			13,871.85	72269	04/28/2003	173S-03				13,871.85							
01 1040	58976	04/26/2002	179S-02			13,871.85	71071	03/28/2003	154S-03				13,871.85							
01 1040	58321	04/08/2002	179S-02			8,208.72	69576	02/11/2003	137S-03				13,871.85							
01 1040	57604	03/22/2002	160S-02			13,871.85	68444	01/14/2003	119S-03				13,871.85							
01 1040	56838	03/07/2002	160S-02			13,871.85	67715	12/23/2002	101A-03				13,871.85							
01 1040	55308	01/29/2002	124SD-02			18,547.70	67675	12/09/2002	101A-03				13,871.85							
01 1040	54058	12/26/2001	106S-02			20,644.60	65231	11/01/2002	83S-03				13,871.85							
01 1040	52717	11/26/2001	87S-02			13,871.85	52718	11/26/2001	87S-02				13,871.85							
01 1040	52245	11/19/2001	87S-02			22,070.09	52346	11/19/2001	87S-02				13,871.85							
01 1040	50268	09/19/2001	52S-02			55,487.40	50268	09/19/2001	52S-02				13,871.85							
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Paying Attention with Tom Duggan

Defending the First Amendment and protecting confidential sources

The most important function a newspaper or media outlet can perform is to serve as a watchdog for the way taxpayer's dollars are spent in their community and expose information that public officials and those who do business with them conspire to conceal.

As such, one of the most critical tools any journalist has in gathering information for such news stories is the ability to rely on confidential sources who would otherwise never come forward fearing political retribution or even physical harm for leaking such information to the press.

The use of such sources are a tool of the trade which enables the media to shine a bright light on public corruption, backroom political deal-making and outright lying by public officials whether they be local or national political figures.

Without confidential sources, the public would never have learned about Watergate, Valerie Plame and Joe Wilson's role in concealing Saddam Hussein's nuclear weapons programs, or police corruption in big cities going back two hundred years.

But, remaining anonymous as a confidential source is not a legal right nor is it an absolute privilege. There is no ethics board for journalists dictating a reporter's conduct in dealing with a confidential source. How, and in what manner a reporter deals with such sources is solely up to the reporters themselves or the newspaper they work for.

In my ten year as a journalist, I have never had to reveal the name of a confidential source. Now, someone who is a confidential source himself has put me in a position where I have no choice, because that source has filed a lawsuit demanding that I reveal other confidential sources in different story.

You see, last January, Lawrence's workers' compensation attorney William DiAdamo gave us privileged information about a settlement between the city and former Assistant City Clerk Jennifer Padellaro. Padellaro had sued the city after the Jim McGravey/Patrick Blanchette sex and pornography scandal (and cover up) that lead to McGravey's abrupt resignation and Blanchette targeting Padellaro for retribution for coming forward against his friend.

Even though I had to deal with an onslaught of requests by Assistant City Attorney Richard D'Agastino to reveal the "leak" in the Padellaro settlement story (as well as other city matters), I protected DiAdamo at every turn. After all, DiAdamo was not only our source in the Padellaro/McGravey story, but had fed us information about other cases as well. Why would I want to kill the goose that lays golden eggs?

Besides, as a reporter I certainly do not want to send the message to future, potential sources that they have to worry about their identity being revealed as soon as someone applies a little political or legal pressure.



PHOTO: TOM DUGGAN

Former Assistant City Clerk Jennifer Padellaro, City Council President Patrick Blanchette and former city Clerk Jim McGravey just months before it was revealed that McGravey had sexually harassed Padellaro and Blanchette then refused to give her the job .

Now, even though I went to the mat for DiAdamo when he gave us a privileged news story, DiAdamo has filed a lawsuit against this newspaper (and me personally) to force us to reveal our sources in a story that involved him.

Imagine the nerve?

Now imagine the irony ... all the while Attorney DiAdamo enjoys the protection of The Valley Patriot as a confidential source, he is using the court system to try and strip away that protection from others. Talk about a lapse of ethics and judgement. I firmly believe that anyone who enjoys the protections of this newspaper as a confidential source should never have to wonder or worry if their identity will be revealed. But when a confidential source himself violates the

spirit of the very system he is protected by, then he has lost the privilege of continuing to remain anonymous.

I am baffled as to why an Attorney who has so much to lose would declare war on me or this newspaper given the substantial amount of information available that could result in serious legal trouble for him and his law office.

Yet he has.

And while this is not a fight that I or the board of The Valley Patriot wanted, it is not a fight we will run away from either.

Just imagine, the DiAdamo Law office and Trust which made millions (MILLIONS!) of dollars on the public trough is now feverishly trying to silence

PAYING ATTENTION!, page 13

Thoughts for November 2008

Peter Larocque

LAWRENCE SCHOOL COMMITTEE

You all know as well as I do that no matter who's the next President of the United States of America, that real change is not on its way.

As long as we have a Government that takes from those who work very hard for what they have and from those who pay there bills and mortgages on time. Those who participate in the process of being a citizen of the United States of America and then turns around and gives it to those who do not deserve it, those who have placed themselves on the sidelines, meaning those who are not contributing to the well being of society.

Those who refuse to work for a living, my friend's; change is not soon coming.

But in spite of all this, real change has taken place in our city of Lawrence. We have changed the face of Secondary Education. Outside of our little world we call Lawrence, experts in the field of education are beginning to take notice of what we are doing at the Lawrence High School Campus.

I know some of you will say; here he goes mouthing off as a puppet for the Superintendent and the administration. But, I say in the face of all the accusations, quiet yourselves and come see. We have taken one massive old high school and have changed it into six small STAND ALONE High Schools, not academies.

We have placed the students in uniforms, which the majority of parents support, and make sure their children comply.



PHOTO: TOM DUGGAN

Lawrence School Committee members Peter Larocque and Sam Reyes with Lawrence Mayor Michael Sullivan (chairman) and Superintendent of Schools, Wilfredo Laboy

In spite of all our critics of which we have not stopped to ask for their permission to make these changes, we have moved forward in a positive matter that will have a positive effect on student achievement!

That's the bottom line for us, student achievement, not getting our critics permission. Back in the early 2000's the United States Governor's Association at one of their meetings invited Bill Gates to be a guest Speaker and he back then spoke of small schools.

That was the beginning of what we see here in our city of Lawrence. Small individual high schools with an intense focus on the individual student's academic achievement. Sure, we have challenges ahead of us. Sure, we will have to be willing to be flexible in meeting individual needs of students because not all learn at the same pace and not all come to us with the same needs.

But our challenge and one that we have sold out on is that small is good and small is the way to go to meet the challenges before us.

Some would have us go backwards because they question why six principals and why six assistant principals are needed. Those are good questions to have but, not a reason to go back to having one massive High School.

The answer my friends, is personal student attention.

Each high school having its own leadership to help teachers in the classrooms meet the needs of INDIVIDUAL STUDENTS.

The data tells us this is good for us in Lawrence. Our diverse student body and their needs require us to pay attention to them while they are in school standing before teachers rather than later when they may be standing before a judge.

As a father, I would have given anything to have my children go to a High School like the one we now have in the City of Lawrence.

So, November will bring a change in the Presidency of the United States of America. November also brings us Veterans Day, which reminds us of the

challenges that our country has been through and the lives that were given in defense of our rights to be American Citizens.

November also brings us a time to reflect and be thankful for all that we have and to thank God for the privilege to live in a country that provides us life, liberty and the freedom to pursue our own happiness that comes into reality with ones right to be educated.

I believe that the part we play as the leadership in the Lawrence Public Schools is to make sure that the playing field is the same for all.

God Bless and have a wonderful Thanksgiving!



Peter Larocque is a member of the Lawrence School Committee. He was originally elected by the Lawrence City Council to fill the unexpired term of Amy McGovern in 2006 and then elected in his own right last month. You can email him at peterlarocque@hotmail.com



PHOTO: TOM DUGGAN

Joe Giuffrida says goodbye to city hall after 37 years

Lawrence City Hall icon Joe Giuffrida has served as the City Assessor for more than 37 years and in that time he says he has served at least eleven mayors. Last month, Giuffrida officially retired announcing that Mayor Michael Sullivan will continue to use his services in “another capacity”. City Council President Patrick Blanchette presented Giuffrida with a proclamation thanking him for his years of service to the city in a packed city council chambers where

Giuffrida publicly thanked the many people he worked with over the years.

Mayor Michael Sullivan, State Senator Sue Tucker and June Black from Congressman Niki Tsongas’ office also presented Giuffrida with a proclamation in appreciation for his service to the city on his last day at city hall. Joe has been a GOOD friend of The Valley Patriot and he will be missed in city hall though he admits “I’m not really going anywhere, I will still be around.”



PHOTO: COURTESY

Eileen Bernal, Library Board of Trustees, Myles E. Burke, Commissioner of ISD Cindy Marcotte, District Manager for Patriot Ambulance, Mayor Michael J. Sullivan, Chairman of the Library Board of Trustees, Maureen Nimmo, Director of the Lawrence Public Library, Captain James Loffredo, LFD, Jay Dowd, Library Board of Trustees, and David Walton, CEO Patriot Ambulance.

New defibrillator installation at Lawrence Public Library

Mayor Michael J. Sullivan is pleased to announce that a new defibrillator is being placed at the Lawrence Public Library on Tuesday, October 21, 2008. This is the third installation that included two being placed at Lawrence City Hall. The equipment is being donated by Patriot Ambulance and have an average cost of \$1,500 per unit. “I really want to thank Patriot Ambulance for this very generous donation and their continued service to the citizens of Lawrence,” Mayor Sullivan stated.

Patriot Ambulance, under the leadership and direction of CEO Mr. David Walton, provides emergency ambulance service to the City of Lawrence. Patriot Ambulance and its dedicated staff will also provide

training to City of Lawrence employees in the proper usage of these lifesaving devices as well as making sure they are properly maintained free of charge.

“I’m happy to be in a position to give back to the City of Lawrence where we are a proud business owner. I think these devices are proven to be effective and we will continue to support other public locations that could provide easy access to potential victims in distress”, Mr. Walton said.

The Lawrence Public Library Board of Trustees will be on hand to welcome yet another improvement under their tenure and the Sullivan Administration.

the free speech of those who own and those who contribute to our newspaper *and* demanding payment for our refusal to do so. We will not be intimidated or bullied into silence by those who make millions of dollars from the taxpayers coffers. We will continue to ask questions and investigate the web of actions involving the DiAdamo Law Office (and Trust) and the taxpayer’s dollars they receive as rent and fees.

Now that the cat is out of the bag and DiAdamo is pushing for a public trial we must now spend thousands of dollars to prepare for and fight this suit. But we can’t do it alone. As everyone knows, whether you win or lose a lawsuit, the cost of fighting one can financially cripple any person or business. And since we are going up against a law office that has unlimited resources to fight this battle we must now raise funds to protect our sources and our newspaper. That’s why we have set up the **Valley Patriot Legal Defense Fund** and will be scheduling fundraisers to offset the legal and court costs associated with fighting lawsuits like this. And we could certainly use your help. When any news entity, especially small local newspapers are forced to spend enormous amounts of money fighting prolonged legal battles, there is a real danger that such a small newspaper may eventually become unable to absorb those costs.

So, this is how you can help: If you believe in the first amendment and the right of free speech: the right of journalists to protect their sources, or if you believe that the Valley Patriot has provided a legitimate public service by breaking news stories and giving people in the community a voice when other media outlets refuse to do so; if you appreciate the role we have played in providing a vehicle by which information and ideas can be expressed and debated, I would ask you to make a donation of any amount to The Valley Patriot Legal Defense Fund.

You can mail your check to **PO BOX 453, North Andover MA 01843**. Or you can donate on-line with a credit card by visiting the Valley Patriot website at valleypatriot.com and clicking the **paypal** icon. Stand up for free speech and a free press and help us continue to expose government waste and corruption, the taxpayers dollars we save could be your own.



Tom Duggan is the president of Valley Patriot, Inc., a former Lawrence School Committeeman, and hosts the *Paying Attention!* Radio Program on WCAP, 980AM, every Saturday afternoon from 10am-noon. You can email your comments to Tdugjr@aol.com.



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TOM DUGGAN'S NOTEBOOK

Adoption Day at the Natural Dog for Paws New England

The Natural Dog, 155 State Street, in Newburyport will be hosting a Pet Adoption Day for Paws New England, a non-profit, all volunteer, Canine Rescue group, on Saturday, November 16th from 10:00AM to 3:00PM. Come and meet some of our adoptable dogs and chat with our adoption counselors about possible matches for your family! To view all of Paws New England's Adoptable Dogs, visit pawsnewengland.petfinder.org

THE NORTH END DELI IS NOW SERVING BREAKFAST AGAIN VISIT THEIR WEBSITE AT WWW.THENORTHENDDELI.COM

Ethics complaint filed against Martina Cruz

Five days before this month's election Lawrence School Committeeman Martina Cruz decided to abuse her position as an elected official and campaign in a public building during a public meeting. At the end of the school committee meeting which is televised on local cable access channel 10, Cruz decided to disregard state law and ethics regulations and get in one last free commercial by announcing that she supported Barak Obama and urged people watching at home and in the audience to vote "no" on question one, the income tax ballot question. And while Lawrence Mayor Mike Sullivan did gavel her out of order it was a little too late as the damage had been done. As much as I was looking forward to filing an ethics complaint against the only communist on the Lawrence School Committee, it seems someone has beaten me to it. Now, I'm not holding my breath that the ethics commission is going to really DO anything to Cruz after the way they bungled the Nunzio DiMarca and Marie Gosselin complaints but it will be interesting to see what the secretary of

state's office does when the complaint hits their desk.

Greater Lawrence Community Action Council, Inc. FY'09 Low income home energy assistance program (LIHEAP)

The Greater Lawrence Community Action Council, Inc., 2008-2009 Fuel Assistance Program has begun registering appointments to take Applications for "FIRST TIME APPLICANTS". (Prior year applicants have been mailed an application again this season).

Criteria for Eligibility :

* Residency: Participants must reside in Lawrence, Methuen, Andover, North Andover, Reading, or North Reading. * Low Income: Participants must prove they meet Federal and State Income guidelines by providing income and documentation showing gross household revenue for all household members 18 years and older for a minimum of 4 weeks (one month) prior to their application date. Persons whose heat is included in their rent (including those individuals who reside in Federal Section 236, Section 211 (D) (3), and Section 202 developments and in State Section 13A rental housing) may be eligible for assistance. Appointments can be made by calling the Fuel Assistance Office at (978) 681-4950. Outreach is available for "first Time" handicapped and elderly applicants who are totally homebound. For more info please call (978) 681-4950. The office is located at 305 Essex Street (2nd floor), Lawrence, MA 01840. Prior year applicants please get your applications back as soon as possible, funding is limited and cannot be guaranteed after April 1, 2009.

Methuen VP Reader to perform in Nutcracker

Methuen's own Erica Hadley of The Methuen Coop Bank will be performing in

the Christmas play "the Nutcracker" next month and I would like to encourage my readers to bring your family to see the show, which is produced by The Methuen Ballet Ensemble; it will be at Newburyport High School on Saturday 12/13 at 3:00 and Sunday 12/14 at 2:00. Tickets are \$20 and can be ordered by calling Voter's School of Dance & Gymnastics @ 603-893-5190.

Bridge Construction Public Information Meeting at Lawrence Public Library, 51 Lawrence Street, Thursday, November 20, 2008, 6:00PM

Representative of the Massachusetts Highway Department will be providing a thorough update on all of the bridge constructions projects scheduled for the City of Lawrence. Please mark your calendars and make every effort to attend this important meeting.

What a Joke

The North Andover Charter Committee is turning out to be joke with no one getting along. Co-Chairs Bob Ercholini and Susan Haltmaier cannot control the meetings and it does not appear that there will be any recommendations on charter changes or reports being presented to the Board of Selectmen. Selectman Mark Caggiano said it best at the last Selectman meeting "If you give your child more time to clean their room, are they really going to clean their room?" he asked. This is a committee that I requested to be on, but was told that "no press". Now I can see why. They are obviously too embarrassed by their bad behavior and that is probably why the meetings are not being televised either.

Unofficial Candidates

Sources inside the Dan Lannen camp say he will be running again for a second term as selectman and sources inside the Chuck Ormsby camp say that he will be running for a third term on the School Committee. The election for both seats is scheduled for March, 2009. Also up for re-election are School Committee member Barbara Whidden and Selectman Mark Caggiano. Neither of these elected officials have declared their candidacy yet.

Blanchette takes a walk on Sal

When Sal Lupoli of Sal's Riverwalk and Sal's Pizza went before the city council last month for a 40R rezoning issue you'd think that Council President Patrick Blanchette would have been eager to hear the details of a project that could bring in thousands of additional tax dollars to the city and create dozens of jobs. But, you would be wrong. As the issue got close and closer to being discussed, Blanchette began impatiently looking at the time and within a few short minutes of the Sal's

project coming up for discussion Blanchette was gone from the table. But he wasn't just gone from the table, he was gone from the room and out of the building before any discussion or vote could take place. Now I know Blanchette is a little busy lately trying to undermine the Sullivan administration in his quest to be the next mayor of Lawrence, but if this is his definition of leadership I'll take my chances with Israel Reyes.

Puppy Girl Says Thank you!

The Valley Patriot's Puppy Girl, Kate Whitney (see her column on page 7) wanted me to pass along her thanks to everyone who voted to end Greyhound racing here in Massachusetts.

As for the other Ballot Questions

It was no surprise that the liberal electorate in Massachusetts voted against question #1 and I say they get what they deserve. And it was also no surprise that question #2 and #3 passed overwhelmingly.

Shouldn't this mean no more affirmative action?

Now that America has elected a Black man as president of the United States I couldn't help wonder: if America is no longer the evil racist country it once was and a Black man can be elected by a majority of voters to occupy the white house, do we REALLY need affirmative action hiring practices any more? I mean, in the days of the early seventies when blacks were routinely and systematically denied jobs and college admission because of their race, doesn't the election of a black politician make it blatantly unnecessary to have laws giving racial preferences for jobs and college admissions? Just wondering ...

And then there's Lonnie Brennan

In a year when Massachusetts voters overwhelmingly supported Barak Obama, defeated the elimination of the income tax, decriminalized marijuana and outlawed dog racing, Republican Lawrence "Lonnie" Brennan pulled some amazing numbers in his bid to unseat incumbent State Rep. Barbara L'Italien. Lonnie took his hometown of Georgetown and won the town of Boxford as well as shoring up great numbers in other communities that heavily favored liberal causes and democrat candidates. Our hats off to Lonnie! He may not have been successful in defeating Barbara L'Italien but he certainly bucked every trend going on Election Day with some very impressive numbers. I suspect we have not seen the last of former Georgetown Selectman Lonnie Brennan. Maybe Bruce Tarr should be looking in the rear view mirror for 2010.



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NOTEBOOK: Cont.

'09 Lawrence Mayor's Race

Former Lawrence mayor Marocs Devers may have been defeated in the democrat primary against incumbent Willie Lantigua but in the November election Devers pulled over 500 write in votes against the Lantigua even though he was not even on the ballot. For his part, rumors were spreading like wildfire on Election Day that Lantigua was announcing for mayor before the end of the year but we have yet to get him to confirm that. What we can tell you is that Pedro Payano will be running for mayor (LOL), Israel Reyes is the only officially declared candidate and Patrick Blanchette is scheduled to make his announcement before the end of the year. Lawrence city councilor Dave Abdoos is toying with the idea of running for mayor while Lawrence Police Chief John Romero who can retire with a full pension next year is also considering a run for the corner office. Lawrence Mayor Mike Sullivan cannot run again as he is the victim of term limits but another name being bantered about to replace him is (come on now don't laugh) Myles Burke. Marcos Devers could be a contender and Isabel Melendez is rumored to be thinking about he corner office as well. 2009 is going to be a BIG year in the Lawrence, Methuen, North Andover and Haverhill elections. And I just want all of you to know that we will be extensively covering as many local races as we can. My only advice to potential candidates is this: start raising money now and start sending letters and columns to us here at the Valley Patriot so that the electorate can learn about your ideas and positions .The more exposure you get now the better.

Manzi accused of NOT taking bribe

Just when I am convinced I have seen it all a story like this one comes along and blows my mind. It seems Former Methuen Police Chief Joe Solomon in his fight to regain his position at a civil service hearing (which I wish him luck with) called Mike Neve to testify that he gave a bribe to Methuen mayor Bill Manzi for political favors. But when Neve took the stand he admitted offering a bribe to Manzi but then testified that Manzi either refused it or didn't take him seriously. Now, as much as I am pulling for Joe Solomon I am reminded of the old saying "never ask a witness a question unless you already know an answer". On a related note we give Solomon a 50-50 chance of getting his job back with the city of Methuen but even if he doesn't, word among Solomon

supporters is that there is a small movement to draft Joe for Mayor against Manzi next year. We told you months ago that all this was going to get real nasty and was not going away any time soon, so far it looks like we've been right. And by the way, what the hell was that ridiculous story about Solomon threatening to expose Manzi's sex life? Bizarre is the only word I can use to describe this situation so far ... and it's going to get a lot more bizarre as time goes on. Stay tuned.

Knight of Columbus Turkey Cheer

On Friday November 7th, the Knights of Columbus, Lawrence Council No. 67 will be holding a Turkey Cheer at One Market Street at 7pm. 17 turkeys will be raffled off and a special 5 turkey raffle will also be held. Admission is free and refreshments will be served.

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The Valley Patriot is always interested in reader suggestions for future, local, political cartoons (valleypatriot@aol.com)

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Grand Opening of Eli's Place in Lawrence



PHOTOS: TOM DUGGAN

Joe Bevelacqua of the Merrimack Valley Chamber of Commerce holds the tape at the official ribbon cutting of Eli's Place on Merrimack Street in Lawrence across the street from Monarch on the Merrimack. Lawrence Mayor Michael Sullivan (second from right in left picture; at left, in right picture above) enjoyed breakfast at Eli's so much he cleaned his plate twice. Sitting across from Mayor Sullivan is Eli, in the black shirt. Eli's Place serves breakfast seven days a week.

Lawrence Rotary Club holds wine tasting at Berkeley Retirement Home



PHOTO: TOM DUGGAN

Julie Gadzalia, president of Staffing Services at Riverwalk in Lawrence, pours a glass of wine for Bob Rocklein of First Integrity Mortgage, also of Sal's Riverwalk, with his friend Diane Shikrallah.

Last month, the Lawrence Rotary Club held a wine tasting fundraiser at the Berkeley Retirement Home on Berkeley Street, Lawrence.

The event was sponsored by Sweeney's Sandwich, Salads & Spirits(formerly Sweeney's Package), on Essex Street, Lawrence and there were about 50 wines to choose from. Sweeney's is expanding its business at 90 Essex Street and now specializes in catering.

Besides tasting, the wines were also available for purchasing and customers were able to order the wines and pick them up several days later at Sweeney's. There were some great deals like the Quinta Vinzelo Tinto from Portugal for \$7.95, the Villa Pozzi Nero D'Avola from Marsala ,Sicily for \$8.99 or the Hoya De Cadenas Tempranillo from Spain for \$9.50.

Some event attendees favorites were the French Hob Nob Pinot Noir for \$9.50, a Santa Cristina Sangiovese from Tuscany, Italy for \$12.75 and the Sonoma County Chateau St Jean Merlot for \$13.95. The Valley Patriot Wine taster personally reccomended the Clos DuBois Alexander from Portugal for \$15.95, a Red Zinfandel, Folie A Deaux Zinfandel for \$15.85 and The Shinas Verdict-Cabernet for \$20.95, which was smooth and delicious.

The Shinas Estate of Australia makes a themed trio of The Guilty Shiraz, The Innocent Viognier and The Verdict-Cabernet. All were delicious and \$20.95 each. The event was well attended. Over the summer, The Rotary held a Chili contest, which was also well attended and just as much fun.

Thanks Lawrence Rotary!

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Lowell High School Distinguished Alumni

Richard Howe

LOWELL COLUMNIST

Five years ago, long-time Lowell High School headmaster Bill Samaras launched the Campaign for Educational Excellence to raise five million dollars for scholarships and enrichment programs for students at the second largest public high school in Massachusetts. Samaras has met with considerable success, already securing more than four million dollars for the fund.

The centerpiece of the fund raising efforts has been the annual Distinguished Alumni induction ceremony. Each year, five graduates of Lowell High School are recognized for their achievements which are diverse, impressive and inspirational. This year's first inductee was William H. Sullivan Jr., Class of 1933.

After graduating from Lowell, Sullivan went to Boston College. While working as an intern for the BC football team, Sullivan convinced legendary BC football coach Frank Leahy to write a weekly newspaper column. Following Leahy to Notre Dame after World War Two, Sullivan got the coach to do a syndicated weekly radio show, the first in the country



PHOTO: DICK HOWE

by a major college coach. In 1948, Sullivan returned to Massachusetts to work for the Boston Braves. While there, he organized a telethon to raise money for kids with cancer, staging an all day radio show that featured Braves' players and local celebrities. The program was broadcast from the Children's Hospital room of a young cancer patient known for the event as "Jimmy."

Thus was born the Jimmy Fund. Sullivan's biggest achievement, perhaps, happened in 1959 when he borrowed \$25,000 from Lowell's Union National Bank which he used as the down payment on the Boston Patriots, one of the initial teams in the American Football League. Sullivan ran the team for nearly three decades, changing its name in 1971 to the New England Patriots to coincide with its move from Boston to Foxboro.

Sullivan sold the team in 1988 and died in 1996. His son Patrick accepted the award on his father's behalf.

Given the recent success of the New England Patriots, Sullivan's story was perhaps the most inspirational of this year's nominees: a graduate of Lowell High School founded the Patriots! But the other honorees had an impressive list of accomplishments. Janet Lambert Moore of the Class of 1956 is a renowned artist who specializes in paintings that depict important buildings in Lowell and surrounding communities.

Deborah Hopkinson, Class of 1969, has written more than 30 books for young readers, winning numerous awards for her work. Luis Pedroso, Class of 1980, came to the United States from the Azores when he was 8 years old.

Just four years out of Lowell High School, Pedroso left the assembly line of his employer and founded his own company. That company – Qualitronics – grew into a multimillion dollar firm that employed close to 200 workers. In addition to his professional accomplishments, Pedroso has become the leading philanthropist of Lowell's Portuguese community.

The final honoree this year was Marty Meehan, Class of 1974, the Chancellor of UMass Lowell who represented the Fifth District in Congress from 1993 to 2007. Meehan was most eloquent in recounting how the experiences he had at the very diverse Lowell High School were excellent preparation for all that came later in life.

This year's honorees joined a distinguished group of twenty others. The 2007 honorees were Teresa Garland Lew, Class of 1912, a school teacher and



PHOTO: DICK HOWE

lawyer; Bradford Morse, Class of 1938, a Congressman and high ranking US representative at the United Nations; Rosalind Elias, Class of 1947, an opera singer who regularly performed at New York City's Metropolitan Opera; George Duncan, Class of 1957, a banker who founded the Enterprise Bank and Trust Company; and Kendall Wallace, Class of 1959, a lifetime employee who rose to be publisher of the Lowell Sun.

The 2006 honorees were Benjamin Butler, Class of 1831, who served as a general in the Union Army during the Civil War, governor of Massachusetts, Congressman and ran for President of the United States; Thomas Sexton, Class of 1958, the poet laureate of Alaska; Homer Bourgeois, Class of 1920, a banker (and the man who loaned Billy Sullivan the \$25,000 he used to buy the Patriots); Gerald Chertavian, Class of 1983, who after quickly making his fortune on Wall Street, founded Year Up, a non-profit that assists inner city youth in completing college and obtaining meaningful employment; and Herbert Zarkin, Class of 1956, the CEO of BJ's Wholesale Club. Notable honorees from prior years included Jack Kerouac (1939), Paul Tsongas (1958), best selling author Elinor

Lipman (1968), and Ted Leonsis (1973), VP of America Online and owner of the NHL Washington Capitals.

Like all urban high schools, Lowell High faces tremendous challenges. More than anything else, the poverty in which many of its students live creates a drag on academic achievement. But since its first graduating class in 1831, hard work and perseverance have allowed students from Lowell High School to reach the highest level of personal and professional accomplishment.

Besides raising money to help today's students do the same, the Campaign for Educational Excellence provides students with inspirational role models who all readily agree that their subsequent success in life was grounded in their experiences at Lowell High School.



Richard P. Howe Jr. is the creator of www.richardhowe.com, a blog that provides commentary on politics in Lowell. He also serves as Register of Deeds of the

Northern District of Middlesex County. You can email him at lowelldeeds@comcast.net

TELEVISION: from page 2

Watch it! – My Own Worst Enemy (NBC – NEW SHOW) – Two men, one body, all action.

Tape it! – Boston Legal (ABC) – Two words... Denny Crane

Skip it! – CSI: Miami (CBS) – Sooner or later Horatio Caine is going to poke his eye out with those glasses!

Tuesday 9pm

Watch it! – Fringe (FOX – NEW SHOW) – Set in the Bay State is a plus! Not your parents X-Files.

Tape it! – The Mentalist (CBS – NEW SHOW) – You'll want to rewind to answer the question; "How'd he do that?"

Skip it! – Privileged (CW – NEW SHOW) – My Sweet 16 with a script.

Wednesday 10pm

Watch it! – CSI: NY (CBS) – Gary Sinise! Yes you love him in the movies, now don't miss him on TV!

Tape it! – Sons of Anarchy (FX – NEW SHOW) – Tough bikers with heart... hottest new cable show on two wheels.

Skip it! – Lipstick Jungle (NBC) – Who's sleeping with whom this week? Who cares!

Thursday 10pm

Watch it! – Life on Mars (ABC – NEW SHOW) – 1973 never looked so good in wide collars and bellbottoms.

Tape it! – It's Always Sunny In Philadelphia (FX) – Seinfeld with an alcohol problem.

Skip it! – Eleventh Hour (CBS – NEW SHOW) – There's only room for one Fringe this season and it goes to... well... Fringe.

Friday 10pm

Watch it! – Life (NBC) – This show features the most interesting cop characters on TV today. This writers favorite.



PHOTO: COURTESY ABC

This is the last season of Boston Legal on ABC Monday nights, why should you watch it? Two words DENNY CRANE!

Tape it! – Numb3rs (CBS) – I haven't watched for a few seasons but I think I'll start listening to my own advice.

Skip it! – The Starter Wife (USA) – Characters Unwelcome.

Saturday and Sunday - Go to the movies... conflict resolved.



If you would like to hear Ray's view of a television topic or if you have comments email kidcruise2003@yahoo.com

Looking back at my first year as your congressman

Niki Tsongas

5th DISTRICT CONGRESSMAN

This month marks one year since I was sworn in as the first woman elected to Congress from Massachusetts in 25 years. I wanted to take this opportunity to provide an update on what we have accomplished in that short time, illustrate some of the ways my office can be of assistance to you and examine some of the historic challenges we now face.

As we near the end of 2008, our nation finds itself in the midst of our worst economic crisis in decades. Families across the country are worried about the security of their jobs, homes and savings. The financial recovery plan Congress passed last month was designed to stabilize our financial institutions in the face of a very serious crisis in the credit markets. While passage of this measure was a step in the right direction, much work remains to ensure its effectiveness.

In the coming months, I will be closely monitoring the implementation of the recovery plan, and will be working with my colleagues to tighten regulation of mortgage lending, increase disclosure, establish federal oversight of unregulated financial markets, and continue to seek ways to assist struggling homeowners. The last eight years have demonstrated that it is not a question of big government or small government but effective government.

In addition to the ongoing financial crisis we continue to face challenges around health care, energy, and on a variety of international fronts. I was proud that the first vote I cast after being sworn in one year ago was to override the President's veto of a bill to give more

children access to health insurance. While we fell short of the two-thirds necessary to override the President's veto, I remain determined to help make broad health care coverage for children a reality in the next Congress.

While the high cost of oil has recently moderated, gasoline and home heating oil continues to be a principal concern for families throughout our state. I supported historic energy legislation which provides resources to alternative and renewable energy companies in the Fifth District and across the country that are developing the technology and products to limit our dependence on foreign oil and grow green jobs. I have also strongly advocated for additional home heating assistance for low-income families who simply are not able to heat their homes this winter. An additional \$124 million will be made available to Massachusetts this coming year.

Growing up on military bases across the country and world, I understand that there is a long-term cost of war and if brave men and women are willing to put their lives on the line to fight for us, providing them with the care they need when they return is the least we can do. That is why I strongly supported a G.I. Bill of Rights for the 21st Century, which provides a free college education to veterans of Iraq and Afghanistan, as well as the single largest increase in funding for veterans health care and benefits in history.

Knowing that thousands of veterans will soon be taking advantage of the new GI Bill, I introduced bipartisan legislation that will help college counselors recognize PTSD and other mental health wounds which may be present among veterans returning from Iraq and Afghanistan. And,



PHOTO: TOM DUGGAN

5th district Congressman Niki Tsongas with former Lawrence Mayor Marcos Devers at her Lawrence campaign headquarters in 2007

fulfilling a commitment I made last year, one of the members of my district staff is dedicated to assisting veterans. In addition to setting up the *Fifth District Veterans Advisory Committee*, we have worked to ensure that veterans receive the medals or honors, and hundreds of thousands of dollars in veterans' benefits that they earned and were never awarded.

Ensuring that my office is a resource to people who need help working with federal agencies is one of my highest priorities. I have also made accessibility to the people I represent the hallmark of my office, setting up my *Congress On Your Corner* program in dozens of communities throughout the district at local supermarkets and other venues. I spend almost every day that Congress is not in session visiting with the residents and

communities that make up our remarkable district. Your thoughts and opinions are invaluable to me as I represent our district, and I want to hear from you as often as possible.

While I am proud of the work we have done, we have not yet achieved everything we set out to do. With your input and partnership, I am committed to continuing to use the great privilege of this office to advance the priorities of the people I represent in the years to come.

Niki Tsongas was elected the 5th district congressman last October to fill the vacant seat left by Marty Meehan. Tsongas is seeking reelection this year; you can email the congressman's office at John.Noble@mail.house.gov

Happy 40th anniversary to RARA in Lowell

Tom Duggan

VALLEY PATRIOT REPORTER

Members of the community came out to celebrate the 40th anniversary of RARA (Remarkable, Active, Resilient Adults of Greater Lowell, Inc.) in Lowell last month.

RARA is open to developmentally delayed individuals, ages 18 and older, living in the Merrimack Valley.

"It's such a wonderful program that helps such wonderful people in the community and I am so happy to be here to celebrate their 40th anniversary," said former Lowell mayor and current city councilor Rita Mercier.

RARA was presented with a proclamation from Lowell State Senator Steve Panagiotakos commemorating the event.

RARA is currently in need of a safe, reliable passenger van and two of RARA's volunteers Bonnie Gallagher and Patti Kondochriste are coordinating with GOT BOOKS to try and make this happen.

To help RARA you can send your tax deductible contribution to: RARA, 295 High Street, Lowell MA, 01852. Volunteers are always needed and anyone interested can call (978) 453-598 or fax (978) 446-0270.



(Above) George Sauralt, Lowell City Councilor Rita Mercier and Tina Broussard



(Left) Clients at RARA on in Lowell, pose with their decorated pumpkins last month.

The Farmtown lowdown: The Dracut news minute

A look at recent newsworthy developments and upcoming events from rural, old Dracut

George Papoulias

VALLEY PATRIOT DRACUT REPORTER

TIME FOR HOOPS

In addition to November, basketball season is now upon us. The new season for boys & girls recreation basketball for 5th thru 8th graders begins in mid-November. Early December will mark the beginning of recreational basketball for children in grades 2 thru 4.

High School Recreational basketball will begin following the Dracut High Varsity/JV Basketball season in February.

BASKETBALL CLINIC

Speaking of boy's recreation basketball, there will be a basketball clinic taking place on Sunday mornings, November 9th, 16th and 23rd. The clinic will be from 10:00am to 12:00pm at the Dracut Junior High School gym. The instructor of the clinic will be Dracut High Varsity Basketball coach Mike Paquette. He will be joined by his players. Children currently enrolled in grades 4th thru 8th, registered for Boy's Basketball Recreation are invited to attend. The clinic will cover areas of basketball such as shooting, drills and grouping. To register, log onto www.dracutbasketball.com and click onto the on-line forms section.

HIGH SCHOOL WINTER SPORTS

Registration for Dracut High winter sports is Wednesday, November 18 from 5:00pm to 7:00pm at the Dracut High School cafeteria. This includes basketball, cheerleading, wrestling, ice hockey, indoor track and gymnastics. Tryouts are required for basketball and cheerleading, not for wrestling, hockey, track and gymnastics. The season for all sports begins December 1st.

DRACUT HIGH ALL-SPORTS BOOSTERS CLUB

The Dracut High All-Sports Boosters Club is an organization which raises money to support athletic Dracut High School programs and award scholarships to graduating seniors. It is currently

governed by a president (Barry Myers), vice president (Lisa Cleary), treasurer (Steve Ferri), secretary (Renee Welch) and vice president of underclassmen (John Silva.) Money is raised by fundraisers like the calendar watch, snack shack and tickets and program book sales from the annual basketball exhibition. This features former players from the New England Patriots a-against Dracut High School teachers. In addition to awarding scholarships, the boosters club also raises money for plaques awarded to two outstanding athletes from each Dracut High Sports team. If you would like to attend a meeting and contribute to this worthy cause, the boosters will be organizing two upcoming meetings in room A22 of the high school (next to the cafeteria.) Wednesday, November 12th and Thursday, December 11th. Both meetings commence at 7:00pm. For more information log onto www.dracutboosters.org

LOOKING FOR LACROSSE?

If you're son is currently enrolled in grades 3 thru 8, with interest in playing lacrosse, here's their chance. Registrations are taking place at the Dracut Recreation Office on 11 Springpark Avenue. Hours of registration are 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m. Registration Deadline is December 5th. For additional Information call (978) 458-4478.

MONTHLY MEETING MANAGER

If you're ever considering attending a town meeting regarding a certain matter and unsure which one to choose, here's a partial list with days and times.

Board of Selectmen: Discuss town matters. Meet the 2nd and 4th Tuesday of every month at the Moses Greeley Parker Library. (The Selectmen will not be meeting on November 11th in honor of Veteran's Day.)

School Committee: Discuss school matters. Meet the 2nd and 4th Monday of every month at the Englesby Junior High Community Room.

Capitol Planning Committee: Discuss planning of all town projects. Meet the 3rd

Monday of the month at 6:00pm at the Dracut High School Library

Planning Board: Discuss new residential, commercial and industrial projects. Meet the 2nd and 4th Wednesday at the Lakeview Jr. High Community Room. (Will not meet on November 26th, due to Thanksgiving.)

Board of Appeals: Hearings on industrial, residential and commercial building developments. Meet the 3rd Thursday at 7:00pm at the Dracut High School Library.

Conservation Commission: Meet the 1st and 3rd Wednesday of the month at 7:15pm at the Dracut High School Library.

Community Preservation Committee: Discussion concerning preserving open space, creating affordable housing, and preserving historical areas using CPA funds in the town. Meet the 1st and 3rd Tuesday of the month at 7:00pm at the Lakeview Jr. High School Community Room. For more information on these and other town meetings, log onto <http://www.dracut-ma.us/Meetings.aspx>

PUBLIC WORKS NOTICE ON WINTER PARKING

Beginning on December 1st thru March 15th, parking on streets is prohibited between the hours of 12:00 AM-6:00 AM.

DRACUT PATRIOTISM

If you're a Dracut resident and would like to contribute to the raising and honoring of our nation's flag through the streets of Dracut, here's an idea. For a \$50 donation, it would assist a Dracut American Legion committee and the Veteran's Agent department to purchase more flags. Furthermore, your name will be engraved in a plaque and placed on a flag honor roll board at the Dracut Town Office. Applications are available online on <http://www.dracut-ma.us/departments.aspx?deptid=24> and click on the bottom of the page. Mail the application and your \$50 donation to:

Dracut American Legion, PO Box 7, Dracut, MA 01826, Attn: Bob Demers

THANKSGIVING RAFFLE

Speaking of the legion, the Dracut American Legion Post 315 will be organizing their annual thanksgiving raffle on Friday, November 21. It will be held in the upstairs floor on 574 Broadway Road (near the Village Inn.) The raffle begins at 7:00pm. 80 turkeys will be raffled. For more information, contact legion finance officer John Dyer at (978) 458-0047

HAPPY 30TH ANNIVERSARY

The Dracut Senior Center, located on 951 Mammoth Road is a drop-in center for the elderly. The center offers wellness, education and recreational programs. To celebrate its 30th anniversary, the Dracut Senior Center will be organizing an event on Wednesday, December 12th at 12:00pm. For more information, contact the Senior Center at (978) 957-2611

SEASONS GIVINGS

One of the best forms of charity and goodwill is a non-profit organization comprised of the Manolis family (owners' of *Dracut House of Pizza*.) This is known as Project Helping Hands. In the past a group of volunteers for the project prepare baskets of traditional Thanksgiving food (turkey, potatoes, corn, stuffing.) These items are either donated or paid for by money donations from Project Helping Hands and other contributors like Mr. Zaralidis (owner of *J&R Foreign Car Specialist*) and *Transfiguration Church*. The baskets are intended for the less fortunate during the holidays. Since the drive began, the amount of donated baskets has increased significantly. If you are interested in contributing, you can drop off a cash or food donation at:

Dracut House of Pizza, 1067 Lakeview Ave. Dracut, MA 01826



George Papoulias of Dracut is a graduate of Rivier College (B.A. in Communications) is currently a producer at WCAP for Merrimack Valley Afternoons, the Lowell Spinners, Devil's Hockey,

Press Pass with Teddy Panos and Paying Attention! with Tom Duggan.

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Valley Patriot Hero and Tuskegee Airmen honored

Kathleen Corey Rahme
VALLEY PATRIOT COLUMNIST

Sixty-five years ago, Luther McIlwain of Methuen was not allowed to walk on the streets of Tuskegee, Alabama. Back in the 1940's, segregation was very much a part of the culture in the United States, especially in the south. McIlwain, is an original, documented Tuskegee Airman. He returned to Tuskegee for the week-long festivities held in Tuskegee, Alabama in mid-October accompanied by his sister, Attorney Glendora McIlwain Putnam of Boston, friend Attorney Christopher Nihan of Andover, my husband Elie Rahme and me. Many years have passed since he trained there and the homecoming was one that celebrated McIlwain and his comrades.

Between 1941 and 1946, Moton Field in Tuskegee, Alabama became the training ground for about 1000 Tuskegee pilots and support staff including mechanics and other crew. It was thought that Blacks were not intelligent, capable or worthy enough to fly million dollar planes. The Congress (1939) had just declared Blacks to be intellectually inferior and the Tuskegee Experiment was set up to train Blacks to fly in a segregated Moton Field.

Perhaps, one might say it was even set up to fail.

Not only did the Tuskegee Airman perform all the tasks that their white counterparts had to perform, they had to do it better. All eyes were on them. The Tuskegee Airmen far exceeded everyone's expectations and they became a valuable part of American history that culminated in the celebration held in October in Tuskegee with the grand opening of the hanger at Moton Field.

As an elite military group, the Tuskegee Airmen made up the 477th, 332nd and the 99th Squadrons. Four hundred and fifty Tuskegee Airmen served overseas in Italy, Sicily, and North Africa with 99th and the 332nd Fighter Groups. The 477th Squadron was busy on the home front fighting racism. This group actually took the lead in the fight for desegregation in the US military. One has to remember the environment at the time. The Tuskegee Airmen were not only fighting the Germans and the Axis powers abroad, they were forced to fight racism here.

The Tuskegee Airmen have a strong military history. According to www.tuskegeearmen.org, they flew over



PHOTO: COURTESY

Left to right: Kathleen Rahme, Christopher Nihan, Esq. of Andover, Luther McIlwain, Glendora McIlwain Putnam, and Elie Rahme on the Pettus Bridge in Selma, Alabama

15,000 sorties, destroyed 111 German planes in the air and 150 on the ground, destroyed 950 railway cars, sunk on destroyer, 66 pilots were killed in action or accidents, 32 downed, captured and POW's, and they have the reputation of not losing one bomber when they escorted them. For their efforts they received 150 Distinguished Flying Crosses, 744 Air Medals, 8 Purple Hearts, and 14 Bronze Stars.

Recognizing the valuable contribution of these WWII heroes, the National Parks Service of the Department of the Interior restored Moton Field to its original glory. They hosted about 130 original Tuskegee Airmen and about 2000 of their family members and friends. Two Canadians even flew down from Ontario in a restored AT-6. The ribbon cutting event for the hanger was spectacular. The 1940's parachutes, flight gear, desks and telephones were on display. The governor of Alabama dedicated a stretch of the I-85 as the Tuskegee Airmen Highway. The Tuskegee Airmen paved the way for the great leaders of the civil rights movement. These great men are the true pioneers of the fight for civil rights.

The weekend would not have been complete without a gala. The gala was held at the Renaissance Hotel in Montgomery and Tuskegee, Alabaman native, and graduate of Tuskegee University and Grammy winner Lionel Ritchie performed for over 1200 guests. All the songs he performed were written in Tuskegee. While it was a reunion for

these WWII icons, Ritchie said that he was home and it was a reunion for himself too. The Tuskegee Airmen were role models for Ritchie.

We could not go to Alabama without visiting Selma, Alabama the home of the historic Pettus Bridge where the famous march led by Dr. Martin Luther King on Bloody Sunday took place March of 1965. We toured Montgomery and visited country singing legend Hank Williams' grave, the first White House of the Confederacy, and the town of Tuskegee. When McIlwain told us he wasn't allowed to walk on the streets of the town, my husband promptly stopped the car and forced McIlwain to take a stroll down the main streets and through the town square.

McIlwain was greeted with an enthusiastic handshake of appreciation everywhere we went. On the airplane, the stewardess acknowledged McIlwain's presence onboard by announcing him. The entire plane broke out in applause. The town of Tuskegee put out the proverbial red carpet for these Congressional Gold Medal of Honor winners and it was long overdue. I am so happy we went down for this momentous occasion.



Kathleen Corey Rahme is the former City Councilor in Methuen, is the founder of the Methuen Youth Corps., and hosts "Call to Serve." You can email her at [kcoreyrahme@comcast.net](mailto:rahme@comcast.net) or call 978-686-0008



PHOTO: COURTESY

Left to right: Elie and Kathleen Corey Rahme, Glendora McIlwain Putnam, and former Valley Patriot of the Month, Luther McIlwain at Moton Field in Tuskegee, Alabama.

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RONNIE’S RANTS

Random thoughts for the Merrimack Valley

Ronnie Ford
VALLEY PATRIOT COLUMNIST

Neighborhood Watch Croup proposed in Methuen is a great idea. Let me expand the concept a little more. It has within it a system to cut down on crime with more protection for the people. San Diego, California has a beautiful set up for retired people to cruise and check houses of people who are away. For that service, they are granted tax adjustments. Representatives from the SDPD were willing to come here and speak to us about their plan. You see this was presented before the Methuen Town council and like many things, got lost in the political shuffle. Kind of like Nina Scarito, M. D.

Mayor Bill Manzi can get into more trouble than a bottle of southern comfort at a Mormon wedding. However, I have to include that he is as adroit at getting out of it; being as elusive as was the Scarlet Pimpernel! Appearing on Tom Duggan’s Paying attention program, the Mayor parried, slashed, and blocked the non-stopping advance, by the two- fist ed talk show host. Duggan’s relentless questioning covered everything in Mayor Manzi’s life except the first grade. Tom’s interrogation was anything but softball. No, No, the bashful newspaper editor, radio host, threw nothing but fastballs, aimed right at the Mayor’s present and

former political moves. But, the Gaelic and garlic Methuen CEO answered everything and dodged skillfully the ones he wanted to be careful with. The show was about the best I have heard, including my own. Did I say bashful? In my opinion, this was a joust of the best in each of their rolls.

The grim reaper is diminishing the friends that gathered at the Downey Flake, and Lawlor’s drug store, or were part of the neighborhood many years ago.

Recently we lost another long-time friend Pat Foley. Pat was instrumental in organizing the annual Assumption, Downey Flake, Lawlor’s drug store, and neighborhood reunions. The past couple of years have not been kind to some of our old friends. Ron Cleary, Paul Sutton, Vinnie Doyle, Fred Spires, Bernie McCabe and Al Langan, to name several.

Pat was many things to many people. She was a great friend, a good listener, had the wit of the Irish, was feisty with her opinions, and if you were her friend, she would move heaven and earth to help you. Her best role was that of being a Mom to her precious Jimmy, and being a fantastic daughter to her elderly Mother Alice. She will be greatly missed, as are all the others. On the reunion, the sixth annual reunion of the Assumption School, Downey Flake, Lawlor’s drug, and the neighborhood, will be held on Monday

June 15, 09 at Jackson’s restaurant in Methuen. You saw it here first!

A couple of weeks ago, the Latin Mass as we knew it before Vatican 2, was celebrated at the Holy Rosary Church. The celebrant was Father Patrick Armano, the co-pastor at St. Monica’s in Methuen. There were quite a few people in attendance, and it was wonderful to participate once again in the Mass of our ancestors. The prayers at the close of the Mass were great to hear again, along with the singing of the Panis Angelicus. Father will be celebrating the Latin Mass every third Friday of the month at 7:30PM at the Holy Rosary. Pope Benedict 16th sanctioned this. Perhaps they will offer a Latin Mass on Sundays in all the local churches. We know the Roman Catholic Church moves very slowly, but what took you so long? Pax Vobiscum.

Traveling around the area, there are many corners or intersections that are madding regarding the flow of traffic or lack thereof. One specific one is at the intersection of Jackson, Howe and Pleasant streets in Methuen. When the former mayor helped Brooks Pharmacy to locate where Rite Aid is now; it was supposed to alleviate some of the traffic congestion already there. NOT! The traffic lights need to be synchronized. Drivers dart out from all areas, dare you to cut them off. You need to have a swivel head to keep a look out for everything.

Another atrocious area is route 28 north and south from Methuen into Salem. The flow of traffic is nonexistent during rush hour. Cars block the roadways trying to get out of the multitude of strip malls on both sides of the highway. Where are the safety officers? Who is responsible for the synchronizing of traffic? With Christmas around the corner, the situation is only going to worsen. Maybe with Lowe’s coming to Salem, and the two million the town will receive for road improvements, it will help. Right, just like the fixing of the traffic at Salem Depot! It is just as congested.

Debbie Quinn is at it again. The petite blond Councilor that I like to refer to as in like a lamb, out like a lion, is chalking the old wars up like the Greeks on the Roman Legions. Debbie, calm down and have a cup of coffee and relax. It is going to be a long haul.

May the good Lord take a liking to you, do something nice for someone today, and we wish you enough.



Ronnie Ford is a Methuen resident, the former host of the “Hot Line” radio program, a former Methuen police officer and a former member of the Methuen school committee and city council. You can email Ronnie at Radiotalk@comcast.net

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Catholic Charities receives grant for parents groups

Merrimack Valley Catholic Charities has received a \$5,000 grant from Children’s Trust Fund (CTF) of Massachusetts to fund The Latino Outreach Program. The program, which offers a parenting education and support program series with topics ranging from family stress to child behavior management skills, is for Latino mothers with children ages birth through six years old living in Lawrence, Methuen, Andover and North Andover. For more information about the program, contact Ayda Diaz at (978) 685-5930 or by email at ayda_diaz@ccab.org.

CTF awarded grants to 35 community-based organizations statewide to fund parenting education and support programs. These programs help mothers and fathers increase their knowledge about parenting and child development and develop their own community-based support networks. Last year, approximately 750 parents and 950 children benefited from programs supported by CTF grants.

“All parents love their children and want what’s best for them,” says Suzin Bartley, executive director of the Children’s Trust Fund. “Parenting education programs help them achieve that goal by providing the tools to handle the tough job of being a mom or dad.”

“I am grateful to the Children’s Trust Fund for its support of families in the Merrimack Valley,” said State Sen. Susan Tucker (D-Andover). “Better parenting means stronger families, happier children, and healthier communities.”

The Children’s Trust Fund leads statewide efforts to prevent child abuse and neglect by supporting parents and strengthening families. It funds, evaluates, and promotes the work of over 100 community-based agencies and operates an online parenting information resource at www.OneToughJob.org. Supported by private, state, and federal funding, CTF invests in Massachusetts’ most precious resource - children and their families. For more information, visit www.mctf.org or call (888) 775-4KID.

Methuen unveils first solar powered lighting system

Mayor Calls It An Important First Step Toward Energy Independence

Methuen Mayor William M. Manzi, III, announced today that the city has put its first solar-power lighting system online. The system is used to light the Arthur M. Hilgendorf memorial and flagpole at the Raymond J. Martin Park on Riverside Drive in West Methuen. Mr. Hilgendorf, who died in 1992, was a member of the US Army who served in World War II and Korea. He was the recipient of the Silver Star, Bronze Star and Purple Heart. The city had wanted to light the monument since it was installed, but it was too costly to run electrical wires underground to the site.

The lighting system was made possible through a grant from the Commonwealth's Renewable Energy Trust (RET). RET has combined its resources with the International Brotherhood of Electrical Workers (IBEW) to offer a program that provides free solar-powered lighting systems to Massachusetts cities and towns.

The use of solar lighting not only provides visual appeal to a previously unlit space, but it also introduces the community to clean, renewable solar electricity. In addition, the program helps

SolarOne, a Massachusetts business that designs and develops these systems, to grow its operations in the Commonwealth. The labor and expertise used to install the unit was provided by the generosity of the members of the regional Local 103 of the IBEW, including electrician Marty Akiens.

Mayor Manzi thanked the Massachusetts Technology Collaborative, The Renewable Energy Trust and the IBEW for their work on the project. "Their partnership on this project was invaluable," Manzi stated. "It is my hope that more solar lighting systems will be constructed in Methuen. This is an important first step toward energy independence."

Manzi added that this is one in a series of efforts his administration has made to promote green government and energy efficiency.

In 2006, he created a committee to advise him on such matters. Early this year, Manzi distributed reusable cloth shopping bags at his annual city clean up event. He also entered the city in the EPA's Energy Challenge, committing to lower the city's energy consumption by 10% by the end of his tenure as mayor. He is also sponsoring an Electronics Recycling Event at the city's transfer station on November 8th from 9 A.M. to 1 P.M.



PHOTO: COURTESY

From the desk of Mayor Manzi

Governor Patrick's spending cuts in Methuen

Governor Patrick, in making his cuts of one billion against the state budget, impacted Methuen in several ways. The Methuen cuts are as follows:

- 1) Cut of \$150,000 for Methuen Parks and Recreation. This money was to be used to complete the purchase of new playground equipment started last year, with some of it likely used to assist in the building of the new locker room at our stadium.
- 2) \$200,000 cut for environmental remediation at the Appleyard site in our downtown. This money was to be used to complete the remediation work started on this important site, giving additional parking and open space to our downtown area, and converting a mini brownfield to productive use.
- 3) \$25,000 cut to Methuen's YMCA.
- 4) A \$37,500 cut to Methuen's Arlington Neighborhood for after school programs and homework assistance for children from our neediest neighborhoods. This cut is on top of the loss of CDBG funding this year, and will have a severely negative impact on the services provided.

5) A 25 percent cut in our community policing allocation of about \$400,000. This grant funds four full time officers, as well as community and neighborhood initiatives vital to the concept of neighborhood style policing. We will begin taking steps today to re-program this money in light of the cut, but the Governor was correct when he said that this will impact our ability to deliver "community policing patrols".

6) The Special Education circuit breaker was cut \$13 million, and that will have an adverse impact on Methuen, but to what extent is not clear yet. I have asked the Superintendent to analyze the cut and its relationship to Methuen.

We will continue to analyze the Governor's package for its impacts on Methuen and make the appropriate cuts. This is a difficult time, with the likelihood of more difficulty before the economy turns. We will take appropriate action in Methuen to ensure that our budget remains in balance with a minimum disruption of service.

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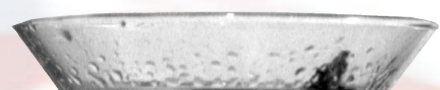
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Hero in our Midst - Scott Dempsey; From Page 1

Reconnaissance Specialist. After 17 weeks of total training, called OSUT, one stop unit training, he graduated on August 15, 2003.

He traveled home to take some leave after Basic Training and prior to going to Germany for his first assignment and boarded a flight to Germany. He reported to Friedberg, home of the 1-37 ARBN (1st Battalion, 37th Regiment Armored Battalion), the Bandits.

Immediately upon his arrival to Friedberg, he was informed that most of his post was already deployed and he, too, would soon be heading in that direction. The foreshadowing of the story was very obvious for Dempsey and he soon left for Baghdad at the end of September to join his scout platoon.

Since his unit was deployed and he was the new guy, he had to work twice as hard to be “squared away”. It was a light scout platoon, or a platoon of Hummvees. During the day, the scout platoon would provide gun truck security to convoys, conduct route clearance missions, special operations, and sometimes, humanitarian missions. Scouts wear many hats on the battlefield including providing personal security for the battalion commander as well as the Command Sergeant Major. Dempsey, took his responsibilities as a driver and scout, “very seriously”.

By “very seriously”, he says, a driver held the truck together, making sure that it was up and running, every day. Requiring it to be mission capable at a moment’s

notice-being a good scout meant being a good mechanic and very good at “acquisition” he said tongue-and-cheek. Making sure the job got done.

In April, 2004, Dempsey was promoted to Private First Class and soon learned that the tour had been extended indefinitely. They moved from Baghdad to Karbala, where intense door-to-door fighting took place as well as heightened awareness for UXOs (unexploded ordnance) and IED’s (improvised explosive devices), since this was new territory for the unit. For the unit’s work in Karbala, they were awarded the Presidential Unit Citation. Additionally, Dempsey was awarded Combat Spurs and Stetson. This is the HIGHEST honor for a Calvaryman. By the Order of the Combat Spur, he was dubbed a Knight and entered in the rolls of the grand and noble, Order of the Spur. He was also awarded the Army Commendation Medal for his actions in Karbala.

After his time in Karbala and in late August of 2004, he redeployed with his unit to Germany. After a year and a half there, he was honorably discharged.

When asked the simple question of why he joined the Army, Dempsey answered in a manner with such resolve and fortitude that it can only come from a war-weary veteran himself. “to sum it up, my favorite subject is (American History) the American Revolution. I love the principles this country was founded on. In the Battle of Lexington, four men from



PHOTO: COURTESY

Lynn were killed and two wounded. Men from my city had a huge impact on the formation of this country.”

He continues, “Also a long tradition, as the Pine Grove Cemetery in Lynn will show of great men giving their lives for this great country.” “...I came from a long line of soldiers including a great grandfather who stormed the beaches of Normandy, winning the Bronze Star and Purple Heart...a cousin served in Bosnia and another in Somalia.”

In regard to his passion and love for our wonderful nation and what it means to benefit from being an American, he humbly states:

“All these men that have come before me...(have) given me this country that I enjoy today. They passed the torch to me, and it was my turn to have the honor of defending my country-the honor of carrying my nation’s flag into battle.”

Dempsey, 26, is currently attending Northern Essex Community College in hopes of finishing his degree in Education and becoming a high school History teacher.

“[I would like to] show tomorrow’s young people how great this country is and how it is worth defending and show them how important the past is and its relationship to the future.”

He is also battling another war within himself due to his selfless service in the Middle-East. He wants people to be aware of and to not turn a blind-eye to the affects of war.

“I would like to get involved with Veterans and to help them navigate the Veteran’s Affairs (VA) system. In a sense, “a way of keeping a brotherhood together even after service is complete.”

He vows that, “the best way for a Veteran to learn about the VA system is through Veterans, not a teleprompt.” So stay tuned for next month’s issue of the Valley Patriot as we’ll learn of PFC Dempsey’s struggles to obtain assistance through the VA system, in his words....

Scott, you are no doubt a Patriot. We commend you for your service and look forward to reading about your story, next month-same place.



PHOTO: COURTESY



Tech. Sergeant James Moore is a recruiter for the United States Air Force and our Valley Patriot Hero Columnist. You can e-mail Sgt. Moore at James.Moore.73@us.af.mil or you can call him at 978-686-1464

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CARING FOR OUR VETERANS

How Veterans day was named

John Lenotte

VALLEY PATRIOT COLUMNIST

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day."

Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action. If the idealistic hope had been realized that World War I was "the War to end all wars," November 11 might still be called Armistice Day. It was only a few short years later that war in Europe began again. During World War II, over 16 million Americans served in the Armed Forces. Of that number, over 4 hundred thousand lives were lost. Later came Korea and Vietnam.

In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day. On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1st Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all

wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

The focal point for official, national ceremonies for Veterans Day continues to be the memorial amphitheater built around the Tomb of the Unknowns. At 11 a.m. on November 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The nation's tribute to its war dead is symbolized by the laying of a presidential wreath. The bugler plays "taps." The rest of the ceremony takes place in the amphitheater.

Locally, most cities and towns have their ceremony at the same time on November 11. There are some exceptions like Topsfield which this year will have its parade on November 1 and Lawrence will have its ceremony on November 8.

And we have the current conflicts in Iraq and Afghanistan where our troops continue to make sacrifices. Let us also remember that we have troops stationed all over the world, doing the bidding of our national leaders. Whether we agree or not on a political basis, we need to continue to support them and their families.

Over time we have seen many of our citizen soldiers move into other public service roles. The most visible ones are those who became President of the United States. Men like Washington, Jackson, Tyler, Harrison, Grant, T. Roosevelt, Truman, Eisenhower, Kennedy, Carter and Bush. Others served in national administrative roles like Colin Powell, others served in Congress like Senators McCain, Webb and Kerry. And others at a local level, such as Haverhill Councilors Hart, Ryan and McGonagle. Countless others have become firemen, police officers and veterans agents.

And those who have opted to be active in veterans organizations like the American Legion. The main focus points



PHOTO: COURTESY

of the Legion are taking care of veterans, mentoring youth, promoting patriotism and honor and a strong national security. A little known fact is that a past national American Legion Commander, Harry Colmery, wrote the original GI bill. And the Legion along with the Jewish War Veterans was the driving force in passage of that landmark legislation.

Please remember on Veterans Day that it is not only those who have made the ultimate sacrifice, but also those who are past and current service members who should be recognized and respected. Congress recently passed legislation recognizing November 9 – 15, 2008 as National Veterans Awareness Week. This is to emphasize the need to develop educational

programs regarding the contributions of veterans to our country. Let our actions speak louder than our words. We continue to hear many good words but very few good actions toward veterans in many of our communities. I challenge all our elected officials and citizens in general to "step up to the plate" and support our veterans in deeds as well as words.

God bless our troops and God bless America.



John Lenotte is the American Legion, Commander, Wilbur M. Comeau Post 4 Haverhill and Vice Commander, Dept. of Massachusetts. You can Email him at JohnLDistrict8@verizon.net

Killed Lawrence soldier among those honored in France

On 8 October 1918, 17 American soldiers valiantly fought against the Germans in France and although outnumbered, they broke the German line. This resulted in the German withdrawal from the Argonne and came at a great cost to the Americans soldiers, those honored were:

Killed in action

Corporal Murray
Savage, East Bloomfield, New York
Private Maryan Dymowsky,
Trenton, New Jersey
Private Carl Swansen,
Jamestown, New York
Private Fred Wareing,
New Bedford, Massachusetts
Private Ralph Wiler, Hanover,
Pennsylvania

Wounded in action

Corporal Bernard Early,
New Haven, Connecticut
Corporal Otis Merrithew, (William
Cutting), Bridgeport, Connecticut
Private Mario Muzzi, New York City
Private William Wine,
Philadelphia, Pennsylvania

The remaining 8 soldiers in this battle

Corporal Alvin York,
Pall Mall, Tennessee (Medal of Honor)
Private Percy Beardsley,
Roxbury, Connecticut



PHOTO: COURTESY

Private Patrick Donohue,
Lawrence, Massachusetts
Private Thomas Johnson,
Lynchburg, Virginia
Private Joseph Kornacki,
Holyoke, Massachusetts
Private Michael Sacina, New York City
Private Feodor Sok, Buffalo, New York
Private George Wills,
Philadelphia, Pennsylvania

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Northern Essex Community College
Building C (Spurk Building), Lecture Hall A
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Event Schedule

Continental Breakfast at 8:00 am
Key Note Speaker at 8:30am
Event will conclude at 10:00am

For additional information about

Retired U.S. Army Sgt. 1st Class Dana Bowman
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War or Peace?

Howard Richard Ryan
VALLEY PATRIOT GUEST COLUMNIST

Are we a nation at war? Who are our foes? Can we be fighting “terror”, an abstract concept? Why are we reluctant to identify the enemy that seeks our destruction and humiliation? How will the failure to speak plainly and think straight affect our chance to succeed in this war?

Living in the Merrimack Valley hardly makes a person think that the United States is in a state of war. Unlike in World War I or World War II, there is no rationing of food and material like rubber that can be used for war purposes. Only people who have volunteered to be in the military are serving the country; no one is drafted into military or other service. Able-bodied men of military age are predominantly engaged in pursuing their desired careers and raising their families. Today’s equivalents of Ted Williams and Jimmy Stewart are playing in the World Series and starring in Hollywood films, not flying missions for the US Marine Corps, as Ted did in both World War II and the Korean War, and as Jimmy did in the US Army Air Corps in World War II. Women are not dislocating decades-old family work patterns by taking wartime jobs to free up their husbands to wage war and maintain munitions production.

Congress has not declared war against other nations, and has deposed the tyrants in Iraq and Afghanistan who sought to destroy us.

And yet war rages all over the world. America and the West have been attacked at home and abroad. Although many attacks have been uncovered and dismantled before harm occurred, many others have succeeded and media and government have gone overboard to avoid noticing the common theme in these attacks, even ignoring the plain words of the attackers.

Every Friday, the United States of America is denounced from hundreds of mosques throughout the world. On October 30, the Iranian Supreme Leader Ayatollah Ali Khamanai said “The Iranian people hate the US”.

As Bernard Lewis said in his Essay, The Roots of Muslim Rage, “the struggle ... has now lasted some fourteen centuries. It began with the advent of Islam, in the seventh century, and has continued virtually to the present day. It has consisted of a long series of attacks and counterattacks, jihads and crusades, conquests and reconquests.”

In its first millennium, expansionist Islam triumphed, subduing North Africa, Spain, the Middle East, Persia, India, and beyond. The Ottoman Empire expanded throughout southeastern Europe, marching through the Balkans and laid siege to Vienna in 1683. On September 11, 1683, an alliance of western armies, led by the King of Poland arrived with 40,000 Polish troops at the gates of Vienna, and immediately began a three-hour battle that ended in the rout of the forces of the Caliphate.

Maybe September 11, 2001 was a commemoration of this attack on Vienna. Many historians believe that had the 1683 attack succeeded, all of Europe would have been overrun. The Ottomans first tried to conquer Vienna in 1592, and the second rebuff in the early hours of September 12, 1683 spelled the end of the thousand year period of triumph for Islam, and the turning point as the conflict entered a three hundred year time span of retreat by Islam. European colonial empires in Asia and Africa arose and Islam was on the defensive, culminating in the demise of the Ottoman Empire and the defeat of the Caliphate in 1918.

Between 1918 and the Islamic revolution in Iran of 1979, it was easy for Americans and Westerners to forget that the conflict continued in a low-grade fashion, because the locus of conflict was far removed from our shores, mainly in the Middle East and India. But just think of the birth of Israel and the partition of India to see how much blood was spilled at the edges of Islamic hegemony.

When the Ayatollah kidnapped American diplomatic personnel on November 4, 1979, it became impossible to ignore that we were at war. But it took the inauguration of Ronald Reagan to achieve the release of the hostages, within minutes of Reagan’s swearing in.

Since then we have been attacked in New York, with the World Trade Center bombed twice. Shoe bombers had a try in 2001 and two other occasions on flights bound for the US.

Other Western targets have included subway attacks in London, train bombings in Madrid, airport attacks in Glasgow, theater kidnappings in Moscow, mass murder of school children in Beslan, innumerable attacks in Kashmir and throughout India, conflicts in Chechnya, Thailand, Kosovo, Dagestan, Xingjian and North Maluku, in addition to attacks in every Middle Eastern country.

So are we at war with terror in general? Or something we can name?

Pondering with Paul

What is Marriage?

Massachusetts, California, Connecticut...and soon the *rest* of the country – “marriage” between people of the same sex is quickly becoming legalized. Are you surprised? You shouldn’t be. After gradually redefining marriage for the past fifty years it has become inevitable.

Why? As an institution of natural law, marriage has three essential components: *Fidelity, fecundity* and *indissolubility*. Recognized as the three goods of marriage by Augustine in the fourth century, marriage is a male-female union that is *faithful, fruitful* and *forever; love-giving, life-giving* and *self-giving; unitive, procreative* and *permanent*; a comingling of selves that is *exclusive, open to children*, and *life-long*. Whichever way you word it these three dimensions of marriage cannot be compromised without radically changing its meaning.

Marital love is where the two halves of humanity unite to become *one self* and potentially *three persons*; a reflection of the Creator who is one Self and three Persons. Love is Trinitarian by nature, but one does not have to be religious to recognize this natural order of marital love that consists of lover/beloved/love, i.e. father/mother/child: most pre-modern societies including pre-Christian ones, with the exception of some allowances for polygyny, concubinage, and male-initiated divorce (females usually could not initiate it), knew marriage to be the exclusive and permanent union of a man and woman ordered to the procreation and nurturance of offspring. Once western civilization began chipping away at marriage’s **three essential components** same-sex marriage was just a matter of time. Let’s look at these:

Faithfulness. Spousal love demands exclusivity, not out of an insecure sense of possessiveness but as a preamble to cherish one’s spouse as one’s own flesh (Gn 2:24). This fidelity begins long before marriage. “Saving one’s self for one’s future spouse” used to be recognized for its proper value in our society and still is in the non-western world. Premarital sex (fornication as it is traditionally called) damages marriage despite our collective denial and diminishes the uniqueness and exclusivity of the spousal union. It sadly compromises the signification of the

marital act as being the *exclusive* gift of self *unique* among all people on earth.

Openness to Children. Love by its very nature is life-giving. Take away the life-giving dimension of love and you are left with selfishness. Two persons of the opposite sex by nature possess the power to procreate as a fruit of their love, even if the operation of that power is hindered by age or disease. When a couple uses contraception, however, they *intentionally* close themselves off to each other, resulting in neither love nor life. This desecration of the second essential good of marriage opens the door to the rationale behind same-sex marriage because when the essential link between sex and procreation (love and life) is broken, any perverted use of the sexual faculty can be rationalized.

Permanence. Marriage is indissoluble. This means that true divorce is not simply *immoral*, it’s *impossible*. Once the two give their irrevocable consent and consummate their marriage by becoming one-flesh a reality has been created that can not be repudiated. Like oxygen uniting with hydrogen – once it becomes water it is too late to turn back. Or when male and female reproductive cells meet to become a new human being – it cannot go backwards to become two gametes again even if they wanted to. So too it is with the mystery of marriage: When the two become one flesh (Gn 2:24) they are no longer two (Mt 19:6). Our divorce culture today desecrates this third essential good by claiming the right to remarry while spouses are still alive.

Premarital sex, contraception and divorce, the three contradictions of marriage imbedded in our post-1960’s society today, have paved the way for its newest distortion, “same-sex marriage”. If we don’t make a clear decision to reclaim the true meaning of its unraveling will continue. Natural law is not mocked for too long though. Redefining marriage is like redefining gravity – no matter what you call it nature will always have the last



Paul Murano teaches theology and philosophy at Assumption College and Northshore Com. College. He is also a co-host of The Paying Attention! radio program on WCAP. You can E-mail Paul at PJDM@aol.com

PUPPY GIRL: From Page 7

Canine Cookies:

Ingredients: Cookie Sheets, 1 package dry active yeast, ¼ c warm water, 1 c warm beef broth, 1 tbsp molasses, 1 ½ to 1 ¾ c all purpose flour, 1 ½ c whole wheat flour, 1 c cracked wheat, ½ c yellow cornmeal, ½ c powdered milk, 2 tsp. garlic powder, 1 tsp. salt, 1 large egg, 1 tbsp. milk

Directions: Combine yeast and warm water; let stand for 5 minutes. Stir in beef broth and molasses. Add 1 1/2 c. all-purpose flour, whole-wheat flour, cracked wheat, cornmeal, powdered milk, salt and garlic powder. Mix ingredients, then place on a floured surface and knead until stiff, adding more flour if needed. Divide dough in half, then cover and let rest for 10 minutes. Roll out to 1/4-inch thick for

small dogs or 3/8-inch thick for bigger dogs. Cut out cookies. Mix egg and milk to create a glaze, and brush on each cookie. Bake on an ungreased cookie sheet at 300 degrees F for 35 minutes (1/4-inch-thick cookies) or 45 minutes (3/8-inch-thick cookies). Let cookies cool completely, then store in an airtight container.

Holiday Doggie Cookies:

Ingredients: 2 Large eggs, ½ tsp salt, 1 c warm water, 1 tsp vanilla extract, 3 c all-purpose flour, ½ tsp baking soda, ½ c nonfat dry milk, 1/3 c low-sodium chicken bouillon powder, 1 tsp red food coloring

Directions: Preheat your oven to 350 degrees. Combine all dry ingredients in a large bowl (the flour, non fat dry milk,



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baking powder, salt, chicken bouillon powder) then stir them until they are well mixed. slowly add the eggs, water, food coloring, and vanilla to form a stiff dough. then work the dough with your hands for no more than 3 minutes. Form the dough into a ball and place it on a floured bread-board, roll the dough out to about 1/4inch thick. Use a heart-shaped cookie cutter to cut the rolled dough into cookies. then place the cookies on a greased cookie sheet. Bake the cookies for about 15 minutes or until they turn a golden brown color, then remove them from the oven and let them cool completely. Then place them in a container and store them in the refrigerator.

As always, check with your veterinarian before feeding your dog anything new.

Many dogs have allergies. Be aware especially for allergies to wheat, eggs, or dairy products.

I hope you and your canine friends find these recipes fun to make and fun to eat! For more tasty recipes check out www.yummyfordogs.org. If anyone has their own special dog treat recipe, please email it to me, I would love to try it!



Kate Whitney is a Boxford resident and owner of the Swingrite corporation. If you are interested in adopting a puppy or becoming a foster parent to a puppy waiting for a home you can email Kate at Kwswingrite@aol.com

Live the WOW!

Warning! Warning!! You're Poisoning yourself. And you don't even realize it. Get Rid of all that toxic stuff. You won't believe how Supercharged your life will finally feel!

Thomas Connors
VALLEY PATRIOT COLUMNIST

LIVE THE WOW! Start giving THANKS! Right now. Don't wait for just once a year. Take time to Recognize and Acknowledge those WOW! Moments that come into your Life right when they happen. They're too Valuable to take for granted. And it's just plain crazy to deny yourself the chance to Live the WOW! each and every day.

The timing is perfect. Take a deep breath and contemplate all those WOW! moments, those magical ones, you may have let pass by or simply failed to acknowledge. Some may take on a very special meaning when you take a new look at them and see them from a different point of view.

Remember, it's not what happens to you that matters, it what you do with what happens to you that matters most. How you view life and the value you place on it is often determined by how you interpret what happens to you on a day to day basis.

Think of these WOW moments as GIFTS! Be aware their true value may not be apparent at first glance. Find reason to give Thanks!

The small, even seemingly insignificant things that happen to you may in fact be incredible WOW! moments you have a habit of taking for granted. Don't diminish their value because you fail to recognize them for what they really are; Gifts from above, specially put on earth for you to enjoy and cherish.

So what if these gifts weren't wrapped in the way you expected! Maybe THAT in itself is what makes them so special!

Smacking you on the side of the head might get your undivided attention, but that is not necessarily how a WOW! moment comes into your life. The vast majority of times it is much more subtle. Sometime it escapes notice until you give it the attention it deserves. A new perspective might give you new insight. And THAT just might be what you need to start Living the WOW!

Take my good friend, Guido. He is one of those rare individuals who has lived life to the fullest ... and thank God, he is not through yet. He is a life-sized *character* in the good sense of the word. To meet him is to remember him. Well, he just had his hip replaced. Now, with advancements in today's medical world such an operation might appear to be routine. Afterall, he did come through it all in a textbook manner with no or little complications.

But wait! We are talking about having a HIP replaced. THAT'S A WOW! Think about the significant Quality of Life with which he is able to continue living! He gets to be who he is. And we get to enjoy him in all his glory. You bet THAT'S a WOW! too.

Then, there's Claudia. The WOW! of a LIFETIME! Literally.

For three long years, Claudia experienced the need for dialysis four times a day. That's right, FOUR times EACH DAY! Seven days a week, fifty two weeks every year. Her inspiration alone is a WOW! to those with whom she comes in contact. Sure, dialysis was a nuisance. She not only tolerated it, she was determined to never let it stop her from Living the WOW! with a meaningful and fulfilled life. She took action and recently completed a medical billing course. She made up her mind to not just sit back and let life pass her by.

THEN SHE GOT THE CALL! Four weeks ago, on a Tuesday afternoon, she was told to report the next day for a kidney transplant. One month later she is doing Super! Ready to embark on her new career as soon as her doctor clears her. THAT'S a WOW!

Sometimes even the ordinary is a WOW! for what it represents; IF we make the effort to recognize it as such.

Sure, the examples above are extraordinary WOW! moments put into our lives by our God above. They are there to inspire us. But, even simple Good Health is a WOW! when we come to truly appreciate all it signifies.

Living life minus health concerns that challenge others should give us the ability to go well beyond our own expectations. God has indeed been good to some of us in that way and yet, too often, we take it all for granted. Force yourself to appreciate the WOW! it is.

Taking life for granted? How about seeing the Ordinary as Extraordinary.

Ralph, a Colleague of mine at American Training's Contract Services Division. This past year and a half gave him one WOW! after another. His two sons became doctors, got married and now Ralph is a Grandfather for the first time! Talk about WOW! WOW!! and a WOW!!! That is the kind of excitement that is waiting for all of us in some form or another ONLY WHEN we look for it, acknowledge it and appreciate it for all its worth. And why shouldn't we? After all, that is what the Good Lord wants for us during our time here on earth.

Life is certainly not all peaches and cream. But, that shouldn't stop you from enjoying all those terrific treats that do come your way!



PHOTO: COURTESY

Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the **WOW!** a regular part of your personal, spiritual and working life.

Don't allow yourself to get so caught up with all that is not so good that you fail miserably to enjoy the many things that make your life one WOW! moment after another. Those WOW! moments will outweigh the not so WOW! ones IF you are sincere about welcoming them in when they appear.

It's a fact of life. We attract into our lives exactly what we think about. The amount we get is directly related to the degree to which we actually think about those things. And the degree to which we say, "Thanks!"

If we choose to acknowledge only the negative stuff, that is what our lives will be filled with. If focus on the WOW! moments they are exactly what will make up our lives.

Life teaches that when you discover AND CELEBRATE each and every WOW!, no matter how big or small, you will experience more and more throughout your lifetime.

Now, *that's* a **WOW!**

INSPIRE OTHERS! SHARE YOUR OWN WOW! MOMENT? WRITE ME!

You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843} © 2008

SIMPLE WISDOM

A paper bag and the hundredth monkey

Gail Van Kleeck

VALLEY PATRIOT COLUMNIST

Recently I encountered someone whose way of seeing a part of life was so vastly different than my own that I felt angry, disgusted and incredibly sad. Sometimes it's hard for me not to feel judgmental when the lens through which someone else sees the world is so different than my own. As I was driving along, thinking these less than charitable thoughts, a paper bag flew past my windshield and completely changed both my feelings and my focus.

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When I was a child we thought nothing of throwing banana peels or paper bags out our car windows. Then something happened to change that. Someone must have felt angry and disgusted about how those things destroyed the beauty of nature. That anger and disgust created a greater awareness in all of us. Now three generations later, while there will always be a few people who thoughtlessly litter, most of us would never consider throwing trash from the window of our cars.

There is a story about some monkeys on a small island who learned to wash their food. At first just a few mother monkeys taught their children this habit, but within just a few generations, even the monkeys on the distant islands were washing their food as well. Scientists call this the Hundredth Monkey Theory. They postulated that when enough monkeys created a new way of seeing, it became a part of their collective consciousness.

The paper bag that flew by my window caused me to think more about this. When enough people in our country became angry and disgusted about slavery, we abolished it. When enough people became angry and disgusted with segregation, we changed that as well.

What if the discord we see in our nation and in our world is becoming increasingly more obvious because

more and more of us are so angered and disgusted by the disease of finger pointing and blame? What if the Hundredth Monkey Theory is already a growing yet invisible force in our daily lives?

Perhaps one of the best ways to participate in this possibility is to become so angry and disgusted with what we have been seeing that we vow to change our focus. When we take our eyes and hearts away from the places where we feel hopelessness and fearful we free ourselves to seek and see solutions. When we use our anger and disgust with the destructive forces in our lives we free ourselves to look for the alternatives and possibilities that can help us build bridges between our differences.

What if there is a real reason to feel hopefulness instead of fear?

What if what we focus on determines what we participate in creating?

WHAT WE FOCUS ON IS TRULY WHAT WE SEE

To E-mail International inspirational author and motivational story teller, Gail Van Kleeck
gail@simplewisdom.com

Sitting in the waiting room

The Answer Man

State Its State: This week's quiz answers are the names of states, or future states, where an event or famed feature can be found or where it occurred.

1. Plymouth Rock is the unproven site at which traditional colonists are sometimes stated to have come ashore in the early colony. Name the current state in which this occurred.
2. Where is that mile-deep, miles-long, miles-wide epic known as the Grand Canyon?
3. Mount Rushmore is the site of immortal carvings of four U.S. presidents into the side of a mountain. In what state can you visit these gigantic artworks?
4. Name the four U.S. presidents carved into Mount Rushmore. For Bragging Rights, name the sculptor who carved those chief executives' images.
5. In which state can you visit the sunken ship USS Arizona Memorial?
6. In what future state did the first gold rush in America occur?
7. In what state can you visit the 14,110 feet mountain Pike's Peak?
8. In what state can you visit the display of American Family Immigration History in the archives on Ellis Island?
9. In what state can you visit the famed Liberty Bell in a national park?
10. One of the most famous battles in American history took place before the point was part of the United States.

In what future state was the Alamo?

Answers

1. Plymouth Rock is in what is now Massachusetts.
2. Head for Arizona to see

Sudoko

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Answer on page 38

the Grand Canyon. 3. Mount Rushmore is easily seen in South Dakota. 4. The images of George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt were carved into that mountain under the gifted hands of Gutzon Borglum. 5. The USS Arizona can be found underwater at Pearl Harbor in Hawaii, a victim of the aerial assault that brought the U.S. into World War II. 6. The first gold rush in America took place in what would some day be Georgia. 7. Take a trip to Colorado and you can visit that beautiful crest. 8. In 1998 Ellis Island was officially declared by the Supreme Court to be 90 percent in New Jersey with only 10 percent in New York. 9. The Liberty Bell is in a national park in Philadelphia in Pennsylvania. 10. The assault on the Alamo was in what would become the state of Texas. Take "The Answer Man" to work or to school. Challenge your friends for "Bragging Rights." Send your questions and answers to: The Answer Man, Andy Seamans, Horizon House #603, 1300 Army Navy Dr., Arlington, VA 22202. COPYRIGHT 2008 CREATORS SYNDICATE, INC

Newsday Crossword

WHAT'S THE POINT? by Sally R. Stein
Edited by Stanley Newman
www.stanxwords.com

ACROSS

68 Rights org.

69 Ebbs

70 Historical periods

71 Adolescent

DOWN

1 Reach across

2 Opera solos

3 Escorted

4 Cosmetic in a pencil

5 Very particular

6 Signal, as a taxi

7 ___ a day's work

8 Pursuit group in westerns

9 Droop

10 Self-evident statement

11 Jordanian, e.g.

12 Wander

13 Attack, as a fly

21 After-school grp.

22 Therefore

26 Decimal points

29 Where Japan is

30 Defective firecrackers

31 Look for

32 24-hr. cash sources

33 Informal talk

34 Farmer, in the spring

35 Compass pt. opposite WSW

36 ___ de plume

37 Whichever

40 Well-ordered

41 Ready to use, as a stamp pad

42 Ogles

47 Get away

48 Large string instruments

49 Butter portion

51 Wear away

52 More mature

54 Jousting weapon

55 Photographer's request

56 Ship's personnel

57 Luau dance

58 Metal in steel

60 The Dalai ___

61 Twirled

63 ___ Misérables

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Answer on page 38

Mayors Manzi and Sullivan sponsor free flu shots

Lawrence Mayor Michael Sullivan and Methuen Mayor Bill Manzi in cooperation with the local health departments are proud to sponsor the following free flu shot clinics for Lawrence and Methuen residents, 18 years and older. Both mayors said they hope this joint effort will allow for better accessibility for residents of both cites and look forward to building a healthier community.

- Thursday, November 6, 2008

8:30-10:30am

Lawrence Senior Center

155 Haverhill Street, Lawrence, MA
- Wednesday, November 12, 2008

9:00am-11:00am

Methuen Senior Center

77 Lowell St., Lawrence, MA
- Friday, November 14, 2008

9:00am-11:00am

St. Lucy's Parish Center

245 Merrimack Street, Methuen, MA
- Monday, November 17, 2008

3:30pm-6:30pm

South Lawrence East School

165 Crawford Street, Lawrence, MA
- Tuesday, November 18, 2008

5:30pm-7:30pm

Methuen Health Department

90 Hampshire Street, Quimby Bldg. Rt. 28, Methuen, MA



PHOTO: TOM DUGGAN

Methuen Mayor Bill Manzi and Lawrence Mayor Mike Sullivan

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Methuen State Representative Linda Dean Campbell will be holding constituent hours every Friday from 10:30am - 11:30am at the Methuen Senior Activity Center, 77 Lowell St., Methuen, MA. No appointment necessary. Representative Campbell can be reached at home at 978-989-0722 or in her office at 617-722-2810.

Jeanne Pappalardo West District Councilor

Methuen



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City of Lawrence Job Posting



Budget Analyst - FTE

Budget and Finance Dept.
Grade Level 2 - \$35,000-\$45,000

Duties:

Position provides responsible financial administration support and assistance to the Budget and Finance Director. Position is responsible for assisting in the preparation of the annual budget, monitoring and administering department budgets, reviewing and auditing payroll and accounts payable, reconciling accounts, preparing financial reports, and documentation, and performing related financial administrative duties by; 1) Monitors department budget expenditures. 2) Distribute monthly departmental accounts status reports; researches any discrepancies, and reconciles all accounts with departments. 3) Maintains accurate and detailed records of all transactions including year-end. 4) Responds to inquiries from department heads, vendors, the public, or city officials regarding budget or financial information. 5) Assist the Budget and Finance Director in the preparation of the City's Annual Operating Budget. 6) Prepares forecasting reports and job costing analysis information as requested. 7) Performs similar or related duties as required.

Requirements:

A candidate for this position should have an Associates degree in accounting, finance or a related field; three (3) years of municipal finance experience; or any equivalent combination of education and experience.

Entrance Requirement: Applicants must posses an understanding of rules of Chain of Command, have the ability to operate general office equipment and pass an extensive background check.

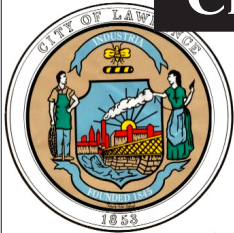
Appointing Authority: Michael J. Sullivan, Mayor

Posting Date: 9-29-08 Deadline: UNTILL FILLED

Applications are available in the Personnel Office of the Lawrence City Hall, 200 Common Street, Room 302, Lawrence, MA 01840 Detailed job postings are available in the Personnel Office or on our website at www.cityoflawrence.com

The City of Lawrence is an Equal Employment Opportunity Employer REASONABLE accommodations are provided to applicants with disabilities. If you need reasonable accommodations for any part of the application and hiring process, please notify the Personnel Director's Office at (978) 620-3060. The decision to grant reasonable accommodations will be on a case by case basis.

City of Lawrence Job Posting



Recycling Coordinator DPW

Grade 3 (\$45,000 - \$55,000) per
year Non-Union, Non-Exempt

Duties:

Position is responsible for the outreach and education to schools, residents and businesses on participation in the recycling program. Collect data related to solid waste management activities and manage the City's solid waste drop-off center. Build on the existing recycling program to develop and carry out a comprehensive solid and hazardous waste recycling and management program for each of the City. Provide outreach, leadership and daily assistance to the principals and custodians in each school building. Expand programs to include container recycling, food waste diversion/composting, source reduction, and toxics use reduction (including florescent light collection and recycling) and bulky waste diversion. Outreach and education to residents and businesses on participation in the recycling program. Collect data related to solid waste management activities and manage the City's solid waste drop-off center. Managing all aspects of hazardous waste issues including identification, proper storage and removal of all wastes and permit tracking submittals to the state. Also included are educational duties regarding environmental grants on such topics as air quality, groundwater protection, soils and river protection.

Qualifications:

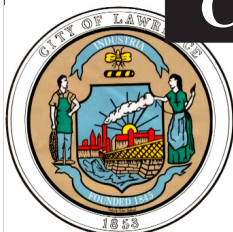
Successful candidate will have an undergraduate degree related to environmental studies, economics, engineering or science. Three to five (3-5) experience in solid waste and recycling is required.

Appointing Authority: Michael J. Sullivan, Mayor

Posting Date: 9-16-08 Deadline: UNTIL FILLED

Applications are available in the Personnel Office of the Lawrence City Hall, 200 Common Street, Room 302, Lawrence, MA 01840 Detailed job postings are available in the Personnel Office or on our website at www.cityoflawrence.com

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City of Lawrence Job Posting

Housing Manager

Community Development Department
Exempt, \$60,000 - \$70,000
UNION: SEIU

Job Description and Duties: Oversees the City's policies and programs to create and preserve both market and affordable housing. Employee is responsible for managing employees and work flow to achieve specific goals in activities related to several housing programs in the City. Performs all other related work as required.

Functions: 1. Planning and implementation of the City of Lawrence's housing programs, including the Lead Abatement Program, Housing Rehabilitation program, First-Time Homebuyer Education and Financial Assistance programs. 2. Responsible for City work on the Continuum of Care, including McKinney-Vento Grants. This work will include application preparation, HMIS, project tracking and monitoring. 3. Manage HOME investment in housing development, formulate and analyze pro-formas for said developments. 4. Formulation of new housing policies and strategies. 5. Coordinates with government agencies, local non-profit organizations, lenders and community groups and works to create effective public/private partnerships. 6. Assists with the administration of grant and program compliance-monitoring efforts, including environmental review, CAPER, IDIS and performance measurement where appropriate. 7. Assists in collection of housing information for inclusion in housing database. 8. Liaison with relevant federal, state, and local agencies as well as elected and appointed officials and other city departments including the Lawrence Housing Authority. Oversees the Massachusetts Department of Housing & Community Development's subsidized inventory of housing units under Chapter 40B. 9. Tracks program budgets to ensure appropriate spending levels. Prepares and disseminates information relative to the disposition of city-owned properties. Responsible for new program development, including research, grant applications, program design and implementation. 10. Responsible for developing educational and other technical assistance to local non-profit community housing development organization to build internal capacity. Analyzes housing development proposals by for-profit and non-profit developers. Assists community service agencies with organizational development, program implementation and grant applications. 11. Ensure financial spending is within budget, and meets eligibility requirements of various federal, state and local programs.

Qualifications: A master's degree in Urban Planning, Public Administration, or Public Policy and at least three years of planning experience preferred. Familiarity with HUD programs, policies, and regulations, particularly housing programs. Superior oral and written communication skills. Proficiency in the English and Spanish languages desired.

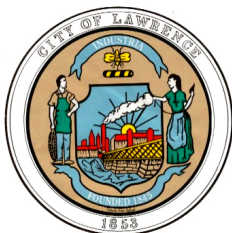
Appointing Authority: Michael J. Sullivan, Mayor

Posting Date: 10-14-08 Deadline: 11/14/08

Applications are available in the Personnel Office of the Lawrence City Hall, 200 Common Street, Room 302, Lawrence, MA 01840 Detailed job postings are available in the Personnel Office or on our website at www.cityoflawrence.com

The City of Lawrence is an Equal Employment Opportunity Employer REASONABLE accommodations are provided to applicants with disabilities. If you need reasonable accommodations for any part of the application and hiring process, please notify the Personnel Director's Office at (978) 620-3060. The decision to grant reasonable accommodations will be on a case by case basis.

City of Lawrence Job Posting



Assistant Tax Collector

Tax Collector's Office
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S.E.I.U. Local 254

Duties:

Under direction of the Treasurer/Collector, oversee work assignments and assure smooth operation of teh collection function. In the absence of the Treasurer/Collector, assume responsibility for all collection activities. Provide work direction to clerical personnel and train and council subordinates. Review and authorize municipal lien certificates; research computer files and microfiche information as needed to assure bills are current. Act as back-up cashier in his/her absence; receive payments, calculate interest penalties; balance records and cash receipt books. Make bank deposits; balance departmental ledgers with the Treasurer and Auditor semi-monthly. Resolve customer complaints; explain taxation procedures; authorize extensions on delinquent bills. Assist in preparing records and reports for City, State, and Federal departments. Assists in researching and providing information to the Mayor, City Council, Budget and Finance Director and Assessors Office for tax and fee increase formulation. Input payment information onto automated systems or manual ledgers as needed; coordinate billing procedures and dates with contract company which maintains computer records and mails out notices. Perform other related duties as assigned.

Qualifications:

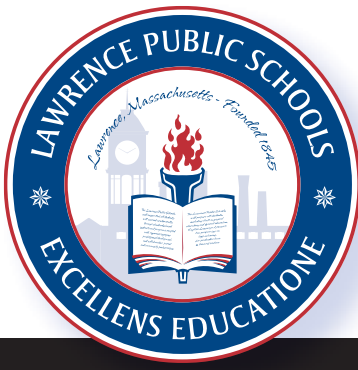
Equivalent to two years of college with courses in bookkeeping and general accounting, or comparable work experience. Knowledge of municipal taxation and computer usage including MUNIS. Three to five years supervisory and accounting experience in a municipal or business environment.

Appointing Authority: Michael J. Sullivan, Mayor

Posting Date: 9-29-08 Deadline: UNTIL FILLED

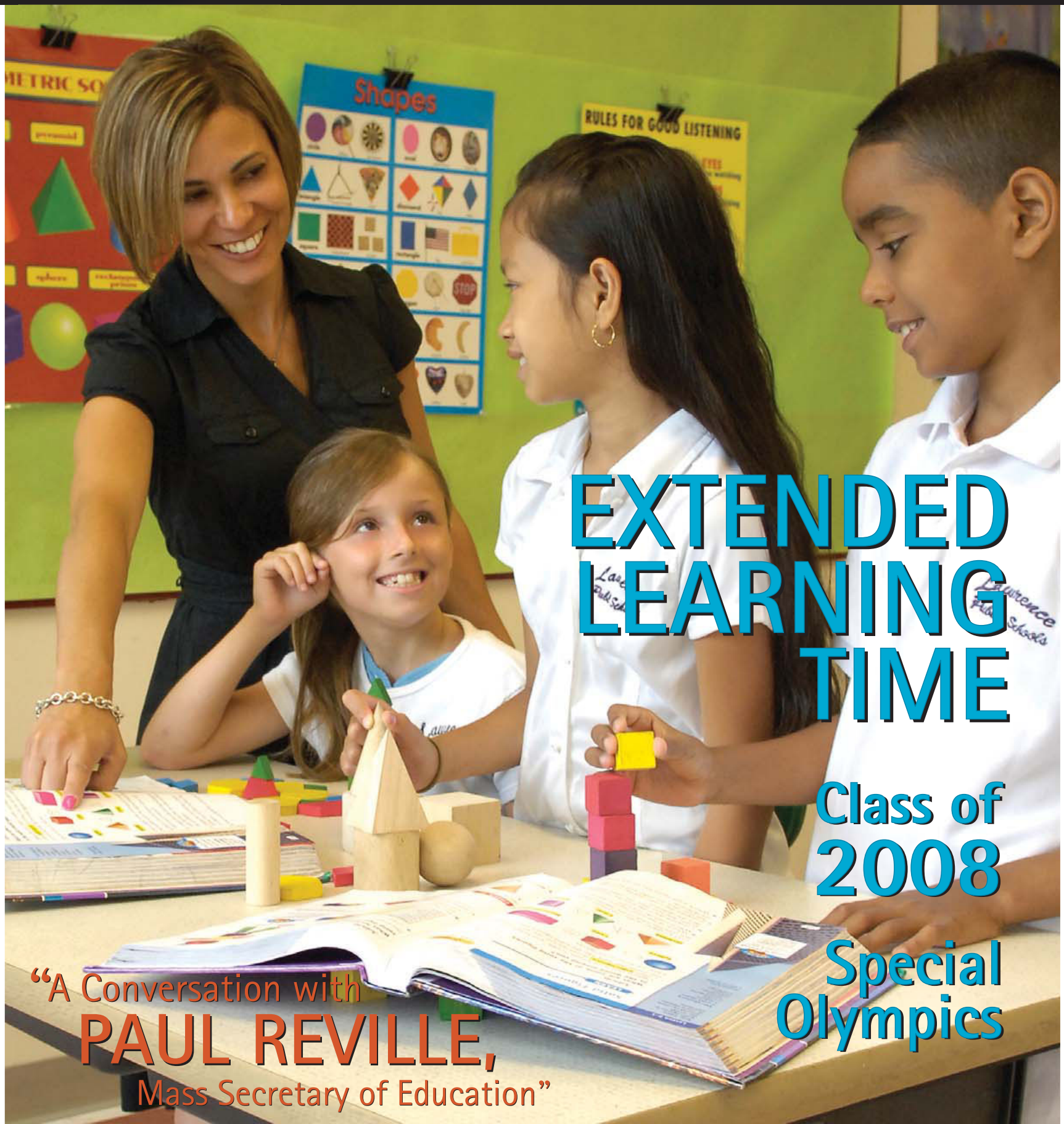
Applications are available in the Personnel Office of the Lawrence City Hall, 200 Common Street, Room 302, Lawrence, MA 01840 Detailed job postings are available in the Personnel Office or on our website at www.cityoflawrence.com

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THE DOCTOR IS 

People who suffer from headaches ... 1

Rami Rustum, M.D.

VALLEY PATRIOT MEDICAL COLUMNIST

Headache is one of the reasons to visit the pain clinic which seems to be on the rise lately!!!

With all the stress around us on different fronts, it seems understandable problem.

Patients give different description to the problem but the common thing is experiencing "Pain in/ around the head or neck region".

Such problem could be either a disorder in its own right or a symptom of an underlying medical condition or disease. The medical term for headache is cephalalgia. Headaches are one of the most common and universal human ailments, described in the Bible as well as in medical writings from ancient Egypt, Babylonia, Greece, Rome, India, and China. Severe chronic headaches were once treated by the oldest known surgical procedure, known as trepanning or trephining, in which the surgeon drilled a hole as large as 1–2 in diameter in the patient's skull without benefit of anesthesia. Evidence of trepanning has been found in skulls from Cro-Magnon people that are about 40,000 years old.

Demographics

Headaches in general are very common in the adult population in North America. The American Council for Headache Education (ACHE) estimates that 95% of women and 90% of men in the United States and Canada have had at least one headache in the past 12 months. Most of these are tension headaches. Tension headaches may begin in childhood in some patients, but most commonly start in adolescence or the early 20s. The gender ratio for episodic tension headaches is about 1.4 Female: 1 Male; for chronic tension headaches, 1.9 F: 1 M.

Migraine and cluster headaches have distinctive demographic patterns. Migraine headaches are less common than tension headaches, affecting about 11% of the population in the United States and 15% in Canada. Several studies done in the United Kingdom and the United States, however, indicate that doctors tend to underdiagnose migraine headache; thus the true number of patients with migraine may be considerably higher than the usual

statistics indicate. Migraines are a major economic burden; it is estimated that the annual cost of time lost from work due to migraines in the United States alone is \$17.2 billion. Most people who experience migraines have their first episode in childhood or adolescence, although some experience their first migraine after age 20. Migraines occur most frequently in adults between the ages of 25 and 55; the gender ratio is about 3 F: 1 M. Although migraine headaches occur in people of all races and ethnic groups, they are thought to affect Caucasians more often than African or Asian Americans.

Classification

Doctors divide headaches into two large categories, primary and secondary, according to guidelines established by the International Headache Society (IHS) in 1988 and revised for republication in 2004. Primary headaches are those that are not caused by an underlying medical condition. There are three types of primary headaches: migraine, cluster, and tension headaches. More than 90% of all headaches are primary headaches. Secondary headaches are caused by disease or medical condition; they account for fewer than 10% of all headaches.

I- PRIMARY HEADACHE:

* MIGRAINE HEADACHES Migraine headaches are characterized by throbbing or pulsating pain of moderate or severe intensity lasting from four hours to as long as three days. The pain is typically felt on one side of the head; in fact, the English word "migraine" is a combination of two Greek words that mean "half" and "head." Migraine headaches become worse with physical activity and are often accompanied by nausea and vomiting. In addition, patients with migraine headaches are hypersensitive to lights, sounds, and odors.

The two most common types of migraines are known as classic and common migraine, respectively. Classic migraine, which accounts for 10–20% of the cases of migraine, is distinguished by a brief period of warning symptoms 10–60 minutes before an acute attack. This prodrome, which is known as an aura, may include such symptoms as seeing flashing lights or zigzag patterns, temporary loss of vision, difficulty speaking, weakness in an arm or leg, and tingling sensations in



PHOTO: TOM DUGGAN

Rami R. Rustum, M.D. is the director of the Pain Management Center at Lawrence General Hospital. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net

the face or hands. Common migraine is not preceded by an aura, although some patients experience mood changes, unusual tiredness, or fluid retention shortly before an attack. An attack of common migraine may include diarrhea and frequent urination, as well as nausea and vomiting.

Less common types of migraines include hemiplegic migraine, characterized by temporary paralysis on one side of the body; ophthalmoplegic migraine, in which the pain is felt in the area around the eye; basilar artery migraine, which involves a major artery at the base of the brain and primarily affects young women; and headache-free migraine, which is characterized by the gastrointestinal and visual symptoms of classic migraine, but does not involve head pain.

* CLUSTER HEADACHES Cluster headaches are recurrent brief attacks of sudden and severe pain on one side of the head, usually most intense in the area around the eye. Cluster headaches may last between five minutes and three hours; they may occur once every other day or as often as eight times per day.

The pain of a cluster headache is excruciating; some patients describe it as severe enough to make them consider suicide. Patients with cluster headaches are restless; they may pace the floor, weep, rock back and forth, or bang their heads against a wall in desperation to stop the pain. In addition to severe pain, patients with cluster headaches often have a runny or congested nose, watery or inflamed eyes, drooping eyelids, swelling in the area of the eyebrows, and heavy facial perspiration. Because of the nasal symptoms and the relative rarity of cluster headaches, these episodes have sometimes been misdiagnosed as sinusitis.

* TENSION HEADACHES Tension headaches are the most common headaches in the general population; other names for them include muscle contraction headache, ordinary headache, psychomyogenic headache, and stress headache. The IHS classifies tension headaches as either episodic or chronic; episodic tension headaches occur 15 or fewer times per month, whereas chronic tension headaches occur on 15 or more

headaches, page 34



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YOUR HEALTH WITH DR. RALLIE MCALLISTER

Spicing foods can improve your health

Dr. Rallie McAllister
SYNDICATED COLUMNIST

Spices add more than just flavor to your food. Most of the tasty and aromatic herbs offer a number of health benefits.

Oregano is the spice that gives pizza its familiar flavor, but it also has powerful anti-inflammatory properties, according to a recent article in the Proceedings of the National Academy of Sciences. Oregano's active ingredient, beta-caryophyllin, is also found in other spices, including basil, rosemary, cinnamon and black pepper.

When scientists administered the oregano compound to mice with inflamed paws, swelling subsided substantially in 70 percent of the rodents. Based on their results, the researchers concluded that the active ingredient in oregano could be beneficial in the treatment of inflammatory disorders, particularly those that affect the gastrointestinal system.

Oregano is also known for its potent antibiotic properties. Studies at Georgetown University Medical Center revealed that oregano oil is as effective as some antibiotic medications in killing disease-causing organisms.

The Georgetown University researchers tested the effects of oregano on staphylococcus bacteria, microbes that are becoming increasingly drug-resistant. Even at relatively low doses, oregano oil hindered the growth of the bacteria as well as some commonly prescribed antibiotics.

Like oregano, rosemary is a popular seasoning that offers more than great taste. Researchers at Kansas State University recently reported that compounds in the spice can block the

formation of carcinogens in meat cooked at high temperatures.

When scientists applied rosemary extracts to the surface of ground beef before cooking, they noted a 30 percent to 100 percent reduction in the formation of cancer-causing heterocyclic amines.

If you like the taste of cinnamon, sprinkle away. While it's most often used to add a spark of flavor to recipes, the bark of cinnamon tree is known to have significant anti-bacterial and anti-fungal properties.

Scientists at the Human Nutrition Research Center found that when subjects with type-2 diabetes consumed less than a half-teaspoon of cinnamon daily, they experienced significant reductions in blood sugar levels. Cinnamon consumption also brought about a substantial drop in cholesterol and triglyceride levels.

Earlier this month, researchers in Spain reported that treating packaging materials with cinnamon oil significantly prolongs the freshness of bread and other baked goods.

Cinnamon-treated packaging inhibited 96 percent of mold growth in bread for up to 10 days.

Spicing your favorite dishes with garlic is an excellent way to lower your blood pressure and boost heart health. Last year, researchers at the University of Alabama at Birmingham demonstrated that garlic causes the body's red blood cells to release hydrogen sulfide, a chemical that promotes dilation of blood vessels.

The researchers found that the equivalent of two cloves of fresh garlic caused as much as a 72 percent relaxation

in rodent arteries. Relaxation of blood vessels is an important first step in reducing blood pressure and promoting heart health.

Regular consumption of garlic can lower total cholesterol and triglyceride levels while boosting levels of heart-healthy high-density lipoprotein (HDL) cholesterol. The odiferous herb also protects the heart by interfering with the clotting ability of the blood, an action that can reduce the risk of heart attack and stroke.

If you're a fan of curried foods, you might want to eat them more often. Curried foods contain curcumin, an ingredient that offers an impressive array of important health benefits.

Curcumin has been shown to reduce the risk of developing Alzheimer's disease. The compound appears to work by triggering cells of the immune system to gobble up brain-clogging plaques associated with the condition.

In February 2008, researchers at Toronto General Hospital announced their findings that curcumin consumption may dramatically reduce the risk of having congestive heart failure. The scientists found that curcumin can help improve the function of diseased hearts by reducing scarring and inflammation.

While there's mounting evidence to suggest that a curry-rich diet is beneficial for individuals with Alzheimer's and heart disease, scientists are investigating other medicinal uses of curcumin. One of its most promising properties is its ability to stop the runaway growth of cancer cells.

When researchers at the University of Texas added curcumin to samples of



melanoma skin cancer cells, they found that the more spice they added, the more cells died. The compound has also been shown to cause death of colorectal cancer cells in laboratory studies and to dramatically reduce the growth of prostate tumors in mice.

Adding spices to your favorite dishes is a quick and easy way to add flavor to your food — and, even better, improve your health.

Rallie McAllister is a board-certified family physician, speaker and the author of several books, including "Healthy Lunchbox: The Working Mom's Guide to Keeping You and Your Kids Trim." Her website is www.rallieonhealth.com. To find out more about Rallie McAllister, M.D., and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com. COPYRIGHT 2008 CREATORS SYNDICATE INC.

HEADACHES: From Page 33

days per month over a period of six months or longer.

Tension headaches rarely last more than a few hours; 82% resolve in less than a day.

The patient will usually describe the pain of a tension headache as mild to moderate in severity. The doctor will not find anything abnormal in the course of a general physical or neurological examination, although sore or tense areas (trigger points) in the muscles of the patient's forehead, neck, or upper shoulder area may be detected.

* **REBOUND HEADACHES** Rebound headaches, which are also known as analgesic-abuse headaches, are a subtype of primary headache caused by overuse of headache drugs. They may be associated with medications taken for tension and migraine headaches.

II- SECONDARY HEADACHE:

Secondary headaches, which are caused by diseases or disorders, are categorized as either traction or inflammatory headaches. Traction headaches result from the pulling, stretching, or displacing of structures that are sensitive to pain, as when a brain tumor presses on the outer layer of nerve tissue that covers the brain. Inflammatory headaches are caused by infectious diseases of the ears, teeth, sinuses, or other parts of the head.

Major causes of secondary headaches include the following:

* **Brain tumors.** Headaches associated with brain tumors usually begin as episodic nighttime headaches that are accompanied by projectile vomiting. The headaches may become continuous over time, and usually get worse if the patient coughs, sneezes, bears down while using the toilet, or does something else that increases the pressure inside the head.

* **Meningitis.** Meningitis is an inflammation of the meninges, the three layers of membranes that cover the brain and spinal cord. Meningitis is usually caused by bacteria or viruses, and may produce chronic headaches.

* **Head trauma.** Patients may complain of headaches as well as memory problems, general irritability, and fatigue for months or even years after a head injury. These symptoms are sometimes grouped together as post-concussion syndrome. In some cases, a blow on the head may cause some blood vessels to rupture and produce a hematoma, or mass of blood that displaces brain tissue, and can cause seizures or weakness as well as headaches.

* **Temporal arteritis.** First described in 1890, temporal arteritis is an inflammation of the temporal artery that most commonly affects people over 50. In addition to headache, patients with temporal arteritis may have fever, loss of appetite, and

blurring or loss of vision. Temporal arteritis is treated with steroid medications.

* **Stroke.** Headaches may be associated with several conditions that may lead to stroke, including high blood pressure and heart disease. Headaches may also result from completed stroke or from the mini-strokes known as transient ischemic attacks, or TIAs.

* **Lumbar puncture.** About 25% of patients who undergo a lumbar puncture (spinal tap) develop a headache from the lowered cerebrospinal fluid pressure around the brain and spinal cord. Lumbar puncture headaches usually go away on their own after a few hours.

* **Sinus infections.** Acute sinusitis is characterized by fluid buildup inside sinus cavities inflamed by a bacterial or viral infection. Chronic sinusitis usually results from an allergic reaction to smoke, dust, animal fur, or similar irritants.

* **Referred pain.** This type of pain is felt in a part of the body at a distance from the injured or diseased area. Headache pain may be referred from diseased teeth; disks in the cervical spine that have been damaged by spondylosis (degeneration of the spinal vertebrae caused by osteoarthritis); or the temporomandibular joint, the small joint in front of the ear where the lower jaw is attached to the skull.



* **Idiopathic intracranial hypertension.** Also known as pseudotumor cerebri, this disorder is caused by increased pressure inside the skull in the absence of any abnormality of the central nervous system or blockage in the flow of the cerebrospinal fluid. In addition to headache, patients with this disorder experience diplopia (seeing double) and other visual symptoms.

References: 1- Medicinenet.com, 2- The National Headache foundation, 3- The Journal of Headache and face pain, 4- The American Headache Society, 5- Headaches By Robert S. Kunkel, Cleveland clinic press

INNOVATION VALLEY (ivalley.org)

A good wind blows in Worcester

James Moreau

INNOVATION VALLEY/PATRIOT COLUMNIST

[Every month the Innovation Valley column explores an economic innovation that either takes place in the Merrimack Valley or is relevant to it. The following article by my colleague James Moreau explores an important achievement in Worcester we can all learn from. - sji]

“In addition to the economic benefits that wind power affords, the installation of this wind turbine is an opportunity to implement our responsibility to be a good steward of the earth. “

- Holy Name High School President, Mary E. Riordan

Driving North on Route 146 into Worcester an unusual site has residents talking about the one of the city’s newest renewable energy developments located on the property of Holy Name High School.

The 242 foot tall, 600-kilowatt wind turbine is visible for miles from many parts of the city. Currently operational, the wind turbine is expected to provide most of Holy Name’s electric power year-round, making Holy Name one of the most energy neutral schools in the world. During the winter, some electricity may be purchased off of the grid, but during the summer the school is expected to sell electricity back to the grid. Tax credits will also be sold to individuals and organizations whose contributions have helped fund the project.

The massive wind turbine on a hill serves as a beacon for the Central Massachusetts region attempting to make a turn towards the new, sustainable economy that other parts of the country have already begun embracing.

The President of Holy Name High School, Mary Riordan, was faced with a problem many Americans are familiar with; the rising cost of fuel and energy. Crude oil and gasoline prices have forced many to drive less and will probably force those who use oil to heat their homes to keep a cooler house during the winter. Even electricity costs are bound to continue to rise due to the inefficient coal fired power plants producing much of the country’s

energy. The financial squeeze is officially on and there is a wave of innovators in the United States as well as around the world who are thinking up ways to confront the conundrum of fueling our lives with non-renewable, dirty, carbon-based chemicals.

Natural resources and enthusiasm are good starting points for a solid renewable energy economy to take foot, but with the high initial cost of establishing and growing a business, strong public awareness and policy are necessary to fund good ideas. Each state, including Massachusetts has a particular geographic or social asset that can be exploited with renewable energy.

People associate places like California and Arizona with a lot of sun and heat, but Massachusetts is currently having a wave of solar manufacturers and installers set up shop and open themselves up to the Northeast energy market. There are also certain parts of Massachusetts, as well as most other East Coast states that have a great proximity to wind patterns that are perfect for wind turbine electricity generation, such as hilly Worcester.

The proliferation of windmills in Denmark and solar cells in California are examples of proven policy and business models that have inspired communities around the world to explore their own suitability for renewable power. Worcester’s main apparent strength lies in its location within a relatively windy and hilly geographic area. Additionally, Worcester has 11 colleges and universities within its county limits - a concentration of academic resources in



“This wind turbine is an opportunity to implement our responsibility to be a good steward of the earth.”
- Mary E. Riordan, Holy Name High School President

the Northeast region is second only to Boston.

Mary Riordan’s vision of erecting a wind turbine would not have been as easy without the students of WPI helping to assess the project’s feasibility.

Additionally, the \$575,000 in grants that were secured from the Massachusetts Technology Collaborative was only a fraction of the total cost. The rest of the money was donated or loaned at low interest by the local municipality, individuals or non-profits supporting Holy Name.

Massachusetts Governor Deval Patrick has made way for tax incentives to be offered to more renewable energy companies than

every before. Residential tax incentives have also been extended to homeowners who wish to use solar or wind power in whichever ways they can.

These sorts of tax programs that encourage economic development in the green sectors help everybody in the long run. Businesses such as Borrego Solar, originally operating out of California have come to the east coast to set up shop and opened their first regional office in Chelmsford.

These business opportunities are also leading to exciting job training and educational opportunities. The massive shift in infrastructures and skill base will need to be met with a whole new force of “green collar” workers. The Massachusetts Technology Collaborative is currently working with vocational high

schools and community colleges across the state to develop and support green technology and renewable energy curriculum.

A decade ago, few Worcester residents would have imagined a wind turbine being erected on one of its high schools campuses to lower energy costs in a clean and efficient way. Now with business and individual interest peaking, legislators must get to work to make way for a renewable energy economy. Marybeth Cambell, the Public Education Coordinator at the Massachusetts Technology Collaborative believes there are a lot of exciting instances of renewable technology happening in Massachusetts but also stressed, “policy plays a major role in attracting renewable companies to Massachusetts.”

[To contact James Moreau, you can emailhim at james.r.moreau@gmail.com. To comment online go to ivalley.org]

The Innovation Valley initiative seeks to help stimulate economic growth and quality-of-life enhancements in the Merrimack Valley. Every month we will report on innovative businesses, practices, and ideas that are helping to make Merrimack Valley the place to be. Look for our article in print media and online at www.ivalley.org.

 *Seth Itzkan is president of Planet-TECH Associates, a consulting agency identifying innovations in economic development. Recently, Mr. Itzkan helped The Boston Foundation to conceptualize and implement its Hub of Innovations tool. You can email him at seth.itzkan@gmail.com*

 *John Michitson was a Haverhill city councilor for 10 years; the last 2 as president. He is a manager and electrical engineer at the MITRE Corporation in Bedford, Mass. John and his wife, Heidi, are enjoying the childhood of their 7-year-old daughter and 9 year-old son. email: john@michitson.com*

Annual Green Energy and Sustainable Practices Exposition in Newburyport

NEWBURYPORT—The second annual Green Energy and Sustainable Practices Exposition occurs Friday and Saturday, November 14-15, 2008 at the Rupert A. Nock Middle School at 70 Low Street in Newburyport. The expo is presented by the Greater Newburyport Eco Collaborative, on behalf of the Greater

Newburyport Chamber of Commerce and Industry, the City of Newburyport, and the Greater Newburyport Environmental Network.

The expo is open to the public Friday, 3:30 to 6 p.m. and Saturday, 10 a.m. to 3

p.m., and will focus on the green economy.

This 2-day event will include panel discussions on the green building, the green interior environment, alternative energy, transportation, and low-cost energy measures. Workshops will focus on green investing and green landscaping.

Vendors will be on hand to provide assistance for visitors to learn about products and services to reduce energy costs and boost energy consumption efficiency of homes and office buildings, including heating/cooling systems, water consumption, and waste recycling and usage.

The purpose of the expo is to make available to the general public, businesses and organizations the latest information and practices in the field of renewable energy and the latest products and services in the construction of energy

efficient homes and commercial spaces. These services range from consultation services like energy audits to professionals offering green interior design services and architectural services to providers of green building products that save on energy or use sustainable raw materials.

There are a variety of exhibition and presentation spots available. If you are interested in being an exhibitor or would like more information, please contact Elizabeth Brugger at elizabethbrugger@comcast.net.

Opportunities are available for businesses and organizations to become a sponsor of the event. Sponsorships levels range from \$250 to \$1,000 and afford an array benefits. For more information, please contact either Ann Ormond at aormond@newburyportchamber.org or Lynn Kinsella at @lkinsella@netkane.com.

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“Stuck on stuffed animals”

Barbara Peary, M.Ed.

VALLEY PATRIOT PARENTING SPECIALIST

Our four year old son loves his stuffed animals to pieces and I want to show him that this behavior is acceptable for a boy. I know his eight year old brother teases him about it, when we our out of ear shot. Any suggestions?

Two great books that you might read with your child are William's Doll (Harper Collins, 1999) and Ira Sleeps Over (Houghton Mifflin, 1975).

The former is about a young boy who desires a baby doll to care for and the latter tells the tale of a little boy who wants to take his bear –Tah, Tah – to a sleep over at a friend's home and is taunted by his siblings. These classic stories are widely read in child care centers and should be available at your public library. Ira Sleeps Over is also available in major bookstores in a cassette and book format. Talk with other parents and find out what “stuffies” their children drag everywhere.

Armed with this information you can casually bring up the topic at an appropriate moment with both children, assuring the eight year old that this is normal four year old behavior. Perhaps there is a picture around with the eight year old and his former favorite critter? This could be showcased during the conversation and should stop some of the teasing.

I work in a child care center with four and five year olds and for the most part find that the day goes pretty smoothly without too many behavioral issues. However, there is one problem that has been getting me frustrated. We had a new little boy join our group and the children have figured out that he does not like to be touched. So when we are outside their “game” is to run up and touch him and hear him scream. Of course, they like getting him in trouble, so they try to do this on the sly. This is driving me and my co-workers wacky.

Here is a new rule to implement on Monday. The person who touches him sits by him/her self for a few minutes and the screamer sits also. This has worked in other child care settings.

What teeth can I expect to first appear in my newborn's mouth?

The lower two front teeth usually erupt (appear) before the upper teeth break through.

Caught Raising 'Em Right

My son makes about three hundred dollars a month, including tips, doing his daily paper route. We split it in half. He takes his one hundred and fifty and I ask him what amount he wants to put in the bank. He usually banks one hundred, unless there is a special item he wants. Last month he wanted a certain skateboard, so he bought that and only deposited twenty five. The other fifty he usually squirrels away in his drawer and uses as spending money for “stuff.” Over a period of four years, he has saved over five thousand dollars. He gives money each month to St. Jude's Hospital and gives each week to our church. Currently, I take half of the money because I do half of the work. This will change as he gets older and he can do it by himself.

Look at all the skills this parent is teaching a child with a paper route.

The necessity of saving and how money that is banked grows, the idea of buying objects that one desires instead of having everything given to you, how much fun it is to have spending money that you have earned yourself, and the importance of giving money to other people.



Please send questions to RAISE 'EM RIGHT™, P. O. Box 831., Carlisle, MA 01741 or ask online at www.RAISEEMRIGHT@aol.com.

STAYATHOME DADS

My first days as a Stay at home dad

Pete Baylies

VALLEY PATRIOT CONTRIBUTOR

Since it was Christmas time when I was laid-off, I had the luxury to treat my first days as an at-home dad like a vacation, as Sue was off on her school's Christmas vacation break.

My “vacation” ended the day she returned to work. As Susan went out the door that day, I officially took on my new career as an at-home dad. As the winter days got colder, my new life as an at-home dad jarred me out of auto-pilot and into a fresh routine that unpredictably changed with my growing baby. Each morning with Sue off to her school at 7 a.m., I would get my crying son up, change him, feed him and play with him. Compared to my old job as a software engineer this was a job that required full attention.

My trips to the water cooler at work were replaced by trips to the baby wipes. Instead of “doing lunch” I was spooning cereal with yogurt to John. Instead of meeting with my co-workers, I was meeting with my son's pediatrician. But I had to prove to my family and relatives that I could pull it off since they even began making bets on when I would return to work. I realized that this new role might take some time to get used to.

The transition period to adjust to my new role took about six months. I have found by speaking with at-home dads that it can take from just a few months to a year, if not longer. You can prepare yourself mentally for this shift by having realistic expectations. One danger that new at-home dads often fall into is putting a timeline on when they should be adjusted to their new roles. They treat their new positions as primary caregivers like they would as if they started a new office job—and figure that after three, six or 12 months, they will be all settled into their new roles. But the truth is, the job is changing as your children grow and you may never feel completely “on top of” your new position as a stay at-home dad.

There may never be a time when you feel that “Oh this is a breeze. I am an expert at this,” like you might after several months at an office job. But hopefully, and with the help of this book, you will feel more comfortable and confident in your new position, which is more than half the battle.

Setting realistic expectations for yourself and for your new lifestyle will help with the transition. I can't count the number of times new at-home dads have lamented to me about how they thought their new lives were going to be so much calmer and that they were going to have much more time on their hands since they would be home all day.

However, between getting the kids dressed, fed and entertained, on top of doing the housecleaning and grocery shopping, as well as making dinner, you will be more exhausted than you ever thought you might be. As one at-home dad put it, “Let's lay it on the line: If your child were your boss, you'd quit.” Be prepared to be overwhelmed for the first few months as you figure out how to balance your various new roles.

I realized that I was overwhelmed during that New England winter of 1992 when I started as an at-home dad. When Mother Nature treated us to many sub-zero days it forced my new family house-bound. As the walls began to close in on me I began to notice things I never had seen before... a slowly piling mound in the sink for one.. I honestly did not know where they came from! I would check the pile every few days and it would seem to be even higher! Something had to be done about it! So I did what every sensitive male would do... I waited for the pile to go away. That plan didn't work. I should have heard my wife snickering in the background every time she walked through the kitchen. You see, when I was working, and my working wife did most of the cleaning, the house would be spanking clean and everything would be in its

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Auto accidents while on the job

Sheldon Fine

VALLEY PATRIOT LEGAL COLUMNIST

Question:

A person contacted my office and informed me that he was driving the company car from his office to another office when he got into an automobile accident. What Insurance covers the accident?

Answer:

When a person gets into an automobile accident, normally the person looks to the Personal Injury Protection (PIP) Insurance section of the automobile he was driving in. Under PIP, the individual recovers 75% of his wages and medical bills up to \$2,000.00, if he has medical insurance.

If he does not have medical insurance or has insurance which is exempt under the policy, the insurance coverage for wages and medical insurance is increased to \$8,000.00. The remaining portion (25%) comes from the other party if they are deemed at fault.

These amounts and benefits under personal injury changed when an individual was defined an employee under the Massachusetts General Laws Chapter 152. This Act came about in 1911 to pay employees lost wages and medical bills. Under the Worker’s Compensation Act, the employee could not recover for pain

and suffering. It is strictly for payment of lost wages or replacement of wages and medical bills, unlike the personal injury law which paid for pain and suffering when you past the threshold of medical bills of \$2,000.00 or had a scar, fracture, etc.

The act went through major changes on December 23, 1991. This date is important because an accident which happened after that date followed the new rules. An accident prior to that time followed the old rules.

The major difference in a Worker’s Compensation Claim is in the benefits. Prior to December 23, 1991 an employee who was considered temporarily disabled (basically totally disabled for a period of time) would receive two-thirds of his or her average weekly wage and could receive said for a period of 260 weeks which equaled 5 years. This changed on December 23, 1991 the benefit for temporary total was reduced to 60% of average weekly wage and 156 weeks which equals three years.

The key definition of medical standard that must be needed to collect these benefits is he or she must be totally disabled from all work as a result of the accident arising out of the scope of employment. After the employee was considered able to do some work but not

everything the employee was considered temporarily partially disabled. Again the rules prior to December 23, 1991 were that an employee could collect up to 600 weeks at a calculated rate based on work capacity. After December 23, 1991 it was reduced to between four and five years.

The whole understanding of these sections and other sections of the act would be too long for this article. Other benefits under the act would be death benefits in case the employee expired, vocational rehabilitation benefits, etc.

However in this article, we are looking at the accident which was caused by a third person who was operating his vehicle and caused an accident. The employee would look first to the Worker’s Compensation Act for payments of lost wages as shown above and medical bills payment. Once it is considered the other person’s fault for the accident, the employee can bring a claim against the other party who is at fault or negligent in the operation of their vehicle.

The Worker’s Compensation carrier would then have a lien against any recovery from the third party. However, as explained the difference here is that under Worker’s compensation there is no recovery for pain and suffering but under the personal injury for negligence there is pain and suffering.



As you can see the inter-relation of worker’s compensation and personal injury is difficult to understand. In fact, there are other benefits under the Worker’s compensation act if the case is strictly a worker’s compensation case. However, we have limited the scope of this article to an automobile accident in which the injured party who was not at fault was an employee of a company.

Please take note that all cases are different and must be fully analyzed by an attorney who is fully versed in this subject.



If you have a claim such as this, this writer would review the facts and assist you with your case. The telephone number is 978-475-9886 or E-mail S.fine2@verizon.net.

STAY AT HOME DAD: from previous page

rightful place and supper would be on the table. I took it as a given. Sometimes I thought the house actually never got messy. I was just very neat and things didn’t really have to be cleaned, right? After all, my mom did the same for my dad during the 1950s and 60s. Why should it be any different for me? I treated my home like the local supermarket where I would leave stuff I decided I really didn’t want (like the 1 gallon economy size tartar sauce or the buy-one-get-one-free yam) on the wrong shelf. The next day it was always back in its rightful place... I never really thought somebody actually picked it up and returned it. I figured some outside mysterious force magically did it.

There was no mysterious force to help me this time, the dishes were still there after a two-day wait. So I took my first domestic plunge, cleaned them, and put them all back myself! I was pretty proud of myself as I followed a familiar scent into the next room to change another diaper. After a few months of patting myself on the back, my wife, finally asked me, “OK you can do the dishes. So when are you going to clean the bathroom?” I was humiliated, and besides it didn’t look too dirty to me. There was no doubt; she had a much higher level of cleanliness than I did. Besides it all seemed so thankless...when I did a worthwhile project at work I might get a pat on the

back, a promotion or even a raise. In this world I just kept getting another dirty diaper to change.

The good news was that my initial fears of not making it on one income were unfounded. By the time I deducted daycare, clothes, haircuts, power lunches, car expenses and presents for people I hardly knew in the office, it took very little to make up for the rest. Since I had time at home, I learned to repair broken home appliances by myself (my first attempt to replace the dryer belt took all day) and I even learned to use coupons and rebate with the best of ‘em. I know where everything is in the supermarket and

could probably make my way blindfolded if my son didn’t grab everything off the shelf first!

Next Month — Reality sets in....Adjusting to your new role as an At-Home Dad.



Peter Baylies lives in North Andover and is the author of the At-Home Dad Handbook, provides free resources for stay-at-home dads at athomedad.com. E-mail: athomedad@aol.com for more information.

Fixed annuities can provide guarantees in a world of uncertainty

Gregory Loosigian

VALLEY PATRIOT FINANCIAL COLUMNIST

Perhaps the most disturbing question facing retirees is: “How can I preserve my financial security if something happens to my retirement funds?”

That question has become reality over the past few years, as millions of people watched their retirement savings decline in value. Younger workers will probably have an opportunity to recoup lost assets and wait out cyclical downturns. But for retirees and older workers facing retirement, this is generally not an option.

Adequate retirement nest eggs usually take decades to build. Someone close to retirement, or currently enjoying it, can’t just start over. And, depending on one’s age and health, it may be unrealistic to return to the workforce.

However, there is a step you can take to ensure that your money won’t run out. You may want to consider allocating a portion of your retirement funds to fixed annuities—financial vehicles that replace unpredictability with a guarantee¹.

Longer Lives and More Financial Concerns

The appeal of fixed annuities is obvious. We live in a world of uncertainty, and annuities can provide guaranteed growth and a constant income stream. Here are two points to ponder:

1. Nest eggs can crack. Securities markets are not as predictable as we would like them to be. When the market is hot, many people scoff at the single-digit returns of fixed assets. However, equity-based products offer the potential for significant gains, but they also come with the risk of eroding your principal.

2. You could live a lot longer than you expected, and possibly outlive your retirement income.

Today’s average life expectancy is now 75.4 years for men and 80.5 for women² and increasing. If a person retires at 62, they could easily live another 15 or 20 years. This may put a strain on pension plans, Social Security and private investments. A retirement fund designed

to last 10 years can get stretched thin if it has to provide income for another 20.

Accumulation and Payout Options

Fixed annuities can help you manage such retirement risks. They offer a number of advantages that directly address these concerns. For example:

Fixed deferred annuities offer attractive interest rates and tax-deferred growth. While your money accumulates, there are no income taxes due.

You’ll pay income taxes on the interest you earn only when you withdraw your money or receive income payments. (Withdrawals prior to age 59 ½ may be subject to a 10% IRS penalty.) In addition, income from fixed deferred annuities generally does not affect Social Security benefits, and will provide a guaranteed fixed return with no risk to your principal.

Certain fixed rate immediate income annuities offer a guaranteed, lifelong income. You will continue to be paid for as long as you live—to 95, 105 or longer. In addition, if you need to provide for your spouse, you can opt for a survivor annu-

ity, which continues to pay benefits even after one annuitant dies.

And if you’re concerned about whether you’ll live long enough to make an annuity worth it, you can select a life with period certain annu-ity. With this option, you’ll receive bene-fits for life OR for a selected period (10 years, 20 years, etc.), whichever is longer.

In either case, at your death, any remaining value passes directly to your beneficiary, avoiding probate and attorney’s fees. In this respect, your affairs remain private, since annuities do not become part of the public record.

Is a fixed annuity right for you? For further information on how annuities and other financial products can help preserve your retirement income, please contact Gregory J. Loosigian Financial Services Professional , New York Life Insurance Company; (781) 398-9823. (1) Guarantee is dependent upon the financial strength and claims paying ability of the issuing company. 2 www.cdc.gov/nchs/pressroom, 10/04/06. G75 00335647CV

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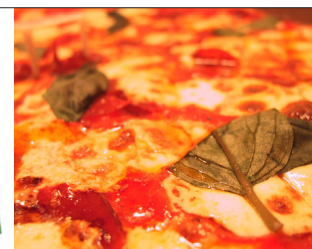
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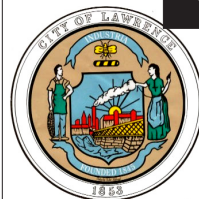
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City of Lawrence Job Posting

Personnel Director

Personnel Department
Grade 7 - (\$75,000 - \$85,000)
Non Union Exempt

Duties: Administrative, technical and professional work in administration of the city's personnel system including classification, recruitment, benefits administration, and training; performs all other related work as required.

1. Responsible for the administration of the city's pay and classification system. Approve the issuance of any pay, salary or remuneration.
2. Develops and administers the city's personnel policies and procedures to ensure that they are in accordance with various city policies and contractual agreements.
3. Prepares and submits written reports including worker's compensation, EED, insurance, etc., as required and maintains city human resource records in a safe, detailed and accurate manner.
4. Develops and administers a training and education program for all city employees.
5. Provides direct support to employees in the administration of the city's employee benefits program.
6. Oversees and participates in the recruitment, screening, hiring and orientation of all new city employees.
7. Participates in the city's collective bargaining negotiations as a representative of the city.
8. Maintains employment applications, establishes and maintains employee records and personnel transactions such as hiring, promotions, transfers, performance reviews, terminations, references and credit checks.
9. Hear and reply to employee grievance through a set process.
10. Attend arbitration meetings as the point of contact for the city.
11. Provide guidance to appointing authorities on Civil Service Law, examinations, etc.
12. Study, develop, establish and coordinate a safety program for the city as required by state and federal laws.
13. Coordinate Affirmative Action and Equal Employment Program for the city.
14. Devise, implement and amend, as necessary, a uniform system of time and attendance reports.
15. Establish a Committee on Educational Assistance to review recommendations of any department head for educational assistance for an employee or his/her department.
16. Updates and maintains MUNIS database.
17. Represents the City of Lawrence at unemployment hearings.
18. Coordinates performance reviews.
19. Responsible for administering the worker's compensation.
20. Attends staff meetings and meetings with other departments and represents the Mayor and/or the city as required.

Qualifications: Bachelors Degree in Human Resources, public administration or related field; five to seven (5-7) years of personnel administration experience, preferably in the public sector; or an equivalent combination of education and experience. Certification from the Society of Human Resources Management in PHR or SPHR preferred.

Appointing Authority: Michael J. Sullivan, Mayor

Posting Date: September 30, 2008

Deadline: Until filled

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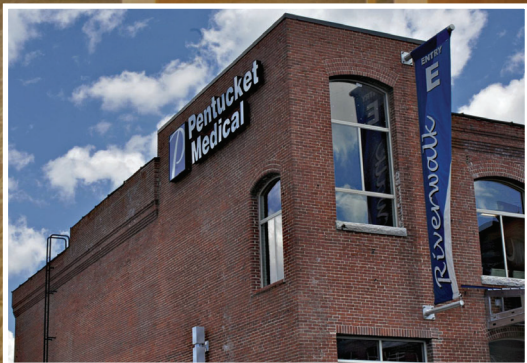
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