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"Congress shall make no law..."

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

Riverwalk Law Center could bring 250 jobs to Lawrence

VALLEY PATRIOT STAFF

The city of Lawrence is about to be the home of a new concept in legal services according to Al Zappala president of All things Sicilian, and Sal Lupoli of Sal's Pizza and Sal's Riverwalk.

Zappala and Lupoli say they intend to create a series of "boutique" law centers that "will attract the best legal minds in the Commonwealth to a centralized location."

The target date for occupancy is set for sometime in 2009. According to Lupoli, the Riverwalk Law Center could launch the next phase of Riverwalk development plans. Lupoli, who turned Riverwalk Properties on Merrimack Street in Lawrence from an abandoned eyesore to one of the city's most prominent and thriving complexes in four short years. Attorney Al Zappala said last month that his plan is to create the largest Law Center north of Boston.

Besides being president of All Things Sicilian, Zappala is a recognized expert on the bar examination in Massachusetts and a member of the faculty at 3 Boston law Schools where he has taught for years.

"The Riverwalk is a natural location," Zappala said.

"With the Federal Immigration Offices coming to Lawrence in 2009, and the Essex County Superior Court, the Fenton Judicial Center right around the corner and the Registry of Deeds located right now within the Riverwalk Complex will be an ideal and unique situation for practitioners ranging from solo practitioners to mid-sized firms. We will create first class space which will concentrate on specific areas of the law, ranging from real estate, immigration, civil, criminal, mediation groups, intellectual; property groups and other areas of the law. Lawrence is a natural place for this concept" he concluded.

"A Law Center concept is exactly what I had in mind when we decided to first develop the site. Al Zappala is very highly regarded in the legal community throughout the state and is the perfect guy for the project. We estimate that once completed, over 100 lawyers and another 150 support staff will make this concept a model for others to follow" said Lupoli.

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Read Puppy Girl's new cartoon

VALLEY PATRIOT OF THE MONTH:

HAVERHILL'S JOHN KATSAROS

...his story, his words.

Tech. Sgt. James F. Moore Jr.
VALLEY PATRIOT HERO REPORTER

It is now possible for us to remember a true patriot. Sworn to silence for a period of time, even to his own family, John Katsaros can finally reveal his story of perseverance, courage, and heroism to us. We hear stories about freedom fighters. However, an airman of this magnitude, a true American from the "greatest generation," one who can tell his own story, is among us and lifting the hearts of those who hear.

The "greatest generation," is quoted in Wikipedia as, "Americans who fought in

World War II, as well as those who kept the home front intact during it. Some of those who survived the war then went on to build and rebuild United States industries in the years following the war." John, still among us today, a poster child for the Greatest Generation, reveals his account of a man against the odds.

Katsaros, 85, of Haverhill, born and raised, is a World War II veteran. Initially planning to join the Navy as an aviator, his color-vision disqualified him from being able to serve as a Naval pilot. His determination compelled him to join the United States Army Air Force, making it

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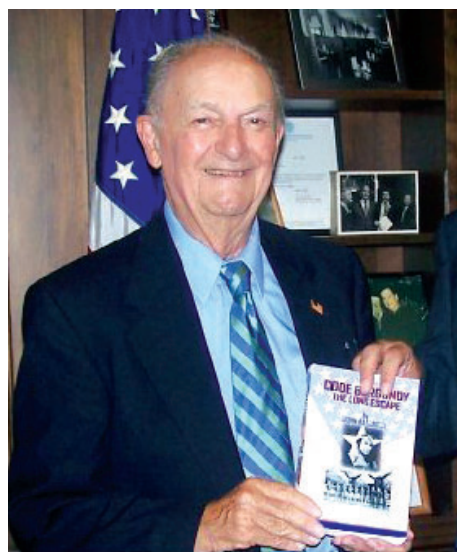


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WWII POW John Katsaros with his book "Code Burgandy."

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EDITORIAL



Socialist Meltdown

Have you ever had a sibling do something really horrible and then have the sibling point at you and scream, "He did it, mom!"?

Well, that is the case with the big government types (Republican and Democrat) who are trying to blame capitalism for the financial meltdown caused by their interference in the financial markets.

While government meddling is at the core of the recent turmoil, there are also many "businesses" and greedy people in expensive suits at the scene of the crime. But don't confuse these participants or their "business" with free markets or with capitalism.

Capitalism refers to an economic system where people take risks, make investments, trade freely, and make profits (or take losses) depending on how well they satisfy customer needs. Governments do not fund, insure, or otherwise partake in capitalist enterprises. When they do, it is called socialism.

Capitalists risk their own money (or their investors' money). Socialist schemes risk your money. And that is precisely what occurred in the U.S. mortgage market.

A bank operating in a free market would never issue a \$500,000 mortgage to an applicant with a low-paying job, a marginal credit rating, and/or no down payment. If it did so, the bank would risk a substantial loss and whoever permitted it would be fired. For the same reason, absent fraud, banks would never be able to sell such mortgages on the secondary market.

So why were millions of such disastrous loans written? Because, Freddy Mac and Fannie Mae (known as Government Sponsored Agencies or GSEs) were willing buyers of over \$1 trillion of such sub-prime and Alt-A mortgages. They did so with the active encouragement of Congress and with the presumption of federal financial guarantees.

The government created a fraudulent lending environment driven by a political agenda, not by rational economic calculations. Those who participated were part of a government-created fraud and were not participants in a free market.

Government fingerprints are all over this catastrophe. Now the taxpayers are paying the bill for these socialist policies and those responsible are trying to pawn off the blame on capitalism. If they succeed, they will tighten the grip of socialism on our economy, further constrain our liberties, and dramatically dim our future well-being.

Our future depends on recognizing the true cause of this crisis and addressing the other socialist disasters staring us in the face: Social Security and Medicare/Medicaid.

A trillion here, a trillion there. Pretty soon it will all come crashing down. Heaven help us when it does.

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HOPALONG BIDEN shoots from the hip on the CAMPAIGN TRAIL



LETTERS

Where does Freedom of Religion End?

Most everyone is familiar with the common sense notion that goes: "The right to swing my fist ends where the other man's nose begins." The quote is from U.S. Supreme Court Justice Oliver Wendell Holmes, Jr.

Now that the Supreme Court has ruled that many, many types of non-verbal behavior are "speech" (nude dancing, burning the American flag, etc.), we can interpret Holmes's rule as an important and necessary restriction on the Freedom of Speech rights guaranteed under the First Amendment to the U.S. Constitution:

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

So if Joe says something controversial, and Sam takes offense and prints an anti-Joe placard, everything is constitutional, but if Sam smacks Joe over the head with the sign, we can justifiably call for government intervention to constitutionally squelch the initiation of force by Sam.

Thus Joe and Sam – engaged in a verbal dispute – cross an important line from where their free speech rights are protected, when physical violence begins.

Well, what about another freedom protected by the First Amendment, the freedom of religion? Can it ever cross over that important line and need to be curbed by government power?

What about the religion of the Aztecs?

According to the University of Minnesota's e-museum, "Under the leadership of Montezuma and others before him, sacrifice became a key element in their ritual and worship to many gods. The Aztecs were constantly at 'war' with neighboring tribes and groups. The goal of this constant warfare was to collect live prisoners for sacrifice. The Flowery Wars began with a mutual agreement between the Aztecs and the Tlaxcalans to capture live men for future sacrifice.

"The Aztecs worshipped a war god called Huitzilopochtli, who took on the likeness of the sun over time. It was thought that in order to insure the sun's arrival each day, a steady supply of

human hearts had to be offered in holy sacrifice. They believed that the sun and earth had already been destroyed four times, and in their time of the 5th sun, final destruction would soon be upon them. In order to delay this dreadful fate, the practice of human sacrifice became a major element in Aztec society and livelihood.

"The most common form of sacrifice was performed outside, on the top of a great pyramid. The victim was spread-eagled on a round stone, with his back arched. His limbs were held, while a priest used an obsidian knife to cut under the rib cage and remove his heart. This method was used when honoring the sun god, Huitzilopochtli."

Lawrence Auster produces this quotation from the man involved in archeological investigations in Mexico City: "It was a continuous sacrifice over six months. While the prisoners were listening to their companions being sacrificed, the next ones were being selected," said Enrique Martinez, head of the dig. "You can only imagine what it was like for the last ones, who were left six months before being chosen, their anguish."

So if a group of modern-day Aztecs attempted to resurrect this religion in the U.S. today and began the religiously-mandated human sacrifices described above, could they rely on the constitution to protect their sacrificial practices? Congress, after all, shall make no law ... prohibiting the free exercise [of religion].

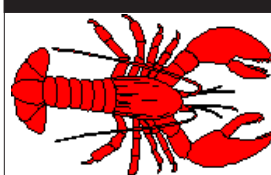
Or consider the Zodiac killer who marauded through the San Francisco area beginning in 1969. His one-man "religion" apparently included the notion that his victims would serve as his slaves in Paradise.

In these cases, what about the freedom of religion of those chosen to be killed? If the free exercise of the Aztec or the Zodiac religions necessarily involves the denial of the freedom of religion of the victims, through violent attack ending their lives and consequently their freedom to worship, do not Oliver Wendell Holmes's words bind here as well?

The right to wave a holy knife around ends when the other man starts to get stabbed.

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Financial crisis requires courageous leadership

Congressional Candidate Rich Baker critical of bailouts

Rich Baker
CANDIDATE FOR CONGRESS

A monumental shift in economic policy hit America two weeks ago when the US Government nationalized Freddie Mac and Fannie Mae, the largest holders of mortgages in the country. The taxpayers incurred responsibility for \$1.5 Trillion worth of mortgages. Several days later, the government took over the AIG insurance company, America’s largest insurer, for \$85 Billion. Bear Stearns, Washington Mutual and others have been merged under edict from the US Treasury.

“This system of corporate welfare is un-American,” according to Congressional Candidate Richard Baker.

For years, Congress had imposed regulations on lenders, almost forcing them to make loans that could never be paid back. We all remember the ads: “no money down”, “we will pay you to refinance”. This all worked as long as the housing prices kept going up. But once the prices stopped increasing, things started to fall apart. This caused a domino effect on the housing market, the mortgage business, and eventually into the investment banks. And many fear the dominos have not stopped falling.

Years ago, banks helped people to buy houses by regulating how much of a mortgage they would issue. Their rules protected homeowners from borrowing too much. When we bought our first house, the bank required us to put a maximum of 28-30% of our annual income towards our mortgage. And the bank

required 20% of the purchase price as a down payment, or a homeowner had to convince an insurance company to insure your mortgage against default. This covered the bank’s money, but more importantly, it protected the homeowner from having to decide between food on the table and defaulting on the mortgage. “Leisa and I put down 10% and ate a lot of Macaroni and Cheese those first few years of home ownership.”

In the past few years, Congress has tried to provide home ownership for everyone. Mortgages were issued with nothing down. Debt-to-income ratios have been in the 40-50% range. Many homeowners were set up to buy and borrow more than they could afford. The decision to starve or default is occurring daily in America because of Congress’s policy of giving everyone a home and a mortgage, whether they could afford it or not. This is not a Republican or Democratic problem. Congress and the administration are equally culpable. Easy money, no accountability and yes, greed all came together in the perfect storm of financial trouble that we have today.

It is no surprise that we must now pay for the failures from the past few years.

But how to pay is the question.

Washington’s approach in the past two weeks has been shocking. Rather than institute a rational plan, our Government has been throwing huge quantities of our tax dollars into specific companies, nationalizing Fannie Mae, Freddie Mac, and AIG. And now Washington is asking

for another \$700 Billion to spend however the Treasury desires.

Nationalizing companies is an un-American approach to the problem. For the past century the United States has preached to the world the virtues of democracy and free enterprise. But when the going began to get tough, the US Government folded and started to socialize the economy. Where is the backbone of our leaders in Washington?

In America, we need courage to withstand political and economic pressures. We need a government that will exercise fearless leadership in this crisis.

“The success of the United States is based upon the free enterprise system under which companies can pursue innovation and find new avenues to make money. However, all innovation involves risk, and often failure. If the US government removes the ability of companies to fail, we all become burdened with the costs, and no one learns the hard lessons,” says Richard Baker. “With every new bailout, the seeds for the next financial crisis are sown. The economy in general will be stronger in the long run when the government has the courage to allow companies to fail.”

For all of the money that the US Government has spent to buy its way out, economists are not even sure that the bailout will work, according to the Wall Street Journal. Washington is taking a huge gamble with your money.

A better plan was floated last week to insure the bad mortgages against default. This plan would charge lenders an insurance premium, bringing immediate income to the US Government and would focus on the specific mortgages in default. The number of mortgages that the government takes over would be much smaller, and banks would be motivated to make their mortgages work. In the bailout, banks can dump their bad mortgages and then make more bad mortgages.

An even better solution would be for private insurance companies to return to the business of providing private mortgage insurance, as we paid on our first mortgage.

American has grown into the largest economy in the world through free enterprise and open markets. We need Congressmen with the courage to hold to these values. Richard Baker will provide that leadership in Washington.

Richard Baker is the Republican candidate for Congress from the Massachusetts 6th Congressional District. He faces John Tierney in the November 4th general election. Baker currently works as Director of Intellectual Property Licensing at 3Com Corporation in Marlborough. He is an inventor of Ethernet and Web technologies with 15 US patents to his name. He served on the Pentucket Regional School Committee and worked with the committee as they turned around the finances of the District. A talented problem-solver, Mr. Baker has years of solid experience building teams in the corporate arena where he created and organized numerous successful and profitable legal, engineering, and technical groups. For more information, call Richard Baker at 978-257-4101, or email at rbaker@richbaker08.com.

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Who's really to blame for the economic crisis

DJ Deeb

VALLEY PATRIOT COLUMNIST

The U.S. economy is on the brink of the worst economic crisis since the Great Depression. Foreclosures are on the rise, interest rates are climbing, housing sales are at a 17-year low, financial firms and investors are on the verge of bankruptcy, and the Stock Market is plunging. This all begs the question, "Who's to blame?"

Is it the greedy Wall Street investors, capitalist bankers, self-centered CEO's, or the free market itself?

Sadly and regrettably this was largely a predictable outcome of fiscal and regulatory mismanagement by the Federal Government. The planned political solution of bailing out failing corporations and mortgage lenders is a cure worse than the disease itself.

Among the economic casualties stands Fannie Mae (The Federal National Mortgage Association) and Freddie Mac (The Federal Home Loan Mortgage Corporation), two of the largest mortgage lenders that the Federal Government is bailing out. Keep in mind that both of these corporations were created by the Federal Government. Fannie Mae was created as part of President Franklin Roosevelt's New Deal program while Freddie Mac was chartered by Congress in 1970.

Congress later allowed private investors to take over the management of these corporations, but both remained heavily regulated by the Federal Government. Together Fannie and Freddie

subsidize or own approximately half of the over \$12 trillion in mortgage debt in the United States. The fact that the Federal Government gave implicit guarantees of Federal money in the event of failure encouraged Fannie Mae, Freddie Mac, and banks across the country to award risky loans to people who could never afford to pay those loans back. Now, The Federal Government has authorized a buyout of Freddie Mac and Fannie Mae totaling over \$200 billion.

The Wall Street Journal has been warning of unintended adverse consequences over the past decade with the lending practices of banks across the country in collaboration with Fannie Mae and Freddie Mac. In 2003, Congressman Barney Frank (D-MA) called concerns over the lending practices of Fannie Mae and Freddie Mac "overblown." Now, it's Barney Frank to the rescue! Give me a break!

American International Group [AIG], America's largest insurer, and Lehman Brothers investment firm are also tanking. More corporations will surely follow. The Bush Administration is now looking for Congress to give the Treasury unprecedented power that could amount to the largest private sector bailout in America's history.

The Administration wants to borrow \$700+ billion to bail out these private investment firms. This amounts to over \$4,600 per American worker. The proposal would increase the national debt to nearly

STOCK CRISIS, page 32

ANOTHER POINT OF VIEW

Republicans to blame for Wall Street mess

Mark Palermo

VALLEY PATRIOT COLUMNIST

If you only listen to conservative political commentators, you get the idea that the banking crisis was caused by liberals. They compelled banks, so the story goes, to make millions of high risk loans to low income borrowers, most of them black and Hispanic, who later defaulted on these loans. If you like a simplistic analysis, there it is- all framed and predigested for Rush's dittoheads, Howie Curmudgeon acolytes and O'Reilly enthusiasts. No further discussion necessary for these folks.

Here's the rest of the story: the lion's share of blame for the looting of our financial institutions rests firmly upon the Republicans, who have been enthusiastic architects and promoters of deregulation. John McCain was still touting deregulation as late as last month.

After the stock market crash of 1929 and the banking failures that followed, Franklin Roosevelt's administration enacted legislation designed to restore confidence in the banking industry. In the early 1930's, the *Glass-Steagall and Bank Holding Company Acts* prohibited banks from engaging in conflicts of interest, pyramid schemes, commingling of funds, leveraging and speculation. The act prohibited savings banks from merging with investment banks and mandated frequent government audits, all of which contributed to the sound banking practices that lasted until the Reagan

administration. If you are over 50, you remember when the banking industry was the most ultra conservative, traditional, and boring industry imaginable- in other words, the ideal people to trust with your money. And people did trust them. Nobody questioned the integrity of banks because the industry was *regulated*.

The fever for deregulation grew from Ronald Reagan's promise to "get government off our backs." Deliriously happy throngs cheered Reagan as he pledged to clear the way for his vision of "Morning in America." Those nasty liberals created all those barriers to commerce. If we just removed the offending regulations, the awesome power of free markets would be unleashed. And so Reagan deregulated banks with the Garn-St. Germaine Act of 1982, much of which was written by lobbyists for the financial industry. The resulting orgy of greed and looting was so rampant that even loan sharks, shady real estate developers and gangsters were purchasing savings and loan institutions, granting themselves massive loans, and then defaulting on them. (*Is that what they mean by free markets?*) Within a decade, the savings and loan crisis resulted in a 500 billion dollar bailout.

Deregulation should have ended then, but it didn't. Big business wanted even more banking regulations lifted and they spent millions of dollars lobbying for it. Perhaps no one was more a champion of deregulation than Republican Senator Phil Gramm, the banker's friend. After

Why Sarah Palin is hated

Paul Murano

VALLEY PATRIOT COLUMNIST

Why do people hate Sarah Palin? It's not just disagreement with her policies or thinking she's too inexperienced to be vice president that we've been hearing. The continuous personal and family attacks by celebrities and journalists since John McCain chose her to be his potential veep sounds a lot more like hate than disagreement.

Why would our three culture molding establishments - Journalism, entertainment and academia - continuously attack a woman before they even know her? Why such an irrational response to a person who ran the state of Alaska? This Palin phenomenon goes way beyond politics.

If there is one thing our modern world hates it's a living mirror. It is not coincidental that the more we have become obsessed with glass mirrors the more we have come to despise human ones. Sarah Palin without saying a word forces us to look at what we've become. Without uttering a syllable she cuts through the layers of lies that so many have bought into for the past four decades.

Her life suggests that the fragile tower that western society has built over the past few decades has its foundation in sand, the sand of materialism, relativism, contemporary feminism, and ultimately secular humanism. Her family makes us feel guilty.



PHOTO: COURTESY

Just the presence of her child Trig with Down's Syndrome forces us look at how soft we've become and how we have allowed the culture of death to permeate our medical establishments that counsel most women to kill children like Trig before birth, our government that allows the annual slaughter 1.3 million preborn children to continue in our country, our academic establishments that promote a man-centered universe with its accompanying moral relativism, and a media that actively promotes a fornication culture while advocating the new family model of 1.6 children.

Why do people hate Sarah Palin? Because without saying a word she makes us ashamed of being dumb enough to buy into the great lies of the contemporary world and for following a path that does not lead to happiness or fulfillment.

What happens when a people hiding from the truth are forced to look at it? They lash out in an attempt to kill the

SARAH PALIN, page 31

presidential campaign. Since retiring from the Senate, Gramm has secured a lucrative position as vice president of UBS/Switzerland, the world's largest private bank. And until recently, Gramm was being seriously considered by John McCain for the post of-are you ready for this?-*Treasury Secretary*.

Are you surprised or shocked that we might face a Latin American style era of runaway inflation? I'm not. Thomas Jefferson faced these same kind of problems with banks as did Andrew Jackson. In 1837, Abraham Lincoln had this to say about banks: "These capitalists generally act harmoniously, and in concert, to fleece the people, and now, that they have got into a quarrel with themselves, we are called upon to appropriate the people's money to settle the quarrel."

This is old stuff and we should know better by now. Maybe before the next bailout twenty or so years from now, someone will have thought about regulating the banking system, but I doubt it. Most of us never learn from the past.



Mark Palermo is a professor at Northern Essex Community College in Haverhill. You can email him at

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Visit his website at <http://markpalermo.tripod.com>

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THINKING OUTSIDE THE BOX

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Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

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Over the next month you will hear the panicked screams of those who have become comfortable at your expense. They will threaten to take away police and fire protection and they will tell you that your children will no longer have teachers, books or ... well, they may not even be fed!!

They will tell you every lie they can manufacture to scare you into parting with your earnings while continuing to fund their gravy train. These lies will be broadcast in ads paid for almost exclusively by union contributions. As of August 31st, the “Vote No” coalition had received over \$1.5 million from public employee unions, but only \$100 from a single individual. More than \$5 million in union ads urging a “no vote” is expected before November 4th.

Of course, these unionized government employees and government contractors are screaming bloody murder! They have arranged a sweet deal that they could never command in a free market ... and they want to stick you, your children, and your grandchildren with the bill.

Is this the kind of government you want to support?

- * Guaranteed jobs that can’t be lost even based on pathetic performance or a lack of attendance¹
- * Jobs with extravagant healthcare coverage paid 80-90% by the taxpayers
- * High, guaranteed-benefit pensions with full healthcare coverage after a mere 20 years of service
- * Thousands out on questionable disabilities²
- * Guarantees of “prevailing wages” which only prevail in government contracts because real competition is absent
- * Make-work jobs doled out to special interests without competitive bidding and often staffed at overtime wage rates (e.g., police road details)

Extravagant, wasteful, non-competitive personnel costs, driven up by government unions, are only the tip of the iceberg. The special interests also recognize that many government programs paid for with your income tax dollars are not needed at any price. These expenditures represent pure waste: No-show jobs for the brother-in-laws of politicians, overlapping police forces, and agencies/programs for every conceivable purpose. In fact, many programs actually cause substantial harm!

You might ask yourself: How does our Division of Insurance make your life better when we have nearly the highest car insurance and health insurance premiums in the nation?

Call your state representative and ask him or her why the state agencies/ departments listed in the nearby box should be more important to you than keeping the \$3700 currently taken from you in income taxes.

This list of departments/agencies could go on for pages ... If you go to the Mass.gov Web site you will find [500 such entities](#) listed.

A Few of Massachusetts’ 500 Governmental Entities and Agencies

- Operational Services Division
- Architectural Access Board
- Commission on Indian Affairs
- Asian American Commission
- Community Economic Devel. Assistance Corp.
- Citizen Information Service
- Massachusetts Bay Program
- Commission on Gay and Lesbian Youth
- Massachusetts Cultural Council
- Commission on the Status of Women
- Interagency Council on Housing and Homelessness
- Homelessness Commission
- Commonwealth Museum
- Massachusetts Service Alliance
- Convention Center Authority
- Business Development Corporation
- Old Colony Planning Council
- Division of Minority Health Services
- Strategic Envirotechnology Partnership

Some of you may read this list (or the whole list) and say, “These sound worthwhile.”

Do you support spending on all these departments/agencies? Really? Are you sure?

OK, I confess. One of those listed in the box (but only one) is a fake. Can you pick it out? The answer is at the end of this article. I wonder if your state representative or senator can tell you which one doesn’t exist?

But they all sound like good ideas, don’t they? Do you think anyone will ever create an agency called The **Massachusetts Department of Does-No-Good**? Of course not. Every department and agency has penned a name that seems important, valuable, and even indispensable. That is how they build a constituency and protect themselves from budget cuts or, heaven forbid, elimination.

Elimination! Oh my God! So how often are Massachusetts agencies eliminated? Almost never. But one was recently eliminated: The Office of Educational Quality and Accountability.

It makes sense doesn’t it? We spend over \$10 billion every year on education in Massachusetts, but we wouldn’t want quality or accountability would we? Do you think the teachers unions or superintendents association might have wanted this agency eliminated? Do you smell foxes in the chicken coop?

Just consider these statistics: 5,500 new state employees over the last five years; 2,000 just in the last year; prison guards earning over \$100,000; thousands of government employees enjoying lifetime disability gravy trains, on and on. No-one has a complete list. It would take a government agency just to catalogue ... well, I guess that is a bad idea!



Dr. Charles Ormsby of the North Andover School Committee and board member of The Valley Patriot spoke in favor of ending the state income tax at Faneuil Hall in Boston during a rally in support of ballot question #1.

It is embarrassingly obvious: Massachusetts government is bloated, wasteful, corrupt, and run for the benefit of government employees and special interests. NOT for the average citizen like you and me.

But that still leaves a question that must be answered: What budget level would be adequate for Massachusetts?

There is only one way to figure this out. Clearly, the average citizen can’t research every department, agency and program to decide where funding should be reduced or eliminated. We certainly can not depend on advice from those working in these organizations or those who benefit from related funding because they have a conflict of interest. The only way to determine an adequate budget/spending level is to look at the best of the other 49 states. (We do want to be “the best,” don’t we?)

Arkansas or Mississippi may not appeal to Massachusetts voters as good models, but New Hampshire does provide as good an example as one could have. We are contiguous states, we have a similar climate, and we share similar lifestyles. In fact, New Hampshire seems very attractive to Massachusetts residents as evidenced by a substantial migration out of Massachusetts and into New Hampshire.

So how does New Hampshire’s government spending, corrected for population, compare to Massachusetts?

If the Massachusetts income tax is eliminated, the total of our state and local taxes, on a per capita basis, will merely drop to just [above](#) (YES, ABOVE) the level that currently exists in New Hampshire, the fastest growing state in New England.

Here are the current state and local per capita tax burdens in New Hampshire and Massachusetts from the U.S. Department of Commerce and the Census Bureau:

- Massachusetts: \$5,203
- New Hampshire: \$3,321
- **Difference: \$1,882 more in Massachusetts for every man, woman and child.**

When you multiply this difference by the population of Massachusetts, you get over \$12 billion, which is more than the projected reduction in tax revenues if our state income tax is eliminated.

Your representatives will tell you that they can’t do it. Tell them, “Do it or get out.”

Current spending by the Massachusetts state government totals approximately \$47 billion including “off-budget” expenditures. This total includes revenues received from federal reimbursements/ grants, lottery proceeds, license fees, investment earnings, etc. ... all of which will continue if the income tax is eliminated.

If Question 1 passes, spending by our state government would drop to \$35 billion. This amount does not count local spending based on property taxes totaling approximately \$20 billion. Thus, a grand total of \$55 billion in government spending will still be available in Massachusetts for essential services if the income tax is eliminated.

Shouldn’t \$55 billion be sufficient to fund police, fire, and education - with substantial sums left over?

After Question 1 passes, our state Legislature needs to create a zero-based budget strategy. Start by funding police, the courts, fire, and education. Then prioritize what is left. When the money runs out ... STOP!!

If our legislators need to create greater savings to fund these essentials, then eliminate compulsory bargaining and the prevailing wage scam. Our Legislature needs to work for the taxpayers, not for the special interests. Passing Question 1 is the only way to force them to do so.

It is as simple as that.

Don’t be intimidated by threats and lies.

VOTE YES ON QUESTION ONE.

Then, enjoy your hard-earned money and insist that essential services be funded.

Oh, yes, there is no Division of Minority Health Services. But if Question 1 does not pass, I’m sure there will be.

(Footnotes) ¹ One state cop was recently caught calling in sick to run his fishing business on Cape Cod. ² A fireman on long-term disability was recently caught in a body-building competition.

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

Dogs, Cats, and Other People by Matthew Margolis

Pet adoption standards

Matty Margolis

SYNDICATED COLUMNIST

Adopting a child has been likened to pushing a big rig from Scranton to San Francisco. On roller skates. Adopting a dog, by contrast, often requires little more than willingness and an ability to pay.

The question is: Should the standards be higher?

Should people be expected to understand what it means to adopt a dog, to grasp the time, effort and patience required in order to fully commit to the task? Should those who make the placement of dogs in homes their business be expected to make an appropriate match?

In the world of animal rescues, shelters, pounds and private breeders, there are those who make the effort. They temperament test their dogs, acquire a history when possible, obedience train the animals and go the extra

mile to ensure an appropriate match. Then there are those whose only effort is to get the dog in a home. Even if it's the wrong one. Here's a tale of such an effort:

"My partner, 'Beth,' adopted 'Luna,' an 8-year-old female Boxer, from a pound about a year ago. Beth has an 8-year-old daughter, and a few months after they adopted Luna, she bit the little girl. Beth returned Luna to the pound, but they convinced her to keep the dog.

"This is where our issues begin. I have a pug, 'Missy,' and she's also 8 years old. Both are spayed.

"About four months ago, Beth and I introduced Luna and Missy. Everything was great at first. Luna would come to my house, and Missy would go to Luna's. Missy even stayed at Beth's house for three days without me. When I returned, I gave the usual amount of attention to each dog, but

after about an hour or so, Luna snapped when Beth and I went to pet Missy.

"The worst attack was last week. Beth and I were in her living room with the dogs. They were playing, and Luna became very aggressive and attacked Missy, wounding her badly. We put the muzzle on Luna, and even then she hovered over Missy and growled.

The dogs have not seen each other for a week.

"Yesterday, Beth and I took Luna to the park and let her off the leash to run. We noticed a gentleman walking his black Lab. Luna took off running toward them, and Beth ran to retrieve her. Luna had never attacked another dog in the park in the year that they had been going. Beth put Luna back on the leash, apologized to the man and reached down to pet his dog. As soon as Beth touched the Lab, Luna attacked.

"At first we thought it was just territorial aggression. Now we aren't sure of what to do. We have no history on Luna, and we don't want this to turn fatal, where she injures or kills my dog, or snaps one day and attacks Beth's daughter or anyone else. Are there solutions?"

By my lights, the story ended when Luna bit the little girl. Once a dog bites a child, there are limitations to everything. While mistakes were undoubtedly made by all adult parties involved, the hands-down most

astounding part of this narrative is that a shelter worker, in a reckless act of irresponsibility, convinced this woman to return an aggressive dog to a home with a small child.

Luna needs a home with no children or other animals. She must be on-leash at all times when in public, she must be professionally trained, she must be kept in a secure yard or inside, and she undoubtedly requires a lot of exercise. Boundaries must be set and enforced. Right now, she is in the worst possible home. This shelter worker not only failed to make a good match, but instead encouraged a dangerous one.

Are there solutions? Absolutely. And they begin with higher adoption standards across the board.

Woof!

Dog trainer Matthew "Uncle Matty" Margolis is co-author of 18 books about dogs, a behaviorist, a popular radio and television guest, and host of the PBS series "WOOF! It's a Dog's Life!" Read all of Uncle Matty's columns at the Creators Syndicate website at www.creators.com, and visit him at www.unclematty.com. Send your questions to dearuncle.gazette@unclematty.com or by mail to Uncle Matty at P.O. Box 3300, Diamond Springs, CA 95619. COPYRIGHT 2008 CREATORS SYNDICATE, INC.

What? Massage a dog?

Indeed! There are many physical and behavioral/ emotional benefits to having your dog massaged. Animals often express their stress through unwelcome behaviors or illnesses.

Massage can reduce your pet's anxiety and facilitate healing. The same principals that are applied to people are used for animals with slight variations and modifications for the four-legged species. The basic strokes of Swedish massage are applied, along with stretching techniques, range of motion assessment and gait analysis. Massage differs from petting. It is directed, intentional manipulation of the muscles and joints. To illustrate how massage can be helpful, here is Maisie's story.

Although there are many animals in the Douphinette household, we always make room for one more pet in need of a fresh start. Maisie, an eight-pound Schnoodle, definitely fit that bill when she joined our family in September 2007. To Cindy Douphinette's surprise, when scooped off the floor, Maisie yelped in fear or pain. Cindy, an RN and certified canine massage therapist, immediately examined Maisie for signs of injury. Maisie says thanks!

Cindy quickly discovered tight shortened muscles in Maisie's arms and shoulders, which caused her to hold her front legs snugly against her body. The tight overdeveloped muscles in her hind legs caused her back legs to bow out to the sides.

Cindy quickly instituted "four on the floor" orders for Maisie and then began



PHOTO: COURTESY

Maisie says thanks for great massage!

canine massage therapy. After several massage sessions, the muscles in Maisie's front legs relaxed allowing for an increase in range of motion.

Over the next few months, there was a noticeable straightening of her hind legs as the muscles relaxed to bring her legs to a more normal position. By keeping all four paws on the floor to be lifted, there is less stretching of the forlimbs and less tension on the hind limbs.

Before picking Maisie up from the floor, a family member gives Maisie a verbal cue to put "four on the floor" then gently cups a hand under her ribcage and picks her up. Maisie no longer yelps when picked up. Instead, she shows her appreciation by giving the handler a little kiss under the chin.

Merrimack River Feline Rescue Society's 14th Annual FurBall Fundraiser - October 18th

The Merrimack River Feline Rescue Society's 14th annual FurBall fundraising event will feature live and silent auctions, a raffle, music, a buffet dinner and much more.

The silent auction begins at 6 p.m. and the live auction starts at 8 p.m. Auction items include vacation packages to Florida & Mexico, a safari, tickets to Blue Man Group & sporting events, a day at the spa, Arubacat Cat Furniture, wonderful dinners at some the best restaurants in Newburyport, Boston and Portsmouth NH and much more.

This event is one of the charity's biggest fundraising events, so come and enjoy yourself while supporting MRFRS and the great work they do on behalf of cats and kittens in need. Tickets are \$20 in advance, \$25 at the door, and \$18 for senior citizens. Tables of 10 can be reserved for \$200. Please call 978-462-0760 or visit www.mrfrs.org to order tickets or for more information.



PHOTO: RACHEL PORTEN

When: Saturday, October 18th, 2008 – 6 p.m. to 10 p.m. - **Where:** Newburyport City Hall, 60 Pleasant St, Newburyport, 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.

Have a Heart Open House

Have a Heart Animal Hospitals will be holding an Open House on October 25th from 12-3 pm and our 3rd Annual Santa Saturday from 12-3 pm.

The Open House will focus on client education, a hospital tour, raffles, contests and more. On Santa Saturday, Clients may bring in their pets for a photo with Santa. There will be raffles, door prizes, plus complimentary food and drink. All donations will go to Pets in Need in Dracut.

Have a Heart Animal Hospital, 764 Broadway, Haverhill MA. With several sister hospitals in the area which are Main Street Animal Hospital, Wignall Animal Hospital, Lowell Veterinary Clinic, Weston Veterinary Clinic, Natick Animal Clinic and Holden Veterinary Clinic. Our hospitals offer full service medical care for dogs, cats and pocket pets.

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PUPPY LOVE! with Kate Whitney

Reading your pet food label is more important than the brand of food you buy

Kate Whitney
VALLEY PATRIOT PUPPY COLUMNIST

It's hard to believe summer is over. I want to share something with you that I do every Fall and Spring. I look through each of my pet's health records to make sure they are up to date with shots and vaccinations. Also be sure to check your heartworm pills and flea/tick preventative; it's imperative that these be given at the same time each month to ensure protection.

Something that seems to be on the top of people's lists these days is eating healthy. I know I am constantly surrounded by words like organic, holistic and fresh. So if we humans are so conscious these days about foods and our diet, what about our pets? Have you ever really stopped to read the label of your dog's food?

Do you just buy whichever food your vet recommends or whichever food is on sale at the grocery store? I would guess that most of you don't read the label on the bag and for those of you who might, do you really understand what you are reading?

In the spirit of starting our Fall off on a healthy foot, I would write about how to make sure you are feeding your dog (or cat) healthy, nutritious food. I decided to discuss the topic with Justin Pepelis. I first met Justin when I visited Salem Animal Rescue League in Salem, NH. I was there to learn more about the shelter and its programs which I wrote about in one of my past articles.

I noticed Justin walking around with a tool belt on. He looked busy. Not only is he an adoption counselor, he also donates his time at the shelters doing maintenance and lends advice and training tips to anyone who needs help. He has a passion and a respect for dogs that anyone would admire. He also has two adopted dogs, the Boxer I mentioned earlier and a Doberman Pincher (one of my favorite breeds, I grew up with two Dobies.) He's like a local Cesar Milan!

With so much knowledge about dogs, I wasn't sure what I wanted to interview him about. I didn't have to think much harder, though, because right when we sat down, he said "I know what your article can be about ... nutrition and diet." I was immediately drawn to this topic. I am always wanting to learn about ways to keep my dogs healthy. What prompted Justin to learn more about food and diet, was his dog Mercedes, a Boxer. She had severe allergies and no one could figure out the cause.



There are two types of allergies: environment and food. Veterinarians can only test for environmental allergens, so figuring out what is affecting our dogs can sometimes be frustrating. Some dogs are even allergic to grass! If you have a dog that is allergic to things, I'm sure you go out of your way to monitor what goes into its system. I once had a cat that had diabetes, and I was always on the lookout, making sure everything he ate wouldn't affect his blood glucose levels in a negative way. For those of us who care about our animals, this is just how we are.

Ok, so should you have a pet that is allergic to something, you first need to look at the ingredients in the food. Look especially at grain ingredients. In order to figure out what the specific cause is, rotate off different foods. Give the animal 2-3 weeks before making any conclusive results. It takes time for the animal's body to adjust.

There are two especially dangerous things you do not want to see on your pet's food label: BHA and BHD. These are preservatives that are carcinogens (cause cancer) and are put in food to make it last longer, in some cases the food would last forever. A healthier choice is something called tocopherals. The food won't last as long, but it's much safer!

Make sure that corn is no where in the ingredients list. Corn is the worst grain possible. Dogs can't digest it, it's the #1 allergen, and it promotes yeast infections in female dogs.

When reading a label, make sure the first five ingredients make up 80%-90% of the food. There should be at least two meat sources, preferably three. The words "fat" and "byproducts" should be nowhere in the first five ingredients.

Wheat and soy can also be harmful ingredients. It's important to be aware of how each is processed. What I mean by this is that if the main healthy components in each of the foods are used up, and then whatever is left over is put into the dog food, this is not good. You don't want that left over junk in the food. Justin also pointed out an example of "Dried Beet Pulp."

He said that this is bad and has no nutritional value. It's just a filler composed of sugar residue and, just like carbohydrates, it turns into a sugar-like substance that compares to giving your dog caffeine. A few harmful foods that should never be given to dogs are chocolate, grapes (can cause a seizure), raisins, and onions.

So let's talk a little bit about food brands. Everyone knows the top brands such as Science Diet, Iams, Pedigree, etc. These are big companies that spend



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

exorbitant amounts of money on advertising and some even have contracts with your veterinarians. I know that I would rather have money put back into making a healthy, safe food than spending it on TV ads. I asked Justin what the best foods on the market were.

These companies are smaller, you may never have heard of them. If money is no object, check out these brands: Artemis, Innova, Timberwolf Organics, and Solid Gold. The best value foods (bigger bag for a little less money) are Canidae, Wellness, and Chicken Soup.

If you have questions regarding diet or training and would like to consult with Justin, please email me and I can put you in touch with him.



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

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

MRS. HACKENSACK COULDN'T DECIDE WHAT BRAND OF DOG FOOD TO GET FOR HER PUPPY "TANGO," UNTIL...

DOG GONE GOOD	DOG GONE GOOD	DOG GONE GOOD	DOG GONE GOOD	DOG GONE GOOD	DOG GONE GOOD
DOGGIE GRUB	DOGGIE GRUB	DOGGIE GRUB	DOGGIE GRUB	DOGGIE GRUB	DOGGIE GRUB
FIDO FOOD	FIDO FOOD	FIDO FOOD	FIDO FOOD	FIDO FOOD	FIDO FOOD

REMEMBER... THE BRAND NAME IS NOT AS IMPORTANT AS THE INGREDIENTS.

THANKS PUPPY GIRL!

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ARF!

OCT. 08 VP

The comic strip consists of four panels. Panel 1 shows Mrs. Hackensack looking confused at a shelf of dog food brands. Panel 2 shows Puppy Girl, a superheroine, appearing and giving advice. Panel 3 shows Mrs. Hackensack thanking Puppy Girl. Panel 4 shows Mrs. Hackensack and her dog Tango happy, with a speech bubble saying 'We need to shop more!' and 'Arf!'.

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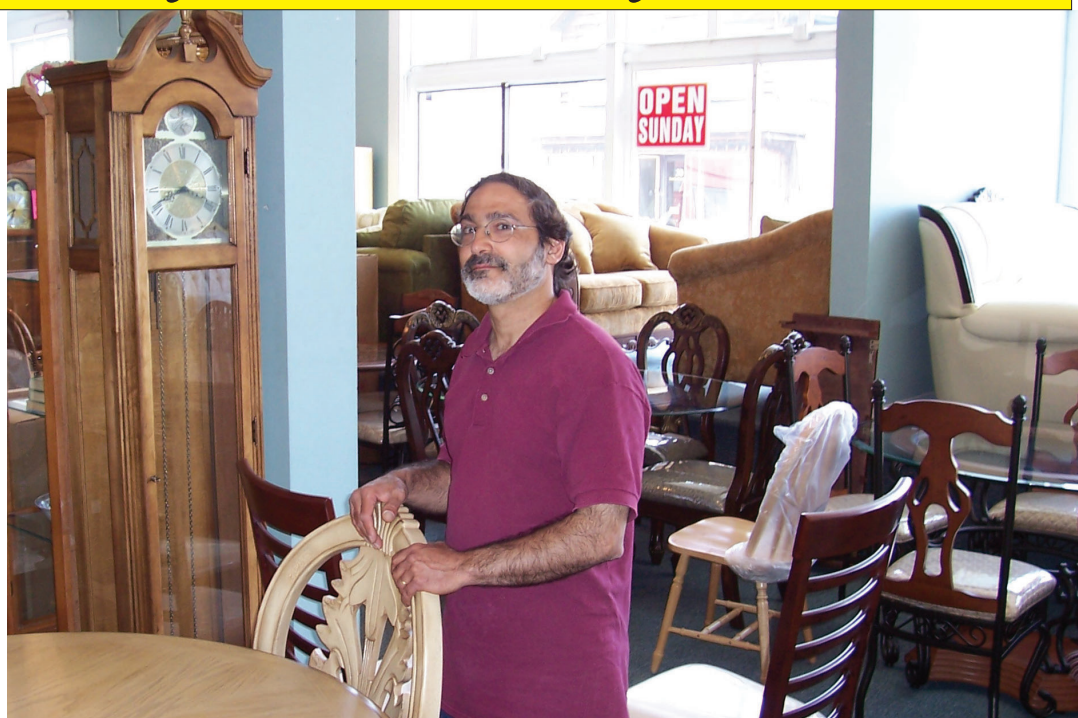
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HAVERHILL ON THE MOVE

Haverhill Mayor Jim Fiorentini's notebook

Jim Fiorentini

HAVERHILL MAYOR

There is no questions about it: Haverhill has made remarkable progress. Our "plan for tomorrow" has clean up polluted brownfields sites, recycled abandoned factory buildings into energy efficient housing, brought in new retail stores, and increased our tax base by millions of dollars.

But, today, the national financial crisis has changed our budget numbers. This newsletter goes into detail on how the national financial crisis is affecting the city budget and what we are doing to plan in the event the situation deteriorates further.

How the national economic slow down affects the city budget

The big impact of a national downturn is on our citizens. People tell me all the time they are having trouble paying their bills, they are worried about heating their homes, and worried about losing their jobs and their retirement. There is also an impact on the city budget. Here are a few ways that national slow-down affects our city budget.

New Growth Slows "New growth" is the increase in the tax base from new commercial and residential development. A city can raise its budget every year by two and a half percent **PLUS** new growth, so new growth is critical. In past years, new growth has been as high as \$2.5 million a year.

This year, our budget projected new growth at \$1.1 million. (That means we have \$1.4 million LESS to spend on projects like public education.) We carefully monitor those new growth numbers to see if we are on target to meet our budget. Thus far, we are on target.

While a number of projects are stalled for lack of financing, there are a number of others like Forest City, CVS, and Zion Bible College that went forward.

Permit Fees Off

New developments like Forest City, CVS and Target bring in long term sustainable new tax revenue. They also bring in one time revenue in the form of permit fees. The Forest city project downtown brought in over \$1 million in permit fees. As new growth has slowed, so has our revenue from permit fees. In the first two months this year, permit fees are off by about 40%.

Receivables Down

As people experience financial problems, they sometimes have difficulty in paying taxes. Overall, receivables are about where they were a year ago. We have fallen behind in real estate tax collections, but we are doing better with excise tax receivables. To speed up collections on real estate matters, we hired a new collections law firm.

**State Crisis Affects Local Budgets**

The national crisis has caused a precipitous drop in State tax revenues. State tax revenues were down \$400 million in August, and the State now faces a \$1 billion budget gap. ("State eyes budget gap that could top \$1B")

To meet this gap, the Governor has been talking about making emergency cuts to the State budget. These cuts are called "9C" cuts. There are published reports that those emergency cuts *might* include cuts to the local aid that cities and towns have already received.

We won't know for about thirty days if the Governor is going to cut local aid. In the meantime we have to hope for the best and be prepared for the worst. Last week, I went to the State House to meet with Lt. Governor Murray. I stressed to him that have a large structural deficit because of the Hale debt, and cuts in aid would cause us serious problems.

Preparing and planning

It is obvious that if our revenues go down either because of State aid cuts or any other reason, we may not be able to do all of the good things we would all like to do. To plan, we are drawing up contingency plans we hope we never need, and instituting new spending and hiring controls. This past Thursday I convened a meeting of our department heads, and re-imposed a hiring and spending freeze. I met with the school department, and they intend to join with me in imposing a hiring and spending freeze. In the long-term, I intend to establish an internal board to evaluate and make a recommendation on all job vacancies.

Despite Downturn, Downtown Renaissance Continues

The good news is that, despite this, our downtown renaissance continues. On Essex Street, the \$70 million Forest city project is scheduled to open in November. On Granite Street, the project to restore the Hayes Building received approval for



\$5 million to restore the building. Sal Lupoli, owner of Sal's Pizza, has purchased a waterfront building on Merrimack Street and will be spending millions of dollars to rehab it. In Lafayette Square, the new CVS Pharmacy approved its occupancy permit this week. In Bradford, Zion Bible College received its occupancy permit this week to use Academy Hall. Despite the slowdown, there are still a lot of good things happening in Haverhill!

Bierbrier Development Donates \$10,000 To Lower Sports Fees

Last month, I announced my plans to try to raise money to lower sports fees. We had our first big donation this past week, with Bierbrier Development donating \$10,000 to lower sports fees. With the help of some great volunteers, we started our direct mail campaign seeking contributions.

Can you help? Send a contribution to Mayor's Fund to Lower Sports Fees Mayor's Office City Hall, 4 Summer Street Haverhill, MA 01830



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

Seniors Sought for Talent Show

Individuals 50 years-old and older with a special talent are invited to audition for Northern Essex Community College's Life Long Learning's second annual talent show on Thursday, Nov. 13, at 2 p.m. in the Technology Center on the Haverhill campus. There is a \$1 admission fee the day of the show.

Last year, 19 contestants participated for first, second, and third place. A panel of three judges will vote on the individual acts.

Auditions are necessary to participate in the program. For an appointment to audition call Charlene Boucher, coordinator of NECC's Life Long Learning Program, at 978-556-3825. Talents may include singing, writing and reciting poetry, comedy, dancing, or juggling.

Life long Learning is a program of lectures, study groups and trips for adults offered through NECC.

With campuses in Haverhill and Lawrence and extension sites in Andover, Methuen, and North Andover, Northern Essex Community College is a state-assisted college, offering over 70 associate degree and certificate programs as well as hundreds of non credit courses designed for personal enrichment and career growth.

Close to 13,000 students ranging from recent high school graduates to workers employed locally attend classes days, evenings, and weekends. Northern Essex is the only state college located in the lower Merrimack Valley Region of Massachusetts.

HCTV and COA to sponsor "DTV Awareness Day" November 17, 2008, 7:00 p.m.

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 November 17, 2008. It will be held at the Haverhill Public Library at 7:00 p.m.. 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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National Academy of Television Arts & Sciences Awards Emmy® To *Have You Seen Andy?*

Feature-length documentary explored disappearance of Lawrence boy in 1976

The National Academy of Television Arts & Sciences presented an Emmy® Award in the “Outstanding Investigative Journalism – Long Form” category to *Have You Seen Andy?*, a feature-length documentary produced, directed and written by Lawrence native Melanie Perkins on Monday evening.

Perkins accepted the award at the 29th Annual News & Documentary Emmy® Awards at the Frederick P. Rose Hall, Home of Jazz at Lincoln Center, located in the Time Warner Center in New York City. Perkins’ marked her victory by holding up her Emmy statue and exclaiming “this is for Andy!”

Have You Seen Andy? is the story of a childhood friend’s search for answers to the unsolved disappearance of a Lawrence boy.

The film first aired on HBO’s Cinemax Reel Life series in the summer of 2007. The film bested two other films (*Mississippi Cold Case* and *Slave Girls of India*) for the prestigious honor. It will be released on DVD on October 14th through HBO and Amazon.com

The HBO documentary chronicled Perkins’ search for answers in the disappearance of her childhood friend, Angelo “Andy” Puglisi, who vanished from a public swimming pool in Lawrence, MA in 1976 and has never been found. The film is Perkins’ personal story of a childhood friendship that was abruptly ended when Andy Puglisi was taken from the Higgins Memorial pool.

Twenty-two years after Andy’s kidnapping, Perkins began a search for answers that led to the case being re-opened after more than a decade. Her research uncovered new and startling information about the little

boy’s disappearance; including the revelation that there were at least five known pedophiles who visited the pool on that fateful summer day.

Perkins sincerely hopes her Emmy win will motivate the Essex County District Attorney’s office to re-open their investigation into Andy’s case and take a second look at some of the evidence that had not been scrutinized in hopes of finally solving Andy’s case.

About Melanie Perkins: “*Have You Seen Andy?*” marked the directorial debut of Melanie Perkins. The producer and director began her career with the PBS science series, NOVA, the longest-running science program on public television.

She also has worked with the award-winning historical documentary series *The American Experience* and films such as “*Amelia Earhart*,” “*The Wright Brothers*,” “*Private Lives of Dolphins*,” and “*Rescuing Whales*.”

Perkins also worked as a senior producer for the Boston-based production company Smash and is currently a freelance producer and consultant. In this role, she has worked with ABC News’ *PrimeTime Live* and PBS’ “*The War That Made America*.”



PHOTO: COURTESY
Melanie Perkins with her Emmy for “Have you seen Andy?”

High School teacher joins research team through Earthwatch Institute

Tammy Bush, a high school educator at Notre Dame High School in Lawrence, MA joined an Earthwatch Institute research team for a twelve day trip to the Southwestern Research Station, Portal, Aizona. She gathered data that will be used to study the factors that affect interactions between trophic levels within a specific environment. The basis for the study is the interaction between caterpillars, food and their only natural enemy, parasitoids (organisms that are parasitic for part of their life cycle). Ms. Bush was sponsored by an Earthwatch Fellowship funded by a generous grant from the Nathaniel and Elizabeth P. Stevens Foundation.

The study has agricultural and basic ecological applications. The data gathered at the Arizona site will be used in correlation with that gathered at other sites including Connecticut, Ecuador, and Costa Rica to test hypotheses regarding the effects of climatic factors on caterpillars. From August 5- August 14th, Ms. Bush joined seven other Earthwatch volunteers from the United States and Japan. The research team was led by Dr. Lee Dyer of Tulane University. The volunteers assisted researchers by collecting various caterpillar and plant species and ensuring that captive caterpillars had a clean environment to pupate.

Ms. Bush says, “I am looking forward to taking my experience back to the classroom and exposing my students to the excitement of science in action. I found the landscape and the “sky islands”- the Chirachaua Mountains of southeastern Arizona- absolutely fascinating and I will share this aspect of the trip with my students as well.”

Earthwatch is a world leader in the field of experiential education providing opportunities in the field and online for volunteers to broaden their understanding of sustainability and support conservation research. There is no experience necessary to be involved; there are hundreds of teams worldwide that need support. Please visit www.earthwatch.org or call 800-776-0188 for further information.


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PHOTO: COURTESY

Lawrence Residents Join Thousands to Race for the Cure® - Steve Moury, Tony Mendes, Juan Acosta, Ramon Martinez, Lily Ramos, Loida Rosado, Juan Rivera, and Edgar Martinez from Lawrence participated in the 16th Annual Susan G. Komen Massachusetts Race For The Cure® last month. The Lawrence residents were some of 7,000 participants in the 5K race to help raise over \$800,000 and build awareness for breast cancer.

Sunday's 5K race took place at the University of Massachusetts in South Boston with about 7,000 participants. This year's race raised more than \$800,000. Highlights of the 16th Annual Massachusetts Race for the Cure included a ceremony in recognition of local survivor Carmen Johnson, who was named a member of Honorary Team New Balance. Jim Tompkins, President and COO of New Balance presented jackets embroidered with a pink ribbon to Carmen and national Honorary Team New Balance members Bev Veals and Mark Goldstein, who celebrated his 183rd Race for the Cure on Sunday. The event was emceed by WCVB's Kelly Tuthill.

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Lawrence author learned hard lessons growing up in Lawrence

Tom Duggan
VALLEY PATRIOT REPORTER

Lawrence Native Ken Tingle’s new book “The Girl in the Italian Bakery” is taking the Merrimack Valley by storm as a story of personal triumph though childhood adversity living in the city of Lawrence and trying to make it with a deck clearly stacked against him.

Tingle says it took him about a year to write the book and when it was finished didn’t even bother trying to get he attention of the major publishers.

“The whole process so much quicker for me than a lot of people. Some people take years writing their book and then just as many years finding a publisher,” Tingle told The Valley Patriot.

“They say the odds of getting one of the major publishers to even look at your manuscript are not as good as winning the lottery, so I didn’t bother chasing the big publishers like Random House,” he said

“Unless you have a high powered agent to represent you to help you get your foot in the door, getting a high powered publisher is nearly impossible. And getting a high powered agent is just as hard as getting a high powered publishing house to look at your book, so it’s a catch 22.”

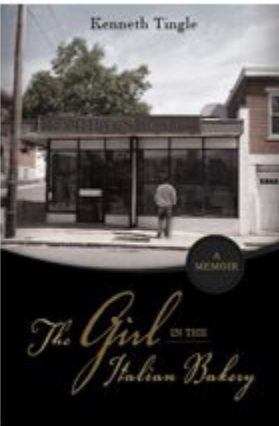
Instead, Tingle went to a small publisher in Oklahoma called Tate publishing & Enterprises, LLC. (www.tatepublishing.com).

“This book is really about growing up hard in the city of Lawrence,” Tingle explained.

“Its not really told as a sob story, though. It starts out with me growing up in the Stadium Projects, my family fell apart when I was 11 years old and I moved from foster home to foster home. I was back home by 14 and the story follows some of the dumb things I did as a kid, like experimenting with drugs, committing petty and doing things that really had some serious consequences.”

Tingle says it’s a story that happens in Lawrence 1,000 times a day. “People grow

apart, families break up, there’s real poverty. My father left when I was one and he was never part of picture but, the book has a point. It’s not a poor-me kind of story. It’s more about growing up under really tough circumstances and the lessons I learned. The final chapter is looking back and putting everything together, putting things in perspective. A lot of things happen in life for a reason. I didn’t understand that until I wrote this book. It made me realize why a lot of things happened.”



For a short time Tingle lived next door to the Andy Puglisi and writes about the experience of being an 8 or 9 year-old boy living next door to a kid who disappeared, “he just vanished into thin air and for a nine year old kid to deal with that whole thing back then was very surreal”.

Tingle says that when the book first came out he didn’t know what to expect. There were some people who weren’t happy with seeing their names in the book,” he admits. “but it’s been really well received in the Valley,” he concluded.

Tingle says that the City of Methuen has asked him to speak to their 8th grade class, an honor he didn’t expect. “Someone in the Methuen public schools read the book and they were so impressed by the positive message that didn’t preach to them that they are purchasing the book for the class.”

He said he hopes other schools will recognize the value of how he learned his lessons growing up in Lawrence. “The Girl in the Italian Bakery” is available on Amazon.com.

Ken Tingle has a book signing coming out around the holidays at Borders in Methuen and will be doing a book reading at the Lawrence public Library on November 8th at 2pm.



David Abdoo
LAWRENCE CITY COUNCIL

A storm is coming.

The same storm that you have read about for the past few weeks. The storm that has consumed 100+ year old financial institutions, put a spotlight on the predatory lenders and caused anxiety throughout the world’s financial markets and governments. Here in the Commonwealth of Massachusetts, every municipality and quasi governmental agency is faced with this eminent storm front that is bearing down on Lawrence Massachusetts USA.

The financial markets have been temporarily paralyzed, the federal government has been scrambling to stop the proverbial bleeding and last week the Commonwealth of Massachusetts could not get the equivalent of a loan from Wall Street to pay its short term expenses. The Commonwealth is facing the same challenges everyone is facing. Revenues are down, spending is up in typical Massachusetts-style and government is struggling with cash flow. Bottom line: in the next several weeks each department of state government will make some cuts in spending, and then the cuts will go deep into discretionary spending, higher education, and local aid.

Local aid is the state’s contribution to cities and towns in Massachusetts. A decline in local aid is the “storm” that we are facing in the City of Lawrence.

After several years of fiscal drama and missteps in the city’s financial management, the city council and the city’s budget director spent several months working with department heads to tighten finances and explore efficiencies. Meanwhile, the mayor brought Lawrence-born Mark Andrews into manage the budgeting operation. Mr. Andrews brought stability to a revolving door position that is arguably the most important in municipal management. Since the beginning of the year, collectively, all parties reviewed and adjusted revenues, raised taxes to the levy limit, cut spending by 3-11% across city government and made other painful —but much needed decisions to bring stability to Lawrence’s



PHOTO: TOM DUGGAN

business operation. The hoped for result was that of a turn-around and strengthening of city finances.

Unfortunately, fiscal year 2009 will not be the year that we Lawrencians see much needed quality of life gains in government due to the financial challenges facing the city. However, this financial challenge is THE time to bring reform and reorganization to Lawrence. Lawrence has some arcane and less-than-efficient subdivisions of its government. This is where we can turn the proverbial ‘corner’ and make some progress during these times and set ourselves up for future success when the larger economy begins to recover.

Local aid accounts for approximately 68% of the City of Lawrence’s revenues. Local aid also accounts for one of the Commonwealth’s largest expenditure categories that will certainly be looked at for “savings” by the state. A negative change in this relationship will be painful for the City of Lawrence. Change is not always a good thing, and city leaders must be prepared for change... this is the storm.

This storm will take the form of lower receipts of property taxes, continued foreclosures throughout the city, and a cut in local aid. Like death and taxes... a cut in local aid is almost certain before *All Hallows’s Eve*.

As stewards of the city, all elected officials and appointed department heads in the City of Lawrence must come together and quickly examine the way we are doing “business”, lower expenditures and improve the delivery of city services. Considering the fact that we cannot turn back the clock, now is the time for action. Inaction would be folly and cause more

ABDOO, page 29

John Ramey-Killed in Lawrence Strike

Jonas Stundza
GUEST COLUMNIST

During the great Textile Strike of 1912, unrest permeated beyond the downtown mill district into the neighborhoods. The Strike, in the midst of one of the coldest winters and not expected to last long, had already exceeded the second week. By order of Governor Foss(also a mill owner), an additional twelve companies of infantry and troops of cavalry were brought into Lawrence to enforce order in the neighborhoods after the shooting death of Anna Lopizzo. It was the mindset of Colonel Sweetser to take a hard line and keep the people off the streets. He forbade parades, open air meetings and gatherings of three or more. This was to root out the agitators and intimidate the general population into “Law and Order”.

Tensions were high at the end of January. Militia on the streets; dynamite planting and attempt to blame the workers; the funeral plans of the first

victim, Anna; the trolley car attack; and the arrest of union leader Ettor brings us to the morning of Tuesday, January 30, 1912.

A large group of Lebanese, referred to an Syrians in those days, gathered at the corner of Oak and White Streets in the midst of their neighborhood, to prepare to demonstrate. Commonly called the “Singing Strike” because the diverse ethnic groups rallied around the themes of labor as they sang in their own languages, these rally parades were often accompanied by musicians. As it was on that morning, the Syrian band members were present and the young John Ramey, 20, was readying for the parade, practicing on his cornet. A detachment approached the banned rally and exchanges were made. The militia processed in charge-bayonet position and as Ramey retreated he was punctured in the back with a bayonet. He was taken to Lawrence

RAMEY, page 29

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The way I see it, it's time to change the charter

Peter Larocque

LAWRENCE SCHOOL COMMITTEE

The new Buzzword in politics is: "CHANGE." Now I guess it's my turn to use this word, but I must go back to the beginning. No, not that far back. I mean the beginning of my political carrier.

When I first ran for the Lawrence School Committee in 2005, I ran against the then popular incumbent Ms. Amy McGovern. She was very well loved in our community and particularly in the District.

To make a long story short, I didn't make my campaign specifically against her. I was campaigning against how the School Committee conducted its business. Meeting after meeting, I watched how Ms. McGovern was frustrated and it seemed to me that the frustration that she was facing was due to a lack of communication between the Administration and the School Committee.

I knew this could not continue. But it really didn't matter because she won the election hands down. As life goes, with all of its surprises and the changes they bring to the people's lives, I now find myself (because of persistence and the Lawrence City Council in October 2006 and of course eventually the good people of District E in 2007) that I'm just about to finish my second year as a member of the Lawrence School Committee.

With all this being said, I now want to speak to what I believe needs to CHANGE in the City of Lawrence. Yes, I know I've written and talked about this before but, I am more convinced now, as we endeavor to move the City forward in a positive manner. To do this, I must say out front that I mean no disrespect to Mayor Michael Sullivan or Superintendent Dr. Wilfredo T. Laboy. This is not a personal affront against them. It is just my opinion, right or wrong, and it's strictly business! (I have always wanted to say that). When I speak of the mayor or the superintendent, I am speaking of future Mayors and Superintendents in Lawrence.

The City of Lawrence will be getting a new Mayor in January 2010 and a new Superintendent after June of 2011. So now, in October 2008, it is my opinion that this is the perfect time to consider changing the Lawrence City Charter in the following areas:



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

1. Electing the Lawrence School Committee.

2. The mayor's involvement on the School Committee.

It is my view that there needs to be the same passion from the Lawrence City Council and our citizens to change the City Charter as we saw for the Voter I.D. Bill #4704.

I have seen more than enough examples in the last few months that speak directly to why a charter change is needed before the next Mayor takes office.

The Mayor should not be a member of or the Chairman of the School Committee. There are just too many areas that overlap and that may have the appearance of impropriety.

First there was the mistake by the Mayor's Office delivering to the Lawrence City Council a FY09 LPS Budget different than the one voted upon by the Lawrence School Committee without School Committee knowledge.

Secondly, this past summer's disagreement between the Superintendent and the Chief of Police over the number of arrests at the new Lawrence High School Campus. This dealt directly with the School Resource Officer Agreement, which is between the Lawrence School Committee and The Lawrence Police Department. There was a meeting to reconcile this involving the Mayor's Office, but very little if any School Committee involvement.

Thirdly, is the situation with the Superintendent's salary increase. I wonder if the outcome would have been the same if our Chairman of the School Committee were not also the Mayor of the

City? For your reading enjoyment I would like to call your attention to an article in the Boston Globe dated September 30, 2008 by Globe Staff member Mr. James Vaznis entitled, Boston schools chief gets praise, no bonus. Take note of who the Chairperson of the Boston School Committee is, it is not Mayor Menino.

Fourthly, I believe the Lawrence School Committee needs to entertain the idea of acquiring a new Attorney. I sometimes wonder who the current Attorney represents?

This brings me to the Superintendent's contract. This is former Mayor Dowling's handy work along with the Superintendent's Attorney. I do not fault the Superintendent at all for getting a good contract in his favor like the one he has. Good for you Superintendent.

But with the coming of a new Superintendent means a new opportunity to work out a new contract between the Lawrence School Committee and whoever will be the next Superintendent. But what do you think are the chances that the contract would be any different if the Mayor of the City is still the Chairman of the School Committee? Would the contract be, in fact, between the School Committee and the new Superintendent?

How much input will the School Committee actually have? Or, will it again be put together from the mayor's office?

A contract for the superintendent of schools should be between the Lawrence School Committee and the Superintendent. I would think that once an agreement is in place between these two, then the contract would need to be signed by the Chairman of the School Committee (who would be voted upon by colleagues of equal standing), the

attorney for the School Committee, and the new Superintendent and his/her attorney.

Once again I would like to express my belief that the way school committee members are elected in Lawrence needs to change. Each member should be allowed to be elected in an at-large (city-wide) capacity rather than by districts. They should then elect their own chairman and vice-Chairman.

In order for this to happen, the city charter must be changed. My question to the Lawrence City Council and to the registered voters of Lawrence is: what are we waiting for? Please do not give me the Federal Government story. Times have changed in our city and it's time we take care of our own business.

There are even some citizens who have expressed a desire to see the City of Lawrence have a City Manager handle the day-to-day operations of the City and that the Mayor would have other responsibilities.

So, to the Lawrence City Council, how about conducting a well-publicized public forum on the subject of a city charter change and review, and let the citizens be heard on the topic. At the very least you can place it on your agenda for discussion. What are you afraid of?

God Bless you all,

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



Abdoo 2009



From Left to right, Mark Rivera and Charlie Birchall of the Lawrence School Department with Lt. McCarthy of the Lawrence Police and Lawrence Mayor Mike Sullivan at Salvatore’s Restaurant in Lawrence.

Team Sullivan beats Team Manzi in Pizza Eating Contest at Salvatore’s!

Lawrence Mayor Mike Sullivan and Methuen Mayor Bill Manzi faced off in yet another competition, this time to see which team could eat more Sal’s pizza in a span of ten minutes. Sullivan’s team: Police Lt. Mike McCarthy, and Mark Rivera and Charlie Birchall of the Lawrence School Department won a very close decision beating Manzi’s team by a one inch piece of crust.. This was the second contest between Manzi and Sullivan this year. Manzi won the first in the “Latitude’s Biggest Loser” weight loss competition. The pizza eating challenge was held at Sal’s in Lawrence and officiated by John MacDonald of Salvatore’s. After the event Mayor Sullivan said that he is ready for a tie-breaker “This is the first time I’ve beaten Billy in 30 years,” Sullivan said. “I’m ready anytime anywhere to continue my ONE-EVENT winning streak.”

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TOM DUGGAN'S NOTEBOOK

Lawrence - Lantigua Barely squeaks by Devers

The bitter rivalry between former Lawrence Mayor Marcos Devers and State Representative Willie Lantigua has been going on for at least five years and, as time goes on, Devers seems to slowly but surely gain more and more support in the community. Last month, Lantigua was elected to his third term at the State House defeating Devers by 342 votes (Lantigua 2,089 to Devers 1,747 votes). Lantigua told the Valley Patriot that he was happy with the win but wished that he had won by a larger margin, saying that Devers' high numbers were no surprise. "When you say the same lies over and over, eventually some people are going to believe it," Lantigua said bitterly. Lantigua noted that Devers had supported spending state money for illegal aliens to receive legal aid lawyers and refused to disclose it to his Anglo constituents. "But it doesn't matter if you win by one vote or one million votes," Lantigua added.

"You still get a win next to your name and that always feels good!" While Lantigua has no opposition in the

November final election, he now has two years to try and win back some of the support he has lost in the last four years. For his part, Devers mounted a Herculean effort to unseat Lantigua and was the only candidate in the race to advertise or campaign in English language media. With rumors swirling around Devers possible run for mayor next year the smart political move would be to back another candidate, build a base of support in the district, raise some money and then ride the wave of continued displeasure with Lantigua to challenge him in 2010.

Lawrence - Speaking of the Lantigua race ... here's loyalty for you!



Lawrence City Councilor Griselda Silva, has been a longtime enemy of State Representative Willie Lantigua and has publicly attacked him for at least the last four years. She has also been considered a "good friend" and supporter of Marcos Devers in the last two elections where Devers has challenged Lantigua for his legislative seat in Boston. But on election night this year, shortly after Lantigua was announced the winner over Devers, Silva showed no shame when she actually showed up at Lantigua's victory party at Bali's on Essex Street (my favorite place to



PHOTO: COURTESY

Major League Baseball player Sammy Sosa (l), Sharon Birchall, and Lawrence Police Chief John Romero who attended the "Latino" Awards in Lawrence last month.

get Dominican food). Silva congratulated Lantigua when he entered the room as if she had been his long time friend and stayed for the festivities as Lantigua and his supporters celebrated his close win over Devers. I'm not sure what happened to make Silva betray her "good friend" Marcos Devers, but if I was Willy Lantigua I would be very careful not to get too close to Silva as she obviously has no loyalty and is not not above throwing her "friends" under the bus when it suits her.



Methuen - Campbell Wins - Leone drops out, DiBella viable next year

First term Methuen State Representative Linda Dean Campbell defeated Chris DiBella by 496 votes (Campbell 2,478 to DiBella 1,982). Campbell said that her win sent a "clear message" that Methuen voters do not respond to negative campaigning and care more about the issues. Campbell lost

only one precinct to DiBella (precinct. 3) by a margin of 197 to 189. But anyone who thinks that Chris DiBella is finished in politics because this represents his third loss in Methuen politics would be dead wrong and here's why. DiBella is not only an attorney who is plugged in politically in Methuen but he worked ferociously on his last two campaigns building a clear base of support and showed a deep understanding of the issues. He is young, good looking, has a young family and didn't do anything monumentally damaging to his reputation during the last election. He also showed he can do the one thing that actually

does win elections ... raise lots of money and pay his bills on time. Make no mistake about it, the people of Methuen may very well see DiBella's name on the ballot next year and with the experience of this state race behind him, will be better equipped to handle himself when the municipal races open up in the spring. One thing for sure, Chris DiBella shows no signs of going away and anyone who thinks his recent



Mayor Fiorentini cuts the ribbon of Le Posh Salon with co-owners Lisa Powell (l.) and Erica Daly (r.)

WOW!! I know where I'm having my hair done from now on! Haverhill Mayor James J. Fiorentini (center) welcomes Le Posh Salon, of 42 Washington Street in their opening last month in the downtown business district. The Mayor assisted in the ribbon cutting with co-owners Lisa Powell and Erica Daly, both of Haverhill. Le Posh salon is one of the new businesses in Downtown Haverhill and will provide hair styling and nail services.

Attorney Ellen Shimer-Brenes, Esq



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NOTEBOOK: Cont.

loss is a nail in his political coffin would be seriously underestimating what could be a viable candidate for mayor or city council in 2009. As for Campbell, her win last month all but assures her a job for life in the legislature if she wants it. The people of Methuen have spoken clearly and what they said was that they like Linda Campbell where she is. As you all know, more than 90% of all incumbents get reelected in any race and with two consecutive wins under her belt at the state level Campbell can now relax a little and concentrate on doing the business of the taxpayers of Massachusetts.

Congressional Race - Tribune reports Congressman John Tierney has no opposition in November ... his opponent is not amused

The Eagle Tribune reported last month, in an article entitled "Tierney switches vote on \$700Billion bailout", that Congressmen Tierney and Tsongas are unopposed in the November final election. "Lowell Democrat Niki Tsongas remained supportive of the bill. Neither she nor Tierney have opponents in next month's election." The only problem is that Congressional candidate Rich Baker who IS opposing John Tierney next month said he is not amused and told the Valley Patriot today that the Tribune "should know better" especially given the fact that he met with the editorial board of the Eagle Tribune just ten days ago. Baker called The Tribune gaffe "pathetic reporting" just 30 days before the election. The article was written by none other than Bill Kirk, one of the reporters who wrote the bogus "Monarch on the Merrimack" story in Lawrence last September and whose wife is the mayor of Gloucester. Baker has railed against the \$700 billion bailout for Wall Street since the day a proposed bailout was announced, Congressman Tierney voted against it before eventually voting for it. Anyone want to guess who the Tribune is planning on endorsing in November??



Lawrence - Tower Hill 20th Anniversary Celebration

Join the Tower Hill Neighborhood Association as they celebrate their 20th Anniversary on Friday October 17, 2008 with a Fall Dinner Buffet at the "French" Social Naturalization Club (across from Walgreens), 120 Broadway, Lawrence at 7:00 p.m. Hors d' oeuvres, Dinner, Dessert, Raffles, Prizes, Music and more. A donation of \$20 per person is requested. Tables of eight may be reserved in advance. For tickets, additional information, or to make a donation, contact THNA President, Keith Wlodyka, 603-548-9929 (cell), e-mail: towerhillman@hotmail.com or THNA Vice President, Dan Clark at 978-902-0595.

Georgetown – Wine tasting!

I LOVE wine tasting, (actually I hate wine tasting but really hot women like it so I have to pretend). This fall, make sure you check out the Georgetown Liquors Annual, Fall Grand Wine Tasting event on Saturday, Oct 18th, from 1 p.m. – 5 p.m.,

News Item: Former N. Andover School Chair Al Perry arrested for 20 counts of fraud, embezzlement



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

and the event is free! Georgetown Liquors is located at 103 East Main St. in Georgetown, you can call them at (978) 352-2091

National - 9-11 conspiracy whackos

Being a magnetfor conspiracy nuts and psychologically ill people is something that comes with the territory of running a newspaper or radio program, and in the last four-plus years we have certainly attracted our share of crazies. But, lately it seems we’ve become the focus of wacky 9-11 conspiracy nuts who focus their hatred and psychological obsessions on The Valley Patriot because their own mental problems are somehow challenged (or maybe highlighted) by our columnists continually reminding people about the war on terror and the imminent threat America faces at the hands of self proclaimed Islamic terrorists. Terrorists who took credit for 9-11 on the one hand yet also blame the US and the Jews on the other creating quite the double edged sword for the terrorists and their supporters here in America. What is most amusing is, whenever I get an email from one of these poor damaged souls I always ask the same question: Does it bother you that you share the same foreign policy views as Osama Bin-Laden, Hamas, Al Qaeda in Iraq, and the rest of the terrorist world? From their refusal to answer the question, it is obvious that the answer is “no”. Then, these 9-11crazies go on and on about other issues, using anti-Semitic code words like “Neo-con” following the same script, using the same talking points and reciting the same language as every other Anti-American lefty who has

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Heres the one rule you need to remember. When an item reaches the enduring age of 100 years, then it is considered an antique. Anything else is considered a collectible. But don’t let



PHOTO : COLLEEN PERRY
This antique is an early 1900's victorian style chair.

whether it’s an antique affect your decision to buy a piece. Buying pieces from the 1920s to the 1970s is a very good investment and these pieces will become antiques one day. It makes good sense to purchase and enjoy these relics from past decades. As an added benefit, we will be recycling these beautiful historic pieces of our past and saving them from landfills.

Buying and collecting is fun and doesnt have to cost a fortune. Hit the road, check out the shops in the Merrimack Valley, ask questions of the shop keepers. They will be happy to help you find that perfect piece for that empty spot that is crying out for that special something.

So what are you waiting for?

Colleen Perry is co-owner of *Brissonte*, a design boutique specializing in home decor, gifts, art, and antiques. *Brissonte* is located at 181 Canal St. in Lawrence, MA.



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AGAINST beer/wine/tobacco/
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SUPPORTS restoring income tax
to traditional 5%

Pro-
Taxpayer

SUPPORTS expansion of home
heating relief for our elderly

Protect
Our
Seniors

AGAINST spending taxpayer
money for college tuition
for anyone illegal

Common
Sense

AGAINST increasing taxes
on businesses that provide
critical jobs!

Preserving
Jobs

SUPPORTS full distribution
of lottery funds to cities and towns
to protect police/fire/school budgets

Cities
and
Towns
First

L'Italien

YOUR CURRENT REPRESENTATIVE

VOTED FOR 5% beer/wine tax
VOTED FOR \$2.51/pkg tobacco tax
VOTED TO keep income tax at 5.3%

Anti-
Taxpayer

VOTED AGAINST home heating
tax credit/relief for our elderly

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with
Beacon
Hill
Bosses

VOTED TO spend taxpayer
money to subsidize college
tuition for "illegals"

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Taxpayer

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on business by
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PAYING ATTENTION!

Public deserves answers from School Committee chair

Tom Duggan

VALLEY PATRIOT REPORTER

Last May the New England Association of Schools and Colleges (NEASC) notified the North Andover Public Schools that their high school was being put on warning of losing its accreditation.

But, it wasn't until August 25th that North Andover Superintendent of Schools, Marini notified the public that the high school was in trouble.

Marini claims that the accreditation warning was a mistake and that he had met with NEASC officials who supposedly told him that despite this "mistake" the school would have to go through the tedious process of being reevaluated to have the warning removed.

School Committee Chair Barbara Whidden vigorously defended Marini at the time as she and other members of the committee made excuses for his failure to notify the public about the high school's woes. She and other committee members chided a member of the public who inferred that members of the committee must have known since nobody on the committee was taking any steps to hold Marini accountable for the deception.

But, what Barbara Whidden and her colleagues didn't say back in August, was that she too knew that the high school was put on warning and that she had, at the very least, given her tacit consent for Marini and the high school principal to meet with NEASC in secret without ever telling her fellow school committee members (or the public) whom she's supposed to be serving.

It's a situation that harkens back to the AL Perry days of back room deals, decisions about the public's school system being made in secret and members refusing to come clean about what was really going on, that is ...until getting caught.

But here's where it gets even more Perry-like. In mid September, during a school committee meeting that was not taped and was not broadcast on cable access TV, Whidden finally decided to tell the truth and admit to the public, or at least the five people in the room, that she did, in fact, know about the high school's warning back in May. Word spread only though the website established by parents before the Valley Patriot website broke the story.

Two weeks later, the school committee met again, this time cameras rolling and

the public watching at home. Parent Dawn Crescitelli spoke at public participation asking Whidden to explain her involvement in withholding information on the high school's warning and repeat what she had said at the untelevised meeting two weeks earlier.

Not surprisingly, Whidden refused saying she had already explained it at the previous (untelevised) meeting and then arrogantly suggested that Crescitelli get the minutes (a written record) of the meeting as if somehow that would inform North Andover residents watching at home why she acted unilaterally (in violation of the town charter) and without a vote of the school committee authorizing her to do so.

Since then, not one of Whidden's colleagues on the school committee have demanded accountability from Whidden or Marini, at least not publicly. Not one of them spoke up and demanded that Whidden explain herself (while the cameras were rolling).

And, while Superintendent Marini eventually did apologize and took responsibility for his actions, to date, Whidden and her colleagues have refused to do so.

Now I admit, it is completely believable that the incompetent NEASC team made a mistake by putting North Andover on warning when they shouldn't have. But it is quite unbelievable that a body of elected officials, charged with doing the public's business in *public* would have nothing to say about the matter at all.

Well, maybe it's not so unbelievable.

After all, this is a school committee that allowed Superintendent Harry Harutunian to run amok with no oversight for years, never demanded accountability from the likes of former Chairman Al Perry, and has been totally silent when it came to holding anyone accountable (including fellow board members) when revelations came to light that something has gone wrong in the North Andover Public Schools.

AL Perry may be gone, folks, but his legacy lives on.



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 noon-2pm. You can email your comments to Tdugjr@aol.com .

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Brennan wins endorsement from CLT

Taxpayers' Association says Brennan will honor taxpayers

CITIZENS FOR ILIMITED TAXATION

Lawrence “Lonnie” Brennan has won the endorsement of CLT’s 2 1/2 Political Action Committee in his election bid for State Representative from the 18th Essex District.

CLT’s 2 1/2 PAC, the political arm of Citizens for Limited Taxation, was originally created to support candidates who would defend Proposition 2 1/2 in the State Legislature. It now endorses candidates who support taxpayers on a variety of issues, and uses the CLT Legislative rating to identify pro-taxpayer legislators.

Francis J. Faulkner, executive director of the PAC, said the group endorsed Brennan based on his strong support for limiting taxes and government spending. “Taxpayers need people like ‘Lonnie’ Brennan in the State Legislature to support the voters’ mandate on the income tax rollback, and to fight any attempt to impose new taxes. Lonnie has proudly taken the taxpayer protection pledge.

This pledge asks candidates to ‘oppose and vote against any and all efforts to increase taxes.’ Signing the pledge means he is serious about not raising taxes and will change the focus on Beacon Hill from tax hikes to better management of state revenues. In contrast, his opponent Rep. L’Italien received a lowly 19% on CLT’s most recent taxpayer rating.”

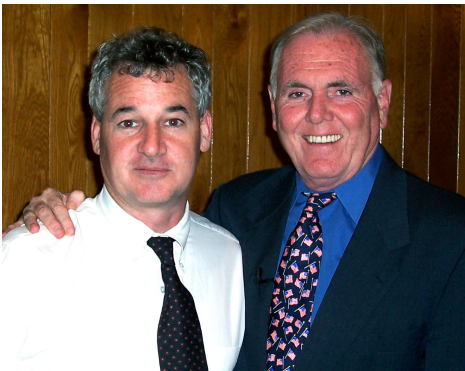


PHOTO: TOM DUGGAN

Lawrence “Lonnie” Brennan with Former Vatican Ambassador and Boston Mayor Ray Flynn

In serving the best interests of the taxpayers and the economy, we urge the voters of the 18th Essex District to vote for Lawrence Brennan on November 4th.

Barbara Anderson, Executive Director of Citizens for Limited Taxation and a personal friend of Lonnie Brennan, said, “I am delighted that Lonnie is a candidate for State Representative. We can surely use more taxpayer-friendly legislators on Beacon Hill like Lonnie Brennan to help address this state’s out-of-control spending spree.”

Note: CLT’s Legislative ratings for the current House and Senate members can be found at http://cltg.org/cltg/clt2008/Legislative_Ratings_2007-08.htm.

NECC Rad Tech Program Plans Reunion

The Northern Essex Community College Alumni Office is planning a Radiologic Technology Program reunion on Friday, Oct. 24, from 6 p.m. until midnight at Michael’s Function Hall (formerly Pat’s Roast Beef House) 12 Alpha St., Haverhill, MA.

Alumni and friends are welcome to attend. Tickets are \$40 per person. The evening includes dinner, DJ, and raffles.

To register for the reunion, contact Sue Tashjian, Alumni and Donor Relations, 100 Elliott St., Haverhill, 01830, at 978-556-3623 or stashjian@necc.mass.edu. Checks should be made payable to NECC Alumni Association. Please RSVP by Fri., Oct. 11.

With campuses in Haverhill and Lawrence and extension sites in Andover, Methuen, and North Andover, Northern Essex Community College is a state-assisted college, offering over 70 associate degree and certificate programs as well as hundreds of non credit courses designed for personal enrichment and career growth.

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From the North Andover Senior Center

Have you ever wondered what the function of a Senior Center is and what goes on daily at the North Andover Senior Center?

Senior Centers are designated as community focal points through the Older Americans Act.

The National Institute of Senior Centers defines a senior center as a place where adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.

Not only do Senior Centers offer helpful resources to older adults, they serve the entire community with information on aging; support for family caregivers, training professionals, lay leaders and students; and developments of innovative approaches to addressing aging issues.

While senior centers typically provide nutrition, recreation, social and educational services, and comprehensive information and referral, we also provide programs such as fitness activities and Internet training to meet the needs and interests of the new generation of seniors. For more information please call the North Andover Senior Center at 978- 688-9560.

Conquering the Cold: Please join Representative Barbara L’Italien, Representative David Torrisi and Senator Steven Baddour on Wednesday, October 8, 2008 at 12:30 for a Citizen Forum on effective ways to lower your energy cost this winter.

This forum will provide information on how to beat the winter cold, discuss ways to make your home energy efficient and provide details on energy assistance. Information will be provided from Bay State Gas, National Grid and Greater Lawrence Community Action. Please register by calling 978-688-9560. Coffee and refreshments will be provided.Look what is happening every Monday at the Senior Center. Join our weekly **Lecture Series** from 10:30-12:00. Here is a look at what is coming up:

Oct.6, Journey Through Switzerland, Oct. 20, Getting to Know Walgreens and Oct. 27, Medicare & Medicaid Questions and Answers with Cheryl Gresek, a senior advocate from Congressman Tierney’s Office.

News and Views This very active group meets every Wednesday morning from 10:30 -12:00. Issues of the day and questions and concerns are put forth to the group for discussion. Come early for coffee and treats and to get a seat for this active group.

Mr. Fix It And Company is in the building on the first and third Monday of every month. Bring in your broken lamps, watches that need batteries and small appliances that do not work. He will try to fix them! Cost is \$2.00/\$4.00 depending on the amount of work required, plus parts. All funds are given to the Senior Center to support programs and activities.

TRANSPORTATION is the number one unmet need in our community. It is one of the most difficult services to obtain for older adults in all communities. Volunteer drivers needed! Northern Essex Elder Transport meets an enormous need in the community by providing transportation for those who have no other way to get to and from medical appointments.

As a NEET driver, you can request the area you prefer to drive and the day or days and time, you would be available, whether it is once a week or once a month. We need drivers now more than ever. If you can help please call the North Andover Senior Center at 978-688-9560. All NEET drivers are provided with an orientation to the program, receive supplemental insurance for their vehicle, and will be reimbursed at 43 cents per mile driven. Set your own hours for availability.

Support Our Troops: The North Andover Senior Center is collecting items for soldiers in Iraq and in Afghanistan. Each month we feature a different soldier and we are looking for names of soldiers throughout Massachusetts. If you have a friend or loved one who is serving, please contact Veterans Agent Ed Mitchell at 978-682-6378 or Barbara Champigny at 978-688-9560. Suggested items are toiletries, stationery, snacks, socks and baby wipes. We appreciate your support and so do the soldiers. Thank you.

Computer Classes: Every Friday morning at 9:00-10:00am. Learn how to Google, Surf the Net, or write your personal story. Call the reception desk for an appointment.

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New trash collection policy for Lowell

Richard Howe

LOWELL COLUMNIST

The Lowell City Council recently voted to make a radical change in the city's method of collecting household trash. Currently, each residence pays \$100 per year for unlimited trash collection. Beginning on February 1, 2009, that fee will rise to \$125 and, more importantly, tight limits will be placed on the amount of trash that will be collected.

However much trash can be shoved in a single 64-gallon, city-provided barrel is all that will be picked up each week. Anything more will have to go in special trash collection bags that may be purchased separately for \$1.50 each. There will be no limit on the amount of recyclable material that will be picked up.

For many years, the city has made available to residents an excellent recycling program with weekly curbside pickup of recyclables (paper and plastic containers, mostly) on the same day as regular trash pickup.

From the beginning of April until mid-November, yard waste in paper bags or loose in barrels is collected weekly. Twice each year, the city holds a hazardous waste event at which residents can drop off batteries, tires, oil paint and mercury thermometers free of charge. Old TVs, computer monitors, household appliances and furniture will also be picked up



curbside at no charge by just calling and making a pickup appointment. A full-time recycling coordinator writes regular newspaper columns, produces a recycling newsletter and mails a recycling brochure to every household twice each year.

Despite this first-rate program, Lowell's recycling rate is abysmal. While the city of Worcester recycles 44% of its trash, Lowell recycles less than 10%. And the cost of dumping the trash that is not recycled has sky-rocketed, making this a fiscal as well as an environmental crisis.

So now that the "carrot" of an excellent, no-cost recycling program has proven not to work, the City Council is pulling out the "stick" which consists of an increased annual fee and limits on the quantity of trash that will be picked up. Conceptually, at least, residents should put more effort into recycling rather than pay extra for the "excess trash" bags.

Many are skeptical. Councilor Bill Martin, the lone vote against the ordinance, observed that the lowest rates of recycling under the current system are in neighborhoods thick with multifamily homes.

Since the trash fee is imposed on the property owner, increasing the fee will provide little motivation for the tenant to recycle more. (The argument that the tenant will pay indirectly through increased rent, while true, is not all that persuasive since the increased cost of everything else will drive up rent anyway).

Others believe that excess trash will get carted away by frustrated homeowners and tossed out the window of moving vehicles along lightly settled stretches of road.

The ordinance seeks to address these concerns by increasing the penalties for



PHOTO: TOM DUGGAN

illegal dumping but there's a question of how vigorously such provisions will be enforced. The city has an ordinance that requires homeowners to shovel sidewalks after winter storms, yet as every parent of a child who walks to school will tell you, many sidewalks are left clogged with snow, forcing their children to walk in the street.

Will the city's efforts to catch those who dump illegally be similarly ineffective? And what of the homeowners who put out trash in unapproved containers?

Presumably, the trash collectors will just leave it on the curb, but for how long? How effective will be the city's efforts to coerce non-complying homeowners to get with the program? On paper, the ordinance answers these and other questions. Whether these theoretical solutions work in practice is another matter.

Aggressive enforcement from the first day the ordinance takes effect will be critical to its success. So will a continuous effort to educate and encourage homeowners.

Those who are already diligent about recycling under the current system will readily tell you that it takes a considerable amount of effort to cut up cardboard, bundle old newspapers and pitch empty soda cans into the recycling bin in the garage.

It's certainly much easier to dump everything in a dark green, multiply plastic trash bag and drag as many as it takes out to the curb. But now that we're in an age when both gasoline and milk cost \$3.50 per gallon, perhaps more folks will recognize that we live in a world of finite resources and the only way to keep things going is for everyone to do his part.

For homeowners in Lowell, that means paying serious attention to how to dispose of household trash.



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

Merrimack Valley Hospice and Saints Cancer Center Sponsor Support Group "Taking Care of Yourself While Caring for Your Loved One."

LOWELL—Merrimack Valley Hospice and Saints Cancer Center are co-sponsoring a monthly support group entitled: *Taking Care of Yourself While Caring for Your Loved One*.

Finding time for yourself might seem impossible as you juggle the many responsibilities of caring for your loved one and managing your own life. However, you owe it to yourself to find time for your well being. As a caregiver, you may feel like you are on an emotional roller coaster, with feelings ranging from anger and guilt to fear and anxiety. More than likely, you are doing the best you know how but it just never feels like you are doing enough.

The group will meet once a month on Thursdays from 11:00 am to 12:00 Noon. The dates are October 16, November 13, and December 18. An easy way to remember the meeting dates is "If it's Thursday, and the date is in the teens, then its caregiver support group day at Saints Cancer Center."

This is a **free, drop in support group** open to the community.

This is a great opportunity to join others who are experiencing similar circumstances and who personally know what it's like to be in your situation," said Blake. "Come and share some laughs, let go of some stress, and receive some support."

And, if you are unable to attend due to the day and time, call 978-552-4539 and let us know when you would be able to attend so that we can use the information in the planning of future groups.

Merrimack Valley Hospice is a not-for-profit agency affiliated with Home Health VNA and HomeCare, Inc. Together, the three agencies serve more than 80 communities throughout the Merrimack Valley and Southern New Hampshire.

For more information and to register, please call: Diane Blake, MA, Bereavement Counselor at Merrimack Valley Hospice at 978-552-4539.

Tax rebates for working families

Niki Tsongas

5TH DIST. CONGRESSMAN

At the beginning of this year, Congress passed and the President signed into law a bipartisan economic stimulus package which provided tax rebates for working families, senior citizens and disabled veterans in the Fifth Congressional District and across the country.

In total, the stimulus checks were intended to reach 117 million families, including 35 million families who work but make too little to pay income taxes and 13 million senior citizens. In Massachusetts alone, 2.6 million households were due to receive an average of \$885 in rebates.

One of the concerns that was raised shortly after the legislation became law was how those individuals and households who typically do not file an income tax return, such as seniors and veterans, would receive their checks. In fact, I visited several senior centers in our Congressional district earlier in the year to answer any questions about the stimulus package and was struck by the number of seniors and veterans who were unaware of the stimulus altogether.

Thanks to outreach efforts by the various government agencies throughout the course of the year, most households have now received checks. However, more

than 5.2 million - mostly seniors and veterans - have yet to file an income tax return and receive the stimulus payments to which they are entitled. That number includes thousands of residents in our Congressional District.

The good news is that these individuals still have until October 15th to file a return and receive their stimulus checks this year. That deadline is now rapidly approaching and it is important that those who rely on Social Security and veterans benefits find out if they are eligible so that they can take the corresponding steps to receive their checks.

Almost anyone who has at least \$3,000 in income qualifies for a stimulus check. Qualifying income includes Social Security and veterans benefits. The only action that individuals must take in order to receive their check is to file a 2007 income tax return.

Return forms and filing assistance can be requested by calling the IRS rebate hotline at 1-866-234-2942 or by visiting IRS.gov. My Congressional office has helped hundreds of seniors and veterans file tax returns and can also be a resource by calling 978-459-0101.

The stimulus payment is not taxable, and receiving the stimulus payment

STIMULUS, page 31

The Farmtown lowdown: The Dracut news minute

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

George Papoulas
VALLEY PATRIOT DRACUT REPORTER

Middie Mania: A Look at the 2008 Dracut High Middies Football Team

After a 20 year Super Bowl drought, the Dracut Varsity Middies Football team is poised to return to the dance. Behind quarterback Matt Grimard, the Middies will start by seeking to win the Merrimack Valley Conference. The majority of the Middies defensive line is returning as well as 10 of the offensive starters from last year’s team. The Middies plan to dazzle their opponents this season with their effective running game which proved to be a strength last season.

Returning running back Jonathan Rivera rushed for five touchdowns in 2007 and Matt Grimard ran for eight touchdowns himself. Other receivers returning from last year’s team include seniors Craig Lussier and Jordan Murphy and juniors Jared Gauthier and Rakeem Shepard.

Three Games in the Books

The road to a Super Bowl began on Friday, September 5th against the Division I Brockton Boxers from the Big Three Conference and reigning conference champions. The Middies, led to victory by Matt Grimard and his four touchdowns defeated the Boxers 34-32.

After defeating Brockton, the Middies went on to play the number 1 ranked Everett Crimson Tide, winners of the last two Division I Eastern Massachusetts Super Bowls and members of the Greater Boston Conference. Craig Lussier scored one touchdown and Rakeem Shepherd scored two. However, despite Dracut’s offensive presence, it wasn’t enough as the Crimson Tide went on to a 48-26 defeat of the Middies.

However, the Middies did redeem themselves with a 19-0 victory against Merrimack Valley competitors, the Lowell Red Raiders. Grimard ran for two touchdown rushes and also connected with Shepherd on a 31 yard pass for another touchdown.

The Middies 2008 journey will continue this Friday, October 3rd as Dracut hosts Central Catholic. After that they will host St. John’s Preparatory on Friday, October 10th and Andover High on Friday, October 17th. All three games will take place at Dracut High School with a 7:00pm kickoff.

Finally, Middies Mania has reached Fox 25 in Boston. The Dracut and St. John’s Prep game was included in the weekly “High School Friday” poll. The poll asks readers to vote for the featured game during the station’s “High School Friday” segment by logging onto <http://media.myfoxboston.com/sports/hsfriday.html>. However, the alternative

Burlington/Reading game received the majority vote

Agreements on Dracut High Renovations, Confusion on Price.

Officials from the Dracut Board of Selectmen, School Committee and Finance Committee (forming a Dracut Ad-Hoc Committee) have held meetings over the last month to discuss a feasibility study. The study would serve as a gage to determine what types of renovations are needed at the 51 year old Dracut High School. Superintendent of Schools William Mullin recently spoke with the Massachusetts School Building Assistance program about the costs of the study. One hypothetical figure deduced was \$450,000. After solving what types of renovations would be needed, the next step would be a diagram outlining how the renovations would be done.

Currently, there is much uncertainty in the town about whether the \$450,000 would also cover the diagrams and outlines, or if there will be an additional cost which will likely range in another six figure fee. Despite unanimous town support regarding the renovations, there still remains a specific total for the feasibility study. Also another question also revolves around how the study will be funded in addition to other current expenses from the high school. One idea that Mullin has expressed is using money raised from school choice funds to cover the rent on the 10 modular classrooms used at the high school. This could then be an effective way to fund the study as it could free up approximately \$400,000. There is a possibility that the school committee will complete an article, asking Dracut residents to fund the study at the upcoming Dracut Town Meeting.

Dracut Town Meeting

Speaking of the Dracut Town Meeting, it will take place Monday, November 3rd. The location will be the Dracut High School auditorium and it will commence at 7:30pm

Planning a Dracut Community Event?

If you are considering organizing a cultural activity, then the Dracut Cultural Council has your solution. In the last several months individuals, schools (like the Campbell, Dracut High School and Englesby Intermediate School) and organizations (such as the Dracut Council on Aging, Dracut Garden Club) have hosted events. These events include summer concerts, a community chorus, trips to museums and musical plays.

The activity must represent an art, humanity or interpretive science. Some of these disciplines include History, Science, Music, Theater and Design Art. To apply for such an activity, applications are available at the Dracut Town Hall. You



then must mail your application to: Dracut Cultural Council, P.O. Box 85, Dracut, MA 01826. For more information, log onto www.mass-culture.org and click on “Find Your LCC.”

Delivering A Town Voice

.... has surely become what DATV symbolizes, in addition to [Dracut Access Television](#). Since its transition from the Dracut High School to the Beaver Brook Plaza on 91 Mill Street, DATV has made significant progress in terms of programming and membership volume. This stems from a tireless commitment of the Dracut Cable Access Board led by its president, Mr. John F. Lyons. On Thursday, September 18th the town’s cable access station invited all members of its booming operation for the annual meeting of the members. This included a night of fun, food and festivities. The festivities included awards which were given to the station’s programs.

The programs were awarded by their genre. The recognitions included:

Self-Help Fitness Program – “30 Minute Fitness” (Hosted by Dianna Vrh)

Fitness Specialty Program – “Tae Kwon Do” (Hosted by Bob Lemire.)

Best Local Political Talk Show – “Inside Dracut Politics”(Hosted by Roger Daigle by Bill Pappas.)

Best Local Political Show – “The Dracut Democrat” (Hosted by Peter Wilde.)

Best Business Talk Show- “Business as Usual” (Hosted by Kevin Willett)

Best Sports Show – “Front Row” (Hosted by yours truly.)

There was also an informational video edited and presented to the members, highlighting DATV’s recent growth and success. Recently appointed Executive Director Steven Russo emphasizes that membership has its privileges at [Dracut Access Television](#).

These privileges in-clude becoming trained in operating DATV’s state of the art, digital equipment and possibly producing your own pro-gram. Perhaps your program could win the 2009 version

of the DATV Emmy Award. Annual membership rates include \$10 for an individual, \$20 for a family and \$30 for a business. For more information log, onto www.dracuttv.com or call (978) 957-5522.

Pop Warner Football Fix

And finally, a quick look at Dracut’s phantom football superstars. The Pop Warner program divides the teams’ based on age and weight, according to Pop Warner rules The Pop Warner A Team (ages 14 & 15) is currently undefeated, possessing a 4-0 record. Also, in four games overall, they have outscored their opponents 112-36. The A team’s next two games will take place at Dracut High School. They will face Lowell on Saturday, October 4th and Billerica on Saturday, October 11th. Both games will begin at 7:00pm. The A team travels to Sudbury on Saturday, October 18th for a 7:00pm start and then on Wayland-Weston on Sunday, October 26th for a 2:00pm kickoff.

The C Blue Team (ages 10-12) also joins the A Team with a flawless 4-0 record. Furthermore, the C Blue Team has held each of their four opponents (Triton, Concord-Carlisle, Chelmsford, and Acton-Boxboro) to a shutout and have outscored them by a convincing 84-0 total. The C Blue Team will defend their undefeated streak on Sunday, October 5th and October 12th vs. Lowell and Billerica, respectively. Both games take place at Dracut High and will begin at 11:00am. The C Blue Team will then travel to Sudbury on Sunday, October 19th and Wayland Weston on Sunday, October 26th. Both games begin at 11:00am.

The B, C White, D Blue & White and NM Blue & White Teams are valiantly working towards joining their fellow Pop Warner allies in racking some impressive winning streaks. For more information on the aforementioned teams as well as other Dracut Pop Warner sports, log onto www.dracutpopwarner.com



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

Full Schedule announced for Mass Poetry Festival , OCT. 10– 12, 2008

First ever Mass Poetry Festival celebrates state’s rich literary heritage

(Lowell, Mass. – Sept. 15, 2008) An extensive and diverse group of partner organizations come together to present the first-ever Massachusetts Poetry Festival in various locations in Lowell, Mass., Oct. 10– 12, 2008. The event will feature readings by well-known poets such as Robert Pinsky, Lucie Brock-Broido, Andre Dubus III, Martin Espada, Rhina Espaillat, Regie Gibson and many

more, as well as workshops for writers and educators, symposia, small press fair, teen poetry, literary heritage tours, children’s programs and street poetry. Some events are free, and others have a nominal entrance fee. For more information, visit www.masspoetry.com/festival or call (978) 275-1831.

Featured Readings: Friday, Oct. 10, 7– 8:30 p.m. at Lowell High School

Auditorium (50 Father Morissette Blvd.) Andre Dubus III, Rhina Espaillat and Regie Gibson.

Saturday, Oct. 11, 1:30– 2:30 p.m. at Lowell High School Freshman Academy (43 French St.) Marjorie Agosin, Ed Sanders

Saturday, Oct. 11, 7– 8:30 p.m. at Lowell High School Auditorium (50 Father

Morissette Blvd.) Lucie Brock-Boido, Martin Espada, Robert Pinsky

Tickets to featured readings are \$10 in advance or \$15 at the door. Tickets for all students and seniors are \$5. Tickets for all three featured readings plus a Saturday evening reception with readers are \$50, or \$25 for students and seniors. Advance tickets are available at www.masspoetry.org/festival. •

CARING FOR OUR VETERANS

Exercise your right to vote

John Lenotte

VALLEY PATRIOT COLUMNIST

Suffrage is defined in the dictionary as the right to vote. The “right to vote” is explicitly stated in the U.S. Constitution. But we have to look back in our history to see how this “right” has evolved.

At the time of ratification of the Constitution, most states used property qualifications to restrict who could actually vote; the exact amount varied by state, but by some estimates, over half of white men were barred from voting. This included Jews, Quakers and Catholics in some states.

In 1787, Article One of the US Constitution stated that “the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature”.

More significantly, Article Six of the US Constitution disavowed the religious test requirements of several states, saying: “No religious test shall ever be required as a qualification to any office or public trust under the United States.”

In 1870, Congress passed the Fifteenth Amendment to the Constitution, one of three adopted in response to the Civil War, prevented any state from denying the right to vote to any male citizen twenty-one years old or older on account of his race. This was primarily related to protecting the franchise of freedmen, but it also applied to non-white minorities such as Mexican Americans in Texas.

The Nineteenth Amendment was specifically intended to extend suffrage to women. It was proposed in 1919 and ratified on August 18, 1920. In 1924, Native Americans were granted the right to vote. Residents of the District of Columbia got the right to vote in 1961.

The Twenty-fourth Amendment of the Constitution prohibits both Congress and the states from conditioning the right to vote in federal elections on payment of a poll tax or other types of tax. The amendment was ratified by the states in 1964. The Twenty-sixth Amendment of the Constitution was ratified in 1971, standardized the voting age to 18.

Today, we take all of this for granted. I know several individuals who complain about how our local, state and national governments are run but never exercise their right to vote. In the 2004 Presidential Election only 56.7% of eligible voters turned out to vote. In contrast, Australia has a 95% turnout. We have seen how close the 2000 and 2004 election was here in the US.

The American Legion encourages all Americans to exercise their right to vote. With issues like the economy, homeland security, veteran’s health care, illegal immigration and military readiness, the 2008 election is of historic importance. Good government is established when concerned citizens participate in the electoral process. You should also understand what is expected of you and must know clearly and simply how to go about doing it.



Woman suffrage headquarters in Upper Euclid Avenue, Cleveland—A. (at extreme right) is Miss Belle Sherwin, President, National League of Women Voters; B. is Judge Florence E. Allen (holding the flag); C. is Mrs. Malcolm McBride.

I think that most of us can agree that the political ads get confusing as to how a particular politician voted on issues. There are resources available on the internet so that anyone can review the voting record of our legislators at both the state and national level. One example is www.votesmart.org. We can use such information to make rational, intelligent choices on who to vote for.

The Commonwealth of Massachusetts mailed out a voting guide. Please read it and make choices. The most important

issue is to GET OUT AND VOTE. It is our right and our DUTY as citizens to vote in the upcoming election.

God Bless America and the loyal troops who defend us.



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

An open letter to funeral homes, and families of veterans

Sue Piazza

VALLEY PATRIOT COLUMNIST

Those of us in veteran’s organizations offer support to veterans and their families; we offer help to the veteran during his/her life, and after the veteran dies, we offer our support to the family. An important part of our support is attending the family in their time of grief.

This solemn duty is never far from our mind, and as the population ages, has become an integral part of veterans organizations worldwide. Lately this organization, and I’m sure others, has run into a problem; I am hoping this piece will solve the problem.

Members pass, but the family, dealing with the mass of incidentals necessary for wake and funeral preparation, many times neglects to contact the veteran organization.

Funeral homes do not contact us either. The end result is that no one from the veteran organization attends. It makes the family think that they were forgotten when nothing can be further from the truth.

Two members recently died, and no one was there to pay their respects. We did not know until notified by our national organization weeks later on one of the gentlemen, the other notice came via a spouse, again weeks later.

Nowhere in the obituary was there a mention of a veteran’s organization that either person belonged to. And yet, the family was what: saddened, annoyed, disappointed? Probably all of those emotions, and more, thinking their loved one was forgotten. This is the last thing that a veteran’s family needs to be feeling.

I am suggesting that members of veterans organizations tell their family members now what organizations they belong to, and that, if possible, the family member make a note of this information and keep it with the veteran’s military papers (DD-214 discharge paper) or their insurance papers so that when the time of need arises the family knows whom to contact.

And, if in doubt regarding whom to contact, I suggest calling the veterans agent in the city where the organization is based. Veteran agents work with veteran organizations and know whom to contact.

I am also wondering if the funeral director can ask the family about veteran organization membership. I know when my father, a veteran, died that the funeral home asked about military service. In the death of a veteran the funeral director always contacts a representative from the military so someone can come and perform a military funeral (i.e. play taps, and present the flag of our country along with the gratitude of the President and the people of the United States for service rendered).

I am wondering if the funeral advisor might also ask about membership in veteran organizations. If membership does exist, the funeral directors might ask the family whether the family would like the funeral director to call the organization, or whether the family would like to handle the contact itself. Veteran organizations also conduct services, and many times, present a small token of their appreciation to the veteran’s family as well.

Also, if in the notice the funeral director provides to the newspaper there is mention of a veteran organization, even if not contacted, there is a good chance that someone in the organization would see the notice and attend the services.

We sincerely hope that not another veteran has to have their family member think they were forgotten by the organizations they were a part of.

Please help us keep this from happening again. Thank you. God bless the men and women who fight daily to keep our country, and our way of life intact. Until later I remain,

ON a side note: Disabled American Veterans (DAV) members will attend the Veterans Breakfast hosted by the American Red Cross Monday 3 November 2008 at 0730 at the Wyndham in Andover, MA. This year the breakfast will salute disabled veterans.

Any member of Chapter 2, Queen City, who wishes to attend the breakfast should call Treasurer Susan Piazza at: 978 (685-5832) as table space is limited.



Susan Piazza is the past Commander, Chapter 2, Queen City, DAV and was the first female commander of the DAV in 75 years. She has been involved with the DAV for over twenty five years. You can email

Susan at WithMara@aol.com

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Local Massachusetts Bar Association lawyers to offer free legal advice exclusively to veterans on October 16

BOSTON, - The Massachusetts Bar Association is proud to host a supplement to its Dial-A-Lawyer programming: a session dedicated solely to veterans' legal questions. The free Veterans Dial-A-Lawyer program, a part of the MBA's Serving Our Veterans in the Law initiative, will take place on Thursday, Oct. 16 from 5:30 to 7:30 p.m.

"Veterans' legal needs are extensive and diverse, and we are lucky to have a talented group of committed attorneys to provide complimentary legal advice to veterans across the commonwealth," Executive Director Marilyn J. Wellington said.

The Veterans Dial-A-Lawyer is provided at no charge as a public service of the MBA with the financial support of the Massachusetts Bar Foundation, the philanthropic partner of the MBA. The MBA acknowledges its partnership with

the Massachusetts Department of Veterans' Services and thanks them for their important role in the success of the program.

The MBA's Serving Our Veterans in the Law initiative also includes a weekly call-in service for veterans struggling with state and federal benefit appeals. Qualified veterans will be matched up with attorneys who agree to represent their case free of charge.

Nearly half a million veterans live in Massachusetts, many of whom have pressing legal questions concerning benefits, divorce, child support, employment and landlord/tenant issues.

"I was very pleased to hear that the MBA would be holding the Dial-A-Lawyer program again for veterans in the commonwealth. The previous program received over 100 calls from veterans throughout the state, proof that this is a



PHOTO: TOM DUGGAN

necessary and effective program," said Massachusetts Department of Veterans' Services Secretary Thomas Kelley.

"Veterans were able to receive assistance they otherwise would not have been able to, and that is a great accomplishment for the MBA. I thank them on behalf of the commonwealth's Veterans."

The Dial-A-Lawyer phone number is **(617) 338-0610**. If a caller gets a busy signal, they are asked to hang up and try again. Normal telephone charges will apply.

(EDITORS, PLEASE NOTE: this number is only active from 5:30 to 7:30 p.m. on Oct. 16.)

Tsongas bill to help National Guard and Reserves recruit health care professionals included in bi-partisan defense authorization bill

WASHINGTON, DC - A member of the House Armed Services Committee, Congressman Niki Tsongas released the following statement today following passage of the National Defense Authorization Act, which authorizes spending limits for the Department of Defense for the coming fiscal year. Included in the bill is bipartisan legislation, H.R. 6018, introduced by

Tsongas to help aid the recruitment and retention of skilled healthcare professionals in the National Guard and Reserves. The bill is expected to be approved in the Senate and signed into law by the President in the coming days.

"I recently had the privilege of visiting with members of the Massachusetts National Guard's 126th Medical Corps based in Concord, which provides health

care services to Guard members, said Congressman Niki Tsongas" "One of the subjects we discussed was the large debt they are forced to take on while in medical or dental school.

"Today, the bipartisan Defense Authorization bill addresses this problem by including legislation I introduced earlier this year that would give flexibility to the Department of Defense to increase

the loan repayment amount for medical personnel in the National Guard and Reserve.

"As we continue to ask more and more from our National Guard and Reserves, it is critically important that they have access to the tools that keep their ranks

TSONGAS, page 31



*Integrity
Leadership
& Results*

LINDA
DEAN CAMPBELL
STATE REPRESENTATIVE

Dear Methuen Citizens,

Thank you for your support in the Democratic Primary. I now ask you for your support so that we can move forward together on our priorities for Methuen and the Commonwealth:

- ★ Building a new / renovated Methuen High School
- ★ Developing our Downtown
- ★ Obtaining future local aid for our schools, public safety, and other public services
- ★ Continuing repair of our roads and bridges
- ★ Promoting state initiatives which promote job growth, economic expansion, and Energy conservation

*I ask you for your vote on
Tuesday, November 4th!*

Linda



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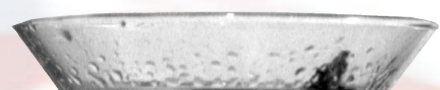
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Hero in our Midst - Haverhill’s John Katsaros; From Page 1

possible for him to serve our country and make his story possible, in March, 1942.

John served with the 8th Air Force as assistant engineer, photographer and aerial gunner on the B-17 Flying Fortress. He served in the U.S. Army Air Force (8th Air Force), 1st division, 94th Bomb Wings, Deenethorpe, England, U.K., and the 401st Bomb Group, 612th Squadron. However, with his amazing credentials, it is the story of Staff Sgt. John Katsaros that now being told.

Having survived circumstances involving his bullet riddled aircraft, initially sent on a mission to Germany to bomb a primary aircraft factory; the story begins here as the plane was shot down over Reims, France. There were ten crew members on his B-17 aircraft, traveling on their 11th mission over Germany, March 20, 1944. Although many perished, John escaped death from his battered aircraft. John parachuted from a height of 25,000 feet, survived, but was captured as a POW (Prisoner of War) by Gestapo twice. However, John escaped with help of the Free French Resistance, but it took numerous attempts until he would be out of the camp for good. Furthermore, he received medical treatment from Dr. Levy, who performed surgery on John’s injured arm. Dr. Levy is credited for saving John’s arm and is life.

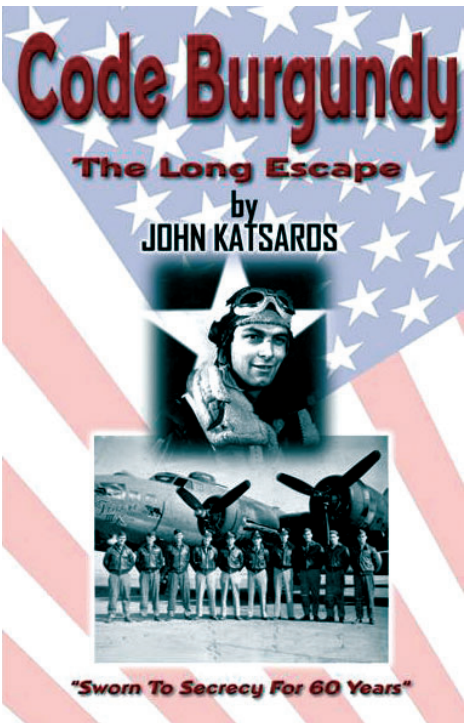
Once free from being a prisoner, John faced the Pyrenees Mountains as his new barrier to freedom. After climbing, John finally reached freedom in neutral Spain. However, hearing him tell his story lifts the heart and makes one reflect on the cost of freedom.

Normal interview processes change with a story such as Johns. There is only one question to ask, “John, tell us your

story.” Then one’s life could slow for a moment and possibly be changed for lifetime. Katsaros’ book is the story of his struggle to freedom from being knocked out of the sky in Germany to his miraculous rescue. It is an incredible story of his dedication to duty and honor to his country.

However, John was not able tell his story to the world. According to the synopsis

of his book, John was “under secrecy oath by the government and, under heavy penalty of punishment, was unable to reveal his story until recently when the oath of secrecy was lifted.” Now, many have heard, and many more must be told the events surrounding this American hero.



John Katsaros on the B-17 flying fortress he flew in World War II.

He was awarded: Purple Heart, Air Medal with 1 Oak Leaf Cluster, Bronze Star, British Flying Boot, French Resistance ribbon, European-African-Middle Eastern Campaign ribbon, World War II Victory and POW Medal, Caterpillar award and two Presidential Unit Citations.

One who heard first hand, the Methuan Youth Core Founder Kathleen Corey explains, “Interviewing John Katsaros for MCTV’s show “Call to Serve,” was one of the highlights of our 60 and counting shows. Katsaros’ description and knack for story-telling brings the listener to a greater understanding of what it was like to be on a B-17 during WWII. Our crew found it amazing that he was only 20 years old when he bailed out. The trials and tribulations that he had to endure to secure his freedom are truly something for the story books. That is why we all grabbed one of his books and had him autograph it. I personally felt it was a worthwhile read.”

In the fast-paced world in which we live, people like Staff Sgt. Katsaros, a true patriot, can bring the toughest to tears with his story of courage. His account can bring the world to a stop for moment

causing us to reflect on life and freedom itself. Many have lost their lives, but some were left to remind us of why we live free. More than just commending remarks are owed to those who risked their lives for us. Many just want to tell the story of the sacrifices of freedom. Such is the case with Staff Sgt John Katsaros, who wants to take you on a journey through his book to reveal his story and open you eyes to the true definition of the “greatest generation.”

In Johns book, “Code Burgundy – The Long Escape,” the story comes with great detail and vivid account, which could not be conveyed in any article.

If you would like to order you copy today you can contact John at JKatsaros@comcast.net. If you would like to speak to him directly, please call John at 978-869-3035.

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

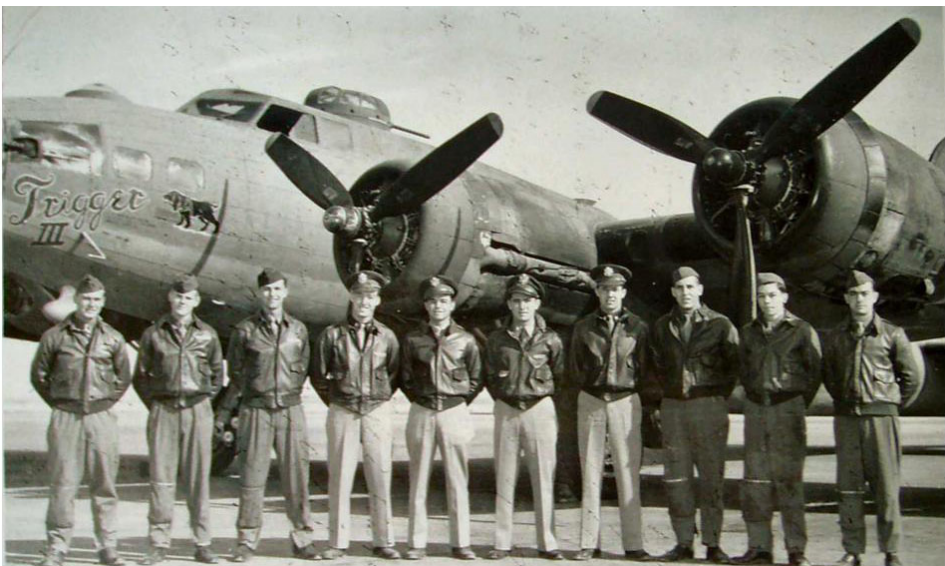


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Methuen Exchange Club Celebrates 25th Anniversary at Sweetheart Inn

METHUEN: Methuen Exchange Club President Arthur Hutton has announced the organization's 25th Anniversary celebration took place on Wednesday, September 17th at 6:30 p.m. at the Sweetheart Inn. Guest speakers discussed their strong relationship with the Methuen Exchange Club, including Linda Soucy from the Methuen Arlington Neighborhood, Susan Mitchell from the Family Support Center in Lawrence, and a representative of Saint Anne's Home in Methuen.

The anniversary gathering also served as a membership drive, and members of the public were invited to attend to learn more about the charitable programs and patriotic projects associated with the club.

"I am very excited about this event because it ... provides a positive and entertaining forum for interested guests to learn more about our club's charity activities and our outstanding voluntary spirit," Hutton stated. Guests and club members alike enjoyed a complimentary buffet of hors d'oeuvres, received complimentary souvenir t-shirts and listened to guest speakers who have accomplished some amazing things for hundreds of families through the help of the Methuen Exchange Club.

Anyone interested in making a donation to the Exchange can call either Arthur Hutton at 978-681-8897 or club secretary Greg Debrocke at 978-771-2303.

About the Methuen Exchange Club:

The Methuen Exchange Club, which has been in existence since 1983 and is

affiliated the nearly 100 year old National Exchange Organization, is dedicated to child abuse prevention, the promotion of community service and the celebration of Americanism.

Methuen Exchange Club members are actively involved in food drives, the donation of hundreds of toys to needy children, and bringing happiness to deserving families during the holidays. The Methuen Exchange Club has been traditionally involved with the Saint Anne's Home, by providing an annual cookout for the children, offering tickets to the Spinners and treating them to a round of mini-golf and sundaes, with the great generosity of Jay Gee's in Methuen. We have always maintained a strong partnership with the the United States Marine Corps "Toys for Tots" Program. We pass out hundreds of American flags at the Memorial Day parade.

We also aid the Methuen Arlington Neighborhood, by hosting a holiday party for hundreds of neighborhood children, delivering food baskets to poor families at Thanksgiving and Christmas and supporting the activities of the community center.

At its annual recognition dinner and awards night, the Methuen Exchange celebrates the often unsung and heroic measures of police officers and firefighters, the patriotism of residents and business owners who proudly display the American flag and the charitable deeds of community activists and volunteers.

Footbridge Dedication



PHOTO: TOM DUGGAN

Methuen Mayor William Manzi and State Representative Linda Dean Campbell dedicate the footbridge connecting Osgood Street to downtown in memory of Frank "Frannie" Roberge. Here Manzi and Campbell stand with the Roberge family.

Last month, Methuen Mayor William Manzi dedicated a \$1.4 million footbridge in memory of former city activist Francis T. Roberge.

The footbridge which spans over the Spickett River connecting Osgood Street to Hampshire Street in downtown Methuen square. The construction of the bridge was a joint project between the city and MassHighway. Dozens of friends and family members turned out for the

dedication including Roberge's son Timothy and his widow Camille.

Mayor Manzi said that Roberge served on several community boards including the (then) Town Council, the charter commission which changed the town form of government to a mayoral form, the Planning board, the Zoning Board of Appeals, was instrumental in the building of the Methuen senior center on Lowell Street and was an advocate for Methuen residents who needed housing.

Foster Kids of the Merrimack Valley Issues Call For Santa's Helpers

Seeking Santa's Helpers To Support a Foster Child During the Christmas Season

METHUEN - Foster Kids of the Merrimack Valley (FKMV), a non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, issues a call for Santa's Helpers to support the Annual Foster Kids Christmas Party. The Santa's Helpers is a volunteer program designed to anonymously match up individuals or groups from the local community with one or more foster children to help fulfill their Christmas wish lists. This program is part of the Annual Foster Kids Christmas Party organized by the FKMV, whereby age appropriate toys are distributed to local foster children along with a gift for each foster parent.

The Santa's Helpers program provides a personalized, unique kind of gift-giving and creates a memorable holiday season for foster children.

The Annual Christmas Party is scheduled in early December 2008.

"Our Annual Christmas Party has been very successful over the past four years, and participation continues to grow. Last year we hosted our largest party yet. With the help of our Santa's Helpers we provided toys and gifts for more than 140 children and their respective foster parents," stated Larry Giordano, President and Founder of the Foster Kids of the Merrimack Valley.

"The holidays are always difficult times for foster children, they often feel alone and disconnected from their families. We have high hopes that our community will step forward again and help support our local foster children and bring a smile to their faces again."

What is a Santa's Helper?

We are looking for volunteers including businesses and/or individuals to volunteer to be a Santa's Helper and bring joy to a foster child this holiday season. Each Santa's Helper will be anonymously assigned a child and will receive a personal wish list for that child that includes personal items like clothing as well as toys.

The foster children participating in this program are ages birth to 18 years of age, and are currently under the care of the Department of Children and Families (DCF) in the Merrimack Valley, including Lawrence, Methuen, Andover, and North Andover. Individuals, groups, or businesses may sign up to sponsor one child or more. Cash donations are accepted in lieu of receiving a Christmas wish list.

To register as a Santa's Helper, please contact: Eileen Giordano: 978-683-2220, Juliann Grant: 978-681-1600. Email: santashelper@fosterkidsmv.org.

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Pumpkin Patch will arrive October 4th.

Open to the public: October 5 to October 31

Hours: Monday thru Friday 10AM to 6PM,
Saturday 9AM to 6PM, Sunday 12PM to 5PM

Special Events: Saturday October 11 **Bake Sale** 9AM
Monday October 13 **Chowder Fest** 12PM to 3PM

Forest Street Union Church, 15 Forest Street, Methuen, MA 01844, Phone: (978) 683-8523 foreststreet15@verizon.net www.foreststreetucc.org

There will be live music with David Vose's Patriot Fife and Drum Duo and young peoples groups from the Methuen area.



RONNIE’S RANTS

Random thoughts for the Merrimack Valley

Ronnie Ford
VALLEY PATRIOT COLUMNIST

Not too long ago, the citizens and inhabitants of the greater Lawrence area were packed with information with our own radio station (English) and the Evening Tribune. And if you go back far enough, the Lawrence Daily Eagle. Radio reporters were on the air to give daily reports that they secured during the preceding night or early morning. We even had the Lawrence Sunday Sun, which was a weekly paper giving you the entire picture of the events during the week. Included were the police log, Orchard Girl, a teen- age section by Eleanor Byrns, and notables from the area high schools. Almost everything you could think of was brought before a well-informed public.

The people of greater Merrimack Valley are crying out for a local radio station. One which would let them discuss their feelings and problems. In other words to vent! They need a newspaper that tells them about the surrounding Salem, NH. Haverhill, ect instead of hiding what is going on in other areas. It is not what it used to be, and I don’t know if it ever will. Too bad. I guess the only thing we can do is pray. Although maybe a certain local

monthly newspaper editor will be right and with the help of Vox Populi, bring that local English speaking newspaper to the top of the media listings.

Special Announcement! I want to let the greater Lawrence and Haverhill and southern New Hampshire areas know, that in a short period of time, we will be “Podcasting” a daily radio talk show on the internet!

It will be called Ronnie Ford’s Hotline on line. It will air between 12 noon and 2PM, Monday through Friday. The program will allow you the people, to call in and express your opinions.

Coverage, clear and concise, throughout the whole greater Lawrence, Haverhill and Salem, NH area. The 12 to 2 time slot is the start. More talk shows will be added as we move along. Controversial and interesting guests will be available and you will have the opportunity to express your opinions and feelings.

The programs will be designed to bring hot issues and community events to the people. The ability to have public opinion uncut and balanced and in the hands of Mr. and Mrs. Greater Merrimack Valley, is quite a venue! I am very excited about this endeavor. So please keep your eyes and

ears open for the show and for topics to discuss. COMING AT YA! I am actually shaking just thinking about it. The common guy has been screaming for this. The yelling is over. Also, the possibility of “Let’s Talk Sports” is in the planning along with Mr. B.

Captain Linda Dean Campbell is booked for another two years with a successful victory for Methuen State Representative seat. Congratulations Linda and good luck on your next two years. On the short end of the stick, Chris DiBella seems to have it, but wrong place, wrong time. Hang in there Chris, you will hit something eventually.

Ken Henrick received the Lifetime Achievement Award from the National School Committee Organization. Congratulations, almost PhD. Henrick!

Susie Castillo is back in town. She is really a credit to Lawrence, the Hispanic people, as well as all Americans. She is a rising star. Nice going Miss U.S.A.


We lost Don Gallant. Don was a guy who was never alone and made sure you were not as well. I served on the Methuen City Council with him. I knew him for over thirty-five years, and broke bread with him five or six times a week. He was always

doing something for the community or organizations that benefited us all. He was an excellent salesman and a better PR man. I can tell a lot of funny stories about Don. He could give it out, but he could take it as well. The long lines of people who waited to pay their respects were a tribute to him and his family. Good Luck Don, you’ll be ok.

To paraphrase Ronald Regan, Willie Lantigua, take down those signs! Good stuff ahead for us regular guys.

Don’t forget Brian McCabe’s Alzheimer’s veterans, who need sweat pants and tops. You may send money or buy the outfits and get it to me. 978-686-3365

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

Ramey: From Page 13

General Hospital in critical condition and died that Tuesday, January 30th. This was reported by the newspaper as a workers’ riot and even questioned the bayonet theory. The Ramey relatives called for Colonel Sweetser to make a thorough inquiry, which resulted in Lawrence Representative Graham presenting a “Petition of Compensation for Wrongful Death” of Ramey to the Committee of Rules at the State House.

On Thursday, February 1st, John Ramey’s service was held at St. Anthony’s Church. Followed by a thirty carriage cortege and contingency of hundreds of Lebanese compatriots. Rev. Fr. Gabriel Bastany eulogized Ramey as a martyr for his family and fellow workers and started a collection for Ramey’s

monument: “Killed in Lawrence Strike.” As Big Bill Haywood said on February 2, 1912 at Chabis Hall, “Remember that you are fighting more than your own fight...you are fighting for the entire working class and you must stand together.” The Strike would continue until March 14th with yet another victim, Jonas Smolskas, who would die because of the Strike.

After 96 years, a new monument was placed at John Ramey’s grave last month, thanks to the help of the Ramey family and the American Lebanese Awareness Association (ALAA). This completes the memorials of the three strike victims, all buried close by in St. Mary’s-Immaculate Conception Cemetery.

ABDOO: From Page 13

difficult decisions in the not-so-distant future. I was not a councilor last December when many families were affected by layoffs, and will endeavor to avoid such a fate this Christmas season.

Storms are inevitable. Preparation is optional. All municipalities throughout the Commonwealth should be preparing themselves for 5-12% reductions at the local level. Lawrence must make such preparations in advance of local aid cuts, increased winter utility costs and expected shortfalls in local revenue projections for the past quarter.

In the coming months the City of Lawrence must consider reorganization and efficiencies throughout its government. Taxes are maxed out and fees must be a last option to be considered after all other means are exhausted. Historic Bellevue Cemetery, the city water operations, and city management operations should be immediate areas of review. These entities, though necessary, should not be “third rails” or “sacred cows” in the City of Lawrence.

They need to be reviewed, reorganized and revamped to 21st Century standards. Each is obviously valuable to the fabric of the city but must change with the times. Management, structure and financial sustainability must be considered and acted upon. Bellevue must be maintained with the utmost dignity, water must be distributed safely and efficiently and city government must work for the people better. That said, can we deliver these same services differently? Can we

improve these services? Can we save or make money for the city?

Now is the time for all constituencies and interested parties in the Immigrant City to further scrutinize our city budget and prepare ourselves to accommodate difficult fiscal times. As leaders, we cannot hesitate nor should we act hastily. Time remains for thoughtful discussion. But make no mistake that short term savings are non-negotiable as declines in all revenue sources to the city are eminent.

As a city, we can -and will- explore governmental changes that will prove beneficial to our collective future. Individually, we cannot embrace narrow interests at the expense of obstructing changes to government. Government is dynamic in nature. Sacred cows must be “on the table” and adjustments implemented to accommodate the realities of Lawrence in the 21st Century. Sacrifice maybe wide spread, and perhaps include those who sacrificed previously. Status quo behavior, neglect, denial and hope are not options.

The timing of storms is neither convenient nor does it take into account our personal circumstances. Therefore, because we know ‘it’ is coming... we must prepare to confront this storm.

By: David C. Abdoo. *Dave Abdoo is a 1st Term City Councilor in the City of Lawrence, serves as Chairman of the Salem State College Board of Trustees and works for the federal government.*

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Sal's PIZZA

NOTEBOOK: From Page 17

emailed me previously on this same topic. It never stops being funny when these sad and lonely miscreants are so desperate to validate their fantasies about how the evil Jews and the US government caused the 9-11 attacks, that they so predictably use what is called transference in the world of psychology. By that I mean that, while they are defending Nazi-like Islamic terrorists who are trying to use force and terror to strip the world of free speech and freedom of religion, they in turn accuse those who fight the Nazi/Islamic terrorists as Nazis themselves. Freud would be proud ... as for me... I'm just amused.

Newburyport - Merrimack River Feline Rescue Society to Hold Rabies & Microchipping Clinic

Ensure the health and safety of your pets by attending the Merrimack River Feline Rescue Society's (MRFRS) Rabies & Microchipping Clinic. Costs are \$5 for rabies vaccination and \$30 for Home Again microchip (including registration). All dogs must be leashed and cats must be in carriers. Three-year rabies vaccinations will be given with proof of current vaccination status. The event is sponsored by the City of Newburyport, MRFRS, and the Newburyport Veterinary Clinic. Please call MRFRS at 978-462-0760 or visit www.mrfrs.org for more information. **When:** Saturday, October 18th, 2008 – Noon to 3 p.m. at the Newburyport Department of Public Works, 16 Perry Way, Newburyport, MA

Methuen - Police Department open house

On Saturday, Oct. 11, 2008, the Methuen Police Department will be having its annual Open House from 12 p.m. until 4 p.m. This is an opportunity for all citizens to see who we are, what the police do and what equipment they use to help them do their job. There will be jet skis, motorcycles, off-road vehicles and other equipment on display. Fingerprint kits with DNA sampling will be available for parents to bring home and use for their children. A crime watch table will be set up where you can get information on home, personal and motor vehicle security, as well as getting your neighborhood signed up to start a Neighborhood Crime Watch. A table will also be set up with Police Dispatchers who can explain all communication's issues with you. Two K-9 demonstrations will be held. The first will be at 1 p.m. and the second will be at 3 p.m. Continuous tours of the Police Station will be happening all afternoon. McGruff the Crime Dog will be visiting and food will also be available at no cost. Any questions regarding the event may be directed to Lt. Kevin Martin at 978-983-8688 or emailed to kmartin@ci.methuen.ma.us.

Lawrence - Policeman's Ball

The Lawrence Police Relief Association is holding their annual policeman's ball in November at the Wyndham Hotel Grand Ballroom in Andover on November 7th at 6 p.m. Tickets are \$50 per person and \$450 per table of ten. Our good friends The B-Street Bombers will be performing and semi-formal attire is encouraged for the event. Anyone interested in attending should contact Sgt. Sandy Picard at 978-794-5900 x636. Help out our friends at the Lawrence Police Relief Association and attend the ball, I will be there for sure!

Haverhill - Recycling Hours Expanded to include Tuesday Nights

Mayor James J. Fiorentini announced that, at his request, the Recycling Center at 500 Primrose Street is now open for additional hours. As of Sept. 2nd, the Center has been opened on Tuesdays from 3:00 p.m. to 7:00 p.m. In addition, the Recycling Center remains open on both Wednesday and Saturday from 8 a.m. - 1 p.m.. "I requested additional hours of operation at the Recycling Center because I had heard from some constituents that it was inconvenient not to have later hours," Mayor Fiorentini said. "With these expanded hours in place, I encourage all residents to do the right thing for our community and our planet and recycle whenever possible," the Mayor added. The Recycling Center accepts recyclable papers and cardboard stock as well as bottles, cans, glass, aluminum and other recyclable metals

Haverhill - Church Celebration

St. James Parish of Haverhill, Mass. is planning a 150th Celebration event on Nov. 30th. Mass will be celebrated at 2 p.m. Dinner will be held following Mass at the Atkinson Country Club. Tickets for dinner are available at the Rectory on 6 Cottage Street or after Sunday Masses until November 15th. Tickets are \$25 for adults and \$15 for children 12 and under. For additional information please call St. James Rectory at 978-372-8537

Newburyport - Job Fair

The ValleyWorks Career Center, the Newburyport Chamber of Commerce, and the Newburyport Office of Economic Development invite you to participate in their 2008 Autumn Job Fair. The Job Fair will be held at the Newburyport Masonic Hall, "The Old Hall," at 31 Green Street in Downtown Newburyport on Thursday, October 16th from 10:00 a.m. to 1:00 p.m.. Space is limited and will be reserved on a first-come, first-served basis, so we encourage you to reserve your space



PHOTO: TOM DUGGAN

COBRA Insurance payments Al Perry still owes to the town of North Andover: \$5,000

Former Supt. Harry Harutunian's secret buyout package approved by Perry: **aprox. \$180,000**

Al Perry being dragged off in handcuffs ...**PRICELESS!**

early. The registration fee is \$300 which includes the following:

- * Display table and company signage
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- * Internal and external event promotion via ValleyWorks marketing department

ValleyWorks maintains a database of thousands of job seekers in the Merrimack Valley region, so if you need employees with a specific skill set, ValleyWorks can provide you with the qualified candidates you seek. For more information or to register for this upcoming event please contact: Chuck Masaitis - Business Service Representative - ValleyWorks Career Center at 978.722.7008 or email cmasaitis@detma.org.

Methuen - Baddour and Manzi Kiss and Make up

State Senator Steve Baddour and Methuen Mayor Bill Manzi were on the outs (and don't let anyone tell you any different) over the Linda Campbell, Chris DiBella race for State Representative over the last six months. Baddour, who eagerly supported Campbell two years ago and called her one of the hardest working legislators on Beacon Hill, then pulled his support for Campbell when his "friend" Chris DiBella entered the race. Baddour said at the time that he was not going to support anyone in the legislative race but insiders on both campaigns were completely convinced that Baddour was quietly campaigning for

Dibella (at the very least rooting for him on the sidelines) angering Mayor Bill Manzi and his supporters who sided with Campbell. But in politics alliances are never permanent and nothing proved that more than the fact that Manzi and Baddour held a joint fundraiser for State treasurer Tim Cahill at Jackson's restaurant just a little more than a week after Campbell's win over DiBella.

State Politics - Speaking of Tim Cahill

Tim Cahill, the State Treasurer for the Commonwealth, has been raising a lot of money lately and insiders close to Cahill say he is gearing up for a run against Deval Patrick in two years (or Tim Murray if Patrick leaves early). Cahill may be a Democrat but he is a conservative Democrat who might even get my support if he runs for the corner office in 2010. Cahill tried to sound the warning bells months before the Wall Street crisis came to light in the media and has been readily accessible to local cities and towns in need of help. Last month he told Methuen officials at a fundraiser that he was working diligently to help Methuen renovate Methuen high school and has been working very closely with Methuen Mayor Bill Manzi on increasing funding for the city. Even though I am a Republican, I can admit to you that Tim Cahill is the only Democrat I have endorsed on the state level in many years. My prediction is that Cahill, barring political scandal, will be a viable candidate for governor in the next state election cycle. So keep your eye on our State Treasurer because you may be seeing a lot more of him over the next few years.

Amesbury - 13th Annual Village of Church Fairs

The 13th annual "Village of Church Fairs" will be celebrated on Saturday,





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NOTEBOOK CONTINUED

November 8th from 9 a.m. to 3 p.m. at the First United Methodist Church in Amesbury. Traditional offerings will include crafts, baked goods, holiday decorations, raffles, a variety of foods and of course plenty of fun!

Maps and Menus will be available at every church. For more information please contact Linda Reiber at (978) 388-0683.

Haverhill - Sal Lupoli taking over the Valley

According to Haverhill Mayor Jim Fiorentini, Sal Lupoli, owner of Sal's Pizza, has purchased a waterfront building on Merrimack Street in Haverhill and plans on spending millions to rehab and redevelop the building the way he turned around Sal's Riverwalk in Lawrence. On a related note, Sal has opened a new Sal's Pizza on Howe Street in Methuen inside the Howe Street Supprette.



Rumbo— Still lying about the “Billy Bridge”

Well, it really is sad that I have to say this, (as I have been trying really hard not to criticize them lately) but once again the bilingual newspaper Rumbo has•mislead their readers and I have to correct the record. For years, Methuen columnist Ellen Bahan has been writing in Rumbo that the foot bridge over the Spickett River behind Hampshire Street (recently dedicated to Frannie Roberge) was a corrupt deal by Mayor Bill Manzi. Bahan’s bogus claim going back to 2001 when she appeared on my radio show has been that the bridge, built with state funds “lands on Bill Manzi’s property”. For the record, Mayor Manzi owns Rostron’s Liquor store on Hampshire Street and having walked the bridge myself I can tell you it clearly does not “land on Bill Manzi’s property”. Now that the bridge has been opened and dedicated Rumbo has pulled a bait and switch on their readers to justify their

deceitful attacks on Manzi by writing the following passage in their September 22 editorial:

“This is a story that goes back a few years. Our columnist Ellen Bahan has been writing in her column It’s All About Right(s)! about the bridge landing behind the liquor store owned by Methuen’s Mayor William Manzi. Mayor Manzi went on WCCM radio and complained that Ellen and Rumbo were liars, that there was no such a thing as a bridge being planned over the Spicket Falls.”

Nothing could be further from the truth. In fact, I don’t often do this, but I am going to call this an outright lie. Manzi has been denying allegations by Ellen Bahan and Rumbo both of whom were very clear in their accusation that the bridge “landed on his property.” Manzi even brought the construction plans into my radio show to prove it did not “land on his property.” There was NEVER ... EVER a dispute about the bridge being built, or it landing NEAR his property.

But, now that the bridge is built and it clearly DOES NOT land on Manzi’s property (as Bahan claimed) she and Rumbo have been caught lying. You only need to go back and read their previous newspapers to see what the actual allegation has been against Manzi all along. The worst part of all this is that Bahan and Rumbo would gain so much credibility if they just came out and said they were wrong. Instead, they now try justifying their lies by spinning the story around. How shameless! Well, we have the audio tapes from my interviews with Ellen Bahan and they clearly prove that her bogus allegation was that the “bridge landed on Manzi’s property.” I will be happy to make them available to anyone who wishes to hear them.♦♦



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 noon-2pm. You can email your comments to Tdugjr@aol.com .

Sarah Palin: From page 4

messenger. If we can kill the messenger maybe we don’t have to hear the message; and how better to do this than to destroy a person’s credibility, making them out to be buffoons.

Dan Quayle was destroyed by the media twenty years ago for having the gall to challenge this secular humanist tower of babel with what he called “family values”.

George Bush was excoriated by the media as a fool as was Ronald Reagan.

Now it’s Sarah Palin’s turn.

But this is a much more serious blasphemy against the gods of secular humanism because she is a woman who believes women do not have a right to kill their children before birth, a woman that does not believe sodomous relationships should receive recognition or normalization by the state. She’s a woman that sees through the silliness of how contemporary feminism has feminized our culture to the point of replacing objective truth with subjective feelings.

Without saying a word Sarah Palin is hated for apparently not buying into a

world view that sees people as objects to be used or discarded, and for embracing a world view that includes a commitment to life, marriage, family, and country. Ultimately she is hated for her commitment to God. The rest is a smokescreen.

Governor Palin personifies what post-Christian western culture has been running from for decades. Ever since Time Magazine echoed Nietzsche in declaring that God is dead has the left has been attempting with futility to make such hyperbole a reality. Today it’s politically correct to say you’re a man of faith as long as it’s a faith centered on man.

Whether or not you agree with her politically, Sarah Palin is being persecuted not for her politics but for her reflection of the God that secular humanism has spent much energy in recent decades trying to hide from. The hysteria heard from its pulpits of journalism, entertainment, and academia has illustrated this clearly.



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

LETTER: from page 2

Now if is valid to use government force to suppress the practice of horrific Aztec and Zodiac religions, what about other more familiar religions?

Right here in the Merrimack Valley, 17th Century witch trials occurred, when benighted Christians deprived locals of the right to worship by various forceful means. Did this historical blemish possibly guide our forefathers in drafting the First Amendment?

And what about Islam?

Koran Sura 8 verse 12: “When your Lord revealed to the angels: I am with you, therefore make firm those who believe. I will cast terror into the hearts of those who disbelieve. Therefore strike off their heads and strike off every fingertip of them.”

Religion of peace? Or of conquest and dominance? Protected by the First Amendment? Or forbidden by it?

Howard Ryan Richardson, North Andover

STIMULUS: from page 22

should have no impact on other federal benefits you currently receive. Filing a tax return to receive a stimulus payment does not mean that retirees and others will have to start filing tax returns again.

I encourage everyone to ask seniors and veterans in your family or your community if they have filed a tax return and received their economic stimulus payment. The high cost of food, gasoline, and heating oil has hit those living on a fixed income especially hard.

These stimulus payments of up a minimum of \$300 per individual, and \$600 for those filing jointly, can help to ease some of these financial burdens and provide a needed boost to households as we approach the end of 2008.



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

TSONGAS: From page 25

strong and keep our service members safe.

The Authorization Act helps accomplish this goal by raising the loan repayment ceiling for benefits available to those doctors, dentists, and other health care professionals currently in the Guard and Reserves, and to those considering such a career, so that they are competitive with similar repayment programs in both the private sector and the active duty military."

"Increasing the Health Professional Loan Repayment ceiling for National Guard and Reserve soldiers to an amount equal to the Active Component of the United States Army enables the Massachusetts National Guard to recruit and retain high quality medical professionals, contribute to the well being of the service men and women who sacrifice on behalf of our country and enable the National Guard to fulfill its mission to serve the people of the Commonwealth of Massa-

chusetts during times of natural disaster or other emergency and to provide ready, well trained professionals to the United States Military," said Major General Joseph C. Carter, Adjutant General of the Massachusetts National Guard.

"While this bill is one way we can better recruit and retain skilled professionals into the National Guard and Reserve, I am pleased that the 2009 National Defense Authorization Act also takes substantial steps towards restoring our military readiness as a whole which has been severely hampered by our continued commitment of troops, equipment, and funding to the war in Iraq, Tsongas continued.

"Army readiness has dropped to unprecedented levels, and Army National Guard units have, on average, only 63 percent of their required equipment.

Many stateside units are not fully equipped and would not be considered ready if called upon to respond during an emergency.

"The bill provides substantial funding for the Army’s and Marine Corps’ equipment requirements, authorizing \$8.6 billion for the Army and \$1.8 billion for the Marine Corps, as well as authorizing \$800 million beyond the President’s request to provide the National Guard and Reserve critically needed equipment.

"The bill also takes significant strides to improve the quality of life for our men and women in uniform and their families, and includes a 3.9 percent across-the-board pay increase.

It rejects, on a bipartisan basis, proposed increases in TRICARE fees and copays. "Our military personnel and their families make tremendous sacrifices on behalf of our country.

This legislation makes significant strides towards honoring that commitment. I am happy to support this bipartisan legislation and look forward to continuing to work with my colleagues on



PHOTO: COURTESY CONGRESSMAN TSONGAS

5th District Congressman Niki Tsongas (D) Mass. with General Petraeus

the Armed Services Committee to meet the current and future needs of our military and their families and to keep America strong and secure," Tsongas concluded.

Stock Market crisis: From page 4

\$11.5 trillion. This proposal would also have the Treasury Department work to stabilize the financial market and report to Congress every six months.

President Bush, commenting on the state of the economy remarked, “My first instinct was to let the market work until I realized, upon being briefed by the experts, of how significant this problem became.”

Sorry, Mr. President, your instincts were right the first time. The problem is that the Federal Government has not allowed the markets to work their magic over the past 60 years and especially over the last 20 years.

Both Presidential candidates are searching desperately for solutions to the current economic crisis. Many Democrats, including Senator Barack Obama, have consistently supported and

proposed increasing capital gains taxes on investors. This will only exacerbate the economic crisis since private investors will be discouraged from investing in companies that are experiencing hardships.

Heavy regulations by the Federal Government coupled with a lack of accountability are largely to blame for the economic crisis. It is not free market capitalism that is to blame, but the failure of government policy and over-regulation of the banking industry itself.

Federal laws such as the 1997 Community Reinvestment Act (CRI) and the Home Mortgage Disclosure Act required that banks and lenders issue mortgage loans to high-risk consumers in order to achieve “affordable housing.”

This often led to “No Money Down” and “No Income Verification” mortgage

loan programs. Approximately 4% of all mortgages are now in default. Many of these consumers were given adjustable rate mortgages.

Of course we all know what happened: Interest rates increased over time while home values fell. This contributed largely to the current crisis. In the absence of Federal mandates and an expectation of Federal assistance, lenders would not have engaged in these risky loan practices. Most of these consumers would never have been given these loans in the first place. Although it is part of the American Dream and a worthwhile goal for most people, there is no Constitutional right to home ownership. As Benjamin Franklin once stated, “The Constitution only gives people the right to pursue happiness. You have to catch it yourself.” There’s yet more blame to go around. The Federal Reserve has kept interest rates artificially low over the past 15 years which has encouraged banks to over-borrow and lend money loosely. Now, the FED is trying to reinvent itself as the savior of the economy. Wait a minute! Isn’t that the same Federal Reserve that helped cause the Great Depression? You bet it is!

Most would agree that it is also a worthwhile goal to assist low-income individuals and families in acquiring their own homes. But this comes at great expense as we have seen. The Federal Government has now established the precedent that risky and irresponsible behavior involving financial planning and money management will be rewarded with Federal Government financial bailouts, while responsible fiscal planning will be

penalized as those who are successful will subsidize everyone else by paying higher taxes and having their purchasing power reduced through inflation. This is socialism at its worst.

These bailouts actually amount to a nationalization of a significant share (nearly 50%) of the mortgage and insurance industry. Karl Marx, Joseph Stalin, and Fidel Castro would indeed be pleased. The Federal Government should not be in the business of bailing out corporations and lenders that have made bad business decisions even if those decisions were the consequence of government regulations.

The costs associated with the bad decision-making should be on the businesses that made the mistakes in the first place. The obvious concern that we should have with any Congressional proposal is that it will contain new regulations that offer even less accountability measures. A financial bailout by the Federal Government establishes a dangerous precedent for future business decisions.

It will surely lead to additional businesses and firms requesting help and the ultimate consequence will be disastrous.



D.J. Deeb is an Adjunct Professor of History and Government at Bunker Hill Community College and a Political Science Instructor at UMass Lowell. He teaches social studies full-time at Reading Memorial High School. He also a former member of the Gr. Lowell Tech School Committee from Dracut.

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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.

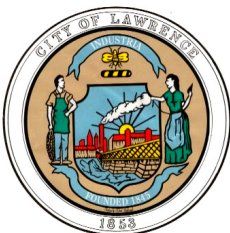
Appointing Authority: Michael J. Sullivan, Mayor

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

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City of Lawrence Job Posting



Assistant Tax Collector
Tax Collector’s Office
Exempt, \$47,479. 64
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

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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.

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West District Councilor

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City of Lawrence Job Posting

Crime/Disorder Analyst
Police Department
(Level 2 - \$35,000) Non Union

Duties:

- Assist with the direction of the Crime Analysis process and related tasks.
- Daily maintenance and updating of Crime Disorder Data Bases.
- Perform extensive quantitative and qualitative research on wide range of crime and community related issues.
- Conduct various types of analysis on Data Sets.
- Contribute to the grant writing process.
- Familiarize themselves with social, crime and demographic data on citywide, community and street levels.
- Reports to Police Chief, Chief of Staff and Crime Analysis Director.
- Perform other related duties as required

Requirements:


- Working knowledge of GIS software
- Have exceptional verbal and written communications skills (so as to formulate reports, present briefs, and interact routinely with Patrol, detectives, command staff, citizens & community leaders).
- The successful candidate will demonstrate a working knowledge of computer applications (Excel, Access, Word, PowerPoint & the internet).
- Ability to perform research utilizing several different methods on crime related topics.
- Ability to collect, organize, analyze & disseminate information on tactical & strategic operations.
- Requires a high level of attention to detail.
- Bachelor's Degree in Criminal Justice Required.

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: 10-10-08**

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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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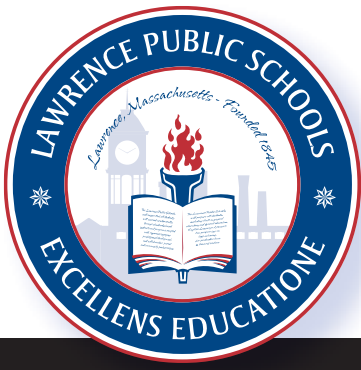


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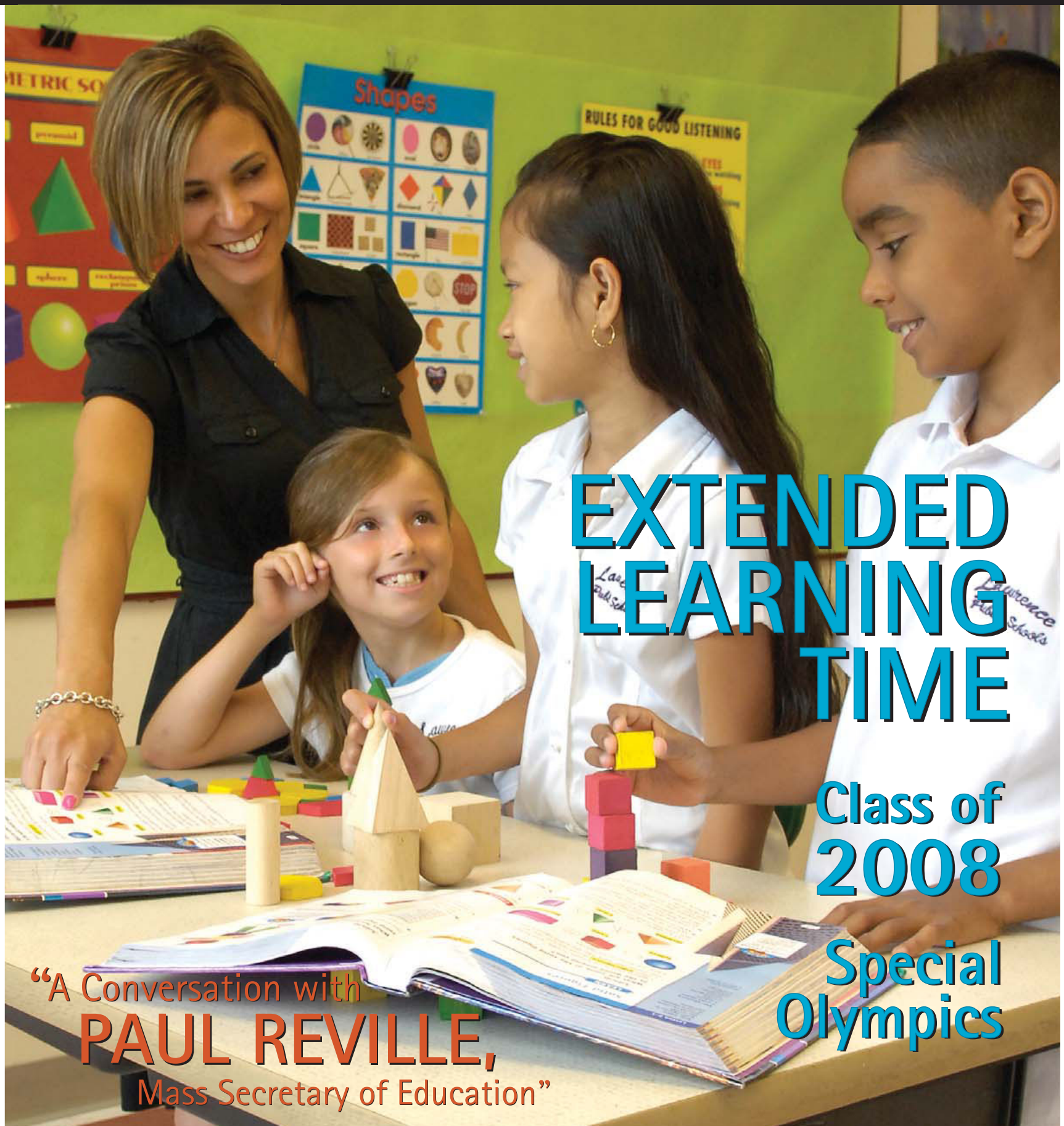
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THE DOCTOR IS 

Conservative management of chronic pain ... 2

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Treating chronic pain with medications is still considered the cornerstone of the pain management.

Various agents are used in different regimens and combinations. However, the most common agents are:

1- Non- Steroidal anti-inflammatory drugs (NSAIDs):

Commonly used by practitioners as a first line or step in managing the pain for its availability over the counter and low cost.

It is assumed that any pain condition is associated with some inflammatory process and swelling causing irritation of the nerve endings in the surrounding tissues resulting in secretion of chemical materials, increasing the transmission of the pain signals to the brain.

The effectiveness of such medications may vary based on the severity of the problem.

Examples: Ibuprofen, Naproxen, Diclofenac..etc.

Most of these agents share the same side effects like: stomach ache and irritation progressing to ulceration and bleeding in advanced cases, increase the chance of inducing asthma attacks in prone people.

Newer agents as Celebrex usually don't affect the stomach but recent report cases showed some serious gastrointestinal issues.

When these agents fail, some recommend a course of oral steroids (cortisone) as a Medrol Dose pack, to be taken for few days. There is usually fast and very good pain relief with this regimen but limited for the duration of the treatment.

2- Muscle relaxants:

Many pain conditions especially in the spine can be associated or result in a

limited or diffuse muscle spasm which may aggravate the initial problem by limiting the activity and the range of motion. It may also apply more pressure on the nerves increasing the spasm!!

Prescribing muscle relaxant in such cases alone or with other medications could be all is needed.

Muscle relaxants also share common side effects profile like: drowsiness, fatigue, decreased blood pressure, feeling sleepy and day- time hangover mostly with older agents like Skelaxin, Valium and Flexeril. Newer agents rarely cause any side effects as Baclofen, Soma and Zanaflex.

Increased irritability and mood swings were reported in few cases!

3- Antidepressants/ Anti-seizure medications:

It may sound surprising to use such medications in treating chronic pain.

The current medical research strongly supports the use of these medications as part of a broader regimen in chronic pain treatment.

It is believed that such medications help control the nerves electrical functioning by reducing and filtering the unwanted signals. As a result of that, there is less feeling of numbness, tingling or burning sensation.

On the other hand, these medications help improve the mood since some depression is expected as a direct result of having pain.

A key point here is to titrate the dose to effect. The effective dose may vary greatly from patient to another.

Common side effects may include: drowsiness, fatigue, palpitation and feeling anxious. A newer medication like Lyrica was found to be especially effective in treating Fibromyalgia and post herpetic syndrome or shingles. It is the only drug on the market approved by FDA for treating shingles!



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

4- Narcotics:

Using a narcotic in treating chronic pain could be tricky since it may lead to more serious future issues including tolerance and addiction.

The key here is to avoid short acting agents as much as possible and use instead long acting agents.

Supervised treatment by pain specialist is recommended to optimize the best regimen.

Current long acting medications such Duragesic patch, MS Contin, Methadone and Kadian in one or two doses a day offer an excellent option for long acting agents.

It is very common to supplement those medications with short acting agents for breakthrough pain which is usually unexpected. In this case, using one or two

Percocet, Vicodin, Darvocet, Tramadol, Oxycodone or Dilaudid tablets is a very acceptable approach.

Nausea/ vomiting, sweating, itching, ankle swelling, constipation, fatigue, headache and dizziness are common side effects.

Keeping yourself well-hydrated in addition to adding a stool softener is highly recommended to avoid the above listed side effects.

Finally, treating chronic pain with medications could be a challenging task. It requires a good understanding of the condition in order to come up with the best combination of medications, but more important is finding a balance between the prescribed medications and their side effects.

Such goal could be in some cases too difficult to achieve!



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YOUR HEALTH WITH DR. RALLIE MCALLISTER

Check the label: grapefruit juice interacts with a growing list of prescription drugs

Dr. Rallie McAllister
SYNDICATED COLUMNIST

Doctors and pharmacists have known for nearly two decades that grapefruit juice can boost the body's absorption of certain prescription medications to a dangerous degree. In some cases, the tart and tangy beverage can cause normal drug doses to behave like toxic overdoses in the body.

Medications known to be affected in this way by grapefruit juice include many that are used in the treatment of high blood pressure, high cholesterol levels, cancer and those taken by organ transplant recipients to help prevent organ rejection. More than 50 medications are now known to interact unfavorably with grapefruit juice.

Earlier this month, researchers from the University of Western Ontario reported their most recent findings concerning drug-grapefruit interactions at the 236th National Meeting of the American Chemical Society. They demonstrated that the fruit juice can also have the opposite effect, substantially reducing the absorption of certain medications.

In a study of healthy volunteers, the Canadian scientists asked subjects to take fexofenadine, an antihistamine widely used in the treatment of allergies. Fexofenadine is sold under the brand name Allegra in the United States.

In the volunteers who took the drug with a single glass of grapefruit juice, only half the drug was absorbed compared to volunteers who washed down the

medication with a glass of plain water. When less than the appropriate dose of a given drug is absorbed by the body, the scientists noted, its performance is likely to be negatively affected.

Previous research has shown that orange juice and apple juice may also reduce the absorption of certain medications, including antibiotics and several drugs commonly used in the treatment of heart disease and cancer.

Although grapefruit juice may not be the best chaser for prescription pills, it offers a bounty of benefits for healthy folks who are not taking grapefruit-sensitive medications. It's a tasty, refreshing drink that is completely fat free, and it has no cholesterol or refined sugar.

Grapefruit juice is packed with important vitamins and minerals. A single serving provides 100 percent of the recommended daily allowance for vitamin C, and it's an excellent source of folate, a B vitamin that helps prevent certain types of birth defects.

The juice is known to offer several important benefits for the heart and circulatory system. It's packed with antioxidants and other compounds that may reduce the risk of developing cardiovascular disease.



In a study conducted at the Hebrew University of Jerusalem, researchers demonstrated that eating a single serving of grapefruit daily brought about significant reductions in cholesterol levels in patients with heart disease. The study included 57 patients with high cholesterol levels who had recently undergone coronary bypass surgery and who had failed to respond sufficiently to cholesterol-lowering statin drugs.

After being assigned to one of three treatment groups, the patients were given either a single serving of red grapefruit, white grapefruit or no grapefruit along with regular, nutritious meals for 30 days. The patients who received either red or white grapefruit showed significant reductions in blood lipid levels, while those consuming the grapefruit-free diets showed no changes.

Red grapefruit was more effective than the white variety in lowering lipid levels, particularly levels of triglycerides in the blood. Elevated triglycerides are associated with a number of serious diseases, including heart disease and diabetes.

The impact of grapefruit juice on cancer risk is less clear. Although a 1996 animal study demonstrated a 50 percent reduction in breast tumor growth with the consumption of grapefruit juice, more

recent studies yielded different results. In a study published last year in the British Journal of Cancer, researchers announced their findings that women who regularly consumed grapefruit had a 30 percent higher risk of developing breast cancer than women who ate none at all.

The study included more than 46,000 women and lasted for nearly 10 years. Drugs containing estrogen, a hormone responsible for fueling certain types of breast cancer, are known to interact unfavorably with grapefruit. At least two previous studies have found higher estrogen levels in women consuming grapefruit or grapefruit juice. The U.S. Food and Drug Administration requires hormone replacement products and many other medications to carry warning labels stating that grapefruit juice may increase drug concentrations in the body.

For most healthy individuals, drinking grapefruit juice is a great way to meet the minimum daily recommendation for fruit intake. But for folks taking prescription medications, it's wise to read all drug labels or check with a pharmacist before drinking up.

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.

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Merrimack Valley Hospice and Saints Cancer Center co-sponsor a monthly support group:

Taking care of yourself while caring for your loved one

Finding time for yourself might seem impossible as you juggle the many responsibilities of caring for your loved one and managing your own life. However, you owe it to yourself to find time for your well being.

As a caregiver, you may feel like you are on an emotional roller coaster, with feelings ranging from anger and guilt to fear and anxiety. More than likely, you are doing the best you know how but it just never feels like you are doing enough.

The group will meet once a month on Thursdays from 11:00 am to 12:00 Noon. The dates are September 18, October 16, November 13, and December 18. An easy way to remember the meeting dates is "If it's Thursday, and the date is in the teens, then its caregiver support group day at Saints Cancer Center."

This is a **free, drop in support group** open to the community. For more infor-

mation and to register, please call: Diane Blake, MA, Bereavement Counselor at Merrimack Valley Hospice at 978-552-4539.

This is a great opportunity to join others who are experiencing similar circumstances and who personally know what it's like to be in your situation," said Blake.

"Come and share some laughs, let go of some stress, and receive some support."

And, if you are unable to attend due to the day and time, call 978-552-4539 and let us know when you would be able to attend so that we can use the information in the planning of future groups.

Merrimack Valley Hospice is a not-for-profit agency affiliated with Home Health VNA and HomeCare, Inc. Together, the three agencies serve more than 80 communities throughout the Merrimack Valley and Southern New Hampshire.

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Public fundraising campaign begins for first Hospice House in The Valley

Tom Duggan
VALLEY PATRIOT REPORTER

Joan Stygles Hull, CEO of Home Health Foundation, says she is “very excited” that the Hospice House project being built on North Avenue in Haverhill is more than half completed in the first-ever capital campaign undertaken by the organization.

Stygles Hull said that the Hospice House project is “on time and on budget” during the topping off ceremony last month, marking the mid-way point in the construction project. When complete, the Hospice House facility will be a 14-room home set on a 39 acre parcel of land just a mile from Rt. 495.

“The total cost of the project is about \$8 million,” said Stygles Hull. “We’ve already raised about 4.1 million so we’re half-way home. In the beginning we thought we might be able to raise three or four million all together, so we are excited to be where we are right now.”

Stygles Hull said that the project is scheduled to be completed by March of 2009 and the public fund raising campaign to secure the additional \$3.9 million is just beginning.

“We have had such a tremendous response from private individuals and our



Joan Stygles Hull, (3rd from left) at the Topping Off Ceremony where donors signed their names to the very last steel beam before it was hoisted into place.

staff who have donated \$200,000. It’s really is amazing” she said, beaming with pride. Most of the employee donations came from voluntary payroll deductions and donated vacation time. “So, now we are going to the public asking for their support. We’ve had people asking us for months about how they can help and now we are asking for their support.”

“Contributions have come from financial institutions, businesses, local and national foundations, service clubs, dedicated employees, and our board of directors. They have all made this day possible. As I go out to the community, I am always amazed at the outpouring of

support, particularly in these tough economic times. From across the Valley, people have come to understand the critical need for this house. They share our vision and our passion and they are committed to give what they can to help. Although today marks a milestone, our work is far from over. Stygles Hull said that Merrimack Valley Hospice needs the support of the entire Merrimack Valley to raise the remainder of the funds necessary.

The Hospice house project in Haverhill has been in the making for over 6 years and Stygles Hull says that the need for an

end of life care facility is badly needed in the Merrimack Valley.

“This is one more piece of the continuum, to give people options so that when they are not able to stay in their own home, they will have an option that is as much of a home as we can make it for them,” Stygles Hull concluded.

Merrimack Valley Hospice House will be holding a wine tasting fundraiser at the Andover Country Club on November 7th. Anyone who is interested in making a donation can call 978-552-4162.

Hospice House will be run by Merrimack Valley hospice in Lawrence.

Elders could lose \$1.2 Billion in home care if Question 1 Passes More than 15,000 Seniors Would Lose In-Home Help

According to the head of the largest statewide community-based elder services and advocacy group, if Question 1 passes on the November 4th ballot, more than \$1.2 billion in services to the elderly will have to be cut.

“Question 1 will have a significant negative impact on services and programs for older people -and for just about everyone else in Massachusetts who relies on state or local services,” said Mass Home Care Executive Director Al Norman.

“Our schools, police, fire, road maintenance, local aid, and human services will all see a major loss of financial support if the state income tax is repealed. Equally alarming, Question 1 provides no alternative source of revenue to help soften the blow that would be felt by thousands of our friends and neighbors.”

According to the Secretary of State’s summary of Question 1, “This proposed law would reduce the state personal income tax rate to 2.65% for all categories of taxable income for the tax year beginning on or after January 1, 2009, and would eliminate the tax for all tax years beginning on or after January 1, 2010.”

“If voters repeal the state income tax,” Norman said, “the state budget will have to be cut by roughly \$12 to \$13 billion. Overall, this is nearly half of the \$28 billion state budget. The cuts will not necessarily be equally applied to programs, but very few programs will be spared. Just about everyone whose life is touched by state services for the elderly will be hurt,” Norman added.

The Director also said that if Question 1 passes, the following cuts would directly affect the elderly:

- * **As many as 15,300** senior citizens could lose their home care services entirely, **representing more than \$60 million in lost funding!**
 - * \$26 million could be cut from the Enhanced Home Care Program, **eliminating services to roughly 2,200 elders.**
 - * 3.4 million for Meals on Wheels **could be lost statewide.**
 - * \$720 million in state and federal funds could be lost for nursing home care, **affecting more than 14,400 seniors living in institutions.**
 - * **The new** “Community First” program could lose \$27 million in funding, eliminating more than 7,000 people from the program.
 - * Nearly \$26 million in drug benefits for the elderly **are in jeopardy.**
- The overall spending at the Executive Office of Elder Affairs is \$2.68 billion. Question 1 could trigger a staggering loss of \$1.25 billion in state and federal funding for seniors!
- “Question 1 could cause an enormous shift of burden from the income tax to the property tax,” Norman cautioned. “Many retirees pay little or no state income tax. Many seniors are living on their Social Security and a small pension or modest investments. But the tax they cannot avoid is the local property tax.
- “There is the Circuit Breaker (worth \$800) and other property tax exemptions - but imagine for a moment what will happen to your town budget if local aid for police, fire and schools is slashed by 45%. The state might be forced to repeal or amend the Proposition 2½ law, and shift to the property tax instead. This

could force many seniors to be taxed out of their homes.”

Mass Home Care said that another possible consequence of Question 1 is a major hike in a broadened sales tax, which again would hurt tens of thousands of consumers who have to purchase food and drugs as part of their daily maintenance. Question 1 could force a significant rise in the sales tax, and elimination of all the current exemptions from that tax. That means higher costs for groceries, clothing, and other basic necessities.

“It is difficult to pinpoint where the most damage will occur,” Norman noted, “but there is no doubt that a \$13 billion cut in state revenue will be felt by just about every citizen in the Commonwealth - from the student seeking a college loan, to a senior seeking a homemaker. Question 1 would recklessly cut funds for most programs, and offers no alternative source of support. Tens of thousands of seniors needing long-term care would be left in the No Care Zone. If the income tax repeal passes, it will significantly harm our communities, our children and our economy.”

Question 1 is opposed by the Massachusetts Taxpayers Association, the Boston Chamber of Commerce, and Mass Home Care - along with many other community-based groups.

“In my opinion,” Norman concluded, “Question 1 will probably have more impact on older people than any other ballot question I have seen in my many years of working with the elderly. It’s important to remember that when large amounts of state aid are cut, it is people who are hurt, not faceless bureaucracies. Our friends, our neighbors - even members of our own families will feel the greatest impact from these enormous cuts to state programs.”

Elder Services of the Merrimack Valley, Inc, is a private non-profit agency supported by state and federal contracts, foundations, corporations, and private donations that help provide choices for older adults, allowing them to remain safe at home. For additional information, please contact Tony Palmisano, Director of Development & Communications, at 978.946.1350 or tpalmisano@esmv.org.



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Fitness, exercise and nutrition in The Valley

Karen Bell

VALLEY PATRIOT FITNESS COLUMNIST

Years ago, when Nike rolled out the slogan, “Just do it,” “it” seemed so simple.

When it came right down to doing “it,” however, the slogan was not much help. I used to look at the ads portraying the lithe, nymph in running shorts and skimpy tank top sprinting up a rocky hill. She made just doing it look easy. She even made sweat look glam and fun.

Research has shown that there is a very basic level of exercise necessary to keep the body in good condition. Three to four days a week of cardiovascular activity and two days of strength training are recommended as a minimum. Now, if you have been lazing in front of the TV like I was last month, five exercise sessions a week would seem overwhelming. Your innate survival mechanism would probably kick in and suggest that you feel just fine sitting on the couch.

The good news...anything is better than nothing. Start your exercise plan slowly and intelligently. Ascertain how many minutes you could walk easily, without stressing yourself.

Let’s say its 10 minutes. Take a piece of paper. Write down, “I will take a 10 minute walk on ___day.” (Do not write I will take a 10 minute walk tomorrow, because tomorrow never gets here.) Sign it and post it on your refrigerator.

On the appointed day walk 5 minutes out and five minutes back. Put a check mark on your paper and write down, “I will take a 12 minute walk on ___day.” Believe it or not, writing it down and checking it off, after you do it, works. Add 2 minutes each day. Try not to skip more than one day. Which reminds me of one of my favorite blond jokes...

Following her annual physical a slightly overweight blond was told by her doctor that she had to exercise and lose 10 pounds. He suggested that she walk for

two days then skip a day. She should repeat this procedure for three months. She called the doctor at the end of just one week.

“Doctor,” she said. “I have lost all ten pounds.” He expressed his concern with the extremely fast weight loss and asked if she had followed his instructions.

“Well,” she sighed. “I almost quit after the third day. Walking all day was alright, but skipping almost killed me.”

Joking aside, if you add 2 minutes each day to your walk time, you will reach the prescribed 30 minutes three times a week in very short order. At which point, you should start picking up the pace.

Running is not good for most beginning exercisers and is, in fact, not good for most of us. Walk swiftly, but not so fast that you would have difficulty conversing. Now is a propitious time to begin a new exercise program. There are three times a year when starting and continuing to workout is easier. Fall is one of them.

My theory is that we have been programmed from a very young age to start each fall with something new; new class, new school, new teacher, new school clothes. As adults, once we put those kids on the bus, it’s our time for something new.

Of course after a summer of indulgence and neglect, the fitness club starts looking like a good place to be. So start in. Just do it. The second step is easier than the first. Babysteps. Whatever slogan works for you, write it down and put it on the fridge. We know that’s one spot we never skip.

Next month: Strength training, who should be doing it?



Karen Bell is the owner of The Club Fitness Center on Middlesex Street in Lowell
Email questions to: karen@theclub-lowell.com

Nonprofits to Benefit from new network on NECC Lawrence Campus

Non-profit organizations in the greater Merrimack Valley, struggling more than ever because of the downturn in the nation’s economy, are now able to access premier grant research databases as well as attend professional grant research and grant writing workshops at a newly created Grants Resource Network located in the library on the Lawrence campus of Northern Essex Community College on Franklin Street. All access is free.

The Grant Resource Network is a partnership between the Associated Grant Makers of Massachusetts (AGM), an association of grant makers, for philanthropic organizations in MA and New Hampshire; Jericho Road Lawrence, Inc., a Lawrence organization that

matches the business and technical needs of Lawrence nonprofits with professionals willing to donate their skills, and Northern Essex Community College.

Nonprofits will no longer have to travel to Boston to access the AGM Grant Makers directory and the national directory, Foundation Directory Online. AGM has provided training to Jericho Road volunteers and NECC library staff who will, in turn, teach nonprofit staff how to use the databases and write grants. There will be a series of trainings this fall and in spring of 2009.

“This is very much a part of what we believe Northern Essex Community College to be about,” said NECC President, David Hartleb during its official

opening on Thursday, Sept. 25. “One of the elements of our strategic plan is to be ‘The First and Best Resource for the Community’. This is a wonderful opportunity for us to achieve that step in our strategic plan and fulfill the mission of the college.”

The Grants Resource Network is supported in its first year with funding from the Stevens Foundation. NECC and Jericho Road will market the network and track its usage. This is the first center the AGM has established. Two others are slated to open in Leominster and Martha’s Vineyard.

“We will teach nonprofit staff to think through the grant writing process,” said Martha Moore, director of the AGM

Resource Center for Philanthropy. “They will know where they are headed before they even touch the keyboard. They will walk away with a deep understanding of what they are doing and why...”

Josh Miner, a Trustee for the Stevens Foundation, said the Foundation’s support of the Network “Is a critical investment. This resource will make the nonprofits’ work a little easier.”

Individuals interested in using the Network’s computers are required to register with NECC librarian, Mike Hearn. He can be reached at mhearn@necc.mass.edu. For questions about the Network, the resources available, or the training contact Martha Moore at mmoore@agmconnect.org



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INNOVATION VALLEY (ivalley.org)

An Olympics for urban foresight

Seth Itzkan
VALLEY PATRIOT COLUMNIST

Imagine an Olympics of urban foresight and sustainability. How would Merrimack Valley cities do? Gold? Silver? Bronze? Honorable Mention?

We may soon find out.

There is such an Olympics of sorts; it's called the SustainLane City Ranking (<http://www.sustainlane.com>). Unique to this are categories such as "City Innovation" and "Green Buildings". The 2008 winner for City Innovation was Portland, which earned a "Leader" status. Pulling up the rear, Fort Worth was considered "Endangered". The City Innovation category looked at factors including, environmentally preferable purchasing programs, green building incentives, and car sharing programs. In all, there are 16 categories.

This study is targeted to the 50 largest U.S. cities, so Merrimack Valley cities won't qualify, but the methodology is compelling, and it should be applied locally. Of course the objective is not merely to celebrate or chastise the winners and losers, but to learn from what works so we can be better prepared. As they state, "The rankings explain how people's quality of life and city economic and management preparedness are likely to fare in the face of an uncertain future."

What will the world look like in 2050?

To help our cities face the uncertain future, one of the world's leading architectural and urban planning design firms, London-based Arup, has taken bold action in pushing the envelope in how we consider city development.

Their approach is revolutionary and has implications for the Merrimack Valley. They have created a Global Foresight and Innovation team that's job is to help clients answer the question:

What will the world look like in 2050? If you haven't seriously considered that, you probably shouldn't be in public office or building infrastructure.

But, no fear, the Arup Foresight group will help bring you up to snuff. Their group tracks a wide range of trends potentially impacting their clients. The

trend categories include: energy, climate change, water, waste, urbanization and demographics. Each trend category is cross-examined through five domains: social, technical, economic, environment, and political, as part of a futures-planning framework known as STEEP. They even have a "futurist" on staff.

As an example of their flare for the future, Dr. Chris Luebke, Director for Global Foresight and Innovation stated in a recent interview,

"The future of cities is as strong as it has always been. It is our manifest



destiny in a way. But I also hope that one day we will have building facades that don't have to hold carbon monoxide outside of the building. Imagine a city in which you don't have to hold out the air, and you don't have to hold out the noise... It makes the city an amazingly different place."

The flagship project of the Foresight group is a comprehensive research and communications initiative called Drivers of Change. This initiative conducts workshops and hosts a website (www.driversofchange.com) where you can learn about what's cutting edge and view or participate in a wide range of videos and blogs, such as "The Future of Connected and Sustainable Cities" and "The Energy Road Map". But what I

think is coolest is a set of cards, like playing cards, called Drivers of Change 2006. These cleverly cover all the tracked trends analyzed via the categories mentioned above. There are 6 decks - one each for energy, climate, water, etc. Each deck has about 25 cards. On the front of each is a compelling question. On the back, are informative and insightful statistics and charts.

For example, the card under Demographics-Social, asks: How many

centenarians will you know? On the back is information about the aging population with projections to 2050. The card for Demographics-Climate Change asks: If cancer doesn't kill you, will warmer weather? On the back are projections for climate change related deaths and illness, particularly for those 65 and older.

There are approximately 150 such cards, each a doozy. So, instead of playing pinocle, you can play Future Shock.

You may ask, why is Arup doing this?

Possible answers:

A. Because they care? B. Because they're bored? C. Because they want your business.

At the end of the day, week, month or fiscal year, the bottom line is always business, and Arup knows that their city clients face a crisis of epic proportions. It will take innovative thinking of equal measure to keep them thriving.

One of Arup's most recent projects was the Beijing Olympics. They consulted on both the National Stadium and the Aquatics Center, and for the latter helped provide numerous energy saving features, such as solar heated water. So, they know a thing or two about innovation and Olympic spirit.

Maybe we can learn from the efforts of Arup and SustainLane and have an urban design Olympics of our own. In fact, maybe we can host.

Join the discuss at Innovation Valley, www.ivalley.org

John Michitson and I have created the Innovation Valley website (www.ivalley.org) to help nurture and spread innovative ideas for the region. If you are interested in the topics discussed here, please join us online.

 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

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.

Learn how to go green at Northern Essex Community College

A professional designer will teach how to "Go Green with Residential Sustainable Design", a noncredit course offered at Northern Essex Community College through the Corporate and Community Education Center in North Andover this fall.

Participants will learn what can be done to an existing or new home to "go green" and safeguard health and the environment. The course will explore the basics of sustainable residential building material selection and applications, indoor

air quality, long-term building quality, rating systems, solar energy concepts and applications, plus energy use management issues and options.

This course is appropriate for homeowners as well as interior decorators/designers, and property managers and other real estate professionals.

Taught by Judith Holt, president of Holt Design, a green building and solar applications consulting firm, this course is being offered for the first time this fall.

This course will meet Mondays from 6:30 to 8 p.m. Oct. 6 through Nov. 17, with no class on Oct. 13, at the NECC Corporate and Community Education Center, 1600 Osgood St., North Andover. The cost is \$153.

For more information please contact Diane Zold-Gross, assistant dean,

Workforce Development and Community Education at 978-659-1221.

NECC's Corporate & Community Education Center, located at 1600 Osgood St., North Andover (on route 125) in the former Lucent training facility, offers noncredit personal enrichment courses, as well as professional certificates and compute training for individuals and companies that are looking for cutting edge skills. For more information call 978 659-1200 or visit us online at www.necc.mass.edu/noncredit

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“Fourteen-year old flits”

Barbara Peary, M.Ed.
VALLEY PATRIOT PARENTING SPECIALIST

Our fourteen year old daughter flits from one interest to another. First, playing sports- soccer and swimming and now she has let all that go and is “Miss Photographer.” Why can’t she pick something and stick with it?

You don’t mention how long she has tried these sports, but it is good to encourage children to keep a commitment once they have made it. For instance, after joining a team they should complete the season. Moving from activity to activity is the way youngsters find out where their skills and interests lie. For a child this is a goal itself.

I baby-sit for my four and six year old grandsons every other week for two hours in the afternoon. It is a bother to have their mom pack toys for them to play with, week after week. What are some toys that I can buy that will appeal to both children?

The longest lasting and most versatile toys are ones that are open-ended. This means playthings that can be used in many ways and require the children to use their imaginations.

Large and small blocks and other toys that can be manipulated and made into countless structures of all types fit this requirement. Purchase some open-ended building toys, small cars, and a number of animal and people figurines and the boys should entertain themselves for hours.

There is a problem with my eleven year old daughter. Lately she has been taking clothing, hair accessories, and purses when she visits her friends and giving these items away. Many of her friends are better off than we are and I think she is trying to prove that she has stuff to give away too.

First talk to your daughter and see if your belief about her motive is correct. If it is, your daughter is old enough to be allowed in on some family discussions

about money. Let her know that not all moms and dads make the same amount of money. This is an appropriate time for her to learn the fact that there will always be children that have less than she has and children that have more than she has.

As a teacher, what is one piece of advice you would give me as I head to my junior year in high school?

This is a time to start evaluating your own goals and not the goals of your friends. Begin looking at where you are in terms of sports, grades, college plans, if any, and anything else you want to accomplish. Avoid the tendency to compare yourself to others. Instead, the task should be to assess what you have accomplished so far. That is, look at where you are now and set some goals for where you want to go. Finally, get started on simple objectives to start meeting the goals. It is important that you evaluate by looking at your goals and skills and not at what your friends can and cannot do.

Why are children so polite in public and not as polite at home? Recently, when I was in a buffet line with my son and offered him several choices – “potatoes”, “beans”, etc. I got a “no thank you” to each of my questions. Needless to say, I almost fainted on the spot.

This is an annoyance and sometimes it does seem like children are not learning what adults are trying to teach.

Obviously, you have been a positive role model and he was imitating you and will continue to do so. Be glad he does it in public and keep reminding him when you feel it is necessary at home. With modeling from you and practice, good manners should become his habit.



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STAYATHOME DADS

Starting my new career as a stay at home dad

Pete Baylies
VALLEY PATRIOT CONTRIBUTOR

A few weeks before Christmas 1992, my childcare provider called me at work with a worried tone in her voice. “I think your son has a fever,” she said, “he won’t stop crying, what should I do?” Just an hour after I’d dropped off my son at childcare, I found myself back in my car, risking a speeding ticket. As I reversed my dreaded, one-hour commute, I secretly felt glad that, despite my son’s illness, I had an excuse to spend a weekday with him. During that drive, I began to think how nice it would be to stay home full time with my nine-month-old and how it would make my family’s life so much easier. Since I didn’t think we could pull it off financially, I didn’t have the nerve to quit my job.

When John was born, my wife, Sue, a schoolteacher, had stayed home with him from his birth in March right through her summer vacation. That fall, we were both working and were lucky enough to find an excellent daycare on our street. Like many of our friends we found ourselves living the day-to-day dual income lifestyle. Each morning, I would drop John off at the daycare at 7:30. Although my son was in good hands, Sue would be worried sick and couldn’t wait to pick him up at 4:00. After I got home around 6-6:30, I was able to give my wife a much needed break. A few months of this routine and I could almost do it in my sleep.

In late December, however, my wish to stay home with John came true. It happened during one wave of many layoffs that swept through the huge computer company I worked for. On a Friday afternoon my boss informed me that I was “involuntarily terminated”. As I sat there in temporary shock, I didn’t let on to her how relieved and happy I was. It was the best Christmas present I’d ever gotten from a boss! I finally got my son back.

The decision to stay home with your kids is a life changing one that takes many dads by surprise. It will change your life just as your decision to get married or having a child did. And like those events, it will come with many joys and disappointments. The only difference is there is no ritual to celebrate this new life stage (a stay-at-home dad shower?)

Peter Sternberg of Virginia started making his decision following the many chats he had with his kids’ preschool teacher who supported the idea. “She had a big influence on us and it got my wife and me talking seriously about it.” When his oldest child asked why he worked, the only thing he could say was, “So I can pay for daycare for you.” Then a defining moment came that made him quit his and take the plunge. “One time when I went to pick my son up at pre-school there was a very bad car accident, It usually takes 30 minutes to get to daycare, but this time it took three hour. When I finally got there, my son was watching the news instead of Barney, and said to me, “Daddy I thought you would never pick me up.” Add to that, the fact that his wife Caroline made more money and the decision to stay home was pretty clear.

Next month's excerpt from The Stay at-Home Handbook : My First Days as an at-home dad -

Peter Baylies is the Author of the At-Home Dad Handbook and provides a free resource for dads at athomedad.com.

Looking for simple solutions to your real-life financial challenges? Check out WalletPop for the latest news and information, tips and calculators.



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.

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Fall car care month: Lawrence Meineke offers advice, tips

Automobile service center gives local drivers seasonal advice for their vehicles in recognition of upcoming awareness month

Lawrence, MA (Grassroots Newswire) September 25, 2008 — With a new season comes a rejuvenated spirit, fall cleaning – and vehicle maintenance.

Therefore, with the road trips that many people took over the summer and in recognition of Fall Car Care Month this October, Michael Murphy, owner of Meineke Car Care Center in Lawrence, is encouraging drivers to make sure their vehicles undergo a maintenance check for the autumn season.

“It is critical that cars have periodical, thorough inspections by a qualified technician,” Murphy said. “For most people, they probably don’t give their car as much care as it needs. With the autumn season here, it’s important to take care of the maintenance that many may have ignored during the summer months. A car maintenance check-up and some simple service can really reduce the cost of car ownership.”

Murphy said for maximum fuel efficiency and cleaner air, keep your engine in tune. And, for safe driving, keep

brakes, steering and suspension systems in A-1 condition. Murphy suggests the following additional advice and tips:

Meineke Car Care Center in Lawrence’s Fall Car Care Tips

1. With cooler weather soon heading way, keep the windshield wiper fluid reservoir full. When topping off, use some windshield washer fluid on a rag to clean off the wiper blades. In winter months, pay attention to the freezing point of the washer fluid.
2. Inspect belts and hoses. Replace worn, glazed or frayed belts. Tighten them when more than ½” of slack can be depressed between the pulleys. Vehicles with spring loaded belt tensioners require no adjustment. Replace bulging, rotten, or brittle hoses and tighten clamps. If a hose looks bad, or feels too soft or too hard, it should be replaced.
3. Check the antifreeze/coolant level. Some cars have transparent reservoirs with level markings. Fill to level marking with 50/50 solution of antifreeze and

water. Caution: Do not remove the pressure cap when engine is hot.

4. To maintain peak performance, change oil every 3,000 miles or 3 months, whichever comes first. Replace oil filter with every oil change.

5. Check transmission fluid with engine warm and running, and parking brake on. Shift to drive, then to park. Remove dipstick, wipe dry, insert it and remove it again. Add the approved type fluid, if needed. Be sure not to overfill.

“These are some of the things drivers can be mindful of this fall. It’s also important to remember that proper tire inflation, regular engine tuning, oil and air filter changes can do more than keep your car running smoothly: they actually save gas. With gas prices the way they are, it’s imperative to take steps that will result in fuel savings,” Murphy said. “Getting a regular check-up is not only vital to the safety of your car, it can save time, money and inconvenience – now and later.”

Meineke is the nation’s second largest undercar specialist, with a franchise

network of more than 900 franchises in the United States and Canada.

In addition to general service and maintenance, Meineke Car Care Center in Lawrence provides an impressive menu of undercar specialty services, Murphy said, which includes exhaust replacement, brake services, wheel alignments, struts, springs, c.v. joints, and other undercar replacement services. Meineke Car Care Center is equipped to handle all makes of American and foreign cars, as well as vans, pick-up trucks and recreational vehicles.

For more information about Meineke Car Care Center in Lawrence, please contact Michael Murphy at 978-794-1494.

About Meineke Car Care Centers, Inc. In 1972, Sam Meineke began with a single shop specializing in exhaust work and built the brand on the concept of quality products and workmanship at a fair price. First known as Meineke Discount Mufflers, the chain adopted the name Meineke Car Care Centers in 2003 to reflect the company’s expansion into total car care service. Meineke now represents over 900 franchised service centers both domestically and internationally.

Auto Insurance: What exactly is PIP?

Sheldon Fine

VALLEY PATRIOT LEGAL COLUMNIST

ANSWER: I will discuss in this article an overview of what is Personal Injury Protection coverage (or better known as “PIP”). PIP is an automobile insurance benefit for the person who is the named insured on the automobile insurance policy and certain other people who are injured or killed in an automobile accident despite who caused the accident. This is what is called “no fault” where payment is made regardless of who is really at fault or responsible for the accident. PIP provides for the payment of up to \$8,000.00 for anyone injured in an automobile accident regardless of who caused the accident as stated above, “No fault” for three kinds of out of pocket losses, which are as follows:

First are the “reasonable and necessary” medical expenses that are incurred within two years following the automobile accident. These expenses include but are not limited to: funeral expenses and medical services which are necessary based on the facts in the case.

“Lost Wages” are considered the second kind of out of pocket losses. We look to the insured policy holder’s policy which covers 75% of the lost wages for the people who are working at the time of the accident. Lost wages does not include interest, dividends, capital gains, and other sources of income. Even if the injured person is not working the “lost wages” would be considered 75% of the lost earning power. Earning power means what you

are capable of earning. For example, if the injured period had been employed until just before the accident and was seeking employment when the accident happened then the insurance company would pay 75% of his/her average weekly wages for the 52 week period before the accident. The remainder of the 25% comes from the person who causes the accident.

The last of the out of pocket expenses is what we call “replacement services” which are expenses which are incurred in paying non-family members to perform “ordinary and necessary services” that the person who was injured, would have otherwise performed for the benefit of themselves and/or members of their household. This can be found in Massachusetts General Laws chapter 90 section 34A.

PIP pays the first \$2,000.00 of medical expenses of the person injured if said person has their own medical insurance. After the first \$2,000.00 is paid by PIP, the remainder of the person’s medical bills is paid by the person’s health insurance. The remaining \$6,000.00 in PIP money can be used to pay medical expense that are not covered by health insurance such as co-payments, deductibles and treatment that is not covered by health insurance (i.e chiropractic services which are not covered by one’s health insurance) as well as lost wages and “replacement services”.

One can collect from PIP coverage rendered their policy or the policy of the individual whose vehicle you



are in, if they are covered by insurance. As stated, this is a no fault portion of the insurance in that a person who caused the accident may still collect under this section of the policy. The PIP claim is usually made against the insurer of the vehicle you are occupying. However, a pedestrian if injured collects from the insurance company for the vehicle who hit him or her.

As this article began, I stated it is an overview of the subject matter. The writer welcomes questions on this matter. You may email my office at S.fine2@verizon.net or call for an appointment at (978) 475-9886 if you have an accident with severe injuries.



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The NASFT final round of judging took place during the 51st Annual Fancy Food Show at the Jacob Javits Center in New York City (July 10-12, 2005). More than 3000 products from around the world were submitted for consideration by the panel of industry judges.

Made from the reknowned pistachios of Bronte, Sicily, and other best-quality nuts from Sicily, Valle dell’Etna nut creams are available in Almond, Hazelnut, Pistachio and Espresso Cream flavors. All are wonderful used alone as a topping and for adding to frostings, fillings, baked goods, fruit dips and other desserts. Recipes are available online.

About The NASFT

The National Association for the Specialty Food Trade is a not-for-profit business trade association established in 1952 to foster trade, commerce and interest in the specialty food industry.

The NASFT is an international organization composed of domestic and foreign manufacturers, importers, distributors, brokers, retailers, restaurateurs, caterers and others in the



specialty foods business. The organization has more than 2,100 current member companies throughout the U.S. and overseas. (From the NASFT website)

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Try 2 heaping tablespoons of Nut Cream with 8 ounces of plain yougurt for a sweet fruit dip. Perfect for green apples, strawberries and oranges.



PHOTO: COURTESY

L-R Patti Finocchiaro of Methuen 30:31; Dan Roche of North Andover, WBZ sports anchor, the River Walk celebrity host and Joseph Gurczak of Newburyport 21:40 earned the fastest times for the female and male overall categories in yesterday 6K River Walk in Lawrence to benefit Elder Services of the Merrimack Valley.

Riverwalk 6K run & walk raises money for charity

The 19th annual RiverWalk 6k Run & Walk – featuring guest celebrity Dan Roche of WBZ-TV and the Re/Max hot air balloon – raised nearly \$39,000 for Elder Services of the Merrimack Valley.

The RiverWalk race is the agency’s largest annual fundraiser, and proceeds are used by the non-profit group to help elders throughout the Merrimack Valley from Lowell to Newburyport. Funds were raised through donations, raffles and sponsorships – including the Title Sponsor SAK Paintball World, Gold Sponsors Commonwealth Care Alliance, Enterprise Bank, Evercare Senior Center, Greater Lawrence Family Health, Pentucket Medical Associates and Trinity EMS, which also provided ambulance and first aid facilities for the race.

The 2008 RiverWalk event, which began at 10:00am Sunday in front of the Elder Services offices in the RiverWalk complex, progressed along the banks of the scenic Merrimack River and through Pemberton State Park, with historic stops at Lawrence Heritage State Park.

Robert Hunter, 85 of Tewksbury, the oldest runner in the field for both 2007 and 2008 - ran the 6K distance in 1:01:13. “I’ve been running for 65 years and this is one of the best courses I’ve even run,” said Hunter.

“Not only was the route beautiful but the whole event was fun,” remarked Hunter. “I’ll be back next year with a bunch of my friends.”

Joseph Gurczak of Newburyport completed the race in 21:40 and Patti Finocchiaro of Methuen ran in 30:31, earning the fastest times for male and female overall categories. The Team Spirit award for the most exuberant Walking Team was presented to John Spellman of Visiting Angels of Newburyport.

Both before and after the race, festivities in the parking lot at Elder Services provided wholesome family fun and entertainment. Along with free food and beverages, the Re/Max hot air balloon provided tethered rides (for a \$5 donation). There was also music, games, prizes, and a wide range of entertainment including face painting, the Lowell Spinners’ Canalagator and the Lowell Devil Dogs’ Devil Dog, bobbing for apples, massages, and displays by the National Guard.

The money raised by the RiverWalk is used primarily for emergency assistance to aid the elderly. Each year the Elder Care Fund helps over 4,000 elders with basic items such as prescriptions, eyeglasses, dentures, fuel, food, walkers and wheelchairs.

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Thomas Connors
VALLEY PATRIOT COLUMNIST

There's no time to waste! You're killing yourself and any potential you have by poisoning your mind, your body and the environment in which you live. This is not about recycling. This is about cleaning up your mind, your body and your environment to take advantage of every opportunity that comes along from here-on-in.

If you're not Living the WOW! or if you're just not happy where you are in life right now, I bet my bottom dollar it all comes down to toxic poisons that are slowly killing your energy and motivation. Lucky you! It's possible to turn it all around.

There's no better time than right now to create an environment that not only supports a new way of life but goes a huge step further by kick-starting the energy and motivation you need to get the most out of every single day!

First impressions count most! Period. It's a simple fact of life. And people Living the WOW! know that better than anyone else.

The message your appearance (including your personal dress and housekeeping habits) sends can make or break you. It can mean the difference between attracting opportunity and having it go to someone else. Your home environment can also be directly affecting you when you wake in the morning. What you see when you open your eyes can make or break your whole day.

When you are fully committed to Living the WOW! you set yourself up for positive influences to enter your life. You welcome them with open arms! The WOW! keeps you alert to all that is potentially destructive. The WOW! is like sonar, a complex warning system that destroys even the smallest particles of negativity from entering your life.

Take an Inventory of your life, your wardrobe and the immediate world around you. Not only can your surroundings and appearance poison and kill your energy, they can also debilitate you beyond anything imaginable.

People Living the WOW! take inventory often. They know how important their environment is to their immediate and long term happiness and success. It's about what you surround yourself with. About clutter, dust and dirt. About the colors in your world and your neatness or lack thereof. These are proven influencers in life YOU CHOOSE!

It all starts when you wake in the morning. Are you greeted by a world of opportunity or are daggers of

negativity coming your way because you created a poisonous weapon that turned on you?

Get a good book on Feng Shui. Read it. Learn the basics and act. Even if you don't quite get it right, you will be far ahead of the game in terms of getting closer to creating a positive and motivating environment. Colors affect us. Positioning of furniture affects us. Even clutter. People Living the WOW! pay close attention to this stuff. Because they know every edge they get will result in a fuller and more meaningful life.

If your bedroom or other rooms are filled with clutter, your life will end up reflecting that. Clean them up. Getting rid of the clutter (including dirty dishes in the sink) and dust and bringing positive color schemes into your life, you will start creating a force field to protect you from negative influencers. If you wake to colors that are dreary and tempt you to stay in bed rather than perk right up to face a prosperous day, find the colors that positively affect you and get to work painting.

Extend this same protection to what you wear. Get a good book on how to dress for work and success. Read it and absorb its advice. I'm sure you are really good at dressing for hanging out and the club/night scene. But we're talking about success and impressions on the way to the top. What colors work? What pieces of clothing impress? Find out.

My years helping people get ahead at American Training have too often shown me some graduates who kill any chances of getting a terrific job all because of inappropriate dress and appearance. They work hard, study and put forth the effort. Then they poison their chances to start Living the WOW! These same people tend to be so infected with the inability or unwillingness to change that even when presented with that reality, they continue to justify their no-win situation. That's not just stubbornness, it is *INSANITY*!

Your mind is working and so is your environment. Now, Get that Body in Shape!

You are not done yet. Round out your *personal renovation* by reading a good book on eating and exercise.

When the Good Lord created your body he created more than flesh and bones. He meant for it to be a tabernacle of the highest honor. It was meant to house His greatest gift; a human being with a soul, a heart and a brain. Perfect it! Get in shape! Make the effort to find out all you can about being healthy; always prepared to destroy the negative aspects of life while graciously inviting opportunities that 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.

Maximize the things that Enhance your Potential and Get Rid of the things that detract from you making a Terrific Impression.

Living the WOW! takes effort and often a reassessment of how you have been presenting yourself and the way you have been living. Keep this in mind. If you do the same things you have always done, you will always get the same results. If those results are not what you want, then learn to not only love change, but EMBRACE IT!

When your environment is a toxic waste site that poisons you from the moment you wake up to the moment you retire, then your chances to succeed are greatly diminished. When you build a positively solid and motivating environment in which to Live the WOW!, you will be UNSTOPPABLE!

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

*(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. You can reach Tom at Tom@AmericanTraining Inc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843) © 2008*

SIMPLE WISDOM

Gail Van Kleeck
VALLEY PATRIOT COLUMNIST

I should have known my mother would be upset, the day I took her spare glass eye to school for show and tell. When she was about seven, she'd walked too close to her dart-playing brother. After that she'd had very little sight in one of her eyes. Years later, that eye became infected and needed to be removed.

I remember the aching sound of her crying in the night. I remember my father tenderly applying warm compresses

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How we see

to soothe the hollow place where her eye had once been. I remember the bandage she wore until she had healed enough to wear the new eye that had been painted on glass to match the one through which she saw.

She had shown me its mate. She kept it in the small, padded box in the medicine cabinet. She showed me the way the back was shaped so it could move along with her good eye. She wanted me to know how miraculous it was. She didn't need two eyes it seemed, to see the miracles in life.

The mother of my childhood used her one good eye to look for our strengths so she could encourage us to use them. She used it to see beauty and courage and honor and compassion.

She used it to see the many ways she could make a difference in her world. She also used it to find the things we seemed unable to find for ourselves. "Me and my one little eye," she'd say, holding out the shoe or sweater for which we had been looking, "Me and my one little eye."

After the terrible tragedy of September 11th, most of us saw through the same wounded eyes. We saw honor and courage and strength and love rise up from the burning ashes of that day. We saw ourselves as kindred spirits.

We saw our own grief and disbelief and humanity reflected in the lives and faces of strangers.

The more we looked for those human connections, the more of them we saw.

Sadly, now we often see our need for self protection. We see ourselves as vulnerable, powerless and separate in a world that seems increasingly confused and angry and fearful. Yet, we can enrich and expand the quality of our lives simply by changing what we choose to see.

If my mother could see the goodness in life through her "one little eye" imagine what might happen if we used both of our eyes to see our blessings.

Imagine how we might be changed if we looked for the courage and hopefulness and compassion that continues to exist, even in the midst of these troubled times. Imagine the powerful and healing difference that kind of seeing might make might make... both in our own lives and in the lives of those around us.

WHAT WE FOCUS ON IS WHAT WE TRULY 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

- A Lucky 13**
1. In what order did the 13 original colonies ratify the U.S. Constitution and thus become states?
2. "Almighty God, I know not what course others may take, but as for me, give me liberty or give me death." Who made this declaration in a speech in reference to England's oppression against the colonies here in the New World?
3. What war ended with the signing of the Treaty of Paris in 1783?
4. In what year did the Little League Baseball World Series begin?
5. Did Marilyn Monroe ever receive an Oscar for her acting?
6. What movie star was divorced from Ronald Reagan when he was still in show business?
7. Which of what were formerly the nine planets was removed, dropping the list to eight?
8. With the removal of the body in the preceding question from the list, can you name the eight planets in our solar system?
9. What World War II military hero designed his own uniform jacket?
10. Name the only person to have been named to the College Basketball Hall of Fame both as a player and as a coach.

Answers - 1. The first state was Delaware, followed by Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina and Rhode Island. 2. These were the words of a speech by Patrick Henry in a colony meeting is a

Sudoku

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	6	8			9			
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	3		5		6		9	
6				1		5		8
5	1			4				
			9			1	5	
7					5	9	4	

Answer on page 34

church in Richmond, Va. 3. The Treaty of Paris officially ended the Revolutionary War between the American colonies and England. 4. The Little League World Series began in 1947. 5. Marilyn Monroe never received an Academy Award for her acting. 6. Jane Wyman was Reagan's first wife. 7. Pluto was removed from the list of planets. 8. The eight planets are Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus and Neptune. 9. Dwight Eisenhower designed the jacket. Peabody, Mass., Answer Man-ers Eric and Jolene Landis sent us this question and answer. 10. John Wooden holds that honor. Thanks to Lilburn, Ga., Answer Man-er Marshall Miller for this question.

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.

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Newsday Crossword

THINGS TO DO by Sally R. Stein
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Relatives of buttes

6 Short snoozes

10 Sugar cube

14 Get away from

15 It replaced the franc

16 Where Cleveland is

17 Tired, slangily

18 Diva's solo

19 Funnel's shape

20 Criticize

22 Throat-clearing sound

23 Caterer's coffeemaker

24 Aroma

26 Peculiar

29 "Absolutely"

31 Horse farm, in Mexico

35 Provide meals for

37 Chimps, for instance

40 Showed again, as a program

41 Book that's not out yet

44 Mall tenant

45 College sports org.

46 Env. enclosure

47 Home with large grounds

49 "Is it Ms. or ___?"

51 Your, in the Bible

52 April 15 payments

55 Brewed beverage

57 From Bangkok

60 Unfair criticism

65 Angelic topper

66 Where Korea is

67 No longer fresh

68 Metal in barbells

69 Easter preceder

70 Trace of color

71 Hardens, as cement

72 Deer relatives

73 Atlantic or Arctic

DOWN

1 What vegans avoid

2 Singer Fitzgerald

3 Mope

4 French farewell

5 Military guard

6 Orderly

7 New Age glows

8 Spectrum producer

9 Heavy rain

10 What's happening around here

11 "Yikes!"

12 Source for silver

13 Limerick, for one

21 Shaq of basketball

25 Frying medium

26 Helpful

27 Fender flaws

28 Bus terminal

30 Rotate

32 Zagreb resident

33 Far from gentle

34 Perfectly pitched

36 How long things last

38 Upper-left computer key

39 False front

42 ___ carotene (vitamin A source)

43 The third planet

48 Breathe out

50 Takes care of

53 Artist's stand

54 Foul 24 Across

56 Home's upper level

57 The one nearby

58 Rabbit relative

59 Frequently

61 Pets that purr

62 Tarzan's girlfriend

63 Gymnast Korbut

64 Existed

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Mayor Sullivan promotes breast cancer awareness

LAWRENCE - October is National Breast Cancer Awareness Month-a national event promoted by Mayors across the country through their organization, the United States Conference of Mayors.

Mayor Sullivan and his fellow mayors recognize that breast cancer is the most commonly diagnosed cancer among women in America, other than skin cancer.

Friday, October 17th 2008 is National Mammography Day. The Mayor's Health Task Force encourages all women, ages 40 and

older to schedule their annual mammogram.

If uninsured, please call the YWCA Women's Health Advocacy Services for information on free/low-cost mammograms

"Breast cancer is not just a women's disease," Mayor Sullivan noted, "because men and children and whole families are devastated when breast cancer takes a loved one."

"There is no better time than October, during Breast Cancer Awareness Month, for Lawrence women to talk with their health care

providers about maintaining their breast health and seeking mammography. The Mayor's Health Task Force in Lawrence has been making great strides in making information available to residents and seeking health services to those who might not have access," said Mayor Sullivan

Mayor Sullivan will officially kick off Breast Cancer Awareness Month in Lawrence at the city's Mayor's Health Task Force, "Bridging the Gaps in Breast Health", breakfast on Friday, October 3rd at 8:30am at Lawrence General Hospital.



PHOTO: TOM DUGGAN

Those looking to attend this breakfast can contact Maxy Nunez at 978-620-3526 or via e-mail at mnunez@cityoflawrence.com.

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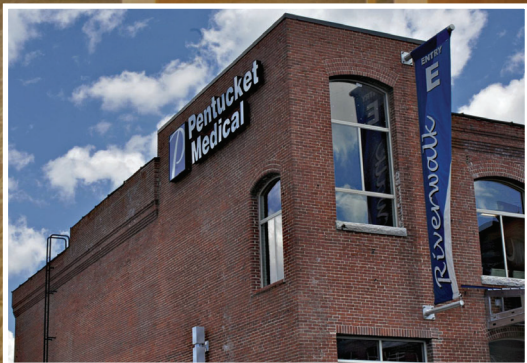
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