



THE VALLEY PATRIOT

A NEW ENGLAND PRESS ASSOCIATION AWARD WINNING NEWSPAPER

"Congress shall make no law..."

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

North Andover Family caught in Mumbai, India terrorist attacks

North Andover woman recounts how she and her family became caught up in India's terrorist attack

Erin Mary Ackerman
VALLEY PATRIOT GUEST CONTRIBUTOR

Editors note: The following is a first hand account of North Andover resident Erin Mary Ackerman (and her family) who went to Mumbai, India last month just as the terrorist attack began which resulted in the deaths of 179 people.

Heading to India the day before Thanksgiving this year, I assumed I knew what I was in for.

I was a veteran traveler; marrying a man from thousands of miles away assured me of that. I was off to India for a three-week vacation to see family and friends, and do some shopping. I was neither nervous nor concerned about India as a political entity, I was only hoping the rupee stayed low versus the dollar. I was bringing with me a four year old, a seven month old, and the aforementioned Indian husband, courtesy of Northwest Airlines. Despite the arduous 26-hour journey, we were excited and ready for the trip that lay ahead.

We had decided on our trip at the last minute. We were unable to get the direct flight from Amsterdam to Hyderabad that

is very easy on the traveler with 2 children and 8 suitcases. We had to take a 6-hour layover in Mumbai, the bustling Indian financial capital formerly known as Bombay. This would afford us the time to meet and have dinner with friends and a friend-of-friends, as is the Indian custom. I was thrilled to be heading out into Mumbai for a quick "look see."

The flight landed at 10:00pm on November 26, 2008 at the international side of the Mumbai airport. The heat of the city was immediate and close. And nothing smells like India. The second the wheels touch the runway, the smells is with you like a second skin and doesn't leave you until all your clothes are washed a week after your return home. Usually when you land in India you are greeted by blue shirted porters who beg, wheedle, and cajole you to pay them 2 dollars to manage your luggage. As we entered the terminal I was glad to see that they had finally curtailed the porters' onslaught to the baggage claim...how wrong about that I was.

TERROR, page 9

INSIDE

SECTION 1 - AROUND THE VALLEY

Editorial/Opinions.....	2-3
Innovation Valley.....	4
Thinking Outside the Box	5
Lawrence.....	6-11
Paying Attention!.....	12
Lowell.....	12-13
Newburyport.....	13
Tom Duggan's Notebook.....	14-15
Your Pets.....	18
A Couch with a View.....	18
Dracut.....	20
Haverhill.....	21
Methuen.....	22-24
National.....	25-26
Veterans.....	27
Salvatore's.....	28
Valley Patriot of the Month, Cont.....	29
Classified.....	30-33

SECTION 2 - HEALTH & FITNESS

Dr. Rustum, The Doctor is IN.....	33
Dr. Rallie McAllister.....	34
Trivia and Puzzles.....	35
Healthy Kids.....	36
Live the WOW!.....	38
Puzzle Answers.....	39
Pentucket Medical.....	40



Puppy Love with Kate Whitney
Page 18



Dracut News with Goerge Papoulias
Page 20



Thinking Outside the Box
Dr. Charles Ormsby
Page 5



Dr. Rustum, The Doctor is IN!
Page 33



Local Cartoonist Dave Sullivan of Dracut
Page 15



Happy New Year!

VALLEY PATRIOT OF THE MONTH: TOM HARGREAVES

Tom Duggan
VALLEY PATRIOT REPORTER

This month's Valley Patriot of the month is well known to Veterans and their families in the city of Methuen. He is Tom Hargreaves the city's Veteran's services director.

Hargreaves went into the army in September of 1969 and served until September of 1972.

Hargreaves was trained at Fort Dix in New Jersey, then stationed at Fort Devens for a short time before being stationed at Fort Gordon in Georgia. Hargreaves was then shipped to Frankfurt Germany for 22

months and performed his duties as a trained intelligence communication officer.

"My duties were in classified teletype operations," Hargreaves said. "I was also the traffic control supervisor for my shift. But the teletypes we used were nothing like the technology we have today, it was basically using phone line, sort of a glorified fax line to relay classified communications."

"Any time there was a flair up in the Middle East we were point of contact where initial communications came in and we would pass them off the appropriate destinations."



PHOTO: COURTESY

Methuen Veteran's Services Director Tom Hargreaves

HERO, page 28

Try the WCAPizza for \$9.89 at Sal's



980 WCAP
Everybody Gets It!!!

The Valley Patriot of the Month is Sponsored by...

Sal's PIZZA

Home of the 19" 3lb. PIZZA

Straight From Boston's North End



AVOID FORECLOSURE

Andrew Distefano

Mortgage Resource Solutions, LLC
790 Turnpike Street, Suite 202
North Andover, MA 01845

Call My Cell: 978-423-4716

Andrew Distefano & Joe Zingales

Make a Great

TEAM!



TeamZingales.com

Call the short sale specialists

Joe Zingales

RE/MAX Prestige
360 Merrimack St Bld 5
Lawrence, MA 01843
Office: 978-688-4277

Call My Cell: 978-360-4743



EDITORIAL



We support Israel

The people of Israel endure immanent destruction on a daily basis from a number of terrorist organizations, governments and civilian populations in the region.

The threat they face is something that most Americans cannot fathom.

Palestinian terrorists, civilians by definition, use ambulances to transport weapons and terrorists from place to place on the Israeli border.

They use their own children to carry out horrific acts of violence, like strapping them with explosives and smuggling them onto school buses to kill Israeli children.

They strap nail belts to these children so that those who survive the attack will suffer as much as humanly possible.

They launch rockets indiscriminately into Israeli cities from territory that Israel gave them in exchange for a peace that never came.

They get no support from the UN, populated by the very nations bent on their extinction and are routinely condemned whenever they defend themselves.

Make no mistake about it, the fight in Gaza and the threats that Israel faces in the region are all rooted in an irrational hatred and an obsession with killing Jews to fulfill some religious principal.

Millions of self identified Muslims are brainwashed from birth to believe that Jews are less than human, (likened to pigs and dogs) and are, by definition to be treated as such.

In their world, the Jews are evil and must be wiped from the face of the earth at *any* cost, including the lives of their children and the advancement of their own people.

We have seen this before. And we have seen the results of what happens when millions of people are brainwashed to believe that a race of people is sub-human. It is an irrational evil that cannot be talked to, negotiated with or ignored. They will settle for nothing less than finishing what Adolph Hitler started: total genocide.

The news media in the United States has been silent on this issue and because of that silence, most Americans are sadly ignorant as to what is really going on in the world and "why the terrorists hate us".

They hate us because we are the only thing standing in the way of their final solution. America's strength and influence around the world is the only reason that the Jewish people continue to exist on this earth.

We believe that it is America's duty to support, not just Israel's right to exist peacefully as a nation, but the right of Jews everywhere to live without fear of being tortured and murdered because of their race and their religion.

President Obama must let the world know with words and deeds that America stands with the Jews and will not tolerate the horror they live in every day as they struggle to exist. Hamas must be eradicated and the people of the Palestinian territory must be held accountable for electing a terrorist organization to represent them.

If nothing else, Barack Obama could go down in history as the man who saves the Jews... or responsible for their extinction.

We have hope!

The Valley Patriot is published monthly on the first Tuesday of each month by the Valley Patriot, Inc., POB 453, North Andover, MA 01845. Copyright (c) 2008 Valley Patriot, Inc. All rights reserved. Subscriptions are \$30 per year.

POSTMASTER: Send address changes to Valley Patriot, Inc., POB 453, North Andover, MA 01845. **PHONE:** (978) 557-5413 **FAX:** (978) 258-1964 **WEB:** valleypatriot.com

News tips

Phone in news tips to (978) 557-5413, or you may email tips to us at valleypatriot@aol.com. We respect the anonymity of our sources if requested.

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

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

Editorial Board:

President: Tom Duggan, Jr.

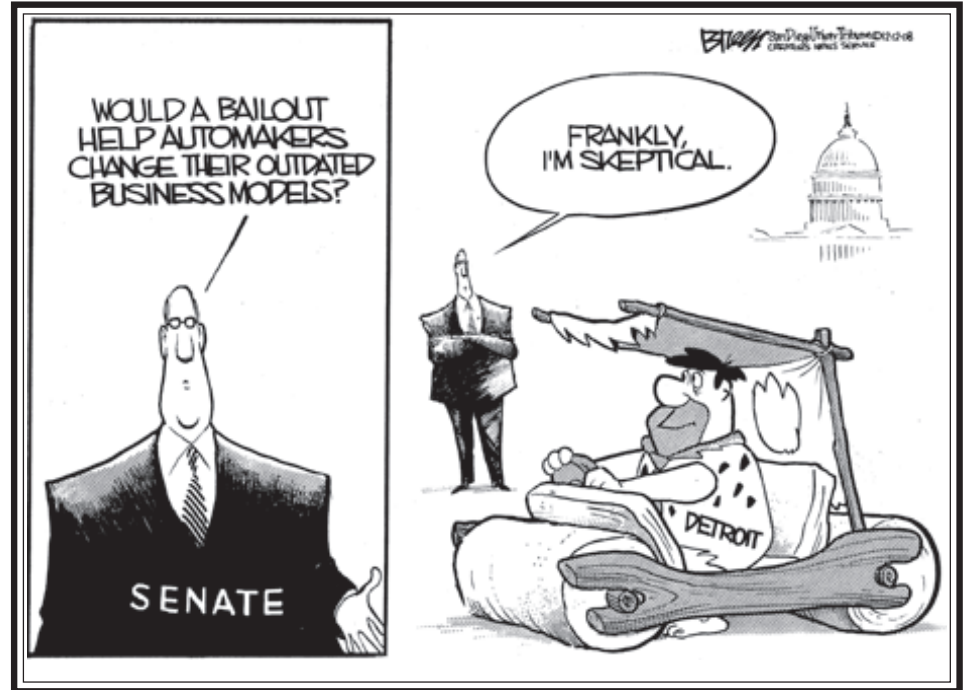
VP/Director: Ralph Wilbur

Editor: Dr. Charles Ormsby

Advertising Director: Dennis Corrigan

The Valley Patriot is now being published by Fosters Daily Democrat, in Dover, NH.

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



LETTERS

To the editor,

This letter is in response to: What is Marriage? a column by Paul Murano. Recently a column appeared by a theology professor, Paul Murano. Professor Murano speaks out against gay marriage. To make my position perfectly clear, I also oppose gay marriage, and like Professor Murano, I believe it's against natural law. But Professor Murano takes a view of what natural law is so far that I couldn't help responding.

Natural law is seen by philosophers as that part of God's plan, inherent in nature, as he created it, that can be recognized and perceived by reason alone, unaided by Revelation. God-fearers, the orthodox, or atheists, all can understand the natural law. This being so, throughout history, and in all societies, rational, normal people can recognize natural law, and order themselves & their societies in accordance with it.

An example – all societies everywhere recognize murder as wrong, forbid it, and punish murderers (although not every society defines murder identically). This is a pure example of natural law. On the other hand, Christian knowledge of the nature of Christ, his saving mission, and his Divine & human nature is not discernable from natural law, but only known by Revelation.

To the editor,

I take exception with your editorial in the December issue of The Valley Patriot, titled, "We Oppose the Fallen Hero Commemoration Act (HR6662)."

Your editorial misstates that the current laws allow for the next of kin of a fallen serviceman to determine whether or not the press may be present when the remains arrive back on US soil. The truth of the matter is that the Department of Defense currently forbids any media coverage of such events.

During the controversial Persian Gulf War of 1991, the Department of Defense under President George H. W. Bush disallowed media coverage of the arrival of remains. After non-enforcement of the policy during the Clinton years, the DOD under the current President Bush, the architect of the even more controversial preemptive Iraq War, restated the policy twice – first in 2001 then again in 2003.

As HR 6662 points out, throughout history American citizens have honored

This is why missionaries must spread the Gospel; pagan societies cannot gain this knowledge from natural law.

But – all societies forbid same-sex marriage. But almost all permit divorce; they do not consider marriage to necessarily be forever. Why not, if divorce is unnatural? Murder, being unnatural, is relatively rare, even in our very troubled society. Divorce is very common. If divorce was against natural law, most societies would prohibit it, and it would be rare. This is not the case. Also, most societies allow polygamy.

It may be strange to Professor Murano, but not to me, that the two great Catholic theologians, Sts. Augustine & Thomas Aquinas, deduce from natural law that marriage is indissoluble. That is Catholic doctrine. But Islamic scholars, who have their own version of natural law, conclude that drinking alcohol is against natural law – and not only known through Koranic Revelation, but that divorce is permitted, and natural law proves that there is no Trinity. I also don't believe in the Trinity, and am offended by Professor Murano's view that marriage reflects the Trinity.

Carl Gurtman, York, ME

the selfless sacrifice of our fallen heroes and media coverage has played a key role in honoring our war dead. The actions of the two Bush administrations, no doubt implemented in an effort to keep the real costs of unnecessary and elective wars off of the mind of citizens, not only effectively trashes the first amendment, it dishonors our brave soldiers who fought for our country.

Whether or not American policy is right or wrong can always be debated, and it should be and that's a good thing. The fact that we have young men and women willing to go into harm's way and lay down their lives for the nation's bidding, whether right or wrong, is an awesome thing and deserves honor, not secrecy or shame. Your editorial position is shocking and shameful given your newspaper's unquestionable advocacy of our servicemen and servicewomen over the past five years.

Very truly yours, James M. Surprenant
Mission Hill, MA

"First in Rates, First in Service"



Steve Sirmaian
Chief Operations
Manager

steve@firstinteg.com

Cell: (978) 771-2906
24-hr.

www.firstinteg.com

354 Merrimack St., at Sal's Riverwalk
Lawrence, MA 01843

Tel. 978.685.9700 * Fax 978.685.9701

MA Mortgage Broker #MB 4520
• Licensed by the NH Banking Dept.

EXCLUSIVE

Dr. Ormsby will not seek reelection to N.A. school board

Tom Duggan
VALLEY PATRIOT REPORTER

North Andover School Committeeman Dr. Charles Ormsby made a surprising announcement last week revealing to The Valley Patriot that he will not seek reelection to the committee in the March town elections.

Ormsby has long been the lone voice for fiscal responsibility and stood alone on most major issues before the board. Ormsby was the first among committee members to sound the alarm on former Superintendent Harry Harutunian's wasteful and illegal spending. He opposed experimental education programs like Every Day Math (where 3rd graders must use calculators), he opposed increasing spending on raises for the teachers' union, and he advocated

increasing advanced placement classes at the high school and middle School.

Ormsby served two, three-year terms on the school committee and made balancing the school departments books a major priority. But, Ormsby's effectiveness in decreasing wasteful spending in the North Andover Schools was most often hampered by school insiders, the teacher's union and fellow board members obsessed with defending the status quo.

Dr. Ormsby sent a letter to The Valley Patriot announcing his decision not to run for reelection to the board. That letter is printed in it's entirety to the right.

Ormsby is a member of the Board of Directors of Valley Patriot, Inc. and spoke at Faneuil Hall in Boston last spring in support of Ballot question #1; a measure seeking to do away with the state income tax.

To the editor,

It is with some regret that I am announcing my decision to not run for reelection to the North Andover School Committee this spring. Despite occasional policy conflicts, reflected in a record number of 4-1 votes, I found my six years on the committee to be very rewarding.

My decision to retire from the committee is rooted in my belief that the vast majority of unique and valuable contributions that one can make in any given position are almost always made in the first few years of service. Beyond five or six years it is time for an infusion of new blood.

When I ran for School Committee in 2003, my campaign literature stated the following policy positions (repeated here verbatim):

1. Our schools are under-performing and can do much better
2. Additional spending and higher taxes are NOT the answer
3. Enrollments do NOT support spending on a new elementary school at Foster Farm
4. Educational essentials are being ignored in favor of educational fads and support for special interests
5. The benefits, if any, of small class sizes are not worth the costs
6. Competition and choice are essential to reform and to improving educational outcomes.

Despite considerable opposition, I have consistently championed these positions. And, while no-one is ever solely responsible for any wide-ranging accomplishment in an organization such as our public school system, I am proud of my contribution to the limited progress that has been made.

Specifically, overall enrollment in our Advanced Placement courses over the last five years has tripled with only minor increases in our student enrollment and modest changes in our CPI-adjusted, per-pupil spending. The Foster Farm project, which had been originally justified by intentionally inflated enrollment projections, was cancelled saving over \$35 million. Our elementary math program was switched from a failing fuzzy-math curriculum to a more traditional math program that will support greater student



PHOTO: DENIS CORRIGAN

achievement in math and science. Finally, the district has become accustomed to the idea of having goals for academic achievement, even if those goals have not been fully embraced.

Unfortunately, the district has embraced an inquiry-based science program (another educational fad) for our elementary schools that will absorb scarce budget dollars while greatly diminishing the quality of K-5 science education. Thankfully, science is much less important in the elementary grades than language arts and mathematics.

Another failing is the absence of progress on merit pay for teachers (one level of competition) and the consistent failure of the School Committee to moderate increases in union salaries and benefits. These two failings pose a direct threat to the quality of services that the school district can deliver to our children and to the economic well-being of our citizens. One or both of these will be sacrificed because of the School Committee's consistent capitulation to union power.

While I cannot report success in all of the listed areas, I can report that the battle was waged. It is now time for other citizens – who believe in a relentless focus on academics, championing student interests over union interests, and controlling costs – to step forward.

Thank you for giving me the opportunity to serve.

Remember, if you think education is expensive ... you are right. What are you going to do about it?

Chuck Ormsby
Member, North Andover School Committee

N.A. Tax classification, righting past wrongs

To the editor:

After reading an editorial and some confusing articles on tax classification in the Merrimac Valley, North Andover's residents should know that existing residential property owners taxes are only going to increase .22% or less than ¼ of 1% in fiscal 2009 on an overall basis, despite North Andover's allowable general tax increase of 2.97% (2-1/2% plus an increase in override debt of .47%).

The Selectmen went a long way with their unanimous vote to correct the past twenty years of excessive allocations of tax increases to residential property

owners-that unfairly lowered business tax increases in prior years.

Even if the newspaper can't figure it out, based on their confused reporting, North Andover's residents should know that their selectmen saved them, nearly all, of their share of last year's override or nearly \$1,258,000.

Residents should shop locally and spend the 2.75% savings (on average) on their 2009 tax bill in town as businesses need our support.

Respectfully submitted,
Robert Ercolini, 195 Bridle Path
North Andover, MA

To the editor:

I would like to congratulate my colleagues for seeing the light and siding with the homeowners on tax classification. From the beginning, I opposed this increase along with Councilors Hall and Quimby; and was shocked when Councilor Daly-O'Brien proposed a tax classification that would raise taxes even more on homeowners. We councilors represent neither the Haverhill Chamber of Commerce nor its spokesperson: we represent the people of Haverhill. While we appreciate the community events the

Chamber sponsors, in fact those events enhance the revenue of business as much as the quality of community life. In this year, at this time, it would be a moral outrage – and bad public policy — to give big or small business a tax break on the backs of senior citizens, young families, and working men and women trying to manage their household finances. It is their interests we are obligated to protect

Thank you
James Donahue
Haverhill City councilor

Uncontested Divorces starting at \$799.00*

For more than 20 years, Dick Consoli and Krista Wilshusen have worked to help couples make a fair and reasonable settlement of their affairs without unnecessary heartache, headaches or expense.

978-682-9643 ~ www.consolilaw.com
30 Massachusetts Ave. North Andover, MA
Exit 43 off Rt. 495 ~ Hablamos español
** plus court fees*

Consoli & Wilshusen
ATTORNEYS AT LAW

INNOVATION VALLEY (ivalley.org)

When two pioneers partnered in Oasis business continuity emerged

Seth Itzkan & John Michitson

INNOVATION VALLEY/PATRIOT COLUMNIST

The future of Haverhill's downtown is at a critical juncture. Hundreds of new residential units, mostly apartments, are complementing longstanding stylish restaurants and shops in the downtown. Yet, there are still missing pieces to the puzzle that must be solved before critical mass can be reached in the downtown.

A market analysis and strategic action plan for downtown Haverhill was completed by Gruen Gruen + Associates, urban economists and market strategists from Chicago, in June 2007 for the City of Haverhill. It cited these two primary disadvantages amongst others currently in downtown Haverhill: "(downtown) currently lacks a concentration of either major office space users or an established base of market rate residential units." The report is available at http://www.ci.haverhill.ma.us/departments/econ/gruen_final_report.pdf.

It is obvious that you need both market rate residential units and major office space users, as well as a variety of other recommendations offered in the Gruen Report for Haverhill's downtown to succeed in a sustainable manner. For this article, we focus on creating jobs with pizzazz for knowledge workers and the trades in the Downtown.

Two downtown pioneers are not waiting for help; they are pressing forward to help draw the next generation of jobs as both a feeder to Haverhill's industrial parks and an incentive to encourage the future work force to live in downtown Haverhill.

Bill Nofsker's Building

William "Bill" Nofsker of Kifor Development Co., who developed and manages the Burgess-Lang Professional Center at 143-145 Essex Street (<http://kifordevelopment.com/>), agrees that jobs are a key ingredient for the downtown to realize its potential, "The Burgess-Lang Professional Center will be an oasis among the residential developments in the downtown because people need a place to work."

Mr. Nofsker's versatile, customizable and "best value per square foot space in the Merrimack Valley" is now being marketed as professional office and data center space for the service and emerging technology industries, in addition to light manufacturing, distribution and

warehousing. An example of a hot emerging technology industry is renewable energy, which offers the hope of creating jobs for both knowledge workers and the trades. Both our newly elected President and our Governor are pushing renewable energy. Lawrence and other surrounding cities has been successful in this market

Community involvement and business development in the downtown have been Mr. Nofsker's cornerstones since he arrived in Haverhill more than two decades ago.

Dave Spaulding's Business

Enter Dave Spaulding, President of USAi.net (<http://www.usai.net/>), an outgrowth of MVA.NET, which he started in the late 1990s as a Mom and Pop dial-up Internet Service Provider (ISP) based on Washington Street in downtown Haverhill. During the .com bubble, then bust, the industry analysts predicted that the Mom and Pop ISPs would get swallowed up by the big regional and global ISPs. Not so in Mr. Spaulding's plan.

In fact, he has transformed his business into a regional wireless Internet services provider, specializing in high availability for customers that need to be "always-on." Key regional customers include the Boston Public Library network, Bay State College, Gordon College and Independence Investments. USAi.net provides primary and backup Internet services for the entire Boston Public Library network, which entails 28 buildings.

Mr. Spaulding has also been synonymous with community commitment and business development in the downtown. When he first started his business, the downtown did not have an Internet infrastructure, only an outdated telephone infrastructure. He teamed with the Telephone company to install the first broadband infrastructure in the downtown. He has also been an active participant in the community, again teaming with the Telephone company in the 1990s to provide free computers and free internet access for inner city youth in Haverhill.

When Dave Met Bill – Business Continuity Emerged

Mr. Spaulding's success led to a need for a larger facility. He said, "We recently moved our nine employees from 2000

Top right photo: One Boston Place located at the north end of the Boston Financial District is one of our primary wireless nodes. From there we provide wireless access to The Boston Public Libraries, Bay State College, Gordon College and many others. Photo on the left is the

installation of the link from Boston place to Gordon College. This link provides the school with 150mb of Internet connectivity. Photo on the bottom is the Gordon campus. To the left of Chase Hall just above the tree line is the receiver aimed back at Boston.

square feet of office and data center space on Washington Street to 6000 square feet of space in Mr. Nofsker's Burgess-Lang Professional Center. USAi.net broadcasts from more than 30 locations across Boston. Our new facility includes an office and a data center, but it also includes space dedicated to our next business endeavor, which is business continuity or disaster recovery."

USAi.net is now ready to provide business continuity to companies of all sizes. Since 9/11, business continuity has become a national priority. Companies need to quickly recover and restore critical business functions that have been interrupted after a disaster or extended disruption. This includes virtual restoration of a company's Information Technology capability and a Hot Standby office for workers at a remote location.

This capability will be provided in the Burgess-Lang Professional Center in Haverhill and another facility in Westminster, MA. If there is a disaster at a company in Boston, Route 128, or anywhere in the region, their customer's critical business functions will switchover to USAi.net's facility and the workforce will re-locate there. Mr. Spaulding is already proposing his new services to a consortium of Colleges and Universities.

According to Bill Nofsker, "This is a business strategy whose time has come." In fact, Mr. Nofsker likes the idea so much he has agreed to partner with Mr. Spaulding on future endeavors, if USAi.net succeeds in the disaster recovery market. It seems that the two pioneers are at it again!



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.

NECC makes changes toward climate change neutrality

Ride sharing, buying Energy Star rated equipment, not mowing designated areas on the Haverhill campus, contracting with an energy resource firm, and expanding recycling efforts are just a few of the measures being taken at Northern Essex Community College to reduce its carbon footprint on the planet as recommended by the NECC Environmental Impact and Sustainability Committee (EISC).

The EISC, created in September of 2007 shortly after NECC President David Hartleb signed the President's Climate Commitment, has accomplished a number of its goals in its mission to reduce greenhouse gasses.

In 2007, EISC estimated the college produced 29,000,000 lbs of CO₂ from electric and natural gas usage, student, faculty, and staff commutes to work and class and plane travel for conferences and meetings.

In an effort to encourage car pooling, several parking spaces have been set

aside in the main parking lot on both the Haverhill and Franklin Street campuses in Lawrence.

College-wide, all new appliances, computers, and monitors will be Energy Star rated.

In addition, two acres of land located between the Technology Center and the Sport and Fitness Center on the Haverhill campus will not be mowed and will be allowed to return to its natural state - which means the college will not produce 2,050 lbs. of.

When construction begins on the new Allied Health and Technology Building in Lawrence, it will meet at least the minimum of the U.S. Green Building Council's LEED Silver standard.

The college has made other changes as well. While the college has recycled its

paper and cardboard for years, it has expanded its efforts and now recycles

plastic, cans, and glass containers, with 10 new collection containers located throughout the campus.

Furthermore, NECC has also entered into a contract with EnerNoc, an energy savings resource firm that in turn contracts with National Grid to monitor the consumption of energy in the northeast. When a brown out or grid overload is predicted,

NECC is asked to reduce its electricity consumption for a prescribed period. The college benefits by receiving a reduction in the electric rate.

With support from state and federal grants, NECC is developing innovative science programs at the K-12 and the associate degree levels to encourage interest in science/IT careers and to promote sustainability.

A new Green Technology course has been approved by academic affairs and will be offered in the spring of 2009.

The EISC's goals for 2009 include creating a target date for achieving climate neutrality and deciding upon the actions the college will take to accomplish this, that may include:

Purchasing "renewable energy credits", seeking funds for solar and wind turbine technology, initiating energy smart policies, increasing MVRTA busses to the college, improving NECC shuttle runs, and conducting an energy audit.

For additional information contact Paul Chanley at 978-556-3502 or pchanley@necc.mass.edu, Tom Fallon at 978-556-3866 or tfallon@necc.mass.edu or visit the website at <http://www.necc.mass.edu/green/index.php>



THINKING OUTSIDE THE BOX

Have we lost the American Spirit?

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

The quote from Dean Alfange in the accompanying box has been hanging on my wall for over forty years. It is still in the same inexpensive frame I put it in when I bought it while a student at Cornell around 1966. I will never take it down.

I was – and still am – inspired by its vision, which reflects the can-do, rugged individualist spirit of our Founding Fathers. The sentiments expressed in Alfange’s Creed reflect the traditional American values of honesty, integrity, character, self-reliance, and individual freedom. It provided a model for how to live one’s life.

When I read it, it reminds me of what America once stood for. Even if one falls short of Alfange’s vision, it still provides an ideal that is worthy of one’s striving.

Unfortunately, the abandonment of individual responsibility, self reliance and integrity now permeates our society.

While selected enclaves may be uninfected, the norm has been redefined. We are victims. We deserve to have what we need or want. Society owes us. If you have more and I have less, you owe me.

We reward the takers, the needy, and the self-proclaimed victims. Property rights have lost their meaning.

If you stand proud and determined to earn your own way, with the mutual and voluntary cooperation of others, you are an outsider and viewed with contempt.

We still view armed robbers and muggers as evil, but we are willing participants in – and we grant our approval to – government-sanctioned robbery. Initially, we nodded in approval when we granted the government the power to tax us in order to help out the poor and the elderly. Now we are faced with the pathetic groveling of titans of industry begging for billions. Billions of dollars that are taken by force from those that have earned them.

You had better get in line ... or you won’t get your share. The line forms at the rear, that is, of course, unless you have political pull, in which case you can just pass GO and collect the billions you deserve.

Here are some welfare queens that have already beaten you to your tax money: American International Group, Bank of America, Citigroup, Goldman Sachs, J.P. Morgan Chase, Merrill Lynch, Morgan Stanley, PNC Financial Services Group, and Wells Fargo.

Dozens of other banks have been bestowed with more billions and GM and Chrysler are gorging themselves as you read this while the few remaining honest Americans toil away to pay their taxes.

We are at a crossroads. We are currently blessed with immense wealth and a high standard of living, even in the midst of the current financial turmoil. At the same time, we no longer understand or appreciate the values and character traits that made the accumulation of that wealth and our standard of living possible. We

show all the signs of turning our back on the societal values that are the prerequisites of wealth formation. If we lose sight of these values, we will embark on a spiral descent into poverty.

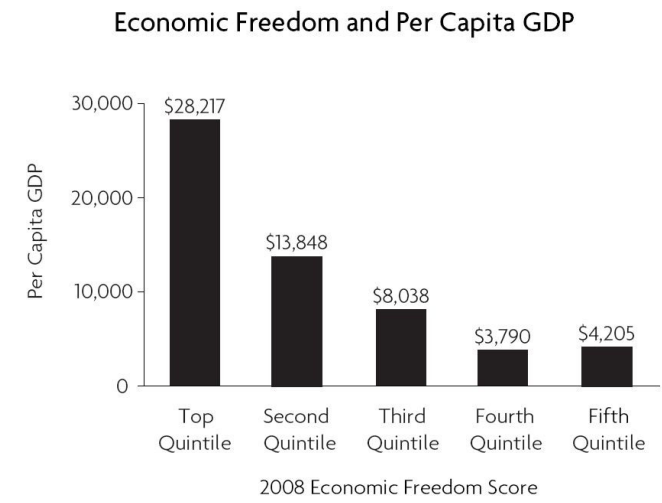
What brought us here? Was it Dr. Spock and the permissive upbringing of the post-World War II baby boomers? Maybe it is a natural cycle brought on by excessive wealth – wealth which is taken for granted because it seems to increase spontaneously with no apparent cause.

HDTVs, iPods, laptop computers, jet aircraft, airconditioners, refrigerators, talking GPS systems, etc. Do they just exist? Is it an accident that they didn’t first emerge in Indonesia or Somalia or Guatamala?

The foundation upon which wealth is created is individual freedom which has as its prerequisite the Right to Property. Where freedom and property are respected, humans prosper. Where they are trampled, poverty, disease, and death are the rule.

If you think of every country as an economic experiment - different levels of economic freedom and different economic results - there is only one possible conclusion. Earlier this year, the Wall Street Journal with the Heritage Foundation compiled data from 157 countries (from the most free – Ireland, Hong Kong, U.S., Australia, etc. – to the least free such as Syria, Belarus, Lybia, Iran and Turkmenistan) with the results shown in the nearby figure.

There is no need to belabor the obvious. You can’t gain long-term prosperity through repression or organized theft. GM and the United Auto Workers may enjoy a short-term windfall, but the damage to the future prospects of



the American economy will be long-lasting. The same can be said for all examples of government-sponsored larceny and subsequent wealth redistribution.

What we are witnessing today is merely the culmination of a philosophy that took a century to take hold in America. That philosophy simmered in the early 1900s, exploded during the presidency of FDR, gained additional steam during the 1960s and 70s, and now, after a brief pause in the 80s, is back with a vengeance.

The trillion dollar bailouts and humiliating public displays of piggery we

I DO NOT CHOOSE TO BE A COMMON MAN
By Dean Alfange¹

It is my right to be uncommon
... if I can. I seek opportunity ...
not security. I do not wish to be a kept citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and to build, to fail and to succeed. I refuse to barter incentive for a dole. I prefer the challenges of life to the guaranteed existence; the thrill of fulfillment to the stale calm of utopia. I will not trade freedom for beneficence nor my dignity for a handout. I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself; enjoy the benefits of my creations and to face the world boldly and say, this I have done. All this is what it means to be an American.

¹ Dean Alfange, who wrote this in 1952 at the age of 53, was a member of the American Labor Party (ALP). He ran for governor of New York as the ALP candidate. He abandoned the ALP when it took on pro-communist positions and subsequently became a founding member of the Liberal Party. The term "Liberal" originally referred to those who believed in individual freedom and Alfange's creed would once have been representative of Liberal thought. Sadly, that is no longer the case.

are now witnessing on a daily basis are merely indicative of the final loss of any restraint or even pretended modesty. The gun has sounded, the rush is in full swing, and all property is fair game. One for all, all for one ... every man for himself.

As pathetic as these events seem, they are really not new. The underlying philosophy is as old as recorded history. Only the scale is new.

Do you want something for nothing? Take it if you can.

Stealing is illegal? Then justify it, legalize it, pay off the politicians, and collect the spoils.

Now, if you are really clever you just get a pile of cash. For those a little less clever but still wanting something for nothing, the government is happy to sell some of its power to the highest bidder.

I'll bet you're thinking I'm going to cite U.S. Senate seats (a current rage) or

hack jobs in Massachusetts, but those are child's play compared to the real big payoffs you can garner by sucking up to the right politicians.

If you want to join the big leagues, get the government to grant you a monopoly. The monopolies that are for sale come in various flavors. Some are designed for businesses that want to eliminate competition and some are designed for unions that want to profit by controlling the supply of labor.

If you are a businessman and you contribute enough money to a sufficient number of politicians for a long enough period of time, you can be rewarded with

these special economic privileges. You can get regulations that discourage competition, import duties to raise your competitors' costs, license requirements to eliminate competing suppliers, tax breaks for yourself and tax sucharges for your competitors ... The options are only as limited as your ability to pay the piper.

If you are a union worker or union official, you can be awarded monopoly status over labor needed by your employer. You can force wages and benefits above what the market would bear in the absence of your monopoly powers. Once fully entrenched, you can form an unholy alliance with your employer to lobby for enhanced monopoly privileges. Why help him? The more gold the business brings in, the higher you can push wages and benefits.

Hey, I've got an idea! Why don't we go for broke and form a government-operated monopoly with a unionized workforce? And let's do it for some really indispensible service like education.

You can't beat that. Guaranteed business, revenue guaranteed by the taxing authority of the government, a monopoly contract to provide the needed teaching staff, and customers - parents - that will support the status quo because, if they don't, we'll threaten the service they've come to depend on. Don't forget: We've got their children!

Now that's the NEW American spirit.



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



Georgetown * Havehrill * Methuen * Newburyport * Riverwalk

Pentucket Medical

PLEASE SEE OUR AD ON THE BACK PAGE OF THE HEALTH & FITNESS SECTION

1-888-227-3762

Poker Odyssey

Two thousand plus playing cards altered and installed by Louis Bernieri

Exhibition dates: January 9 – February 27, 2008

Opening reception: Friday, January 9, 5-7 pm

The Elizabeth A. Beland Gallery at Essex Art Center is pleased to present Poker Odyssey two thousand plus playing cards altered and installed by Louis Bernieri.

Louis' fascination with playing cards goes back to his many childhood games of Canasta. At an early age, he was visually drawn to card imagery, especially in Lewis Carroll's "Alice" stories, where the illustration sequences with the Red Queen were always laden with playing card designs.

The Joker drew his interest because the character's scenes in Batman comic books included playing card imagery. Louis' installation "Poker Odyssey" marries his purely graphic fascination and one of the oldest and most popular forms of amusement with his artistic process of embellishment. This "obsession" as Louis calls it, has been fed since his birth by a family steeped in creativity and by his own pursuit of his interest in film, painting and music. Louis is inspired by Art Nouveau, Art Deco, Cubism, Surrealism, Abstraction, and even Minimalism. That said, Louis says that he sees "Poker Odyssey" as a piece of Pop Art.

For further information about this exhibition or to receive high resolution digital images for publication, please contact Cathy McLaurin cathysexartcenter@yahoo.com or at 978-685-2343.

The Elizabeth A. Beland Gallery is located on the first floor of Essex Art Center at 56 Island Street, Lawrence, MA.

Gallery hours: M-F 10-6

Closed January 19 and February 16

The Merrimack Valley Irish Connection

Jack's Irish Craic

Jack Doyle, County Sligo

VALLEY PATRIOT GUEST COLUMNIST

Throughout the Merrimack Valley names like Crann, Crane, Dwyer, Kildune, Doyle, Donovan, McCarthy, Walsh, Ford, Lavin, Milmo, and yes Duggan, to name a few, highlighted the namesakes of Irish immigrants living and working in the mills of Lawrence.

It is said that if it were not for the Irish, most of the mill buildings would not have been built. How true this seems to be. All one has to do is walk around the cemeteries of Lawrence and see the names on the gravestones and evaluate the year that a person died and read about the history of Lawrence and come to the conclusion that indeed, the Irish did erect the mills, and for that matter, the whole city. Our ancestors are the proof, genealogy has proven it.

There are monuments in the three grave yards of Lawrence commemorating special events of Irish citizens. One special monument in the Bellevue cemetery is dedicated to the Irish women that died in the Pemperton Mill fire on 10th of January 1860; 90 were killed and hundreds severely injured. Another gravestone, that of Timothy Deasy proclaims his adventures in the Manchester England Prison Uprising, and the Fenian movement, also his years with the 9th Massachusetts Regiment in the civil war. (an all Irish outfit). A quote from Manchester England history states that after he escaped from the Manchester prison, "Deasy was nearly re-arrested. Still manacled, soldiers almost found him in a farmyard near Manchester where he had been hiding.

But he too eventually made it back to America where he became the landlord of a saloon in Lawrence, Massachusetts. In due course, he was elected councilor and later had two terms in the Massachusetts House of Representatives. He died in 1880 and his grave in Lawrence is marked as that of a Union officer of the Civil War."

I could go on with names of Irish people that made Lawrence the city that it was back when I was growing up. Years when the "mills" were going strong until the early 1950's when the companies moved their plants down south.

How simple life seemed to be back then.

I decided to move to Ireland eight years ago and find out for myself where most of the Irish that lived in Lawrence came from. Oddly enough, I didn't have to look to far as my grandmother immigrated from County Sligo in 1884. Just from her area alone in County Sligo, I found that the majority of the people that immigrated to Lawrence were from the small villages of Drummacool, Conways Cross, and the Lough Bo area in the southwestern section of Sligo near the counties of Roscommon and Limerick.

Life has change here in Ireland and also in Lawrence since our ancestor's dawned their belongings and settled in their new surroundings. From history we find out that all was not pleasant when they arrived in Lawrence, Signs could be seen at different worksites saying "No Irish Need Apply". Thank God they did apply, for look at the change they made.

IRISH, page 7

Charles Daher's

COMMONWEALTH

Shop Us Last...You'll Love Us!

VOLKSWAGEN



Our Aim

N.E.'s #1 DEALER

Brand New

vw Beetle

\$3000 OFF



Stk.#V0001

2009 **vw Rabbit**



Drive For **\$139*** Per Month

0%

Financing

Ask For Details

Brand New

vw Passat

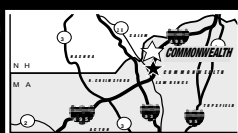
\$9000 OFF



Stk.#V0023

(978) **685-3400**

shopuslast.com



RIGHT Off 495
EXIT 45
LAWRENCE

sale ends 1/31/09

39 Mo Lease. \$4000 Down.

Charles Daher's

COMMONWEALTH

Shop Us Last...You'll Love Us!



10
YEAR

100,000 MILE
WARRANTY
PROGRAM

- 10 YEARS/ 100,000 MILES LIMITED POWERTRAIN WARRANTY
- 5 YEARS/ 60,000 MILES LIMITED BASIC WARRANTY
- 5 YEARS/ 100,000 MILES LIMITED ANTI-PERFORATION WARRANTY
- 5 YEARS/ UNLIMITED MILES 24 HOUR ROADSIDE ASSISTANCE

Every Credit Application Accepted

* Seven Finance Plans *

Brand New



Sedona

\$8000 OFF



Brand New



Sportage



\$12,909

Brand New



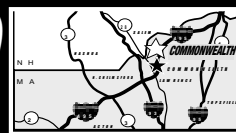
Sorento

\$7000 OFF



(978) **687-3000**

shopuslast.com



RIGHT Off 495
EXIT 45
LAWRENCE

sale ends 1/31/09

Everything can be fine in 2009

Peter Larocque
LAWRENCE SCHOOL COMMITTEE

I am not big on New Year resolutions because I have not seen much success or positive outcomes as a result of having them. But I do believe in having goals and a set of objectives to help reach those goals of where one wants to be in the future. I would like to share with you my thoughts on ways that I believe could help make the title of this article become a reality and not just a sound bite.

For starters, I think that as Lawrencians we could stand for a little self examination or housekeeping as some would call it. We should be more aware of what kind of food we are feeding our minds and souls. We should utilize the same standards when choosing the type of food that we feed our minds as the food we choose to feed our physical bodies. Our daily diets for our bodies should be made up of food that will help us to be healthy and full of energy so that we can carry out our daily tasks. The same process should also be put forth toward what food we choose to feed our minds and souls. The reasons being are that if we only take in a steady diet of what’s bad for us we will not have a healthy physical body and eventually become sick and unproductive. The same goes for what food we choose to feed our minds. If we continually feed our minds a steady diet of negative thoughts, thoughts that tear down and criticize, rather than build up and encourage then again our thinking will become sick and unproductive and we would eventually become what we feed upon which is commonly known as negative Nelson’s. What is so profitable from being negative all the time? What good are we to one another if we are continually tearing each other down? I understand constructive criticism, but some folks make a lifestyle out of being always skeptical and always thinking of the worse scenarios.

To help us in this worthy endeavor lets ask our local newspapers and radio stations to put forth a fair, honest and balanced product. What we have now in

some of our local news gathering products are far from fair, honest or balanced journalism. What we have right now are some organizations which have their own agenda’s spilling out their dislike on anyone trying to do a job in the public sector.

Editors following these criteria toward Lawrence or any of its hard working employees or its citizens should stop this practice. For example the amount of ink by a local newspaper given to the recent story involving the Lawrence Superintendent and his Special Assistant’s bad driving decisions while going through an emergency scene.

Now I mention this not to defend a City employee or to throw another log on the fire, but having a front page story and then an editorial on this subject is over the top! Enough already! The editorial came after it was explained to the newspaper more than once that the Superintendent doesn’t have a driver. There are times the Superintendent along with the Special Assistant attend the same meetings and he volunteers to drive so that the Superintendent can continue to work while in route. But this local newspaper puts aside the **truth** and the fact that there are real people involved and steps all over someone’s reputation, name and occupation, because the main goal is to sell papers. Also the editor doesn’t stop there but goes on and takes shots at the tax paying citizens of Lawrence! He writes that the citizens of Lawrence are paying for a “chauffeur” for the Superintendent of Schools, which they are not, I assure you of this! Oh, by the way in the spirit of full disclosure and while we are on this subject, I must admit publicly that I to am a driver for the Superintendent. After a meeting we were in together we both had a need to go to a bank so I volunteered to drive him there in my car. I feel much better now that I have come clean on this issue. The following was written in the editorial, “Of course, in Lawrence, the taxpayers across the commonwealth- provide almost all of the city’s school budget. It’s easy to spend money when someone else is paying the

bill...” Again I must ask what real good comes from this kind of editorializing or reporting. All this accomplishes is pitting one community against another. Shouldn’t you be writing words that bring people and their communities together and report the news and not make it up as you go?

Another housekeeping job for us Lawrencians, as we continue to be aware of what we are feeding our minds is that we ask our local radio station to please ask yourself why have programs that only serve the purpose of the Hosts, who continually spill out their dislike for Lawrence and its City’s Officials. Programming that’s dedicated to making fun of and tearing down the Mayor of Lawrence or his administration, and other city elected officials unless they fit into their agenda. I know of no good that this type of programming provides to the public where the host’s negative opinions and the opinions of a few others get put on the air. What good can come from a program that has its whole purpose for its existence in criticizing and dividing communities and offering no solutions? Where are the open, honest, fair, and balanced discussions?

I realize that I am probably breaking some kind of rule in politics by making these statements, calling out newspapers and radio stations who can take revenge with their power of the microphone or pen, but I try not to think about that. I do what I do and write what I write because I try to make a positive difference in the education of the children of Lawrence. I really am trying to do my best, I don’t always get it right but at least I’m out there working hard and giving my all. Yes I am aware that all one really needs to do is turn the radio off or just simply change the channel on the dial. But I guess I am making a plea to the stations owners and producers to re-assess the purpose of supporting such programming.

I know that some will probably conclude after reading this that I want to get rid of any form of reporting of a different view then mine, but that is far from the truth. What I am in favor of is



PHOTO: TOM DUGGAN

Lawrence School Committee member Peter Larocque

healthy, constructive, supportive and instructional programming that will build up and encourage an individual and actually add to the betterment of the minds of Lawrencians.

Let’s send a positive message to our students that we as adults can have open, honest, and balanced debates and discussions on the real subjects that have a real effect on our lives that come before us. I am well aware of the First Amendment and the freedom of speech that is guaranteed to all of us as United States Citizens. **I am not for censorship.** But I do believe that as responsible adults we can ask for a better product from our local newspapers and radio stations.

The point that I’m trying to make is that our local Editors should be writing articles or editorials that inspire and encourage one to think and to try to be apart of the solutions to the issues that effect us as a community. Also our radio program Host should be challenging their listening audiences to think of ways that in a positive manner they could be apart the problem solving process concerning issues that effect the community. I believe this can happen as well as reporting the news positive or negative as it takes place.

These are just some of the little endeavors that we can do to help our minds stay healthy and productive as we go through 2009.

I would like to conclude by saying, Happy New Year and God Bless the City of Lawrence.

I really do believe with a little housekeeping **everything can be fine in 2009.**

Jack’s Irish Craic:from previous page

Much is the same in Drumnacool and Conways Cross since my family owned Crann’s pub in 1865 till 1884 when the “fever” took the life of both my great-grandparents. The pub is still there and in operation. The thatched roof of the pub is gone but the original sitting room with the fireplace is still a cozy place to “have a pint” with the natives. Conways Cross where Milmoë’s shop is still standing but has been vacant for many years is where many came from. The Milmoë’s immigrated to Lawrence along with their neighbors, the Lavins in the late 1800’s The little cottage where the Lavin’s lived is occupied now by a woman that comes from Sligo town. Mrs. Ellen (Lavin) Walsh who lived at 125 Bennington Street in Lawrence during my years of schooling lived in the quaint little abode in Conways Cross along with her brothers and sisters. Officer Paul Sutton of the Lawrence Police Department, (deceased) lived in the “3 decker house” on Bennington Street above Mrs. Walsh, also in the 1940’s and 50’s.

Back in Ireland, If you travel up the road towards Laugh Bo you will find new houses being built, not the little cottages that once beautified the landscapes of Ireland, but large homes that look out of place in the serene picturesque sitting in the valley of Carran Hill and

Crann’s Land. Below these villages lies Corrig Burial Ground where most of the ancestors of those early immigrants of Lawrence rest in peace.

The stones without names on them, placed over the graves of the deceased have been there for over two century, maybe longer. The newer graves, from 1925 on, have the names of Gallagher, Cranns, Lavins, Toheny, and many of the names you would see in the Lawrence Cemeteries today.

At present I reside in Townaghmore, Culfadda. A small village with one little school, a Catholic Church and of course, Higgins Pub. 4 miles away is Gurteen. Located in South Sligo, Gurteen is 20 miles from Sligo town. A quaint village that has strong ties with traditional music. Based on this unique history of traditional Irish music, Gurteen is host to the Coleman Irish Music Centre, which was once the local creamery. Not too far away is Moygara Castle a 16th Century Castle overlooking Lough Gara, that was once the principal home of the O’Gara clan. Not far from Gurteen, is the village of Curry where Colie Ryan of the Claddagh Pub was raised as a lad. His father owned “Ships Inn” in Charlestown, County Sligo. According to the old timers, the “Ships Inn” was the place to go for great craic, music and all around entertainment.

Many, if not all the relatives of our Irish immigrants have moved out of the city of Lawrence. Perhaps the Claddagh Pub brings them back now and then to reminisce about how things were for the Sullivan’s, Ryan’s, Doyle’s and so many people back in the days when working in the mills was torturous, cruel and overbearing, when children were used to fill the pockets of the mill owners by working long hours, most of the times into the night, for less than 12 cents an hour. The city has changed, a new generation of immigrants have taken over. Lets not forget our heritage and how the Irish accomplished so much in the first 100 years of the city.

I hope this small synopsis of a corner of County Sligo has brought Irish readers a little bit of home and put back a little pride into there hearts for the accomplishments of their forefathers. I would like to continue to be a resource from Ireland for the readers of the Valley Patriot . Let the paper know if you wish more information. Perhaps I could find a little history of where your ancestors came from. Perhaps you would like only to know how things are “back home” in the old country. Make this a part of your monthly reading. Most of all place an advertisement in for my support.

John Doyle, MA, (retired) - jj_doyle123@msn.com



Breakfast and Lunch at Eli's Place

See our ad on page 11

267 Merrimack St. Lawrence

Are you being hounded by bill collectors?



We can help call off the hounds.
You may be able to eliminate
all of your debt.
Don't delay. Call us today.
We offer free consultations
and reasonable fees.

Consoli & Wilshusen
ATTORNEYS AT LAW

978-682-9643 ~ www.consolilaw.com
30 Massachusetts Ave. North Andover, MA
Exit 43 off Rt. 495

We are a debt relief agency, we help people file for Bankruptcy under the Bankruptcy Code.



YOUR TOWN MORTGAGE

Your Partner in Real Estate

Tax credit to Aid First-Time Homebuyers
enacted in the Housing and Economic
Recovery Act of 2008 **expires July 1st, 2009!**

**Don't miss out!! Get Pre-Qualified for your
new purchase today! Maximum credit is
\$7,500* dollars! *Income limits apply!**



Dennis J. Casamasina
Mortgage Officer/Manager

Visit our Website at:

YourTownMortgage.com

Call Dennis at 978-258-3791

or email at dennis@yourtownmortgage.com



RES/TITLE
Residential Title & Escrow Services
a Professional Corporation
www.res-title.com

Save \$100.00 on closing costs

Over 10 years financing Real Estate transactions in Massachusetts.

MORTGAGE RATES DROP TO RECORD LOWS!

Mass. Mtg. Broker MB # 4972 // Licensed Mortgage Professionals wanted
10 Beacon Hill Blvd. North Andover, MA 01845



Winter is HERE!
It's time to weatherize your shoes

**Do it
now!**

J & W Shoe Repair and Leather Service
We Also Sell SHOES!

All Kinds of Shoe Repairs - Pocketbook Refurbishing Custom
Shoe Dying - Orthopedic Shoes

139 Main St., North Andover, (978) 685-2325
OPEN: Mon. - Fri. 8:30 - 5pm & Sat. 8:30 - 4pm

Sullivan Law Offices

Kelly A. Sullivan
ATTORNEY AT LAW



200 Merrimack Street #201
Haverhill, MA 01830
Ph: (978) 372-1550
Fax: (978) 372-1550
ksullivan7@comcast.net

29 Water Street
Newburyport, MA 01950
Ph: (978) 465-1555
Fax: (978) 465-0680

S.S. Disability Law, No fee unless successful

PEST-END, INC. EXTERMINATORS



we make ants say
"UNCLE"

Home Protection Plan

Covers you year round for all
general crawling insects and
rodents. For pricing and details
call us at

(978) 794-4321

VISIT OUR LOCATIONS

15 PELHAM STREET, METHUEN, MASS

82 PLAISTOW ROAD, PLAISTOW, NH *603-382-9644

92 WEST BROADWAY, DERRY, NH *603-425-1995

Quick, reliable service since 1977
Specializing in the control of

*** ANTS * COCKROACHES * TERMITES ***
FLEAS * SILVERFISH * RATS * MICE
*** BEES, ETC**



978-685-5379

"Providing Exceptional Care"

THE CATAUDELLA FUNERAL HOME IS
COMMITTED TO PROVIDING THE MOST
PROFESSIONAL, ETHICAL, AND
HIGHEST QUALITY CARE FOR THE
GREATER MERRIMACK VALLEY

WWW.CATAUDELLAFH.COM
Proud affiliate of Carriage Services, Inc.

North Andover family caught in Terror Attack: From Page 1

We cleared customs with nary a second glance, as is my luck in India. Having two squealing children attached to me at all times helps, I suppose. We found our way to the baggage carousel and our eyes were immediately caught by the large televisions all tuned to the same non-airport information news channels. The headlines read: Mumbai under attack. I had flown into India’s 9/11, and had no idea where to go, who to turn to, or what could happen next.

Television in India is graphic and immediate. No thought of censoring for younger viewers or those of us with American sensibilities. We were being hammered with pictures of gunshot victims, and smashed with headlines of “Foreigners being targeted at Mumbai Hotels.” I literally felt my knees wobbling. I was starting to sweat. I kept telling my husband “we need to get out of here.” He was worried, to be sure, but fought to bravely keep the strong face of husband, father, and protector. He called our friends. They were not coming out tonight. We should stay put.

A bomb blast went off just outside the airport. It was reported on the news channel with corresponding pictures of bleeding victims, wailing into the night for help that comes very slowly in India. There is no 911 to call for an ambulance. The news came over the omnipresent TV screens that the head of the country’s

counter terrorism task force was himself shot in the first wave of this attack. So the chief anti-terror agent for the entire nation was dead, and I was stuck in the airport, a probable target of attack, with my sleepy children and stalwart husband. The panic was starting to set in.

Eventually, our luggage came, and all the porters were too busy staring at the flashing screens to assist us. Finally we found one who was seemingly unconcerned with the chaos around us and he gathered up all our belongings. My husband was determined to push onward with our travel plans, while I wanted to hop back on the first international departure. Doha, Qatar was the next flight out. We chose to stay in Mumbai for the time being.

We had to transfer our bags and selves to the domestic side of the airport via bus. We got on a bus jam packed full on Indian travelers and each and every one gave me a look of what can only be described as pity. The silence on the bus ride to the domestic terminal stood in stark contrast to everything I had experienced previously in India. The people are noisy, joyful, full of chatter and talk even at the wee hours. This ride across the runways felt much more like a funeral dirge than the continuation of a tourist visit.

The domestic side of the airport, much like Logan, was full of nighttime construction. Every time I heard a hammer



Vijay Vallala and Erin Mary Ackerman of North Andover in Mumbai India with their children Ethan and Diya.

I was jumping out of my skin. We came inside from the bus stop and crossed the floor to the open seating, towards the wary looks of our fellow travelers. Out of nowhere a mustached and uniformed man appeared. “No! Madam! You must not wait with the other passengers!” I was a target in my foreignness and no one wanted me to be near them. “Madam, please, come with me!” We started to go with him. “Madam, you only!”

They had started separating the foreigners from the Indians within the airport. The fear was that if a foreigner was spotted in the general waiting area, a terrorist would open fire at those around. I was not welcome to sit near the gate. “Madam, come, please!” I was being ordered away from my husband and Indian-looking children. My children’s American passports were burning my hand. One of the TVs flashed a report that the terrorists were asking to see passports and shooting the foreigners. I handed a sleeping baby over to my husband, hugged my four year old in a way that she couldn’t see my face and left with the agent.

I was brought to the first class waiting lounge of Kingfisher Airlines. It was beautifully appointed with red leather couches, televisions, a phone charging station, and staffed with a full time waitress. But I was alone, without my children. Looking around, I saw white faces looking back at me. I was in seclusion with Australians, Danes, a man whose house was next to the Taj Hotel, and some Brazilians. The panic and fear was etched on all our faces, but my


immediate concern was my children. Thinking about them dissolved me into tears again and again, though I believed them to be safer with their father, away from me.

For two hours I sat with my eyes glued to the TV watching reports of dead foreigners roll in. I heard hostages within the Taj make phone calls to the media. I finally saw the Indian Commandos really take charge of the airport. The green camouflage and guns gave me the courage I needed to rush out of the lounge and find my husband and children, sleeping peacefully on the floor near the gate. I gathered them up and smelled them. I hugged them. I cried.

All of us were allowed to stay in the lounge until our flight the next day. Though much delayed, and nearly empty, our plane took off at lunchtime, and we were sitting in my husband’s aunt’s house in the early afternoon. Our trip was spoiled, our itinerary shot, as the Consulate was advising Americans to lay low.

We reached home on December 14th to news of a horrid ice storm, which flooded our basement and blew out power. I have never been so excited to see a wet soggy basement in my life.

I survived India’s 9/11, survived the physical and emotional? pain of being separated from my children, and have come out the other side. In the next days of my trip I joined with people across India as we did with NYC after September 11. The refrain: “Standing Up to Terrorism: I am a Mubaiker!”



St. Mary of the Assumption School

301 Haverhill Street * Lawrence, MA 01840
Tel (978) 685-2091 Fax (978) 688-7244

“Celebrating 150 years of Education”

“Restoring Faith in Education Since 1859”

Kindergarten – 8th Grade

Any Student entering Kindergarten must be 5 years old by September 1st

Pre-Kindergarten: Full Day / Half Day Programs

Age accepted 3.9 years old by September 1st

STRONG ACADEMIC PROGRAM

Early Morning Program Club: 7:00AM -7:30AM
After School Program 2:10PM – 5:30PM (Grades Prek-5)

Financial Aid Available * Breakfast / Lunch Available

Office Staff Bilingual (Se Habla Español)

OPEN HOUSE

January 25th 8am to 12:30pm and January 27th 8am to 11am

APPLICATIONS ARE NOW BEING ACCEPTED

Vouchers accepted for Pre-K and K, and afternoon programs



LEO & SONS

AUTO REPAIR



Open Mon.-Fri. 7:30-5:00

157 South Broadway, Lawrence

978-687-1155

Major credit cards & personal checks accepted

We Do Inspection Stickers!

\$10.00 off

Lube, Oil & Filter Special

Up to 5 qts. of Oil, 10W30

\$10.00 off

Wheel Alignment

4 Wheel alignment extra

Lawrence Public Schools rank among the top in the state for improving academic achievement of students with limited English proficiency

The Lawrence Public Schools announced last month an exciting achievement in the District's ongoing efforts to improve the academic achievement of students with Limited English Proficiency (LEP).

According to the recently released Annual Measurable Achievement Objectives (AMAOs) report from the Massachusetts Department of Elementary and Secondary Education, Lawrence Public Schools have met or exceeded the state-determined targets in three out of four categories. The report, which presents evidence to the progress being made in the Lawrence Public Schools, also indicates that Lawrence is one of only four urban districts in the state to meet Adequate Yearly Progress (AYP) goals in either English language arts or mathematics for its Limited English Proficient (LEP) subgroup of students. Lawrence Public Schools was among three urban districts performing at the top in the state, along with Cambridge and Revere Public Schools.

"These improvements in student achievement are a result of the hard work of our students, parents, teachers and administrators," said Lawrence Public Schools Superintendent Wilfredo T. Laboy. "Our entire school community is dedicated to attaining the highest standards. I am proud of our progress and am committed to achieving our AYP goals in all categories for all students."

The first achievement category measures student progress toward acquiring English language proficiency, defined by students advancing by two or more performance level steps on the Massachusetts English Proficiency Assessment (MEPA). The state target for 2007-2008 school year was for 62% of LEP

students to make progress toward acquiring English proficiency. In Lawrence, 63% of the LEP students made progress as defined by the state.

The second category measures attainment of English language proficiency defined as scoring at the "Transitioning" level on MEPA. Lawrence students exceeded the targets established for the district by the state at both the Grade K-2 level and the grade 3-12 level on the spring 2008 assessment.

The final two categories measure AYP in English language arts and mathematics for the LEP subgroup of students. To satisfy the state's AYP requirements, a district must meet: 1) the 95% MCAS student participation requirement; 2) the 92% average attendance requirement; and either 3) meet the state's 2008 MCAS performance target for each subject or 4) meet the district's own 2008 improvement targets in English language arts and math. In Lawrence, the LEP subgroup of students achieved AYP requirements in mathematics, making the District one of only three urban districts in the state to do so. In English language arts, only one urban district achieved AYP for the LEP subgroup, and Lawrence Public Schools continues to strive to meet AYP in this subject area.

To further improve performance in these key areas, teachers are actively participating in ongoing professional learning activities based on research-based strategies for teaching English Language Learners in Structured English Immersion classrooms.

For more information regarding the Lawrence Public Schools, please visit our Web site at www.lawrence.k12.ma.us, or call 978-975-5905.

Sal's Pizza & Salvatore's Restaurants make yearly toy deliveries

Sal Lupoli, President/CEO of Sal's Pizza Retail and Wholesale Divisions, Salvatore's Restaurants and Riverwalk Properties was pleased to make his annual pilgrimage to deliver toys. Sal Lupoli personally made toy deliveries to both Mayor's Menino of Boston and Mayor Sullivan of Lawrence, while other toys were delivered to various agencies throughout the Merrimack Valley and Boston areas. Sal's Pizza, Salvatore's Restaurant's and its employees donated over 400 toys this year and have made major contributions to various organizations in 2008.

Sal's Pizza has corporate-owned properties in New Hampshire and Massachusetts. The business with over 35 locations has become a large retail franchise and wholesale operation serving all of New England with additional locations in California, Florida and opening soon in Virginia. Today Sal's Pizza and Salvatore's Restaurants make thousands of pizzas a week! Riverwalk Properties is one of the largest pieces of office and retail space in all of Massachusetts.

NORTH ANDOVER

Sal's PIZZA

478 Chickering Rd.

NOW Delivering!

978-689-7374

Lifestyles FURNITURE



Complete selection of home furnishings & accessories

- Entertainment centers
- Bedroom sets
- Recliners
- Curios
- Grandfather clocks
- Lamps
- Sofas

Free local delivery! Layaway up to 1 year!

33 S. Broadway, Lawrence (978) 681-1840
Hours: Monday - Saturday, 10 a.m. - 6 p.m.
Sunday, noon - 5 p.m.



***10% OFF with this ad!**

* Not to be combined with any other offer.

Two Local Credit Unions Merge Commit to Keeping Strong Presence in Lawrence



Pictured at the NESC FCU Lawrence Firefighters Branch are Lisa Morelli, VP of Human Resources; Sharon Birchall, Business Development Officer; Elaine Sullivan, CEO; Alan Jenne, COO; Erin DiDomenico, Senior Loan Officer.

The merger of NESC Federal Credit Union and Lawrence Firefighters Federal Credit Union has been completed. Although the signs have changed to reflect the new name of NESC Federal Credit Union Lawrence Firefighters Branch, the credit union philosophy of people helping people and the commitment to the City of Lawrence remain the same.

NESC has been serving members since 1958 and we have built strong relationships with our members and the Select Employee Groups that we serve. Lawrence was a natural expansion to our Andover and Methuen branches and allows us to better serve our members in the communities where they live and work.

We look forward to serving you in the future. Please visit us at any one of our locations soon.



Andover

Lawrence

Methuen

Mill City PEST SERVICES

Larry Roper, Owner

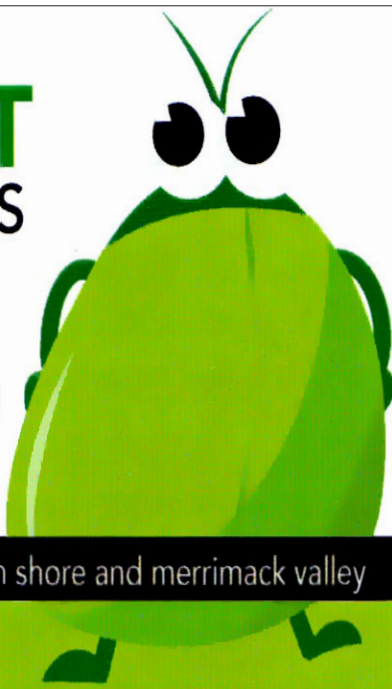
P.O. Box 153, Middleton, MA 01949

[Tel] 781.334.7196, [Cell] 781.254.6351

[Español] 978.807.6249

License # 37173

An exterminator service serving the north shore and merrimack valley



Lawrence on the Move



Office Space Available at One Canal Street

Tom Duggan
VALLEY PATRIOT REPORTER

The city of Lawrence is on move and with dozens of major projects underway, private investors are contributing millions of dollars towards renovating buildings throughout the city and are slowly bringing it back from the brink of total economic devastation.

One such investor is George O’Gara of Riverside Realty, who purchased the old Everett Mills store house in 1982 and converted it into warehouse and office space at One Canal Street behind the Lawrence General Hospital.

The building was constructed in 1904 for use as a storage house for the Everett Mills, but when the Everett Mills went out of business in 1929 it was sectioned off from the Everett Mills property and sold it to the Russel paper company. “The Russel’s were to the paper industry what William Wood was to the Textile industry.

They turned it into Champion International. They own a lot of the woods up in northern Maine. Champion International made the paper for National Geographic Magazine and developed their glossy paper for the magazine right here in Lawrence,” said Kevin O’Gara.

George O’Gara bought the vacant building in 1982. His son Kevin said that he was a little surprised given the real estate slump in the area. “My first impression was not positive, but over the

years I gradually started to appreciate the value of a beautiful mill building like this. During the 1980’s when they really started renovating a lot of thee old mills we started cleaning it up slowly, refinishing the maple floors and the brick walls. For the last ten years or so we have been trying to use it as office space. Prior to threat we used it for a warehouse.”

George used it for his own computer business and rented to tenants in the building, “but from the beginning it was really warehouse oriented.”

“In 1994 we started turning it into office space. It was all based on the fact that General Tire was going to tear down their building and turn the site next to us into a large parking facility and we didn’t have enough room for parking in this building. Gencorp allowed us to use some of their property to park on through a licensing agreement. We started turning our building into some nice office space and they had a nice example of what a neighborhood could do with a parking lot.”

“Tearing their building down was quite a process. It took them about 15 years to go through the regulatory issues to tear down the building because of the contamination on the site. They went through the process and actually developed the process, write the book, so to speak, to clean up contaminated sites.”

With 120,000 square ft. of mill space the O’Garas say that they have about 20,000

square feet available for lease all on the lower floor of the building.

The Ogaras even converted a freight elevator to passenger elevator with handicap accessibility.

“I’ve been in a lot of mill buildings and they retain a lot of the beams and bricks but they use kind of a cookie cutter approach to restoring a mill they are basically just putting a modern building inside an old building. We try to blend what we do with the natural look of the building which gives more of an antiques feel as opposed to being in a new space that is sitting in an old building. We use a lot of a wood trim instead of the vinyl base, and doors oak doors instead of birch or other woods. We make a lot of woodworking you can see in the building that we take from other parts of the building and recycle it. All the woodwork in the main office is all recycled wood.”

With plush hardwood flooring in the lobby and offices, the four story building has eight levels which the Ogaras say they will build to suit prospective tenants.

With plenty of parking George Ogara says he is looking for \$13.50 per square foot.



PHOTOS: COURTESY

Top: The One Canal Street building. Above: hard wood finishing and rehabbed bricks in the lobby of the building

ONE CANAL STREET IN LAWRENCE

One Canal Street is conveniently located 2 minutes off of Route 495 in Lawrence, MA, a city that is going through an innovative rejuvenation of its many mill buildings. Owned by Riverside Realty Trust, a family run and managed business, our mill building was once a store house for the Everett Mills and has been restored as beautiful office space.

One Canal Street provides office space customized with your businesses’ needs in mind, in a classic antique atmosphere. We lease custom designed office space from 1200 sq. ft. to 13,000 sq. ft. With the on site capability to provide you with a custom construction solution, we can coordinate all aspects of your move from layout design and construction to cubicles and carpet.

Easy access from Route 495, One Canal Street is convenient to Routes 28, 213, and just 10 minutes from Route 93 as well as just 10 minutes from Lawrence Municipal Airport and 30 minutes from Manchester Boston Regional Airport. One Canal Street is also 5 minutes walking distance from the newly developed McGovern Transportation Center, allowing access to both the local MVRTA bus route and the MBTA Commuter Rail - Haverhill Branch.

With continued expansion and growth in Lawrence and surrounding communities, One Canal Street can be the new home to your business, in the heart of the Merrimack Valley. We invite you to tour our website and if you have any questions, feel free to contact us. Someone from our Leasing Office will get back to you within one business day.

One Canal Street - stepping into the future, with a piece of the past.

Eli's Place

267 Merrimack St.

Lawrence

(978) 687-7986

Now serving Breakfast!!!

Mon-Fri 6 a.m. - 2 p.m.

Sat 6 a.m. - 1 p.m.

Sun 7 a.m. - 1 p.m.

WiFi available

www.elisplace.net

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

Lowell officials should put age limit on Kiss 108FM’s Jingle Ball concert

Tom Duggan
VALLEY PATRIOT COLUMNIST

When recording artist “Lady Gaga” took the stage at the Tsongas Arena in Lowell last month, as part of the Kiss 108FM Jingle Ball concert, the audience went wild!

Dressed in what could only be described as underwear, she crawled out on stage on all fours as if she was about to do a strip tease right then and there.

And when singing sensation Katie Perry came out and announced to the crowd that she “kissed a girl” and “she was f*ing hot!” the fans jumped from their seats and cheered ecstatically as if they had just been invited back stage.

The band Hinder, among others, welcomed the crowd with a spate of four letter words and closed their set with a song that ended with: “*Go home and get stoned, We could end up making love instead of misery, Go home and get stoned, Cause the sex is so much better when you’re mad at me, You wear me out...lets go home and get stoned.*”

What was remarkable about this concert was that, as I looked around at the thousands of people in the audience more than 80% of them were between the ages of ten and sixteen years-old, some younger. Some of them with their mothers, a few with their fathers, but most of the kids attending this year’s Jingle Ball concert had no parental supervision at all.

Now, if this had been a show for adults at a night club in Boston or even in Lowell where children under the age of 18 were

not allowed in; these kinds of public displays by major recording artists would be no big deal.

But it wasn’t.

This was an all-ages show run by a radio station that promoted and marketed the event directly to children and teenagers. A radio station that has been sponsoring this holiday concert for years and whose demographic is primarily young teenage girls.

Children and teenagers who already idolize these artists (and obviously obsessed with emulating their every move) were in a frenzy when Katie Perry took the stage. As the house lights went up for a moment, a sea of teen and pre-teen girls could be seen throughout the Tsongas Arena wearing shirts that read (in big capital letters): “I KISSED A GIRL”. The back of the T-shirts read: “AND I LIKED IT”.

You could see the look of horror on the faces of some of the unsuspecting fathers in the arena when the their daughters began singing; “*I kissed a girl and I liked it, the taste of her cherry chapstick, I kissed a girl just to try it, I hope my boyfriend don’t mind it*”

What was even worse was that the few parents who were responsible enough to accompany their minor children to this porn-fest, just weren’t responsible enough to take their children and leave.

They didn’t leave when Lady Gaga was shown humping a blow up doll on the wide-screen TV. They didn’t leave when Hinder uttered their tenth “F” word or

when they encouraged the children in the audience to sing along with them as they sang: “Let’s go home and get stoned”.

Make no mistake about it. While many naive parents had no clue as to what was going to occur when they dropped off their kids at the Tsongas Arena, the people who run Kiss 108FM and the concert promoters who put on this show knew exactly what was going to happen.

They knew exactly who their target audience was going to be (teen and pre-teen girls) and they purposely marketed this smut to them.

As the concert raged on I had to wonder, when they looked out at the crowd of impressionable 10-16 year-old girls, did they feel at all responsible for promoting adult material to children? And, what about the artists themselves? Surely they bear some responsibility for coming out on stage, seeing very young, very impressionable children in the audience and then choosing to engage in adult language and behavior as if they were performing at Ten’s Show Club in Salisbury or some raunchy night club in Boston.

And where was the City of Lowell in all this?

Surely, city officials in charge of running the Tsongas arena are aware of the adult (and sometimes pornographic) nature of these performances?

They had to know that this smut was being marketed to children at an all ages show. Why is this allowed to continue

right in the heart of downtown Lowell every single year?

And why is there no outrage at all?


There was no outrage by the people at KISS 108FM, no outrage by the parents who attended the event and refused to leave. And most surprisingly, no outrage at all from the city officials who run the arena with your tax money.

And, while I am not advocating that the City of Lowell ban the annual Kiss108FM Jingle Ball Concert, I am calling for Lowell city officials to act responsibly and put an age limit on future events if grow-ups in the music industry cannot behave appropriately at an all-ages show.

We don’t let children into strip clubs, we don’t let them in to see “R” rated movies, and when cigarette companies are caught marketing their product to children they face millions if not billions of dollars in fines.

Yet, for some reason, when a 12 year little girl’s hero gets up on a public stage in downtown Lowell and encourages her to “go home and get stoned”, or experiment with lesbianism, nobody seems to have a problem with it.

Well I do. And so should you.



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

When Mama Is Not Around...

NORTH END DELI

We Are !

978-688-3539

95 Common Street
Lawrence, MA 01840

Lunch Menu

Call ahead to see what’s on special in our hot lunch buffet!

Roasts – Pork Chops – Stuffed Peppers - 

OUR SPECIALTY SUBS

THE GODFATHER

hot sopressata, hot coppa, pepato cheese, prosciutto, pepperoni, roasted red peppers, mixed hot peppers, oregano, basil, oil

COLD EGGPLANT

with fresh mozzarella, roasted red peppers, basil, oregano, olive oil

CAPRESE

sliced tomato, fresh mozzarella, basil, oregano, balsamic vinegar, olive oil

ITALIAN HAM & CHEESE

imported ham, prosciutto, sweet coppa, fresh mozzarella, basil, olive oil

PAPA’S

sweet coppa, prosciutto, salami grande, sweet sopressata, fresh mozzarella, lite red peppers, basil, oregano, olive oil

JULIUS CAESAR

imported ham, salami, sweet capicola, mortadella, fresh mozzarella, mixed hot peppers, basil, olive oil

HOUSE SPECIAL

prosciutto, fresh mozzarella, roasted red peppers, basil, oil

BALBOA BOMB

fresh butcher shaved steak, salami, pepperoni, peppers, onions provolone and mozzarella cheese

BUFFALO CHICKEN

Our famous cutlets soaked in hot sauce, blue cheese, romaine lettuce, tomato

POPEYE

marinated grilled chicken, spinach, cheese

GRILLED CHICKEN CAESAR WRAP

Caesar covered grilled chicken, romaine lettuce, Romano cheese

EGGPLANT & CHICKEN PARMESAN COMBO

a delicious blend!

DIJON CHICKEN

marinated grilled chicken, romaine lettuce, tomato, basil, Dijon dressing

CRANBERRY WALNUT CHICKEN SALAD

one of our best sellers!

GRILLED CHICKEN with FETA

marinated grilled chicken, romaine lettuce, feta cheese

\$ 7.75

\$ 7.25

\$ 7.00

\$ 7.50

\$ 7.75

\$ 7.25

\$ 7.50

\$ 7.25

\$ 7.00

\$ 7.95

\$ 7.00

\$ 7.25

\$ 7.00

SPECIALTY SUBS (continued)

TURKEY CLUB (sub or wrap)

Turkey, bacon, lettuce, tomato, mayo

PROSCIUTTO COTTO

Imported Italian ham with sharp provolone, tomato, olive oil

\$ 7.50

\$ 7.50

OUR CLASSIC HOT SUBS

choose between fresh Italian bread or a wrap

MEATBALL

HOMEMADE SAUSAGE with peppers & onions

CHICKEN CUTLET

VEAL CUTLET real, milk-fed

EGGPLANT PARMESAN

STEAK & CHEESE (or teriyaki steak & cheese)

STUFFED PORK ROAST

\$ 7.00

\$ 7.00

\$ 7.25

\$ 8.25

\$ 7.00

\$ 7.00

\$ 7.50

OUR CLASSIC COLD SUBS

choose between fresh Italian bread or a wrap. Extra cheese... \$.25

ITALIAN

DIETZ & WATSON ROAST BEEF

DIETZ & WATSON ROAST TURKEY

DIETZ & WATSON PEPPERED TURKEY

VEGETARIAN

POLISH HAM

\$ 7.00

\$ 7.00

\$ 7.00

\$ 7.00

\$ 5.50

\$ 6.75

OUR GREAT SALADS

GARDEN SALAD

iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, black olives

ITALIAN GARDEN SALAD

romaine & iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, fresh mozzarella, hard boiled egg, peperoncini, black olives, and chick peas

GREEK SALAD

romaine & iceberg lettuce, tomato, red onion, radicchio, feta cheese, capers, black olives

CAESAR SALAD

romaine lettuce, tomato, red onion, radicchio, imported provolone, seasoned Sicilian olives

COBB SALAD

romaine and iceberg lettuce, tomato, bacon, cucumber, red onion, hard boiled egg, avocado, Gorgonzola cheese, black olives

ORANGE WALNUT SALAD

romaine & iceberg lettuce, tomato, cucumber, oranges, walnuts, red onion, radicchio, Gorgonzola cheese, black olives

BUFFALO CHICKEN SALAD

our famous spicy chicken, romaine lettuce, tomato, carrots, celery, radicchio, Gorgonzola cheese, black olives

\$ 5.95

\$ 6.95

\$ 6.75

\$ 6.95

\$ 7.50

\$ 7.50

\$ 8.95

*add marinated grilled chicken OR cold cuts to any salad

\$ 2.00

DELICIOUS SOUPS

Chicken, sausage, wedding, many more!

Small \$4-\$4.75 Large \$6.75-\$7.50

North End Deli

TheNorthEndDeli.com

95 Common St Lawrence, MA - phone - 978.688-3539 fax 978.688.3559

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

TOM DUGGAN’S NOTEBOOK

Let’s Correct the Record, Shall we?
Last August, Lawrence Attorney Carmine DiAdamo called me on the phone outraged (OUTRAGED!) because I stated that he and his law office made more than \$170,000 a year on the taxpayers in Lawrence.

He *demand*ed that I “do the research” and “correct the record,” saying he could not understand why I was portraying him and his office as “raping the taxpayers.”

At the time, I was making the point that if nobody walks into the DiAdamo Law Offices looking for legal representation all year, these guys are still doing pretty good, making at least \$170,000 a year from the city.

Since then we have done quite a bit of research (at DiAdamo’s insistence, though not on his time frame) and as it turns out, DiaDamo and his law office did NOT make \$170,000 a year from the taxpayers.

So, in the November edition of The Valley Patriot I wrote a front page story (prompted by DiAdamo’s demand that I print what they “actually make”).

I published documents showing that the DiAdamo Law Office made \$47,731 in 2007 and \$108,733 in 2006 for legal services from the Greater Lawrence Sanitary District (GLSD).

I also detailed how the DiAdamo’s made at least \$344,300.28 per year, plus a consumer price index increase, if any, for rent from the Lawrence School Department on Essex Street.

We also detailed how the DiAdamos made an *additional* \$48,000 a year representing the city of Lawrence on worker’s compensation claims.

In keeping with the running total of how much money the DiAdamo Law Office makes on the taxpayers of Lawrence (and by default the taxpayers of Massachusetts, since the rest of us pay for 80% of the Lawrence city budget) we have continued to do research on the DiAdamos and the luxury they enjoy as the result of their public contracts.

Interestingly enough we found yet another taxpayer funded source of income for Carmine DiAdamo and his office; the City of Lawrence’s Workforce Investment Board.



Yup, that’s right, add another \$25,920.00 (made in 2006) to the total amount of taxpayer money made by the DiAdamos since 2001.

So, in summary, the DiAdamo’s made money off the city for rents (\$344,300.28 per year), as the city’s worker’s compensation attorneys (\$48,000 per year), as the special counsel of the GLSD (\$170,000 in two years alone) and the city’s workforce investment board (\$25,982.00).

So, I do apologize to Attorney Carmine DiAdamo for *understating* the amount of money he and his law office made on the taxpayers.

My only question now is, why, if the Carmine DiAdamo was so adamant that I “do the research” and “correct the record” is he now claiming that the story I wrote in November was done to embarrass him or to gain some kid of retribution.

I guess that’s the thanks you get when you “do the research” and “correct the record.”

Lawrence School Seeks Book Donations for Fundraising

Looking to get rid of your used books? The Emily Wetherbee School of Lawrence is raising money through donations of new and used books, CDs, DVDs, videos, and audio books. The group has obtained a drop-off donation container for residents, businesses, and others who wish to contribute books they no longer use and would like to repurpose, while also raising money for the school.

The gray book donation container, distinguished by its lively purple and yellow signs, is conveniently located in the parking lot of the Wetherbee School at 75 Newton Street in Lawrence. Donations may be made by the public at any time. Funds earned through items donated will directly benefit the funding of the elementary and middle schools.

For more information visit www.GotBooks.com or call 978-396-6026.

Norm Nemo appointed Recycling Coordinator



After a few years of scandal in Lawrence city hall over the position of recycling coordinator, and months of having no one filling the position, Lawrence Mayor Mike Sullivan has appointed Norm Nemo to fill the job. We want to wish Nemo luck with his new job and hoe that he has a little more success than his predecessor.

Is there a Doctor in the House? Lannen in, Ormsby out

North Andover Selectman, and town police officer Dan Lanen appeared on the Paying Attention! Radio Program last month to give us the exclusive story that he will, in fact seek a second term on the Board that’s the good news!

The bad news is that a few days before we sent the paper to print we learned from Valley Patriot board member Chuck Ormsby (see page 2) that he is not seeking reelection to the North Andover School Committee.

More good news... Barbara Whidden, is also not seeking reelection but with the resurgence of school nazi’s in town looking to capture both seats and totally turn control over to the tax and spenders. Ormsby’s presence will be sorely missed, Whidden... not so much. But Ormsby leaving is a good news-bad news thing for me. Good news because now Ormsby will have more time to work on building our successful little newspaper. Bad for the town, however, because now there is not a single person on the committee to stand up to the administration and the teachers union when they marshal forces for more spending, more raises and more silly experimental education programs.

Is there a doctor in the house?

Speaking of Barbara Whidden

When the North Andover School Committee voted to approve Nashua’s Superintendent Christopher Hottel, the abrasive chairman of the committee, Barbara Whidden, did not support his candidacy. The standard in every community is, as a courtesy, whenever a new Superintendent is chosen those who did not vote in the for that candidate in the first round of



voting are asked to make the vote unanimous to show full support for the new guy and welcome him (or her) to their community as a show of solidarity. In my 20+ years covering local politics in the Valley, I have never once seen a school board member refuse to give the incoming superintendent a ceremonial vote of confidence after their candidate for the position failed to get enough votes.

That is, until now. Last month Barbara Whidden refused to show Mr. Hottle the courtesy of taking a symbolic vote of confidence in him because, well, you know the drill, he was the not the pick of the teachers union or the tax and spend crowd she owes her alliance to.

Final note on the Kiss108FM Jingle Ball Concert

My column this month (see page 12) about the Kiss 108FM Jingle Ball concert in Lowell details how some of the music acts behaved badly, swore, and in some instances, were downright pornographic in front of an audience that included kids as young as eight and ten years old. But, what I didn’t include in my column (due to space restriction) was the fact that not every music act at the concert behaved badly. David Archuleta of American Idol fame, undoubtedly was responsible for a much younger crowd this year and he did not disappoint. He sang songs that were age appropriate, and delighted his young fans by behaving ... well the way we would expect any music act to behave in front of a crowd of children. Many of the other acts performing at the concert refrained from the adult behavior exhibited by Lady Gaga, Katie Perry and Hinder. My column this month was not to attack Kiss108FM or Billy Costas (who is a hero in our house) but there comes a time when people need to be responsible, act responsible and take responsibility for themselves. The promoters at Kiss108FM Jingle Ball concert and Lowell city officials in charge of the arena must do something to rectify the situation so that more children are not

Notice of 20-1 State Aided Family Housing List Opening

The Andover Housing Authority announces the opening of their state aided family two, three, and four bedroom waiting list for Memorial Circle effective TUESDAY, January 6th, 2009 for a two week period. The waiting list will close effective TUESDAY, January 20th, 2009 at 4PM.

ALL VETERANS, ANDOVER RESIDENTS AND PEOPLE WHO WORK IN ANDOVER WILL RECEIVE PREFERENCE

Income Limits are as follows:

One Person	\$43,050
Two People	\$49,200
Three People	\$ 55,350
Four People	\$61,500
Five People	\$66,400
Six People	\$71,350
Seven People	\$76,250
Eight People	\$81,200

To obtain application, please go to www.mass.gov/dhed and click on Department of Housing and Community Development or call 978-475-2365. The Andover Housing Authority is an Equal Opportunity Housing Provider.

2009

Abdoo

Tired of Winter? Ready for SUMMER?

Think warm and come to the Masconomet Summer Opportunities Camp Fair

Sunday, January 11, 2009 Noon - 3PM

Masconomet High School Dining Halls

Preview over 40 exhibiting summer programs

Camps & Programs for youngsters of all ages

Free Admission & Open to the Public

For information, contact masconometmusic@yahoo.com

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

NOTEBOOK: Cont.

exposed to the type of trash I witnessed this year.

Manzi leaving?

Don't believe it for a second

Methuen Mayor Bill Manzi has been rumored to be leaving his position as the mayor and taking a job with Governor Deval Patrick (some rumors have him taking a job with Obama, some the state house, still others the senate) for over a year. But these rumors have about as much validity to them as the rumors that Lawrence Mayor Mike Sullivan is leaving early to take a job with Sal Lupoli making pizza's in the back room of Sal's Just Pizza in North Andover. Now, if Steve Baddour or some other official steps down from their position for some reason and creates a vacancy I can certainly see Manzi considering running for an open seat. But absent that kind of scenario the Manzi haters in Methuen and the Sullivan haters in Lawrence are just going to have to suck it up and deal with the fact that they are both sticking around for at least the next year when Sullivan is term limited out of office and Manzi can only run for one more (two year) term. Don't worry, our sources in the Sullivan and Manzi camp say they are now involved in a conspiracy to swap cities when all this term limit stuff kicks in. Yup, that's right, Manzi is secretly planning on moving to Lawrence to run for mayor (hey, we could do worse) and Sullivan is planning on moving to Methuen to run for mayor. There! Now the hate brigades in both cities have something to run around and rumor monger about. Just remember, you heard it here first and it isn't true!

Voted Best Cartoon of 2008 by the Valley Patriot Board of Directors



2008 News Item: Lawrence Councilor Grisel Silva charged with ramming husbands car

The Valley Patriot wishes to express our thanks to Dracut Cartoonist David Sullivan for contributing original, custom made, local cartoons each month. You can email Dave at Sull193@aol.com.

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

Brisson

te

Decorate ~ Design ~ Inspire

SALE!

20 - 50% off Select Items
Through the Month of January

181 Canal Street
Lawrence, Ma 01840
978-681-0220
Tues-Sat 10-5, Sun 12-5

Shop us online at:
www.brisson

Broadhurst Tabit

LLP

ATTORNEYS AT LAW

Arthur J. Broadhurst

45 OSGOOD STREET
METHUEN MA 01844

(P) 978-327-5128
(F) 978-327-5144

email: broadhursttabit@broadhursttabit.comcastbiz.net

Great Prices!!!

In TAX FREE Salem, NH

Mobility Products
Aids to daily living
Hot / Cold Therapy
Bathroom Safety

Contract free 911 Systems
Physical therapy products
Orthopedic care
Compression stockings

No Monthly Fee

**309 S. Broadway
Salem, NH 03079
603-898-1011**

Next to: T Bones / Pearls Candy

Home Medical Equipment

S

O

C

I

A

L

S

E

C

U

R

I

T

Y

Been Denied?

Uncertain future getting you down?

Navigating through the denial process of your Social Security benefits claim can be frustrating, time consuming, and difficult. Appealing without representation can be stressful and emotionally draining.

Why not have us on your side? A team with experience that can help clarify your uncertainty. We provide knowledge, compassion and expertise to obtain all the benefits you are entitled to under the law. No Fee Unless You Win.

Law Offices of Allison E. Williams P.C.

978.794.5517

Jefferson Office Park
790 Turnpike Street, Suite 202
North Andover, MA 01845

Northbridge Business Center
76 Northeastern Blvd Suite 25 B
Nashua, NH 03062

www.RealElaw.com

Also specializing in Real Estate & Bankruptcy Law

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.



Recording artist Melvern Taylor (l) outside the WCAP radio studios in downtown Lowell with WCAP producer and The Valley Patriot's Dracut reporter, George Papoulias (middle) and Valley Patriot editor Tom Duggan who hosts Paying Attention! with Tom Dugga.



PHOTO: TOM DUGGAN

Sgt. Morris, Ssgt. Connors and Sgt. Hernandez of the U.S. Marines from the Lawrence Recruiting offices were on hand at the KISS108FM's Jingle Ball Concert at the Tsongas Arena in Lowell last month collecting toys for the Toys for Tots program as well as looking to sign up brave young people interested in serving their country.

Attorney Ellen Shimer-Brenes, Esq



Employment Law

- Unemployment Benefits
- Sexual Harassment
- Wrongful Termination
- Age/Race/Gender/Religion/Disability Discrimination
- Representing Employee/Plaintiff or Employer/Defendant

Criminal Law

- Motor Vehicle Offenses
- Assault/Battery
- Drug Charges
- Probation Violations
- Larceny/Embezzlement Cases

Family Law/Domestic Relations

- Divorce/Separation Agreements
- Custody/Visitation
- Child Support/Alimony
- Contempts/Modifications
- Guardianships/Adoptions

Ellen C. Shimer-Brenes, Esq. - Telephone: (978) 225-6197
Email: eshimer@shimerlaw.com



Se habla Espanol - Night and weekend appointments available upon request.
Meetings available at convenient locations within the Merrimack Valley.





PHOTO: TOM DUGGAN

North Andover Middle School students perform the play "The Princess" last month at the school auditorium. Students at the Middle school put on three shows for parents and the public

Coming in February
to Lawrence and the Valley....

Merrimack Pain Associates

- State - of - art mutidisiplinary pain center
- Up- to - date treatments of various pain conditions
- Late weekday and weekend hours
- Team of experts in pain management headed by:
Dr. Rami R. Rustum



Location: 50 Prospect Street # 101
Lawrence, MA 01841

Email: merrimackpaincenter@gmail.com

Merrimack Pain Associates.....Dedication in pain management





Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net



PHOTO: CHRIS GREENBERG

President George W. Bush stands with Father John P. Foley, S.J., of the Cristo Rey Network, after presenting him with the 2008 Presidential Citizens Medal Wednesday, Dec. 10, 2008, in the Oval Office of the White House.

“Father John Foley has successfully reached some of our Nation’s most vulnerable youth and instilled in them a love of learning. Through his spiritual leadership of a faith-based education system that partners with the community, he has provided opportunities for young people to achieve their dreams. The United States honors Father John Foley for his commitment to helping his fellow citizens lead lives of integrity and achievement. The Presidential Citizens Medal was established on November 13, 1969, to recognize U.S. citizens who have performed exemplary deeds of service for the nation. It is one of the highest honors the President can confer upon a civilian, second only to the Presidential Medal of Freedom. Since it was established by Executive Order in 1969, approximately 100 people have been awarded the Presidential Citizens Medal. “



PHOTO: COURTESY

John MacDonald VP Corporate Strategy and Communications for the Lupoli Companies with Governor Deval Patrick and Nick Lupoli at Salvatore’s Restaurant at Sal’s Riverwalk in Lawrence



PHOTO: COURTESY



INSERT PHOTO: TOM DUGGAN

The Valley Patriot’s “Puppy Girl” Kate Whitney, a resident of Boxford, and the president of Swingrite Corporation hangs out with Movie actor Russel Crow in Las Vegas, Nevada last month. To learn more about Swingrite visit swingrite.com



PHOTO: COURTESY

Methuen boy wins essay contest

Noah Saffie of Methuen won the essay contest sponsored by Berard Family Chiropractic of Methuen. His essay, titled "The Nervous System; Our Building Block of Health"" helped him win a Lego set signed by Kjeld Kirk Kristiansen (CEO of LEGO and grandson of LEGO founder), 3 LEGO Designers, the LEGO Graphic Artist, and the LEGO employee who created the building instructions. This set is currently one of only two in the world with autographs from all involved in creating the set.. Congratulations to Noah Saffie.

ENGINEERING CONSULTING SERVICES

PROFESSIONAL CIVIL ENGINEERING COMPANY PROVIDING CONSULTING SERVICES THROUGHOUT THE MERRIMACK VALLEY AND SO. NH

- SEPTIC DESIGN
- RETAINING WALLS
- UTILITY DESIGN
- DRAINAGE DESIGN
- CONST. LAYOUT
- SUBDIVISION AND SITE PLAN PREP.
- PLOT PLANS
- CON. COM. FILINGS
- CONDO DOCS.

CIVIL DESIGN
Consultants, Inc.
(603) 275-5369

Blaire House of Tewksbury A Continuum of Care Facility

Offering: Long Term Care, Sub-Acute Care, Specialized Alzheimer’s Care, Short Term Rehab, Respite, Hospice, Adult Day Health Center, Assisted Living Residence, Senior Transportation Services and much, much more!



Come visit our facility and see how we can help!

10 Erlin Terrace • Tewksbury, MA
Tel 978.851.3121 • Fax 978.640.0981
Visit us at www.elderservices.com
Job Opportunities Available!
Family Owned & Operated

Screen Printing & Embroidery Advertising Promotions Custom & Full Color Printing Banners & Signs

Free Setup Available
Call For Details

Merrimack
promotions

www.MerrimackPromotions.com

978.807.3869
60 Island Street
Lawrence, MA 01840

PUPPY LOVE! with Kate Whitney

Some holiday tips and reminders

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

As an avid animal lover, I just can't seem to keep my mind off our furry friends.

I have always loved animals. When I was younger I wore a sweatshirt that read "Animal Doctor" because it was my dream to become a veterinarian. When I was six year old, I got my first kitten and shortly after my dad surprised me with a white pony for Christmas. I had two cats growing up, they both passed away last year, but I still have my pony.

One thing I've learned about animals is that they can live a long time. This is something to remember when considering if having a pet is the right choice for you...remember that they are a big responsibility and can be expensive, so make sure you are ready before you take the plunge!

It's been almost eighteen years since I got the pony for Christmas, and he's still hanging out in the backyard (thanks to my parents who took care of him while I was away at college!) After my two cats passed away, I rescued two new kitties who are both amazing. Brady was found in a cemetery when he was about three months old, and Bella was found in a parking lot when she was two months old. Finally, the newest addition to the group, Dash, a twelve week old, chocolate lab/retriever mix puppy was rescued from Virginia.

In addition to my love for animals, I've also always loved to do volunteer, non-profit work. I have combined my love of animals with my desire to do non-profit, and I've recently joined up with an organization called One Tail at a Time Rescue out of Haverhill. This rescue organization was founded by Meg Reynolds of Haverhill.

I have never met anyone with a bigger heart than Meg. She makes finding rescued puppies homes, her full-time job.

This new passion of mine became a reality when I happened to see a woman at the vet's office with a beautiful little puppy. I asked where she got the puppy and she told me she found it on petfinder.com. So one day, I thought I might just check out petfinder.com...and the rest is history! This is a fabulous website where the viewer can browse through thousands of homeless pets.

I stumbled upon the group called One Tail at a Time Rescue and saw that they needed foster homes so I thought I would inquire. The next thing I knew, I was filling out a "foster" application.

Being a "foster home" means providing a safe, loving, temporary home for a puppy or dog, while the rescue reviews applications for adoption. Usually the puppy is in your home for only a few days, maybe a week. Most of the time it's very temporary.

After I returned the application, I received an email that said I could have a puppy "tomorrow" to foster. One thing led to another and I found myself waiting in my car outside Main Street Animal Hospital in Haverhill.

While I was waiting for Meg to arrive, I felt both nervous and excited at the same time. Not only did my parents (I still live at home) have no idea about my new venture, but I had never done something like this before.

When Meg finally arrived, she brought me to the back room of the animal hospital. There in the metal crate, were three adorable puppies with their tails wagging. "Which one do you want...Pick one" she said. I had absolutely no idea how I was going to choose one puppy over the other, they were all so precious! The doctor came in and advised me to take the calmer dog, considering this was

PUPPY GIRL, page 28



PHOTO: COURTESY

Boxford resident Kate Whitney with Dash and Honey.

A COUCH WITH A VIEW

Ray's Entertaining New Year's resolutions

Ray Shackett

VALLEY PATRIOT ENTERTAINMENT REPORTER

A new year... a new set of resolutions to ignore. By the time you are reading this article I still will not have gone to the gym (other than the mandatory "I'll take it easy this first day and ease back into it" visit). I will have consumed at least two WCA Pizzas, fourteen Diet Cokes, snapped into many O' Slim Jims and will have managed to ignore all that is green in the crisper. There's a better than certain chance that I am still swearing. And I probably haven't kept in touch with anyone I promised to keep better in touch with. I have issues with resolutions. Or maybe I just have issues. (Safe bet is on the latter if you're putting money down.) Just once I long to feel the satisfaction of accomplishing a few simple goals I make for myself for the upcoming year. Perhaps my resolutions are far too great compared to my level of commitment. A new approach is in order I believe. It's time to be realistic in a world of unrealistic pressures and standards. This year I will make it easier on myself with a few subtle resolutions that will challenge and stimulate my mind and spirit. Disclaimer: My mind operates on no more than five continuously

interrupted hours of sleep per night and somewhat powers down when the cable is out... don't try this at home.

Resolution #1

To watch all movies nominated for major Academy awards before the broadcast airs on February 22nd on ABC.

This may sound easy upon initial thought but consider the reality of the nomination process. One film usually packs a superstar type like Will Smith or Tom Hanks but it's never the action hero or funnyman character you have come to love from them. Another nomination is for that movie that had a budget of, like, five dollars and, I'm sorry, just because it's independent that doesn't make it good. How about that foreign flick that played in one theatre in SoHo from that (enter your choice of nationality here) director Jauq Blahbittyblah. Same guy that wrote it, starred in it, and handled catering on the set. And let's not mention that historical period piece... yes, piece of something alright. My hope is that Robert Downey Jr gets some much deserved love for Tropic Thunder. Then I'm already ahead of the game.

Resolution #2

To finish TV series that I started watching on DVD and, also, catch up on the TV series "everyone's talking about" on said format.

I have a habit of not finishing what I started. I'll watch Smallville Season Four and skip over to 24 Season Three... next stop How I Met Your Mother Season Two. This year I resolve to pick a series and follow it to the bitter end (or at least catch up with the current season. My list of things to finish (or catch up to) include the Showtime original series Californication with the dryly apt David Duchovny and the highly entertaining

Weeds about a drug dealing mom. I am in desperate need of catching up with those spirit hunting brothers on Supernatural. I think my issue is that if I leave some episodes or seasons in my back pocket, the show is never truly over. My wife and I watched three seasons of Veronica Mars which was cancelled two years ago. When we were done with the final episode... we were done! There was no "next" season to anticipate. Same situation with the grossly underrated Freaks and Geeks. One of the best series of the past ten years but almost unbearable to watch because you know the end is near. Some of the must-sees I've been meaning to get to include Mad Men, Damages, House and Breaking Bad. That should cover the next twelve months.

Resolution #3

To share the remote with my wife

Probably won't get to this one this year.

Resolution #4

To refrain from getting stuck in a reality wasteland.

My wife enjoys the occasional viewing of The Girls Next Door where three "girlfriends" of Hugh Hefner struggle for his attention (and inheritance). I'll admit that when all else fails I tend to gravitate to celebrities in rehab or failed strippers looking for love in all the wrong places... some moving on to their own series where they make fun of women just like them who are looking for love in all the wrong places. When I find a dry patch in the programming guide of my TiVo I, too, try to keep up with the Kardashians. This year my idiot consumption will be limited mostly to former teen idols all grown up with grown up problems (for your viewing pleasure) and perhaps the occasional B-Lister against angry B-Lister showdown. But that's it!

And I think that should do it. Resolutions catered to my attention level and intelligence cap. This year try to challenge yourself within the bounds of your own personal interests. Live happier... live longer. Happy New Year!



Ray Shackett is the co-host of Merrimack Magazine Afternoon Edition and host of Living For The Weekend on 980 WCAP. For questions, comments or suggestions, email Ray at ray@980wcap.com

PLUM GROVE
THERAPEUTIC MASSAGE

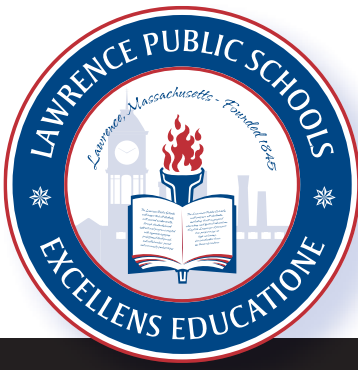
PEOPLE HORSES PETS

MASSAGE WORKSHOP FOR PET OWNERS

LEARN A RELAXATION MASSAGE ROUTINE FOR YOUR CANINE COMPANION
DEEPEN T BOND IN YOUR RELATIONSHIP

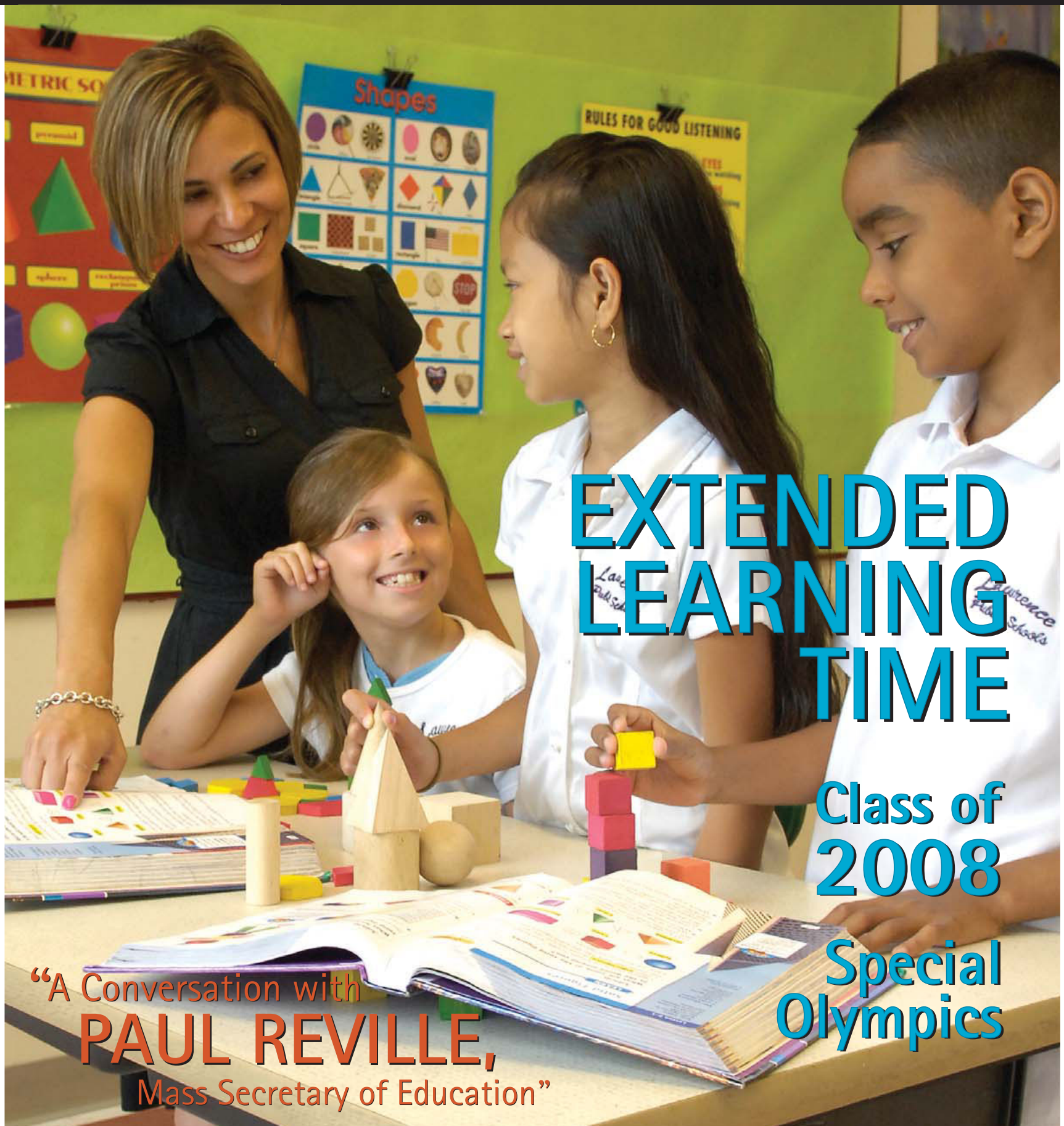
Please Call for information on the next class

Cindy Douchinette, RN, LMT, APF, CASMT
Certified canine and equine massage therapist
978-857-7286
PlumGroveTM@aol.com



THE Lawrence Educator

LAWRENCE PUBLIC SCHOOLS QUARTERLY NEWS MAGAZINE | SUMMER 2008



EXTENDED
LEARNING
TIME

Class of
2008

Special
Olympics

“A Conversation with
PAUL REVILLE,
Mass Secretary of Education”

Please pick up a FREE copy of *The Lawrence Educator*
at your child's school or call Mark Rivera at 978.975.5900 ext.400

The Farmtown lowdown: The Dracut news minute

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

George Papoulias
VALLEY PATRIOT DRACUT REPORTER

CHORUS REHEARSALS
On Wednesday, February 4th, the Dracut Community Chorus will be entering its second year of existence.

The Chorus was started by Dracut High Supervisor of Fine & Performing Arts, Mr. Leon Grande. The mission of the group is to invite anyone who enjoys signing or participating in show choir. The group began last February with an 8 week trial and approximately 80 people attended rehearsals. The success of the group then continued into the Annual Dracut Scholarship Telethon, where the Chorus performed two songs.

The Chorus then completed two concerts, the second one occurring at Harmony Hall this past December.

Every Wednesday evening, beginning February 4th those interested in singing are invited to Dracut Community Chorus rehearsals. The location is at the Dracut High School Music Room from 7-9pm. The group is geared to ages 18 and over.

There are no auditions required as the current participants in the Chorus range from novices to performers with the Boston Pops & Symphony.

For more information, contact Mr. Grande at (978) 501-3016

DRACUT FOOD PANTRY
If you're ever thinking of making a donation, keep the [Dracut Food Pantry](#) in mind.

Over the last couple months, in addition to gathering donations from Dracut Public School food banks, Dracut businesses such as the [Majilite Corporation](#) have

donated. Cookies purchased by the Girl Scout Troop were a common donation a lot of Dracut residents contributed.

Even though Christmas may be over, the Pantry is still accepting non-perishable food items, paper towels, toilet paper and other health and beauty items like soap and shampoo.

You can either drop off a donation at the [Moses Greeley Parker Library](#) or [Dracut Fire Station](#).

BRANCH DEBRIS CLEAN-UP
As a result of the ice storm on December 12th there still may be tree branches laying on yards, driveways, roads, etc. Residents are encouraged to drop branches off to the shoulder of roadways. The Public Works Department will then clean the branches off in a time and weather permitting manner.

THE YEAR OF GRIMARD
Named as one of the brightest prospects from the Bay state, Dracut High Middies quarterback Matt Grimard took division 1A high school football by storm. During the 2008 football season, Grimard threw for approximately 2,200 yards, 20 touchdowns and rushed for 33 touchdowns and 1,385 yards. He was recently named Gatorade Massachusetts football player of the year, Merrimack Valley Conference MVP and could acquire another accolade: Fox25 High School Player of the Year.

As of press time, there is a poll being conducted on <http://media.myfoxboston.com/sports/hsfriday.html> asking viewers to vote for the high school player of the year with Grimard being listed as a prime-time nominee.

PUCK PREVIEW
Here's a look at some upcoming games involving the beloved Dracut High Middies Hockey team.

-Wednesday, 1/7 home game vs. Methuen, starts at 7:00pm

-Saturday, 1/10 home game vs. Newton South, starts at 12:00pm

-Thursday, 1/15 road game vs. Tyngsboro, starts at 6:10pm

-Saturday, 1/17 home game vs. Lowell, starts at 12:00pm

-Monday, 1/19 road game vs. Boston Latin, starts at 5:15pm

-Wednesday, 1/21 home game vs. Wayland, begins at 7:00pm

-Saturday, 1/24 road game at Concord Carlisle, begins at 7:40pm

-Saturday, 1/31 road game at Bedford, begins at 7:40pm

*All home games are played at the Janas Memorial Skating Rink on 382 Douglas Road in Lowell, MA

TIP-OFF TIMES
Here's a look at some upcoming times and locations for coach Mike Paquette's Dracut High boys' basketball team:

-Friday, 1/9 home game vs. Chelmsford, starts at 7:45pm.



-Tuesday, 1/13 home game vs. Norton, starts at 6:45pm.

-Friday, 1/16 road game vs. Methuen, starts at 7:45pm

-Monday, 1/19 home game vs. Bellingham, starts at 4:00pm

-Tuesday, 1/27 road game vs. Central Catholic (at Lawrence), starts at 7:45pm

-Friday, 1/30 home game vs. Tewksbury, starts at 7:45pm.

All home games are played at the Dracut High School gymnasium

CHARLIE BROWN TOWN
On January 12th and 13th, there will be auditions taking place for [You're A Good Man Charlie Brown](#). The auditions take place at the [Village Inn Restaurant](#) on 544 Broadway Road from 7:00pm-10:00pm.

DRACUT, page 26

Dracut Politics from the “Blog-side”

Shawn Ashe
VALLEY PATRIOT DRACUT REPORTER

With a new year in Dracut comes the expected focus on a new election. Always known for its tough politics, the Town of Dracut takes little time off between elections.

Just prior to Thanksgiving, when rumors were starting about contenders for

the next spring election were beginning, I remember getting calls from current incumbents. Concerned that the election effort was beginning so early? I wasn't. This is Dracut. Some of these people are planning years down the road, never mind next Spring.

As we come into January, we already have a once-local business owner

informing us that he is going to run for School Committee.

Paul Nutt (a former teacher) is the owner of the Edge Fitness center on Broadway and a sports nutrition store on Mammoth Road. He has successfully run these businesses for over 15 years and now wants to offer his expertise in finance, business, investing and education to the town.

New candidates are hard to find these days, and I applaud him and anyone else willing to take the plunge.

Nutt is the first to announce his running against two incumbents for School Committee.

Nancy Gagnon has told me that she plans to run again. She is currently the most experienced member of the School Committee. The current Chairman of the Committee, Ron Mercier, is also up for reelection. There is no reason to doubt right now that he will be running to hold his seat.

Both incumbents have their followers in town, and I believe this will make for an interesting election.

Of course, both were seen to be involved in the process last year of replacing the Superintendent, which brought on the failure of incumbent DJ Deeb to win in his election last year. Will that issue resound again with this election?

I have already heard at least two other names of people who are considering running as well, and both are also strong candidates.

There is a lot of concern about spending at the School District, and the whole region is asking what we were doing giving such a significant raise to the teachers union.

This is going to be an election to watch.

On the Selectmen side, we have incumbent Joe DiRocco running to hold his seat. Joe has strong support of just about everyone I know in town, from the fire and police men to the people you talk to in the coffee shops. At this time, I have heard of no one willing to try to go up against him. This race will probably be a quiet one this year.

Other races abound as well. Water Commissioners, Housing Authority, Moderators, and of course DJ Deeb is up for reelection at the Greater Lowell Technical High School.

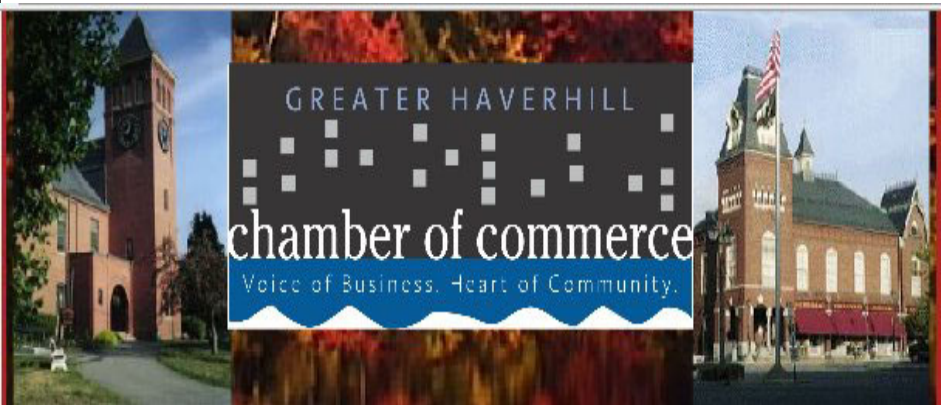
On another topic, I once again want to thank the entire Greater Lowell area for their support in our annual 980 WCAP Salvation Army Radiothon.

This event is held annually to raise much needed funds for the Salvation Army.

With the ice storm in December landing on the day just prior to our event, most of the region was without power or phones, yet we still raised \$35,000 on that first day. The radio station extended our effort for a second week, and by the end of the event we had pledges and sales of over \$82,000.

For a fundraiser that only four years ago was only raising about \$25,000, I am impressed by the support of the volunteers, the station, the local press and the people of the Greater Lowell area who all made it happen. This effort shines as an example of the Christmas spirit just when it is needed most, and will continue to grow each year with all of our support.

Shawn Ashe is a producer on 980 WCAP's Saturday Morning Live Program, as well as the operator of the Dracut Forum blog at <http://www.dracutforum.com>



87 Winter Street, Haverhill MA, 01830

Telephone: 978-373-5663

Fax: 978-373-8060



Join the
Haverhill
Chamber of
Commerce and get
GREAT benefits!

The John Michitson for Mayor newsletter

EDITOR’S NOTE: Due to an editing error last month, the Michitson newsletter was replaced by mayor Jim Fiorentini’s newsletter. We regret the error and are happy to publish the Michitson newsletter this month.

Dear Haverhill Citizen,
I am John Michitson, Candidate for Mayor of Haverhill.
A lifelong resident, I live here with my wife Heidi and our 2 children.
Just as my parents and grandparents did, I love this city. I believe I have the vision and the skills to be your Mayor.
Please take a moment to read this first issue of my newsletter.
This issue will catch you up on recent events including my presentation to the City Council on Economic Development.
My Long Range Plan will continue to evolve in subsequent issues of this newsletter.
Sincerely, John Michitson
2009 Candidate for Haverhill Mayor

Highlights from 10/16/08 Fundraiser
On October 16th we had a terrific fundraiser at Michael’s Function Hall (formerly Pat’s Beef House). Those present were abuzz with their support. Below is synopsis of the message they heard.
“I believe we have a city straining to release itself from the shackles of budget woes and poised to reemerge as a place that all the residents will be proud to call their home.

HAVERHILL ON THE MOVE

Mayor Fiorentini’s notebook

Jim Fiorentini
HAVERHILL MAYOR

Mayor orders city hall closed two nights a week

In order to save money on energy costs, Mayor James J. Fiorentini today ordered City Hall closed Monday nights and Friday nights. The move will take effect January 1 with the exception of a previously scheduled License Commission meeting scheduled for Jan. 12th.
The Mayor also ordered, effective immediately, the thermostat in City Hall to be turned down to 68 degrees during the day and 60 degrees at night. The Mayor also ordered the immediate removal of all portable electric heaters from all of the offices at City Hall.
Mayor Fiorentini said:
“In this economic environment, it is critical that we do everything possible to save money. We estimate that closing City Hall, turning down thermostats, will save between \$10, 000 to \$15,000 per year.
This is the first in a series of steps we will be taking to meet the current budget crisis.”
Mayor testifies at state hearing for tax breaks for Southwick Clothing
Calling it “a great manufacturing coup for the state of Massachusetts”, Haverhill Mayor James J. Fiorentini testified last month before the State’s Economic Assistance Coordinating Council in favor of a state tax break for Southwick Clothing. Fiorentini noted that the City of Haverhill had already voted to give Southwick a tax break and urged the state board to do the same.
EACC board member Joseph Bevilacqua of Haverhill, Chairman of the Merrimack

I believe I can take charge of that reemergence and do it with an energetic approach that is unafraid to:
* Reach for a lofty goal;
* Stumble along the way;
* Start over with a fresh idea;
* Disregard my own political future;
I will insist that all in government, education and business engage in a journey with Citizens that will create renewed pride in Haverhill. This journey will not be an easy one, but in the end the changes, and yes, sometimes, the sacrifices, will make Haverhill a gem in the region.
We must focus on strengthening the fundamentals needed for success - professional management, collaborative economic development, an education system second to none and a high quality of life for all of our citizens.
I ask all our citizens: TAKE PRIDE, TAKE CHARGE. Together we can create a great future for this great City.”
Helping Those in Need
I participated in two fundraisers to help those in need especially during the Holidays. I was honored to ask for pledges at the annual Emmaus House fundraiser breakfast and was a fashion model (yeah - I’m a slave to fashion) at the annual Community Action, Inc. fashion show fundraiser - both of which were held at DiBurro’s.
The Emmaus House provides the shelter and food for Haverhill’s homeless, which is an essential service for our

Valley Chamber of Commerce, abstained from voting but has been a strong proponent for this project. Bevilacqua called it, “a great plus for the entire Merrimack Valley.”
Fiorentini noted that Southwick will retain 300 manufacturing jobs in the Merrimack Valley, and under the terms of the tax agreement with the City of Haverhill, will add an additional 25 union manufacturing jobs:
“This aggressive pursuit of manufacturing jobs, at a time when manufacturing jobs are sadly fleeing the country, shows that we can retain manufacturing jobs in Massachusetts and in the United States. Saving Southwick was a joint effort between the State of Massachusetts and the City of Haverhill and we are proud to have been partners in that effort.”
The EACC unanimously approved the state tax break for Southwick. Under the tax break which was approved, Southwick will receive a 5% state tax credit on any investment they make in office machinery or equipment.
In exchange, the City will retain 300 jobs and 25 new jobs will be created.
“Mayor Presents Donations To Emmaus Inc.”

Mayor James J. Fiorentini presented donations today to Emmaus Inc. The donations were accumulated from the Christmas party the Mayor hosted last week to help collect clothes, toys and other house hold items for the residents living at Emmaus Inc.
“At this time of year we look forward to helping out the less fortunate as much as we can as a community,” said Mayor Fiorentini.

community, especially during the cold Winter and has touched people in my life. Community Action Inc. is a human service provider that includes the Head Start program. I worked closely with Community Action Inc. in the 1990s to attain a Federal Funding grant for Danny’s Mentoring/Tutoring program. My wife, Heidi, served on the Community Action Board of Directors.
I salute both organizations for the essential services that they provide our community.
Economic Development Strategies
The Merrimack Valley Planning Commission invited me to help develop an economic strategy for the region
On Tuesday, October 28th I was pleased to make a presentation to the City Council about leveraging innovation and collaboration to attract and retain emerging industries in our City. In addition to growing our traditional commercial base, such as our Food Manufacturing Center, these emerging industries will provide Haverhill with a diverse business base.
Nearly 5 years ago while President of the City Council, I urged business leaders and city officials to look at bio-tech and green technology as well as other emerging industries that continue to appeal to venture capitalists even during these difficult times. The diversity provided by this broad range of businesses protects the City from some of the economic downturns experienced lately.
Since then, our sister cities and towns in the Merrimack Valley, such as Lawrence, have reaped the benefits of emerging industries. Haverhill has not. So far, the City has missed opportunities to provide good jobs for our children and grandchildren in emerging technologies and the associated trades.
My proposal encourages the City and Business Community to begin an aggressive marketing campaign on a local and regional basis. We will create a plan to outline the steps we need to take to



PHOTO: COURTESY

make Haverhill a bright light on the radar screen of all who are seeking the ideal place for their business. Despite the current economic environment there is and will be opportunities for the city to take advantage of.
The Council will be forwarding a letter to the Greater Haverhill Chamber of Commerce. We have much to offer and we must continue to pursue the characteristics necessary to be a successful and viable Gateway City as designated by Governor Patrick.
Some Thoughts on the Budget
Despite the recently expanded vocabulary at City Hall, it is important for you to know that for many years I have proposed that Mayors’ need to manage the budget, not just balance the budget. More than ever in this trying economic time, a performance based budget with measurable results is critical to our survival, the integrity of our infrastructure and to any progress we wish to make.
We need a long range plan to address our financial needs. Haverhill’s taxpayers deserve the greatest value at the lowest cost.

MICHITSON, page 26

Little Sprouts hosts National Pre-K Now Conference Broadcast

Passion for early childhood education unites local educators

On December 10, early childhood educators from the Merrimack Valley and Boston Area gathered at Little Sprouts on West Lowell Ave. in Haverhill, MA to participate in the Pre-K Now National Conference Broadcast. The Conference, hosted by Ray Suarez, Senior Correspondent of The News Hour and Libby Doggett, Ph.D., Executive Director, Pre-K Now, discussed three important topics that are affecting preschools throughout the United States.
Through video, conference participants were able to view success stories about how to help preschools partner with home-care providers, building community collaboration, and providing professional development for teachers and staff. After the video, participants were invited to discuss concerns and current issues they face regarding the three discussed topics. Participants were also able to phone in and email questions to the live panel where questions were answered on air.
This successful conference offered local educators an opportunity to brainstorm and collaborate on ways that

they can “raise the bar” to provide quality preschool education to all children in the community. Little Sprouts was the only private preschool program in the state to host the conference and invited local college dignitaries, state licensing agents, and state and local officials to attend and hear this important message.
About Little Sprouts Inc.: Little Sprouts has been a leader in providing award winning early education since 1982. Little Sprouts, a group of humanitarians that believe in the power of literacy to change the world; social, emotional, intellectual and physical literacy for children, youth, teachers and families, and believes in the commonality in humanity. We embrace that unity is best achieved by celebrating diversity.
Little Sprouts has 9 schools in Massachusetts supporting families that reflect 32 cultures speaking 23 languages from all walks of social, economic, religious and ethnic backgrounds. To learn more about how you can join us in making the world a better place, visit us at www.littlesprouts.com

RONNIE'S RANTS

Ranting through the Merrimack Valley

Ronnie Ford

VALLEY PATRIOT COLUMNIST

A crowd of about one hundred joined together to pay tribute to Lawrence's own Bill Quinlan. A baseball field and a pavilion were dubbed with the name of the former extraordinary pro gridiron master.

Bill played on the world champion team, the Green Bay Packers of 1961. Bill also played Canadian pro football and with several other NFL teams. Quinlan had many opportunities to extend his fame in many directions. Some of which were moving pictures. But Bill stuck like glue as he stuck to opponent running backs trying to escape the grasping grip of the giant defensive end. And he stuck to the city of Lawrence. There are many who will argue that the outstanding performance on the football field that Quinlan displayed, qualified him into the ranks of All Pro. I agree. There are also many who as they look at the seventy-four year old, top shape hulk, Bill Quinlan could get out on that gridiron right now and be competitive. Good luck and God bless Bashful!

The accountability of our elected officials is as packed with integrity as Governor Blagojevich is Father confessor. We are starting a new year and let us look back at the promises and performances of our governmental representatives. Can you name a single improvement or betterment that your representatives have proposed? What have they promised and what have they done?

I challenge any state, local or federal leader to write in and tell the people in this column. Let's hear from you Leaders! So let's go politicians, I'll print it and the people will know what you have done.

The following is an e-mail that has been around a bit, but it is pertinent to today's climate in the political world:

Harry Truman after the presidency—interesting

Harry Truman, from Missouri, was a different kind of President. He probably made as many important decisions regarding our nation's history as any of the other 42 Presidents. However, a measure of his greatness may rest on what he did after he left the White House.

Historians have written the only asset he had when he died was the house he

lived in, which was in Independence, Missouri. On top of that, his wife inherited the house from her mother.

When he retired from office in 1952, his income was a US Army pension reported to have been \$13,507.72 a year. Congress, noting that he was paying for his stamps and personally licking them, granted him an 'allowance' and later, a retroactive pension of \$25,000.00 per year.

After President Eisenhower was inaugurated, Harry and Bess drove home to Missouri by themselves. There were no Secret Service following them. When offered corporate positions at large salaries, he declined, stating, "You don't want me. You want the office of the President, and that doesn't belong to me. It belongs to the American people and it's not for sale."

Even later, on May 6, 1971, when Congress was preparing to award him the Medal of Honor on his 87th birthday, he refused to accept it, writing, "I don't consider that I have done anything which should be the reason for any award, Congressional or otherwise."

He never owned his own home and as president he paid for all of his own travel expenses and food.

Modern politicians have found a new level of success in cashing in on the Presidency, resulting in untold wealth. Today, many in Congress also have found a way to become quite wealthy while enjoying the fruits of their offices. Political offices are now for sale.

Good old Harry Truman was correct when he observed, "My choices early in life were either to be a piano player in a whore house or a politician. And to tell the truth, there's hardly any difference."

Wow.....things have sure changed!! Harry the last President who cared about the PEOPLE!!

The New Year is upon us, and I am not one for making resolutions, but I would very much like to see a more polite, sensitive population here in the U. S. A. We have become very nasty. We really have turned out to be the "Ugly Americans". Maybe we could get a grass roots politeness going. It has to start with someone, somewhere. Why not with us? What is that saying? Let it begin with me! How about it?

Wishing all of you a very Happy, Healthy New Year!!

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

Ronnie can be contacted at radiotalk@comcast.net



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

email Ronnie at Radiotalk@comcast.net

Wine & Spirit Special

Vinny's Liquors

687 Prospect Street Methuen

Located behind the Loop, Exxon Station

(978) 738-8864



TIMOTHY J. MURPHY
ATTORNEY AT LAW

286 Merrimack St.
Methuen MA 01844

Tel: (978) 683-2132

Fax: (978) 683-5396

email: attorneymurphy@comcast.net



Saving Money on Your Auto Insurance Just Got Easier!

**Save Hundreds With the Following Discounts
And Policy Enhancements**

- * Multi-Car Credit
- * Multi-Policy Credit (Home & Auto)
- * Hybrid Credit**
- * Paid in Full Credit **
- * Good Student Credit
- * Newer Car Credit
- * Mass Fair Plan **



- * Disappearing Deductible
- * Accident Forgiveness **
- * 24/7 Roadside Assistance **
- * Trip Interruption Coverage
- * Award Winning Concierge ** Claim Service
- * Loan/Lease Gap Coverage
- * Free Registry Service **



AUTO * HOME * BUSINESS * FLOOD

** In Mass

www.btoconnellinsurance.com



In N.H. 800-232-1045 - In Mass. 978-682-2896

For a Friendly,
Fast Quote
Call:

**B.T. O'CONNELL
INSURANCE AGENCY**

Fax: 978-681-7830
email us at

252 Pleasant St. Methuen (Methuen Executive Park)

Since
1910

From the desk blog of..

Methuen Mayor Bill Manzi’s notebook

More Cuts Coming

The Governor last month announced to the media that the state budget remains about one billion dollars short, which will trigger a new round of budget cuts that likely will include local aid.

Governor Deval Patrick said yesterday that he was preparing for up to \$1 billion in additional budget cuts, raising the specter of reductions in aid to municipalities, more layoffs of state employees, and drastic cutbacks in the services that state government provides to its residents. “There’s a lot of pain, and it’s going to have to be spread around,” Patrick told reporters during a 30-minute briefing in his State House office. “Nobody’s enjoying this. This is incredibly difficult.”

While the Governor states the obvious in terms of difficulty it was not apparent from his news conference that he will couple his proposed cuts to local aid with a forceful demand that the legislature grant additional management tools to municipalities that will help us to manage these cuts so that we can stretch our remaining dollars as far as possible. If these cuts are made mid year to localities without such a political effort it would be nothing short of an outrage. I am continually amazed that solutions that force layoffs of union workers always seem to trump solutions that will save union jobs.

The Governor will not be condemned for making cuts that budget realities are

forcing on him. There are two questions however that come to mind immediately. The first is the Governor’s initial budget estimates. At the beginning of the budget process Michael Widmer predicted a multi-billion dollar shortfall. Why was the Governor so off in his estimates, and why has he waited so long to act? These cuts, made at the beginning of the budget cycle, would have been painful.

Now, midyear, they will be catastrophic. The second question relates to what I spoke of above. Where is the political effort to promote a wider range of management options for localities that will enable us to manage our funds more efficiently?

As we move forward into what will likely be the most serious shrinking of government in our lifetime incremental changes in the burdensome laws that handcuff localities will not do. We need real change, right now. That is the difficult part. Cutting numbers on a spreadsheet and listening to some protests from local officials. That is not nearly as difficult.



Central Catholic Juggernaut Slowed, But Not Stopped

Central Catholic won its second consecutive boys basketball Christmas Tournament by defeating Andover High School 59-51 at Lawrence High School. Andover coach Dave Fazio employed double team tactics on Central Catholic’s Billy Marsden and on Carson Desrosiers, and held Marsden to 3 of 13 shooting, although the 6-11 Desrosiers poured in 17.

I thought that a critical part of the game was the superb passing ability shown by Carson Desrosiers in response to the double teaming of Andover. He set up easy baskets several times for his teammates by making great finds and beautiful passes. CCHS sophomore Jim Zenevitch was on the receiving end of a couple of those passes, and played a great all around game to help Central to the win.

In the third place game Lawrence defeated Salem High School 87-60 behind a 17 point effort by Reuben Nieves.

Methuen High School lost to Pinkerton 71-59. Methuen sophomore Michael Gorman lit it up for a tourney record nine three pointers and 32 points in the loss. Matt Richardson and Edwin Gonzalez each had ten points, and both threw in a pair of treys for Methuen. Zach Mathieu had 19 for Pinkerton, and Beau Cassidy threw in 15 in leading Pinkerton to the win.

North Andover defeated the Greater Lawrence Reggies 46-34 behind Evan Sheehan’s 15 point effort.

Congrats to Tourney organizer Bob Licare, who has done a superb job again in moving the Tournament from North Andover to Lawrence. Mr. Licare is a legend in local basketball circles, and has really done a magnificent job year after

year in bringing a superb tournament to the Merrimack Valley.

More Authority for Mayors

Under current state law for a city to join the state GIC and take advantage of its lower cost structure it must receive 70 percent approval from the affected municipal unions. Under that provision only a handful of cities have joined the GIC, and the effort has been a failure. In light of that, and with steep local aid cuts looming on the horizon, Speaker Sal Dimasi has indicated that he will support removing the union ability to impact such decisions by removing or modifying the 70 percent union approval currently required. From the Eagle Tribune:

“As local leaders brace for budget cuts, mayors say they need to get ballooning health care costs under control. Massachusetts cities and towns could have saved as much as \$100 million this year, \$750 million in fiscal 2013 and \$2.5 billion in fiscal year 2018 if they all joined the GIC this year, according to a report jointly released in August 2007 by the Boston Municipal Research Bureau and the Massachusetts Taxpayers Foundation.”

Those are some substantial savings, and are ever more critical with the financial news getting worse by the day. But it is important to note that with or without the fiscal crisis the rate of increase in health care was never going to be sustainable for municipalities. This crisis only accelerated the day of reckoning. The Massachusetts Teachers Association predictably criticized the plan.

“The Massachusetts Teachers Association, a statewide teachers union, released a statement calling DiMasi’s plan “an attack” on workers’ rights.”

“Collective bargaining is the mechanism through which ordinary workers have meaningful input in what their economic lives will look like,” it said. “Denying employees the right to have any say over their health insurance plans is an attack on the rights and interests of working people in this Commonwealth.”

MANZI, page 24

163 Howe St. - Methuen

978-693-2525





FIRST

INTEGRITY

MORTGAGE

LLC

354 Merrimack Street, Sal's Riverwalk, Lawrence MA 01843

“First in Rates. First in Service.”



Anne Marie Concemi

Chief Mortgage Planner

Helping borrowers since 1987

aconcemi@firstinteg.com

(978) 852-9707 - cell



Steve Sirmaian

Chief Operations Manager

Helping borrowers since 1988

steve@firstinteg.com

(978) 771-2906 - cell

Now, more than ever, our name speaks for itself.



MA Mortgage Broker #4520.

Licensed by the NH Banking Dept.

978 685-9700 • www.firstinteg.com

TOO MUCH DEBT?

THREATENED BY FORECLOSURE?



Simple bankruptcy may be the answer for you.

Call for a consultation today

Rob Thomas, Attorney at Law

rthomas@andoverattorneys.com

HARVEY, KLEGER & THOMAS

184 Pleasant Valley St.
Methuen, MA 01844
Tel. 978-686-9800



Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

MANZI: from page 8

They are no doubt correct in saying that the bill diminishes their collective bargaining rights. But they consistently fail to say how the existing cost structure, which cannot be sustained with current revenues, should go forward. Without adjustments to the cost structure in place today the result must necessarily be layoffs to union workers. That is a given. I must have missed the portion of their press release detailing how they would increase revenues to localities to fund ongoing operations.

Finally my interview on the subject contained extensive discussion of the other potential that exists, which is giving mayors and managers control over plan design outside of the collective bargaining process. That option would satisfy some unions preferences for local plans as opposed to the GIC, but would give management the same rights the Governor currently has over the GIC. Those comments did not make the paper, but are really at the heart of this debate. One of the reasons the GIC has had such a cost advantage over local plans is because of that power. And a prime example of that is reflected in the comments of Haverhill Mayor James Fiorentini, who would like to push the co-pay for doctors visits from \$5 to \$15.

Fiorentini wants to raise the co-payment to \$15 per doctor's visit. He said that would save Haverhill \$400,000 a year. He noted that the police union agreed to start paying higher co-payments beginning next month as part of its latest contract.

If Mayor Fiorentini had control over plan design he could save that money now, and in so doing likely save union jobs. Ultimately the union membership will benefit, both from saved jobs and cheaper premiums. That fact appears to be lost on most of our negotiating partners.

At the State level we did get an expression of support from Representative Campbell in the Trib story. And I must say that this headline was much easier to take than the one that dealt with my call for increased authority in the area of school collective bargaining contracts. These are not power grabs by Mayors, but rather a serious attempt to gain control over costs that will put localities under water in short order. For those opposed to this increased management authority I ask "what is your plan"?

Every time that question gets asked we only hear crickets chirping in response.



photo:courtesy

Methuen, MA/Salem, NH Rotary Club provide 87 holiday food baskets for local families in need

The Methuen MA, Salem NH Rotary Club provided 87 holiday food baskets to local families in need. The holiday food baskets were distributed through local churches and organizations including the Methuen Housing Authority. Each holiday food basket included a \$10.00-\$15.00 gift certificate to Market Basket for each family, depending on the size of the family. For over 30 years, the members of the Methuen MA, Salem NH Rotary Club donate money and their time to provide these holiday food baskets to local families in need. Approximately 30 volunteers from the Methuen MA, Salem NH Rotary Club met to assemble and distribute the holiday food baskets on Saturday. The Methuen, MA/Salem, NH Rotary Club serves both communities. Weekly luncheon meeting are held at the Sweetheart Inn in Methuen MA. For more information about the Methuen, MA/Salem, NH Rotary Club and their events, please visit their website at www.methuensalemrotary.org.

Methuen Ballet Ensemble performs the Nutcracker



PHOTOS: TOM DUGGAN

The Methuen Ballet Ensemble performed the Nutcracker with a little help from a Brownie Troop from Salem NH (above).

Save money on your heating bills!

KANNAN & PRICONE
PLUMBING & HEATING INC.
COMMERCIAL • INDUSTRIAL • RESIDENTIAL
978-685-0880



THE BOLD LOOK
OF **KOHLER.**

Mass License #10286 NH License #2849 * Sprinkler Contractor LIC. # 0058071CE

Serving the Merrimack Valley Since 1985

* Fully insured *Free estimates!

From a leaky faucet to a 10 story building!

- Gas piping and heating
- Convert from gas to oil boilers
- Radiant floor heating
- Sprinkler systems installed & repaired
- Custom additions & new construction
- Water heaters (same day service)
- Bathroom remodeling & repair work
- Replacement boilers & Furnaces
- We offer gas network rebates

Special on high efficiency heating systems
and water heaters

Discount for senior citizens and military veterans

Government sets us up for the next big bust

John Stossel
SYNDICATED COLUMNIST

If an athlete injures himself and suffers great pain, we'd recognize the shortsightedness of giving him painkillers to keep him going. The pain might be masked, but at the risk of greater injury later.

That's a good analogy for the inflationary policies now pursued by Washington. These policies may temporarily "stimulate the economy," but they also disguise and aggravate the underlying problems. We will all pay a serious price.

Policy makers have thrown caution to the wind. Twelve-digit dollar figures are tossed about casually. The other day, after Treasury Secretary Henry Paulson changed course — yet again — and announced that the Federal Reserve would commit \$800 billion more in "new loans and debt purchases," The New York Times reported, "Fed and Treasury officials made it clear that the sky was the limit" (<http://tinyurl.com/5aoroy>).

The total federal commitment to date is over \$7 trillion (<http://tinyurl.com/56ugkq>).

The Fed had given up trying to make it easier for banks to lend to each other. Now, the Times reports, it "is directly subsidizing lower mortgage rates ... doing so by printing unprecedented amounts of money, which would eventually create inflationary pressures if it were to continue unabated."

No kidding.

When we hear that the U.S. Treasury is doing this or the Federal Reserve is doing that, we should remember that these agencies are run by mere mortals, and as such, they cannot know how to "fix" something as complex as an economy. But they certainly are capable of wrecking one.

That's what their inflationary policies will do.

In a free market, prices do more than tell us what we have to pay for things. They are messages emitted by an intricate communications system that inform us of the relative scarcity of resources, labor and consumer goods, and the relative intensity of consumer demand. Thanks to prices, we can tell producers how we rank our preferences, and they in turn can arrange production according to our priorities. Without prices, economic coordination is impossible, which is why attempts at state planning produce, in Ludwig von Mises's words, "planned chaos" (<http://tinyurl.com/6mylqr>).

We associate inflation with a rising price level, but equally important, relative

prices change when new money is created.

That garbles the messages. As Mises writes, "The additional quantity of money does not find its way at first into the pockets of all individuals; ... [P]rice changes which are the result of inflation start with some commodities and services only. ... [T]here is a shift of wealth and income between different social groups."

The Fed gives money to AIG or Citicorp, but not to Lehman Brothers, or you and me. The new bank reserves also push interest rates below what the market would have set, further distorting production by encouraging investment plans to be made on the basis of artificially low rates.

How can the economy straighten itself out if it is being systematically skewed by government inference with prices?

We are in the mess we're in precisely because of earlier government interference. Easy mortgage terms and guarantees contrived a housing boom and irresponsible lending that could not be sustained. The consequences have shaken the foundation of the financial industry. But instead of freeing the market and allowing the errors to be corrected, the government is seducing the economy into a whole new set of errors. That will lead to the next bust.

"But doesn't the government have to act?" people ask. "We can't just let financial companies fail!"

I say, Why not?

Jim Rogers (<http://tinyurl.com/2ds77d>), the successful investor and author, puts it well: "Why are we bailing out Citibank? Why are 300 million Americans having to pay for Citibank's mistakes? The way the system is supposed to work [is this]: People fail. And then the competent people take over the assets from the failed people, and then you start again with a new stronger base. What we're doing this time is ... taking the assets from the competent people, giving them to the incompetent people, and saying, "OK, now you can compete with the competent people." So everybody's weakened: The whole nation is weakened, the whole economy is weakened. That's not the way it's supposed to work" (<http://tinyurl.com/6bd29z>).

John Stossel is co-anchor of ABC News' "20/20" and the author of "Myth, Lies, and Downright Stupidity." To find out more about John Stossel and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com. COPYRIGHT 2008 BY JFS PRODUCTIONS, INC.DISTRIBUTED BY CREATORS SYNDICATE, INC.

PONDERING WITH PAUL

The war on Christ(mas)

Paul Murano
VALLEY PATRIOT COLUMNIST

Elementary school children from Burlington, Mass., the town I grew up in, recently visited a local nursing home to sing Christmas carols. Here’s a sample of what they sang:

We wish you a happy winter
We wish you a happy winter
We wish you a happy winter
And a happy new year

Afterwards they went on to wish everyone a joyous holiday season and a happy Hanukah. But the dreaded “C” word? Nowhere to be found. Why is it that so many today find the word *Christmas* offensive?

When I was a child my public school had us sing in concert *Away in a Manger* and *Oh Little Town of Bethlehem*, not We Wish You a Happy Winter. Back then the population was mostly Christian with a minority Jewish and others sprinkled in, much as it is today.

Good people of all religious faiths welcomed the Christmas season for its joyous and festive elements, and to non-Christians Christ was seen as a good man, a great prophet, and a person that transformed history. Just look at our calendar; we’re in the 21st century *after what*? But today, in such a short period of time, He is seen as the enemy.

Why?

It’s an old problem with a new twist. Humanity’s first parents ate the forbidden fruit and immediately hid from God, much like we are doing today. They rejected Him in order to do their own thing, to “be their own gods” as the serpent claimed they could be; which would include creating their own definitions of truth and goodness, of what is moral and acceptable.

God became the enemy of “progress” and the very sound of His name sent shudders up Adam’s spine as he and his wife hid in the bushes, attempting to re-define human nature in order to follow their disordered desires without interference.

So too it is with contemporary man. The serpent’s great temptation that we be our own gods has led us to eat a new version of the forbidden fruit and build a secular humanist, post-Christian era. As a result man has regressed back into polytheism (with the pantheon of gods beings ourselves) and child-sacrifice (which we have spun to call “choice”). Redefining such regress as progress,

secular humanism now has only one big obstacle to overcome and one major enemy to defeat: He Who Is born on Christmas.

Contemporary man will have to come out of the bushes sooner or later to face the music, the only question is will it be dead or alive?

The original warning regarding the first forbidden fruit was - *If you eat it you will die*. As western world contracepts its way into 1.5 children per family, depopulating itself into potential oblivion, that same warning can be heard for the *new* forbidden fruit of contemporary man, the birth control pill. As soon as modern man consumed *this* forbidden fruit “their eyes were opened” and they felt likes gods who have complete control over who lives and who doesn’t, a power over human life usurped from the Creator, enabling them to use each other for selfish purposes while redefining it as love – gods can redefine whatever they want. And so we have redefined when life begins and *how* it begins, what marriage is, and what adultery consists of.

Of course you know the rest - the sexual revolution evolved into the culture of death, and with the new forbidden fruit we were able to build a new tower of babel with a roof in the clouds and a foundation on sand. You *have* to be hiding from God in order to attempt to uphold this.

Among the various floors of this new tower is the premarital sex culture that creates a society of broken people while weakening marriage in the process, a divorce culture that sees half of all marriages break up, an abortion culture leaving over 50 million and counting dead before birth, a homosexual movement where marriage is redefined and sodomy claimed as a human right; embryonic manipulation, test-tube babies, a euthanasia movement and rising suicide rates – all an eventual result of us eating the new forbidden fruit.

Is it any wonder that Christmas seems so offensive today? It offends the gods of secular humanism – ourselves.

As we continue to progress in extracting all things Christian from our culture, including Christmas, one question can not be ignored: Will it be too late before we finally admit that this progress is really regress?



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

Contribute to The Valley Patriot Legal Defense Fund

Because Freedom isn't **FREE!**

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

You can mail your donations to:

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

Or donate using PayPal on-line by visiting
The Valley Patriot Website at
valleypatriot.com

ANOTHER POINT OF VIEW

The outlaw Georgie Bush

Mark Palermo
VALLEY PATRIOT COLUMNIST

I am dreaming of a movie, a western movie, directed by Clint Eastwood called *The Outlaw Georgie Bush*. The place is a barren desert wasteland a couple hours north of Yuma. The time: January 2009. The cast: just Bush and me. In the opening scene, Bush and I have just broken camp after a breakfast of cowboy coffee and biscuits. The sun is coming up and we are starting to feel the heat. Now we are on our horses, and Bush is wearing dust-covered rattlesnake boots, faded jeans and a greasy, old cowboy hat. He is unshaven; a toothpick hangs from his slightly-parted, dry lips. I am wearing an Amnesty International baseball cap, and smoking a crooked hand rolled cigarette. The scene opens with me talking to Bush:

ME: “Georgie...you been drinkin’?” (long pause)

BUSH: (annoyed) *Well there ain’t no harm in a man’s having a little taste now and then, is there?*

ME: *Well, I reckon you got yourself a point. I don’t aim to be contrary. But I got something I been wantin to tell you. I’ll give it to you straight... There’s talk in town. Folks say you’re thinkin’ you’re Harry Truman. Your name’s Bush, not Truman. I knew Truman, and you’re no Harry Truman...*

BUSH: *Now don’t you start in to talkin’ to me like one of them no-count, back-east liberals, you hear? I ain’t havin’ any of it.*


We come up over a hill and pass through a small Indian village. Children are playing while black haired women draw water from an old stone well. Their menfolk eye us suspiciously as we ride through in nervous silence. Georgie reaches down and feels the cold reassuring gun metal of the Colt .44

revolver he has hidden inside his pants. He mutters something under his breath about weapons of mass destruction. I think to myself, he’s a hard one, this outlaw Georgie. Finally we are outside the village. I break the silence.

ME: *Dang it all, you just don’t git it do you?* (I pause, and my voice changes to a softer tone in an appeal to Bush’s reason) *Now listen and don’t you go bein stubborn. Nothin good can come from it, you hear? Go away from here, Georgie! And do it while the gittin’s good. Go start over in Paraguay... They can’t touch you there... And them folks down there take to your kind... You can learn yourself some German. Why, folks say Paraguay’s a place where a man can put on his cowboy boots, ride out all day and clear brush on his own land, have his own homestead; it’s a place where a man can forget.*

Bush looks pensive, the monotonous silence of the desert is broken only by the clip-clop of horses hooves; We move southward toward the Mexican border.

ME: *You got yourself a good grubstake from all them Hally-burtin’ contracts, don’tcha?... And them Carlyle Group fellers is goin to take care of you and yer kinfolk, ain’t they? (Bush grunts to indicate yes) Well then, there you are. And Georgie, I ain’t no preacher. I ain’t got no call to lecture you none. But there’s one last thing...Don’t forget to exonerate yourself preemptively from prosecution before leaving office. Time’s a*



Mark Palermo is a professor at Northern Essex Community College in Haverhill. You can email him at markpalermo@gmail.com. Visit his website at <http://markpalermo.tripod.com>

Farmtown lowdown: from page 20

The auditions are geared towards ages 17 and up. You’re A Good Man Charlie Brown will be a revised musical version of the popular comic strip Peanuts written by Charles Schultz.

The auditions will seek for actors and actresses to play the following characters: Linus, Charlie Brown, Snoopy, Lucy and Schroeder. Acting experience is not required.

The musical will take place on the last weekend of March and the first weekend of April.

The dates include:
Fridays, March 27th and April 3rd
Saturdays March 28th and April 4th
Sundays March 29th and April 5th
The Friday and Saturday showings begin at 7:00pm
There will also be a 12:00pm Matinee showing on Saturdays, as well as Sundays.

Ticket prices for the musical will be \$40 which also includes dinner. The musical is presented by Actors Incorporated. They’re an organization based out of Tewksbury, whose mission to provide high-quality entertainment at an affordable price to the Merrimack Valley. Actors Incorporated will also donate a portion of the proceeds from the You’re A Good Man Charlie Brown musical to Kitty Angles, a non-kill, non-profit shelter for cats.

To purchase tickets, log onto www.actorsincorporated.com or call the access line at (978) 984-3151

For more information contact, Actors Incorporated Executive Producer Corrine Hickey at (978) 835-9250.

SALVATION ARMY RADIOTHON
Congratulations to the Salvation Army for raising over \$77,000 during the 980 WCAP Radiothon. Special congratulations are in order for Dracut’s own Warren Shaw and Shawn Ashe for doing a magnificent job hosting the

Salvation Army Radiothon on 980AM WCAP.


ING FOR A DAY
If you’re child has every fantasized about being a king or a princess, here’s their chance. On Thursday, January 15th, the Moses Greeley Parker Library is offering a children’s program called Knights, Dragons & Princesses. There will games and crafts available and your child is welcomed to dress as a king or a princess. The program begins at 4:00pm and registration is required. Call the library at (978) 454-5474 for more information.

TEEN WII DAY
The Moses Greeley Parker library currently offers the popular Nintendo game system, WII. This program is geared towards kids who are WII fans and enrolled in grades 7-12.

In addition, the library will also provide WII games such as Guitar Hero, WII Sports and WII Game Party. Kids are encouraged to bring other WII games of interest. Snacks and other entertainment will be provided.

This drop-in program is offered the 1st and 3rd Saturday of the month between 3:30pm -5:00pm. For more information, email librarian Carole Hamilton at chamilton@mvlc.org or call (978)454-5474

PARKING PREPARATIONS & REGULATIONS
A reminder of the 2008-09 Winter Parking Regulations for Dracut: Parking a vehicle parked on any public road between the hours of 12:00AM – 6:00 AM is prohibitive
Any violators could be subject to a \$15 penalty



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, Devil’s Hockey, Press Pass with Teddy Panos and Paying Attention! with Tom Duggan.

Michitson newsletter: from page 21

Management Tip: Change the Budget Process:
In the current budgeting process practiced for decades, the Mayor and Council meet several nights a week “counting beans” to determine the one-year budget for the next fiscal year. Mayors’ tally up the number of workers and their associated costs, capital outlays (e.g. new roof) and expenses (e.g. supplies) in each department without first discussing the expected service levels and the measured results. They focus the budget review on the resources, instead of the quality of the services.

In my administration:
* We will define the expected service performance (e.g. desired fire/police emergency response times in each neighborhood);

* Determine the resources needed to provide the acceptable level of service and prioritize;
* Look at measured results to determine if adjustments are needed.

This is a fundamental best practice in high performance cities and private industry.

I am proud of the city of Haverhill and where I can take this city in the future.

John Michitson is the former Haverhill city council president and writes the Valley Patriot’s Innovation Valley column each month on environmental businesses in the Valley. You can visit John Michitson’s website at www.michitson.com or email him at: john@michitson.com

Discount prices since 1978!

Bider Music

for a complete selection of musical equipment and accessories

- Lessons
- Repairs
- Rentals

Guitars, banjos, amplifiers, PA system mandolins, drum sets, full line of percussion

Open: Mon.-Sat., 10 a.m.-6 p.m.
Sunday, 12-5 p.m.



33 S. Broadway, Lawrence (978) 681-1840

Pick up The Valley Patriot at...

Mann Orchards in Methuen

210A S. Main St. – Middleton

978-774-7411

Sal's PIZZA





Banknorth

at the Loop & on Broadway Methuen

CARING FOR OUR VETERANS

New Year’s resolutions

John Lenotte
VALLEY PATRIOT COLUMNIST

Here we are again, another year has passed. What is your New Year’s resolution?

Is it to: Save more money?
Get in better physical shape?
Lose weight?
Spend more time with friends and family?
Or perhaps find a new job?

The real question becomes, how long before you give up on your resolution. For most of us, it does not take very long.

This New Year, however, brings challenges that most of us have not seen before.

We appear to be pulling our troops out of Iraq, but putting more troops into Afghanistan. Somalian pirates are challenging shipping routes.

And we all know what shape the economy is in at this time. It will be a tough year.

We do however have a lot of potential to look forward to. Our new President will make history when he is inaugurated. The cabinet and advisors he has chosen bring promise to both national and international strategies. They are a very bright and capable group.

Even still, it will not be an easy task. And, at both the state and local levels, there are many fiscal challenges. Just as we rose up to speak our minds at election time when we voted this last November, we must continue to let our elected officials know what we think. And we must continue to speak our minds in future elections. And, what about our wounded warriors and their needs? They continue to face challenges many will never know. The American Legion has set up a program called Operation Comfort Warriors. Here is a quote from the American Legion press release:

“The U.S. government does a good job providing for the essential needs of the

men and women recovering from war injuries in hospitals like Walter Reed, Brooke Army Medical Center and National Naval Medical Center. But, what about the so-called nonessentials – the items that don’t show up as a budget-line on a government spreadsheet? Nonessential comfort items, such as loose-fitting sweat suits that can cover a soldier’s healing body without adding pressure to the burns he suffered during an RPG attack in Ramadi? Or an I-Pod to help drown out the tinnitus that has plagued the medic ever since she drove too close to a roadside bomb in Afghanistan?

The Legion family’s Operation Comfort Warriors will provide some of these items. Contributing is effortless. No trips to the post office or packaging of comfort items are needed. We will handle all of that. You can use your credit card to make an online donation at www.legion.org/ocw or you can mail a check to: Operation Comfort Warriors, PO Box 1055, Indianapolis, IN 46206.

Administrative and promotional costs for Operation Comfort Warriors will be paid by The American Legion, so you can be sure that your entire donation will go directly to the troops. Many centers are not equipped to store large quantities of care packages, so monetary donations are essential in order to purchase items that are truly needed. “

We must not forget that our troops and their families make sacrifices each and every day. And they are making these sacrifices for you and me.

Let us look into our hearts and souls and see what we can do to try to repay them. May God Bless America and the troops who protect 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



Number of Law Enforcement Officers Killed in the Line of Duty falls sharply in 2008

Dramatic reversal from 2007; fewest officers killed by gunfire in 50 years; record number of female officers die this year

The year 2008 is ending as one of the safest years for U.S. law enforcement in decades. The number of officers killed in the line of duty fell sharply this year when compared with 2007, and officers killed by gunfire reached a 50-year low.

Based on analysis of preliminary data, the National Law Enforcement Officers Memorial Fund (NLEOMF) and Concerns of Police Survivors (C.O.P.S.) found that 140 officers have died in the line of duty so far this year. That is 23 percent lower than the 2007 figure of 181, and represents one of the lowest years for officer fatalities since the mid-1960s.

This year’s reduction includes a steep, 40 percent drop in the number of officers who were shot and killed, from 68 in 2007 to 41 in 2008. The last time firearms-related fatalities were this low was 1956, when there were 35 such deaths. The 2008 figure is 74 percent lower than the total for 1973, when a near-record high 156 law enforcement officers were shot and killed.

“2007 was a wake-up call for law enforcement in our country, and law enforcement executives, officers, associations and trainers clearly heeded the call, with a renewed emphasis on officer safety training, equipment and procedures,” said NLEOMF Chairman and CEO Craig W. Floyd.

“The reduction in firearms-related deaths is especially stunning, given the tremendous firepower possessed by so many criminals today. The fact that law enforcement has been able to drive down the crime rate, and do so with increased efficiency and safety, is a testament to the hard work and professionalism of our officers,” Mr. Floyd added.

“Concerns of Police Survivors is pleased to see the reduction in officer deaths for 2008 and hope this is a trend we will see year after year. But we also know that for each of the surviving families and co-workers, their one officer is one too many,” said C.O.P.S. National President Jennifer Thacker. “These families, co-workers and agencies are struggling to cope with life without their officer and will need support from C.O.P.S. before, during and long after National Police Week. C.O.P.S. will continue its efforts to provide life rebuilding support and resources for 2008 surviving families and affected co-workers, as well as past year survivors to help them rebuild their shattered lives. We will embrace these families and affected co-workers and assure them there is no fee to join C.O.P.S., for the price paid is already too high,” she said.

In 2008, for the 11th year in a row, more law enforcement officers, 71, died in traffic-related incidents than from gunfire or any other single cause of death. Mirroring the nationwide drop in traffic fatalities among the general public this year, the number of officers killed in traffic incidents was down 14 percent from 2007. Last year, a record high 83 officers died on our roadways. Of this year’s traffic-related fatalities, 44 officers died in automobile crashes, 10 died in motorcycles crashes



and 17 were struck and killed by other vehicles.

Among other causes of death, 17 officers succumbed to job-related physical illnesses, three died in aircraft accidents, two were fatally stabbed, two died in bomb-related incidents, and one each was beaten to death, drowned, accidentally electrocuted and died in a train accident.

Fifteen of the officers killed this year were women, equaling the all-time high set in 2002. 2008 marked the first time that more than 10 percent of the officers who died in a year were female. Among all officers killed in 2008, the average age was 40 and the officers had served an average of 12 years in law enforcement.

Texas, for the second year in a row, experienced the most law enforcement officer fatalities, although the state’s 2008 total of 14 was down from 22 in 2007. California had 12 officer fatalities, followed by Florida and Pennsylvania, with eight each. Four of the eight Pennsylvania officers to die this year were members of the Philadelphia Police Department, which experienced the most deaths of any agency. Thirty-five states, Puerto Rico and the U.S. Virgin Islands lost officers in 2008. Eight officers serving with federal law enforcement agencies also died this year, down from 17 in 2007.

Mr. Floyd cited a number of reasons for the sharp decline in officer fatalities this year: 1) better training and equipment, plus a realization among officers that “every assignment is potentially life-threatening, no matter how routine or benign it might seem;” 2) increased use of less-lethal weaponry, including TASER stun guns, which allow officers to apprehend resisting violent offenders with less chance of assault or injury; 3) more officers wearing bullet-resistant vests-over the past 20 years, vests have saved more than 3,000 law enforcement lives; 4) a downturn in violent crime-the Department of Justice reported that violent crime is at its lowest level since 1973; and 5) a tougher criminal justice system, with a record 2.3 million offenders in correctional facilities nationwide.

The statistics released by the NLEOMF and C.O.P.S. are preliminary and do not represent a final or complete list of individual officers who will be added to the National Law Enforcement Officers Memorial in 2009. The report, “Law Enforcement Officer Deaths, Preliminary 2008 Report,” is available at www.nleomf.org. For information on the programs that Concerns of Police Survivors offers to the surviving families of America’s fallen law enforcement officers, visit www.nationalcops.org.

S
O
C
I
A
L

S
E
C
U
R
I
T
Y

Been Denied?

Uncertain future getting you down?

Navigating through the denial process of your Social Security benefits claim can be frustrating, time consuming, and difficult. Appealing without representation can be stressful and emotionally draining.

Why not have us on your side? A team with experience that can help clarify your uncertainty. We provide knowledge, compassion and expertise to obtain all the benefits you are entitled to under the law.

No Fee Unless You Win.

.....

Law Offices of Allison E. Williams P.C.

978.794.5517

Jefferson Office Park 790 Turnpike Street, Suite 202 North Andover, MA 01845	Northbridge Business Center 76 Northeastern Blvd Suite 25 B Nashua, NH 03062
-------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------

www.RealElaw.com

Also specializing in Real Estate & Bankruptcy Law

Anne Marie Concemi
Chief Mortgage Planner

Cell: (978) 852-9707
24-hr.

www.firstinteg.com

“First in Rates, First in Service”

FIRST INTEGRITY MORTGAGE LLC

aconcemi@firstinteg.com

354 Merrimack St., at Sal’s Riverwalk Lawrence MA 01843
Tel. 978.685.9700 x15 * Fax 978.685.9701
MA Mortgage Broker #MB 4520
Licensed by the NH Banking Dept.

Tom Hargreaves, Valley Patriot Hero: From Page 1

Hargreaves had a direct line to the Pentagon and the White House and was tasked with relaying classified intelligence communications to other military personnel and then back up through the chain of command.

Hargreaves married his wife Barbara Perkins just before leaving for Germany in 1970. Barbara followed him to Germany shortly after he left the states and stayed with him until he was honorably discharged. Barbara and Tom in celebrated their 30th wedding anniversary last month.

When he came home to the US Tom got involved in The Masonic order and is still deeply involved with the Masonic Temple today. He credits his love of his country and the military to his father, Pickles Hargreaves who served in the Navy. He

also had an uncle who served in the navy and his brother, David was stationed at Cameron Bay in Vietnam from 1971 to 1972.

Tom is the senior warden of his church at Saint John's the Evangelist Anglican Episcopal Church in Salem New Hampshire.

Hargreaves was appointed as the Veteran's Services Director for the City of Methuen by Mayor Manzi on October 15, 2007 and confirmed by the city council on November 8, 2007. He worked for the Valley Works Career Center in Haverhill and Lawrence helping veterans obtain employment and is a life time member of the American Legion Post 122. This year he started his first term on the executive board of the Legion.

Tom grew up in Methuen, is a product of the Methuen Public School where he

graduated with Barbara from the Tenny High School in 1967.

Tom volunteers his time with the Shriners and the Masons, running blood drives and helping parents with CHIPS (Child Identification Program); where they do DNA cheek swabs of children, take pictures and videos and give them to parents to keep on file in case a child goes missing. The program is no cost to parents. He also helps run programs for children with Dyslexia, also at no cost to children.

While many of the military heroes we honor in the pages of the Valley Patriot have amazing stories of battle and glory to tell, the support those men in battled receive from men like Tom Hargreaves are just as notable and just as vital to our military success in campaigns around the world.

We believe that every man and woman who has served our nation in the armed forces, whether they be army, navy, air force, marines, national guard (and even merchant marines) truly deserve our undying loyalty and respect. We are proud this month to honor Tom Hargreaves as our Valley Patriot of the month for not only his service while in the US Army but also the incredible work he has done to make our country and our community a better place once he returned home.

The work he has done and continues to do in helping our veterans every day is immeasurable and the dent we owe you can never be repaid.

Puppy Girl Kate Whitney: From Page 18

my first time. I thought that was great advice; therefore I chose the lab/retriever female puppy named "Red".

When I got home my mom and dad practically fell on the floor when they saw me walking in carrying this adorable little puppy. They panicked because they thought this was my own puppy, and they didn't think I needed anymore pets. After I assured them that we were just fostering her for a few days, their heart-rate became normal again.

As each day went by, I fell more and more in love with Red. I took her everywhere, she was my little buddy. I called Meg and told her I wanted to keep Red, that I would do anything to adopt her. She told me that there was already an application in for her and that everyone always loves the first foster dog and wants to adopt. She told me to be patient and to keep fostering and maybe one day

I would find another I would want to keep. On the fourth day of fostering Red, I received a call from Meg. who said she needed to meet because Red was going to her new adoptive family.

I cried driving to meet Meg, I cried as I handed Red over, I cried as I drove home, and I even cried that night. I was so sad. A week passed and I received another call from Meg. "I have another puppy for you," she said. My heart was racing during the whole car-ride to meet her. I had such a great experience with Red that I couldn't wait to foster again.

Meg opened the back of her Explorer, SUV and there were about five dog crates inside, filled with the cutest puppies I had ever seen. She handed me a black lab named Brandy. The story that follows is the same story as with Red. -Brandy was a great dog, such a sweetheart. I actually went to the adoption when Brandy was


meeting her new parents. Since I had lived with her for a week, I was able to give them an inside look as to what Brandy liked, didn't like, and what her habits were.. And, just as I did with Red, I cried as I drove away.

My third foster experience had a bit of a different ending, however, this time I kept her. Dash, a 12wk old chocolate lab/ retriever mix, is now a permanent part of my family. I love her, and I'm still fostering today. Right now I have 8 wk old Patsy and Penny, also some of the cutest puppies I have ever seen.

The best part about fostering is receiving pictures and updates from the adoptive families after they have moved on. You become so attached to these puppies that it makes you happy to see what a great life they have.

These puppies are rescued from a very "high-kill" shelter in Virginia. If it wasn't for Meg, these puppies would most likely have been euthanized. The dogs know the tough past they've had, and all they wish is for a safe and love-filled future. There is nothing better than coming home and seeing their tails wagging, eager to give you big, wet kisses!

For more information about adopting or becoming a foster puppy you can email Kate at kwswingrite@aol.com



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



Georgetown - Haverhill
Methuen - Newburyport
Lawrence Riverwalk

1-888-227-3762

PLEASE SEE OUR AD
On the back page



Air Force Recruiting Office
160 Winthrop Ave
Stadium Plaza
Lawrence, MA 01843-3840

JAMES F. MOORE

Staff Sergeant, USAF
Air Force Recruiter

AIRFORCE.COM



Life Doesn't Always Give You Options. Meineke Does.™

www.meineke.com

Conveniently located next to CVS on South Broadway





5% Discount
for Military
Veterans

203 South Broadway
Lawrence MA
Phone - (978) 794-1494
FAX - (978) 794-9885



Basic \$19.95 PLUS TAX*

Oil Change Service

* Oil & Filter
* Check Fluids
* 7-Point Courtesy Check

TO OUR
BRAVE
VETERANS,
THANK YOU!

* Includes up to 5 quarts of standard motor oil and a standard filter. Valid on most cars and light trucks. Additional disposal and shop supply fees may apply. Special oils and filters are available at additional costs. * Offer Expires 1/31/09

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

Sal's PIZZA

HOME OF THE 19" 3LB. PIZZA

Straight from Boston's North End

The Best Pizza



Amesbury, MA 84 Haverhill Street (Rte. 110) 978-388-5400	Belmont, NH 96 Daniel Webster Hwy. 603-524-0097	Billerica, MA 328 Boston Road (Rte. 3A) 978-671-9393	Campbell, CA 533 E. Campbell Ave 408-376-0553	Cape Coral, FL 910 East Cape Coral Parkway 941-540-7373	Chelmsford, MA 296 Chelmsford Street 978-256-7997	Concord, NH 80 Storrs Street 603-226-0297	Derry, NH 2 Lenox Road (Jct. Rte. 28) 603-425-2626	Everett, MA 366 Broadway 617-381-7899	Fitchburg, MA 89 Whalon Street 978-345-1111
Hampton Beach, NH 191 Ocean Boulevard 603-926-1313	Haverhill, MA 95 Winter Street (Rte. 97) 978-521-7575	Hooksett, NH 1328 Hooksett Road 603-622-5151	Ipswich, MA 326 High Street 978-412-4138	Lowell, MA 1201 Bridge Street (Rte. 38) 978-441-1717	Manchester, NH 296 South Willow Street 603-623-6565	Marlboro, MA Post Road Plaza, 222B East Main St. 508-624-7257	Merrimack, NH 501 Daniel Webster Highway 603-424-3000	Middleton, MA 210 A South Main Street 978-774-7411	Milford, NH 180 Elm Street 603-672-5544
Milford, MA 206 East Main Street 508-473-1234	Morgan Hill, CA 301 Vineyard Town Center 408-778-2162	Nashua, NH 24 East Hollis Street (Rte. 111) 603-578-5858	North Andover, MA 490 Main Street 978-689-7374	Salem, NH 29 North Broadway (Rte. 28) 603-894-6767	Salisbury Beach, MA 18 Broadway 978-499-9757	Seabrook, NH 380 Lafayette Road (Rte. 1) 603-474-9999	Tewksbury, MA 2500 Main Street (Rte. 38) 978-694-7676	Tyngsboro, MA 440 Middlesex Rd. TJ Maxx Plaza 978-649-4600	COMING SOON! Methuen, MA

Salvatore's

BOSTON
225 NORTHERN AVENUE
BOSTON, MA 02210
TEL. 617-737-5454 or 617-737-7257 (SALS)
FAX. 617-737-7676

LAWRENCE
RESTAURANT, CONFERENCE & FUNCTION
354 MERRIMACK STREET
LAWRENCE, MA 01842
TEL. 978-291-0220 FAX. 978-291-0204

www.salvatoresboston.com

The Finest Dinning



Mary's

PASTA & SANDWICHES



Catering Available

Amesbury, MA
84 Haverhill Street (Rte. 110)
978-388-5400

Chelmsford, MA
296 Chelmsford Street
978-256-7997

Salem, NH
29 North Broadway (Rte. 28)
603-894-6767

Sal's Pizza & Salvatore's is the proud sponsor of The Valley Patriot of the Month ... Honoring the Heroes in Our Midst who served our nation.

Salvatore's

354 Merrimack Street, Lawrence

Order your Favorite
Martini as a **Mini!**

Only \$4.⁰⁰





254 North Broadway, Suite 202
Salem, NH 03079

www.maghomeloan.com

FHA APPROVED

Tom Firth
Senior Mortgage Planner
TomF@maghomeloan.com

Toll Free (866) 681-1670
Local (603) 893-8304
Cell (978) 314-6182
Fax (603) 893-8307

We arrange, but do not make loans.

"We're with you Every Step of the Way"

LAWRENCE
978-975-7500

BOSTON
617-367-9082

SHELDON A. FINE

ATTORNEY AT LAW

100 BRICKSTONE SQUARE
SUITE G-4
ANDOVER, MA 01810

TEL: 978-475-9886
FAX: 978-475-9889



80 Middlesex Street
Lowell, MA 01852
Phone: 978-441-1166
E-Mail: info@theclub-lowell.com

Voted
Lowell's
Best
Fitness
Club

ANN MARIE FORD

EMAIL: INFO@EMBROIDERYLOFT.COM
WEB: WWW.EMBROIDERYLOFT.COM
FAX: 978-681-1156

Embroidery Loft

EMBROIDERY - CUSTOMIZING SPECIALISTS
SILK SCREENING - DESIGN DIGITIZING

60 PINE ST. UNIT F
METHUEN, MA 01844

978-681-1155
978-973-2045

Baldassari Painting

- * Interior/Exterior Painting
- * Residential/Commercial
- * Wall Papering
- * Wall Paper Removal
- * Power Washing
- * Gutter Cleaning
- * Window Washing



Fred J. Baldassari
978-688-0161
781-953-6890

www.baldassaripainting.com

Serving the
Merrimack Valley Since
1987

ON YOUR SIDE
BY YOUR SIDE

Criminal Defense Attorney

ROBERT CROWLEY LeBLANC, ESQ
ATTORNEY AT LAW

2 GAYTHORNE ROAD
METHUEN, MASS, 01844-0325
978-685-9742
978-327-5329



EAST END AUTO SALES

Quality Used Cars & Trucks

* Buy * Sell

* Trade * Swap

Ask for Ronnie
or Fletch

150 Merrimack St.
Methuen, MA 01844

(800) 649-1780
(978) 682-5283
Fax: (978) 794-0395

Farrah Funeral Home

133 Lawrence St., Lawrence, MA 01841

Across from our old location



Phone:
(978) 682-4060

Fax:
(978) 682-3234

Locally Owned and Family Operated

Contribute to The Valley Patriot Legal Defense Fund

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

You can mail your donations to:

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

Or donate using PayPal on-line by visiting



The Valley Patriot Website at
valleypatriot.com



Phil Burns
REALTOR

168 North Main Street
Andover MA. 01810
Phone: 978-475-2111
Cell: 508-317-7582
Email: phil_burns@comcast.net
Website: merrimackvalleyrealtor.com

"Call today for the personalized service you deserve."



Certified Real Estate Instructor

Each Office Independently Owned and Operated



223 Lincoln Avenue
Haverhill, MA. 01830
phone/fax: (978) 374-9603
Write us at emilys@comcast.net

EMILY'S BAKERY


A&N Handyman Services

Free Estimates
No Job too small or large
Attic & Cellar Cleanouts
Demos & Dump Runs

Interior/Exterior Painting
Roof Repairs
Windows, Doors Repaired or Replaced
All Minor Home Repairs



Norm: 978-683-3523




The Commonwealth of Massachusetts
NORTHERN PROCESS SERVICES
SERVING ALL CIVIL PROCESS

RONALD BERTHEIM
BONDED CONSTABLE
NOTARY

252B PLEASANT ST
METHUEN, MA 01844

TEL. (978) 685-0093
FAX (978) 689-3377
PAGER (978) 444-3353
northernprocess@comcast.net

Broadhurst Tabit LLP
ATTORNEYS AT LAW



Arthur J. Broadhurst

45 OSGOOD STREET
METHUEN MA 01844
email: broadhursttabit@broadhursttabit.comcastbiz.net

(P) 978-327-5128
(F) 978-327-5144

TIMOTHY J. MURPHY
ATTORNEY AT LAW

286 Merrimack St.
Methuen MA 01844
Tel: (978) 683-2132
Fax: (978) 683-5396



email: attorneymurphy@comcast.net

**ON THE ROAD AGAIN!**

Drivers Needed!

Help us take Fun and Entertainment on the road!

PART TIME POSITIONS

Great hours for Seniors, Students or Others

Fun, Entertaining, Compassionate People needed to transport our passengers to and from work. Must have a clean driving record and a great personality! No need to have a special license! Hours are approximately 6:00 am – 8:00 am and again in the afternoon from 2:00 pm – 4:00 pm. Salary is \$9.95/hour

Candidates must have a High School Diploma/GED, a valid drivers license, submit to a drug screening and a criminal background check.

Community Development Department
Apply to:
American Training, Inc. – Att: Human Resources
102 Glenn Street, Lawrence, MA 01843
Fax: (978) 683-5124
E-mail: DebbieLynch@AmericanTrainingInc.com



Gregory J. Loosigian
Financial Services Professional
MA# 1830459
NH# 2017596

New York Life Insurance Company
Licensed Agent
800 South Street, Suite 600
Waltham, MA 01453
Tel. 781-647-4100 ext. 823 Tel. 781-398-9823
Fax: 781-899--5829
The Company You Keep

*Registered Representative offering securities through NYLIFE Securities LLC, Member FINRA/SIPC, an affiliate of New York Life Insurance Company
800 South St, Ste 600, Waltham, MA 02455
T 781 647 4100

296 Chelmsford St. - Chelmsford



978-256-7997

*To All of our customers, friends and business clients,
Lancer 1 would like to say **THANK YOU!**
and wish you all a Happy 2009!*

Fire Departments:

Ashburnham, MA Fire Department, Forest City, IA
Fire Department, Methuen, MA Fire Department,
Lawrence, MA Fire Department, Lee, MA Fire
Department, Hanover, MA Fire Department,
Yarmouth, MA Fire Department, Pittsfield, MA Fire
Department, Windam, NH Fire Department, York,
ME Fire Department, North Andover, MA Fire
Department, Pelham, NH Fire Department,
Rehoboth, MA Fire Department, Bedford, MA Fire
Department, Lincoln Fire Department, Brunswick,
ME Fire Dept

Government Facilities:

Veterans Hospitals, USA, Fort Campbell Kentucky
Fire Dept., USMC Base, Beaufort, SC, Scottish
Parliament, UK, Sheppard Air Force Base, TX

Companies and Organizations:

Raytheon Company General Electric Company American Red Cross
Caritas Christi Holy Family Hospital Bristol Myers-Squibb, NJ Archer
Daniels-Midland Mott MacDonald, UK Omni Hotels GLCAC, Inc. Child
Care Center Royal Hospital for Neuro-disability, UK V. A. Hospital,
Bedford, MA Lord Sterling School, New Brunswick, NJ Rutgers
University, NJ Applied Biosystems, US & overseas facilities Methuen
Police (Swat Training) Alarm Contracting Enterprises Fidelity
Investments (USA & Canada) Milton Hershey School, Hershey, PA Bay
State Gas Company Pelham Public Schools, Pelham, NH YMCA,
Pittsfield, MA Casey Family Services, Anne E. Casey Fdn. Lawrence
Public Schools, (Mandatory Training) West Middle School, Andover, MA,
PPG Industries, Louisiana, Holyoke Health Care Center, Archdiocese of
Boston Family Shelters, Texas Public Schools, Abbott Health Care,
Ontario Canada, Everett Fire Dept, New Brunswick Maine Fire Dept,
Phillips Academy, Andover. American Training Contract Division,
assemblers of the WHAT NOW???

WHAT NOW ???

**Evacuation
Training Aid**

*In case of an emergency
or fire, "Do you know two
ways out"?*

Find out what our clients already know!

Call us today at **800-984-6488**



Is your child's school ready for an emergency?

**Two -sided graphics,
4 Feet by 6 Feet when
extended**

**USED BY
FORTUNE 500
COMPANIES
IN FOUR
COUNTRIES**

This device:

- * Sets up in seconds
- * Sends a clear 360 visual message of danger during fire drills and emergency evacuation drills.
- * A great tool for risk management professionals
- * Can fit any standard to large sized doorways, halls, and stairwells
- * Weighs less than 5lbs.

Can your employees find alternative exits if there's a fire blocking their primary escape route? Insist on training that will save their lives!

Used by the Boston Public School System

Lancer 1 Inc. - 12 Water St. North Andover, MA 01845

call us at 800-984-6488 or visit us online at: www.lancer1inc.com



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

WHAT NOW ???

"An indispensable training tool"

- Robin Lynch, Director, GLCAC Child Care

WHAT NOW??? is manufactured under US patent # D 546391



THE DOCTOR IS IN

Special pain conditions ...CRPS

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

First, I would like to extend my best and warm regards to all our readers in this holiday season, wishing everyone a healthy and great 2009!

I received many emails in the last couple months asking about certain pain conditions.

The truth is, each question can be, itself, a subject to discuss in one or two months!

This month, I present a pain condition that concerns many of our dear readers and I try to shed the light on the most important parts or elements of that condition: Complex Regional Pain Syndrome (CRPS)

CRPS is a chronic pain condition in which high levels of nerve impulses are sent to an affected site. It is believed that it occurs as a result of dysfunction in the central or peripheral nervous systems. This condition used to be called Reflex Sympathetic Dystrophy (RSD).

This condition seems to be on the rise as a result of the increased awareness of its existence in addition to the increased number of work-related injuries.

Other cases are seen after orthopedic surgeries with plates or screws or as a result to applying tight cast!

Most of the conditions I have personally treated are related to simple



PHOTO: TOM DUGGAN

Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net

injury at work involving the cervical/lumbar spine or direct injury to the upper or lower extremities. This condition seems to be seen more among young females

although it can affect both sexes at any age!

The fact that there is no good understanding of this condition makes the diagnosis and the treatment somehow difficult sometimes.

What Are the Symptoms of Complex Regional Pain Syndrome?

The symptoms of CRPS vary in their severity and length. One key symptom of CRPS is continuous, intense pain that gets worse rather than better over time. If CRPS occurs after an injury, it may seem out of proportion to the severity of the injury. Even in cases involving an injury only to a finger or toe, pain can spread to include the entire arm or leg. In some cases, pain can even travel to the opposite extremity. Other symptoms of CRPS to look for include: "Burning" pain and Swelling in the affected extremity.

Stiffness in affected joints in addition to changes in nail and hair growth patterns all the way up to starting losing the

muscle bulk may follow, but these are late findings.

Skin changes: CRPS involves changes in skin temperature — skin on one extremity can feel warmer or cooler compared to the opposite extremity. Skin color changes also are apparent as the skin is often blotchy, pale, purple, or red. The texture of skin also can change, becoming shiny and thin.

CRPS may be heightened by emotional stress.

Diagnosis of Complex Regional Pain Syndrome?

There is NO specific test to diagnose this condition so the diagnosis relies on the physician experience in these cases. Taking careful and detailed history from the patient about the pain is an important key!!

Treatment of Complex Regional Pain Syndrome?

It is important to know that there is no cure to this condition so the focus should be on modifying and reducing the pain.

This can be achieved through different ways:

1- **Medications:** a combination of nerve medication as Neurontin, Cymbalta, Lyrica or the older anti-seizure drugs is still used with muscle relaxant as Baclofen or Flexeril.

In very painful cases, I find prescribing short/long acting narcotic of great benefit and importance.

2- **Sympathetic Nerve Block:**

These blocks can provide significant pain relief for some people. One kind of block involves placing an anesthetic (numbing drug) next to the **spine to directly to a collection of bunch of nerves**. The block might need to be repeated every few weeks.

3- **Surgical Treatment:**

There are few surgical options to mention here:

* **Surgical Sympathectomy:** This controversial technique destroys the nerves involved in CRPS. Some experts believe it has a favorable outcome, while others feel it makes CRPS worse. The technique should be considered only for people whose pain is dramatically but

DR. RUSTUM, next page

Alzheimer's Disease is unpredictable. Alzheimer's Care shouldn't be.

OPENING SOON!



METHUEN VILLAGE
AT RIVERWALK PARK
ASSISTED LIVING & ALZHEIMER'S CARE

Our state-of-the-art residential treatment program, managed by a full-time Alzheimer's care professional, enhances the quality of life for those with memory loss. Ask about our all-inclusive reasonable monthly rates.

- 24-hour certified nursing assistants
- Person-centered care
- Medication management
- Therapeutic activities
- Studio & companion suites
- Secure homelike setting

January Open Houses!

Jan. 10th-11th, 17th-18th, 24th-25th; Jan. 31st - Feb. 1st
Saturdays & Sundays, 11am - 2pm

978-685-2220

www.MethuenVillage.com



Great Prices!!!

In TAX FREE Salem, NH

Mobility Products

Aids to daily living

Hot / Cold Therapy

Bathroom Safety

Contract free 911 Systems

Physical therapy products

Orthopedic care

Compression stockings

B&D
Scrubs

Home Medical Equipment



309 S. Broadway
Salem, NH 03079
603-898-1011

No Monthly Fee

Next to: T Bones / Pearls Candy

YOUR HEALTH WITH DR. RALLIE MCALLISTER

Fiber-rich diets promote weight loss, health gains

Dr. Rallie McAllister
SYNDICATED COLUMNIST

If you're working on improving your diet and enhancing your health, eating more fiber is a great place to start.

Also known as roughage or bulk, fiber forms the structural framework of plants, including fruits, vegetables, grains, legumes and nuts. Because humans lack the enzymes necessary to fully digest it, fiber travels through the gastrointestinal tract relatively unchanged, and that's precisely what makes it so beneficial.

Fiber is best known for its ability to promote gastrointestinal regularity, but it offers a number of additional health perks. A substantial body of scientific evidence credits high-fiber diets with reducing the risk of developing a number of debilitating diseases.

Hundreds of studies have demonstrated a strong link between high intakes of dietary fiber and a lower risk of heart disease. In some cases, the reduction in risk is as great as 40 percent.

High-fiber diets are known to offer substantial protection against type-2 diabetes. In individuals diagnosed with the disease, fiber-rich foods can significantly improve blood-sugar control by slowing the absorption of sugar from foods, minimizing the fluctuations in blood glucose levels that occur after eating.

Adding more fiber to your diet can help you lose weight. Research reveals that

people who consume high-fiber diets are less likely to be overweight or obese than folks whose diets are lacking in roughage.

You probably know from experience that eating a bowl of bran cereal or a serving of dried beans can fill you up fast. High-fiber foods like these are bulky and filling, and ounce for ounce, they typically contain far fewer calories than fiber-free foods.

Because they require some serious chewing, high-fiber foods take longer to eat, and this property dramatically increases their ability to satisfy hunger. Time spent chewing slows the pace at which you eat, giving your brain a chance to notice when your stomach is full and you're no longer hungry.

While the sheer bulk of high-fiber foods can make you feel full, there's another important reason for their ability to satisfy. In the body, fiber triggers the release of cholecystokinin, a hormone known to produce feelings of fullness and satiety.

Not all fiber is created equal, and one of the most common ways of categorizing the various types is based on how easily they dissolve in water.

Soluble fiber dissolves in liquids, while insoluble fiber does not. The distinction is important when it comes to determining fiber's ability to reduce the risk of certain diseases.

Soluble fiber, found in oats, apples, peas, beans, barley and psyllium dissolves in water to form a gel-like

material. This substance helps lower levels of cholesterol and blood sugar, reducing the risk for heart disease and diabetes.

Insoluble fiber is found in wheat bran, nuts and many vegetables. Because it increases stool bulk and facilitates the movement of material through the digestive tract, insoluble fiber is an excellent remedy for the prevention and treatment of constipation.

Fiber is most abundant in unprocessed plant foods. With every phase of processing that occurs during the manufacture of food, fiber content is significantly diminished.

Only small amounts of roughage are found in refined foods, including white rice, white bread, refined breakfast cereals, and most types of cookies, crackers and white pasta.

If you aren't getting enough fiber from the foods in your daily diet, you can boost your intake by taking a nutritional supplement, available in a variety of tablets, capsules, powders and wafers. Eating the typical American diet, most adults consume only about 11 to 15 grams of fiber a day.

According to the National Academy of Sciences' Institute of Medicine, women ages 50 and younger should aim for a daily fiber intake of 25 grams, while those ages 51 and older should consume at least 21 grams each day. The daily recommendations for men are higher: 38

grams for men ages 50 and younger and 30 grams for those ages 51 and older.

When you increase the fiber in your diet, be sure to start slowly and work your way up gradually. It's a good idea to drink plenty of water, since fiber absorbs liquids in the digestive tract.

If you switch abruptly from a low-fiber diet to one that is rich in roughage, you may experience minor gastrointestinal distress marked by bloating, cramping and gas.

These symptoms will resolve as your body adjusts, but adding fiber to your diet slowly will help you avoid them altogether.

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.



Dr. Rami Rustim: from page 33

temporarily relieved by selective sympathetic blocks.

*** Intrathecal Drug Pumps:** Pumps and implanted catheters are used to send pain-relieving medication into the spinal fluid. More than one medication is usually infused as a part of drug combination of narcotic + anesthetic. The pump infuses the medication 24/7 without interference by the patients.

The pump drug reservoir is filled through the skin once every 2-3 months in just a couple of minutes.

*** Spinal Cord Stimulation:** This technique, in which electrodes are placed next to the spinal cord, offers relief for many people with the condition.

The use of this treatment is growing as evidence of good relief and patient satisfaction is reported.

This method does not involve using medications but is based on modifying the pain signals by sending opposing signals to the brain.

The patient will have a remote control unit to modify the stimulation as needed. Think about it as a pacemaker to the affected nerves.

References: 1-Cleveland Clinic, Dept. of Pain Medicine. 2-WebMD. 3 - Guide To Complex Regional Pain Syndrome (CRPS) By Carol & Richard Eustice. Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net

Beware of snow's hidden dangers

Peter Blanchette
LAWRENCE BUILDING INSPECTOR

Snow and cold temperatures usually force people indoors to keep warm, but the City of Lawrence Building Department reminds residents to take extra precautions to protect their home's safety during winter storms.

Massachusetts State Building code addresses the amount of snow a roof should be designed to handle depending on snow fall averages. Most new homes are built to these codes, but older homes, especially those with flat roofs, may have been built under different codes and therefore present a greater risk of roof compromise.

Another potential problem homeowner's face is ice dams. As winter progresses through cycles of freezing and thawing, buildings experience ice buildup and roof damage. In general, ice dams are formed when attic heat moves up to warm the roof and melts snow at or near the ridge. Snow melts, runs downward and hits the edge of the cold roof, resulting in re-freezing snow. These cycles cause ice to accumulate and back up under shingles. Damage appears in the form of soaked insulation, stained, cracked and damaged sheet rock, damp, smelly, rotting wall cavities and stained, blistered and peeling paint. This may also lead to the growth of mold and

mildew, which could have an adverse impact on your health.

How should a homeowner deal with ice dams? For immediate action, you can take the following steps:

- Remove snow from the roof. A "roof rake" and a push broom can be used to remove snow. Performing this work can be very dangerous. It's best to have professionals do this job.
- In an emergency situation to stop water from continuing to flow into the house structure, make channels through the ice dam. Hosing with warm water will do this job. Work from the lower edge of the dam up. The channel becomes ineffective within days, however, and is only a temporary solution.
- The ice dam can be removed from the house but this places the roof and the remover at tremendous risk. This also should be done by professionals.

The public is advised to hire a roofing expert to remove snow and ice from roofs and gutters. Heating and dryer vents should also be cleared of snow to prevent possible carbon monoxide poisoning.

For more information about Ice Dam Prevention, contact the City of Lawrence Building Department or a Roofing Expert.

Armano Chiropractic PC

Serving the Merrimack Valley For Over 17 Years



Dr. John Armano

200 Sutton St.

N. Andover, MA 01845

Phone: 978-327-5571

Preventative/Maintenance Care

Accident Injuries

Sports Injuries

Headaches

Family Care

Se Habla Español

Same Day/Evening Appointments

Most Insurance Accepted

Sitting in the waiting room

The Answer Man

Some Super Stats

Many of the super statistics in this week's quiz are from "The World Almanac" and "Book of Facts 2008."

1. Name the top five U.S. cities by population in the 2006 census.
2. Which U.S. president was the tallest? For Bragging Rights, give his height.
3. The shortest U.S. president of all time was exactly one foot lower than was the tallest president listed in the preceding question. Name the shortest chief executive.
4. Who was the only U.S. president to serve in office as a bachelor?
5. Which was the only U.S. president to come into the White House as divorced and married to a second wife?
6. Which of the 50 United States wears the Spanish name meaning "snow-clad"?
7. Which of the 50 states has Mount Whitney as its highest point?
8. Can you name the first lady whose real name was Claudia Alta Taylor? This does not include her married family name.
9. Which first lady's maiden name was Anne Francis Robbins Davis?
10. As a closer, name the top five states by population in the 2006 census.

Answers

1. The top five U.S. cities in population are: 1) New York City, 2) Los Angeles, 3) Chicago, 4) Houston and 5) Phoenix.
2. Our tallest president, standing 6 feet, 4 inches, was our 16th chief executive, Abraham Lincoln.
3. Our shortest president, standing 5 feet, 4 inches, was our fourth president, James Madison.

Sudoku

	4	2				7		5
		6		4			9	
			6		2	1		
2	9	3						
7								6
						3	7	4
		8	1		9			
	2			6		5		
1		5				4	8	

Puzzle by websudoku.com

Answer on page 39

4. Our 15th president, James Buchanan, was the only president to serve in office while a bachelor.
5. It was our 40th president Ronald Reagan, (who was married to Jane Wyman), divorced, and then married Nancy Reagan, before being elected president
6. Nevada means snow-clad.
7. Mount Whitney's 14,494 feet of height is California's highest point.
8. The name by which we know this first lady is Lady Bird Johnson.
9. You'd know this long-named first lady as Nancy Reagan.
10. The top five U.S. states in population are: 1) California, 2) Texas, 3) New York, 4) Florida and 5) Illinois.

Take "The Answer Man" to work or to school. Challenge your friends for "Bragging Rights." Send your questions and answers to: The Answer Man, Andy Seamans, Horizon House #603, 1300 Army Navy Dr., Arlington, VA 22202. COPYRIGHT 2008 CREATORS SYNDICATE, INC.

Newsday Crossword

NO WAY by Richard Silvestri
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Seafood serving

5 Northern constellation

9 Hit the rink

14 Sit for a shot

15 Limerick master

16 New York island

17 Old-fashioned learning

18 Mexicali's region

19 Miniskirt designer

20 "No way, Mr. Memory Expert!"

23 _____ Cruces, NM

24 Pizzeria order

25 Tip to one side

29 Castor or Pollux

31 Transportation Dept. agency

34 Lloyd Webber work

35 Runner's sore spot

36 Feet, so to speak

37 "No way, Mr. Comedian!"

40 Helper

41 Like a wet noodle

42 "Tomorrow" singer

43 GPS lines

44 Take the bait

45 Trump, at times

46 Brewpub serving

47 Charge

48 "No way, Mr. Biographer!"

55 Following in the text

56 Former science mag

DOWN

1 EMT's skill

2 Mouth top

3 Concerning

4 Brewpub serving

5 Land's End competitor

6 Abbey Theatre cofounder

7 Indian prince

8 League member

9 Gown feature

10 Jane Fonda Oscar film

11 Jai _____

12 Shade lightly

13 Superlative suffix

21 Be bright

22 Voice a view

25 Chest material

26 Keep away from

27 Fruit covers

28 Leather ender

29 Topic

30 Non-macho type

31 Establish

32 College Station athlete

33 Phoenix's birthplace

35 Stage blackout

36 *X-Files* character

38 *X-Files* character

39 Place for a pin

44 A big fan

45 One thing after another

46 Do penance

47 Fly hit for practice

48 "Summer of '42" pianist

49 Sub in a tub

50 Bygone days

51 Mideast state

52 Steam producer

53 Ersatz

54 Chronicles preceder

55 High-chair user's accessory

58 Chow down

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
	20				21					22				
					23					24				
25	26	27	28				29	30				31	32	33
34						35						36		
37					38					39				
40					41					42				
43				44						45				
			46					47						
	48	49				50	51				52	53	54	
55						56					57			58
59						60					61			
62						63					64			

CREATORS SYNDICATE © 2009 STANLEY NEWMAN STANXWORDS@AOL.COM 1/1/09

National Health Advisory on Radon

In 2005, The U.S. Surgeon General Richard H. Carmona warned the American public about the risks of breathing indoor radon by issuing a national health advisory. The advisory is meant to urge Americans to prevent this silent radioactive gas from seeping into their homes and building up to dangerous levels. Dr. Carmona issued the advisory during a two-day Surgeon General's Workshop on Healthy Indoor Environment.

"Indoor radon is the second-leading cause of lung cancer in the United States and breathing it over prolonged periods can present a significant health risk to families all over the county," Dr. Carmona said. "It's important to know that this threat is completely preventable. Radon can be detected with a simple test and fixed through well-established venting techniques."

Radon is an invisible, odorless and tasteless gas, with no immediate health symptoms, that comes from the breakdown of uranium inside the earth. Simple test kits can reveal the amount of radon in any building. Those with high levels can be fixed with simple and affordable venting techniques. According to U.S. Environmental Protection Agency (EPA) estimates, one in every 15 homes nationwide have a high radon level at or above the recommended radon action level of 4 picoCuries (pCi/L) per liter of air.

National Health Advisory on Radon

Radon gas in the indoor air of America's homes poses a serious health risk. More

than 20,000 Americans die of radon-related lung cancer every year. Millions of homes have an elevated radon level. If you also smoke, your risk of lung cancer is much higher. Test your home for radon every two years, and retest any time you move, make structural changes to your home, or occupy a previously unused level of a house. If you have a radon level of 4 pCi/L or more, take steps to remedy the problem as soon as possible.

"Americans need to know about the risks of indoor radon and have the information and tools they need to take action. That's why EPA is actively promoting the Surgeon General's advice urging all Americans to get their homes tested for radon. If families do find elevated levels in their homes, they can take inexpensive steps that will reduce exposure to this risk," said Jeffrey R. Holmstead, Assistant Administrator, Office of Air and Radiation, U.S. Environmental Protection Agency (EPA).

"Based on national averages, we can expect that many of the homes owned or financed by federal government programs would have potentially elevated radon levels. The federal government has an opportunity to lead by example on this public health risk. We can accomplish this by using the outreach and awareness avenues we have, such as EPA's Web site, to share information and encourage action on radon to reduce risks," said Edwin PiÅfÂ±ero, Federal Environmental Executive, Office of the Federal Environmental Executive (OFEE).

A national Public Service Announcement (PSA) that was released to television stations across America is reinforcing this recently updated health advisory. In the television spot, the camera scans a neighborhood with rooftop banners that remind the occupants of the importance to test their homes for radon. The television PSA can be viewed at: <http://www.epa.gov/radon/rnpsa.html>.

--Breathing home indoor radon causes nearly one hundred times more deaths each year than carbon monoxide poisoning.

--Radon is the second leading cause of lung cancer behind smoking.

--Some 20,000 people will die this year due to breathing too much radon without even knowing it.

Responding to this danger, EPA is joining state, local, and tribal governments, community groups, public health organizations, and industry in designating January as National Radon Action Month, to raise public awareness and promote actions reducing these risks.

"In our national drive to reduce greenhouse gases by making our homes greener, we shouldn't forget that they can't truly be green without being safe places for people to live," said Marcus Peacock, EPA's deputy administrator. "It's remarkably easy to protect our loved ones by testing for radon and building new homes with radon-resistant features that allow everyone to breathe freely and safely."

As part of Radon Action Month, EPA has released a public service announcements featuring Fuad Reveiz, a member of the National Association of Home Builders and former NFL Pro Bowl place-kicker.

"It's simple and cost-effective to build new homes with radon-resistant features," said Reveiz. "It makes sense to do it right from the start."

Radon is an invisible radioactive gas that seeps into homes undetected through foundation cracks, and can reach harmful levels if trapped indoors. It travels up from underground sources of uranium in the earth's crust. EPA estimates that one in 15 homes will have a radon level of four PicoCuries per liter (pCi/L) of air or more, a level the agency considers high.

The radon threat is preventable with some simple steps. In existing homes, families can begin protecting themselves by buying an easy-to-use radon test kit to determine if a high level exists; if so, a high level might be lowered simply with a straight-forward radon venting system installed by a contractor. In new homes, builders can easily and economically include radon-resistant features during construction, and home buyers should ask for these. EPA also recommends that home buyers ask their builder to test for radon gas before they move in.

Radon preventive actions have saved an estimated 6,000 lives in the last 20 years. EPA has a goal to double that

RAISE ‘EMRIGHT™

“Making baby’s teeth sparkle”

Barbara Peary, M.Ed.
VALLEY PATRIOT PARENTING SPECIALIST

I am unsure of what to do about cleaning my baby’s teeth. They are just beginning to appear.

As soon as teeth erupt (break through the gums) start cleaning them. Wipe them with a soft, wet cloth in the morning, after each meal, and at night. Dentists recommend having your child’s teeth checked about six month after the first tooth has erupted. Generally, this means a check up around the youngster’s first birthday.

We have three sons whose ages are twenty months, three and a half years, and five years old. What do you do when the two oldest boys want to play with something that the twenty month old can’t play with, for example something with small pieces or play dough? I’m always saying wait until he takes a nap, but I don’t think this is fair. I find it very disruptive if we try it with him around.

At ages three and a half and five the children are old enough to understand the importance of safety. Even in preschool programs, certain toys and equipment are not brought out unless they can be carefully monitored by the teachers. Trying to be fair has nothing to do with the situation.

Simply explain to the boys, repeatedly if necessary, that certain games and activities may not be used while their younger sibling is present because you want him to be safe. Emphasize the fact that when they were younger, they also put things in their mouth inappropriately, and now that they are growing up they know not to do this. Endeavoring to be fair at all times will backfire. As all the boys grow up this type of situation is going to repeat itself.

You will have different curfews, differing hygiene expectations, and varying bedtimes for each of the children. You need to set the rules and not get into discussions about what is fair and what is not.

I know it is silly, but can’t help myself. I am so disappointed that my four year

old daughter prefers to wear jeans and shorts rather than dresses. There are all these adorable outfits that I am itching to buy, but what is the point if she won’t wear them? I don’t feel I should insist. Don’t you agree?

You’re right not to force the issue. She may surprise you down the road and decide she wants to dress up more, but for now let it go. Have her go with you to pick out one or two outfits that are fussier than she would normally wear, when the occasion- a wedding or something else equally formal-necessitates it.

How can we handle this situation? Our nineteen year old son wants to purchase a motorcycle. Money is not the question as he has earned enough from part time jobs. I say “no”, my husband says he can see my side and at the same time can see that my son really wants this.

Regardless of what the two of you agree upon, issues of this type should be discussed privately, and not in front of your son. Whenever there are major decisions to be made, parents should come to an agreement and present a united front to the child. In this case, if you strongly disagree with your son having the motorcycle, it might be best to talk with your husband about waiting six months or so and then discussing it again.

I’m a teenager and the woman I baby-sit for just had a new baby. When visiting, I noticed that the infant doesn’t produce tears when she cries. Is this unusual?

No. The majority of babies cry without shedding any tears until they are about four to six weeks old. Some do make tears from birth onward, but either situation is considered normal.



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

STAYATHOME DADS

At-home dads and isolation Part 1

Pete Baylies

VALLEY PATRIOT CONTRIBUTOR

One thing that many at-home dads find as part of the initial isolation, they also begin to feel a loss in self-identity.

Without their old career to define them, they no longer are sure what they want. Many father use this “blankness” to start over and go back to things they used to like doing when they were younger, in their “pre-career days.”

John Stephens of Illinois realized how important it was to do things for himself during the first few months of being at home with his son.

“I decided I had to start doing something for myself. I’d stopped doing the things I’d done earlier to give myself moments of serenity, like writing and painting. Things that give us a sense of self-worth outside of caring for our family are extremely important. Without them, we begin to lose our sense of identity.” Think about what you used to do and try to take at least 30 minutes a day to do that. It does not matter if the kitchen is filled with dishes or if dinner will be a little late, it is important to take that little time just for yourself. It is easy to get bogged down in the monotony of your routine and forget the reason that you chose to stay at home in the first place.

I have spoken to many rookie at-home dads that get so caught up with proving to everyone that they can do this, that they lose sight of who they really need to impress: their children. John Stephens was one dad who realized he was spending too much time worrying about what other people thought of him as a parent, and not enough on what his own kids thought. “I hadn’t yet recognized the

magnificent fortune I had to be able to spend such valuable time with my son. I was looking at our time together as a chore, rather than a chance to give my son a good upbringing, one where we could learn so much from each other.”

One of the critical issues that at-home dads must realize is that even though they may feel isolated at times, they are not alone and they have a lot to learn from their kids, whether they are sixteen months or sixteen years-old. It’s an every day process and if you stop paying attention, you will miss it.

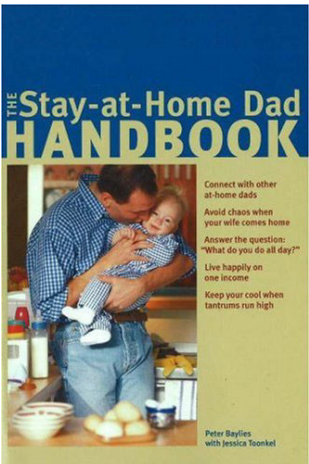
Another major complaint I hear from at-home dads is that they can’t find other at-home dads. This was a very depressing reality for

me when I started as an at-home dad, which is why I started the At-Home Dad Newsletter. What I soon realized, however, is that there are other at-home dads, they just do not reach out to each other like at-home moms do. Just as we don’t like to ask each other for directions, we are even more hesitant to ask each other how to keep the baby from crying when the TV isn’t on, or how long to let them nap in the afternoon so they will go to sleep at a reasonable hour.

Maybe it is that we think that if we try to meet other at-home dads, we will only talk about those kinds of things, and not the “manly” things we used to talk to about with our coworkers like last night’s football game.



Pete 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.



Little Sprouts employee awarded as a Literacy Champion!

Little Sprouts Literacy Coach, Kathy Hughes, has recently been awarded as the 2009 Massachusetts Literacy Champion in the Sixth Annual Massachusetts Literacy Champion Awards program. Kathy is one of ten finalists who will receive \$3500 in grant money for professional development and project development as well as being able to join a 45 tenured group of Literacy Champions. On January 8, 2009 Kathy will to not only meet the members of the Massachusetts Foundation but will also be able to meet the fellow 2009 Literacy Champions at a luncheon in Boston.

Kathy has been working with Little Sprouts as a Literacy Coach for two years. Her goal as a literacy coach is to instill in teachers the confidence and classroom strategies they need to increase early literacy and language development of our children. This will provide the children with a solid foundation for later reading. “I am honored to have been selected as a 2009 Massachusetts Literacy Champion,” noted Kathy. “I look forward to the opportunity to join other literacy practitioners in promoting early literacy.”

About Little Sprouts Inc.: Little Sprouts has been a leader in providing award winning early education since 1982. Little Sprouts, a group of humanitarians that believe in the power of literacy to

change the world; social, emotional, intellectual and physical literacy for children, youth, teachers and families, and believes in the commonality in humanity. We embrace that unity is best achieved by celebrating diversity. Little Sprouts has 9 schools in Massachusetts supporting families that reflect 32 cultures speaking 23 languages from all walks of social, economic, religious and ethnic backgrounds. To learn more about how you can join us in making the world a better place, visit us at www.littlesprouts.com

About Massachusetts Literacy Foundation: Created in 2003, the Massachusetts Literacy Foundation supports the development of a fully literate population and is committed to taking action to help the commonwealth achieve that goal. The mission is to recognize leadership and innovation in the field of literacy, provide literacy education programs, support a literate workforce through Adult Education, support effective community literacy programs, build partnerships to strengthen outreach and outcomes, and raise awareness for literacy education. For more information please visit www.massliteracy.org

Make this year
your child's
best school
year ever.

expert tutoring

reading writing

math spelling

phonics study skills

confidence motivation

SAT & ACT prep

Huntington
LEARNING CENTER®

126 Merrimack Street, Methuen, MA

978-689-8400

The Multicultural Face of Zionism



Professor David S. Wyman
Author "The Abandonment of the Jews"
"I am a Christian Zionist.
My commitment to Zionism and to Israel has
been confirmed by 40 years of study of the
Holocaust."



Francis Buk
Author "Escape from Slavery"
"As one who has suffered the
humiliation of slavery, the pain of
witnessing the slaughter of
thousands of my brothers and
sisters by Muslim marauders in the
Sudan, I am stunned by those who
obsess about demonizing Israel,
crying out " Apartheid."



Reverend Fumio Taku
Haverhill Assembly of God, NH
"My heart was totally
transformed by being in
Israel."



Rev. Gerald E. Bell
Pastor, Strong Tower Church, Roxbury MA
"Blacks and Jews share a
common legacy of suffering
and survival, Israel's concerns
should be our concerns."



Dr. Jean & Dr. Read Holmes
Directors, Maine Friendship House,
Jaffa American Colony.
"As Christians living in Jaffa, we
see first hand, the apartheid
charge against Israel as a
complete misrepresentation of
Israeli society. Israeli-Arabs serve
on the Knesset, participate in
Israel's economy, shop in the same
stores with us, and vote in
elections."



Christians & Jews
United for
Israel

*The world must hear the voices of both
Christians and Jews to better understand
the truth about Israel — a humane, multi-cultural,
peace-loving democracy.*

Connecting people of truth and courage for Israel.

please join us at:

www.cjui.org ~ cjui-mass@hotmail.com

Contact: CJUI P.O. Box 320034 West Roxbury, MA 02132
617-233-8315

Funding for this ad provided by the Peter Einstein, MD Memorial Fund, Christians and Jews United for Israel.

Kim Eubanks, Volunteer and Event Coordinator for Home Health Foundation, George Giroux and Michelle Jelley of the East Coast Camaro Club, and Brett Bovio, Development Officer for Home Health Foundation.

East Coast Camaro Club makes \$4,000 donation to Merrimack Valley Hospice House

Lawrence, Mass. — The East Coast Camaro Club (ECCC) recently presented Merrimack Valley Hospice with a check for \$4,000, the proceeds from their Annual All Vehicle Show which was held on Sunday, September 7th.

The show generated a tremendous amount of buzz, with cars of every make and model featured. Whether spectators were interested in checking out the latest models or some classic ones, there was something for everyone at the show.

The East Coast Camaro Club is a non profit organization that raises funds through its annual car show to help the patients at Merrimack Valley Hospice. The agency is currently building a 14 bed Hospice House on North Avenue in Haverhill. Proceeds from the East Coast Camaro Club will help to support the construction of this project, which is scheduled to open in spring 2009.

"We were thrilled with the generous donation from the East Coast Camaro Club," said Brett Bovio, Development Officer, for the Home Health Foundation. "Their dedication to the patients and families we serve is truly outstanding."

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. To learn more about them, visit www.merrimackvalleyhospice.org.



Sullivan Insurance Agency

• Auto • Home • Health • Life • Business

• Worker's Comp • Contractors

Licensed in MA & NH • Se habla Español



Serving the Merrimack Valley

for more than 38 years!

2 convenient locations:

369 Merrimack St. Methuen, MA 01844

978-681-8200

344 South Union St. Lawrence, MA 01843

978-683-4700

Contact us at www.tasullivaninsurance.com

Please purchase PDF Split-Merge on www.verypdf.com to remove this watermark.

Live the WOW!

Look for Happiness. Find It. Then ALLOW Yourself to BE HAPPY! Make THAT Your New Year’s Resolution THIS YEAR! Focus on This One Thing ... and Watch the WOW! come ROARING into Your Life in 2009!

Thomas Connors
VALLEY PATRIOT COLUMNIST

Forget the big stuff! Forget all the fancy goals and big time resolutions. This year it’s time to get back to basics and focus on one very simple and meaningful state of being. Try as hard as you can to not focus on all that is not so good in the world or even your life right now. Yes, the economy is at its worst and food prices are through the roof. But, you still need to find HAPPINESS in and around you. Find it in your life. Find it in the world in which you live and find it in both the very obvious and sometimes not so obvious places. It may be hard at first to look beyond any despair you may feel at the present but that first positive step, right now, will get you well on your way to making 2009 the beginning of fully Living the WOW!

Happiness is right in front of you. It’s right there. I have no doubt whatsoever you CAN Identify it and Learn to appreciate it if you take a moment to recognize its existence.

Stop letting two huge excuses prevent you from seeing the Happiness that surrounds you and which you deserve. Not having the time to pay attention to those instances of Happiness that take place in your life and taking for granted those that do are major saboteurs of creating a life filled with WOW! moments.

God gifts you Happiness throughout your day and for a lifetime. Yet, most of us ignore these gifts and don’t make the time to take them in and savor them. That is such a waste. When we do that, we end up missing the ability to Live the WOW! and a much more fulfilling and meaningful life.

Look for Happiness. Find it. And you are well on your way to discovering the WOW! in your Life. Reach that goal and I guarantee it will make a huge difference in Whom you are and Who you will become!

We were all meant to BE Happy. It is our very nature. We were born that way and only through a poisonous environment of negative outside forces do we fall into a trap of putting our Happiness aside. Over time, we eventually become blind to any moments of Happiness and shortchange ourselves of the euphoria it has the potential to bring into our lives and those we love.

Use me as an example. Bringing up children is a challenging and sometimes frustrating responsibility. But no matter how challenging, the Happiness my children bring to me is nothing short of a WOW! Through all the tears, the arguments and disagreements, the memories I choose to remember most is that Happiness that is so overwhelming!

Get this through that thick skull of yours if you haven’t already accepted it. Happiness is the one very basic simple idea you need to accept before you can even hope to Live the WOW!

Make no mistake, you deserve Happiness no matter how your life is now or was in the past. Don’t let any one or any thing tell you different.

Even if you think you are not worthy of it, Happiness is in all our lives in some form or another. Sure, some people have more of it than others. But in way too many cases we have let huge amounts of Happiness slip through our lives unrecognized simply because we don’t pay attention to its very existence. That fact is not only a shame. It is a waste of one of life’s most valuable gifts.

A Happy YOU attracts the WOW! into your Life like no other Phenomenon! Don’t deny yourself that golden opportunity to Live the WOW!

At American Training we build lives filled with Happiness. We believe that all success begins with a person being Happy with whom they are and with their current place in life. That doesn’t mean that they don’t have goals and dreams of learning a skill or moving up the ladder and getting further ahead from where they are. The opposite is true. When we talk about “Bringing Out the Best in Everyone We Touch”, we teach our Guests and Colleagues to appreciate who they are and their uniqueness. We teach people to recognize the Happiness in their lives and to use it as a springboard to bigger and better things. If our Guests, Residents and Colleagues can do it under some less than perfect circumstances at times, you certainly can as well!

Now, make the effort and take action! Name FIVE things that make you HAPPY or Bring Happiness to your Life!

1. People in your life.
2. Hobbies – Things you like to do.
3. Spirituality.
4. Work or certain parts of work.
5. Places you like to go to.

God put you on earth to BE Happy and to ADD Happiness to the world around you. Acknowledge your own Happiness and that which you bring to others and you will find it coming back to you many times over!

When you assess your life at the end of the day, look in a mirror and see a smile on your face and feel it in your heart, you know you have discovered the first of many fundamental necessities of Living the WOW! When you know you are responsible for and can actually bring



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.

Happiness to others through your interaction with them then you know your life is worth all it can be.

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@AmericanTrainingInc.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

Last year Parker and I got up early, took a bus to the airport, waited in line for security then boarded a plane for our four hour flight to Denver. In Denver we waited three more hours for our connecting flight and arrived in Anchorage five and a half hours after that. Although we were weary from our journey, we were looking forward to our visit with his daughter and her family.

When we were less than half an hour from our destination, the senior steward turned on the plane’s intercom. He said the captain was anticipating serious turbulence and asked us to buckle our seat belts and secure the things we’d brought aboard, so they wouldn’t act as

“projectiles”. I wondered for a moment about his choice of words. It wasn’t long before I understood.

As we began our descent, the pilot fought to control our shuddering craft which dropped like an out of control elevator, jerking to equilibrium, shaking then dropping again. Children sobbed, a woman screamed and a man seated in front of me lifted his voice in a prayer for our safety. The flight through the turbulence probably lasted less than ten minutes. To those of us who braced ourselves against its onslaught, it seemed to last much longer.

When we finally landed, Parker and I stepped from the plane and walked through the terminal in silence. We collected our baggage, then walked out into the cold Alaska night and waited for

his daughter to pick us up. The crisp fresh air felt good in our lungs. Both of us felt truly grateful, simply to be alive. There is something healing about gratitude. It heightens our sense of awareness and broadens our perspective. The more we thought about our gratitude that night, the more we began to feel a sense of appreciation for our many other blessings.

Years ago, I taught myself to begin my day by thinking of the things and people for which I was grateful, beginning with each letter in the alphabet. I’d read somewhere that the first three minutes after waking are the most important, because it is in those three minutes that we set our focus for the rest of the day.

Beginning my day with a conscious sense of appreciation has enriched my life

in more ways that I can possible describe. As we begin this new year and it’s accompanying challenges, I invite you to join me in this simple early morning act. Focusing on what is good and fulfilling and precious in our lives can give us the sense of balance and perspective that can affect both us and those around us. Sometimes in the midst of troubled times the most powerful antidote for fearfulness is a compassionate and grateful heart.

WHAT WE FOCUS ON IS TRULY WHAT WE SEE



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

Going to Alaska

A&B

FLOORING

HARDWOOD FLOORS - HANDCRAFTED INLAYS - INSTALLED - SANDED - FINISHED
CUSTOM DESIGN INSTALLATIONS - FREE ESTIMATES - FULLY INSURED
RESIDENTIAL • COMMERCIAL

SINCE 1934

978-681-1098

Arthur Joncas

Bob Joncas

Jewelry By Colleen Marié

*“Specializing in
Natural Sea Glass Jewelry”*

Colleen Flanagan, Artisan
Custom Design & Bridal Sets

North Andover, MA 01845
Tel 978 337 6181
Fax 978 258 6210
cmfofboston@comcast.net
www.JewelryByColleenMarie.com

Husbands, Wives, and Retirement

Greg Loosigian
NEW YORK LIFE AGENT

Retirement — The Dream: After a lifetime of hard work — raising the kids, sweating out the bills, and building a stable and secure life — you and your spouse will be able to enjoy your golden years doing the things you’ve always dreamed about.

Retirement — The Reality: It might be years of fun and leisure, but retirement can also be a time of financial difficulties, compounded by illness and loneliness.

An overly harsh view? Perhaps, but it’s prudent to prepare for the worst while hoping for the best. That’s why married couples need to arrange for their own (and each other’s) retirement security as early as possible.

Much of this preparation has to do with recognizing the need to “send money ahead” to fund a comfortable retirement. But there’s more. Couples of all ages need to map out an understanding of the three possible stages of retirement.

Three Stages of Retirement

Stage 1 — Life as a healthy, retired couple. This is the ideal, the retirement dream that most couples envision. If they’ve planned well, they’ll have the money to do everything they’ve dreamed about doing. Unfortunately, “dreaming” is about as far as retirement planning goes for too many people.

Stage 2 — Living with a prolonged illness — possibly a series of them, as health deteriorates in later years. When one partner’s health begins to fail, the other becomes the caregiver. Worse, medical bills begin to soar. Without adequate medical insurance, the financial strain can be devastating.

Stage 3 — One partner dies, possibly leaving the survivor in a financially threatened position, unless proper plans have been made.

Planning Is the Key

The key to coping with the potential financial difficulties of retirement is early planning. If you and your spouse are aware of and prepared for these three

stages of retirement, you shouldn’t run the risk of outliving your retirement funds.

When the two of you consider retirement, also consider the financial aspects. Whether you’re just starting out on a life together or shopping for that perfect condo on the Gulf of Mexico, you’ll want to consider the following:

- Draft a will with your attorney and keep it current. It’s the starting point for all retirement planning.
- Take time to map out a retirement game plan together. Identify common goals and determine the methods for achieving them. The closer you are to retirement, the more specific your plans should be.
- Share information and responsibilities. Make sure both of you know where all the financial records are and how to access them.
- Send dollars ahead. Know the benefits of your pension and retirement plans, and Social Security. Then begin to build up a supplemental fund of your own. Take charge of your own retirement — a large portion of retirement funds may need to come from personal savings.
- Plan to properly conserve your estate. A will can only go so far. Estate taxes may erode a substantial part of your lifetime legacy — plan ahead to make sure your heirs receive what they deserve.
- Prepare for all possibilities. Life insurance, long-term care insurance and disability insurance (during working years) can be excellent ways to protect the retirement dreams you have.
- Have trusted professionals. It’s important to develop relationships with experts in several areas — legal, tax, insurance, and financial professionals are the people who can help you map out and fund your retirement plan.

For information on how insurance and other financial products can be used to protect your retirement dreams, please contact Gregory J. Loosigian, Agent, New York Life Insurance Company, at 781-398-9823. G14 00334046CV

9	4	2	3	8	1	7	6	5
8	1	6	7	4	5	2	9	3
5	3	7	6	9	2	1	4	8
2	9	3	4	7	6	8	5	1
7	8	4	5	1	3	9	2	6
6	5	1	9	2	8	3	7	4
4	7	8	1	5	9	6	3	2
3	2	9	8	6	4	5	1	7
1	6	5	2	3	7	4	8	9

Puzzle by websudoku.com

C	R	A	B		L	Y	R	A		S	K	A	T	E
P	O	S	E		L	E	A	R		E	L	L	I	S
R	O	T	E		B	A	J	A		Q	U	A	N	T
		F	O	R	G	E	T	A	B	O	U	T	I	T
				L	A	S				P	I	E		
C	A	R	E	E	N		T	W	I	N		F	A	A
E	V	I	T	A		S	H	I	N		D	O	G	S
D	O	N	T	M	A	K	E	M	E	L	A	U	G	H
A	I	D	E		L	I	M	P		A	N	N	I	E
R	D	S		B	I	T	E		S	P	A	D	E	S
				A	L	E		F	E	E				
	N	O	T	O	N	Y	O	U	R	L	I	F	E	
B	E	L	O	W		O	M	N	I		R	A	Z	E
I	R	E	N	E		R	A	G	E		O	K	R	A
B	O	O	E	R		E	N	O	S		N	E	A	T

Radon: from page 35

number, to 12,000 lives saved, in the next five years. All Americans can contribute to saving someone's life by testing and reducing high levels in existing homes or testing and building radon-resistant new homes.

As part of an effort called Radon Leaders Saving Lives, EPA is working with state and local governments, non-profit organizations, and radon professionals across the country to educate consumers about ways to reduce radon in existing and new homes. Moreover, everyone can be a radon leader and help save a life by telling a friend or neighbor about preventing lung cancer from breathing radon.

For more information about radon, visit: epa.gov/radon or call 1-800-SOS-RADON (767-7236)

All HHS press releases, fact sheets and other press materials are available at <http://www.hhs.gov/news>.

All EPA press releases, fact sheets and other press materials are available at <http://www.epa.gov/radon/nram/resources.html>

Sources:
United States Environmental Protection Agency
<http://www.epa.gov>
Office of The United States Surgeon General
<http://www.surgeongeneral.gov>

BLAIRE HOUSE
of Tewksbury

Tel: 978-851-3121

Please See our Ad on Page 17

Eagle Security Services

(A division of Eagle Investigation Services, Inc.)

Mass Lic. # P-817

A. Michael Alaimo

President



236 Pleasant Street
Methuen MA 01844-4145

Tel 978-682-5559 Fax 682-5055
Website: Eagleinvestigations.com



Steve Sirmaian
Chief Operations
Manager
steve@firstinteg.com

Cell: (978) 771-2906
24-hr.

www.firstinteg.com

"First in Rates, First in Service"

FIRST INTEGRITY MORTGAGE LLC

354 Merrimack St., at Sal's Riverwalk
Lawrence, MA 01843
Tel. 978.685.9700 * Fax 978.685.9701
MA Mortgage Broker #MB 4520
• Licensed by the NH Banking Dept.



Hi, I'm Steve Bucu
I'm a member of
Team Zingales

360 Merrimack Street, Bldg #5
Lawrence



Brissonite
Decorate ~ Design ~ Inspire
SALE!

20 - 50% off Select Items
Through the Month of January

181 Canal Street
Lawrence, Ma 01840
978-681-0220

Tues-Sat 10-5, Sun 12-5

Shop us online at:
www.brissonite.com



BUSINESS SPACE AVAILABLE



Rt. 110 in METHUEN

Furnished Suites

Professional office, including heat and electrical
from \$400-1,000 per month
Easy access to Rte. 495 & 93
Kitchen, ideal for massage therapist,
spa, lawyer, accountant etc.
Contact Tom at (978) 420-7728



Care When You Need it



- Experienced Physicians & Nurse Practitioners
- Prompt Service
- Lower Co-Pay

The Walk-in Clinic at Riverwalk

Care When You Need it

Seeing a doctor is not always convenient or affordable. Appointment calendars fill up quickly, office hours are limited, and emergency rooms can get expensive.

Where do you go for medical attention when you're away from home?

Now, you can walk into The Pentucket Medical Walk-In clinic and receive medical attention without an appointment, and be on your way. Our attentive medical staff will take care of you quickly and professionally.



Riverwalk – 500 Merrimack St., Lawrence
tel: (978) 557-8800 web: www.pmaonline.com