

Sal Lupoli to open \$100M retail mall in Lawrence by year end

Sal Lupoli of Sal’s Pizza and Riverwalk says retail mall will bring 2,000 new jobs to Lawrence

Tom Duggan
VALLEY PATRIOT REPORTER

The Lawrence Historic Commission voted last month to approve the demolition of two buildings on Merrimack Street in Lawrence owned by Sal Lupoli of Salvatore’s Restaurant, Sal’s Pizzas, and Riverwalk Properties.

The Historic Commission cleared the way for a multi-million dollar development at the site which will include a retail mall, office space an a brand new community center that Lupoli will be donating to the City of Lawrence upon its’ completion.

Lupoli appeared before the commission and detailed the structural flaws and dangerous conditions of the two existing buildings and smokestacks located between the Riverwalk development and the Monarch on the Merrimack Project, also known as the Wood Mill.

Lupoli and Lawrence Planning Director Mike Sweeney explained to the board that the conditions of the buildings were “dangerous to the health and safety of the citizens of Lawrence”.

Lupoli told the commission that for historic reasons the demolition of the

iconic Lawrence smoke stacks will be photographed and videotaped by professional engineers and added that, moving forward with phase two of the project would bring upwards of 2,000 new jobs to the City of Lawrence.

“We are going to be raising three different structures,” Lupoli said. “Those structures will be transformed into new developments. With the demo of two of the three structures, you will see two brand new structures going up. And, we are going to incorporate the old with the new, using the materials on the existing site [in the new structures]. But those new structures are going to create new jobs.”

“What you saw here today was the second phase, but the first step in that second phase is [an] exciting new development that’s going to take place which will change the whole corridor on Merrimack Street forever,” Lupoli said in an exclusive interview with The Valley Patriot.

“Were talking about creating 1.2 million square feet of new development over there, creating over 2,000 new jobs.”

LUPOLI, page 16


INSIDE

SECTION 1 - AROUND THE VALLEY


Editorial/Opinions.....	2
News Update.....	3
Lawrence.....	4-8, 16-18
Tom Duggan’s Notebook.....	6-7
Local Political Cartoon.....	7
National.....	8&38
Thinking Outside the Box	8
A Couch with a View.....	8
Haverhill,Georgetown.....	12
Lowell.....	14
Dracut.....	15
Jack’s Irish Craic.....	18
Methuen.....	28-29
Innovation Valley.....	30
Veterans.....	31
Valley Patriot of the month (cont.)	32
Salvatore’s.....	33
Newburyport.....	39
Classified.....	34-36

PULL-OUT SECTION 2 - HEALTH & FITNESS


Dr. Rustum, The Doctor is IN.....	19
Alzheimers.....	18-19
Trivia and Puzzles.....	20
Hospice.....	20
Exchange Club Heroes.....	21
Healthy Kids.....	24
Live the WOW!.....	25




Puppy Love with Kate Whitney
Page 40




Dracut News with George Papoulas
Page 15




Thinking Outside the Box by Charles Ormsby
Page 8



Dr. Rustum, The Doctor is IN!
Page 19



Local Cartoonist Dave Sullivan of Dracut
Page 7



VALLEY PATRIOT OF THE MONTH: DON PEARCE

Lonnie Brennan
VALLEY PATRIOT HERO REPORTER

METHUEN - An e-mail alert is sent out, and Methuen resident Don Pearce, former Air Force member, answers the call: another mission for the Patriot Guard Riders, who have been requested by the family of a local fallen soldier, to provide escort duty.

Don and his family cut a solid, committed, respectful path for our nation’s military. Flanked by his father before him, Sgt Warren R Pearce Sr. (1942-1945 Normandy to Germany), and his son Donald Eric Pearce Jr., who recently completed his third tour in Iraq, Don stands with a deep family, personal, and

national pride for military service. Today, he answers the call to service as he terms: “one of many, we try to help by showing our respect.”

Don Pearce is a local ride captain for the Massachusetts Patriot Guard Riders; part of a national group born out of the desire to provide comfort, support, protection, and respect for soldiers and their families. The group has been very active these past few months, with funeral services from the Merrimack Valley to the Cape. Don lives in Methuen, and clears his schedule whenever a call to serve is requested. I asked Don about the group, who serves, and why he serves. He

HERO, page 32



PHOTO: COURTESY

Methuen Veteran Don Pearce

Methuen Village
Assisted Living & Alzheimer's Care
A New Alternative!



ASK ABOUT OUR REASONABLE MONTHLY RATES!

Please see our ad on Page 19

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

Sal's PIZZA

Home of the 19" 3lb. PIZZA

Straight From Boston's North End



TeamZingales.com


Call the short sale specilists

Joe Zingales

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

Andrew Distefano & Joe Zingales

Make a Great
TEAM!



AVOID FORECLOSURE

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

Call My Cell: 978-360-4743

Call My Cell: 978-423-4716



EDITORIAL



Obama Betrays the Jews

President Obama has pledged \$900 million dollars of our tax money to help rebuild the Palestinian territory called Gaza. Not surprisingly, the terrorist group Hamas has pledged \$45 million for the rebuilding of Gaza.

Apparently, the goal of the Obama administration is to rebuild Gaza's infrastructure so that the Palestinian Authority and Fatah Government will be strong enough to fight the Hamas terrorists. But, remember, all Hamas did after a hostile takeover of Gaza was shoot missiles on a daily basis into southern Israel to kill as many Jews as they could.

Last summer, when the Israeli government had finally had enough and began shooting back at the Palestinian terrorists, they entered the occupied territory of Gaza. They destroyed the Hamas infrastructure, including underground bunkers (where missiles were stored) and much of their weapons arsenal so that Hamas would stop shooting them into Israel.

Every day, Israel said that it would stop shooting if Hamas stopped their attacks. Every day Hamas refused. So Israel did what needed to be done and obliterated the terrorist infrastructure of Gaza to stop the wanton attacks on Israeli cities.

Now, President Obama wants to give the people of Gaza \$900 million and promises that the money will not go to the terrorists of Hamas.

REALLY?

Not go to Hamas?

And how does the US government plan to prevent that? Especially when Hamas terrorists are still in charge of the government in Gaza. Apparently the money is to be filtered through the UN. The same UN that was in charge of the Iraqi oil for food program, which became a major source of funding for the Saddam regime. The same UN that has Angola, Madagascar, Qatar, and Nicaragua on its human rights council. The Same UN that has sanctioned Israel for defending itself but never once sanctioned a Muslim country for attacking Israel.

We don't believe for one minute that \$900 million of your hard earned tax money will not be going to the Hamas terrorists. We believe (as we said last year) that Barack Obama is a Palestinian sympathizer and purposely perpetuated a fraud on the American people by declaring his support for Israel during the election.

Now we see the real Palestinian agenda of this president.

During this recession, when so many Americans are out of work and can barely pay their bills, it is irresponsible for President Obama to pledge \$900 million dollars to rebuild Gaza and it is never a good time to fund terrorists.

Is this not a slap in the face to both Israel and the American people? Israel now knows that, if it defends herself against terrorists like Hamas, America will come to the rescue of Israel's enemies and pledge money so that these despicable Muslim terrorists can rebuild their infrastructure and weaponry.

It is also an insult to hard working Americans. If the best purpose Obama can find for this \$900 million is to fund terrorists, he should return it to the American taxpayers

... So much for Obama's pledge to support Israel, fight terrorism, control deficit spending, and give the middle class a tax cut.

The Valley Patriot is published monthly on the first Wednesday of each month by the Valley Patriot, Inc., POB 453, North Andover, MA 01845. Copyright (c) 2009, Valley Patriot, Inc. All rights reserved. Subscriptions are \$40 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., POB 453, North Andover, MA 01845.

PHONE: (978) 557-5413 **FAX:** (978) 258-1964
www.valleypatriot.com

News tips

Phone in news tips to (978) 557-5413, or you may email tips to us at valleypatriot@aol.com.

The Valley Patriot is not responsible for, nor do we necessarily share the opinions of columnists and contributors that are published in the paper.

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.

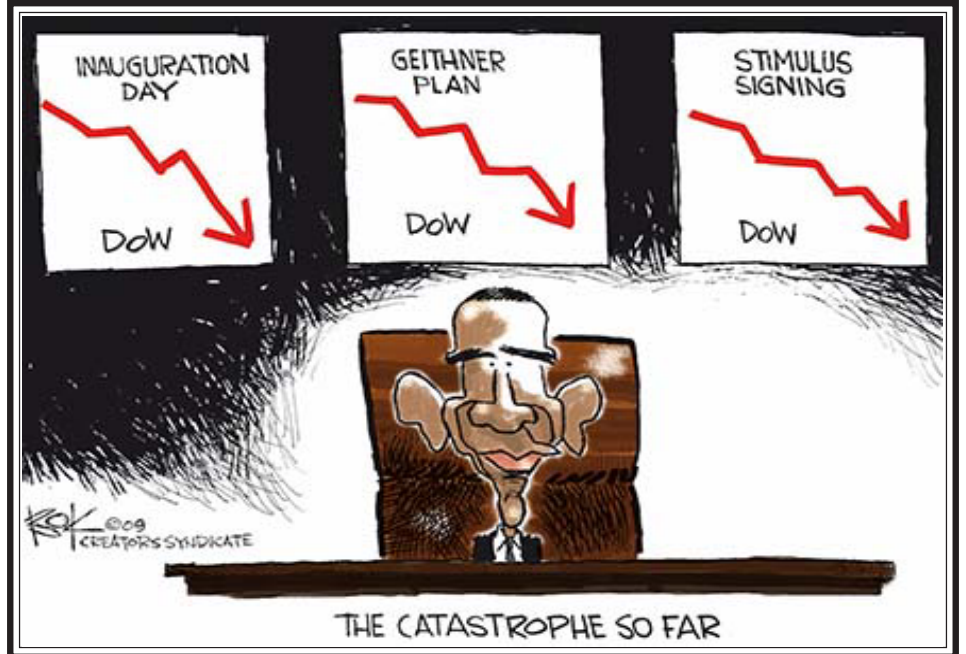
Corrections; Please contact the editor at valleypatriot@aol.com

Editorial Board:

President: Tom Duggan, Jr.
VP/Director: Ralph Wilbur
Editor: Dr. Charles Ormsby

The Valley Patriot is printed by Graphic Development in West Hanover Mass.

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



LETTERS

To the Editor:

I am writing to bring to attention to the citizens of the Commonwealth the irresponsible manner in which its state government is responding to this recession. As you may know the Commonwealth's budget is currently over \$2 billion short of revenues that were expected as early as last July 1st. It was said by many financial analysts and think-tanks that the budget passed for fiscal year '09 was unsustainable.

Despite those warnings, the Majority Party's leadership went ahead and passed a budget that ultimately was out of balance to the tune of \$2.4 billion.

It was clear within three months of the budget being signed into law that the Governor needed to take further action to bring the bloated budget into balance as mandated by the Constitution. Therefore, Governor Deval Patrick had to make mid-year cuts totaling \$624 million. In addition, amongst other monies found in minor accounts, the Governor had to take \$200 million from the state's stabilization fund, further jeopardizing our bond rating.

Three months later it was clear that the economic storm experienced throughout the country was going to continue to ravage our state budget. Toward that end some other proposals to close an additional \$1.1 billion shortfall were proposed by the Governor. These ideas should be troubling to those many citizens who are finding it impossible to make ends meet. Instead of additional cuts to state government, the Governor has instead suggested that we fill the financial gap with increased taxation, increased fees, cuts to local aid, additional raiding of the stabilization fund and taking monies from the anticipated federal stimulus package. At no point was there consideration to cut government spending.

Let me explain in detail some of the proposals that have been sent to the Legislature by the Governor. First, the Governor has cut both the Lottery and additional assistance accounts which go to our cities and towns by a total of \$128 million for this current year. Furthermore, the Governor will cut Local Aid by a total of \$375 million for next fiscal year, in essence crippling many cities and towns across the Commonwealth who have seen similar drops in their own revenues. Local Aid is the primary area where most people see their tax money come back to them in services they actually use, and should only be cut as a last resort. While these cuts add to the Commonwealth's bottom line, it won't add to taxpayers' bottom line. We will end up paying for the shortfall at the local level and experience devastating cuts in the services we all utilize in our daily lives.

Second, the Governor proposes a host of additional taxes and fees that he hopes



State Representative Brad Hill

will cover a structural deficit that has been created by government spending at an unsustainable rate.

For example, he proposes a sales tax on candy, soda and alcohol for which he hopes will generate \$25 million for the current fiscal year and as much as \$150 million for next fiscal year. Especially for those of us who represent communities within close proximity to other states, all we will see is decreased tax revenues and small businesses closing. We have already seen this year that tax increases for retail products have been insufficient in covering the budget deficit. With so many companies and retail operations struggling, raising retail taxes to cover any shortfalls is the last thing we should be thinking about. The only ones making out are the businesses in surrounding states.

In addition to these proposed taxes, the Governor wants to increase Registry of Motor Vehicle fees. If past history is any indication, these increased taxes and fees won't go away in better times. State government will get used to it and find ways to spend it.

As we all know, many individuals are struggling due to high costs, unemployment, reduced incomes and decimated values in investment savings. This is no time to nickel-and-dime our citizens. Rather, these economic times call for across-the-board reform and waste cutting as the first course of action in balancing the budget.

As you may have heard in recent news media reports, our pension system is in dire need of reform. State employees take pensions for their three-highest earning years rather than their total average salary. Outrageously, they only have to put in one working day to qualify as a year of service! This system needs to be reformed now.

Can you imagine that we have two separate highway agencies within our border? We need to initiate transportation reform and merge the two

HILL, page 39

Paying Attention with Tom Duggan

Celebrating five successful years of publishing the Valley Patriot...

Tom Duggan

VALLEY PATRIOT COLUMNIST

It's been a wild ride for sure.

When we embarked on this little venture of starting a monthly newspaper five years ago, we were told by the experts that going into the newspaper business was a losing proposition.

The print publication industry was starting to falter, the age of internet news consumption was booming and very few people had any faith at all that The Valley Patriot was going to last five months, let alone five years.

But, North Andover residents Paula Porten, Dr. Charles Ormsby and Ralph Wilber understood the vision of printing a monthly newspaper that honors Veterans on the front page, had a conservative editorial policy and investigated real news stories purposely being ignored by the daily paper because those stories involved "favorite sons" and "sacred cows". They had the foresight to recognize that the Merrimack Valley needed another newspaper and, done correctly, such a newspaper could flourish and succeed far beyond what the naysayers said was possible.

So, the Valley Patriot was born.

A final meeting was held at Graphic Litho on Sheppard St. to start the process of finding a printer and figuring out how we were going to make this thing work. None of us had any experience in running a newspaper. None of us had any idea how to do layout, design advertising, or what would be involved in the business of running a print publication.

So the first order of business was to try and find a printer in Lawrence, Methuen Andover or North Andover as we were committed to helping the local economy, but there were no commercial printers who could handle the job. (well, there was one but it was the competition)

In our travels we ended up meeting a guy named Bill Samatis at Graphic Development who not only had the facilities to handle our publication, but was capable of keeping up with our very optimistic schedule for expansion.

Samatis and the people at Graphic were not just interested in printing our newspaper, but were willing to help walk us through the design process on our first edition. They advised us on layout development, tutored us on dealing with color and photo issues and became a vital

part of our production process far beyond just printing a newspaper.

So, in March of 2004, a mere 2,000 copies of The Valley Patriot rolled off the presses at Graphic Development in West Hanover, Massachusetts for the very first time.

Destined for deliveries in Lawrence, Methuen, Andover and North Andover, this little 16 page publication took less than a day to deliver to 25 locations in The Valley.

Very few people noticed what we were up to that month and even fewer people were impressed with what we had considered a major accomplishment. I remember tuning into WCCM's hot line program with Ronnie Ford the day we delivered the first newspaper to their studios in Methuen to hear Ford reading through the paper and saying how much he liked it.

This gave way to a spate of on-air calls from people laughing hysterically at the prospect of "Tommy Duggan running a newspaper". Some of them cited well known statistics that nearly 90% of all new businesses fail within the first year ... and that 50% of those that don't, fail within the second year. Some questioned whether or not The Valley Patriot would, or could have any credibility at all given how "controversial Tommy Duggan is." Others predicted that businesses in The Valley would not support another newspaper since the Eagle-Tribune had such a lock on businesses in this community.

But Ronnie Ford put them all to shame, "If I had the money to invest right now I would be investing in this little paper," he told his audience. "I have the feeling The Valley Patriot is going to be around for a long time, and if I was a head honcho up at the Eagle Tribune I wouldn't be laughing, I would be very worried right about now."

How right he turned out to be.

This month, exactly five years to the day of our first press run of 2,000 newspapers... 22,000 copies of March 2009 edition of The Valley Patriot rolled off the presses at Graphic Development in West Hanover, destined for delivery in 21 communities throughout the Merrimack Valley and the North Shore.

I'm not too good at math, but Dr. Chuck says that's a *1,000% increase* in production in five short years!

And we couldn't have done it without people like you ... our readers, news sources, and advertisers.

I would love to list the names of people and businesses that have supported us in so many ways since 2004, but the list is just too long and we are only at 44 pages. So, please accept this very impersonal thank you to everyone who has and continues to be a part of the Valley Patriot family despite the absolute madness that seems to occur every month around publication time.

There is one person we would like to thank personally because he has been a good friend and supporter through some of the tough times, as he himself is going through a difficult patch himself. His name is Leo Lamontaign from Leo & Sons Auto Repair on South Broadway in Lawrence. Leo has been an advertiser with The Valley Patriot since our VERY FIRST EDITION.

Leo & Sons Auto Repair has advertised every single month for the last five years without exception. And though he could have given in to political pressure to stop running his ads (as some businesses did back then) Leo stood by us and is still advertising with in the paper today.

Thank you Leo. And thank you Paula Porten, Ralph Wilbur and Chuck Ormsby for being in on the ground floor when people were laughing and the experts were predicting our demise within less than a year.

If not for you, we wouldn't not be where we are today ... a successful, profitable monthly newspaper that is not only surviving, but expanding every single month as we have been since March of 2004.

What a wild ride this has been ... what a wild ride indeed!



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 morning from 10am-noon. You can email your comments to Tdugjr@aol.com.



**For the BEST Signature
COCKTAIL**

OF JOHNNY'S PIANO BAR

SATURDAY MARCH 28 2009

7:00 PM – 9:00 PM

JOHNNY'S PIANO BAR

59 WASHINGTON ST.
HAVERHILL, MA



Johnny's Piano Bar

*Distinctive Sounds
Premium Spirits*

JOIN US FOR A COCKTAIL TASTING FEATURING LIVE MUSIC
AND VOTE FOR YOUR FAVORITE

"SIGNATURE COCKTAIL OF JOHNNY'S PIANO BAR"

EVENT PASSES

\$15 IN ADVANCE

\$25 AT DOOR

Purchase your event pass today at

WWW.DRINKWATERPRODUCTIONS.COM


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



www.MonarchLofts.com

Coming 2009

MONARCH LOFTS

ECO-SMART LIVING
FOR A NEW GENERATION

FEATURING NEW ENGLAND'S LARGEST RESIDENTIAL GEOTHERMAL EXCHANGE

Developer: MassInnovation LLC 360 Merrimack Street, Lawrence, MA 01843 www.massinnovation.com
©2006-2009 MassInnovation LLC. All rights reserved. All illustrations are artist's representations and do not constitute representation of any aspects of the final product. All specifications are subject to change without notice at the discretion of the developer. This advertisement does not constitute an offering.

Line Dance!

Fitness With Attitude

Something For For All Levels
From Beginner To Advanced

Billy-Bob's @ The Claddagh Pub

399 Canal St, Lawrence, Ma

www.TheCladdaghPub.com

Fire and Security Alarm
Monitoring directly to the
Emergency Dispath in the
Town of Boxford.



**Lowest Price
Anywhere!**



L W BILLS COMPANY
Division of B&B Engineering Corp

Manufacturers of Municipal, Commercial, and
Residential Fire and Security Alarm Systems



7-9 Park Street, PO Box 7

Georgetown MA 01833

978-352-6660 800-892-0275

fax 978 352-6639

lwills@comcast.net



**2 minutes off Rte. 495 in Lawrence
Convenient to Rte. 28, 213 & 93**

Custom designed office space
from 1,200 sq. ft. to 13,000 sq. ft.



We can coordinate all aspects
of your move from layout design
and construction to cubicles and carpet.

**Stepping into future,
with a piece of the past**



For leasing information call (978) 682-7080 or visit www.onecanalstreet.com

TOM DUGGAN'S NOTEBOOK

LAWRENCE- Gonzalez to seek reelection - Rumor has it that District "C" City Councilor George Gonzalez has moved to New Hampshire and is not running for reelection this year. "I love the City of Lawrence and I am not moving anywhere, I stay right here" Gonzalez told The Valley Patriot in an exclusive interview last week. Gonzalez, one of the least controversial members of the council, beat Barabara Gonzalez of Dartmouth Street (no relation) twice for the North Lawrence seat but this year the field of council candidates seems very thin, at least so far. Gonzalez is very popular in his district and because he doesn't play the race card enjoys a good reputation among a cross section of voters in his district.

METHUEN - WELCOME HOME!

A "Welcome Home" open house is planned for **Sgt Donald "Eric" Pearce Jr.** Sunday, March 22nd, in the American Legion Post 122, 200 Broadway, Methuen. The hall is rented from 1:00pm to 6:00 pm. Everyone is invited to stop in and thank this humble soldier. Sgt Pearce has spent 5 Tours in an active war zone, and is recently returned from number 5, which is his third in Iraq. The other two were in Afghanistan, and Uzbekistan. Sgt Pearce has been serving for 9+ years and is due to ship out in the near future to Korea for his second tour there. There will be a cash bar, and finger foods.

LAWRENCE - Lou Marcel Canoe Race - The 31st annual Lou Marcel Canoe Race benefitting the Special Olympics of Massachusetts. Saturday June 6th at 8:30 am leave Lawrence to the Crescent Yacht Club in Bradford Ma for award ceremonies and barbeque. Featuring 2 bands this

year. The Groove and 2nd band is Prospect Hill. Pirates on the Merrimack.... is this years theme.... argh, argh, argh

HAVERHILL - Job Fair - ValleyWorks Career Center will be hosting a Job Fair at Northern Essex Community College Haverhill Campus in the Technology Center. The event will be on **Tuesday, March 10th, from 10am – 1pm**. This event is accessible by MVRTA bus from Lawrence and Haverhill. Jobs seekers need to arrive dressed professionally for interviews with several copies of current resumes. Twenty companies have committed to attend the event. More are being added. For details and updates go to www.valleyworks.cc Admission is free with ValleyWorks membership card. Visit ValleyWorks at 439 South Union Street in Lawrence to obtain your free card. Now is the time for students to line up summer jobs.

NORTH ANDOVER - Blood Pressure Clinics - The North Andover Senior Center hosts a weekly blood pressure and health maintenance clinic on Wednesdays from 9 am until 12 noon. Until renovations to the North Andover Senior Center are complete, the clinic will be held at McCabe Court on Belmont Street in the community room. This clinic is sponsored by HomeCare, Inc. and funded by a generous grant from the Nathaniel and Elizabeth Stevens Foundation.

LAWRENCE - Parolisi vs. Twomey Redux? - Two years ago Roger Twomey barely squeaked out a win on the Lawrence City Council by edging out (then) incumbent Joe Parolisi for the third spot for City Council At Large. One of the reasons Parolisi was defeated two years ago was the fact that he was a big (and

open) supporter of city council president Patrick Blanchette. Another reason he lost his seat was because he didn't think he had to campaign, raise or spend money or advertise his candidacy, saying that he shouldn't have to remind people of all the hard work he had done for the city, because people should know. Now Parolisi's name is being bantered about behind the scenes as a candidate to reclaim his old seat and with the current field of candidates interested in the three city wide seats he has a better than 50/50 chance of winning it back. Frank Moran will most likely top the ticket, Dan Rivera will most likely be in the top three with so many "Latino" candidates running for mayor and that leaves Twomey and Parolisi fighting it out for that third spot again (Nilka Alvarez-Rodriguez is not seeking reelection). I may just sit back and watch this one from the sidelines. To me, it's the difference between a guy too naïve to know when he is being manipulated and one who knows better but doesn't care. Let the games begin!

CHELMSFORD - Spring Plant Sale - The Middlesex Conservation District will be holding its annual Spring Plant Sale on April 24 (3-6 pm) and April 25 (8am - noon) at the 4H Fairgrounds, 51 South Chelmsford Rd, Westford, MA. Items for sale will include tree and shrub seedlings, perennials, herbs, groundcovers and garden supplies (rain barrels, cow manure, fertilizers, etc). All items may be ordered in advance through March 27 by visiting their website (www.middlesexconservation.org) or calling 978-692-9395 to request a brochure. Customers are also welcome to shop the two sale days. MCD is a nonprofit environmental agency

serving Middlesex County; all proceeds benefit our conservation programs.

LAWRENCE - Little league - South Lawrence West Little League will be holding registrations for the 2009 season, on two Saturdays in March (03-07-09 and 03-14-09), from 9AM to 12PM, at the Lawrence Knights of Columbus, 1 Market Street. For more information please go to www.slwll.org or call 978/609-6420.

METHUEN-DAV - "Disabled American Veterans, Chapter 2 will resume meetings Thursday 5 March 2009 at 4pm at the VFW on River Street in Methuen. The general public is always welcome."

NORTH ANDOVER - Smedile's poor math skills - North Andover Selectman Rosemary Smedile recently took a swipe at the Eagle Tribune during a meeting when she made an off handed comment about how only "two" newspapers cover events in the Town of North Andover, (obviously referring to The Valley Patriot and the North Andover Citizen). When Selectman Dan Lanen informed her there were "three" newspapers covering the town, Smedile piped up and threw another shot at the Trib saying "Oh yeah I forgot the Boston Globe." Bravo Rosemary! We have heard rumblings that Smedile has been bad mouthing the Eagle for some time now, but never expected her animosity to spill over to a selectman meeting. Hey Rosemary, as much as we understand, leave bashing the Alabama Eagle (sorry Clark) to me. Retaliation from those people against an elected official can be devastating to one's political career!

METHUEN - Scholarships - Each year the Methuen Board of Trade awards several scholarships to Methuen

TOP OF NEXT PAGE

Happy Anniversary to

The Valley Patriot

FIVE YEARS AND COUNTING!



Who could have imagined in 2004 that The Valley Patriot would grow from delivering 2,000 papers each month in four communities; to delivering 25,000 papers in 22 communities?

The editors of The Valley Patriot have proven that with hard work and dedication anything can be achieved and no amount of success is out of reach! CONGRATULATIONS!

*Lawrence City Councilor Dave Abdoo
District "E"*

Abdoo

2009

2.30% APY*

xStream Savings

The new wave in high yield savings is here.

There's no minimum balance. Free online banking. And 24-hour access to your cash with a River Bank ATM card. Plus a \$40 per month minimum electronic transfer requirement[†] from any River Bank or non-River Bank checking account will help your savings grow even faster. **Act now to get a high interest 2.30% APY* from a bank right down the street.** We'll even throw in a **\$25 CASH BONUS** if your transfer is linked to a new or existing River Bank checking account.

*Annual Percentage Yield effective as of 3/1/09. Rates are variable and may change without notice. **National Average from BankRate, Inc. as of 1/6/09. †You must have a minimum of \$40 per month electronically transferred into your account from any River Bank or non-River Bank checking account to earn the high rate of this account. Consumers only, no businesses. Member FDIC. Member DIF.



RIVER BANK
FRIENDLIER. EASIER. BETTER.

WWW.RIVERBK.COM | 800.730.9660



TYPICAL
SAVINGS ACCOUNT



xStream Savings

NORTH ANDOVER | ANDOVER | LAWRENCE | METHUEN | SALEM, NH | DERRY, NH

residents who will be attending schools of higher education in the coming year. Any Methuen resident who plans to enter college in the fall may apply, regardless of the high school he/she is now attending. In addition, non-residents attending a Methuen School will also be considered. Applications are available at the Guidance Departments of the local high schools, the Nevins Memorial Library at 305 Broadway in Methuen or online at www.methuenboardoftrade.org. Awards will be based on many factors, including academic achievement, extra curricular activities, leadership, financial need, and other demonstrated skills and talents. Applications are due by April 3, 2009. For more information, contact Colleen Carney, Scholarship Committee Chairperson at 978-807-5359.

MASSACHUSETTS - The price of eggs - Paula was very excited to see in the Market Basket circular that large eggs were .99 cents last week. She explained that when gas was at almost \$5.00 a gallon, eggs were \$1.99 and that she had seen a real spike in food prices from the increase in gas prices. We had this very discussion with Eli of Eli's Place on Merrimack Street last summer when he was forced to raise his price of an omlett because of egg costs. We are happy to see that there is finally a positive residual from gas prices coming down. This is hopefully some positive news for struggling families to feed their families and will continue to have a trickle down effect by less overhead costs for restaurants and the food industry, the transportation industry and families being able to afford more goods and services. Maybe this is what we really needed to get out of a recession, not an \$800 billion dollar stimulus package that will keep the United States in debt for decades to come.

HAVERHILL -Annual St. Patrick's Day breakfast - The Exchange Club of Haverhill will hold its eighth-annual St. Patrick's Day charity breakfast Tuesday, March 17 from 7:30 to 9 a.m. at DiBurro's in Ward Hill. This event is held to benefit child abuse prevent programs in the area. This event will feature the musical talents of The Square Riggers, Irish blarney, comedy, food and raffles. Breakfast will be served promptly at 7:45 a.m. Major support comes from Pentucket Medical Associates, Trinity Ambulance and the Greater Haverhill Chamber of Commerce. Tickets are a \$25 donation, and tables of 10 are available for \$250. Money raised supports programs for the prevention of child abuse and a portion is donated to the Michael B. Christensen Family Support Center in Lawrence. Tickets are also available through the Chamber, which is currently located at 80 Merrimack St., second floor.

HAVERHILL - Blood Pressure Clinic



News Item: Sal Lupoi to build \$100 Million Retail Mall and Community Center in Lawrence
The Valley Patriot is always interested in reader suggestions for local, political cartoons (valleypatriot@aol.com) You can email Dave at Sull93@aol.com.

Haverhill Mayor James J. Fiorentini and EMTs from Trinity Ambulance will be holding a blood pressure clinic at the Julian Steele Elderly Housing community room on Monday, March 9th from 9-10AM. The Mayor has his own blood pressure equipment and will personally be conducting blood pressure checks on seniors. Coffee and pastry will be available.

NATIONAL - Big win for soldiers
There has been a lot of controversy over whether or not the press should be allowed to take pictures of the flag draped caskets of fallen soldiers coming home from Iraq and Afghanistan. Many family members of slain soldiers have said that this was an invasion of privacy while others in the media have argued that the public has a right to see the tragedies of war. The Valley Patriot's December 2008 editorial focused on this very topic and (naturally) we sided with the families right to make the final decision, not Congress, the press, politicians or anti war activists. We believe that letting the families of

NOTEBOOK, page 27

An upscale piano and martini bar located in the heart of Haverhill



Johnny's Piano Bar

Distinctive Sounds Premium Spirits

Wed-Thurs, 6pm -12 am,
Fri 6pm-2am,
Sat 6pm-1 am

We offer a variety of specialty martinis and live entertainment.

59 Washington St. - Haverhill 978-374-0739



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

Thank You Leo Lamontaign and Leo's & Sons Auto Repair for being our longest running advertiser, going back to our very FIRST edition in March of 2004. It's because of people like you that The Valley Patriot even exists today!

THINKING OUTSIDE THE BOX

The audacity of ignorance and avarice

"The theory of Communism may be summed up in one sentence: Abolish all private property." Karl Marx

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

How can you put into words the horror one feels when witnessing the rape and wanton destruction of the most precious gift - other than life itself - that one can imagine? A gift that took many centuries to perfect, that millions have died to protect, and many more millions have enjoyed but never understood. A gift that, once lost, may not be reclaimed for generations ... if ever?

Over the past six months we have taken a sharp turn away from the principles that ensured our liberties and made accelerating prosperity possible. We are taking the keys to opportunity, to the pursuit of happiness, and even to the right to life itself ... and tossing them in the trash like yesterday's garbage.

It is being done without even the decency of a respectful burial.

If we arrange a funeral for the American Dream and the principles that served as the foundation for that Dream, what eulogies will we offer?

Will we express thanks for the freedom we once had to live our lives as we saw fit and to not have to follow the dictates of faceless, mindless, power-craving bureaucrats?

Will we express thanks for having had the right to trade *our* best efforts for the best efforts of others and to make those trades based on *our* judgments, untrammelled by the meddling of kings, lords, priests or legislators?

Will we shed tears for our lost right to own, dispose of, and trade property that we have earned through the sweat of our labors or the inventions of our minds?

Are our home, savings and other possessions - 'our property' - really ours, or are these available for the taking at the arbitrary whim of government?

Will we mourn the extinction of true property and the security it once afforded us and our families?

Do we understand that the very concept of property is dying? If we can't be assured the right to use and dispose of our property as we see fit, is it property at all?

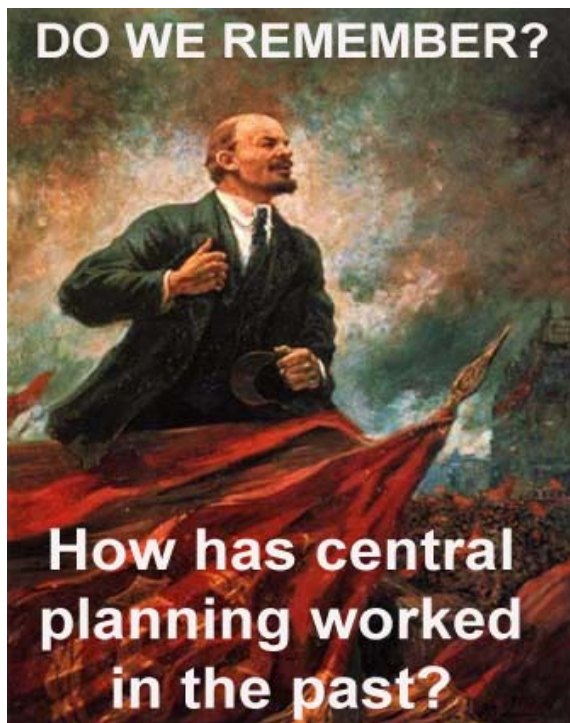
If we have no right to property, do we even own ourselves? Or, are we merely tools of the state; owned, controlled, and sacrificed for the good of the masses?

They said it could never happen in America. They were wrong. It is happening ... and at an ever accelerating pace.

We are *not* God's chosen people. Prosperity and good times are not our birth right. Human liberty was ... but is no longer.

Our Founding Fathers put the individual above the masses. They declared that the individual had the inviolate right to his life, meaning that individuals had the right to act in their own best interests as long as they used neither force nor fraud in their dealings with others.

Our Constitution and our Bill of Rights were designed to limit the powers of government, and every possible mechanism that could be devised was used to check the growth of those powers and minimize government's threat to our liberties. The Founders knew that in so



doing they would unleash the focused energies of mankind and that America's dedication to liberty would husband an era of prosperity like the world had never witnessed.

The great American experiment worked far better than anyone could have envisioned. We are holding a thousand carat

diamond in our hands ... and we are in the process of tossing it aside as if it were merely a lump of coal.

Why are we doing it? Why are we sentencing ourselves, our children, and the next 20 generations to slavery and poverty?

The main culprit is ignorance. Most Americans do not have even the faintest notion of how a free economy works or why it is more efficient than any other way of coordinating the efforts of millions (actually, billions) of individual human beings.

They have no idea how capital is accumulated, deployed, or re-deployed. They do not understand how jobs are created, why they are eliminated, or how wages and benefits are set. Worst of all, they believe that someone or something (ultimately the government) must make these decisions to provide the needed coordination and to ensure fairness.

But there is something even more disturbing. Most Americans do not

understand that it is immoral for these decisions to be made by any mechanism other than the free market. Why? Because, for any other entity to impose its will, it is necessary to infringe the rights of *individuals* to make these decisions regarding *their own property* and for the benefit of *their own lives*.

We've gotten used to these infringements of our human rights.

First a minor regulation - no big deal - then another one. Soon, tens of thousands of pages of regulations ... one for every occasion.

Here a tax, there a tax, now everywhere a tax.

Do this; don't do that.

Give a benefit to one group; strong-arm another.

Government subsidies here and incentives there.

Keep these records; file these reports.

Invalidate these contracts - not those. Cover these losses - not those.

Help friends; tax enemies.

Subsidize this industry; nationalize that industry.

Destroy predictability and you destroy any incentive to invest and innovate.

In short ... You destroy America.

They say if you sit in a tub of water and the temperature is raised very, very slowly you will never notice ... but eventually it will kill you. That is what is happening to our liberties. They are not dead yet, but we are nearly comatose and soon we will have neither the will nor the means to fight back.

Ignorance is not the whole story, however. Our political leaders are largely corrupt. They have become expert at warping logic to defend ever widening infringements of our liberties while simultaneously bribing a bare majority of us with the loot from their pillaging. They pretend to care and feel our pain, while they enjoy the benefits of their avarice and rapacity.

MARX, page 39

A COUCH WITH A VIEW

Ray Shackett

VALLEY PATRIOT ENTERTAINMENT REPORTER

It's just after 4am on a mildly chilly Saturday morning as I sip from this bottomless cup of coffee, served to me piping hot at a 24 hour IHOP in Revere.

Honestly, who could complete such a challenge like the one presented to me here as I feel responsible for finishing every last drop from this large container of Joe I have been served?

And... if it goes to waste is it recycled for the next early morning pancake junkie? I'm not sure I want to know the answer to that question.

It's moments like this that my mind tends to wander to the absurd and self amusing state that keeps me entertained when sleep is not an option. I think to

myself in this moment, "What a great time to write my next installment of "A Couch with a View" as I battle with the age old decision of blueberry, old fashioned or strawberry syrup.

The date is February 21st, one day before this year's Academy Awards telecast. It's one of my favorite times of the year depending on the line-up. This year looks good. All categories include some of my favorite Hollywood characters; Wolverine, Ron Howard, Batman, Robert Downey Jr. and Pixar to name a few.

Based on my conversation with this year's writing team for the Oscars, Bruce Vilanch and Jenny Bick (featured on my Living for the Weekend show, Fridays 1 to 3 on 980 WCAP), this year promises



to be hot with new and improved surprises!

Speaking of my not-yet-award-winning radio program and totally unrelated to the topic at hand, I recently had a great conversation with John Michael Higgins from NBC's Kath and Kim. Look him up and watch his work. He's one of the hardest working funnymen in the business today.

(Writers recommended watches... Best in Show and Walk Hard: The Dewey Cox Story.)

Enjoy both interviews at www.myspace.com/kidcruise. Sorry... where was I? Third cup of coffee... where is the bottom? I'm halfway through my Pigs in a Blanket plate... Right, the Oscars! As you read this article the awards have come and gone. Careers were made, salaries inflated and Mickey Rourke's dogs were thanked once again.

This would be a wonderful time to test my inside knowledge of "the biz" with a few post Oscar predictions which include a Broadway-like opening with host Hugh Jackman, in his Wolverine attire, tap dancing through a chorus line of high stepping Sir Ian McKellen look-a-likes,

Robert Downey Jr. making a bad judgment call by showing up in black face... joke taken too far, Brangelina arriving in a stretched minivan with all 28 kids in tow, Jack Nicholson escorted unwillingly out of the building after loudly protesting Heath Ledger's win as the Joker claiming, "There's only one Jack! There's only one Joker!" and Mickey Rourke, while accepting his Best Actor Award graciously recognizing his competition in the category by thanking "Brad Pitt, Sean Penn and... umm... those other two dudes."

Wouldn't that be fun? But all kidding aside, I will wrap this up with a few legitimate premonitions.

Ladies and gentlemen, your 2009 Academy Award winners... Mickey Rourke, Kate Winslet, Heath Ledger, Amy Adams and (drum roll please) Slumdog Millionaire!



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

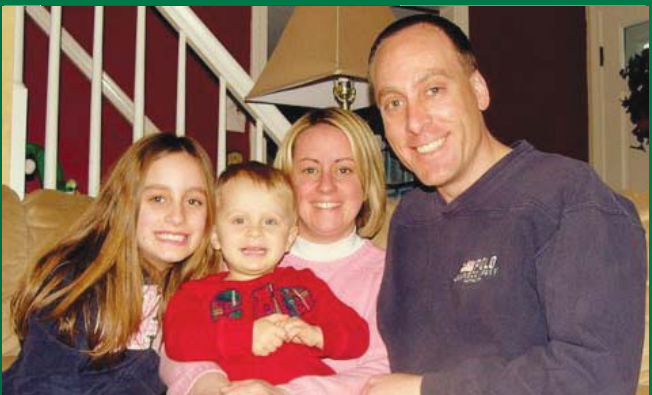
210A S. Main St. - Middleton

978-774-7411

Sal's
PIZZA



Re-Elect
Dan Lanen



Selectman - North Andover
Common Sense Government!

Paid for by the Committee to Elect Dan Lanen

Bikram Yoga Merrimack Valley

Located at the East Mill - 43 High Street, North Andover MA - www.bikramyogamv.com - 978-689-9642

CLASS SCHEDULE

All classes are open to all no prior experience necessary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am	*		*		*		
8 am						*	*
9 am	*	*	*	*	*		
4 pm						*	*
5pm	*	*	*	*	*		
7pm	*	*	*	*			

Schedule subject to change, check website for updates - www.bikramyogamv.com



New student special \$20 for 10 days - 10 consecutive days of unlimited Yoga!

Merrimack Pain Associates

NOW LOCATED AT 50 Prospect Street # 101, Lawrence, MA 01841



- State - of - the - art multidisciplinary pain center
- Up - to - date treatments of various pain conditions
- X-Ray and testing done in the office
- Team of experts in pain management headed by:

Dr. Rami R. Rustum

Comfortable and spacious waiting area



State of the art equipment



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



WEEKEND HOURS!

so you don't miss work!

EVENING HOURS!

so you don't miss work!

Email: merrimackpaincenter@gmail.com
Merrimack Pain Associates.....Dedication in pain management

Brissonte

Decorate ~ Design ~ Inspire

Vintage & New Home Decor
Exclusive Handmade Pillows
Old Fashioned Candy

181 Canal Street
Lawrence, Ma 01840
978-681-0220

Tues-Sat 10-5, Sun 12-5

Shop us online at:
www.brissonte.com



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 often times 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. Our offices will 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

2 locations for your convenience

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/SSI

Also specializing in Real Estate & Bankruptcy Law

Lilly's Boutique

Downtown North Andover



Prom Dresses, Casuals,
Ladies Suits, Brand Name
Designer Dresses, Jeans,
Jackets, special occasion
dresses, Mother of the
Bride Dresses

Hours Mon-Fri, 9:30am - 5pm
Sat. 9:30am - 4pm



141 Main St. North Andover MA 01845 (978) 683-3432

Charles Daher's

COMMONWEALTH

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



Power To Surprise

Brand New **KIA Sportage**

\$8000 OFF



We Accept Every Credit Application

Brand New **KIA Sedona**

\$9000 OFF



Brand New **KIA Sorento**

\$10,000 OFF



(978) 687-3000
shopuslast.com



RIGHT Off 495
EXIT 45
LAWRENCE

expires 4/1/09

Charles Daher's

COMMONWEALTH

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

Volkswagen



Our Aim

#1 N.E.'s DEALER

Brand New

VW Passat



\$10,000 OFF MSRP

2009

VW Rabbit



\$14,909

#1K15Z1
Manual

TDI's In Stock & On Sale!

(978) 685-3400
shopuslast.com



RIGHT Off 495
EXIT 45
LAWRENCE

expires 4/1/09

Thank You Valley Patriot!



For five straight years, I have been reading The Valley Patriot, and in that time I never once had to wonder if what I was reading was true. I love this newspaper because it has everything you need to know about the Valley ... local politics, kids, health, education, entertainment, legal matters, the environment... the list goes on and on. Congratulations my friends! at The Valley Patriot on your fifth anniversary... here's hoping for many more!

Re-elect

JORGE GONZALEZ
Lawrence City Council
DISTRICT "C"

Paid for by George Gonzalez

STEVEN BADDOUR
AMESBURY • HAVERHILL • MERRIMAC • METHUEN • NEWBURYPORT • NORTH ANDOVER • SALISBURY

Congratulations to ...

MERRIMACK VALLEY RADIO * 980 WCAP ... *EVERYBODY GETS IT!*



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



... on 5 great years publishing
hard hitting news and opinions
on local issues affecting the
people of the Merrimack Valley

paid for and authorized by the Committee to Elect Steven A. Baddour
PO BOX 959, Methuen MA 01844 - www.stevenbaddour.com

Internal Medicine Primary Care

Oleksandr Stupnytskyi, MD
50 Prospect Street, Suite 303
Lawrence, MA 01841
Phone: 978 725 5913

OFFICE HOURS
MON 10am-8pm;
TUE & FRI 8am - 1pm;
WED & THU 8am - 5pm



Now accepting new patients!
In the office or at the hospital,
Dr. Stupnytskyi will be there when you need him.



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 - Pastas

OUR SPECIALTY SUBS

THE GODFATHER hot sopressata, hot coppa, pepato cheese, prosciutto, pepperoni, roasted red peppers, mixed hot peppers, oregano, basil, oil	\$ 7.75
COLD EGGPLANT with fresh mozzarella, roasted red peppers, basil, oregano, olive oil	\$ 7.25
CAPRESE sliced tomato, fresh mozzarella, basil, oregano, balsamic vinegar, olive oil	\$ 7.00
ITALIAN HAM & CHEESE imported ham, prosciutto, sweet coppa, fresh mozzarella, basil, olive oil	\$ 7.50
PAPA'S sweet coppa, prosciutto, salami grande, sweet sopressata, fresh mozzarella, lite red peppers, basil, oregano, olive oil	\$ 7.75
JULIUS CAESAR imported ham, salami, sweet capicola, mortadella, fresh mozzarella, mixed hot peppers, basil, olive oil	\$ 7.25
HOUSE SPECIAL prosciutto, fresh mozzarella, roasted red peppers, basil, oil	\$ 7.50
BALBOA BOMB fresh butcher shaved steak, salami, pepperoni, peppers, onions provolone and mozzarella cheese	\$ 7.50
BUFFALO CHICKEN Our famous cutlets soaked in hot sauce, blue cheese, romaine lettuce, tomato	\$ 7.25
POPEYE marinated grilled chicken, spinach, cheese	\$ 7.25
GRILLED CHICKEN CAESAR WRAP Caesar covered grilled chicken, romaine lettuce, Romano cheese	\$ 7.00
EGGPLANT & CHICKEN PARMESAN COMBO a delicious blend!	\$ 7.95
DIJON CHICKEN marinated grilled chicken, romaine lettuce, tomato, basil, Dijon dressing	\$ 7.00
CRANBERRY WALNUT CHICKEN SALAD one of our best sellers!	\$ 7.00
GRILLED CHICKEN with FETA marinated grilled chicken, romaine lettuce, feta cheese	\$ 7.25



SPECIALTY SUBS (continued)

TURKEY CLUB (sub or wrap) Turkey, bacon, lettuce, tomato, mayo	\$ 7.50
PROSCIUTTO COTTO Imported Italian ham with sharp provolone, tomato, olive oil	\$ 7.50

OUR CLASSIC HOT SUBS

choose between fresh Italian bread or a wrap	
MEATBALL	\$ 7.00
HOMEMADE SAUSAGE with peppers & onions	\$ 7.00
CHICKEN CUTLET	\$ 7.25
VEAL CUTLET real, milk-fed	\$ 8.25
EGGPLANT PARMESAN	\$ 7.00
STEAK & CHEESE (or teriyaki steak & cheese)	\$ 7.00
STUFFED PORK ROAST	\$ 7.50

OUR CLASSIC COLD SUBS

choose between fresh Italian bread or a wrap. Extra cheese... \$.25	
ITALIAN	\$ 7.00
DIETZ & WATSON ROAST BEEF	\$ 7.00
DIETZ & WATSON ROAST TURKEY	\$ 7.00
DIETZ & WATSON PEPPERED TURKEY	\$ 7.00
VEGETARIAN	\$ 5.50
POLISH HAM	\$ 6.75

OUR GREAT SALADS

GARDEN SALAD iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, black olives	\$ 5.95
ITALIAN GARDEN SALAD romaine & iceberg lettuce, tomato, cucumber, red onion, radicchio, carrots, fresh mozzarella, hard boiled egg, peperoncini, black olives, and chick peas	\$ 6.95
GREEK SALAD romaine & iceberg lettuce, tomato, red onion, radicchio, feta cheese, capers, black olives	\$ 6.75
CAESAR SALAD romaine lettuce, tomato, red onion, radicchio, imported provolone, seasoned Sicilian olives	\$ 6.95
COBB SALAD romaine and iceberg lettuce, tomato, bacon, cucumber, red onion, hard boiled egg, avocado, Gorgonzola cheese, black olives	\$ 7.50
ORANGE WALNUT SALAD romaine & iceberg lettuce, tomato, cucumber, oranges, walnuts, red onion, radicchio, Gorgonzola cheese, black olives	\$ 7.50
BUFFALO CHICKEN SALAD our famous spicy chicken, romaine lettuce, tomato, carrots, celery, radicchio, Gorgonzola cheese, black olives	\$ 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

Jack Bevelaqua brings back WHAV’s Open Mike Show after 14-year hiatus

HAVERHILL - Jack Bevelaqua, the last host of WHAV’s popular Open Mike Show, returned to the air live at 6:30 p.m., Monday night, Feb. 2nd.

Like the original weekly, two-hour program presents timely guests and gives area residents a chance to call and discuss issues of concern. Unlike the earlier show, however, the program will be heard not just over the airwaves, but also on the Web at www.WHAV.net, area cable television stations and mobile phones. Bevelaqua will also comment on e-mails and voicemails.

“No feelings will be spared and no topic is off limits,” said Bevelaqua. “I welcome hearing from old and new friends alike. The promise of a free society is only fulfilled when there is a free exchange of opinions and ideas,” he said.

Bevelaqua, 55, of Haverhill, became host of the Open Mike Show in 1990. He succeeded Lindsay Parker and long-time host Bill Pike. The program began in 1962 with host Edwin V. Johnson. The original show ended abruptly March 3, 1995 when the radio frequency was turned over to a Spanish language broadcasting outlet.

Bevelaqua has been business and consumer services group manager at Massachusetts Division of Energy Resources since 1992. He previously served as the Commonwealth’s director of Institutional and Renewable Grants Management and as case manager/local government liaison for State Senator Sharon Pollard (D-Methuen). Bevelaqua also served on the Groveland Board of Public Health from 1972 to 2006 and Pentucket Regional School District Advisory Board from 1996 to 2000, among other community and civic committees.



PHOTO: COURTESY

“The addition of live, local talk on WHAV bucks an industry trend that favors nationally syndicated hosts,” said Tim Coco, president and general manager.

WHAV is heard on the Internet at WHAV.net, cable television in several area communities, mobile phones and a low-power AM radio station at 1640.

The WHAV call letters have been associated with local broadcasting since 1947. For nearly five years, the WHAV call has been heard on the Internet at WHAV.net and a number of public access cable television stations in Andover, Groveland, Haverhill and Methuen. Low-power AM radio service at 1640 and mobile phone service was also recently inaugurated. The U.S. Patent and Trademark Office recently awarded WHAV’s current owner federal protection from service mark infringement. WHAV is one of the fastest growing Internet radio stations, ranking in the top 10 percent of all Internet radio stations.

To listen, or for more information, visit www.WHAV.net.

From the Haverhill Council on Aging

Haverhill Recreation Department and Council on Aging will be hosting a monthly story craft hour for children and grandparents at the Citizen Center, 10 Welcome St. What better way to spend quality time and make special memories than to share a story! Children between the ages of 2 and 5 are welcome to attend. Join us on Friday, March 13, at 10:30 a.m. for our next scheduled story hour.

Cookies and juice for children and coffee for grandparents will be provided. Suggested donation is \$2.00 per family. Space is limited and reservations are required.

Faith and Begorrah, St. Patrick’s Day is just around the corner! Haverhill Council on Aging announces its Senior Citizen St. Patrick’s Day Party will be held on Monday, March 16, at DiBurro’s of Ward Hill from 11:00 a.m. until 2:00 p.m. E. J. Ouellette and the Irish Maggies will provide live entertainment, and a traditional Irish meal of corned beef and cabbage will be served. Doors will open at 10:45 a.m.

The presentation of the prestigious D. Raymond Taffe Award will take place at the luncheon. Last year’s recipient were the members of the Comedy Masque Revue. Members of the Revue have brought smiles to many faces and have performed song and dance routines for thousands in the Greater Haverhill and Northeast area.

There are 300 tickets available for Haverhill seniors at \$7.00. Addition seniors, non-seniors and out-of-town seniors may purchase tickets for \$16.00. Tables of ten may be reserved.

Tickets are available at the Citizens Center, 10 Welcome St., Haverhill, MA.

Haverhill Council on Aging and H. R. Block are hosting a tax information seminar for seniors on Wednesday, March 11, at 10:30 at the Citizen Center, 10 Welcome Street. Topics will include the new stimulus for 2009.

The Trustees of Tattersall Farm, 542 North Broadway, are seeking volunteers to participate in planning this year’s “Farm Day” to be held in September. Trustees are looking for creative ideas for children’s activities and as well as general assistance with organizing and planning the day.

This year will mark the third annual “Farm Day,” and Trustees and anxious to include the public in assisting with the event. It is a wonderful family day for children and adults and a great opportunity to work on a community event.

The Haverhill Council on Aging is planning a trip to Mackinac Island, Michigan June 1-8, 2009. Mackinac Island has been described as a “storybook” island of breathtaking beauty, and accommodations on the island are at the beautiful Grand Hotel. This trip includes an overnight in Niagara Falls, the Henry Ford Museum, a ferry ride, and a visit to Greenfield Village.

Total cost for this motorcoach trip is \$1,950 per person double occupancy.

For more information on any of these events you can contact contact Kathy Bresnahan X11 or Rita Labella X16 at the Council on Aging 978-374-2390 or kbresnahan@cityofhaverhil.com for additional information.

Georgetown club owner Wojtkun ordered to return money

Lonnie Brennan
VALLEY PATRIOT GEORGETOWN COLUMNIST

After six years of legal wrestling, on February 12, 2009, Judge Carol S. Ball, of the Essex Superior Court affixed her signature on a 68-page decision ordering Dr. Peter Wojtkun and the Georgetown Club, et. al., to return \$357,670.00 to golf course abutter Chris Rich. Dr. Wojtkun has 90 days to comply. Most importantly for other “lifetime members,” Judge Ball found a deliberate effort by Dr. Wojtkun to drive out lifetime members, and ruled that his usury claim (financial claim against lifetime membership) is invalid.

In December 2002, Mr. Rich entered into an agreement with Dr. Wojtkun to purchase 5% of the stock of the Club. Mr. Rich made multiple payments over a 5-month period totaling \$357,670.00 but delayed a final \$157,330.00 payment for many months. Mr. Rich cited a period of hospitalization as well as Dr. Wojtkun’s continued delay regarding a golf-cart easement dispute.

At first, the pair appeared to be working through the delay. By summer, things turned sour between the pair. On September 4, 2003, Mr. Rich made his final payment of \$157,330.00. Several days

later, his payment was returned and Dr. Wojtkun declared the stock purchase deal null and void for late payment. Dr. Wojtkun also refused to return the prior payments totaling \$357,670.00.

A meeting was held on Sept. 24, 2003 with Mr. Rich, Dr. Wojtkun and their respective lawyers at which time an agreement was reached between the parties (stock purchase, membership rights, easement rights, etc.), but that agreement quickly got tossed aside in the following weeks as tensions between the parties mounted.

In December 2003, Mr. Rich filed suit to “get back my money.” Much of 2004 was spent by Mr. Rich in court, attempting to recoup his money and regain his golfing privileges. After several court hearings and decisions, five years later, on February 11, 2008, the parties met again, this time in a Superior Court trial. Testimony ended on October 3, 2008. A declaration of judgment was released on February 12, 2009, citing defendants: “the Georgetown Golf Club, Inc., New England Golf Partners, Inc. (NEGP), Georgetown Links, LLP, and Peter Wojtkun.”

Most notably, Judge Ball summarized the long trial, testimony, affidavits, and filings by noting that: “since this litigation

began, the Club has engaged in a strategy with the aim of terminating the lifetime memberships.” (The Valley Patriot secured copies of court documents of multiple lifetime members engaged in suits by Dr. Wojtkun.)

The judgment also included notes of “hardball tactics,” ... “characterized as threatening,” ... “high-handedness...” and statements of the court finding “credible Rich’s argument that Wojtkun and his allies were harassing him.”

The court also found that Dr. Wojtkun and his attorney Thomas Curran had presented altered document/s to the court. Specifics regarding Dr. Wojtkun’s altering of a signed affidavit was noted in the judge’s decision, as well as a pattern to “drive out the Lifetime Members who financed his dream and now wants them out... Wojtkun lost sight of his fiduciary duty to the lifetime members.” An “intimidating” usurious letter of October 2005, telling members he would no longer honor their contracts, was showcased as one of many patterns of unjust behavior by the club owner.

“The goal (of the letter) was to terminate the original agreements with their hodge-podge of benefits, to raise more money and to drive some of the dissident members away,” the judge said.

“Over the years of its existence, The Club has been run with a strong and heavy hand, principally by Dr. Wojtkun,” Judge Ball summarized. “Wojtkun came to view people who disagreed with him as his enemies and enemies of the Club. Ruling by fiat rather than by consensus is a prescription for dissent and, where financial resources are available, litigation” the judge wrote. “It is not surprising that this approach to

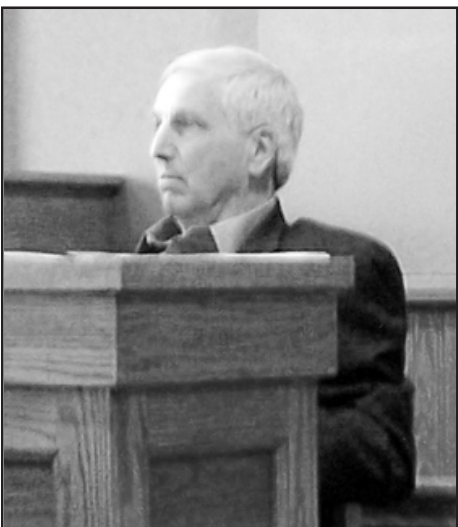


PHOTO: LONNIE BRENNAN

Dr. Peter Wojtkun and the Georgetown Club, et. al., were ordered to return \$357,670.00 to golf course abutter Chris Rich.

Club management has spawned the many lawsuits which relate to the Georgetown Golf Club which are famously pending in Essex County.”

The Valley Patriot has learned that nine pending cases have now been joined by the court to expedite and clear Essex court dockets of some of the various Georgetown Club court cases. The full text of the Court’s decision will be posted online. Massachusetts County of Essex Superior Court Civil Docket # ESCV2003-02419-C.



Lawrence “Lonnie” Brennan is a former Georgetown Selectman and is currently Vice-Chair of the Georgetown Republican Town Committee. He can be reached at Lonnie.Brennan@verizon.net.



Anne Marie Concemi
Chief Mortgage Planner

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

www.firstinteg.com



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.

From the desk of: Congressman Niki Tsongas

Tsongas announces Lowell to receive more than \$9 million in first allocation of recovery funding

Dracut, Tewksbury will also receive funds

LOWELL, MA - Congressman Niki Tsongas announced today that the City of Lowell will receive approximately \$9,250,000 as funding begins to be released from the recently passed American Recovery and Reinvestment Act (ARRA). The funding will help create jobs locally through the construction and restoration of public housing facilities, removal of lead paint from homes and residencies, and will address a variety of other housing related needs in the city, including homelessness prevention.

"The significant award that is being made to the City of Lowell will help to create construction jobs while simultaneously improving living conditions for Lowell residents," said Fifth District Congresswoman Niki Tsongas.

"The construction jobs that will be created will in turn support additional local job creation," Tsongas explained. "The impact of each dollar spent will multiply as those workers demand goods and services in our area.

"It is important to remember that we did not get into the financial crisis in one day and we will not get out of it overnight. But the investments in our communities that the American Recovery and Reinvestment Act makes are steps in the right direction and the resulting job creation will lay the foundation for our long term recovery. I will continue to work with the Governor's office and various federal agencies to ensure that additional job creating funds are distributed to the Greater Lowell area and our district," Tsongas concluded.

Said Gary Wallace, The US Department of Housing and Urban Development has

now allocated nearly 75% of its funding, or \$10.1 billion, made available thru the ARRA. The funding is primarily formula-based, meaning that it is allocated using set program criteria that do not require grantees to apply. The remaining 25% of funds will be competitively awarded at a later date.

Last week, the Administration announced that by April 1st, 95% of Americans are going to see their paychecks go up due to the tax reductions contained in the American Recovery and Reinvestment Act. Additionally, \$15 billion in ARRA funds are on the way to states to help maintain and improve health care for children and seniors.

A complete breakdown of the funding awarded to Lowell is below:

The Public Housing Capital Fund - \$3,770,720 for Lowell; \$57,287 for Dracut; \$81,025 for Tewksbury - These formula grants provide funds for construction and improvement projects for public housing in Lowell. It will help repair and in some cases replace housing units. Such examples are new roofs, new siding, new windows, and weatherization to make homes more energy efficient. Lowell received the 4th highest award in the state, besides the Boston Housing Authority.

Lead Hazard Reduction - \$3,000,000 - The Lead-Based Paint Hazard Control Grant Program assists in undertaking

comprehensive programs to identify and control lead-based paint hazards in eligible privately owned rental or owner-occupied housing in Lowell. These funds are for applicants who applied last year that were qualified for award but were not funded due to limitations of funds originally available.

Community Development Block Grants (CDBG's) play a critical role in maintaining the vibrancy and health of cities in the Merrimack Valley, by helping to spur economic development, add green space, and create affordable housing.

Homelessness Prevention Fund Formula - \$979,048 - These formula grants will provide financial and other assistance to prevent individuals and families from becoming homeless and will get people

housed quickly. This fund targets those who would be homeless without these funds and can be used for rental assistance, housing relocation and stabilization services such as mediation, security / utility deposits and payments, and moving cost assistance.

The Healthy Homes Demonstration Grant Program - \$874,940 - UMass Lowell's program, *Healthy Homes for All*, will Improve Children's Health in Diverse Communities, will focus on improving residential environments of low income, diverse families with young asthmatic children by providing training and technical assistance with the following community partners: Coalition for a Better Acre; Community Teamwork; Lowell Community Health Center; Lowell Housing Authority; and Merrimack Valley Housing Partnership. The project will also conduct at least 160 in-home

environmental assessments, remediations and educational interventions to lower exposures to in-home hazards and improve the health of children.

A key goal of this project is to increase knowledge and capacity among our institutional partners, diverse first time home buyers and tenants to produce healthy change and outcomes. These funds are for applicants under its fiscal year 2008 Notice of Funding Availability that were qualified for award but were not funded due to limitations of funds originally available.

Community Development Block Grants - \$639,803 - The Community Development Block Grant (CDBG) program funds will be used and distributed by the city for a wide range of activities intended to create suitable living environments, provide decent affordable housing and create economic opportunities, primarily for persons of low and moderate income. Under the Recovery Act, recipients shall give priority to projects that can award contracts based on bids within 120 days of the grant agreement.

Community Development Block Grants (CDBG's) play a critical role in maintaining the vibrancy and health of cities in the Merrimack Valley, by helping to spur economic development, add green space, and create affordable housing.



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

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.



980 WCAP
Everybody Gets It!!!

In The Morning
6-10am

Merrimack Magazine:
Afternoon Edition
3-5:30pm

Local Sports
News
Traffic & Weather
Talk

Join the Conversation

Advertising on WCAP 980AM really WORKS!

980 WCAP RATE CARD

Pre Payment adds 10% to Your Schedule

Visa and Mastercard Accepted

ALL RATES NET

980 WCAP ADVERTISING

"A Dollar A Second"

:60, :30, :15

5:30-10a Monday-Saturday \$60, \$45, \$30.

3-7pm Monday-Friday \$50, \$40, \$25.

Other Times 5a-12m

\$40, \$30, \$20.

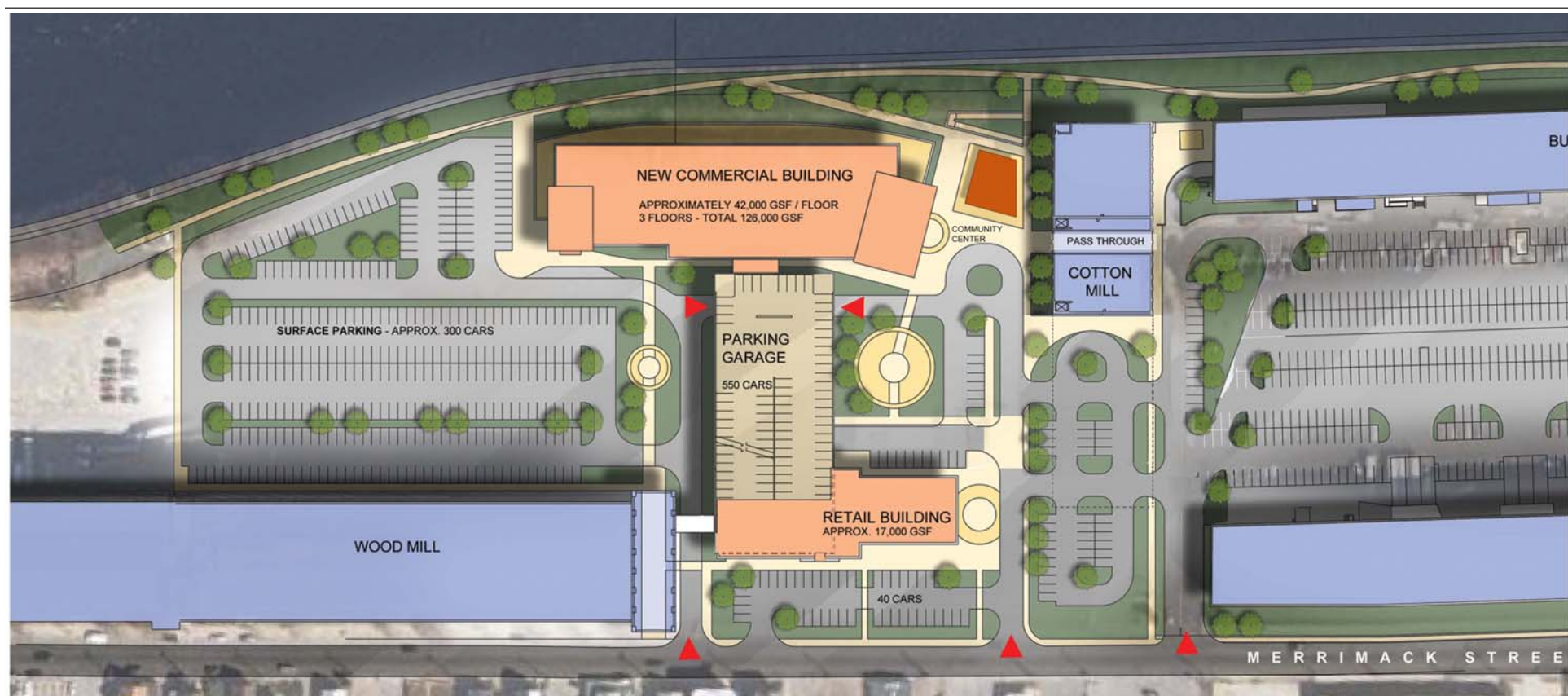
OVERNIGHT SPECIALS, SPONSOR OF THE DAY:

\$398., ALL RATES NET

Listen to WCAP live at 980WCAP.com

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

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



DRAWING PLANS: COURTESY SAL LUPOLI

Lupoli to build 100 million retail mall in Lawrence: From Page 1

Lupoli says he has been working with city and state officials to make sure they proceeded "correctly" and revealed that he will immediately apply for permits to begin demolition and start constructing new buildings. Lupoli says the new \$100 million project, which he is funding himself, will "transform the Merrimack Street area into a business and retail center for the entire region."

"We're going to go after this quickly," Lupoli added. "We are applying for a demo permit as soon as the process is complete, and then we will diligently start the development. We are going to take our time. The first step is to demo the building, start building a new retail strip plaza in the front of the building with a brand new look. Then, hopefully we can activate the rest of the phased project."

Lupoli says that the demolition will take place in about 60-90 days and predicted that people will be able to start shopping at the new retail plaza by the end of 2009.

It has been well documented that Sal Lupoli has spent more than \$60 million of his own money in phase 1 of the project and is estimating to spend another \$80 million in phase two.

"I am proud to say we have accomplished over a million feet of

development in less than five years during a good climate in Lawrence and I stand committed to helping Lawrence grow and be the destination for jobs and businesses. I really believe that redevelopment in a city like Lawrence is critical."

A badly needed community Center

Along with the construction of a retail mall and business center Lupoli also plans on constructing a community center for the City of Lawrence.

"The community center will be a vital part of the Riverwalk Phase II project," said John MacDonald, Vice President of Corporate Strategy and Communications for the Lupoli Companies. "The community center will be a place that we envision being part of the actual Riverwalk, and we anticipate breaking ground on that very soon."

"The Riverwalk community walk-way project was spearheaded by Sen. Sue Tucker. The community center could and most likely will offer bike rentals, kayak rentals, serve as a senior center or a place for the city to hold meetings. We aren't sure yet exactly what the size of the community center will be, as that part of the project is still being planned, but we

estimate it will be somewhere between 5,000 and 10,000 square feet."

MacDonald said that the community center is still on the drawing board and added that Lupoli will be getting feedback from the mayor and his team on the community center's design.

MacDonald says that when the project is completed, Lupoli will be donating the Community Center Building to the City of Lawrence.

Standing in the way of Progress

Lupoli had very little opposition to his \$100 million retail project among members of the community, but he did have to deal with a viscous personal attack by Chet Sidell and some "fraudulent political maneuvering by a city building inspector and a city councilor."

Sidell, a competing developer in the city is well known for seeking and receiving state and federal tax money to build his projects in the City of Lawrence and is most notably connected to Lawrence Community Works. He sold the KGR building on Island Street last year. To date, Sidell does not own any property in the city of Lawrence.

What's more, Sidell lives in Southborough, Massachusetts yet listed his address in his letter to the editor as "Lawrence."

Sidell's scathing letter to the editors of the Eagle-Tribune (which they published) accused Sal Lupoli of bullying city officials and demanding special treatment, claiming Lupoli was lying about the severity of the health hazard posed by the structures he was proposing to demolish.

Sidell, who once received support from Lupoli when he was ordered by the Historic Commission to tear down the old Lincoln Foods building on Methuen Street now accuses Lupoli of using "a version of 'The Mushroom Cloud' stress tactic here in Lawrence."

Sidell's letter claimed that Lupoli didn't go through the proper channels and accused him of bullying the city of Lawrence into approving his project.

"I assume that with guidance from the city, his last stop was the commission to demand that they not stand in his way," the competing developer accused. "It's clear to me that he would rather make his case in the press than follow set procedures that others must follow."

Lawrence Planning Director Michael Sweeney emphatically denied that Lupoli bullied city officials, asked for or received any special favors while seeking city approval for his project.

"Sal Lupoli has been completely above board and has been honest with us from

the very beginning about what he wanted to do and how he was panning on doing it," Sweeney said.

Lawrence Mayor Mike Sullivan said that he was surprised to see Chet Sidell getting involved and publicly opposing Sal's retail development.

"Sal's project is completely approved, all the boards and authorities have approved it down the line and now he is going to take down a lot of blight in the city and improve that site. He is going to be building a state of the art retail establishment that is going to create hundred and hundreds of new jobs for the city of Lawrence. Anyone who was on the wrong side of that... all I can say is, shame on them," Sullivan said.

"This individual owns this property and all he wants to do is clear it, so he can rebuild and bring jobs to the city," he continued. "I was a little taken back when I saw the letter to the editor that Chet wrote and I personally don't think it was the right thing to do. I was on Chet's side when he was pressured to take down a building that he owned and didn't want to take down. I don't think it was the right thing for Chet to do by publicly putting that letter in the newspaper. I mean, everyone has to work together as a team here in the City of Lawrence and standing in the way of a project like this doesn't help anyone."

"Sal is committed to being in the city for the next 40 years and remember, Sal Lupoli has already invested \$100 million of his own money in the City of Lawrence. You have to go back to when the mills were built to see that kind of an investment in the city"

Building Commissioner Fired

Prior to Lupoli receiving approval to tear down the blighted buildings on his property from the Lawrence Historic Commission, Lawrence Planning Director Michael Sweeney says the Commission had missed three meetings because there was a lack of a quorum (not having enough members to legally hold a meeting).

To rectify the problem with a backlog of issues for the commission to deal with, Lawrence Mayor Michael Sullivan appointed Lawrence resident Frank Giles to fill one of the vacant spots on the board. But what happened next, Sullivan says was "absolutely unbelievable."

In an attempt to prevent Giles from taking a seat on the commission, (thereby stalling Lupoli's retail development) Lawrence Building Inspector Gregory Arvanitis wrote what Sullivan called a "fraudulent report". Sullivan said that the

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



PHOTO: COURTESY

Lawrence Resident Frank Giles of 73 Fern Street was eventually sworn in as a member of the Lawrence Historic Commission after a City Building inspector wrote a “fraudulent report” to keep him off the board and stall the retail mall project.

report written by Arvanitis claimed he had been to Giles home and business at 73 Fern Street, alleging to have found zoning ordinance violations on the property. Violations that Arvanitis used to order Giles to vacate his home “immediately” and also ordering Giles to shut down his business on the first floor of the property.

In the “fraudulent” report, Arvanitis also pledged to appear before the Lawrence City Council to oppose Giles nomination to the Historical Commission stating; *“Please also be advised that a copy of this letter will be forwarded to the Historical Commission, and, if need be, I will personally speak in opposition to your appointment.”*

Sullivan said that when he learned of the letter he asked to see the site reports Arvanitis made out when he visited the property, only to learn that he never visited the property and hadn’t inspect Giles’ Fern Street home since 2005.

“This is a serious issue,” Sullivan said. “I sent a name down to the city council for appointment to the Historical Commission and he was approved by the personnel committee and then approved by the city council by a 6-3 vote. Now, the next day this person should have been sworn in by the City Clerk, but for some reason five days went by and the City Clerk refused to swear him in because of a potential recommendation by City Councilor Twomey who said he wanted to reconsider his vote. The City



PHOTO: TOM DUGGAN

Blighted buildings and smoke stacks on Merrimack Street in Lawrence located between Sal’s Riverwalk and Bob Ansin’s Monarch on the Merrimack. The Lawrence Historic Commission voted to approve the demolition of the three buildings pictured above to make way for a \$100 million retail mall and community center. Lupoli says the mall is expected to be finished by the end of 2009.

Clerk said he was going by the opinion of the City Council President not to swear in Mr. Giles.”

“What I found out was that one of our Building inspectors [Arvanitis] happened to communicate via electronic mail with the City Council President, Patrick Blanchette and his brother Peter Blanchette who works along side of Greg. They said in this email that they were going to get this guy. Then the inspector drafted a letter that was going to literally vacate him from his home and basically render him homeless. But he [Arvanitis] never inspected the property.

When I found out about all this I had a meeting with both City Attorneys Richard

D’Agastino, Charles Boddy and his boss Commissioner Burke, and we laid out the facts. It was so clear that all three parties recommended to me that Arvanitis was to be terminated immediately. The attorney’s said they felt they could defend our action in court so I fired him, so I did. We really felt this went above and beyond what city employees should be all about.”

Sullivan said that after he fired Arvanitis, City Councilor Twomey changed his mind about asking for a reconsideration of his vote to confirm Giles to the commission and City Clerk Billy Maloney eventually swore in Giles.

“It’s really amazing to see all of these actions taking place, especially against a

guy who has done nothing but pay his taxes. He lives in the city, works in the city, and wants to volunteer his time to serve on a board. He shouldn’t have to deal with being criticized and attacked by city councilors and a [now former] building inspector,” Sullivan concluded.

“Well, I think the facts are clear on this,” said Planning Director Mike Sweeney.

“If Frank Giles has to vacate his property immediately based on a bogus building inspectors letter he is going to have to stay with his family in North Andover till it get resolved and he is no longer living in the city,” he explained.

“That means, in the minds of some, he cannot serve on the Historic Commission and Sal’s proposals just sits and waits until the matter can be cleared up and the commission can get enough members to hold a meeting.

That’s not fair to the business owners who are waiting for approval from this board to move their projects forward and it really isn’t fair to Sal Lupoli who has spent millions of dollars of his own money on this project and loses money every day it is delayed.

On top of all that, we have this email from a building inspector to the City Council President where it is very clear that there was collusion going on between the two of them to make this guy homeless and prevent him from serving on a board. It really is unconscionable.”

Lawrence Mayor Mike Sullivan said that he had to make two emergency appointment to the Historical Commission while the entire Arvanitis fiasco was going on in order to give Lupoli and other city businessmen a chance to get their projects discussed and move forward with the progress of the city.

Lupoli told The Valley Patriot that he was just glad that his project is moving forward and that he will be part of creating thousands of jobs and permanently changing the Merrimack Street area from the blight and decay of the 1980’s to the destination place for business and commerce in the Merrimack Valley.

If you have a news tip and would like to share it with us please e-mail us at valleypatriot@aol.com.

MAIN STREET
HARDWARE
North Andover

**We Repair Window & Door Screens
And Sliding Doors TOO!**

Beat the rush,bring 'em in NOW, be ready when the hot weather hits !!"

GOT PETS?
ASK ABOUT
**PET PROOF
SCREEN
REPLACEMENT**

*** We Repair/Rebuild Wooden
Screens & Doors**
*** Broken Screen Frame?**
Missing Pieces?
No Problem!
WE FIX THOSE TOO!

YOU CAN TRUST US!

*** Over 40 years of Expert Experience**
*** We do all of our Own Repairs in our OWN Shop!**
*** Others send their screens out to poor quality fly-by-night shops, NOT US!!!**
*** All of our work is guaranteed 100% - We're not happy until YOU ARE!**

136 Main St. North Andover * (978) 683-4351 -
*** Special Seasonal Hours - Open Daily, 7-5:15 * Sunday 9:30 - 1pm (through June 15th)**

Broken Screen BUGGING you? We Can Fix it!

Stimulate your local
economy Shop Downtown
North Andover!!

We'll Match Your
Existing Aluminum or
Fiberglass Screen

valleypatriot.com

I agree with Mr. V.

Peter Larocque

LAWRENCE SCHOOL COMMITTEE

Of coarse I am referring to our senior member of the Lawrence School Committee, Mr. James Vittorioso. Calling him Mr. V. is not disrespectful, this is a term used by those of us who have the privilege of knowing him and working with him. Yes we have had our disagreements in the past, but on this particular issue that I am going to share with you in this article, we agree.

At the February 12, 2009 Lawrence School Committee Meeting, Superintendent Dr. Laboy mentioned the need for all Lawrence School Department employees to agree to a salary freeze to keep 100 or more teachers from getting pink slips. At this meeting Dr. Laboy said, "If we are able to freeze salaries we would be able to meet the gap". This means the Unions would have to go back into

negotiations because all the bargaining units are slated for a 3% raise for the FY10 school year. We have been told by our wonderful Governor Patrick that we will be level funded. This means our Chapter 70 money for FY10 will be the same as FY09. So starting with the Superintendent and the Administrators and **All** the rest of the LPS employees would forgo their 3% raise.

Not accepting this salary freeze would have a big impact on teachers. Both Mr. V. and I do not want to see anyone laid off.

There was an article in the Eagle-Tribune printed February 14 detailing this very issue. In this article Mr. V. is quoted as saying, "I support him (the Superintendent), that the teachers have to be realistic".

This topic came up again at our next School Committee Meeting February 26, 2009 where Mr. V. again spoke in favor of the teachers union agreeing to the salary

freeze in order to prevent teachers losing their jobs and I whole heartily agree.

But I must go back now to the article that was in the Eagle-Tribune February 14, 2009. Also interviewed in this article was the President of the Lawrence Teachers Union, Mr. Frank McLaughlin. His response to this issue was, "his members think there are better options". Here is what he offers as a better option, "The best answer to the current economic problem is we have to raise more revenue. The union supports all efforts on the state, local and federal level to increase revenue. We support President Obama's efforts to stimulate the economy" he said. He went on to say, "the union supports a 1 cent increase statewide in the meals tax and a 1 cent increase in the statewide hotel tax. They also support a 1cent local option on the state meal and hotel tax; this would bring additional dollars into the city."

The words, raise revenue and increase revenue, they are words used to soften the notion of lets RAISE Taxes.

We all know that the great majority of the LPS Budget funds come from the citizens of Massachusetts already. So the BETTER solution offered by the LPS Teachers Union is to TAX more the already over TAXED citizens of Massachusetts, again the liberal solution to every problem, the redistribution of wealth.

Now let's play along with this for a moment. What guarantees is there that when revenue is raised and increased that this additional money into the state coffers would make it to the LPS? Don't we need to pay for that Governor Office in Washington first? In addition to this, I now hear that we have to help pay for someone else's mortgage who couldn't

LAROCQUE, page 39

The Merrimack Valley Irish Connection

Jack's Irish Craic

Jack Doyle, County Sligo

VALLEY PATRIOT GUEST COLUMNIST

Reels, Jigs, sweet and harmonious music could be heard coming from Bunnanadden, County Sligo the other evening, or should I say, through-out the whole night, as the Cunningham family celebrated the 81st birthday of their uncle Paddy Finn. The whisky "flowed like water" and the craic continued with hilarious stories of the past. Among the musicians was Philomena Cunningham on guitar and tin whistle, "Phil" is well known through-out county Sligo, Mayo and Roscommon for her traditional Irish music and American style country music.

On banjo was Liam Kearns who also is the local mechanic and right hand man for the Mike Denver Show Band. He was awarded the duty of keeping Mike's van in working order for Mike to travel the many miles, night after night, through-out the North and South of Ireland. Liam is a personable man with a flavor for all kinds of music.

Francie Doddy, a self taught musician played the harmonica and the accordion, and I must say, to perfection. Jim O'Donnell a "transfer" from England, kept everyone's feet stomping with his rendition of "The Orange Blossom Special" and the many jigs and reels that he played. Everyone took a chance at singing solo, some were good, some awful, but all in all, very enjoyable. I sang a special rendition of Galway Bay.

Two of the 14 guests were Michael Commins and Patsy Browne of Midwest Radio 96.1fm | Clare St, Ballyhaunis, Co. Mayo. Patsy Browne, a talented singer in her own right, sang her personal rendition of Noreen Bawn that brought tears to the eyes of a few. She is also outstanding on

the guitar. Her personality and love of people is transmitted through her and I can see why Michael has her as his "right hand person" when he is on and off the radio. Michael kept the family laughing with his witty and hilarious humor. He certainly is a comedian in his own right and enjoyable to be around. The listening public through-out Midwest Ireland wait patiently every Wednesday and Sunday nights to listen to Michael's self styled presentation. You too can hear him on the web. www.midwestradio.com

In conversation with Michael Commins, he related to me that at one time, these types of parties would go on in mostly every home in Ireland where neighbors would come with their instruments and voices and sing and play to their hearts content. He said that it is sad that this tradition, like many traditions in Ireland have stopped. It is a shame, for it kept the family in harmony, (sorry about the pun), with each other.

Like most Irish people, the Cunningham's have relatives through-out the United States. Locally, some live in Lawrence, Lowell, and Boston but the majority of them live in the Cleveland Area. There was a police officer in Lawrence by the name of George Cunningham, mmmmm, I wonder? If anyone in the Valley Patriot reading family knows any of the following Cunningham's, you can contact me through my email address below: Martina (Cunningham) Small, Ann (Cunningham) Roddy, Della (Cunningham) Doddy, Michael Cunningham, Pat Cunningham. All the Cunningham's from this family were raised in Kilturra, Gurteen, County Sligo.

I would be amiss if I didn't mention the song that my partner, Martina and her sister Della sang at the affair. It was

taught to them by a local "older" woman, when they were children. I wonder how many of you readers remember hearing it. "I went to Killkenny to see miss Brown". it's a silly little ditty that most children sang years ago.

Not far from Culfadda where I live, are the Bricklieve Mountains situated in Castlebaldwin, County Sligo. Atop these mountains are the Carrowkeel Megalithic Tombs dating back over 3000 BC. There are 14 in all. These burial grounds of limestone and piled-up bricks had been in use up until 1500 BC. You can always see visitors climbing the mountain to view the ancient tombs. One day while I was atop the mountain I meet a local family who have lived nearby all their lives and didn't know about the tombs until recently. It was like someone living in New York City and not knowing the Empire State Building is there.

Looking at the panoramic view from the top of the mountain you can see Croagh Patrick near Westport, County Mayo, where in 441 AD St. Patrick fasted for 40 days. There are daily pilgrimages to the top of Croagh Patrick and it is surprising at the ages of the people who climb, most of them in their bare feet, to the top, youngsters and senior citizens alike. it's a sobering experience to see.

Below the Tombs of Carrowkeel is Lough Arrow, a large lake surrounded by ancient ruins of Pories, cemeteries and landowner homes. it's a picturesque view that sticks in your mind forever. The beauty of the landscape is outstanding.

Not long ago I attended a Chrystal Gale concert in Castlebar, County Mayo. I bring this up because of the love the Irish people have for country music. When the concert was over, Chrystal was sitting down signing autographs and I walk

around the autograph seekers and up to the side of Chrystal and said, "Hi Chrystal, I came all the way from Lowell to see you". Well, you'd think a bomb went off, she leaped out of her chair and threw her arms around my neck and gave me the biggest hug that I think I ever received. She yelled to her husband to come over and join us in conversation. Needless to say, she stopped signing autographs. During our little talk she said that she would love to be in Seabrook at one of the seafood restaurants eating a lobster roll. She loves Hampton beach also and said she goes there as often as she can. Did you know that her husband comes from Lowell? Midwest Radio is mostly a country station with a lot of craic also. MidwestIrishRadio.com is a web based station belonging to the sister station. Requests from all over the United States and the whole world for that matter, via, email, text and telephone are heard everyday. A family from Salem New Hampshire is emailing often to hear songs, as well as people from all over the Merrimack Valley. Isn't it nice that our Irish brothers and sisters can keep in touch with the old country via this radio station. At one time the ocean was the barrier between the United States and the old sod, but now, a hop, skip and a flight or a flick of a computer and were there.

May God give you...For every storm, a rainbow, For every tear, a smile, For every care, a promise, And a blessing in each trial. For every problem life sends, A faithful friend to share, For every sigh, a sweet song, And an answer for each prayer

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



SHEEHAN'S TOWING
978-687-9378

SERVING THE MERRIMACK VALLEY
24 HOUR TOWING
FLAT BED SERVICE AVAILABLE
COMPLETE AUTO REPAIR
MASS INSPECTION #5018



Canal Street Antique Mall

Check out our Website www.canalstreetantiquemall.com

- * Home to 50 quality antique dealers
- * 6,500 sq.ft. showroom 40+ dealers
- * Open 7 days a week 10am-5pm

Bring in this ad to receive 10% off anything over \$10.00*

"The best north of Boston" We will purchase one item or an entire estate. Check with us first!

* Cannot be combined

181 Canal Street, Lawrence Ma 01840, 978-685-1441



What you need to know about cancer pain (1)

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Every year more than 12 million people worldwide are diagnosed with some form of cancer. For those people, the pain associated with their condition is a serious concern. Pain is not necessarily inevitable for everyone with cancer but it is common. Approximately one out of three of adults who are actively receiving treatment for cancer and two-thirds of those with advanced malignant disease experience pain.

The consequences of unrelieved cancer pain are devastating and can include functional impairment, immobility, social isolation, and emotional and spiritual distress. In some cases, cancer pain that is not managed can lead to the cessation of potentially curative therapies, ultimately having a negative impact on the patient's survival. Cancer patients express greater fear of dying in pain (i.e., suffering) than dying. Family and friends also suffer as they witness the pain and anguish experienced by a loved one with cancer.

Every country, community, and family in the world is affected by cancer and its related pain. Focusing on a central theme of "Raising Awareness, Improving Treatment, and Growing Support," as proposed last year by the International Association for The Study of The Pain (IASP) is a key in fighting against pain and suffering.



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

Cancer Pain Issues, Barriers to effective pain treatment

Although many types of cancer can be diagnosed and treated early, and more patients are being cured every year, statistics show that far too many cancer

patients experience cancer-related pain.

There are several reasons for this problem. Most notably, patients are often denied sufficient pain medication due to fear of opioids among doctors, nurses, patients, and family members. Governmental restrictions on pain medication, as well as patients' financial limitations, can also affect an individual's access to effective pain medications, including opioids.

In addition, as increasing numbers of cancer patients survive, a variety of treatment-related chronic pain issues has surfaced, including:

- * Post-surgery pain
- * Chemotherapy-induced neuropathic pain
- * Anti-estrogen therapy-related musculoskeletal pain
- * Radiotherapy-induced pain

Factors affecting cancer pain

For many patients around the world, cancer remains a terrifying disease that often produces uncertainties and losses not only for the patient, but for his or her loved ones as well. We know that several factors can directly impact the ability to control a patient's pain, such as:

- * Emotions, including anxiety and depression
- * Cognition, such as a person's confidence in his or her ability to cope with pain, pain catastrophizing, and hopelessness
- * Social context, including the support a patient receives from his or her partner or family

Once we gain a better understanding of the neurophysiological basis of how psychosocial processes modulate pain, we will be better positioned to treat and manage the pain more effectively. Moreover, this enhanced understanding will enable us to identify psychosocial interventions that can further reduce the pain and suffering associated with cancer pain.

What causes cancer pain?

Pain is most often caused by the cancer itself. But pain can also be caused by the treatment or the tests done to diagnose cancer. You may also have pain that has nothing to do with your cancer or its treatment. Like anyone, you can get headaches, muscle strains, and other aches and pains.

Pain from the cancer

Whether you have pain, and the amount of pain you have, depends on the type of cancer, its stage (extent), and your pain threshold (tolerance for pain). Most of the pain occurs when a tumor presses on bones, nerves, or body organs. People with advanced cancer are more likely to have pain.

Spinal cord compression: When a tumor spreads to the spine, it can press on the spinal cord. This is called *spinal cord compression*. This pressure causes pain. It must be treated quickly to keep you from losing control of your bladder or

DR. RUSTUM, page 20

Methuen Village Assisted Living & Alzheimer's Care A New Alternative!



NOW OPEN!

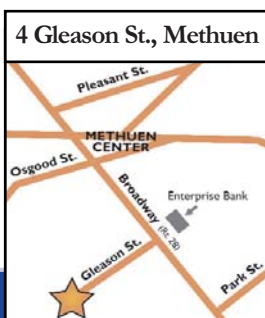
We offer gracious supportive senior housing and state-of-the-art Alzheimer's Care with competitive all-inclusive pricing! Our brand new building is now open and residents are busy moving into their new home.

We still have apartments available for rent but some styles are quickly selling out. Reserve now and choose the apartment that is just right for you!

For detailed information, visit
www.MethuenVillage.com

Open for Tours Daily!
Drop in or call for an appointment.
978-685-2220

www.MethuenVillage.com



Great Prices!!!

In TAX FREE Salem, NH

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

B&D
Scrubs

Contract free 911 Systems
Physical therapy products
Orthopedic care
Compression stockings

Home Medical Equipment



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

No Monthly Fee

Next to: T Bones / Pearls Candy

Tsongas celebrates expansion of children’s health insurance program with Greater Lawrence Family Health Center

WASHINGTON, D.C. - Congressman Niki Tsongas joined with health care and children’s advocates at Greater Lawrence Family Health Center (GLFHC) to celebrate the recent expansion of the children’s health insurance program. Tsongas, GLFHC CEO Robert Ingala, and Jon Kingsdale, Executive Director of the Commonwealth Health Insurance Connector Authority discussed the benefits of the program to Massachusetts and local health care providers.

“We are so fortunate to live in a state where health care, especially children’s health care, is seen as right and not a privilege,” said Congresswoman Tsongas. “The children’s health insurance expansion that President Obama has now signed into law will ensure that Massachusetts is able to maintain this commitment to our children and will not be threatened with budget cuts that would reduce the access to care that our children currently enjoy.”

“Nearly 4 million children across the country, whose families simply cannot afford care, will now have access to the healthy start in life that they deserve. This coverage expansion and the continued coverage of children already enrolled in the children’s health insurance program could not come at more critical time. The economic downturn and the resulting jobs loss have only compounded the problem of millions of children forced to live without access to affordable health care, and this new law will help to alleviate some of this strain on families,” Tsongas concluded.

Earlier this month, President Obama signed the bipartisan children’s health insurance expansion legislation into law, which ensures that 7 million children who currently participate in the program continue to receive coverage, while extending coverage to 4 million currently uninsured children. The expansion is especially important to Massachusetts, where the program was first developed, because it is a critical component of the universal Massachusetts Health Care Plan and will give the state the stable funding it needs to continue the program without cuts.

Under the legislation, quality dental coverage and mental health services will now be provided to all children enrolled in the children’s health insurance program.

Greater Lawrence Family Health Center serves over 43,000 uninsured and under-insured patients at four clinics in Lawrence and 18 sites throughout the Merrimack Valley that offer a variety of health services. The children’s health insurance program enhances GLFHC’s ability to continue to serve local children and provide them with a healthy start in life.

Dr. Rustum: from page 19

bowel or being paralyzed. The first sign of the compression is usually back and/or neck pain. Coughing, sneezing, or other movements often make it worse. If you have this pain, get help right away. Your doctor can treat the cause of the pain and also give you medicine to relieve the pain. If you are treated for the compression soon after the pain begins, you can usually avoid serious outcomes such as bladder or bowel problems. Treatments usually involve radiation therapy to shrink the tumor. Or you may have surgery to remove the tumor followed by radiation.

Bone pain: This type of pain can happen when cancer spreads to the bones. Treatment may be aimed at controlling the cancer, or it can focus on the affected bones. External radiation may be aimed at the weakened bone. Sometimes a radioactive medicine is given that settles in the affected areas of bone and help to make them stronger. Other medicines that can help make diseased bones stronger and help keep bones from breaking are available but you may still need to use pain medication as well.

Pain from procedures and surgery

Procedures and testing: Some tests used to diagnose cancer and to see how well the treatment is working are painful. If you and your doctors agree that such a procedure is needed, concern about pain should not keep you from having it done. Usually any pain you have during and after the procedure can be relieved. Your needs and the type of procedure to be done should dictate the kinds of medicine you can get for the pain. You may be told that the pain from the procedure can’t be avoided or that it won’t last long. Even so, you should ask for pain medicine if you need it.

Surgical pain: Surgery is often used to treat cancers that grow as solid tumors, but other treatments such as radiation or chemotherapy may also be given. Depending on the kind of surgery you

have, some amount of pain is usually expected. Let your doctor or nurse know if you have pain after surgery!!!

Phantom pain: This is a longer-lasting effect of surgery, beyond the usual surgical pain. If you have had an arm, leg, or even a breast removed, you may still feel pain or other unusual or unpleasant feelings that seem to be coming from the absent (phantom) body part. There is no clear understanding to why this happens, but phantom pain is real; it is not in your mind!

Pain from other cancer treatments

Some of the side effects that occur with chemotherapy and radiation treatments may cause pain for some people. Remember: Pain can cause you to stop treatment if it is not managed. Here are some examples of pain caused by treatment:

Peripheral neuropathy (PN): This condition refers to pain, burning, tingling, numbness, weakness, trouble walking, or unusual sensations in the hands and arms or legs and feet. Peripheral neuropathy can be caused by certain types of chemotherapy, though vitamin deficiencies, the cancer, and other problems can also cause it.

Mouth sores (stomatitis or mucositis): Chemotherapy can cause sores and pain in the mouth and throat. The pain can be severe enough that people have trouble eating and drinking.

Radiation mucositis and other radiation injuries: Pain from external beam radiation depends on the part of the body that is treated. It can cause skin burns, mucositis (mouth sores), and scarring - all of which can result in pain. The throat, intestine, and bladder are also prone to radiation injury and you may have pain if these areas are treated.

Next month will continue this discussion focusing on the most recent cancer pain treatments and your role as a patient during the treatment.

Annual Merrimack Valley Alzheimer’s Conference to be held in Andover

The 21st Annual Merrimack Valley Alzheimer’s Conference – the largest Alzheimer’s event north of Boston – is slated for Saturday, April 25, at the Wyndham Andover Hotel in Andover, MA, from 8:00am to 12:30pm.

The educational conference, which is designed for family members and professionals caring for people afflicted with Alzheimer’s or dementia, is titled “Keys to Successful Caregiving in the 21st Century”, and is co-sponsored by Elder Services of the Merrimack Valley and the Merrimack Valley Alzheimer’s Partnership.

Dr. Buck H. Woo, Neuropsychologist and Co-Director of the Memory Disorders Clinic at Merrimack Medical Center in Haverhill, will give the keynote presentation, “It’s Not Just Old Age”.

Dr. Woo will discuss the importance of thorough evaluations in accurately diagnosing Alzheimer’s disease, or related dementia, appropriate treatment, and family unity dealing with the disease.

Joanne Koenig Coste, a nationally recognized expert on caring for someone with Alzheimer’s and author of “Learning to Speak Alzheimer’s”, will make the closing address.

Ms Coste is also a consultant with the Massachusetts Alzheimer’s Association

and has been awarded the National Health Heroes Award from Readers’ Digest. She will offer insight into the challenges – and joys – of caring for an Alzheimer’s patient.

The Conference will also feature vendor displays of products and services that help and support Alzheimer’s patients and caregivers.

The Conference is free to family caregivers and \$25 for professionals.

Due to the popularity of this training, we anticipate this conference will be over enrolled. With limited space, reservations are strongly recommended. To register in advance, or for more information, call Janice Boyd, Community Educator for Elder Services at 978.946.1321.

2009 marks the 35th anniversary of Elder Services of the Merrimack Valley. Founded in 1974, Elder Services helps elders, their families, caregivers and professionals serving the aged and their needs. Through programs and funding, Elder Services provides education and in-home resources to elders as well as funding to other agencies which help the older residents of Merrimack Valley’s 23 cities and towns. Designated the Area Agency on Agency by the federal government, Elder Services also manages the State Home Care Program.




Voted Lowell's Best Fitness Club

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

Armano Chiropractic PC

Serving the Merrimack Valley For Over 17 Years



Se Habla Español

Dr. John Armano

N. Andover, MA 01845

Phone: 978-327-5571

Preventative/Maintenance Care

Accident Injuries
Sports Injuries
Headaches
Family Care

Same Day/Evening Appointments

Most Insurance Accepted

valleypatriot.com



PHOTO: COURTESY

Merrimack Valley Hospice Expressive Therapy Program is only program in the region

Merrimack Valley Hospice in Lawrence, MA is the only hospice in this region currently using expressive therapy for end-of-life care.

Traditional hospice care allows individuals the opportunity to live life to its fullest without pain, with choices, dignity, and family support. Utilizing expressive therapy has been proven to increase the quality of life even as physical health declines.

Expressive therapy, also known as creative arts therapy, emphasizes the use of art forms such as music, writing, dance, painting and drama to encourage expression. This proven therapy can be of great benefit, helping individuals to articulate their thoughts and emotions. Unlike traditional art expression, the process of creation is emphasized rather than the final product. Expressive therapy is conducted by expressive therapists who receive special training to use the arts as a tool for psychological, physical and spiritual wellness. A certification or licensing process is involved.

Expressive therapy is becoming widely recognized as a valuable form of therapy particularly in hospice care. This multi-arts approach can be used to begin a life review - the process of thinking back on one's life and communicating about one's life to others. It also aids in pain management, anticipatory grief, spiritual support, and makes it easier for family members to express their fears and final wishes

Alysa Mayer is an expressive arts therapist for Merrimack Valley Hospice and holds a Master of Arts in Expressive Therapies and Mental Health Counseling from Lesley University in Cambridge, MA. "Our new program enables me as a trained expressive therapist to integrate this unique therapy program with our current supportive end of life hospice care. Every day I see the transformative power of the arts for our patients. The arts can serve as a container for the suffering and regrets of a life, and also give voice to its joy and pain."

Expressive therapy is used with individuals of all ages and diagnoses, and is offered at home, in a nursing or assisted living facility or even in a hospital. In fact, local skilled nursing facilities such as Penacook Place in Haverhill and Sutton Hill, located in North Andover frequently utilize Merrimack Valley Hospices' expressive therapy service.

"Treating our terminally ill patients holistically – meeting their emotional, spiritual, social and physical needs is very important to us," says Julian Rich, President and CEO of Penacook Place in Haverhill.

In addition, expressive therapy encourages family members to express feelings and share memories. Ms. Mayer recounts being present during one of her patient's final hours. The patient's family perceived that their mother was struggling to breathe and hence their anxiety. Alysa used music therapy to relieve their anxiety. Soon, after the music began, they were reminiscing about dancing with mom in years past. Before long everyone was breathing more calmly, including their mother. By the third song "*Somewhere Over the Rainbow*" their mother stopped breathing and passed on.

"Expressive therapy takes on many forms – but the capacity of the arts to respond to human suffering is amazing," shares Ms. Mayer. Sutton Hill, a Genesis Healthcare Skilled Nursing Facility located in North Andover is also mindful of the benefits of this program.

"Expressive therapy offers us an option to help ensure a comforting and meaningful experience for our patients as they face the end of life, and creates positive and lasting memories for family members," says Karla Rossi, administrator at Sutton Hill.

Merrimack Valley Hospice is eager to bring this new program to hospice patients as early as possible. "Of course, patients and their families are often afraid of the dying process," says Sonja Granskou, music therapy intern. "We want people to know it can also be a beautiful time. A time to capture important memories or reconnect to family through familiar arts such as music, poetry, movement, drawing, painting, or journaling - whatever is meaningful to that individual."

Merrimack Valley Hospice is a not for profit agency dedicated to serving the medical, social and emotional services to terminally ill patients and their families. The agency is a member of the Home Health Foundation and affiliated with Home Health VNA and HomeCare, Inc. Together, the agencies serve more than 80 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information visit www.merrimackvalleyhospice.org.

The Answer Man

Those large buildings

1. The Library of Congress has three extremely large buildings on Capitol Hill in Washington, D.C. Each of these giant book homes bears the name of a famed president. Name the presidents.
2. Name the current pope of the Roman Catholic Church.
3. Who was the first pope of the Roman Catholic Church?
4. John Paul II, the current pope's predecessor, was born in Poland. In which country was the current pope born?
5. The first national park in the world was founded in 1872. Name the park and the state in which it was founded.
6. Name the Spanish explorer who was said to be seeking a fountain of youth, conquered Puerto Rico, became its governor, and died in an assault on Florida.
7. Name the Democrat who unsuccessfully challenged incumbent Democratic President Jimmy Carter in the 1980 presidential election.
8. What is the capital of the Republic of Poland?
9. Name the movie star who won a Best Actor Oscar and moved on to be the chief executive of the National Rifle Association.

For Bragging Rights, tell us the title of the picture for which he got the Academy Award.

10. Name the current top five syndicated TV programs according to the Nielsen Media Research report.

Answers: 1. The three Library of Congress buildings carry the names of Thomas Jefferson, James Madison and John Adams.

2. The current pope is Pope Benedict XVI.

3. The first pope was the apostle Peter, or St. Peter.

4. The current pope was born in Germany.

5. It was Yellowstone National Park, in Wyoming.

6. It was Juan Ponce de León (1460?-1521).

7. Carter defeated Sen. Ted Kennedy in that challenge.

8. Warsaw is the capital of Poland.

9. It was Charlton Heston who won the Oscar. It was for the 1959 film "Ben-Hur." Heston passed away in 2008.

10. The top five syndicated TV programs: 1) "Wheel of Fortune"; 2) "Jeopardy"; 3) "The Oprah Winfrey Show"; 4) "Judge Judy"; and 5) "Two and a Half Men."

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 2009 CREATORS SYNDICATE INC.

Newsday Crossword

LET'S FLY by Daniel R. Stark
Edited by Stanley Newman
www.stanxwords.com

ACROSS

1 Notary's device

5 FDR's coin

9 Was in a dash

14 Long (for)

15 Chapters of history

16 Strong glue

17 Land measure

18 Smidgens

19 Kate's sitcom pal

20 Rude dismissal

22 Parade features

23 Overpriced

24 Strait-laced

25 Clan emblems

28 Topnotch

32 Crop up

33 Formation flier

34 Sundial numeral

35 Tabby or calico

36 Footlocker

37 Come to a halt

38 "Give ___ rest!"

39 Look like a star

40 Propelled, as a gondola

42 Kind of bike

44 Like some stares

45 Dress-shirt feature

46 Make fuzzy

47 Romp

50 Paparazzo's purchase

54 Go-between

55 Verdi heroine

56 Fridge stick

57 Knucklehead

58 Dele canceler

59 Hunter's garb

60 Filled to excess

61 "Boo!" accompanier

62 Pretzel shape

DOWN

1 Volvo rival

2 Pale brown

3 "Beg pardon!"

4 Restraints for Fido's friends

5 Troubleshoots

6 Like Dubliners

7 Algebra's area

8 Double-curve shape

9 Grasp clearly

10 Poise

11 Burger partner

12 Where to get off

13 Does batik

21 Hoarfrost

22 Pat down

24 Get in touch with

25 Unspoken

26 Expound at length

27 Colossus

28 Dealt with, as a pocket watch

29 Skating leaps

30 Poker pair

31 Lightheaded

33 Distress

36 It's a steal

39 Gushed

40 Coveted assignment

41 Rowboat part

43 Candle holder

44 Rubs it in

46 Foreshadows

47 Heels

48 Water, in Oaxaca

49 Let off steam

50 Rigatoni kin

51 *Joie de vivre*

52 Sub captain of fiction

53 Flue buildup

55 Volcanic output

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			

CREATORS SYNDICATE © 2009 STANLEY NEWMAN STANXWORDS@AOL.COM 2/18/09

Hypnosis for Change.....Imagine that!

- * Lose Weight and Feel Great
- * Curb Cravings & Emotional Eating
- * Stop Smoking and Breathe Free
- * Live Your Best Life
- * Nutritional and Anti-aging products available

Studies prove Hypnosis can DOUBLE your success rate!

Call Addie Kania NOW for a FREE telephone consultation

1-978-374-9572

www.DearAddie.com

www.AlternativeWeigh.com



Addie Kania
Board Certified
Hypnotherapist

BLAIRE HOUSE of Tewksbury

Tel: 978-851-3121

Please See our Ad on Page 34

Exchange Club honors police, firefighter, and EMT heroes



PHOTOS: TOM DUGGAN

Patriot Ambulance EMT's Honored - Shawn Ormiston, EMT-P Field Supervisor "Four Years Dedicated Service," Holly Hunt, EMT-B "Five Years Dedicated Service," Erin Gallagher, EMT-B "Four Years Dedicated Service," Jason Lucier, EMT-B "Four Years Dedicated Service," Matthew Brown, EMT-P "Five Years Dedicated Service," Robert Branchaud, EMT-P "Two Years Dedicated Service." **Andover Police Officers of the Year; Patrolman Daniel Leonard** with his mother and wife (center pic), Patrolman **Timothy Hagerty** and Chief Patullo (pic right) - Officer Timothy Hagerty and Officer Daniel Leonard were recommended for this award by their Shift Commander, Lt Lee Britton.



North Andover Police and Fire Honored - North Andover Fire Department recommended Unit 4, Station 2 for a group citation for their actions in rescuing 3 family members whose canoe capsized in Stevens Pond. This team of **Lt. Sean Fountain, Firefighter Rob Hardacre, Firefighter Jon Pramas, Firefighter Dave Hebert and Firefighter Bill Golan.** **North Andover Police Officer Dan Lanen** with Chief Richard Stanley.



Andover Fire Department – Engine 1 Lt. William D. Loehr, FF Eric J. Teichert, FF Scott G. Weightman, Ambulance 1 FF/EMT Robert M. Dalton Jr., FF/EMT Kyle P. Murphy. **Lawrence Firefighter Thomas Baggett** being handed his Police Officer of the Year Award by Lawrence Fire Chief Peter Takvorian

What makes these men & women heroes?

On Wednesday February 18th the Exchange Club of Lawrence honored twenty public safety officials from Lawrence, Andover, North Andover and Patriot Ambulance. Two hundred twenty five people attended the event and each


honoree received a plaque and a citation from the Massachusetts Legislature. **Patriot Ambulance** - On the early morning of November 8th, 2008 a call came into Patriot Dispatch for "shots fired" on Exchange Street in Lawrence. This ended

up as a triple shooting with one of the shooting victims taken by friends to Holy Family prior to the arrival of Patriot Ambulance. Field Supervisor Ormiston was the first to arrive on scene to find two victims with multiple gunshot wounds. One of the victims was lying on the sidewalk, bleeding from his wounds, unresponsive, and not breathing. The other victim was conscious and alert. Ormiston immediately provided CPR and requested additional resources. The first ambulance crew to arrive on scene included EMT's Holly Hunt and Erin Gallagher who immediately assisted in the rapid assessment and treatment of the critically injured trauma victims. The additional resources that arrived included EMT Jason Lucier and Paramedics Matthew Brown and Robert Branchaud. With the trauma team activated from the field, both victims received immediate surgical interventions upon arrival at The Lawrence General Hospital Emergency Department. For ongoing specialized care Patriot's Paramedic s then transported both victims to a Boston Trauma Center. With the combined efforts of these dedicated emergency responders, including The Lawrence Police and Fire Departments and the Lawrence General


Paramedics and Trauma Team, we are happy to report that the lives of these victims were saved. **Andover Police Department** – On February 8, 2008, Patrolman Timothy Hagerty and Patrolman Daniel Leonard responded to a report of a domestic disturbance involving a man with a knife. When the officers arrived on scene they were met by two individuals who had fled from the residence. They told the officers that the man wielding the knife was upstairs with his girlfriend in an apartment. They told the officers that the subject had attacked them with the knife but they had managed to flee the residence before they were injured. The officers entered the apartment with their weapons drawn and began to search for the occupants. The officers discovered the girlfriend barricaded in an upstairs room. She indicated that the subject was in another room. As she was being removed from the apartment the subject appeared in the doorway. The officers were unable to see his hands and couldn't see if he was still armed with the knife. They began to order him at gun point to show his hands. The subject removed his hands from his pockets and without

~ In memory of ~

Lawrence Police Officer Thomas Duggan Sr.




Killed in the line of duty
March 16, 1990



Time may have passed, but we have not forgotten how you protected our community so well for 18 years. Nor have we forgotten what you lived for and what you died for.

Sadly missed by family, friends, colleagues and a very grateful community.



Happy 5th Anniversary to The Valley Patriot

... and congratulations to the police officers, firefighters and EMT's of the year!

Join the growing list of schools, fire departments, government agencies, organizations, and private companies using the
What NOW??? Evacuation Training Aid!

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**

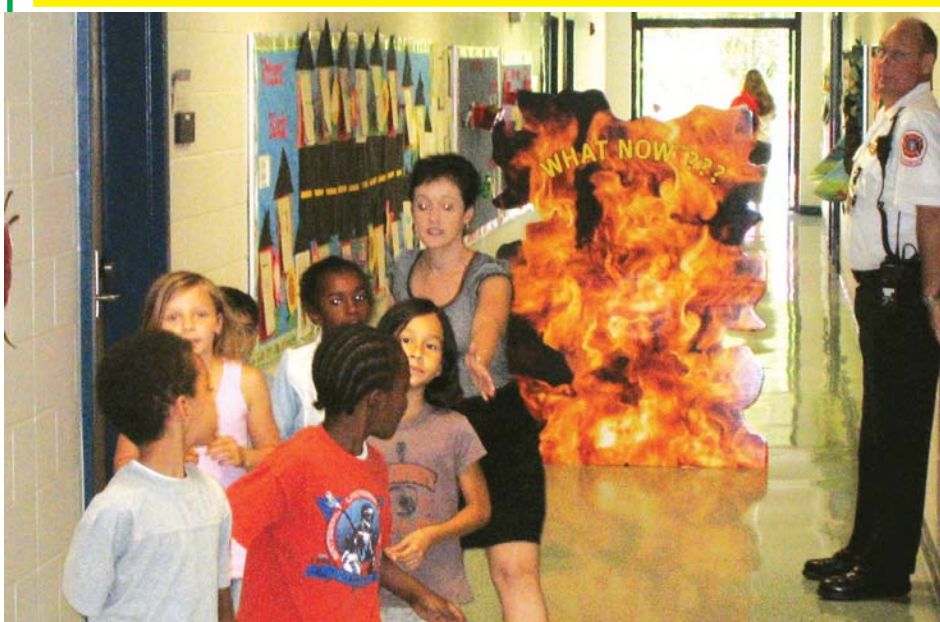
This device:

- * 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!

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.



"An indispensable training tool"

- Robin Lynch, Director, GLCAC Child Care

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

RAISE 'EM RIGHT™

“Redirecting children”

Barbara Peary, M.Ed.

VALLEY PATRIOT PARENTING SPECIALIST

My son's kindergarten teacher told me that it would really help my son's behavior, if I got in the habit of “redirecting him.” I really am not clear on just exactly what he meant by this.

For years in early childhood education, when a child misbehaved the teacher's gave her/him what was known as a “time out.” Meaning they removed the child from the situation s/he was involved in and had the child sit alone for a few minutes.

It was common to have a two year old sit for two minutes, a three year old for three minutes, etc. Currently in a lot of early childhood settings this practice has faded. Instead, teachers respond to inappropriate behavior with a method defined as redirection. For instance, if two children were throwing blocks at a tower which they had built, a teacher might remind them of the rule- blocks are for building, not throwing.

Then redirecting the behavior the teacher might say, “If you want to play a throwing game, you can toss these bean bags into a barrel.” In this example, the teacher has recognized the children's need to play a more active game and provides an appropriate alternative to what they had been doing. In redirection, instead of saying “no” or “don't” to conduct constantly, the teachers have the children choose more acceptable behaviors.

We have three preschool age children and would like to purchase a small table and set of chairs that could be used for clay, crafts, and other projects that they like to do. The sets in local toy stores are shoddy and plastic; my preference is wood or something of better quality.

If you have access to a teacher, ask to borrow early childhood catalogues. Or search on line. There are quite a few stores that sell high quality children products to schools at reasonable prices and they will sell to individuals also. One company that has many high quality wooden pieces is Community Playthings.

They advertise furniture for children that is “Simple. Durable. Safe.” Locate them at www.communityplaythings.com.

Our fifteen year old daughter claims that I “never listen to her.” I try to listen and give advice when I can, but she tunes me out saying, “You don't understand.” I need some help with this.

There is a difference between hearing children and listening to what they are really telling you. Instead of nodding and saying “yes” or “huh?” in what you deem are acceptable pauses in the conversation; try what is called “reflective listening.”

The gist of the idea is to reflect back what the person has said. A case in point might be when your student rambles on and on about problems she is having with a teacher she doesn't like. Instead of offering advice on how to deal with the situation, say something like- “You sound upset, discouraged, mad,” or whatever fits with what is being said. At first you might find this hard to do, because the tendency is to try to jump in and help problem solve, but remember that most children at this age do not want advice, unless they specifically ask for it. Make a habit of reflecting back what is said and then don't be surprised when you are thanked for your advice, even though you have given none!

I want to spend more quality time on the weekend with my daughters who are eleven and thirteen. Any suggestions as to what we can do together besides going out to eat and shopping?

You're asking the wrong person. Do some brainstorming as a trio. With them checkout your local papers for exhibits and music groups that might be of interest to all of you.

Please send questions to RAISE 'EM RIGHT™, RAISEEMRIGHT@aol.com.



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

STAYATHOME DADS

Don't call me Mr. Mom

Pete Baylies

VALLEY PATRIOT CONTRIBUTOR

Another challenge that at-home dads face is how people react to the fact that they are the primary caregivers. Whether they are friends, family or complete strangers, everyone has their two cents about what you are doing –and more than likely they will share it with you. As sad as it is, people still expect the man to be the breadwinner, and the wife to be the nurturer, and when these roles are reversed often people stick their noses up. You will quickly find that everyone has an opinion on your decision to stay home with the kids. As one dad put it, “Even the man I can most complimentary term as the town drunk has a view point. One day he lurched up into my face and growled, ‘F’ cripes sake, who don't you get a real job?’”

One particularly irritated at-home dad decided to just start telling people his hobbies, and letting them believe that it was part of his “job” at home. “I got so good, that when I was done responding to their question...they were green with envy...home all day, work when I want, and have money to buy my toys (my wife gives me a generous allowance).” However, once people caught on that he did not have a “real job,” their attitudes toward him changed. “Strange that such a trivial matter could influence a directly opposite response in a person.”

Among the various negative comments that at-home dads hear from people, the one they find among the most annoying is being called “Mr. Mom”. The Mr. Mom label comes from the 1983 movie with Michael Keaton and Terry Garr, and even though it is almost 20 years later, this label seems to have stuck. “I've been a stay at-home dad for two and a half years now, and I think the most valuable piece of advice is this – every time someone calls you Mr. Mom drop a quarter into a jar. You will have a Harvard tuition by the time the child is 18,” said one dad.

We hate this term because it is derogatory, and because it suggests that we are not as “macho” because we have chosen to stay at home with our children. We are not trying to be substitute mothers, as this cliché suggests, but we are being what we are: fathers. However the reality is that society is slow to accept the role of the at-home dad, so we can either be angry at everyone all the time for this injustice, or learn how to deal with it and help to change people's attitudes toward at-home dads. Most dads I talk to find that humor is the most effective way of thwarting off negative comments. Not only does it make you feel better, but it may help others see the absurdity of the comments they make. Scott Brown describes how he found himself in a particularly awkward situation bringing his daughter to parent/child swimming

lessons, and finding himself to be the only guy in the class.

“Before we even got to the pool, I had a sense I was in too deep. As the attendant at the front desk pointed to where the men's locker room was, she yelled to the instructor, ‘Unlocks the men's door – we've got a Mr. Mom with his daughter here!’ Without missing a beat, I asked, ‘What?! You don't have a separate-but-equal Mr. Moms' locker room?’”

Scott, like many fathers, has found that getting people to laugh is far more effective than getting militant and angry. After all, Mr. Mom is just a name, and most of the time, people do not realize the negative connotations. When you are at a loss for the right funny comeback, another tactic is to turn negative comments around. When at-home dad John Daniels was asked how he could afford to stay at home, he replied, “I can't afford not to stay at home.” Responses like this demonstrate that you take your job seriously, because being an at-home dad is a “real job.” If the comments come from a stranger and it is obvious that they are trying to make you feel bad about what you are doing, then walk away. You aren't going to be able to change their mind.

While comments like “Are you babysitting today?” or “When are you going to get a real job?” are frustrating because they seem to undermine what you are doing, you need to be able to keep it in perspective. While others may not understand the hardships of being an at-home dad and that it is a “real” job that does not mean that it isn't one. In the end the only people who you should be trying to impress are yourself and your family. Evidence has proven that when dads stay at home with their kids it can have a more positive effect on their children, which is the most important factor of them all. Researcher Dr. Robert Frank found that children have a more equal relationship with both parents when the fathers stay at home with them.

“With fathers at home and mothers working, we see a more equal balance of parenting. The father spends most of the day with the child and the mother spends the evening with the child. The child feels the attention of two parents to a greater extent than [in] the traditional family where the child sees a lot [more] of the mother and not of the father. Both parents are more involved in the child's life which has great benefits for the child.” So while old opinions may be hard to shake, try to remember what really matters.



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

athomedad@aol.com for more information.



Steve Sirmaian

Chief Operations
Managersteve@firstinteg.comCell: (978) 771-2906
24-hr.www.firstinteg.com

“First in Rates, First in Service”

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.

little
Sprouts

Plant Early. Grow Strong.

Grow With Us...



Little Sprouts is the recognized leader in early childhood education. For over 25 years, our infants - school age programs have been:

- affordable
- award-winning
- nationally recognized



SUMMER
WITH SPROUTS!

Blooming Sprouts Enrichment
Program, ages 5 - 7

Big Sprouts Camp, ages 7 - 13

Contact Us Today! 1.877.YSPROUT

www.littlesprouts.com

ANDOVER HAVERHILL HAVERHILL@NECC LAWRENCE LOWELL METHUEN ROXBURY WESTFORD WOBURN

Live the WOW!

Who Wants to Be a MILLIONAIRE! Everyone! Answer a few questions and you are Golden. Come on. You know Life doesn't work that way. Not even for a Slumdog. One thing does work. Living the WOW!

Thomas Connors
VALLEY PATRIOT COLUMNIST

Who wants to be a Millionaire!!! Or, if you are really up with current movies and the Oscars ... who wants to be a MILLINAIRE!

Whoa! Wait a minute! Tom, you are writing a column on Millionaires? I can't figure out half these columns on the WOW! as it is and you want me to actually think about being a millionaire in these, the worst of financial times? Are you nuts???

OK. Now get this through that thick skull of yours. Living the WOW! is dependent on one thing. YOU! Only YOU!

Living the WOW! and becoming a millionaire is not dependent on the economy. Nor is it dependent on the weather or any other outside event or catastrophe. It is dependent solely on YOU and your attitude toward yourself and your life. Any reason for not Living the WOW! or any reason for not having a WOW! in your life is just an excuse plain and simple. The decision to Live the WOW! rests with you. Period.

A Millionaire! To become one you have to learn to THINK and ACT like one! That means you have to look at Life differently and make every single moment count!

Living the WOW! is a mindset. It's all about living life to the fullest and making the most out of every single moment. It's about appreciating what happens to you and why those things happen. It's about paying attention to the world around you. It's the way millionaires think and act!

Millionaires don't settle for second best. They make Life a WOW! and live it large! They don't dreams small dreams. They dream great Big WOW! Dreams. They know it takes as much effort to make small dreams come true as it does BIG

ones. And when they give thanks, they do that with a WOW! as well. They know from experience that what you get is directly related to what you give. They know Life works that way.

How important are your life experiences? Well, if you saw this year's Oscar winning movie, Slumdog Millionaire, you know they can make you a millionaire!

WOW! what a lesson to be learned. Everything that happens to us in life EVERYTHING ... has a lesson to be learned and has some kind of effect on us. Even the smallest experiences we go through might someday have a tremendous effect in molding us into who we ultimately become as a person. Slumdog experienced that first hand. Every question he was asked had its answer in a seemingly nondescript specific incident in his life. And these experiences had such a lasting impact on him that he was able to recall and answer question after question on his way to becoming a millionaire!

Even at American Training I see examples of how important life experiences can be for people. They may be less dramatic than slumdog but their value is still there.

Determined to make a good living for herself and her family, a middle-age woman from the islands came to our LARE Training Center. The passion and determination were there. She just didn't know where to begin. After discovering her love of sewing, her assigned counselor suggested electronics. Her fine motor skills and amazing eye/hand coordination made her a natural. She became one of our most in demand graduates.

Ask yourself! When Life asks you questions. When the Good Lord puts challenges in your path. Will you be able to reflect back and get the right answers or will you choose to settle for a much less satisfying way of life?

Life asks us questions every single day in some way. Do you want to succeed? Do you want to be a millionaire or more? Do you want to live life with a WOW!? Do you want to make your mark in this world? Do you want to make this world a better place in which to live and work and play? Do you want to fulfill your purpose in life?

Although the immediate benefits may not be as obvious as being the winning contestant on Who Wants to be a Millionaire, the riches you will ultimately get are just as remarkable! The key is to live your life fully alive and alert to even your every day experiences. They are loaded with valuable life-changing stuff. But, only if you take the time to notice and ponder them.

Never give up on Living the WOW! Even in the worst of times, find that silver lining. Take what life throws your way and create the best life you know how.

A terrific story told by author, Dr. C. Thomas Anderson gets right to this point.

bIf you're over 50, you remember Uncle Scrooge McDuck, that comic book and cartoon character who was unbelievably wealthy. Well, one day he was sitting in his bathtub, bathing in billions of dollar bills and showering himself by throwing them in the air. The next thing you know, he experienced a series of financial setbacks and disasters that left him broke and penniless.

One day as he walked along a sidewalk in tattered clothes and worn out shoes, he noticed a nickel on the ground and picked it up. He then saw some kids fishing. They had caught a number of fish, so he offered to buy them for a nickel. He then continued down the street to a restaurant and sold the fish for several dollars. Then he used that money to buy a scooter. Then, the scooter to buy a broken down car. One trade after another continued



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.

until he had all his money back and was insanely wealthy once again.

Here's the lesson. Do what the wealthy do. Think like a millionaire. Most people would sulk and give up. They would try to figure out how they could get on welfare and have the government take care of them. They'd wait for a stimulus bill to bail them out.

The millionaire however, learns from his mistakes and knows for sure that if he did it once before he can do it again. He gets right back to figuring out how he can become a millionaire once again! No matter his situation, he never stops believing and Living the WOW!

Now, that's a **WOW!**
You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2009

SIMPLE WISDOM

Be a blessing

Gail Van Kleeck
VALLEY PATRIOT COLUMNIST

My mother died just before Christmas a few years ago. She was 92 and ready to continue her journey. My three sisters and I slept together on the floor of her room for the last four days of her life. It was a bitter-sweet time. We cried. We talked. We remembered. We laughed. Our mother was in and out of awareness and there with us as well. Together we were weaving a tapestry of memories that would sustain and connect us forever.

I'm the oldest. I fed us from our mother's cupboards, filling her little home with the aroma of simple wholesome meals.

Christine is the second oldest. She wondered aloud about what parts of our parent's unfinished business we were working on as well. We had wonderful conversations, talked about our personal challenges and celebrated one another's courage and growth.

Mary, the third sister brought her knitting, her generosity of spirit and her gentle sense of nurturing Sitting beside our mother's bed, quietly watching over all of us, she was never intrusive yet always there.

Lesley, the youngest sister blessed us with her inner wisdom and instinct for inclusiveness. It was she who

encouraging our mother's friends to join us, thus allowing us a glimpse into a part of her life we might not otherwise have known.

Our brother Bruce, the youngest of the five of us, arrived three days later. He had been in California. We had known she would wait for him. She died peacefully soon after he returned.

Since my mother had lived in Michigan, I'd stayed connected through the last years of her life by calling nearly every day. She hadn't been strong enough for long conversations, so I'd simply shared the good moments from my daily life. Her obvious pleasure in hearing those moments encouraged me to look for more. After she was gone it occurred to me that her way of listening had given me a whole new way of seeing.

I noticed a bumper sticker I know she would have loved. It simply said, "Be A Blessing"

What if we serve others best by the way we listen and by what our way of listening encourages them to see? Be a blessing.....Be a blessing

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

478 Chickering Rd. NORTH ANDOVER



NOW Delivering!

978-689-7374



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”

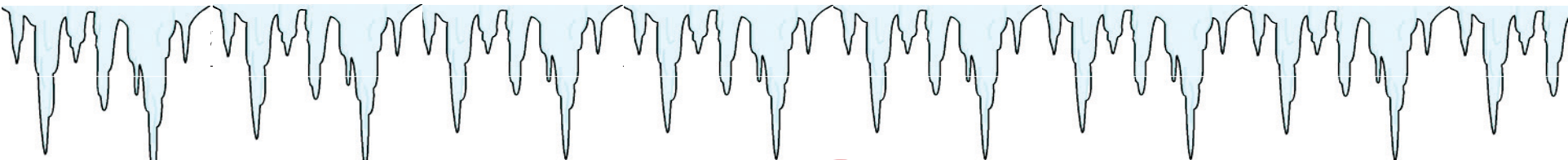
Kindergarten – 8th Grade
Any Student entering Kindergarten must be 5 years old by September 1st

Pre-Kindergarten: Full Day / Half Day Programs
Age accepted 3.9 years old by September 1st
STRONGACADEMIC 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)

Congratulations to The Valley Patriot
5 Years of educating the Valley!

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



WINTER IS HERE!!!

DO YOU LIVE IN ONE OF THE FOLLOWING COMMUNITIES?

ANDOVER, LAWRENCE, METHUEN, N. ANDOVER, N. READING, READING

IF SO...GET HELP **NOW** WITH YOUR HEATING BILLS



ARE YOU INCOME ELIGIBLE?

Number of Household Members	Gross Maximum Annual Income
1	\$27,876
2	\$36,453
3	\$45,031
4	\$53,608
5	\$62,185
6	\$70,763
7	\$72,371
8	\$73,979



FIRST TIME APPLICANTS ARE ENCOURAGED TO APPLY

If you received a blue application in the mail, please return it to us with all necessary paperwork. Thank you.
Appointments may be made by calling 978-681-4950

Or on a walk-in basis at GLCAC, Inc. LIHEAP Office, 2nd Floor
305 Essex Street, Lawrence, MA - Monday through Thursday 9 am – 4 pm



EL INVIERNO ESTA AQUI!!!

VIVE USTED EN ALGUNA DE LAS SIGUIENTES COMUNIDADES?

ANDOVER, LAWRENCE, METHUEN, N. ANDOVER, N. READING, READING

SI—COJA AYUDA **AHORA** CON SU FACTURAS DE CALEFACCION
INGRESO PARA ELEGIBILIDAD?



TAMAÑO DE FAMILIA	MAXIMO INGRESO ANUAL
1	\$27,876
2	\$36,453
3	\$45,031
4	\$53,608
5	\$62,185
6	\$70,763
7	\$72,371
8	\$73,979



SE ANIMA LOS “APLICANTES DE LA PRIMERA VEZ” QUE APLIQUEN

SI USTED RECIBIO SU APLICACION AZUL POR CORREO,
FAVOR DE ENVIARLA CON LA INFORMACION REQUERIDA.
GRACIAS. PUEDE HACER CITAS LLAMANDO AL: 978-681-4950

O EN PERSONA EN EL:
GLCAC, Inc. LIHEAP Office, 2nd Floor
305 Essex Street, Lawrence, MA
LUNES A JUEVES DE 9 am – 4 pm



NOTEBOOK: FROM PAGE 7

fallen soldiers decide whether or not pictures can be taken of their loved ones coming home is the appropriate solution to this debate. We opposed the bill making its way through Congress which would allow the press to take pictures of all slain soldiers in their caskets regardless of the wishes of the families. Well, now thankfully, the Pentagon has sided with the families of fallen soldiers and announced a new policy that calls for families to make the final decision, not Congress, not the press and not the President. Families of fallen soldiers will now be able to decide whether the press can take pictures of flag drawn caskets containing their loved ones as they come back home from Iraq or Afghanistan. This was a very big win for military families and honoring the memories of those who made the ultimate sacrifice.

HAVERHILL - Mayor Designates Stankovich as "Stimulus Czar" - Mayor James J. Fiorentini designated DPW Director Michael Stankovich to be the local "Stimulus Czar" in charge of all stimulus projects in the City of Haverhill. Mr. Stankovich will head the Mayor's Economic Recovery Taskforce in charge of applying for and obtaining federal stimulus money, managing the project and prioritizing the projects. They will make recommendations to the Mayor who will make the final decisions. Also on the Economic Recovery Taskforce will be Mayor Fiorentini, Andrew Herlihy - Mayor's Chief of Staff, Anthony Komornick - MVPC, William Pillsbury - Director of Economic Development and Planning, City Councilor William Ryan, Robert Ward - Deputy DPW Director, Chris D'Aveta - CDBG Director, Charles Benevento - City of Haverhill CFO, Dennis Soraghan - Haverhill Housing Authority Director, Jeff Dill - Public Facilities Director, Paul Bergman - Chairman Haverhill High School Building Committee, Peter Richardson - Haverhill Conservation Commission, Fire Chief Richard Borden - Haverhill Fire Department, Police Chief Alan DeNaro -

Haverhill Police Department, Robert DeFusco - Haverhill Purchasing Agent, Superintendent of Schools Raleigh Buchanan, and Vincent Ouellette - Director of Haverhill Recreation Department. Thus far, the City has applied for \$154M in stimulus projects. The Mayor said he intends to list all of the projects on the City website. Starting next week, a special page will be set up on the City's website outlining all of our requests for stimulus money and our progress in receiving it.

Starting next week, we will also have open public meetings of the Stimulus Taskforce. The purpose of the taskforce will be to request, lobby for, and obtain stimulus money, and, under the leadership of Michael Stankovich, manage the stimulus project. The first meeting of the Mayor's Economic Stimulus Taskforce will take place on Tuesday, March 3rd.

POLITICS - Democrats hold platform hearing for state convention

The 1st Essex-Middlesex (IEM) Coalition of Democratic town and ward committees will host a Platform Hearing for area Democrats interested in submitting testimony for the 2009 Massachusetts Democratic Convention. The hearing will be held on March 18 at 7:00 PM at Ipswich Town Hall, 25 Green Street, Ipswich. The state party's convention will be held on Saturday, June 6th at the MassMutual Center in Springfield. At that time, Democrats from across the state will gather to adopt a party platform. David Plouffe, campaign manager for Barack Obama's presidential campaign, will be the keynote speaker. According to Party Chairman John Walsh, "David will share the insights he garnered during the campaign and his vision for where we need to go as a party to build on those successes."

NORTH ANDOVER - Open meeting law - According to one of our readers the Town Government Study Committee stopped posting meetings after a reporter from the Alabama Eagle showed up at a meeting on 11/12. After that our source says that meetings held on 12/03/08, 1/7/



PHOTO: COURTESY

The Lawrence Redevelopment Authority presented a check to Barbara Brown of the Lawrence History Center last month. The check is to help the History Center with its mission to preserve documents and the history of the City of Lawrence. Receiving the check is Barbara Brown, Executive Director of the Center with Marc LaPlante, John Cuddy, Connie Clark, and Tom Casey. Lawrence Planning Director Michael Sweeney is pictured at left.

09 and 1/27/09 were not posted in violation of the open Meeting laws. On 1/27 Town hall was locked and our reader couldn't attend. He notified the Town Manager office and reports that the result is that the meetings are now being posted. The committee seems not to have any interest in either televising meetings or using this ballot issue as a way to solicit more information from the community.

INTERNATIONAL - Jew Haters - The Valley Patriot editorial board strongly supports Israel and has written several editorials saying so; including this month's editorial about the \$900 million President Obama wants to give the terrorists in the so-called Palestinian territories. We make no excuses for our unwavering support for Israel and the Jews of the world. In fact we are quite proud of it. But, recently we have received numerous emails from readers who are clearly anti-Semitic (I will call them Jew haters as I am sure they consider the Palestinian terrorists they support "Semites"), spewing anti-American, anti-Israel AND Anti-Jewish hatred. Most of them start with some wild accusaiton that we are secret agents for the Israeli Mossad, others dive right into conspiracy theories about how the Jews are

responsible for all the ills of the world (and how much they hate America for supporting them). It is hard for many good people to believe in the year 2009 that such irrational racial hatred can exist so widely and openly right here in The Valley. The number of Jew haters responding to our pro-Israel positions has increased significantly and the level of rhetoric they are using is also escalating. Make no mistake about it, this has strengthened our resolve to speak out more forcefully and more frequently in favor of Israel and against terrorists, Anti-Semites, Jew Haters, and Palestinian sympathizers, as well as those in this country who defend and foster such ideologies. I only wonder.... If these haters were targeting blacks or any other minority so openly and irrationally, would we as a community, be tolerating it? I think not. Hmm... looks like my next column is already being written.



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 morning from 10am-noon. You can email your comments to Tdugjr@aol.com.

ABDOO: FROM PAGE 5

are plans already in the public forum to deal with a substantial piece of this deficit via cost reductions and increases to 'demand notices' and parking fines. The Budget and Finance Committee of the City Council recently passed both items and are looking at more than 20 more proposals submitted by city councilors and the city chief financial officer on behalf of Mayor Sullivan.

In the long term, beyond this stormy patch of economic weather, we must consider what aspects of our city that we value- the services that we provide, the buildings that we maintain and how we organize our city's zoning and ordinances. These aspects of our future, as

determined by a defining Master Plan, will have a bearing on future budget revenues and priorities for spending.

The idea that we can redevelop city blocks and neighborhoods within a larger community in a piecemeal fashion has been part of our history as a city. Let us plan our future.

Let us fund this plan and create Lawrence's roadmap for the future.



David Abdoo is in his first term as a Lawrence City Councilor representing District "E". You can email him at dave_abdoo@yahoo.com



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



General Contractors and Home Builders



We at SP DeFusco are committed to giving you a dream home or fabulous renovation

www.defuscohomes.com
PO Box 1032 - Methuen, MA 01844 - (978) 683-2026

RONNIE'S RANTS

Ranting about the Valley

Ronnie Ford

VALLEY PATRIOT COLUMNIST

Pat Uliano is being mentioned coming back to the political limelight.

She is sighting in on ejecting Joe Leone from his City Council seat in the east end of Methuen. Also, from what I see and hear, she is not sending the mayor an Easter Basket this year. If she does Mayor Billy, have the bomb squad open it.

Hey all you maryjane lovers(marijuana) be careful! A new law was passed locally. Anybody caught lightening up a joint (marijuana) in a school or public place or on city property, will be fined a whopping \$100.00, don't laugh, it was almost \$300.00. So if you are going to get high, leave your cannibus or bong (marijuana) at home. Bring beer or whiskey that doesn't cost you anything. Or maybe it does. "Shades of Michael Phelps".

Methuen seems to get more of its share of bad publicity. I don't know, maybe it's in the water, or just the atmosphere, but I think I have noticed a bit of egomania. You know it is my way or the highway. Just a tip to some of the office holders; there are two sides to every story. Try to understand the other persons view before you start throwing those punches.

Ok, I have had enough!

I am fed up with all of the child abuse that has been in the news of late. And those are the ones we know about. Kids are playing house on the monies derived for public assistance. It is time to revamp the protocols for going on WELFARE. First of all, if you are under 18, your parents should take care of you. On the birth certificate put the name of the father, never mind unknown! Was the child conceived by osmosis? No Dad's name no check! No subsidized housing complete with furniture, live at home. Wic and food stamps you can have provided you do some community work. Want to finish your high school education? Go to night school. No more day care so you can loll around watching soaps. Mind your own child.

Mandatory parenting classes for both, I don't care if it is your first or your sixth. Anger management classes should be mandatory. Get a job! One can work nights the other days. Work?? A dirty four-letter word? It is called being responsible for your actions. And if there is abuse in the family, believe me, the mother knows about it! Charge her with the same. How a mother can coddle the eunuch she lives with, over her child is unfathomable. These poor cherubs that are abused and need mega medical care, who pays? Right, us! Make the people responsible work off the amount of medical bills; either in jail or out. The legislature and judges need to step up to the plate, start introducing stricter guidelines for being eligible for assistance. Call up the N.H. State House; they are stringent when it comes to giving out assistance. Once social services has the abuser leave the house, CHECK ON THEM WITH UNANNOUNCED VISITS! I know you are short of help, but how can you go home at night and look at your own kids and not wonder, "did I do everything I could have for this family"? And if they are not a US citizen, deport them! God help us. Where has common sense gone? Why are we so quiet? Start yelling to your elected officials.

On the same vein, how about sex education in the schools? I know they teach it, but how many kids, "get it"? There are so many clinics and free products out there to prevent conception, are they using them? No, not all, "My man, he does not like that". Who cares what your man? likes? The female is the one who has to protect herself, the male does not care. Using birth control is better than having an unwanted pregnancy; rather than beating up on the child and leaving them scared or maimed for life. How about some self control?



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

FROM THE PRESIDENT'S DESK

A brighter future for Methuen's High School students

Deborah Quinn

METHUEN CITY COUNCIL PRESIDENT

The Methuen City Council has just passed a resolution that will allow the City to fund the first phase of the Methuen High School renovation project. This first step, called schematic design/feasibility, begins the badly needed process of renovating and adding to our High School. There has been wide political consensus on the need for this project, and that need, despite these challenging political times, has not changed.

The process by which we have arrived at this point is new to the Commonwealth of Massachusetts, with funding provided by the Massachusetts School Building Authority. Methuen High School was one of three high schools selected in the first year of the new process, and I believe that selection points to the great need for this project. Our High School, built with the open concept, is simply not providing the best in educational opportunity for our students. And the need for this project does not exist only because of the open concept.

We have a great need for new and expanded science labs, which in the current facility are badly out of date. We need to update the aging infrastructure inside our high school, and in so doing bring Methuen High into the future with green methods of generating the power we need to run that school. In short our students need to be able to compete in the global economy, and without the educational tools in our High School, we will simply not be giving our kids the

ability to compete in the global marketplace.

I have had many questions about where we are in the process, and what the financial ramifications are of this initial funding. The City Council has passed a \$2 million dollar bond authorization to get us through schematic design/feasibility, with the MSBA providing a reimbursement rate of 61.26% on that money. The Mayor has indicated that he believes that feasibility will cost less than that, and we will be very careful with the taxpayers' dollars. The City has hired an Owners Project Manager, which is required under state regulations. We are now in the process of hiring a design team who will present us with the options for the major renovation we are approved for. Look for further updates as this process moves forward more rapidly now that financing is approved.

I would like to thank the members of the Building Committee, and the chair of that Committee, Suzanne Lamoureux. They have moved the process as fast as the Commonwealth would allow, and I appreciate their strong effort. I have had the opportunity to meet Katherine Craven, the Executive Director of the MSBA, and she has been a great partner for Methuen throughout this process. Thanks to Mayor Bill Manzi, who has been the glue holding all of these many parts together. This project, once completed, will bring our High School into the 21st century and provide Methuen High School students with the education they need and deserve. As public officials there is not a more important job we can do!



Happy St. Patrick's Day



New Contact Information

State Representative Linda Dean Campbell
Vice-Chair, Committee on Veterans and Federal Affairs
State House, Room 175 - Boston, MA 02133
Phone: 617-722-2877 Fax: 617-722-2846
Rep.Linda.Dean-Campbell@Hou.State.MA.US



Quinn



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





PHOTO: TOM DUGGAN

Leanna Moran Assistant Executive Director of Methuen Village at Riverwalk Park, Kim Smith Food Services Director for Methuen Village, William Carpenter of the Greater Lawrence Chamber of Commerce, developer David Spada of Methuen, Jose Shelzi, and Donna Morris Executive Director of Greater Salem Chamber of Commerce

An evening at Methuen Village

Kathleen Corey Rahme
VALLEY PATRIOT COLUMNIST

The pre-opening gala at Methuen Village was like the movie *Field of Dreams*; “if you build it they will come,” and they did. Over two hundred people attended the gala at Methuen Village at Riverwalk Park on February 26. Professionals in the industry, neighbors, politicians like Senator Steven Baddour, State Representative Linda Campbell, Mayor William Manzi and members of the Methuen City Council, residents and their families, several local business leaders, as well as the employees of Methuen Village and their families attended the gala.

With the musical sounds of John D’Ambrosio on the baby grand piano in the music room filling the air, people mingled throughout the center lobby, and the party flowed through the Florida sunroom, the country-style kitchen, and into the gorgeous den reminiscent of the fabulous old-world Lanam Club.

Attendees were greeted at the door by Mr. Seth Dudley, Executive Director and Assistant Executive Director Leanna Moran. Valet parking was provided throughout the evening and tours of the building were met with enthusiastic response. People could be heard throughout the evening “I want to live here”, and “this can’t be your chef’s work!”

The ambiance of this building is warm and inviting. The color scheme makes you want to go home and paint.

Ms. Kim Smith, the Executive Chef comes to “the table” with several years of experience and she served many of her signature dishes.

Guests enjoyed Smith’s signature lobster bruchetta, chicken and mango sachet, tenderloin toast point, seafood stuffed mushroom caps, shrimp cocktail, asparagus with Asiago cheese wrapped in phyllo, and scallops wrapped in bacon with cilantro chili sauce.

Towering about five feet was an all glass cheese fromage display featuring various European cheeses and edible flowers. The crowd favorite, a chocolate

cheese was served over roasted pineapple. A strawberry adorned champagne toast was served along with assorted French and Italian pastries.

Jayan Landry, Executive Director of the Trauma Intervention Program was especially pleased to receive the long-stem, red rose given to every guest. “Even a few days after the event, when I view the rose I am reminded of how the rose is consistent with the beauty of this new building and its classic elegance.”

Located at 4 Gleason Street, Methuen Village at Riverwalk Park is managed by Senior Living Residences a premiere Assisted Living provider for more than twenty years. There is an open door policy for anyone who is curious to see this beautiful community or even a more formal tour if a move to Methuen Village is something that you are seeking.

SLR has brought to Methuen a service for elders that has been conspicuously missing. They have brought innovative and service enriched living accommodations to elders in Methuen and the greater Merrimack Valley.

Life at Methuen Village will be much like the pre-opening gala. There will be delicious and nutritious food, an open-door policy whereby the residents will be fully engaged with the larger community of Methuen, and the community will be welcome to come here.

As a matter of fact, there is a weekly men’s coffee house every Wednesday at 9:30 am. As the Director of Social Programming, I can assure you that there will be a variety of activities here at Methuen Village. Organizations in need of space to hold meetings are welcome to use one of our common area rooms. Just call and introduce yourself.

Seth Dudley said it best. “Methuen Village is just another neighborhood in Methuen with some really great neighbors living here. It is just like home.”



Kathleen Corey Rahme is a former City Councilor in Methuen, is the founder of the Methuen Youth Corps., and hosts “Call to Serve.” You can email her at kcorey@comcast.net or call 978-686-0008



PHOTO: COURTESY

Mayor Manzi names Lisa Buglione-Desharnais as Artist of the Month

Methuen art teacher’s Work on Display in the Mayor’s Office

Mayor William M. Manzi has named Lisa Buglione-Desharnais as the February/March Artist of the Month. Lisa is an art teacher at the Timony Grammar School in Methuen and a lifelong Methuen resident. Her work includes oil and watercolor paintings. She is a graduate of Presentation of Mary Academy, and received a B.A. in Elementary Education with an additional certification to teach art. She also has a M.A. in Early Childhood Education from Wheelock College.

Lisa began painting at the age of twelve and the work that she has displayed in the Mayor’s Office is a chronological retrospective of her life as an artist. Included in the display is a painting of her mother, Joan, who died when she was fifteen and a picture of her father, former State Rep. Nicholas Buglione. Her late father proudly displayed that picture in the State House until his retirement.

Lisa states, “I remain in the art room because I believe my program provides children opportunities to feel good about themselves, celebrates culture, embraces diversity and connects them to their community. I am grateful to work closely

with the staff in connecting their curriculum into my art program. I feel that art is a tool that provides each of us an avenue to express who we really are in creative ways. I chose to display my artwork chronologically because of this reason. Each work of art represents who I am and what I am attempting to portray during a period of time in my life.”

Mayor Manzi stated, “It is my pleasure to display Lisa’s work in my office. She is one of many talented teachers working in our schools. It’s my hope that more Methuen art teachers participate in the program. I encourage the public to come by City Hall and view her work.” Lisa is the second Methuen art teacher to participate in the popular program.

The Methuen Artist of the Month Program was created by Mayor Manzi over two years ago in order to give members of the Methuen Arts Community a forum to display their work and to encourage participation in Methuen’s growing creative economy. Methuen artists interested in being considered for Artist of the Month should contact the Mayor’s Office.

163 Howe St. - Methuen


978-693-2525



HAPPY 5th Anniversary to
THE VALLEY PATRIOT

A GREAT PAPER!
A GREAT TRACK RECORD!
A GREAT ACCOMPLISHMENT!

Here’s hoping for many more
years serving The Valley




Methuen Mayor William Manzi

Re-elect

Jeanne Pappalardo

West District Councilor

139 Forest St. Methuen - (978) 688 - 7102



God Bless America - God Bless Our Troops

Contratulations to The Valley Patriot for FIVE GREAT YEARS!

Keep up the Good WORK!

Innovation Valley: 3 years of excellence

John Michitson & Seth Itzkan
INNOVATION VALLEY/PATRIOT COLUMNIST

Three cheers for the Valley Patriot on it's 5th Anniversary. This upstart is creating a platform for new voices to be heard throughout the Merrimack Valley. One of those new voices is us, writers of the Innovation Valley column. For the past three years our column has been a regular feature and we are grateful.

As readers of the Innovation Column know, it's goal is to highlight the world's leading initiatives for municipal business development and quality-of-life improvements. Every month we report on a program that provides opportunities for the Merrimack Valley.

For this issue, we thought we'd quickly report on one new initiative that has come to our attention, but also provide a quick overview of what we believe have been the top Innovation Valley stories of the past three years. As always, please feel free to comment at ivalley.org.

Top New Story: Boston World Partnerships

The Boston World Partnerships is a state-of-the-art portal that combines social networking with entrepreneurship to drive business growth for the city. Their stated goal is "to raise global awareness of Boston as one of the world's foremost centers of intellectual capital and innovation, offering tremendous competitive advantages to growth-minded businesses". The partnership is intended to generate high-quality leads for economic development. It will do this by "creating a global community of people who have ties to Boston's economy, similar to an alumni organization".

Regional stakeholders, or "Connectors", are business leaders and young entrepreneurs who are connected to a global community of possible investors. The site uses a wide range of social networking tools, such as Twitter and Facebook. Find out more at <http://bostonworldpartnerships.com/>

Retrospect of Top Stories
1. Green Chemistry Business Summit

Our signature Innovation Valley event would have to be the Green Chemistry Business Summit of 2007. This was the first conference specifically dedicated to the business of green chemistry. Green chemistry is the science and practice of producing products in a manner that is nontoxic and energy efficient. It is becoming a major thrust for industries ranging from pharmaceuticals to consumer goods. It's inventor is Dr. John

Warner who directed the Center for Green Chemistry at the University of Massachusetts at Lowell, and is now President and Chief Technology Officer with the Warner Babcock Institute for Green Chemistry in Wilmington. The summit was a spectacular success and helped once again to put the Merrimack Valley on the map. Writing for a headline story on CNET, [Martin LaMonica](#) states, "...leaders in the field organized the [Green Chemistry Business Summit](#) held recently in Haverhill, Mass., where speakers argued that the field is a nascent but promising field for technology investment...Although the term "green chemistry" is still esoteric, the negative effects of traditional chemistry practices are becoming front-page news, in much the way that global warming and environmental problems have."

The story was picked by the New York Times and ran in their Technology section.

2. How to Brand a Region?

Branding the Merrimack Valley as a nexus of innovation is a priority for regional marketing. Most planners agree with that. But, the question remains, how to do it? Our February 2008 Innovation Valley column, How to Brand a Region, looked at leadership examples in regional branding with application to the Merrimack Valley. Key among these is these is the GeneTown campaign championed by the biotech community in the Boston region. GeneTown is one of eleven biotech "Hotbed" regions around the country, promoted locally and nationally through the national biotech portal, Biospace (www.biospace.com). Other Hotbed regions include Biotech Bay (Northern California), BioForest (Oregon, Washington, Idaho, Montana), and Bio NC (North Carolina).

3. Predictive Markets for Regional Planning

Predictive market technology is an innovation that is sweeping Fortune 500 companies. Using the "wisdom of the masses" a virtual marketplace helps determine the most likely ideas to succeed in the real world. Typically, the ideas are for products or services. However, in December of 2008, the Innovation Valley team set a precedent by using predictive markets as a tool for regional economic planning. In order to help drive economic development in the Merrimack Valley, we utilized a predictive market to inform investors and stakeholders of the most

Every month we report on a program that provides opportunities for the Merrimack Valley.

likely prospects for industry growth through 2009. To our knowledge, predictive markets had never been used in this way. This further makes the case for the Merrimack Valley as a hotbed of innovation.

In all twenty-five experts from a wide variety of perspectives participated in the predictive market. The following industries were the top picks for growth in 2009 in the Merrimack Valley in the order presented: 1. Devices and diagnostics; 2. Clean tech; 3. Bio-tech; 4. E-Healthcare and 5. Robotics.

The first annual Warren Buffett awards go to the two top players in the predictive market. The two highest rollers that would have cashed out the highest if real money was used were: 1. Dr. Charles Ormsby, Adjunct Professor of Mathematics at the University of Massachusetts Lowell and School Committee member in North Andover; and 2. Robert Halpin, President and CEO of the Merrimack Valley Economic Development Council.

4. Green Collar Jobs of Lawrence

At an economic development conference hosted by Niki Tsongas and the Merrimack Valley Economic Development Council, I was asked how I would spend a million dollars for economic development in Lawrence. After thinking about the question for a few days, the answer became obvious - invest in Green Collar jobs training. Of course, this was long before Obama become President or even the Democratic Party nominee. Since then, it's become clear that Green Collar job investment is a central part of Obama's vision for urban redevelopment, job creation, and energy conservation. Green collar jobs are loosely defined as jobs in clean technology, renewable energy, and energy efficiency sectors. They are the manufacturer, technician, assembly and service jobs of tomorrow.

There are now several federal and state programs underway to help facilitate this new thrust for job creation, and there is perhaps no better recipient city and region than Lawrence and the Merrimack Valley. Our June 2008 column look specifically at this issue.

5. The Way Ahead: Merrimack Valley Regional Innovation Network (MVRIN)


The first step toward creating the Merrimack Valley Regional Innovation Network was to build the www.ivalley.org web site, which is a content management portal dedicated to information and

stories about a wide variety of innovative economic development activities in the Merrimack Valley. The overall goal is to facilitate collaboration between industry, economic development planners, academia and all three levels of government to apply their collective wisdom to attract and retain leading edge industries to the region.

The next generation of features for the web site can best be articulated with a tangible example. A mentioned above, Boston World Partnerships (BWP) just kicked off a new portal and a worldwide innovative global network to attract talent and businesses to Boston. Their stated goals match that of MVRIN. However, one key difference is that they are heavily funded, while we have developed www.ivalley.org with our own out-of-pocket resources. So, they currently have richer features.

In addition to the "Connectors" feature cited above, <http://bostonworldpartnerships.com/> offers another feature it calls "Ask Boston" that would also enhance MVRIN. Here is how it works in their own words: "You tell us your business need, and "Ask Boston" puts that information out across our entire global community of Boston business people. Then, whoever has a solution responds to BWP. We vet the responses and facilitate the connections that offer authentic value." That sounds a lot like innovation brokering, a key element of open innovation, which we also introduced to the region at our Green Chemistry Business Summit.

 *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.

Free nicotine patches now available to Massachusetts veterans and their families

Veterans have higher smoking rates than the general population

BOSTON - For Warren Quinlan, the offer of a free month's supply of nicotine patches came at the right time. The Vietnam War veteran had been thinking about quitting smoking, and when he heard that the Massachusetts Department of Public Health was giving out patches to help veterans and their families quit smoking, he jumped at the chance.

Massachusetts veterans and their family members and survivors can receive a free four-week supply of nicotine patches valued at \$100 retail, along with informational resources on quitting smoking, and tips on how to stop. Program participants can also receive free telephone support to help them quit.

This new quit-smoking offer for veterans is a joint effort of the Massachusetts Department of Public Health and the Massachusetts Department of Veterans' Services.

"Giving a full month's worth of nicotine patches away for free is going to make it a lot easier for veterans to quit smoking," according to Diane Knight, coordinator of the Lawrence Tobacco Free Partnership "Our veterans have served our country and put their lives on the line. Now we have a way to help them improve their health and live longer lives."

Quinlan had smoked since joining the Army at the age of 18, in 1965.

"We had cigarettes in our C-rations," he recalls.

"They came in packs of four. All the big brands. I was hooked." Quinlan continued smoking as he served in combat in Vietnam, and though he ended his service with an honorable discharge on July 4, 1969, he continued to smoke.

Quinlan's story is not unusual. Massachusetts veterans smoke at a higher rate than the general adult population: 24% as opposed to 18%, when adjusted for age (based on figures from 2005-07).

To take advantage of the promotion, veterans and their family members and survivors should call the Massachusetts Smokers Helpline at 1-800-Try-To-Stop. The free nicotine patch offer will run through June 30, 2009.

Like many other smokers, Quinlan has tried to quit before. This time, with the free patches and free telephone counseling, he's sure he can do it for good-and is trying to spread the word about the promotion. "I hope my friends and fellow veterans will hear about this free offer," he said, "and that they take advantage of it and quit smoking with me."

More information on the nicotine patch giveaway program is available by calling 1-800-Try-To-Stop, or online at www.makesmokinghistory.com/veterans.

Marc Lemay - PR/Media Coordinator - GLFHC Greater Lawrence Family Health Center "Your Home for Health in the

VETERANS BENEFITS

Dental care for veterans

Susan Piazza
VALLEY PATRIOT VETERAN COLUMNIST

Health care is a vital part of veteran’s benefits.

A little known, and under utilized health care option is that of dental care. In today’s economy keeping one’s body in good condition for the least amount of out of pocket expenses is imperative for many veterans, and their families.

The VA does cover outpatient dental care, but under certain limited conditions. Treatment is supposed to cover such matters as diagnosis, surgery, and procedures to restore and prevent further dental problems. I know this is rather vague and trying to pin down the VA as to whether conditions such as cavities and tooth extractions were covered was equally vague.

The VA informed me that one needs to contact ones local Medical Center, not Clinic, for further clarification regarding services. Bedford VAMC, the facility I felt

to be the closest MA facility to readers, is open from 0730 until 1600. Their telephone number is (781) 275-7500. It was suggested to me that the veteran in need of dental care personally contact the facility so as to determine the level of care that can be administered. Prior to treatment eligibility must be determined, only then is one given an initial exam. The telephone number for Bedford’s eligibility department is: (781) 687-2275. There are general eligibility requirements but as with all services rendered by the VA individual circumstances may make a difference in the type and length of treatment allowed.

The general eligibility requirements for this care are:

- 1) Service connected veterans receiving compensation for dental problems.
- 2) Service connected but not compensable dental problems resulting from combat or military wounds / injuries.
- 3) Service connected veterans rated permanent and totally disabled or those rated 100 % due to permanent

unemployability.

- 4) Non-service connected veterans the VA decide dental conditions were made worse by their service connected medical problem.
- 5) Non-service connected veterans who received dental treatment while an inpatient in a VA facility.
- 6) Veterans who require dental treatment because they are causing difficulties to a medical condition currently under treatment.
- 7) Former POW’s.
- 8) Veterans in a VA vocational rehabilitation program.
- 9) Some homeless veterans.

Any recently discharged veteran whose DD-214 (discharge papers) show that they had not received necessary dental care 90 days prior to their discharge may be entitled to receive a one time dental treatment. This treatment is conditioned upon the veteran having served at least 90 days active duty and having had

applied for dental care within 180 days of said active duty discharge.

Timing is an issue with many VA benefits. If you know of someone who is going to be discharged or someone recently discharged please have him or her check with a qualified veterans benefits officer or their local veterans agent. I always suggest checking with two different individuals, like IRS tax information the world of benefits can be confusing, and changes can leave the most well intentioned person muddled.

Hope this helps. My thanks to all those in uniform, past, present, and future. And may God bless this great democracy, America!



CARING FOR OUR VETERANS

90 years of service to God and country

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

90 years of service to God and Country

The American Legion was chartered by Congress in 1919 as a patriotic, mutual-help, war-time veteran’s organization. A community-service organization which now numbers nearly 3 million members — men and women — in nearly 15,000 American Legion Posts worldwide. These posts are organized into 55 departments — one each for the 50 states, the District of Columbia, Puerto Rico, France, Mexico, and the Philippines.

It was 90 years ago, March 15 – 17, 1919; The American Legion was founded in Paris at the first caucus by members of the American Expeditionary Force. Later that year, November 10 -12, the first convention was held in Minneapolis, MN. The American Legion passed a resolution supporting the Boy Scouts of America. Today, the Legion is the chartering agency for more than 1,700 Scouting units that involve 64,000 youths.

Following are some of the major events in American Legion History:

Aug. 9, 1921 - The U.S. Veterans Bureau, forerunner of the Veterans Administration, is created as a result of efforts by The American Legion.

June 15, 1923 - The first “Flag Code” is drafted during a conference called by The American Legion in Washington, D.C. The code eventually was adopted by Congress in 1942. Today, the Legion is at the forefront of efforts to gain a constitutional amendment to protect the American flag from physical desecration.

July 17, 1925 - American Legion Baseball program is created. Today, more than 60 percent of professional baseball players are graduates of The American Legion Baseball program. About 89,000 high-school-age youths play on Legion-sponsored teams each year.

June 23, 1935 - The first American Legion Boys State is convened in Springfield, Ill., to help youths gain an understanding of the structure and operation of American government. The first Boys Nation was organized in 1946.

June 1, 1938 - The final round of The American Legion’s first annual National High School Oratorical Contest is held in

Norman, Okla. Today, more than 25,000 high school students from around the country compete annually in the contest designed to develop a greater understanding of the U.S. Constitution. Winners are awarded thousands of dollars in college scholarships.

Dec. 15, 1943 - Harry W. Colmery, past national commander of The American Legion, writes in longhand on hotel stationery the first draft of what will later become the “GI Bill of Rights,” the Legion’s greatest single legislative achievement. Today, the Legion is at the forefront of efforts to improve benefits for this nation’s newest veterans, those who’ve served during Desert Shield/ Desert Storm and are serving today in a variety of peacekeeping roles.

The American Legion flew Congressman John Gibson (D GA) from Jacksonville, FL to Washington, DC to vote on this decisive legislation which was heavily opposed in Congress.

June 22, 1944 - The GI Bill is signed into law by President Franklin Roosevelt.

May 29, 1946 - A \$50,000 grant from The American Legion and the American Legion Auxiliary is presented to a small, struggling organization, the American Heart Association, to inaugurate a nationwide program for the study, prevention and treatment of rheumatic heart disease.

May 4, 1950 - The American Legion votes to contribute funds to the field of mental health with the provision that the three major mental health organizations then in existence be amalgamated into one. They accepted this provision, and the National Association for Mental Health was born.

July 9, 1954 - The American Legion Child Welfare Foundation is formed. Since that time, the foundation has awarded \$4 million to youth-oriented organizations and projects designed to help America’s children.

Aug. 26, 1982 - The American Legion presents a \$1 million check to the Vietnam Veterans Memorial Fund toward the construction of “The Wall” in Washington, D.C. The Legion, which had solicited donations from its members, eventually became the largest single contributor to the project.

July 21, 1983 - The American Legion announces its sponsorship of an independent study on the effects of exposure to Agent Orange on Vietnam veterans. The results of “The American Legion-Columbia University Study of Vietnam-era Veterans” were presented to Congress in 1989.

Oct. 11, 1990 - The “Family Support Network” is formed by The American Legion to assist the families of military personnel deployed during Operation Desert Shield/Desert Storm in the Middle East. The Network stepped in to help in a myriad of ways, from offering financial assistance to mowing lawns to baby-sitting, or simply providing a sympathetic ear. Today, the Legion’s Family Support Network continues in existence to assist America’s newest veterans, particularly with employment, as they return to civilian life.

April 5, 1993 - The first class of recently discharged veterans begins training in Sterling, VA., for eventual placement in well-paying jobs in the construction industry. The landmark training and job-placement program is a joint effort by The American Legion and the Laborers’ International Union of North America to assist veterans returning to an uncertain job market.

Sept. 16, 1996 - The American Legion awards a \$20,000 postsecondary scholarship to each of the 10 inaugural Samsung American Legion high school scholars.

June 11, 1997 - The American Legion National Emergency Fund surpasses the \$1 million mark in cash grants given in 1997 to flood victims who belonged to The American Legion, the American Legion Auxiliary and the Sons of The American Legion. Most of the grant recipients reside in the Ohio River flood plains of Ohio, Kentucky and Indiana as well as in Red River flooded areas of Minnesota and North Dakota.

November 2002 - The American Legion launches national “I Am Not A Number” campaign to identify and document the delays veterans face in obtaining earned medical care benefits from the Department of Veterans Affairs.

June 30, 2008 - President George W. Bush signs the Post-911 Veterans Education Assistance Act, a modern GI

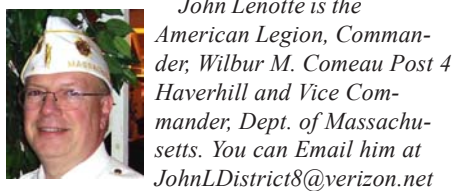
Bill strongly supported by The American Legion, which lobbied on its behalf.

Some of the original active leaders in the formation of the American Legion went on to prominence in later years. This included: William “Wild Bill” Donovan who in World War II founded the OSS (later became the CIA); Lt Col Teddy Roosevelt Jr. became a General in WW II and was the only General to land in the initial landings on D Day in Normandy. Some time later he died and was awarded the Medal of Honor;

Within Massachusetts, we have been fortunate to have 3 National Commanders of the American Legion: Daniel J. Doherty of Woburn (1937), John P. “Jake” Comer of Hyde Park (1987) and Paul A. Morin (2006) of Chicopee. Both Jake and Paul are still very active in local and national Legion activities. In Essex County, we have had 4 Department (state) of Massachusetts commanders: William McGinnis of Lawrence (1926), Jeremiah J. Twoomey of Lawrence (1934), Chester J. Grant of Gloucester (1940) and George W. Grader of Marblehead (1950). We have had and do have many very active and influential Legionnaires from Massachusetts. The list is far too long to include here.

Many thanks to those who have given their time and money to The American Legion over these past 90 years. I know this will continue far into the future. The need of our veterans, and yes that includes those currently serving our country, will continue to grow. And the needs of their family are many as well.

I hope those of you who are reading this and are eligible to join the Legion family will do so. Like all organizations, we are in need of members. We continue to serve the veterans and local communities. God Bless America and the troops who protect our way of life. Remember, all gave some but some gave all.



DON PEARCE, HERO IN OUR MIDST : From Page 1

turned silent, then, in measured breaths explained: "When I served with my two brothers during the Vietnam period I can't begin to tell you. I got spat on and called baby killer, in Logan Airport, in Boston. When my son joined (the Army), I vowed that he would never, never, be subjected to that—Ever."

"You try to get over it, and you do in a way, by doing things like what I've done, making sure it doesn't ever happen again. And making sure that people know that these kids deserve the best," he explained, "My son has served five tours in active combat areas, including just finishing his third tour in Iraq; special forces. That's something to be proud of."

How did he join the Patriot Guard? "I had heard about the Westborough Baptist Church out in Kansas, how they were protesting at funerals a few years ago, and how this new group called the Patriot Guard Riders were standing up for our troops, against these protesters, and showing respect. I researched and I joined the Guard."

"It was funny that my first mission was for the husband of a friend of mine that I grew up with. She's still a good friend, and she's now the flag manager for this area. We typically have 25 to a hundred flags flying. Every state has a state captain, and district captain, and ride captains. The ride captain is responsible for all mission planning."

Mr. Pearce has participated in many missions, and credits everyone in the Guard for working together and showing respect. "We're all volunteers. We're 100% volunteer. It's tough. There's a lot

involved. You could have picked anyone (for an article)," he suggested.

And, he was quick to point out, the Guard does other things too: "We did a short escort of the moving (Vietnam Memorial) wall, when it came to Wilmington. We escorted it in and helped to set it up. Then a number of us then volunteered, guard duty," he explained. He posted "a couple of nights into 2 a.m. and beyond. That particular wall, it has one section, where if you have the light just right, it looks like the outline of a soldier. It's incredible."

"Part of the reason that I do it was spoken by our state captain Jim Boland, about a year ago. And pretty much what he said was 'never again.' Never again will any one of our service people receive negative treatment when they come home."

"These kids deserve whatever honor we can give them," Don said. "They're out there putting it on the line for our freedom."

Don was quick to praise the Patriot Guard and its many members, explaining how he feels honored to be a member. When asked about himself, he quickly turns the conversation to other members, to the group, to his state captain Mr. Boland, to his regional captain Richard Keniston and others. "We have people from all walks of life. We have retired police officers, we have doctors, teachers, male and female. Again, we don't care if you ride a motorcycle or not. We don't care if you're a veteran. The only prerequisite is respect."



PHOTO: COURTESY

Patriot Guard Riders at a soldier's funeral displaying American flags.

"Last week was tough," he said and paused. "We had three (funeral) missions in one week. Yeah, we had three."

He named each, from Leominster, Bridgewater, and locally, "for IT3 Caitlin Trask, just 21, of North Andover. I was ride captain for that one," he said as this big frame of a man appeared to tear up. "It's been a tough week, a tough winter, for Massachusetts. Since January we've had 11 missions. These are all at the invitation of the family. We do not show up unless the family asks us to. We are there as invited guests."

The Patriot Guard does 'Welcome Home' events for soldiers, runs 'Help on the Home Front' events for wounded soldiers, and supports other veterans groups and other charitable organizations.

Last December, Don joined other Guard members who participated in the Wreaths Across America event in Bourne National Cemetery.

The event in Bourne was timed to coincide exactly with the event in Arlington National Cemetery in Virginia and across the country. Don an uncle and "my favorite aunt" are buried in Bourne. His aunt was a 1st lieutenant in the Army Nurse Corp in the South Pacific in WWII and a decorated veteran in her own right.

The Patriot Guard has swelled to more than 1,500 members in Massachusetts, and has been featured in newspapers, and district captain Keniston has spread the word also, being interviewed on WBUR radio in Boston. The Patriot Guard Riders is a 501C3 charitable organization. All of the gear that they sell on their website store helps to buy the flags and support what is done by so many members. You can learn more about the Guard via their website at www.PatriotGuard.org.

Patriot Guard Riders Mission Statement
The Patriot Guard Riders is a diverse amalgamation of riders from across the nation. We have one thing in common besides motorcycles. We have an unwavering respect for those who risk their very lives for America's freedom and security. If you share this respect, please join us.

We don't care what you ride or if you ride, what your political views are, or whether you're a hawk or a dove. It is not a requirement that you be a veteran. It doesn't matter where you're from or what your income is; you don't even have to ride. The only prerequisite is Respect.

Our main mission is to attend the funeral services of fallen American heroes *as invited guests of the family*. Each mission we undertake has two basic objectives:

1. Show our sincere respect for our fallen heroes, their families, and their communities.
 2. Shield the mourning family and their friends from interruptions created by any protestor or group of protestors.
- We accomplish the latter through strictly legal and non-violent means.
- To those of you who are currently serving and fighting for the freedoms of others, at home and abroad, please know that we are backing you. We honor and support you with every mission we carry out, and we are praying for a safe return home for all.



Lonnie Brennan is a former selectman in Georgetown, and was the Republican candidate for state representative in 2008. You can email him at lonnie@thechocolatecellar.com.



PHOTO: COURTESY

Left to right back row: Paul, Albert, and Timothy. Front row, are: John, Rachel, Tremain, and Eric (Don's son). Last names were omitted per security reasons.

AT MEINEKE CAR CARE CENTER IN LAWRENCE, WE ARE PROUD TO JOIN THE VALLEY PATRIOT IN HONORING OUR MILITARY HEROES!



**5% Discount
for Military
Veterans**

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



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

www.meineke.com

Conveniently located next to CVS on South Broadway



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 4/1/09

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,
2228 East Main St.
508-624-7257

Merrimack, NH
501 Daniel Webster Highway
603-424-3000

Methuen, MA
163 Howe Street
978-683-2525

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

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

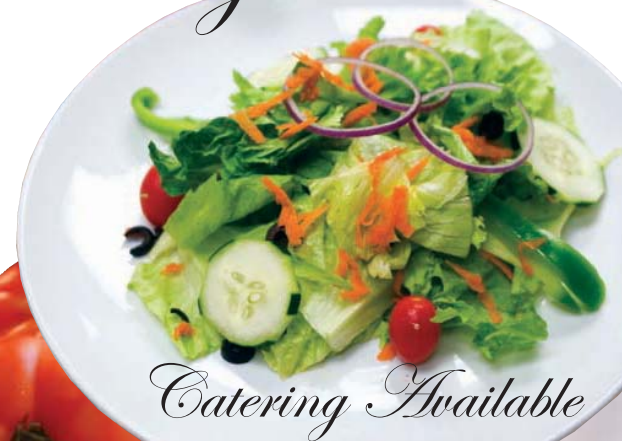
www.salvatoresboston.com

The Finest Dining



PASTA & SANDWICHES

The Freshest Ingredients



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



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.

WE SPECIALIZE IN BEDBUGS

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



An exterminator service serving the north shore and merrimack valley

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.



Rt. 110 Convenience Store



Full KENO!
with seating

*** Beer * Wine * Lottery**

TWO \$1 Million Scratch Ticket Winners Last year!

196 East St. - Methuen

Pick up your copy of The Valley Patriot @ Rt. 110 Convenience Store in Methuen

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

Strengthen your path to

Simple Abundance

re-discover the
most important woman
in the world — yourself.

**CERTIFIED WORKSHOP LEADER
TRUDIE YOUNG**

CONDUCTS "SIMPLE ABUNDANCE CLOSE TO HOME"
WORKSHOPS BASED UPON THE INSPIRATIONAL
NEW YORK TIMES #1 BEST-SELLING BOOK, "SIMPLE ABUNDANCE,
A DAYBOOK OF COMFORT AND JOY"
BY SARAH BAN BREATHNACH.

AS YOU ENGAGE IN THESE TEACHINGS,
GRATITUDE BECOMES A PART OF YOU,
LEADING TO SIMPLICITY AND ORDER
AS HARMONY HUMS TO REVEAL
NEW FOUND BEAUTY AND JOY.

THE BRILLIANT BEAUTY OF YOUR LIFE WILL BE REVEALED.

date: FRIDAY MARCH 20
time: 6:00-8:00 PM

location: ETHAN ALLEN INTERIOR/S
419 ANDOVER ST. NORTH ANDOVER, MA

cost: \$25 PER WORKSHOP
\$65 SERIES OF 3 PRINCIPLE WORKSHOPS

FRIDAY MARCH 20TH—PRINCIPLE OF GRATITUDE
FRIDAY APRIL 3RD—PRINCIPLE OF SIMPLICITY
FRIDAY MAY 15TH—PRINCIPLE OF ORDER

Refreshments will be served.

Drinkwater
PRODUCTIONS



Simple Abundance® Close to Home
Community based workshops
on the Principles of Simple Abundance
Led by certified workshop leader Trudie Young

Register Today @ www.DrinkwaterProductions.com and feel life's abundance.

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

A Unique Miracle

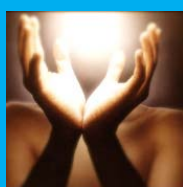
Beauty and Healing Salon



Massage
Hair Organic
Colors
Facials
Waxing



Darlene
Torosian



Reiki - Diet &
Lifestyle
Consultation

132 Main St. North Andover, MA 01845 - (978) 688-9227

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

S.S. Disability Law, No fee unless successful

Sullivan Law Offices

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

Kelly A. Sullivan
ATTORNEY AT LAW



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

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

Don't let your UGGS look like this!



Bring in your uggs
and we will
weatherize them. If
your uggs DO look
like this we can
refurbish them!

**We
refurbish
UGGS**

**Winter is HERE! It's time to weatherize your shoes
& UGGS.**



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

I & G TAILORING AND DESIGNS

Voted best tailors of the Andovers

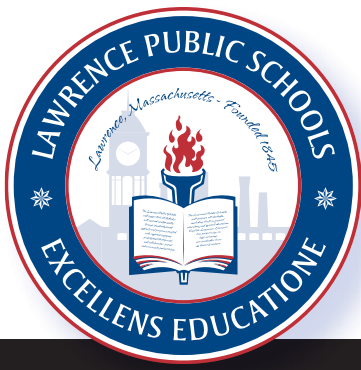
Prom season is coming
Prom special Tux rental
\$69.99 - with this ad



*Fine tailored menswear
tuxedo rentals
All kinds of alterations
bridesmaid dresses,
bridal gowns, Jeans*

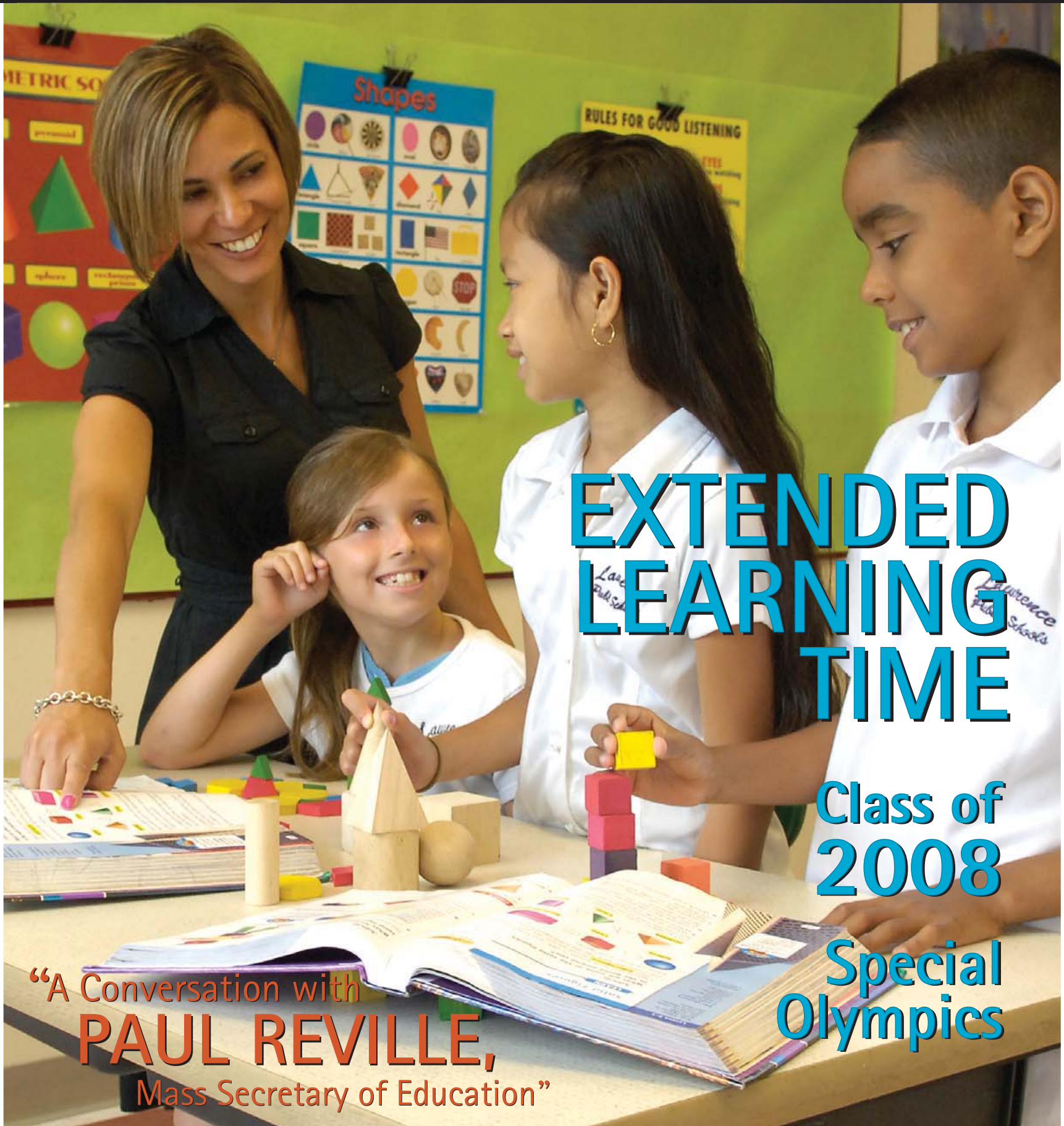


Kanber Gulbas
137 Main Street
North Andover MA - 01845
Tel. 978-686-8906



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

EXCHANGE: From Page 22

warning charged at the officers. The subject attacked both officers with punches and kicks. Both officers engaged in a lengthy physical fight with the subject during which the subject was sprayed with O.C. spray several times without effect. Eventually Officer Hagerty and Officer Leonard were able to subdue the subject and take him into custody. Both officers sustained numerous minor injuries during this altercation.

Officers Hagerty and Leonard were recommended for this award by their shift commander, Lt Lee Britton for their efforts in handling the domestic disturbance *without* the use of deadly force.

North Andover Fire Department – On April 26, 2008, at 6:20 PM, E-2 & A-2 were dispatched to Stevens Pond based on a report of an overturned canoe with victims in the water calling for help. Lieutenant Fountain upgraded the response to a box alarm (full response) to ensure backup for potential rescue. The crews found an overturned canoe on the far side of pond with 3 victims clinging to it in near freezing water. Lt. Fountain, FF J. Pramas and FF. D. Hebert proceeded to the rear shoreline while FF Golan and FF Hardacre opened the access gate to get additional equipment as near to the rescue site as possible.

FF. Pramas and Hebert, donning the cold water survival suits, entered the water and swam out to the panicked victims who were shivering uncontrollably. These three victims were dragged to shore, wrapped in dry blankets, and loaded into the warm ambulance where their freezing wet clothing could be removed and re-warming initiated. Had it not been for the prompt action by these trained rescuers this outcome might have been different.

North Andover Police - On July 4, 2008 Officer Dan Lanen responded to a call for a possible drowning at Sharpner’s Pond. Officer Lanen was first on the scene, directed other responders, and listened to witnesses to begin the search for the victim. Officer Lanen searched in the water for five minutes before the next unit arrived. Officer Lanen located the victim in twelve feet of water in zero visibility. He struggled to pull the victim from the bottom and was joined by other personnel in the recovery.

Andover Fire Department – On December 28, 2008 at 5:33PM Andover Public Safety dispatchers received a 911

telephone call reporting a 51 year old male experiencing chest pains. The call originated from the YMCA located at 165 Haverhill Street, Andover.

Andover Fire Rescue’s Engine 1 and Ambulance 1 crews were dispatched to the scene and, while enroute, a response from the Lawrence General Hospital Paramedics was requested by the Ambulance 1 crew.

Upon arrival at 15:38 hours the crews found an unresponsive male patient lying in a supine position on some workout mats having Cardio-pulmonary Resuscitation performed on him by bystanders. The patient was immediately moved to the floor where the Ambulance 1 crew performed a complete assessment of the patient. At this time the patient was not breathing, pulseless, and unresponsive. Within seconds of the first assessment the patient stopped breathing.

The Andover Fire Rescue crews worked on the patient and administered oxygen and continued CPR while the defibrillator leads were being placed on the patient. The defibrillator monitoring function advised the rescue workers to shock the patient which the crews followed the appropriate protocol and shocked the patient accordingly.

At this time, the Lawrence General Hospital Paramedics arrived on scene and worked with the Andover Fire Rescue crews to further assess, package and transport the patient to Lawrence General Hospital. Enroute, the crews continued to work together to establish IV lines, push medications, and continued to perform CPR and applied more shocks to the patient as advised. On arrival to the hospital the patient was breathing and had a pulse then transferred to the medical staff in the Emergency Department.

After initial treatment at Lawrence General Hospital, the patient was transported to St. Elizabeth’s Hospital in Boston where as of January 8, 2009 a newspaper article reported that he was listed in good condition and continues to recover.

Lawrence Fire Department – Firefighter Thomas Baggett was at home, monitoring his scanner on the night of November 3rd when he heard Fire Alarm dispatching apparatus to a reported house fire at 15 Leeds Terrace, with people trapped in the building. This alarm



Lawrence Police Officer Timothy Dube (r) being presented with the Lawrence Exchange Club’s Police Officer of the Year Award by Lawrence Police Chief John Romero.

was sounded at approximately 11:50 pm. The home was occupied by the Cahalane Family consisting of Russell Cahalane, his wife Linda and their son Sean. Firefighter Baggett lives approximately one block from this address. He immediately jumped into his pickup and responded to the scene, arriving before our apparatus. He met Patrolman Frank Bradley who had just arrived. Together, they tried to make entry into the upper level of the home to search for fire victims in the bedroom area.

Patrolman Bradley went in first and was immediately struck by a falling ceiling fan upon entering the front hall. Both men retreated in fear of a structural collapse of the building. Firefighter Baggett was able to reenter the home *but was unable to get by the fire area to access the hallway leading to the bedrooms. He then searched* the lower level of the single family home for the residents, but found no one. The fire crews from Group 3 arrived and performed a quick knock down of the flames, and were able to locate the two fire victims, Linda Cahalane and her son Sean. They did an outstanding job in removing them as soon as possible to the exterior of the building where firefighters and police officers worked together in an effort to revive them by performing C.P.R. until the ambulance and paramedics arrived. Tom again jumped in to assist with the C.P.R. efforts. He played an important role in trying to give the victims the best chance possible for survival.

Unfortunately, their best efforts to save Linda and Sean Cahalane were unsuccessful, and this was a difficult loss to accept for members of the Department and for our community.

Lawrence Police Department - On June 20, 2008, at about 10:00PM the Lawrence Police Department was forced to cease a motor vehicle pursuit that had originated in Methuen, due to large crowds associated with a cultural festival. The suspect driver had violated numerous traffic laws and failed to stop at the direction of an officer. Police Lieutenant Mary Bartlett reported that the suspect vehicle was trapped in traffic on the Duck Bridge over the Merrimack River. At this point the suspect, now believed to be Steven Giordano, 42, of Methuen, was observed by many to leave his car and jump directly into the river from a height of approximately 40 feet. Responding officers along with Lawrence Fire, Patriot Ambulance and , within minutes, State Police (Air Wing) personnel, attempted to follow Mr. Giordano’s cries for help as he was swept downstream. For a period of time he was unable to be seen until the State Police helicopter illuminated him a quarter-mile downstream and some 20 yards from shore. Lawrence officer Tim Dube immediately stripped off items of gear and jumped into the swift current with a life ring. He managed to reach Giordano and support him before he succumbed to the river, and then single-handedly pulled him back to shore. Officer Dube courageously determined that there was not time to wait for a rescue boat and undoubtedly saved the suspect’s life by his quick action. This event was a display of superb professional competence on the part of Officer Tim Dube and of excellent cooperation among police authorities in this region.

LifestylesFURNITURE

Complete selection of home furnishings & accessories

• Entertainment centers

• Bedroom sets

• Recliners

• Curios

• Grandfather clock

• 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.

CALLING ALL RUNNERS

Please join us on Saturday April 18, 2009 for the 1st Annual Dan Ford 5 Mile Road Race and 5K Fun Run/Walk.

Dan is suffering from a rare form of urethra cancer. So far this type of cancer has a 100% fatality rate. Despite this fact Dan’s fighting spirit has not been broken. Dan is a competitive person by nature. He was inducted into the Methuen Hall of Fame in 1997 for his athletic accomplishments while at Methuen High from 1984 to 1988. Dan was one of the regions top running backs. He scored 10 touchdowns as a junior and 6 as a senior while being credited with back to back 1,000 yard seasons. The powerful Ford was also a top quarter-miler on the track team. He was the Class B runner up in both his junior and senior years (50.8 seconds). Dan was a powerful force on the hockey team as well. Now Dan is in a competition for his life, and based on his record if anyone can beat it, it’s Dan Ford. Although Dan is a fighter, he cannot fight this one alone. Please join us for this 1st annual event. The race begins and ends at the Fireside Restaurant in Methuen,.

The race will be followed by an award ceremony and an eventful post race party!

When: Saturday April 18, 2009 (race is set to go off at 10:00 AM)

Where: The race begins & ends at the Fireside Restaurant at 171 Pelham St. in Methuen. -

Registration: \$25.00 per runner, you can print a standard registration form from this site.

Make checks payable to: The Dan Ford Fund. Mail registration form and check to: RE/MAX Prestige - 100 Bridge St. - Pelham, NH 03076 - Attention: Malcolm Fulford. Online registration is also available. - Tee-shirts will be provided for all pre-registered runners

www.danfordsruncure.com

PONDERING WITH PAUL

Selling one's virginity on-line

Paul Murano

VALLEY PATRIOT MORALITY COLUMNIST

I was listening to the radio the other day when Natalie, the girl who made headlines for auctioning off her virginity on-line, was being interviewed. Like many of us, the host sought to understand this young woman's motives. Before long Natalie would unwittingly say **two** things that would explain her actions:

1. "It's only my body, not my soul or my person."

This false dichotomy she made between body and soul, called ontological dualism and introduced to modernity by Descartes, is common today.

Natalie was able to rationalize her act by saying it was her body, not *her*, that she was giving away; a thing, a commodity that she owns, but not her *self*. In the past three decades we have created a non-marital subculture based on this false principle that human nature is not permanently affected by physical intimacy, for if the body is an object it can be used, given away, and taken back at will with no ramifications. The pornification of society had to first begin with the thing-ification of persons.

Contrary to this false dualism that enables Natalie to sell her virginity and the sexual revolution to sell its lies to now to a second generation, the soul is the very form and life of the body. It is not something separate that we wear like clothing, but body and soul are co-principles of the one human person as a psycho-somatic union. To say you can give your body away without giving your self is an objective lie.

A couple minutes later a person with a male voice who called himself "Raquel" called in to this show to defend Natalie. He described himself a Myspace friend of hers that recently had a sex change operation and had prostituted him/her self on the side.

His aim was to ridicule the host and support Natalie's choice to auction off her virginity. After all, we live in a "pro-choice" society. The host rightly refused to call him "Raquel" and used his pre-op name Bruce instead.

What was apparent was that Natalie and Bruce adhered to the same principle: They both separate body from person in order to rationalize their choices.

Bruce would claim it is possible to be one sex in the soul while another in the body, while Natalie claims her body is not her self. As a result, he decided to mutilate himself and she to sell herself.

2. The second telling thing Natalie mentioned was this: *She used to hold to the ideal of saving herself for her future husband, but then had a few illicit intimate relationships that did not work out. It changed her outlook and attitude.* Isn't this a common pattern we see so often in our society today?

The natural and godly ideal planted in every heart of saving one's self exclusively for one's future spouse in marriage is quickly doused by the pressures of our age coupled with the shameful silence of parents, schools, and many religious leaders. Natalie's heart, like so many other young people's, has been shattered - and as a result her morals have changed.

If we dared to ignore political correctness and looked honestly at what has been occurring we would see countless young women suffering greatly from self-esteem issues, self-loathing, and lack of hope.

I had one young woman recently spend over an hour with me after my theology class lamenting with tears her decision to lose her virginity because, as she eluded, she can never give her whole self to her future spouse exclusively as she was meant to do. She started college as a freshman with strong faith and conviction, but now as a senior lives a life of hidden pain and cynicism.

Yet society gives this a wink and a nod while many parents, I am told, rather than taking a stand to protect their daughters from this degrading ritual of contemporary times, make sure their college-age daughters are supplied with books, pencils, and birth control pills. Apparently it doesn't matter how broken a girl becomes as long as there is no baby in the way of the pursuit of making money.

There are so many Natalies today who are victims and accomplices of a culture that promotes a false body/soul dualism and a hedonistic value system that places money and sex over personal dignity and love. Can we be all that surprised that in such a relatively short period of time a woman's virginity has gone from being a precious gift given to one's spouse in marriage to something sold to a stranger in an on-line auction?



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

Real Jobs Create Wealth

John Stossel

SYNDICATED COLUMNIST

So President Obama got his stimulus bill. For a mere \$787 billion, he has pledged to "save or create" 3.5 million jobs. That's only \$224,857 and change per job! (If I still have my job next year, will he take credit for saving it?)

But wait. Only 3.5 million jobs? Why so few? It's not like creating jobs is difficult.

Egypt built more than 100 pyramids beginning sometime in the third millennium B.C. to house the corpses of the pharaohs and their significant others. Think of all the jobs that project created. I'll bet the unemployment rate was something any pharaoh could have proudly campaigned for reelection on — if he faced election, that is. Pyramid building is one heck of a public-works project.

Its economic significance was not lost on that great advocate of full employment through public works, John Maynard Keynes. The British economist, so in vogue today, famously wrote in "The General Theory" (1936), "Pyramid-building, earthquakes, even wars may serve to increase wealth"

In fact, pyramids are even better than the usual government project. Keynes said: "Two pyramids . . . are twice as good as one; but not so two railways from London to York."

Ancient Egypt's success has many applications today. We could have full employment overnight if the government simply outlawed machines. Today's 7 percent unemployment rate would vanish.

Again, we find an endorsement in Keynes's "General Theory": "'To dig holes in the ground,' paid for out of savings, will increase, not only employment, but the real national dividend of useful goods and services".

Exhibit B is Franklin Delano Roosevelt. I don't mean his public-works projects, like the Civilian Conservation Corps. I'm talking about his most serious job-creating operation: the draft.

In September 1940, Roosevelt signed the Selective Act, which ordered all males 21-35 to register for military service. "Of the 16 million persons who served in the armed forces at some time during the war, 10 million were conscripted, and many of those who volunteered did so only to avoid the draft ..." writes Robert Higgs in "Depression, War and Cold War."

The draft marked the beginning of the end to the double-digit unemployment that had plagued America for a decade. Two years earlier, Roosevelt's treasury secretary, Henry Morgenthau, lamented, "[A]fter eight years of this Administration we have just as much unemployment as when we started". The draft was the answer they had sought all that time.

So creating jobs is not difficult for government. What is difficult for government is creating jobs that produce wealth. Pyramids, holes in the ground and war do not produce wealth. They destroy wealth. They take valuable resources and convert them into something less valuable.

Instead of iPods, great art, cures for diseases and machines that replace back-breaking work, we get the equivalent of digging holes and filling them up.

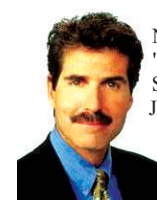
Under President Obama's "stimulus" plan, jobs will be created to weatherize buildings, construct schools and wind turbines, and repair roads and bridges. But outside the market process, there is no way to know whether those are better uses of scarce capital than whatever would have been produced had it been left in the private economy.

Since government services are paid for through the compulsion of taxes, they have no market price. But without market prices, we have no way of knowing the importance that free people would place on those services versus other things they want.

So although we'll see the government putting people to work and even some new schools and bridges, we won't be able to calculate how much wealth we've lost because scarce resources were misallocated by the politicians.

Nevertheless, we can be sure we will have lost. If the government's projects were truly worthwhile, they would be undertaken by private efforts, and in their quest for profits, entrepreneurs would handle them more efficiently.

Remember this when President Obama begins to boast about how successful his stimulus plan is.



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.

Don't let them leave the house without their ABC's!

Meghan McGinley Crowe

LITTLE SPROUTS

Last April my nieces, Taylor aged 4 and Lily aged 6, came to visit me during school vacation. Lily, a first grader, was already reading chapter books alone but I quickly saw that Taylor wasn't able to identify letters. "Lily," I offered, "Taylor should really be learning her letters now. As her big sister, you should help her learn." "Auntie Meghan," Taylor clarified, "I'm not in school yet. I will learn my letters when I start kindergarten." As if by a magic switch, Taylor believed alphabetic knowledge is imparted on the first day of kindergarten and couldn't be bothered to begin practicing now.

Unfortunately for Taylor and too many other children nationwide, literacy knowledge is not imparted on students entering school on their first day. Learning the alphabet is a skill that must be intentionally, explicitly taught to young children and the skills should start long before the first day of kindergarten. Children's ability to name letters is one of the best predictors of later reading- more so than a child's IQ score (Lonigan et al., 2000; Adams, 1990). Singing the ABC's isn't enough. Neither is simply memorizing the alphabet. A child who can rapidly identify letters most likely has had a strong literacy foundation and will succeed in many academic endeavors over his lifetime. Teaching your child the alphabet incorporates many strong literacy skills that can easily be completed at home:

First, a child has to learn that some pictures are symbols for words or objects. Then they can begin to recognize that letters and words are static symbols and never change.

While reading a book, ask a toddler or young preschool aged child where you should start reading to quickly assess if they know that the words on the page are different than the illustrations. When this convention of print is established, you can begin to key your child into letters. Start with the letters in his name- they are almost always the first a young child learns! The only letter that my niece Taylor knew was "T". "T for Taylor!" she'd excitedly point out when she found *her* letter. Suddenly our whole environment- at home and out and about- was a scavenger hunt for the letter T. We found T's at the indoor playspace Imagine That. We found T's on signs at the park. We even found T's at McDonald's. Alphabetic learning has to be scaffolded- I couldn't expect Taylor to learn the entire alphabet in her short visit with me, but as soon as she felt comfortable with T, I moved onto A and left it there. If you start when your child is 3 there is plenty of time to make it through the alphabet- upper and lower case.

Teaching the letters so they are committed to long term memory means they become a springboard for other learning. Letter names often carry information about the

sound the letter represents, so it is vital the letter name is easily assessable information stored in a child's young brain. Lily, who was writing, would often rely on the letter sounds to deduce how to spell words.

Children who have alphabet knowledge can identify letters, by doing so they are demonstrating that they are noticing print, developing their visual memory, and distinguishing among letter forms (Strickland, Schickedanz, 2004, p.67). Preparing your young child for kindergarten doesn't include only a haircut and a new backpack in August. Teaching the alphabet must begin years prior to that first day but carries with it benefits that will last decades longer than the backpack.

About the author: Meghan McGinley Crowe, M.Ed., has served as the Executive Director of Literacy at Little Sprouts since 2003, overseeing and leading Little Sprouts' Department of Education sponsored preschool literacy initiatives Project Sprout and Project Sprout-Out. She speaks and trains educators and administrators nationally on early literacy and the importance and pleasure of picture books. She is pleased to report that Taylor, now a kindergartener, has learned the alphabet.

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



4th annual Newburyport Literary Festival, April 24-25

Newburyport once again welcomes local and national authors and readers alike to celebrate “Reading for a Lifetime” at the Fourth Annual Newburyport Literary Festival (NLF), organized by the Newburyport Literary Association, on April 24 – 25, 2009.

Located in Newburyport, Massachusetts, with its rich literary heritage, the NLF is a unique opportunity for local and nearby community members to meet with and to hear from well-known authors from every genre in a picturesque setting.

NLF 2009 Honorees include:
David McPhail – McPhail is an award-winning author and illustrator of nearly 200 books beloved by children, parents and librarians across the United States. McPhail is one of the most prolific and influential children’s authors in the country. McPhail has garnered many prestigious awards, including a *New York Times Book Review* Best Illustrated Book of the Year for *Mole Music* in 2001.

Dorothy LaFrance - LaFrance recently retired from the Newburyport Public Library after serving as Head Librarian for 30 years. In addition to functioning as a City Department Head, she is a former past President of the Merrimack Valley Library Consortium. In Newburyport, she is a member of several organizations include the Cultural Alliance Roundtable and the Lifelong Learning Lyceum.

“This year as the Newburyport Literary Association prepares for our fourth festival we are delighted and proud to announce our honorees,” stated the NLF Chairperson, Vicki Hendrickson. “We are so fortunate to live in a community where reading is valued and where we have folks like Dottie and David who are here to guide us along the way.”

Confirmed authors include Anita Shreve, Julia Alvarez, Elinor Lipman, Richard Bausch, Peter Orner, Lewis Turco, Anne Easter Smith, David Crouse, and, of course Newburyport’s own, Andre Dubus III.

The Newburyport Literary Festival (NLF), organized by the Newburyport Literary Association, annually celebrates the joy of reading and writing as well as the love of books. The NLF in 2009 features more than 40 writers of distinguished fiction and non-fiction – including short story writers, children’s authors, biographers, nature writers, critics, screenwriters, poets, novelists, and journalists – who will read and discuss their work in venues throughout Newburyport’s historic downtown. For more information on the NLF, including authors and their work, please visit www.newburyportliteraryfestival.org

MARX: FROM PAGE 8

Fewer and fewer of our elected officials are people of integrity who will stand on principle, especially when doing so is not in their narrow self-interest.

Instead, our legislators have become a gang of Mafioso who sell influence to the highest bidder while skimming off the accompanying financial rewards and basking in the glow of power.

Most of them deserve to be tarred, feathered, dragged through the streets and then guillotined. The rest deserve worse. Being drawn and quartered comes to mind. Our leaders still have time to redeem themselves. But to do so they must rediscover the meaning of human liberty, get some backbone, and start fighting to restore our American birthright.

They must stop pandering to the worst instincts of their constituents - to control and plunder - and start standing up for the rights of the individual. Honor our country’s forefathers. Stop destroying the fruits of centuries of human evolution culminating in the miracles wrought by Rousseau, Locke, Montesquieu, Jefferson, and Madison.

We want our rights and liberties returned to us intact. They are not privileges. They are our UNALIENABLE right to trample, ignore, or squander them.

Taxing and regulating the citizenry into a state of dependency and then offering soup kitchens and government cheese – as if they were worthy replacements for lost liberty and independence – may be placacious, but it is fueled by ignorance and avarice.

Will we turn back before it is too late? Time is running out.



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

Symphony Orchestra Honors Chamber Ensembles perform Chamber Music Concert, March 15th

Young musicians from the Symphony Orchestra of the Northshore Youth Symphony Orchestra (NYSO) will perform an exciting concert of chamber music at the Firehouse Center for the Arts in Newburyport on Sunday, March 15, 2009 at 3:00 p.m. Each year, students of Symphony Orchestra, (NYSO’s most advanced ensemble) break into 12 – 15 small chamber ensembles – string, wind and brass. Ensembles are coached by some of the finest musicians in the Greater Boston area. The honors ensembles that will perform this concert at the Firehouse Center are chosen at a performance on March 1 at First Parish Church in Beverly. Students will perform music of Beethoven, Haydn, Mozart, Hindemith, Stone, Bloch, and more. Audience members will have an opportunity to hear the individual instruments of the orchestra and to hear many of our young rising stars.

Tickets for this concert are \$10 Adults, \$8 Students/ Seniors/Firehouse Members. Because of the popularity of the programs, advanced tickets are recommended.

During the spring, members of the Symphony Orchestra participate in a program called “Youth Serving Through Music. ”

The ensembles perform several outreach concerts to underserved groups in our community and to audiences with limited access to high quality classical music, including senior citizen and assisted living centers, after-school programs, rehabilitation centers and hospitals.

The mission of the Northshore Youth Symphony Orchestra is to create the opportunity for young musicians to join a musical community that provides a nurturing and challenging learning environment, promotes excellence and serves audiences through performance and outreach.

LAROCQUE: FROM PAGE 18

afford it in the first place! The great Stimulus package coming from President Obama to the State, how much of it is coming to LPS? We were told that when it gets here that these funds can’t be used to save jobs, they are for specific purposes.

So I agree with Mr. V. and share the same concern for all our teachers.

As a School Committee member who visits schools and has seen first hand the hard work and dedication of the Lawrence Teachers, I don’t want to see anyone gone. The result of loosing teachers would have too much of an affect on the quality of the education that our Lawrence children. Also classroom sizes would be affected, we would also loose the gains made by the concept of small schools which allows for individual attention by a teacher to their students.

So I plead with all the unions, let’s work together to keep the quality of education high in LPS.



peterlarocque@hotmail.com

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

HAVERHILL
Fundraiser to benefit John Lenotte
Department Vice Commander,
Candidate for Re-election
American Legion, Department of
Massachusetts
Saturday, March 28, 2009
Post 4, 1314 Main Street, Haverhill, MA
1:00 pm Social Hour
2:00 pm Dinner

There will also be raffles for your enjoyment.
Tickets = \$30 per person.

Please send check and name(s) payable to:
John Lenotte, 52 Columbus Ave, Haverhill,
MA 01830
Deadline for tickets = March 14, 2009

Protecting the Stay-at-Home Spouse

Greg Loosigian

VALLEY PATRIOT FINANCIAL COLUMNIST

When married couples have young children, often one spouse stays home while the other works outside the home. While most parents understand the necessity of purchasing a life insurance policy on the income earner, few realize the importance of also insuring the stay-at-home spouse. Being Prepared for the Unexpected - What if the stay-at-home spouse suddenly became ill, disabled or died? The family would be devastated. Friends and family members would initially pitch in to help. But, eventually they would return to their regular lives. Before the surviving spouse returned to work, a caretaker for the children and home would need to be hired children, presenting a potential financial hardship. But, had life insurance been purchased on the stay-at-home parent, the family’s needs would have been protected.

Measuring the Value of the Stay-at-Home Spouse

Despite the importance of the stay-at-home parent, there’s little research to quantify its value. In its May 8, 2008, Mom Salary Survey, Salary.com reported the ten most popular functions performed by mothers equates to \$116,805 per year vs. a working mother’s salary of \$68,405. It further states the stay-at-home spouse works a 94-hour week, serving as housekeeper, teacher, cook, psychologist, and van driver — in short, functioning as a CEO at home.

Flexible, Customizable Choices - The type of policy you select depends on your needs and budget. Term life insurance provides affordable coverage for several years. In contrast permanent life insurance provides protection for your entire life (provided premiums are paid) and accumulates cash value tax-deferred. This cash value can be accessed (unpaid loans accrue interest and reduce policy’s cash value and death benefit). Plus, riders, available with term and permanent life insurance, enable you to customize your policy to meet and grow with your changing needs.

The loss of a parent is hard enough on a family; purchasing insurance coverage for a stay-at-home spouse can help ensure that it doesn’t become a financial hardship as well. This educational third-party article is being provided as a courtesy by **Greg Loosigian**. For additional information on the topic(s) discussed, please contact **Greg** at gloosigian@ft.newyorklife.com.

G66 **00335717CV** - Expiration: 12/31/2010

HILL: FROM PAGE 2

systems in a way that stops the duplication of costs and services.

I continue to have a problem spending over \$3 million to pay public employees to go out and volunteer at non-profit entities. Yet we do. Don’t get me wrong, I deeply believe in the charity of volunteer work, but for most people outside the state bureaucracy, volunteering doesn’t come with a paycheck. Why the dictionary definition of volunteering doesn’t apply to state employees is beyond me, and a sign that your state government is not serious about tightening its belt.

We knew that lean times were coming, yet that didn’t stop Governor Patrick from increasing the State’s workforce by over 2000 people, with additional hires being proposed in his FY ’10 budget. This is just the beginning of a list of governmental growth that we cannot simply sustain.

Let me be clear. We cannot tax and spend ourselves out of a recession. Government will just continue to exacerbate the problem. State government needs to realize that when it uses the term “revenues”, it is your earnings they are talking about, not theirs. State revenues are money coming out of your pocket, out of your hard work. When there is a decrease in expected revenues, it means people are having trouble paying their bills.

The budget shortfall is due to two reasons 1) taxpayers are hurting and 2) state government is bloated. So it is astounding that instead of using this economic crisis as an opportunity to reform government, the Majority Party will continue to feed state government’s appetite for growth while simultaneously increasing the burden on taxpayers’ shoulders. They will try to sell this irrational behavior as “sharing the pain” (and keep in mind that many of these politicians accepted pay raises). This arrogance of governmental power should be unacceptable to all the taxpayers of Massachusetts.

Bradford R. Hill - Minority Whip
Massachusetts House of Representatives

PUPPY LOVE! with Kate Whitney

Tips for bringing home a new puppy or dog

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

So you have finally taken that step and you are getting a new dog. Whether it's your first dog or your 5th dog, there are some important things that I think you should remember. Hopefully you have decided to adopt your new friend, if so, congratulations on saving two dogs; the dog you adopted, and the homeless dog that is now able to be in the shelter because of an open space.

Before you made this decision, I hope you thought it through, long and hard. Having a new dog is big responsibility... So be prepared! Remember all the costs that go into having a dog: food, vet bills, heartworm pills, flea/tick control, treats, toys, etc. Make sure you can afford these things and that you are ready for the commitment for at least the next 10 years. Owning a dog isn't a short-term thing. Your dog will need exercise and socialization (think dog park or obedience classes). Do you have the time and energy to give your dog the things it needs?

The first thing you should make sure of before bringing home your new dog is that it's vetted. This is especially important if you have any other animals at home. You don't want your new dog infecting your existing animals. Another important thing is have an ID tag made and immediately attach it to the dog's collar. The next issue is potty training. Whether you bring home a puppy or an older dog, you will have to work on this. Puppies of course will require lots of time and patience on your part. If your new dog is an older dog and



is supposedly housetrained, count on it marking it's territory and having a few accidents the first few days. The new dog needs to learn new things about his environment. Things like, what door to stand by when he needs to go out? How does he alert you that he needs to go out? Remember to never

yell at, hit, or rub his nose in it if he does have an accident. Also, have some pet-specific cleaning products on hand. If there is an accident in the house make sure you clean it well so the dog won't smell it and potty in that place again.

Remember that dogs are pack animals, and you need to be the pack leader. If you don't set the stage early on, your dog will try to take over as the pack leader. This will result in an aggressive and annoying dog. It's not funny or cute if your dog jumps all over you or dictates when he's fed. You are the alpha (leader), you make the decisions.

While maintaining your role as leader, understand that your new dog will need some time to adjust to your way of life and your routine. Be patient with your dog while he gets acclimated. One more thing, if you decide to let your dog sleep in your bed, make sure you have established all family members as "alpha" first, so no dominance issues will come up. Your dog will display dominance issues if he thinks he is higher up in the hierarchy than a human. This issue can result in your dog behaving very badly, so let this be one of the first things you work on with your dog. There are a few key points to remember when working on being the "alpha." Always walk out the door first and your dog should follow. The human should always eat first, before the dog. Never issue a command if you don't intend to follow through. If you tell your dog to sit or stay, make sure he sits or stays. If he doesn't, bring him back to the spot where you asked him to stay and repeat until he obeys. This will demonstrate that you mean business and it's YOU who makes the rules, not the dog. If you ask a dog to sit and he doesn't, and you don't correct him, he will learn that ignoring you is okay. Make sure you are consistent. Beware of sending mixed signals if you think something is cute one time and unacceptable another. If you tell your dog not to do something, you have to consistently tell him not to do it. One night because your friends are over and the behavior that is usually unacceptable



PHOTO: COURTESY

Boxford resident Kate Whitney, Dash and Honey all want you to know how important it is to adopt a shelter dog. For more information you can email One Tail at a Time at onetail@comcast.net

is funny or cute, you can't laugh or act like it's ok, this will confuse the dog. Remember, the key to training is consistent, positive reinforcement. Reward good behavior with treats, hugs, and a happy voice.

In the beginning, make sure your dog is confined when you can't be there to monitor him. Have a baby gate, a crate, or a special room designated for the dog. Until your dog is comfortable in his new home, you want to make sure he's always supervised. Make sure you have lots of chew toys and squeaky toys on hand. When dogs destroy things, like shoes, couches, or your favorite sweatshirt, it's usually because they are bored and need to find something to do. So always have things on hand that are acceptable and safe for your dog to chew.

Make sure you have a comfortable bed for your dog. It should be placed

somewhere that your dog will feel safe and happy. I like the beds that have an easy on/off cover so you can throw the cover in the washing machine. If you have to put the whole bed in, most times it will come out lumpy.

If you have a dog at home already, and you are bringing another dog into the home, be careful how you go about this. Doing the introduction right will allow for a smooth transition for both dogs. Always do the intro.



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



67 Main St., N. Andover
978-689-PAWS (7297)

Full Service Grooming Salon

Walk-In Nail Trims

Love your pet but hate the shedding?



Douglas Paquette Collars & Leashes

**All Breed Certified • Pet CPR Certified
14 Years Experience**

Open Tues-Sat 8-4 • All major credit cards accepted

Visit our website for coupons!
www.groomtownpetspa.com

PLUM GROVE

THERAPEUTIC MASSAGE
PEOPLE HORSES PETS

MASSAGE WORKSHOP FOR PET OWNERS

LEARN A RELAXATION MASSAGE

ROUTINE FOR YOUR

CANINE COMPANION

DEEPEN THE BOND IN YOUR RELATIONSHIP

CINDY DOUPHINETTE RN, LMT

CERTIFIED CANINE & EQUINE MASSAGE THERAPIST

180 CENTER STREET

GROVELAND, MA 01834

978-857-7286

PLUMGROVETM@AOL.COM

Lowell Humane Society events and opportunities

Chris Arnott
LOWELL HUMANE SOCIETY

LHS Book Clubs
First Monday of Each Month, 6:30pm
The Lowell Humane Society Book Club will meet the first Monday of each month for 1 1/2 hours to discuss books related to animal welfare, animal behavior and training. The books will be chosen by the group and cover a wide variety of animals and topics. Light refreshments will be served. Bring a friend!

Animal Lecture Series
Third Monday of Each Month, 6:30pm
Starting April 20th, The Lowell Humane Society will host a series of Lectures of the Third Monday of Each Month. We will have a wide variety of speakers, including Pet Nutritionists, Cat Behaviorists and Speakers on Raw Diets for Pets. Cost for the Seminars are \$15 each. A list of Seminars will be posted on our website by

April 1st. Please RSVP for each class by the 10th of each month.

Monthly Adoption & Community Mixer Events
Keep an eye on our website for updates on our adoption and mixer events. We will hold an adoption day and mixer for local animal lovers to visit our shelter and meet folks with similar interests. There will be refreshments and music at each event.

Sunday, March 22, LUCKY DOG EVENT
Adoption hours 12-4pm
First Dog Adoption of the Day Receives A Gift Package including : toys, treats and a FREE TRAINING SESSION!

Community Mixer 3-4pm
Music, Ask The Trainer and Light Refresments in the Humane Education Room.

Sat., April 11th CABIN FEVER EVENT
Adoption Hours 12-4pm

Community Mixer 3-4pm
Music, Light Refreshments and information on local hikes & hot spots to visit with your dog!

Kids 4 Paws, ages 8-12
Third Sunday of Each Month, 1pm
Join us the third Sunday of each month to meet a professional from an animal care field and join KIDS 4 PAWS in working on ways to help the Lowell Humane Society. Each program will run approximately an hour and a half and it's FREE! March 15th will feature Dr. Brady of MRFRS Mobile Spay Van: The Catmobile! She will talk about being a veterinarian and share with us some of the tools she uses every day.

Teen Animal Ambassadors
Interested in helping the shelter, but not really sure how? Join our Teen Animal Ambassadors in making a difference! We are in the process of forming this group, so please contact Chris at the Lowell

Humane Society if you'd like to be kept in the loop on this program!

Fostering & Volunteering Opportunities
Love animals, but can't commit to adopting one of your own? Become a foster family! We are seeking families and individuals to take in cats, litters of kittens and other small animals on temporary basis. Foster homes provide a safe environment for animals to combat illness or learn the social skills they need to be adopted! Not able to bring animals into your home? Give us an hour or two each week and spend time with homeless pets in our shelter!

951 Broadway St
Lowell, MA 01854
978-452-7781
www.lowellhumanesociety.org

Come to the Lowell Humane Society and take us HOME!



Buddy the Beagle is 11 years old, but still quite spunky! He was brought to the shelter because his family lost their home. He is looking for a quiet home with someone who will take him on daily sniff-walks to keep his beagle nose in shape! Do you have a sunny spot for this handsome boy to nap in?



Amelia is a very quiet, shy cat of 5 years. Her owner was moving and wasn't able to bring her along. Amelia is very loving and enjoys being snuggled. Because I'm so timid at first, I would do best in a quiet home with no young children.



PHOTOS: COURTESY

Cadbury is a huge, beautiful New Zealand Rabbit. She is very affectionate and likes to play. She was found as a STRAY and adjusts very well to new situations. Cadbury LOVES greens and is curious about everything. She would do well in any household.

wiggles & jiggles
Pet Care Services

Support our troops

Tracey Zysk, MA
Petcare Provider
Small Animal Massage Practitioner
(978)697-6571
wigglego@comcast.net
North Andover, MA

animal massage
energy & reiki healing
pet sitting
dog walking, including weekends & holidays

providing paw-sitive petcare to the Merrimack Valley

CANINE MASSAGE
CERTIFICATION

50 hour certification program includes:

Massage Techniques for Dogs
Anatomy and Physiology
Understanding Dog Behavior
Ethics and Business Strategies

Starting Saturday March 7, 2009

3 Weekends; Saturday and Sunday 10am -4pm

Cost is \$1100 per student

Register by February 14th

CINDY DOUPHINETTE, RN, LMT

CERTIFIED CANINE & EQUINE MASSAGE THERAPIST

180 CENTER STREET GROVELAND, MA 01834

978-857-7286 - PLUMGROVETM@AOL.COM

BANKRUPTCY ATTORNEYS COHEN & ASSOCIATES, P.C.

FREE CONSULTATION
PAY OUR FEES AT YOUR PACE

978-744-1144

JMC@JMCOHENLAW.COM

HOUSE CALLS AVAILABLE



The Commonwealth of Massachusetts

NORTHERN PROCESS SERVERS
SERVING ALL CIVIL PROCESS

RONALD BERTHEIM
BONDED CONSTABLE
NOTARY

252B PLEASANT ST
METHUEN, MA 01044TEL. (978) 685-0093
FAX (978) 689-3377
PAGER (978) 444-3353

northernprocess@comcast.net

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

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 01844978-681-1155
978-973-2045254 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"

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

Individualized In-Home Tutoring Academics K-12 and Test Prep

Limited Time Offer - A \$165 Value
FREE Assessment & First Tutoring Session

Call Today - 978 226-1700

Mass Center for Academic Success www.masscenter.org

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



U.S. AIR FORCE

Imagine Telling your family and friends you just joined one of the most respected institutions in the world. Imagine their response when you tell them: you'll get paid to learn your job -you'll receive a great starting salary, comprehensive medical and dental care, free housing, and more, you'll received up to 100% tuition assistance for college classes, you'll earn 30 days of vacation, You'll also get a jump-start on a college degree. When you enlist in the Air Force you're automatically enrolled in the Community College of the Air Force (CCAF). Your Air Force technical training and professional military education earn college credits. CCAF offers 66 associate degree programs serving more than 140 Air Force Specialties. If you're ready to really do something amazing with your life, then Cross Into the Blue, for more information, call:

James F Moore, Jr., TSgt, US Air
Force
Air Force Representative
160 Winthrop Ave.
Stadium Plaza
Lawrence, MA 01843
978-686-1464 voice/fax
james.moore.73@us.af.mil



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."



KELLER WILLIAMS
REALTY

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

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

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
cmfoboston@comcast.net
www.JewelryByColleenMarie.com





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

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 02453
T 781 847 4100

296 Chelmsford St. - Chelmsford



978-256-7997





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.

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



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