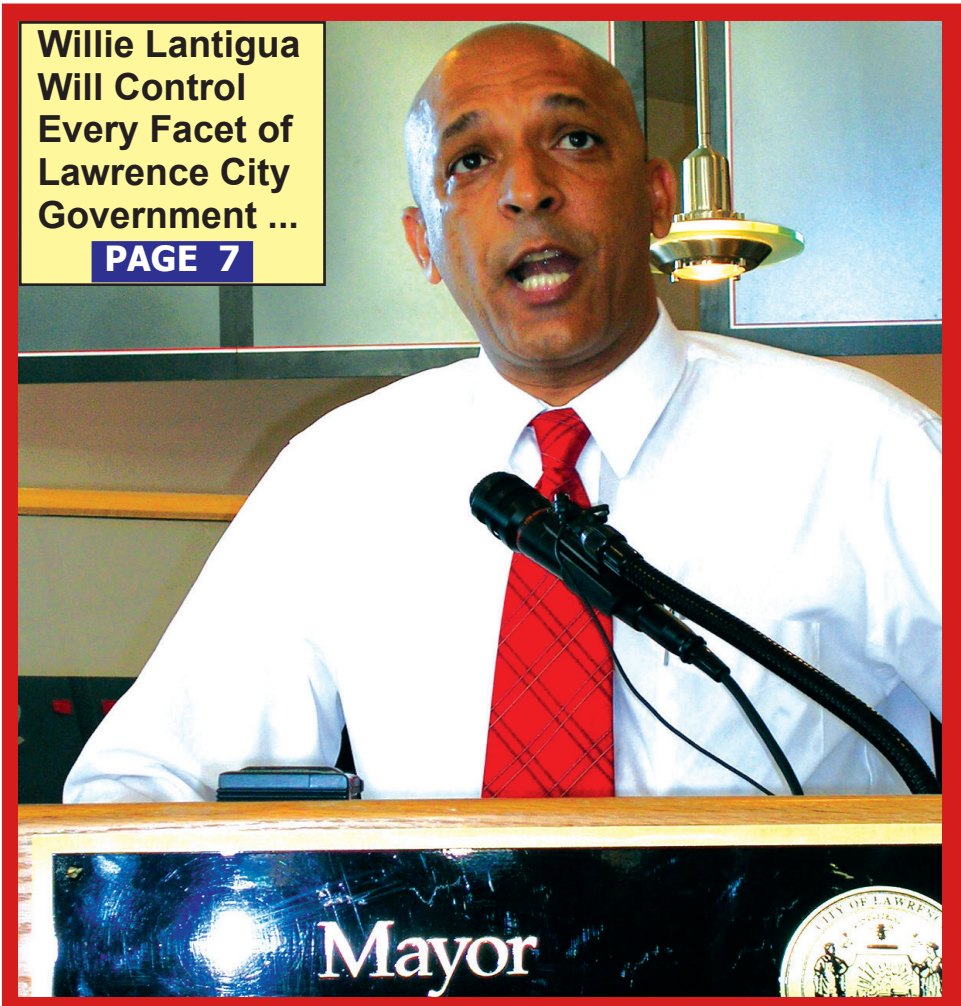







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## VALLEY PATRIOTS OF THE MONTH

### In Honor of Our Hero Servicemen who were attacked by Muslim Terrorist Nidal Hassan at Ft. Hood Texas

Earlier this month, a Muslim terrorist infiltrator named Nidal Hassan went on a shooting rampage and killed 13 American Heroes at Ft. Hood in Texas, (wounding dozens of others) rather than go to war in Afghanistan and kill fellow terrorists. President Obama has been too scared to call this a terror attack and further refuses to prohibit Muslims who follow Sharia Law from infiltrating our military. We find it an abomination that our leaders in government refuse to protect us from home-grown, Muslim terrorists and we stand with the men and women in uniform whose job it is to find and kill Muslim terrorists. We salute those who have lost their lives while our leaders bury their heads in the sand. ....PLEASE SEE PAGE 40.



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# EDITORIAL

## Today we are all Lawrencians

In last month's race for the Mayor's office in Lawrence, Willie Lantigua (da chief) defeated David Abdoo. While we have some serious reservations about Lantigua's ability to manage the city of Lawrence, as well as the character of those insiders he has surrounded himself with, today is a new day.

The election is over. The people have spoken. The campaigning is done. And whether you like it or not, Willie Lantigua is going to be Lawrence's mayor for at least four years.

He promised on election night that he would be the mayor for all the people of Lawrence. And while many are skeptical (including us) based on his refusal to address the concerns of white voters or speak to the English language press during the campaign, we are hoping that Lantigua means what he says (he usually does) and reaches out to the minorities in Lawrence ... the white people he disparaged and ignored during the campaign.

With full control of the mayor's office, city hall, the city council, the school committee and as Lawrence's sitting State Representative in Boston. Whatever problems he has inherited, whatever issues he is faced with, it will be Willie Lantigua who controls the debate, and the outcome of those challenges. Failure or success rests solely upon him. That is a heavy burden to bear.

Those who did not support Lantigua during the election must now put aside their (our) differences and reservations about him and wish him the best. It is in the best interest of the city we love so much to give him a chance to do things his own way, make final decisions and strive for progress where others have failed.

Every time there's an election in Lawrence, supporters of the losing candidate immediately become nay-sayers, criticizing everything the winner says and does to slow (or stop) their progress. They put up roadblocks, invent conspiracies, poison the debate with personal attacks and question the motive of every proposal because they do not want the person who won to achieve anything, or get credit for anything.

This has to stop. It only serves to drag Lawrence down and nobody benefits from that kind of demagoguery.

We urge all supporters of David Abdoo and other candidates who did not support Lantigua to now come together and congratulate the new mayor. More importantly, we urge you all to offer the new mayor whatever help he may need to tackle the enormous challenges facing the City of Lawrence.

Lawrence can only survive if we put the best interest of the city before political differences, party wrangling, racial division and personal animosity.

Leadership does start at the top, however, and it is Willie Lantigua who must lead by example on that front. Unlike others, we are willing to step back and objectively give Lantigua a chance to put forth his ideas and solutions for Lawrence *before* declaring them a success or failure. We urge you all to do the same.

Today we are all Lawrencians. Let the healing begin!



## Thank you for a day to remember

First and foremost a very big thank you is in order for the people of District E in Lawrence.

Many of the people have been supportive of the ideas we have shared over the last 6 months and made a stand to support parents who want to educate our children.

As a committee person elect I have already started preparing myself for the position of being your representative. I have received a current copy of the budget, have received current information from school committee members and have requested the school committee policy book. In addition I will be organizing all the input and ideas we have all had into agenda topics to put these ideas, and resolutions to problems on the committee table. Basically I will be hitting the ground running.

What to expect? You should expect from me, and all you elect to keep their word. You should also expect that knowing the challenges this school system faces that you need to get involved. Watch the meetings on cable access, ask questions, bring solutions to the table, volunteer your time if you can bring your wisdom and skills to the table.

I will charge the district with helping me up when I stumble, I hope to pick up the pace of this slow moving school board, and get them to roll up their sleeves and tackle the many problems we have. I will ask members of the community if they have been watching what is happening in the meetings, and in our schools. I will ask them if they are getting and understanding the information being passed on to them. 'We' is the biggest asset this district will have in making huge strides in very real and positive changes in the school district, your continued support and interaction will only make me and our schools a better, stronger, function in our community.

Usually in my writings I base my thoughts off of facts and laws, this time it's about direction. It's about a place we are going and it's about overcoming the challenges and obstacles that lay before us. I hope that the readers here take note, I want them to note where we are, where we have progressed to and mark the accomplishments and the gain we will make in the next year.

Mark Gray, Lawrence

## Volunteers needed for seniors

To the Editor,

The purpose of this letter is to ask the folks from Greater-Lawrence for their assistance in helping the elderly living in the area with some of their day to day tasks, in order to allow them to keep their independence and remain safely in their homes for as long as possible.

We need ten (10) more "Volunteer Companions" in the Greater-Lawrence area to help elders with daily tasks such as:

- \* Food shopping; can be done at the same time volunteer does their shopping.
- \* Pick up prescriptions.
- \* Just sit & talk with an elder, offer encouragement, as you would for a parent.
- \* Provide occasional rides to appointments.

NOTE: The "Volunteer Companion" may help with all of these tasks, or choose

only to help with one or more of these tasks.

The elders who call us asking for help might be your neighbors; they are most probably elders who live alone and have no family living in this area, and really need some outside support to remain safely in their homes.

Americans are being encouraged by our leaders to create meaningful changes in their communities by engaging in "community service" and give of themselves; becoming a "Volunteer Companion" is one way of meeting this challenge; please call us and we will get you started in an exciting new experience.

Gerry Proulx, Volunteer Recruiter  
Elder Services of the Merrimack Valley  
Tel. # 1-800-892-0890, Ext. 1445

### News tips

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

### Letters to the editor, columns and op/eds

can be submitted to [valleypatriot@aol.com](mailto: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 editors at [valleypatriot@aol.com](mailto:valleypatriot@aol.com)

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THINKING OUTSIDE THE BOX

It’s Official: Obama is a Socialist!

“If it looks like a duck, walks like a duck, smells like a duck and is fond of duck food, it is prudent to presume it’s a duck until proven otherwise.” -- Farmer McDonald

**Dr. Charles Ormsby**  
VALLEY PATRIOT COLUMNIST

**Recipe for Obama stew:** Select an assortment of the following political ideologies: Communism, Marxism, socialism, progressivism, and fascism. Then slice them, dice them, chop them, mix them, blend them, and boil or bake them. Finally, season the mixture with sweet, syrupy honey ... Voila!! Obama Stew.

Reminds me a little of:  
Double, double toil and trouble;  
Fire burn, and caldron bubble.  
Fillet of a fenny snake,  
In the caldron boil and bake;  
Eye of newt, and toe of frog,  
Wool of bat, and tongue of dog,  
Adder’s fork, and blind-worm’s sting,  
Lizard’s leg, and owlet’s wing, —  
For a charm of powerful trouble,  
Like a hell-broth boil and bubble.  
**by William Shakespeare in Macbeth**

Barack Obama has been center stage now for over two years. He has opined on everything from health care to automobile designs, pain medications, and executive salaries. Have we been listening? Do we know what we are being fed?

America’s leftists, led by Obama, are slowly injecting collectivist narcotics, laced with sweeteners, into every orifice of our society. As we sample their prescriptions for America, we have to scrape away the honey so we can taste the poison we are being fed.

If we want to assess, in an unbiased manner, someone’s true ideological leanings, we have to look at his chosen associates, appointees, and policies. We might also note the absence of any representation of specific political viewpoints; in Obama’s case, there is a conspicuous absence of any defenders of property rights or advocates of a free market economy.

This kind of assessment or methodology works across the political spectrum. If we analyze Reagan, we will determine that he was an economic conservative, a supporter of free markets, and an anti-communist. If we apply it to Lyndon Johnson, we will find he was a progressive, New Deal liberal. Try it with Jefferson and we reveal his commitment to very limited government, private property, and individual liberty. Put Stalin to the test and we see his commitment to brutal authoritarian dictatorship.

So it is fair to put Obama to the same test. As his associates, appointees and policies are described below, just ask yourself: Would Reagan have such asso-

ciations, appointments, or policies? John Kennedy? Franklin Roosevelt? Truman? Clinton?

**William Ayres** – In 1969 Ayres co-founded the Weather Underground, a communist revolutionary group that conducted a campaign of bombing public buildings (approx. 25 in total) during the 1960s and 1970s. Ayres, to this day, is proud of these activities and says his biggest failing was not to have done more. In 1995 Obama announced his candidacy for Illinois state senate in the home of Ayres and his wife, fellow-revolutionary Bernardine Dohrn. He has since served with Ayres on the Chicago Annenberg schools project and the board of the Woods Fund, a Chicago charity.

**Rev. Jeremiah Wright** – Obama’s self-described spiritual leader who just happens to be anti-American, anti-Semitic, and racist. In addition to Wright’s famous quotes regarding “the U S of KKK A,” claims that the U.S. invented AIDS to commit genocide against people of color, blaming America for 9/11, and “not God bless America, God damn America,” Wright also gave Louis Farrakhan a “Life Achievement Award” despite (or because of?) his virulent anti-Semitic and anti-American views.

**Rashid Khalidi** – Khalidi, a Columbia University professor who has worked actively on behalf of the Palestine Liberation Organization when it was labeled a terror group by the State Department, held a fundraiser for Obama’s failed bid for a seat in the U.S. House of Representatives. Obama has also publically expressed support for Khalidi as reported by Peter Wallsten, Los Angeles Times Staff Writer, in his April 10, 2008 article in the LA Times:

**CHICAGO** — It was a celebration of Palestinian culture -- a night of music, dancing and a dash of politics. Local Arab Americans were bidding farewell to Rashid Khalidi, an internationally known scholar, critic of Israel and advocate for Palestinian rights, who was leaving town for a job in New York. A special tribute came from Khalidi’s friend and frequent dinner companion, the young state Sen. Barack Obama. Speaking to the crowd, Obama reminisced about meals prepared by Khalidi’s wife, Mona, and conversations that had challenged his thinking. [emphasis added]

**Van Jones (Green Czar)** – Van Jones was an activist in STORM, Standing Together to Organize a Revolutionary Movement, “a group explicitly committed to revolutionary, Marxist politics whose points of unity were revolutionary democ-

racy, revolutionary feminism, revolutionary internationalism, the central role of the working class, urban Marxism, and Third World Communism.” Van Jones was also co-founder of “Color of Change,” whose racist mission “is to strengthen Black America’s political voice.” In October 2005, Jones said that, after the Rodney King affair in August 1992, he was a communist.

**Mark Lloyd (FCC Diversity Czar)** – How can Obama appoint a communications diversity Czar who doesn’t adamantly support the First Amendment protection of Free Speech? Here is what Lloyd had to say about his views on freedom of speech: “It should be clear by now that my focus here is not freedom of speech or the press. This freedom is all too often an exaggeration. At the very least, blind references to freedom of speech or the press serve as a distraction from the critical examination of other communications policies.”

Lloyd also happens to be a big fan of Venezuelan dictator Hugo Chavez who is known for eliminating press freedoms in Venezuela. He praised Chavez’s revolution, calling it “really incredible.”

**Cass Sunstein (Regulatory Czar)** – Here is what Obama’s Regulatory Czar said regarding the glories of taxation: “In what sense is the money in our pockets and bank accounts fully “ours”? Did we earn it by our own autonomous efforts? Could we have inherited it without the assistance of probate courts? Do we save it without support from bank regulators? Could we spend it (say, on the installment plan) if there were no public officials to coordinate the efforts and pool the resources of the community in which we live?

Do not get up tomorrow (April 15th) and drape your house in black! For tax day is not a day of national mourning. Without taxes there would be no liberty. Without taxes there would be no property. Without taxes, few of us would have any assets worth defending.”

**Carol Browner (Director of the White House Office of Energy and Climate Change Policy)** – Immediately prior to her appointment, Browner was one of 14 senior leaders of the Socialist International Commission for a Sustainable World Society, a group that champions world socialism and “global governance.”

**Kevin Jennings (Safe Schools Czar)** – Jennings believes that sexual orientation lessons should begin in kindergarten. And just when you thought it was safe to send your children to school ...

There is little excuse for these associations and appointments. Obama supporters try to minimize Obama’s relationships with the likes of Ayres, Wright, and Khalidi, but other politicians don’t have similar

associations. And other presidents don’t make the conscious decision to place committed leftists into critical, decision-making positions having power over the economy, energy, government regulations, freedom of speech, the environment, and our schools.

The ultimate test of the socialist tendencies of our president is the degree to which he supports expropriation of private wealth, grows government spending, and cements government power. If the results of the previous tests were not convincing, the evidence here is overwhelming.

Just consider the federal government’s take-over of the banking and financial services industry, the unconstitutional dictating of private salaries, the take-over of GM and Chrysler, the maniacal focus on government-run health care, and Obama’s plan to impose a carbon tax through cap-and-trade.

The degree to which private property (and the rights to decide its use) is being expropriated by the government under the Obama administration is astounding. Here are just a few statistics taken from the Wall Street Journal, Oct. 26, 2009:


- \* The fiscal 2009 deficit resulting from government spending is estimated to be \$1.4 TRILLION
- \* In FY2009, Medicare and Medicaid spending increased 9.8% and 24.7%, respectively; the EPA’s budget rose 126%; the Dept of Education’s budget increased 209%; and energy programs increased 146%
- \* The budget of federal agencies increased, on average, 57% from 2008 to 2010.
- \* Democrat spending proposals for FY2010 amount to an annual increase of over 12%
- \* Proposals for spending through 2019 include \$3.4 TRILLION in NEW spending (as estimated by the CBO ... historically a gross under-estimate).

All of this happening when inflation is under 1% and while real family incomes were falling 3.6%.

There is little more to say. The evidence speaks for itself: Obama is not a duck ... but he is a real and genuine socialist.

We can meekly accept our fate and pay the consequences in lost freedoms and a substantially lower standard of living ... **OR** we can stop the madness beginning with the 2010 elections.

It is time to start fighting back.



Dr. Ormsby is an ex- member of the N.A. School Committee. He is a graduate of Cornell and has a doctorate from MIT. He is currently an adjunct professor of Math at UMASS, Lowell. You can email him at: ccormsby@comcast.net

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# Senior Activities for October

Help support our upcoming Holiday Christmas Fair on Saturday November 28, from 8:30-3:00. We need items for our White Elephant Table, Gently Used Jewelry, Books, Books, Books, Home Made Bakery Goods and Volunteers who will work in the kitchen. If you can help please drop the items off at the North Andover Senior Center the week of November 16-24. If you would like to volunteer for set up/break down please call Barbara at 978-688-9560.

**\* Thanksgiving Feast:** Join the staff of the Senior Center for our annual Home Cooked Turkey Dinner Thursday, November 19, 2009 at 12:00. \$10.00 per person. Entertainment, featuring our very own Russ McQueen. Tickets go on sale at the Center on November 5, 2009.

**\* Pasta Bar:** by Merrimack Valley Nutrition Project on Tuesday, November 24, 2009 at 11:45 at the Senior Center. \$2.00 per person sign up required by November

13, 2009.

**\* NEW PROGRAM:** Additional transportation is available on Thursday afternoons from 12:30 – 4:30 PM and Friday mornings, 9:00 to 1:00 PM. If you need a ride to and from the center, please call reception. If you have a local appointment such as the hairdresser or visiting a friend, we may be able to accommodate you with that.

**SHINE Counselors:** The SHINE Counselors will be holding office hours at the Center on the 1st, 3rd and 4th Tuesdays of every month from 12:00 – 3:00 PM. Please call 978-688-9560 to set up an appointment.

**Pranic Healing:** Fridays, 10:00 – 12:00, 20 minute treatment for \$5.00 donation. Call for an appointment.

**Lecture Series:** Every Monday at 10:00 a.m. November 9, Professor Mary McHugh, Merrimack College –

**\* ZUMBA:** Tuesdays at 9:30 AM –

10:30 AM – 6-weeks for \$24.00. Come exercise to the beat of Latin Music with Zumba Instructor Barbara Selima. Walk-ins are welcome. Drop the kids off at school and come to the Senior Center for a class. All ages are welcome. Call the Senior Center to sign up at 978-688-9560.

**Seniors on the go:** L.L.

Bean in Freeport Maine, December 10, 2009:

Please join us for a day of shopping and lunch on your own at the outlet stores of Freeport Maine. \$6.00 R/T bus leaves the Senior Center at 9:00 and will be back approximately at 4:30. Seats are limited

for this special Christmas Shopping trip. The bus will drop you off at the L.L. Bean main entrance. You must be back to the bus by 2:00-an established meeting place will be set up. This trip is weather permitting.

**The Jimmy Buffet Walking Group:** Walkers meet at the Youth Center on Wednesday mornings to walk from 9:00 – 10:00 a.m. Come and walk around the gymnasium to the tunes of Jimmy Buffet. Walk at your own pace and meet new people while doing it. This is a free program. All are welcome.

**Foxwoods:** November 17, \$25.00, pick up at St. Michael's Church parking lot at 6:45 a.m. Stop by and sign up, make checks payable to Bob Christensen.

**Supper Club:** Friday, November 13, 2009, Capellini's Restaurant in Methuen, order off menu. Leave the senior center at 4:30 PM, transportation \$2.00 if needed. Sign up required.

Friends of the North Andover Senior Center present: "The fifth Annual "Gala of Trees," includes trees, baskets and wreaths. Viewing starts the week of November 23, 2009. View trees from 8:30-4:30 at the North Andover Senior

Center. Drawing for trees will be held during the Selectmen's Breakfast – Date to be announced.

**"Friends of The North Andover Senior Center Holiday Breakfast."** It has been an amazing year for the North Andover Senior Center due to the efforts of the Friends of the North Andover Senior

Center Inc. Please join us for a holiday breakfast celebration on December 11, at 9:00 am. Limited seating is available please stop by the Senior Center on November 30, to pick up your FREE Ticket, not before November 30. North Andover Seniors only!

**Weekly**

**Walk in Clinic:** The VNA, in collaboration with the North Andover Senior Center, holds a weekly screening clinic every Wednesday from 9:00-12:00. If this is your first time stopping by please come after 10:30 so that the RN on duty will have time to do a medical intake and address your concerns. A donation is requested.

**Hearing Clinic:** Free on the 3rd Thursday of every month. Call for an appointment.

**Attorney George White:** is available to meet with you to discuss your legal issues. Please call the Senior Center to make an appointment.

**TRIAD Shredding Program:** Thursday and Friday afternoons, 1:00-3:00. You are responsible for the material to be shredded. We ask that you limit your shredding to only necessary items. Please sign up at reception desk; you must have an appointment for use of machine.

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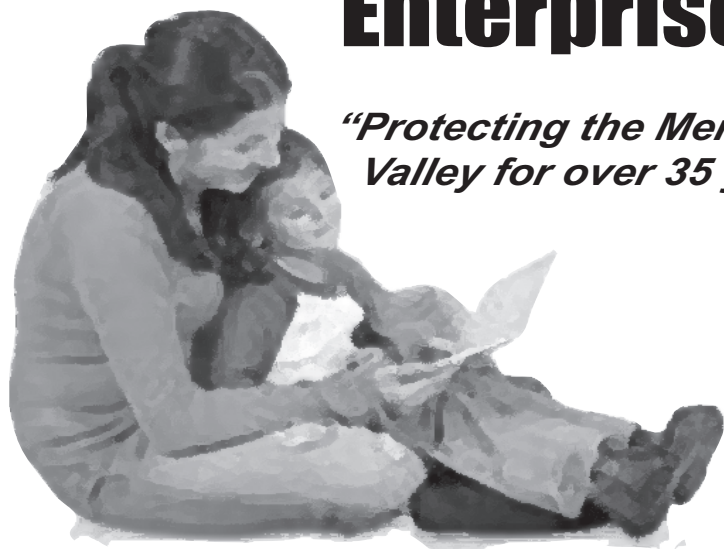
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# Lantigua has absolute power in Lawrence

Few people can really understand the magnitude of the changes that are about to occur in the City of Lawrence with the election of State Representative Willie Lantigua (da chief). Not only did Willie win an overwhelming victory on Election Day, but almost every one of his “slate” of candidates for city council and school committee won as well.

What this means is that Lantigua, at least in his first two years (of a four year term) has absolute power over Lawrence city government. That’s a lot of power in the hands of one man.

As mayor, Willie will control all of city hall. He controls the hiring and firing in the city as well as promotions of city employees and every expenditure in the city budget. He controls the police department, the personnel department, the DPW, inspectional services, the city assessors office, the tax collector’s office, the hiring and appointment of all boards such as the licensing board, the planning board, the workforce investment board, even the Lawrence Public Library Board of Trustees.

The mayor also controls all city contracts, hiring of outside consultants, the water department, and the enforcement of all city ordinances. He also has the discretion to decide which city ordinances to enforce and which to ignore as previous mayors have refused to enforce a residency requirement and cherry picked which

parts of the charter to follow. And that’s just his power as the duly elected mayor according to the city charter. But, Willie will have so much more power than that when he takes office next January.

Because he also ran a slate of candidates for city council, (most of whom were victorious because of Lantigua’s endorsements) the legislative branch of city government (which is supposed to provide the checks and balances of local government), will also be under the control of Willie Lantigua (da chief).

Winning in November with the help of Lantigua were Councilors: Frank Moran, Dan Rivera, Sandy Almonte, Grisel Silva, Modesto Maldonado, and Oneida Aquino. That’s an almost guaranteed six votes out of nine councilors for whatever Lantigua wants to accomplish.

The City Council is in charge of passing the budget, passing and amending city ordinances and making changes to the city charter, as well as approving the hiring and firing of department heads and policies governing the size of buildable lots, the placement of new city buildings, and the sale of city owned land.

But that’s not all ... not even close.

When Lantigua takes office in January he also has a majority of the votes on the School Committee and will sit as the board’s chairman.

With Superintendent of Schools



PHOTO: TOM DUGGAN

Willie Lantigua (da chief) at Lawrence City Hall on election night flanked by Israel Reyes (right), and Marcos Devers (top left). Lantigua is not only the sitting State Representative and the mayor-elect, he also controls the city council and school committee as a majority of his slate of endorsed candidates on each board were victorious as well.

Wilfredo Laboy’s job in limbo due to multiple investigations, Lantigua said before the election that he was going to replace Laboy and look for a new head of the Lawrence Public Schools. Something he will be able to do with total autonomy since the school committee will be squarely in his pocket. He will also control all school department policies, the hiring and firing of all school department personnel, where new schools will be built, who will be hired to oversee them, the construction of new school buildings and who will get those construction contracts, and the curriculum taught to school children in the classrooms.

If all this wasn’t enough for one man to control, Willie Lantigua will also maintain his job as State Representative for the city of Lawrence. He controls all legislation coming out of the city and has tremendous influence over any legislation that would affect the city.

When he takes office in a two months, Willie Lantigua’s combined salaries, (between his job as mayor and his position as the sitting State Rep.) runs somewhere in the neighborhood of \$170,000. And, since the state and municipal retirement system calculates a person’s retirement from their highest three years of income, Lantigua stands to walk away from government service with a very hefty, lifetime paycheck.

Lawrence has a myriad of seemingly insurmountable problems facing its’ citizens right now. The enormous task Willie has ahead of him in the next four years may mean he will earn every single penny of it. Just for starters Lantigua’s burden come next January includes; a rise in crime, a \$10 million budget deficit this year (and a guarantee of more deficits in coming years), a housing crisis that has resulted in over 400 abandoned properties, two fire stations closed, ten firefighters laid off, racial tensions, the highest unemployment rate in the state, a crumbling infrastructure, a huge illiteracy problem, and a city charter that is clearly broken.

The one good thing about all this power

Lantigua alone will wield is this: under the current mayor and city council nothing productive is getting done. Council President Patrick Blanchette and his puppets on the council have thrown roadblocks in Sullivan’s way and the war between the executive and legislative branches of city government have brought progress to a near stand still over the last two years.


And, under the current “leadership” of our elected officials in the city, finger pointing and passing the buck has been brought to an art form. The council micromanages the mayor’s every move and then wrings their hands and whines about the mayor’s lack of progress. Who you believe depends on who you supported in the last election but, the result is always the same. When the mayor manages to succeed at accomplishing something significant despite the council’s interference, they climb over themselves to take the credit and bash the mayor along the way.

With one man controlling everything in Lawrence (similar to a mini-dictatorship) there is really only one person to blame or take the credit no matter what happens in the next two years, and maybe even the next four.

One thing for sure, a few years from now when you drive around the City of Lawrence, the conditions we observe (for better or worse) will be the success or failure of one man, Willie Lantigua da chief.

For the sake of the city, let’s all hope that we will be looking at a bustling, thriving mecca of business, industry and culture, that is inviting to tourists and outsiders and safe for Lawrencians to live in and work in every day.

For as Lawrence goes, so goes the rest of the Valley.

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



Lawrence Police Officer Melix Bonilla pumps his fist in the air at Lawrence City Hall on election night shortly after Lantigua was declared the victor by over 1,000 votes. Bonilla was the real mastermind behind Lantigua’s election win on November 3rd.

valleypatriot.com

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# Lantigua victory masterfully done – now the real work begins

Robert O’Koniewski, Esq.  
VALLEY PATRIOT COLUMNIST

The votes are in and Lawrence finally has met demographic expectations to attain its first popularly elected mayor of Hispanic descent.

We will not use the trite adjective of “historic” to describe State Representative William Lantigua’s victory over District E City Councilor David Abdo, as that has really been beaten to death.

What needs to be said, however, is that, in the face of accusations of all kinds of voter fraud and other electoral chicanery, kudos go out to Mr. Lantigua for his impressive victory over the first-term city councilor.

Mr. Lantigua was able to ultimately capitalize on a decade’s worth of grassroots building by various Hispanic leaders in Lawrence, primarily Isabel Melendez, who strove to register any and all living, breathing Hispanic Lawrencians.

After Ms. Melendez came so close to being the first Hispanic mayor in Lawrence in the 2001 election, Hispanic leaders stepped up their efforts with the hope of capitalizing on the 2001 Melendez euphoria, albeit one rooted in defeat. Although the implosion of the Devers campaign in 2005 would put off that celebration for another time, the demographics were there for a Hispanic who could build the necessary effort to capitalize on the fact that a 70% Hispanic city finally reached the point of having more than 51% of its voters being of Hispanic background.

If you look at the numbers from this year’s race, you really have to give Mr. Lantigua credit for his electoral accomplishment.

Four years ago, Mayor Sullivan was re-elected with 6,000+ votes to Marcos Devers’ 3,900. This year, Mr. Abdo pulled basically the same number (6,057) as Sullivan did, but Mr. Lantigua was able to layer an additional 3,100 votes on top of the Devers 2005 tally. No easy feat when one looks at the Lantigua vote being built one house at a time.

I always viewed the 18,000 or so Hispanic registered voters in our city as the equivalent of Cold War “sleeper” agents, waiting to answer the call when finally needed to act. And this time Mr. Lantigua pushed all the right buttons. Voters, registered for one reason or another over the years but were never really asked to participate fully in the process, literally were dragged from their homes to cast a ballot for Mr. Lantigua last month.

Rep. Lantigua himself on election day was walking predominately Hispanic neighborhoods and lighting the fire under his voters to get them to the polls.

As one who has always been a student of the mechanics of the election process, what Mr. Lantigua did, from a purely scientific perspective, was nothing short of incredible. If it was not for his intense, very personal, election day get-out-the-vote efforts within the Hispanic neighborhoods, the result most likely would have been different.

On another front, the Lantigua mayoral success also led to the election, (for

now until any recounts are completed), of six Hispanics to the City Council (out of 9 seats), including in District A as the replacement for Council President Patrick Blanchette, who lost in his bid to be mayor in the September 22nd preliminary election.

What will be most interesting about is the question of who will now be elected as the council president and run the legislative alternative to the Lantigua executive office. One thing you can say about Patrick Blanchette is he was able to set an agenda for the City Council and lead them in a single direction toward a common goal.

One may not like what his goals were (roadblocks, obstructing Mayor Sullivan’s progress and micromanaging the executive branch) – and I for one have serious issues with his ultimate goals and the style he demonstrated – but, again, from a purely scientific perspective, Mr. Blanchette displayed active leadership as a legislative leader during some very difficult times.

The new Council will have (as returnees) at-large Councilors Frank Moran, Roger Twomey, and District B Councilor Grisel Silva. Common sense would say that the council presidency should be Mr. Moran’s for the asking, but I cannot see him placing himself in any type of leadership role where he would potentially clash with his good friend Mayor-elect Lantigua. On the other hand, if anyone would be capable of standing up to Lantigua over the next years, Moran may be the only one capable of doing so successfully.

Therefore, just who will be able to step forward and cobble together the necessary votes to hold the gavel for the next two years? Newly elected Dan Rivera? Former councilor Marc Laplante?

Whomever that person is, the committee appointments they make, including the chair and contingent of the all-important Budget and Finance Committee, will go a long way toward telling us whether this Council will be able to work constructively with Mayor Lantigua and his finance team, along with any resources from the state such as an audit team from the Department of Revenue, ... perhaps even a receiver, to right the city’s financial ship.

With a \$10 million deficit one-third of the way through the fiscal year, Lawrence needs much more than the usual Mark Andrews smoke and mirrors and prestidigitation to get us in the black.

Right now, we probably are looking at substantial employee cuts from the lame duck Mayor Sullivan with the assent of the equally lame duck city council.

Time is of the essence. A plan needs to be in place by December 31 for the city to have a set tax rate and tax bills sent out to property owners.

Regardless, the mess that Mayor-elect Lantigua and the new city council is inheriting surely was not anticipated on the horizon when they announced their candidacies nine months ago.

The easy part – getting elected - is done. The hard part will come in early January when all the pieces are in place at City Hall.

You can email Bob at Boboesq@aol.com

# The trifecta is complete

Paul Murano  
VALLEY PATRIOT GUEST COLUMNIST

The era of the charismatic black man has been fulfilled for Lawrence residents. Three men of African or Caribbean descent are now their political leaders: the president, the governor, and now the mayor. Three elements are the reason why: charisma, ideology, and race.

This phenomenon is worth mentioning for three reasons: it is historical and unprecedented, it manifests demographic change, and it is something most people are frightened to mention publicly because of false accusations of racism.

To mention this historical phenomenon is not racism, of course, but a recognition of accomplishment within the democratic process.

The substantive point to mention, however, is not their race. Minority politicians are embraced by all segments of the political spectrum; conservatives rejoice in people like Alan Keyes, Justice Clarence Thomas, and Michael Steele. These three men represent a considerable shift to the left. “Change” for these three means not only racial change for leadership but ideological change.

The perfect storm for the political left has come about through a post-Bush era that has Wall Street crashing, jobs being lost, and people looking for some kind of change. If not at this moment then when will a socialized economy, abortion in health care, voluntary euthanasia, and same-sex marriage, become a universal reality? It’s now or never, figures the left, for such fundamental “change”.

This brings me to the charisma factor. The independents that decide elections don’t care much about politics. It is the “it” factor, which no one can fully describe, but can be found in politicians of any race or ideology, that usually makes

the difference. Ronald Reagan had it. Bill Clinton had it. John F. Kennedy certainly had it. “It” is found in many dictators throughout history that promise fundamental change to the masses only to abuse their power. Natural charisma can be used for great good or great evil.

This particular “it” doesn’t seem to include women. There have been great female leaders, but generally women seem to have a feminine kind of natural power that can make men melt and lead them to becoming better persons.

Despite the attempt of the past generation to androgenize the sexes there is still a masculine and a feminine charisma or “it” that most people recognize. When exploited by the media or by women themselves it can also lead to as much havoc as men’s charisma can when abused. When Hillary cried in NH she got sympathy votes. When Ed Muskie did in NH he had to drop out of the race. Truth and beauty, wisdom and goodness, the head and the heart, the yin and yang, animus and anima - all ways of expressing the natural complementary of charisma that unites for the good of the whole.

Will this era of the liberal charismatic minority be an ongoing movement? Will voters reject the ideology once they’ve gotten a full taste of it? Will more conservative minorities make their mark in the near future? As history seems to indicate, much depends on not only timing, but charisma. Next election cycle for president, governor and mayor should be very telling.



Paul Murano taught theology and philosophy at Assumption College and Northshore Com. College. He is also a co-host of The Paying Attention! radio program on WCAP and Host “Beneath the Surface” on

Burlington Cable Access. You can E-mail Paul at [PJDM@aol.com](mailto:PJDM@aol.com)

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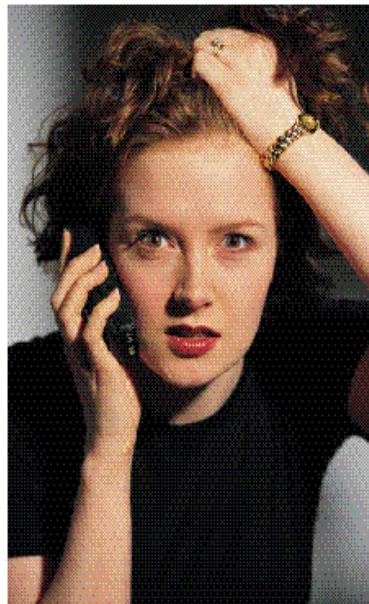
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# Shawn Hansen's Lowell Devils Update

**Shawn Hansen**  
VALLEY PATRIOT SPORTS WRITER

Up to par, the Lowell Devils sit with a record of 4-4-2-0 through Oct. 30.

Games looked at in the past month, on Sept. 20, 2009, the Lowell Devils torched the Bridgeport Sound Tigers 4-0. The Devils scored first in the game with 14:14 on the clock of the first period according to lowelldevils.com as Rob Davison knocked in his first goal of the season.

Ben Walter fled past two Sound Tigers defensemen assisting Davison who slapped a shot into the corner of the net. Matt Taormina then found Walter moments later when he scored on a power play goal with 3:11 in the second period. With only a minute left until the second intermission, Brad Snetsinger added a goal for the Devils advancing their lead to three.

Going into the third period with a 3-0 lead, Patrick Davis scored Lowell's fourth goal with 6:52 left in regulation.

The Sound Tigers did their best all night to disrupt McKenna's perfect game as they gnawed off 19 shots in the final period of play. Goalie Mike McKenna made 40 saves for his second shutout in three starts and Ben Walter iced in a goal and an assist as the Devils blanked the Sound Tigers 4-0.

A few days after Lowell washed away Bridgeport, the Springfield Falcons upset the New Jersey affiliate 4-3.



PHOTO: COURTESY LOWELL DEVILS

Down 2-1 at the beginning of the third period, the Devils scored twice within 39 seconds to take their first lead of the game, 3-2. Lowell twinned up the game on a power play after Vladimir Zharkov's misfired finding Tyler Eckford who fired it in for his third goal of the season. Alexander Vasyunov then made it 3-2 splitting the defense flipping in a backhand over the blocker of Devan Dubnyk.

Despite being shutout 10-3 in the closing period of the game, two former Devils helped the Falcons tie things up with 6:44 left in regulation.

Within the first month of AHL hockey, the Devils acquired Dean McAmmond and Matt Cohen. Cohen is a defenseman

who was called back to Lowell coming from the Trenton Devils of the ECHL.

McAmmond shuffled up his cards last season playing with the Ottawa Senators and the New York Islanders, totaling five goals, 11 assists and 24 penalty minutes in 62 games.

The 22nd overall pick by the Chicago Blackhawks in the 1991 NHL Entry Draft, McAmmond has compiled 178 goals and 235 assists in 934 NHL games over his 16-year NHL career.

Cohen posted a goal and two penalty minutes in two games in Trenton. The 23-year old has appeared in eight games for Lowell, spending most of his time in Trenton over the last two seasons.

In New Jersey, Cohen tallied 18 goals, 52 assists and 146 penalty minutes in 141 games being named an American Conference All-Star during the 2007-08 season. He hails from Yale University where he was a four-year letterman skating in 118 career games serving as team captain his senior year.

For more information about the Lowell Devils, visit my Web site at [www.valleypatriotsportsflash.blogspot.com](http://www.valleypatriotsportsflash.blogspot.com) as I will have a slew of features about your favorite AHL hockey team.

The Web site is under construction, but will include pictures from games, videos, interviews with players and coaching staff, interviews with opposing teams to keep tabs of who the Devils are playing, score/record updates after each game listed on the Lowell Devils Schedule/Results section, fan interviews about the team/their favorite player(s) and so forth, and my weekly broadcasts of the teams progress.



Shawn Hansen is currently in his last year at UMass Lowell. He wrote for "The Campus Report," and was sports editor. Hansen now writes for "The UMass Lowell Connector," and the "Billerica Minuteman." To get in touch with sports journalist Shawn Hansen of The Valley Patriot, email him at [smharticle@gmail.com](mailto:smharticle@gmail.com)

## Seeing Stars!

**George Papoulas**  
VALLEY PATRIOT SPORTS WRITER

When the Boston Celtics came to the Tsongas Arena for an open practice, I got the chance to speak with some of the players about their thoughts on the upcoming season. As I sat courtside next to Boston sports reporter, Jackie MacMullan and her children, the Celtics were running team drills with rhythm and finesse. The number of mistakes made could be counted on one hand. There was one instance when Doc had to stop play to tell rookie Lester Hudson, "this is not the \*expletive\* playground!"

When the team was done practicing, Doc sent the starters out there and had them going up and down the court running various offensive plays. As the team gathered around center court and practice was coming to a close the team put their hands together and chanted in unity "Ubuntu!"

After practice most of the players were gathering their things, icing their knees, and getting ready to head on the team bus.

Paul Pierce, Rajon Rondo, Eddie House, Ray Allen, and Rasheed Wallace were shaking hands and singing autographs for the fans in attendance. The atmosphere after the intense practice was very family friendly as autographed t-shirts were shot into the crowd. Rasheed Wallace was throwing around a football with a member of the Celtics staff.

I asked Eddie House if this is the deepest bench he has ever played with, including the 07 championship bench: "We're expected to be, a lot of guys have something to prove as far as we want to be the best bench in the NBA."

In order to do that we have to go in there night in and night out and try to prove that with a chip on our shoulder. Because if we are the best bench in the league, it only helps our team that much more."

When asked if there would be an adjustment period for all the new players added, he replied: "We are synched up and ready

to go. I mean a couple of guys still have to get their rhythm and the scheme of the offense but other than that I think we're going to be alright."

Don't expect the Celtics to be worried about nagging injuries either, according to Ray Allen: "I've never looked at it from an injury standpoint. The injuries are a part of the game but you don't want to talk about it. Just keep playing hard and get better every day. We're kind of looking for our angle to become a better team." When asked about his own physical health and the depth of this year's team, he said: "I love the way I feel! I'm in a great position and in great shape." And on the depth of the team: "I feel good, I mean we have Rasheed Wallace and Marquis Daniels who were starters on NBA rosters last year, coming off the bench for us," Allen replied.

Lester Hudson had this to say on what he thought his role might be this season: "I think I am a great player and I know it within myself. I will be making the open shots and playing great defense." When asked what was the worst hazing he had gotten after Rasheed Wallace had interrupted with some humorous expletives that cannot be written Lester said: "Before a preseason game against the Toronto Raptors at the Garden they told me I had to sing happy birthday to Paul Pierce and Doc before the game in front of all the fans." When asked how he felt during it he replied, "I was shook up and nervous, I have never done anything like that before and I can't sing, so they got me right there."

All that can be left to say is that the unity and depth of this team is going to be a force to be reckoned with in the NBA. Although the Lakers are reigning champions, I would be clutching my old Kobe Bryant No. 8 jersey and praying to old Jack Nicholson if they think they are due for a repeat. After the impressive opening night win in Cleveland, something that hadn't been done since 2004, the Celtics set the standard as the team to beat.

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# MIKE CAPUANO

## Democrat for US Senate

## Capuano Challenges Coakley on Death Penalty

Congressman Mike Capuano, Democratic candidate for U.S. Senate, today called Martha Coakley's rationale for supporting a pro death penalty position "absolutely wrong" and said it demonstrates that "she is out of step with the progressive values of the Commonwealth."

"The race for Senate is about succeeding Ted Kennedy," Capuano said.

"He would have never supported this position. Ted Kennedy understood that being a U.S. Senator is about being a leader not a lawyer."

Coakley supported a position before the Supreme Court that would limit federal review of state court decisions, which opponents say could make it harder for defendants on death row to challenge their sentences, even when, as here, they lacked effective counsel or other possible safeguards against wrongful execution.

"Ms. Coakley claims her duties as AG compelled her to be involved in this case," Capuano continued. "That is simply not

true. AG's in surrounding states did not participate and Massachusetts should not have either. She is obliged to defend cases in Massachusetts. She is not required to sign on in support of a case involving a death sentence for a developmentally disabled individual in the state of Alabama."

"The foundation of Ms. Coakley's position is that reaching finality in a case is more important than due process rights. That is the same position that George Bush and Dick Cheney took and it is exactly why their terror detention policies have been successfully challenged at the Supreme Court. This view is probably why she has supported George Bush's PATRIOT Act, and I have consistently opposed it."

"It is difficult to see how she can claim that this is not about the death penalty, when a developmentally disabled person will face certain execution in Alabama in a matter of weeks if her arguments prevail," Capuano said.

ELECT

# MARK GRAY

## Lawrence School Committee, District "E"



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District "E" in the City  
of Lawrence

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The City of Lawrence has issued a "Request for Proposals" for the Disposition of certain parcels of Real Estate as described below:

(Proposals are due by 10:00 A.M. Tuesday, November 24, 2009)

**14-16 Bennett Street.** (Tax Map # 164, Lot 30). This lot is approximately 4,500 square feet, consists of vacant land and located in a (I-2) Industrial Zoning District. *The City has established a minimum bid of \$ 20,000.00*

*The City of Lawrence will receive sealed Proposals for the joint sale of two abutting parcels located at 65 Bradford Street and 67 Bradford Street. The subject properties combined are approximately 8,276 square feet as described in the Request for Proposal (RFP) kit. The City has established a minimum bid of \$30,000.00.*

*The subject properties are described as;*

**65 Bradford Street** (Tax Map # 146, Lot 12). This lot is approximately 4,356 square feet, consists of vacant land and located in a (R-3/R-4) Residential Zoning District.

**67 Bradford Street.** (Tax Map # 146, Lot 11). This lot is approximately 3,920 square feet, consists of vacant land and located in a (R-3/R-4) Residential Zoning District.

*The City of Lawrence will receive sealed Proposals for the joint sale of two abutting parcels located at 449 Broadway and 453-457 Broadway. The subject properties combined are approximately 9,200 square feet as described in the Request for Proposal (RFP) kit. The City has established a minimum bid of \$50,000.00.*

*The subject properties are described as;*

**449 Broadway.** (Tax Map # 192, Lot 20). This lot is approximately 4,200 square feet, consists of vacant land and located in a (B-2) Commercial Zoning District.

**453-457 Broadway.** (Tax Map # 192, Lot 19). This lot is approximately 5,000 square feet, consists of vacant land and located in a (B-2) Commercial Zoning District.

**84 Dracut Street.** (Tax Map # 118, Lot 52). This lot is approximately 5,000 square feet, consists of a one story wood structure and located in a (R-3/R-4)) Residential Zoning District. *The City has established a minimum bid of \$35,000.00.*

**83-85 ½ Tremont Street.** (Tax Map # 168, Lot 117). This lot is approximately 2,460 square feet, consists of vacant land and located in a (B-2) Commercial Zoning District. *The City has established a minimum bid of \$6,000.00.*

**55 Warren Street.** (Tax Map # 187, Lot 119A). This lot is approximately 6,070 square feet, consists of vacant land and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$15,000.00.*

**61 Warren Street.** (Tax Map # 187, Lot 119). This lot is approximately 5,686 square feet, consists of vacant land and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$15,000.00.*

**31-35 West Street.** (Tax Map # 167 Lot 9). This lot is approximately 5,000 square feet, consists of vacant land and located in a (R-3-R-4) Residential Zoning District. *The City has established a minimum bid of \$15,000.00.*

**26 Whitman Street.** (Tax Map # 193 Lot 11). This lot is approximately 5,500 square feet, consists of vacant land and located in a (R-3-R-4) Residential Zoning District. *The City has established a minimum bid of \$30,000.00.*

The "Request for Proposal Kits" may be picked up at the Planning Department, 147 Haverhill Street, Lawrence, MA 01840. All "Request for Proposal Kits" must be signed out in person. (Proposals are due by 10:00 A.M. Tuesday, November 24, 2009). Please call April Lyskowsky at (978) 620-3504 for information.

**55-57 Haverhill Street.** (Tax Map # 88, Lot 15). This lot is approximately 1,628 square feet, consists of vacant land and located in a (B-2) Commercial Zoning District. *The City has established a minimum bid of \$8,000.00.*

**197-203 Jackson Street.** (Tax Map # 109, Lot 80). This lot is approximately 5,000 square feet, consists of vacant land and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$15,000.00.*

**211-213 Jackson Street.** (Tax Map # 109, Lot 78). This lot is approximately 4,500 square feet, consists of vacant land and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$15,000.00.*

**26-30 Milford Street.** (Tax Map # 88, Lot 57). This lot is approximately 9,569 square feet, consists of vacant land and located in a (R-3/R-4) Residential Zoning District. *The City has established a minimum bid of \$45,000.00.*

**17-19 Pleasant Street.** (Tax Map # 68, Lot 13). This lot is approximately 5,279 square feet, consists of vacant land and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$30,000.00.*

**50 Pleasant Street.** (Tax Map # 50, Lot 23). This lot is approximately 40,000 square feet, consists of a two story brick and masonry school building, paved parking lot and located in a (R-2) Residential Zoning District. *The City has established a minimum bid of \$200,000.00.*

**65-67 South Union Street.** (Tax Map # 82, Lot 47). This lot is approximately 6,500 square feet, consists of vacant land and located in a (B-2) Commercial Zoning District. *The City has established a minimum bid of \$23,000.00.*

**98 Springfield Street.** (Tax Map # 82, Lot 40). This lot is approximately 4,750 square feet, consists of vacant land and located in a (R-3/R-4) Residential Zoning District. *The City has established a minimum bid of \$20,000.00.*

*The City of Lawrence will receive sealed Proposals for the joint sale of two city-owned parcels located at 100 Summer Street and 55 Jackson Street. The subject properties are described below. Please see full property descriptions in the Request for Proposal (RFP) kit. The City has established a minimum bid of \$25,000.00.*

*The subject properties are described as;*

**100 Summer Street.** (Tax Map # 107, Lot 47 & 48). This lot is approximately 15,903 square feet, consists of a two story brick and masonry school building, paved parking lot and located in a (R-3/R-4) Residential Zoning District.

**55 Jackson Street.** (Tax Map # 107, Lot 52). This lot is approximately 6,500 square feet, consists of vacant land and located in a (R-2) Residential Zoning District.



BOXFORD

Through the Looking Glass

John McCormack  
VALLEY PATRIOT BOXFORD COLUMNIST

Boxford's Special Town Meeting fit into one evening on October 27, 2009. New England towns typically have an Annual Town Meeting each spring. Special meetings are held when something, well, special comes up and can't wait until the next annual meeting.

Boxford has had a de facto Biannual Town Meeting since 2004, with one in spring and one in fall. The reasons vary, but the increasing numbers of warrant articles advocating welfare state social engineering initiatives have greatly increased the length and divisiveness of these meetings.

The main event this fall was Article 6 which sought to subdivide and restrict the uses of the Haynes land, the 75.5 acre parcel bought two years ago with CPA money. Subdivision here means allocating specific uses to specific sections of the land and fossilizing those allocations with land use restrictions which "may be enforced by injunction or other proceeding, and shall entitle representatives of the holder to enter the land in a reasonable manner and at reasonable times to assure compliance." This is stern stuff from MGL Chapter 184 §32.

The three allocations were "open space" to 36.2 acre Parcel A, "recreation" to 25.9 acre Parcel B, and "community housing" to 13.4 acre Parcel C. No money was sought for any improvements. Proponents of the article termed its actions "designation," perhaps thinking this opaque term sounded benign; I found it oddly Orwellian. The article was sponsored by the CPA Committee with the hearty approval of the Haynes Land Advisory Committee.

Passing Article 6 would presage expensive proposals such as \$5,000,000 athletic fields which would be controlled by the Boxford Athletic Association or BAA and twenty subsidized condominiums proposed by the Housing Partnership (HPC) and CPA Committees. The condominiums would be built and sold by a developer supposedly at no cost to the town.

The BAA had promoted Article 6 by emails to its membership and documents on its website. They represented a positive vote as supporting fields but not housing. I thought all this misleading. It is true that most affordable housing restrictions are granted by the developer of an approved project to the municipality or other agency. But a restriction "in any way limiting or restricting the use or enjoyment of all or any portion of the land for the purpose of encouraging or assuring creation or retention of rental and other housing" can be executed; I see nothing stopping the Selectmen from doing just that if Article 6 passed and

preventing any future change of use.

Article 7 on the warrant would empower the Selectmen to convey the housing land to a private real estate developer, presumably for free. Its separation from Article 6 leads me to wonder if our politicians are most obtuse or clever.


They are most obtuse if they thought Article 6 could pass with a simple majority as someone opined at the earlier Moderator's forum; it was on the warrant the previous fall and failed to get the needed two-thirds majority. They are most clever if they secretly thought to stifle debate on Article 6 through smashmouth parliamentary techniques.

Here's what happened. After a forgettable half hour presentation by the Town, I started my eight minute presentation. I noted that many of the same committees and people responsible for the land's overpriced purchase were now proposing to construct athletic fields in the drainage area for Parcel A and Butman Pond. The few acres of dry land were reserved for an incongruous housing project. I noted the Conservation Commission wouldn't likely approve the athletic fields project despite the Haynes Committee's nebulous opinions. If Article 6 passed a housing development contract would be let "pending article 7." Oops.

This drew a Moderator's rebuke though I hadn't discussed Article 7, just spoke its name. Next I got into the not so free nature of the housing development. The room erupted in a cacophony of "Points of Order" from the left wing of the auditorium and warnings from the Moderator to talk about Article 6 and not about Article 7. Now neither article actually proposed a housing project; one would arise from their mutual passage. It made no sense to me or most of the room to delay discussion of housing. But, like Tweedledum and Tweedledee, the Moderator and housing supporters just seemed to know that housing could only be discussed in Article 7.

Floundering about, I analyzed town employee salaries which the Town had also discussed. An evenly distributed 37% of Boxford town employees are residents dispelling the guest worker image promoted by the HPC whose misleading statistics are baseless.

After I spoke, the HPC suggested that perhaps we could discuss housing. The debate now thoroughly poisoned, the Moderator agreed. I then had the dual satisfactions of finishing the housing discussion and seeing Article 6 fail.



John is a Boxford resident and was vice president of Lattice Trading and Batterymarch Financial Management. You can email him at [jmacprime@yahoo.com](mailto:jmacprime@yahoo.com)

GEORGETOWN TODAY

Bill Hudak: A man for Georgetown

Lonnie Brennan  
VALLEY PATRIOT GEORGETOWN COLUMNIST

**BREAKING NEWS:** As I file this column for publication, I'm sad and angered that a 'politically correct' attitude of love and kisses towards radical Muslims has allowed a known whack-job Muslim U.S. Army officer to remain in the military. His record, or what little we know of it thus far, says that he should have been bounced to the curb a long time ago. When this anti-American bastard decided to join the global jihad, he massacred 13 Americans and wounded many more. I'm glad an American girl blew this coward into a coma.--



Bill Hudak

which will only get worse as the State reduces funding of our schools, as the State scrambles to cover its own self-created state-wide funding cliffs.

Two quick tidbits around the boards: things at the Housing Authority remain a tad unsettled, with flare-ups at their recent meeting and a reported follow-on flare-up in the director's office. Let's hope they find peace. Details to follow. And now, for a hat's off to the Zoning Board of Appeals. These tireless workers stand as the voice of reason between law and sanity. Arbiters of what is right and what is unfair. Well, it's hard to single out any one member and not slight the others, but I must thank my neighbor Matt Lewis for offering a simple question to a developer who recently appeared before the board. He asked if the neighbors had been notified. The developer danced. Associate member Jon Pingree and member Michael Muller followed up with more questions. Column space limits what I can detail here, but suffice to say, the ZBA showed a determination to inform and protect the Town. Hats off to all the members.

Now, for some more good news, the Erie Fire Association No. 4 will hold its annual Harvest Supper on November 14th from 4:30 – 7:00 P.M. Please come by the hall above the fire station for a great family-friendly meal, and some incredible pies. Remember, all Georgetown events are posted at [www.GeorgetownToday.com](http://www.GeorgetownToday.com).

Christmas is coming to Georgetown and with it brings wonderful displays of Jesus, nativity scenes, and presentations of lights. Also, the Georgetown Fire Department puts on a great parade through every street in town, in connection with soliciting gifts at the Central fire station location for the U.S. Marine's Toys for Tots campaign.

Also Santa will be making home visits again in early December. "What better way to start the Holiday Season! Think about the shiny eyes of your little ones, when Santa arrives in person in one of the Fire Engines of Erie-4, all lights flashing, horns and sirens blasting!" said Joan Maguire of the Erie Fire Association No. 4. "Santa will come inside your house to listen to all your little one's dreams and wishes, taking them down for delivery on Christmas night," she said. Erie 4 has helped Santa visit hundreds of homes in the past. Call Joan Maguire at 352-5265. Call early as appointments fill up fast. Donations are accepted, but not required.

Bill Hudak has stepped forward to help restore America. It will start if he's successful in defeating the ultra-liberal, illegal-immigrant-loving John Tierney for State Representative in the U.S. Capitol. Mr. Hudak is holding 'meet and greets' in every community. He was recently warmly welcomed at a reception in Georgetown, where real Americans shared their concerns with him. Residents are scared about the potential future damage that Rep. Tierney, with his big-government, big-spending, anti-gun rights, and pro-illegal immigration positions, will do to further bankrupt and fracture America. Mr. Hudak: get me one of your bumper stickers. I'm on the American team, and that means I'm on your side, not Mr. Tierney's. For details about them both, visit [www.VoteCoreValues.org](http://www.VoteCoreValues.org).

On another topic, I must ask you, 'when is a 1% announced raise a 3% raise?' To find the solution, you had to pay very close attention to the Georgetown salary agreement penned this year with the school committee, and all the added salary increases that get applied through the fine print of the contract salary schedule language.


While most teachers saw an average 3% raise in their paychecks (and will get close to 3% next year, and almost 5%, on-average the year after), the local news focused on the 1% base figure and a few smaller funding cuts, and missed hundreds of thousands of dollars of increased spending for the town over the next few years.

What does this mean? It means brace yourselves fellow taxpayers. The time is coming. Expect a play for increased taxes via another Phil Trapani, Sandi Gerraughty, and George Moker -type "Believe In Georgetown" (do you remember the group?) proposition 2 ½ override attempt in 2011 or 2012. Let's hope the former "Override Trio" as they came to be known, is not successful in the future. (And please don't get me wrong, I can like these people and even converse, joke with and admire Mr. Moker.)

I simply think they have helped create a ticking time bomb and a funding-cliff,



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](mailto:Lonnie.Brennan@verizon.net).



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## TOM DUGGAN'S NOTEBOOK

**LOWELL** – Voters Spot a Phony - I can't tell you how happy I was to hear that the voters of Lowell resoundingly rejected

Lowell School Committeeman Regina Faticanti. Regina is a former talk show host on WCAP and a former columnist here in the Valley Patriot and for a very long time we defended her because we believed she was being unfairly characterized as a loose cannon with anger issues and wrongly portrayed as a back-stabbing phony. To our amazement, however, we turned out to be wrong about Regina who is up on criminal charges for making physical threats against Lowell's Superintendent Scott. And while we believe the superintendent was petty and juvenile for filing those criminal charges, we completely understand that this may have been her only recourse against an official who was clearly out of control and drunk on her own sense of self importance. We learned this for ourselves one night as we were preparing an editorial in Faticanti's defense against Scott and overheard Faticanti chatting it up with Patrick Blanchette at a Lowell event. Clearly, the voters got this one right (as they usually do) no matter what happens with the criminal case against her. Maybe now that she's been booted off the school committee she can run back to her pal Patrick Blanchette and ask him to get her a job in Lawrence. Now, there's a political environment where she'll fit right in!

**LAWRENCE** – Baby Huey and Dalia Diaz to be Lantigua's Chiefs of Staff? – Even I could not have imagined it would get this good this fast, but word in the

Lantigua camp is that he is appointing failed mayoral candidate Lenny Degnan and Rumbo editor Dalia Diaz to be his chiefs of staff in the Mayor's office. You would think that with the incredible pool of political talent that Willie is exposed to at the State House in Boston that he would reach out to someone with some savvy and education to come in and really get the new mayoral term off to a good start. Instead, he will be appointing Degnan,

who couldn't even get elected to the voke school board in North Andover after fleeing Lawrence when he failed in his mayoral bid a decade ago. Remember, no matter how good a politician is, you are only as good as the people you surround yourself with. And I, for one, am THRILLED to see this as Willie's first major decision as mayor-elect because it sets the tone for the next four years. I am SO looking forward to Degnan's emotional outbursts, his swearing fits in public, his bullying and his corrupt shenanigans (and remember where you heard it first). I am also looking forward to Dalia Diaz standing in the way of Frank McCann and Andrea Traficanti having any influence in city hall over the next four years. The myriad of screw-ups bound to come out of Willie's office with these two in charge is going to be monumental. (EDITORS NOTE TO VALLEY PATRIOT

CARTOONIST DAVID SULLIVAN: GET USED TO DRAWING BABY HUEY! IT'S GONNA BE A HYSTERICAL FOUR YEARS!)

**METHUEN/SALEM** – The Methuen/Salem, NH Rotary Club has decided after

much thought and consideration by the Board of Directors has decided to move the location of their weekly club meetings effective January 8th 2010. For several years the meeting has been held at a restaurant in West Methuen; the club now will be meeting at the Boxwood Grille located at the Merrimack Valley Golf Club also in Methuen, MA. Board members made the decision as they felt that a more centralized location would enable the club to attract new members, and ultimately grow the club. Their weekly meetings will be held in the dining area upstairs, which is also handicap accessible. The Rotary Club of Methuen – Salem, NH meets everyday Friday at the Sweetheart Inn in Methuen at 12:15PM. For more information about the club, visit [www.methuensalemrotary.org](http://www.methuensalemrotary.org).

**LAWRENCE** – Lawrence Atty. Carmine DiAdamo has lost a court motion (on behalf of his boy Billy, who, oddly enough looks like the PC guy in the Mac commercials) demanding to interrogate Valley Patriot editors Tom Duggan and Paula Porten under oath in a defamation lawsuit filed in September of 2008. The lawsuit stems from a news report that was never covered in the pages of this newspaper but DiAdamo didn't care and filed the lawsuit anyway. Carmine DiAdamo is supposedly representing his son Billy in the lawsuit, but continually refers to himself as the aggrieved party in court hearings ranting that the Valley Patriot slandered him (not his son). Carmine DiAdamo bragged last October that the lawsuit he filed under his son's name would be "over by Thanksgiving". He also stated that, by Christmas time he (not his boy) would be enacting "DiAdamo justice" against any source who revealed that his firm had been fired by the City of Lawrence after losing the Andrea Traficanti lawsuit for workers' compensation. Judge Kathe Tuttmann stated in her ruling against DiAdamo that "The plaintiff's contentions that the discovery sought is relevant and that his underlying claim has merit, however true they may be, do not provide "good cause" for relief from the stay required by GL c.231 s.59H. Further, the plaintiff has not demonstrated that he will be unfairly prejudiced by the stay." While we always knew that Billy DiAdamo's daddy was fighting his battles for him in court and that Carmine was really the driving force behind this frivolous lawsuit, we are shocked that he would be so careless as to admit that under oath. The lawsuit does continue and we continue to spend loads of money defending it. But we would rather pay money to lawyers than reveal

anything given to us in confidence. (For additional background on this story you can visit (<http://www.valleypatriot.com/VP110608lead.html>).

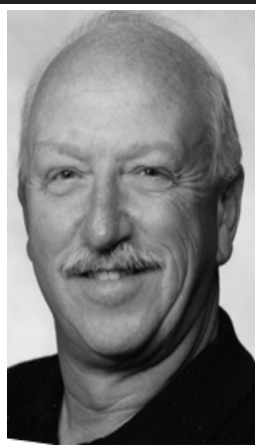
**AROUND THE VALLEY** - Paying Attention! – The local elections may be over, but the race for Ted Kennedy's US Senate Seat (December 8th) and the campaigns to unseat failed Governor Deval Patrick are in full force throughout the Valley. And if you listen to the Paying Attention! Radio Program with Tom Duggan on Saturday mornings this month you will get a chance to hear them all (or at least most of them) begging for your vote and staking out positions on the issues they think you want to hear about. In the coming weeks I will be interviewing Christy Mihos, Steve Pagliuca, Mike Capuano, a surprise appearance by Dick Morris, Tom Cahill, and Deval Patrick, if he has the guts to answer REAL questions (as opposed to the sissy questions he gets from the rest of the media). Don't miss Paying Attention! On

980AM WCAP or listen live on line at 980WCAP.com. Also you can listen to the podcast of previous shows by going to the [valleypatriot.com](http://valleypatriot.com) and click the podcast link at the top.

**LOWELL** – Congratulations to Valley Patriot columnist Joe Mendonca for winning a seat on the Lowell City Council and edging out political titan

Armand Mercier. Joe is a straight shooter who doesn't mince words and we are confident that he will serve the people of Lowell honorably.

**AROUND THE VALLEY** – Former Cambridge mayor and US Congressman Mike Capuano is running for Ted Kennedy's US Senate seat and it seems he has a lot of local support in the Valley. Capuano had a meet and greet at Sal's Riverwalk in Lawrence last month where he spoke to local polls for over an hour, posing for pictures and answering questions. Among those supporting Capuano were failed mayoral candidates Patrick Blanchette, and Israel Reyes of Lawrence, Former School Committeeman Patricia Sanchez-Reyes, Methuen Mayor Bill Manzi, former State Senator Jim Jajuga, The Kfoury Family, former candidate for council Joe Armano, and Jim Robertson of Methuen, among others. Capuano bragged about being "a liberal" and said he opposed building a border fence between the US and Mexico. He also spoke of a pathway to citizenship for illegals currently in the US, attacked what he called "right wing radio talk show hosts" (I wasn't aware they were on the ballot) and waxed philosophical about health care and social programs. Capuano also said he has serious reservations about our mission in Afghanistan. For the record, newly elected mayor of Lawrence Willie Lantigua (da chief) is supporting Massachusetts At-



Councilor Joe Leone

# THANK YOU FOR YOUR SUPPORT & Two Terms on the Council

Contact Joe at 978-687-7105 or [jaleone.methuen@comcast.net](mailto:jaleone.methuen@comcast.net)  
Paid for by the Committee to Elect Joseph A. Leone, Theresa B. Leone, Treasurer

PHIL

Central District Councilor

Paid for by the committee to elect Phil Lahey

# Lahey

Thank you so much to the people of Methuen for your support and your vote on Election Day. I promise to work as hard as I can over the next two years not to let you down. I am humbled by your confidence in me!







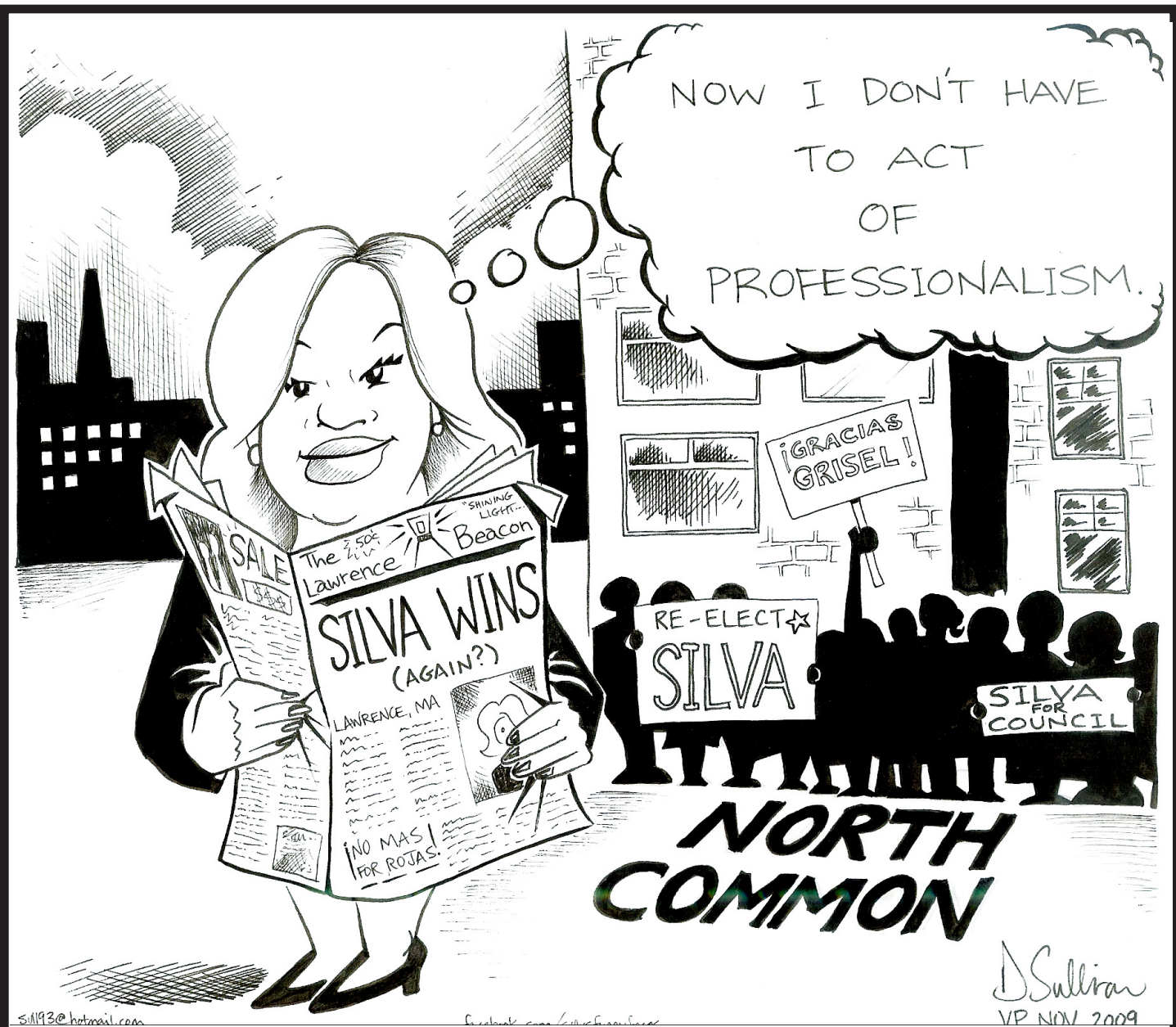
Methuen School Committeeman Evan Chaisson celebrates his reelection win last month with a little Karaoke at the Fireside on Pelham St. Chaisson thought he was safe from our Valley Patriot cameras ... but no one is ever REALLY safe!

torney General Martha Coakley. As for us, we like Mike no matter how liberal he is. As far as we are concerned all the candidates are too liberal for our liking but at least Capuano understands constituent services and is highly entertaining on the campaign trail.

**DANVERS - N. SHORE BUSINESS FORUM** - Herb Harris, of Peabody, will speak at the North Shore Business Forum November 13, at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA on the benefits of serving your community. The \$9 admission fee includes a continental breakfast and pre-registration is not required. For more information (978) 774-0322 – [www.nsbforum.org](http://www.nsbforum.org).

**LAWRENCE** – Grisel Silva, the District B City Councilor (who always acting of professional-ism) has won reelection by a small margin over opponent Ruth Rojas. But, the close win by an already arrogant Silva on election night did not humble her, in fact it has made her come to the conclusion that the voters approve of her bad behavior and personal attacks against people at the council table.

Despite two more years of scandal, controversy and abhorrent behavior by the District B Councilor. Silva, who has created a circus like atmosphere at city council meetings may have popped the champagne a little prematurely as Rojas has now called for a recount in that race.



**NEWS ITEM:** Lawrence's District B City Councilor Grisel Silva wins reelection after two more years of controversy, screaming matches at council meetings, and her declarations that she "always acting of professional-ism."

**DANVERS NETWORKING EVENT**  
The North Shore Business forum will host a group networking event on November 20 at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$9 admission fee include a continental breakfast and pre-registration is not required. For more information - (978) 774-0322.

**NOTEBOOK, page 26**

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# Jeanne Pappalardo

## West District Councilor

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Paid for by the committee to elect Jeanne Pappalardo

# THANK YOU FOR YOUR VOTE!



## Fadi Chahine

### Central District Councilor

# THANK YOU FOR YOUR SUPPORT!

# Kathleen Corey Rahme

**Methuen Councilor at Large**

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PAID FOR BY THE COMMITTEE TO ELECT KATHLEEN COREY RAHME - JANE SHAWCROSS, TREASURER



THANK YOU!

Debbie

# Quinn

## West District Councilor

Paid for by the committee to elect Debbie Quinn



# Identity Theft: preparation is the best defense

Linda Buell, Veronica Calixto,  
METHUEN RIVERBANK BRANCH MANAGERS

Identity theft is an extremely serious crime; people are facing greater attacks on their personal and financial privacy than ever before. In fact, it's the fastest growing crime in the United States with nearly 10 million people becoming victim to the crime last year, according to the Federal Trade Commission (FTC).

Identity theft occurs when personal identifying information, such as your name, Social Security number, credit or debit card number, or even bank account number, is stolen and used without your knowledge or permission. There are many ways your personal information can be stolen, including; telephone solicitations and emails that ask you to verify personal information for a trusted source, like your financial institution. The stealing of your



PHOTO: TOM DUGGAN

The staff at RiverBank Derry, NH (51 Crystal Avenue, Derry, NH) were on hand with RiverBank President Gerry Mulligan (back) during customer appreciation day. Front Row, Left to Right are: Cathy Taylor, Michele Popham, Briana Smith, Adam Mead, and Kristen Choiniere. Back: RiverBank President Gerald Mulligan, and Steve Jones.

personal information can come in many different forms. Here are some of the most common:

Telephone Solicitations: The telephone

is a popular way to get information out of people. They pretend to call and ask for donations to a good cause or try and sell you a product or service. Their appeal

can be tailored to your reaction. Often times they try and make you feel guilty about not donating or buying. If you are interested, your best response is to ask them to send you the information in the mail. This will give you an opportunity to think about, research and review the offer. Never give out your personal information to someone who calls you unsolicited. Remember, if it sounds too good to be true, it most likely is.

**Shoulder Surfing:** Criminals try to spot calling card and personal identification numbers while you're using an ATM or public phone.

**Dumpster Diving:** Thieves rummage through trash looking for bills or other paper that includes your personal information.

**Phishing:** A scam that involves the use

**RIVERBANK, page 27**

## How life insurance can protect your home

You and your family have worked hard to acquire your home, a rental property or other real estate holdings, and you qualified for that mortgage thanks to your income level, excellent credit rating and financial history.

But what would happen if you — the primary income producer or even as half of a dual-income partnership — suddenly died? Besides the emotional trauma, a surviving spouse may experience a significant decrease in household income that could lead to foreclosure. That's why many banks and mortgage companies encourage homeowners to purchase mortgage life insurance.

Life Insurance from a Lender vs. an Insurance Company. Basically, you purchase mortgage life insurance so that in the event of an untimely death, funds are available to meet any outstanding mortgage balance. But the type of insurance you purchase can greatly affect your surviving family members' options.

When you purchase insurance from a bank or mortgage company, you generally lose all ownership control. In many cases, you pay the premiums, the lender receives the proceeds at the insured's death, and your family receives the deed to the house. While this may seem like an equitable solution, the spouse may not want to remain in the home due to several factors:

- \* The daily memories may be too difficult to handle.

- \* The expenses may be too large to maintain.

- \* Your spouse needs to live closer to friends and family.

- \* Your spouse needs to relocate for a better job or school area.

With personally owned life insurance, you have more choices and control because your surviving spouse (assuming he/she is the beneficiary) — not the lender — receives the insurance proceeds at your death. Your spouse decides what to do with the money. He/she can pay the mortgage in one lump sum or continue

paying it down periodically. Plus, personally owned life insurance is portable, which means if you move in a few years, you won't have to replace your insurance, which could be a costly process. Furthermore, even after the mortgage is paid, personally owned life insurance can provide other valuable benefits.

**Term vs. Permanent Life Insurance**

Term insurance lets you purchase insurance protection for limited periods of time at a competitive price — usually in one-year, five-year, 10 or 20 year intervals — and provides a guaranteed death benefit as long as premiums are paid when due. In some cases, Term insurance is convertible to permanent life insurance, without showing proof of insurability.

Permanent insurance plans, such as Whole Life, are pricier than term products, but give you the benefit of building cash value. A portion of the premiums you pay for permanent insurance coverage builds tax-deferred cash value each year. With Whole life, you are insured for

your entire life, provided you pay all the premiums, which remain at a fixed premium schedule. While you may initially purchase Whole life insurance as a mortgage protector, you can access the cash value accumulation via loans for other means, like college funding.

Loans against your policy accrue interest and decrease the death benefit and cash value by the amount of the outstanding loan and interest. Permanent life insurance also allows you to customize a plan by adding optional riders. And there is a guaranteed death benefit, generally free from federal income tax.

**Make a Choice Today**

Whether you decide to purchase mortgage life insurance through a bank or personally owned life insurance, the key is to be prepared. There is a real chance that someday one person will be solely responsible for your family's finances. Taking the necessary steps today can ensure your family's financial future tomorrow.

## What you need to know about reverse mortgages, Part IV

Atty. Sheldon Fine

VALLEY PATRIOT LEGAL COLUMNIST

Now that we have seen what a reverse mortgage is: Is it for everyone? Many older people remember a show years ago, called "The 64,000 Question". As we have seen in previous articles, there is a lot to look at. You know that the party or parties must meet the age requirement of being over 62 years old. One case, of many that are going on, we should look at. The husband was under 62 years old and the wife was over 62 years old. The mortgage broker persuaded the parties to transfer the property from a joint ownership to the wife as an individual owner. The wife however was sick and they needed the money for her sickness. The parties agreed to the transfer of the property and got the reverse mortgage.

However, the wife got even sicker and she had to move into a nursing home. She never returned to her home as she passed on. There was not much equity left in the residence home since it was used for her medical bills. As the rules of reverse mortgage are when the last owner of the residence move out and never returns, the property must be refinanced, sold or foreclosed. The husband did not have the funds or credit to refinance the house, and there were no children, so the property would be foreclosed and the husband must find new living quarters. Also, the rules state that all upfront costs, fees, and interest through the years of the mortgage all become due at the time the last owner moves out. These fees could not be paid or refinanced by the husband so he lost the house, and had to move out.

Another case was brought to my at-

tention by a reader of my articles and asked me was I in favor of the reverse mortgages. The reason they asked the question was that their friends had taken out a reverse mortgage and were moving into an apartment, but the children could not afford to refinance the house because of the amount of money that was owed. They had to let it go into foreclosure and the children bought a smaller home which they could afford even though they wanted to own their parent's home. These above cases happen many times, as the use of these loans are exploding, as Lenders who shoulder almost no risk, push them to the growing ranks of retired baby boomers especially for spending on vacations, new cars and more.

As stated in earlier articles, reverse mortgages can be valuable as a last resort for seniors who want to stay in their homes and have significant equity but need money to supplement income or banish an existing mortgage payment. With a reverse mortgage they can trade some of that equity for a lump sum and monthly pay outs. But as seen in this article, those loans can be terrible for customers who don't understand the complicated rules governing them and how quickly high fees and interest rates can balloon. They can end up stranded in their homes without any remaining equity to cover unexpected costs later in life.

Lawmakers and regulators are getting worried about these loans. In fact, Senator Claire McCaskill, Democrat-Missouri, who is pushing for reverse mortgage industry reforms, says "The people who are making these loans and advertising them so heavily to seniors are on cable

television get the rewards but escape the risks that come with them. It's going to be the sequel to the sub-prime mortgage mess". Also, John Dugan, head of the office of the Controller of the Currency at an American Bankers conference in June of this year said, "Risks that contributed to the collapse of the subprime mortgage market also are a concern in the sale of reverse mortgages." A recent Consumer Reports investigation has found more cause for concern: "Loan bailouts have soared. The annual sum of reverse mortgages taken over by a federal insurance fund has more than quadrupled in four years, from \$81.3 million in 2004 to \$381.3 million in 2008, according to Consumer Reports analysis of more than 500,000 loans over two decades.

Taxpayers, in fact, are now being tapped to subsidize reverse mortgages for the first time. Usually insurance premiums paid by borrowers have covered bailouts of mortgages by the funds.

The payouts to lenders occur under certain circumstances such as when the eventual sale of a borrower's home doesn't cover the money owed on the loan.

Now the Department of Housing and Urban Development says that \$798 million in taxpayer's money must be budgeted in the next fiscal year to cover potential losses that won't be covered by the premiums.

As stated earlier reverse mortgages can be appropriate for seniors yet "transparency and consumer protections are needed" said Senator Herb Kohl, a Wisconsin Democrat and chairman of the Senate Special Committee on Aging.

Both Kohl and Senator McCaskill

quoted earlier in this article, released a government report in June of this year that said some lenders falsely market reverse mortgages as "lifetime income" and sell mortgages coupled with other financial products such as annuities even though Congress banned so called cross-selling in 2008.

The National Consumer Law Center has in fact stated that reverse mortgages may be the next "subprime curse." The Center has said that some of the same U.S. lenders that helped drive the real estate boom with loans to home buyers who could not afford the payments are now targeting senior citizens.

Brokers who are given financial incentives to sell the loans may be making misleading claim's, according to a report titled "Subprime Revisited" released October 6, 2009 by Boston based National Consumer Law Center.

This writer is of the opinion that this mortgage should be looked at closely as it is not for everyone. It should be used by people who need money and have no other means of obtaining these funds but have equity in their home. If they have children, they must undergo counseling to fully understand the complexities of this loan.

If you have any questions and would like to discuss them in more depth, you can call to make an appointment at 978-475-9886.



The writer also is engaged in real estate, personal injury cases, such as automobile accidents, wills and trusts, and business law, such as incorporation.





# Mind, Body & Soul: Health in The Valley

## Late-night snacking can sabotage weight loss efforts

**Dr. Rallie McAllister**  
SYNDICATED MEDICAL COLUMNIST

If you're trying to slim down, you already know you need to cut calories. The results of a new study suggest that when it comes to losing weight, the timing of your meals and snacks may be just as important as the number of calories you consume.

Published in the Sept. 3 issue of the medical journal *Obesity*, the study provides the first concrete evidence linking meal timing and weight gain.

Until recently, most scientists believed that weight loss was a matter of simple mathematics: In order to lose a pound of body weight by dieting alone, you must consume approximately 3,500 fewer calories than your body needs to support itself at your current weight and activity level.

Researchers at Northwestern University challenged this theory. Using laboratory animals, they demonstrated that eating during normal sleeping hours promotes more weight gain than would be predicted

by caloric intake alone.

Translated to human terms, this means that eating a slice of leftover pizza as a midnight snack could cause you to gain significantly more weight than if you ate the same slice of pizza at 3:00 in the afternoon.

The scientists' interest in the connection between late-night eating and weight gain arose after noting that nightshift workers, whose schedules force them to eat at times that are in conflict with natural body rhythms, tend to be more overweight than their day-



shift counterparts. The researchers suspected that simply changing the timing of food consumption might influence weight gain to a greater degree than previously thought.

To test their hypothesis, the researchers fed two groups of mice a high-fat diet. Mice in both groups were allowed to eat as much as they wanted for a period of 12 hours each day.

While one group of mice was allowed free access to food only during normal rodent feeding times, the mice

in the other group were offered unlimited access to food only during their normal sleeping hours. There was no significant difference in the amount of physical

activity performed by the mice in the two groups.

Although the mice in both groups ate roughly the same number of calories in each 24-hour period, those that dined during their normal sleeping hours gained more than twice as much weight over the six-week study period as those that ate during the hours they were normally awake.

The mice that were allowed ad lib access to food during their normal sleeping times experienced a 48 percent increase in body weight, while those that were provided ad lib access to food during their typical active hours experienced only a 20 percent increase in body weight.

Based on their findings, the Northwestern University researchers speculate that nighttime eating in humans may disrupt the body's biological clock, known as the circadian rhythm, which governs daily cycles of feeding, activity and sleep.

Eating at inappropriate times appears to trigger a chain reaction of hormonal and

McAllister, page 20

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From left to right: Owner Gary Rudis, City Councilor Kenneth E. Quimby Jr. Mayor James J. Fiorentini, owner William Desmarais

## Home Care Specialists, Inc. recognized by House & Senate as well as Haverhill mayor & council

William Desmarais and Gary Rudis, founders & co-owners of Home Care Specialists, Inc. in Haverhill, MA were recognized last month for 30 years of service to local communities. From the city of Haverhill, mayor James J. Fiorentini and city councilor Kenneth E. Quimby Jr. presented Mr. Desmarais and Mr. Rudis with awards from senator Steven Baddour, state representative Brian Dempsey and citations from the mayor's office and city council.

Founded in 1979 Home Care Specialists, Inc. (HCS) provides home medical equipment & services to patients throughout MA, NH & ME specializing in home oxygen therapy and respiratory services. Since 1979 HCS has grown from 2 employees to 100 employees in three branches and helped thousands of families adapt to life with home medical equipment. HCS is also active in the community participating in numerous fund raising activities for healthcare as well as serving on the Northern Essex Commu-

nity College advisory boards for respiratory care and polysomnography. Home Care Specialists has also been recognized for service provided during the December 2008 ice storm and was honored to be American Training's "Company of The Year" in 2007. HCS has also been named to Inc. 5000's list of fastest growing independent companies for 2008 and 2007.

Mr. Desmarais and Mr. Rudis were both extremely pleased to be recognized for their contribution to the home care community and are enormously gratified by the success of their company. In an environment where the escalating cost of healthcare is putting more and more strain on state & federal budgets companies like Home Care Specialists, Inc. provide an invaluable service by caring for people in the home and offering a solution to skyrocketing costs incurred when people are forced to seek treatment in hospitals, rehabilitation facilities or emergency rooms.

## McALLISTER: FROM PAGE 19

metabolic events in the body that ultimately leads to excess weight gain.

While a midnight raid on the refrigerator can sabotage your efforts to slim down, eating breakfast is associated with weight-loss success. Although some dieters skip the morning meal in an effort to cut calories, scientific evidence suggests that people who eat breakfast each morning tend to be thinner than those who don't.

In a study published in the American Journal of Clinical Nutrition, researchers at Vanderbilt University found that when dieters ate breakfast regularly, they lost significantly more weight than those who routinely missed the morning meal.

The study included 52 moderately obese women who were placed on a calorie-restricted diet and randomly assigned to one of two groups. The women in both groups consumed an equal number of calories each day, but one group ate breakfast, while the other did not.

Women assigned to the breakfast-eating group lost an average of 19.6 pounds in

three months, while those assigned to the breakfast-skipping group lost an average of 13.6 pounds. The women who ate breakfast reported experiencing significantly less hunger throughout the day.

In addition to eating fewer calories at lunch and dinner, the breakfast-eaters were less likely to engage in mindless snacking behaviors, including plundering the pantry before bedtime.

If you're determined to slim down, cutting back on the number of calories you consume is a great place to start. To make the most of your weight-loss efforts, it's important to remember that when you eat may be just as important as how much you eat.

Rallie McAllister, M.D. is a family physician, speaker, and founder of [www.MommyMDGuides.com](http://www.MommyMDGuides.com), a Website featuring child-raising tips from trusted doctors who are also moms. To find out more about Rallie McAllister, M.D., and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at [www.creators.com](http://www.creators.com).

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## PAULA PORTEN'S WINE CELLAR



PHOTO: TOM DUGGAN

## Wine Tasting benefits Lawrence Rotary, Berkeley Retirement Home

This month, the Lawrence Rotary Club held their annual wine tasting fundraiser at the Berkeley Retirement Home to benefit both the Berkeley Home and The Rotary Club. The event was packed with over 165 tickets sold. Along with the ticket sale was a silent auction and the Rotary estimates they raised over \$6,000.

The event was a success and everyone seemed to be enjoying the fine wines and great food from Sweeney's on Essex Street in Lawrence. The wines were supplied by Horizon Beverage and Martignetti Liquors.

There were some great values and some delicious more expensive wines. One of the great values was a Beringer 3rd Century Pinot Noir at \$13.99. It is 100% Pinot grape from California and was light and smooth and was a great deal at \$13.99. One of my favorite labels is Santa Julia from Argentina.

They make organic wines and because I drink reds all year around, I love their Tempranillo in the summer. The wine tasting featured their Malbec, which is a great fall and winter wine and if you are partial to organic wines, look for Santa Julia. The Malbec was fruity and not as heavy as some other Malbecs. The cost for the Santa Julia Malbec was \$11.99.

Another fantastic deal was a red blend from Portugal. It was called Vinzelo Tinto and was \$8.99. The blend was four grapes from Portugal: Touriga Nacional, Tinta Roriz, Touriga Franca and Tinta Barroca.

Some of the more pricier wines that make great holiday gifts were Luigi Gala 2 from Argentina and Hess Collection Cabernet Sauvignon from California.

The Luigi Gala 2 was a red blend of 85% Cabernet Sauvignon, 10% cabernet franc, and 5% merlot. It was a delicious red blend. The cost for

Luigi Gala was \$33.99. The Hess family only produces 307 barrels of this Cabernet Sauvignon and it sells for \$36.95.

Some unusual and unique finds that make fun holiday gifts, yet are great tasting were Promis-q-ous (with a q, but nobody there knew why) that was a light red blend and the Purple Cowboy Tenacious Red, which was a little more richer red blend. Both wines are from California and both are \$12.95. Another red blend, which was smooth and fruity was a blend of Shiraz and Granache from Australia called St. Hallet Gamekeeper's. It was also \$12.95.

With the holiday season approaching quickly, wine tastings are available every week throughout Andover and North Andover. The Vineyard in North Andover held their giant wine tasting last week and Andover Liquors and Shawsheen Liquors are having their big holiday wine tastings the second weekend in November.

These wine tastings consist of 50 wines and Sam Messina recently re-opened in Messina Plaza on Main Street, North Andover, with the Wine Connexion. He is having small wine tastings every Saturday and for details, his website is [www.wineconnexion.com](http://www.wineconnexion.com). Check out the new Wine Connexion. The prices will blow you away! And Visit Samata at The Wine Sense in Andover Thursday nights for her wine tasting. She always finds delicious and unique wines.



*Paula Porten is an attorney at the Tarshi Law Office in Lawrence and a former member of the North Andover Finance Committee. If you have a news tip or would like to sponsor*

*Paula's wine column, please email her at [paulalporten@aol.com](mailto:paulalporten@aol.com)*

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# Live the WOW!

Stand Up for What You Believe in. STAND UP! You Know What is Right and Wrong. You Know What Your Values are. Discover How Standing Up for Your Beliefs Makes a Huge Difference in Living the WOW!

Thomas Connors  
VALLEY PATRIOT COLUMNIST

Some people are so far down they have lost sight of the light shining from above. They are so beaten up they have lost even the slightest hope of turning their situations around. In short, they just give up.

If you are one of those people, I am here to assure you that it doesn't have to be that way. People Living the WOW! know what they believe in, what they as individuals stand for and what they will fight to defend when the time comes. Of course it takes some effort. Afterall, you will have to take time to THINK! But that effort will help you continue rounding out and balancing your life as you learn to fully Live the WOW!

At no other time in history is gaining knowledge, separating fact from fiction and forming Your Own educated Beliefs more important to your future and that of your family.

Being afraid to stand up for your beliefs is nothing new. It goes back thousands of years. Peter betrayed our Jesus three times because he wanted to say the right thing rather than what he truly believed. Judas, chosen to be part of the twelve, tossed his beliefs aside, despite knowing it was wrong, to sell out the Lord. Ashamed, both men cried and one killed himself. Just like some people silently kill their hopes and dreams every day.

Being forced to abandon your Beliefs is always a con job. And in the end it never benefits you; always someone else.

It's what you eventually get when you have those few snake-oil salespeople and promoters posing as so-called professionals in every business and occupation.

These days they run the gamut from those handfuls of elected officials and designated do-gooders. From those in the legal profession to your next door neighbor. They can be in education and healthcare. They have managed to touch every single aspect of our lives.

And in the vast majority of cases, they prey on unsuspected, uneducated and misinformed people to promote and carry out their specific con. They know these people have not done their homework and are susceptible to believing pie-in-the-sky promises of lazy riches, good fortune and an easier life.

It's not just about money. The con goes well beyond material goods. It effects the quality of our lives most of all.

What happens when people don't stand up for what they Believe in? What happens when you LET others tell you WHAT to THINK and WHAT is BEST for YOU?

Try these on for size. Prayer is taken out of schools. Afterall, we can't mention the word God in the classroom. The Pledge of Allegiance is frowned upon and avoided for fear of offending someone. Offending them of what? Of living in the greatest Country in the world? Display of the American Flag generates queries. As if you should be ashamed of your Patriotism and Pride to be an American in America.

Oh, it goes on. You are told that if you work hard you are nuts. "Let someone else pay your way", they tell you. Then they continue the lie by telling you that greed and being morally and ethically bankrupt is the only way to really get ahead. You are convinced that letting your kids mouth off to teachers and others in authority is

good since they need to express themselves. It's plain crazy!

You see where I am going here? Get back on the Right Path! Start Living the WOW! TODAY. If you do that you will play your part in stopping society here in America, YOUR America, from going down the drain.

It's a matter of using your head. It doesn't take a Harvard professor to reassure you that it is important for your kids to be respectful. It doesn't take someone with a PhD. to convince you that studying hard in school will eventually help your children get ahead. You already KNOW these things. STAND UP for what you Believe in!

Take Inventory. What do YOU Believe in? What are YOUR Values?

If you don't know what Beliefs and Values are, look them up in a dictionary. They are the same in any language. They are part of every culture whether you specifically know they exist in your life or not. They lead to Living the WOW! when you consciously put them to work in your daily life. They help you make decisions and serve as a guide for how and where you are going in life. They will help you steer your way through.

STAND UP for what you know is right! Stand up for what you Believe in and Hold Dear in your Heart. Because in the end, YOU are the Reason whether you, your children, your family chart your own course to success or you hold out hope helplessly waiting for someone to drop it in your lap.

Be INSPIRED by Victor, a past Graduate from LARE Training Center at American Training. He was Dominican, 45 years

old and spoke little English when we first met. He had Pride and a Willingness to work hard. We encouraged him day-in and day-out to take it one-step-at-a-time. His English improved, he completed our Electronic Assembly and Quality Control Inspection Course.

We went to bat for Victor as we do for every Graduate like him and he secured a job at a major electronics company. Victor worked 40 hours a week. He added another part-time job at night and another on the weekends.

Then, the magic of the WOW! set in. His children, seeing his example, studied harder. He was able to provide for his family and afford things he had only dreamed of. His self-esteem soared. All the while, Victor built up seniority and security in the company he originally started working for. Today, he is one of their most valuable and, more importantly, most Respected employees. Victor is Living the WOW!

Now, that's a WOW!



Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in

living life to the fullest by making the WOW! a regular part of your personal, spiritual and working life. You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2009

## No Benefit Increase this Year for Social Security

The recession and economic turmoil has claimed another victim, Social Security recipients. This year, elders will see no cost of living adjustment in their checks this January, because of the low growth in consumer prices.

Each year, social security and supplemental security income benefits are adjusted annually to reflect an increase in the cost of living as measured by the Consumer Price Index prepared by the Bureau of Labor Statistics. The purpose of the annual cost of living adjustment is to ensure that the purchasing power of elders is not eroded by inflation.

On October 14th, President Barack Obama asked Congress to legislate a second round of \$250 economic recovery payments to Social Security recipients in 2010. This year's stimulus bill (the American Recovery and Reinvestment Act, or ARRA) included those payments, which went out to all Social Security beneficiaries in the summer. The President is now urging Congress to autho-

rize a repeat of that program for the coming year, citing continued economic hardship among the Social Security population. The \$250 figure is equivalent to approximately 2% of the average annual Social Security retirement benefit. It is estimated that the cost of this proposal is \$13 billion. This is the White House's first ARRA extension request. The announcement came on the heels of the news that there will be no cost-of-living adjustment (COLA) in 2010, given the country's negative inflation rate.

"Older adults struggling to make ends meet in this recession will be directly aided by this relief, and we hope the expenditure of these payments will have a stimulative effect on the economy, as well," said Rosanne DiStefano, Executive Director of Elder Services of the Merrimack Valley, Inc. "Given the lack of a cost-of-living adjustment in 2010 for Social Security recipients, this one-time payment will be especially helpful to those living on a fixed income," DiStefano said.

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**November 10, Tuesday, Comfort Suites, Haverhill, MA**

**November 24, Tuesday, Holiday Inn, Nashua, NH**

**December 14, Monday, Holiday Inn, Tewksbury, MA**

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# THANK YOU!



## Frank Morán

*Lawrence City Councilor at Large*

PAID FOR BY THE COMMITTEE TO ELECT FRANK MORAN

### Merrimack Pain Associates



Dr. Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. You can contact him at: [ramirustum@comcast.net](mailto:ramirustum@comcast.net)

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## You never know who's reading **The Valley Patriot**

Even candidate for U.S. Senate, (ultra liberal) Congressman Mike Capuano (D), reads **The Valley Patriot** on the campaign trail (left) ... just as his predecessor Senator Ted Kennedy did two years ago at Manzi Gardens in Methuen (right) while he was campaigning for Congressman Niki Tsongas. Capuano made several visits to The Valley last month.



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## Election 2009—A Call For Change

**Joe Mendonca**

CANDIDATE FOR LOWELL CITY COUNCIL

The Election is over and the voters decided to place 3 new faces on the Lowell City Council – displacing two incumbents from the majority faction of the last two years (a third incumbent chose not to run for re-election). As one of the new faces, I am grateful to the voters for placing their trust in me. The other new faces are Franky Descoteaux and Patrick Murphy.

Together with the returning incumbents – Kevin Broderick, Edward “Bud” Caulfield, Rodney Elliott, William Martin, Rita Mercier, and James Milinazzo – the new Councilors will have to come to grips with the economic reality and do their best to keep the financial house order in the face declining state revenues that could very likely result in further local aid reductions.

We will also need to do what we can to grow the commercial base in the City by making it more attractive for businesses to move to Lowell or to expand in Lowell. This will lead to Economic Development will create or bring more skilled jobs to Lowell.

We also need to support the City Manager in the reorganization of the City's Inspectional Services. This is an area that was already understaffed due to budget cuts when it was further ravaged by scandal that resulted in the firing of the Plumbing and Gas Fitting Inspector.

The new Council will begin its work when it is sworn in at 10am on the first Monday in January. Before the City Council can get to work on the goals and

initiatives that each Councilor may bring to the table, it must first select a Mayor.

In Lowell's Plan E form of government the role of the Mayor, other than chairing the Council and School Committee, is largely ceremonial. The Council votes for one of their number to be Mayor. The role typically goes the Councilor who has served the longest, but has not yet served as Mayor. However, any Councilor that can gather the minimum of 5 votes can be the Mayor for the next two years.

The jockeying for position begins soon after the election. Rodney Elliott, the Councilor who has served the longest without having been Mayor, has already removed his name from consideration. The next likely candidate would be James Milinazzo if he chooses to seek the position.

While selecting the longest serving Councilor who has not been Mayor is typical when that Councilor is among the “majority” on the Council, others have been selected when that is not the case. History has taught us that nothing in the Mayor's race is for certain until the votes are cast on Inauguration Day. Stay tuned and we will see if the outcome is expected or unexpected.



*Joe Mendonca is a former Lowell School Committeeman (1999 - 2006), a former Lowell City Councillor (2007) and was just elected to the Lowell City Council this month. He is familiar with*

*Lowell's City and School Department Budgets.*

## Chelmsford resident receives overdue Purple Heart on Veterans Day

On Veterans Day, Congressman Niki Tsongas presented Sergeant Stephen J. Kinney, a retired member of the Army National Guard and a North Chelmsford resident, with the Purple Heart he earned for his sacrifice and bravery as part of Operation Iraqi Freedom.

Sergeant Kinney was wounded in an IED explosion on November 14, 2004 while conducting a combat patrol in the area between Balad and Mushadiyah, Iraq.

Sergeant Kinney did not immediately seek proper medical care because others were more seriously wounded.

In fact, Sergeant Kinney continued to serve on cordon and search missions in Fallujah.

While the military eventually concluded

that Sergeant Kinney was disabled by the injuries suffered on November 14, 2004 and would be unable to continue his military service as a result, they were slow to issue him a Purple Heart.

Sergeant Kinney contacted Congresswoman Tsongas' office in July to request her assistance in receiving the Purple Heart he deserved.

Following inquiries by Tsongas' staff, in August, the Army awarded Sergeant Kinney the Purple Heart for wounds received in hostile action in the course of Operation Iraqi Freedom.

Congresswoman Tsongas presented Stephen Kinney with his Purple Heart at a ceremony in North Chelmsford last month.



# Yazmin's Café Madrid

**Primrose III (Skip's) Plaza, Chelmsford, MA ♦ 978-256-2777**

We are open 6am until 11pm Sunday through Wednesday & 6am until 1am Thursday through Saturday with full bar service until 1 am on Thursday, Friday & Saturday nights. **Expanded bar menu!**  
See our Food Menu online. [cafemadridchelmsford.com](http://cafemadridchelmsford.com)

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**Try Our New Bakery**

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We are open from 6am until 1pm **Tuesday-Saturday** and we will be serving freshly ground coffee with fresh baked muffins. Blueberry, cranberry, banana walnut, corn, bran and chocolate chip! We also have breakfast croissants with bacon, egg and cheese and lunchtime croissants with ham and cheese as well as spinach and cheese. Our all time favorite **CHOCOLATE CROISSANT!**

We have pies, cakes, danish, hermits, lemon squares as well as soft drinks, coffee and tea to sit, relax, watch the news, use your laptop on our free WiFi or just read the paper which is supplied daily along with our wonderful wait staff whose aim is to please!

**Yazmin's HOT Happenings**

**WE NOW HAVE BOB GAUVREAU  
PERFORMING 3 NIGHTS A WEEK  
THURS., FRI., & SAT. UNTIL 12:30am**

Bob is a local talent who played at the Manning Manse / Livingstone's for 7 years. He sings from Frank Sinatra to Doo-Wop as well as a mix of the popular favorites and takes requests to please everyone for a fun filled evening of dining and dancing at CAFE MADRID!



FARMTOWN LOWDOWN

The Thanksgiving Edition of Farmtown Lowdown

George Papoulias  
VALLEY PATRIOT DRACUT REPORTER

**Giving A Helping Hand** - Project Helping Hands is currently accepting monetary donations or non-perishable food items for economically challenged families, leading up to November 23rd. The 16th annual project is organized by the Manolis Family. Since the project's inception in 1994, the volunteer base has increased from 6 to over 100. The project has also reaped increasingly successful results. The quantity of Thanksgiving baskets raised has elevated from 30-35 in 1994 to 1,050 last year.

The Manolis Family Foundation formed in August, 2008 with a volunteering board of directors seeking to continuously serve more families on a yearly basis. Project Helping Hands seeks to provide a Thanksgiving dinner for people encountering financial and health issues. The project also provides assistance and collaborates with local institutions in the Merrimack Valley including schools, social workers and council on aging.

This year's goal is to raise 1,200 Thanksgiving baskets. In addition, the Manolis Foundation has designated a considerable amount of food items for donation upon a \$50 payment, known as Feed A Family for \$50. One whole turkey, fresh vegetables, gravy/cranberry sauce, stuffing, fresh bread, 4 liters of soda and other assorted food will be included.

To make a monetary donation, (whether intended for Feed A Family for \$50 or Project Helping Hands in general) make checks payable to following address:

Manolis Family Foundation, Inc.  
1067 Lakeview Ave  
Dracut, MA 01826

Donated non-perishable food items can also be dropped off at 1067 Lakeview Ave (Dracut House of Pizza.)

For more information on Project Helping Hands, log onto [www.manolisff.com](http://www.manolisff.com) or email [manolisff@comcast.net](mailto:manolisff@comcast.net)

**Let's Talk More Turkey - Acacia Club Turkey Raffle** - On Saturday, November 14th the Acacia Club will be hosting their annual turkey raffle to benefit Dracut Grad Night. The event takes place from 7pm-12am. Grad Night is an active, recreational night of activities planned at

local recreation centers on the graduating night for Dracut High seniors. Admission is free. For more information, email [dhsgradnight@yahoo.com](mailto:dhsgradnight@yahoo.com)

Acacia Club also offers rented hall space for companies, organizations or individuals looking to book special events. The following rates apply:

Monday-Thursday-\$150  
Friday-\$200  
Saturday (till 6pm) & Sunday-\$200  
Saturday (6pm-12am)-\$300  
The club is located on 247 Sladen St. For more information on hall reservations, call (978) 957-4740

**St. Marguerite d'Youville Turkey Raffle** - St. Marguerite d'Youville Parish is hosting their annual turkey raffle fundraiser November 7th at 6:00pm. Some prizes for grabs include turkeys, hams, miscellaneous prizes and door prizes. There will also be special raffles held for a Sony Cyber Shot Digital Camera, a Panasonic Blue Ray HI-DEF DVD player and a block of \$2 scratch tickets. Tickets for these special raffles are \$2 each or 3 raffle tickets for \$5.

**Festival & Fair** - St. Marguerite d'Youville Parish will also be hosting a Fall Festival & Christmas Fair on Saturday, November 14th from 8:00am-3:00pm. Currently, there are vacancies for crafters and vendors with table availability at \$35.00. There will be over eight rooms to shop and food & drinks will be available.

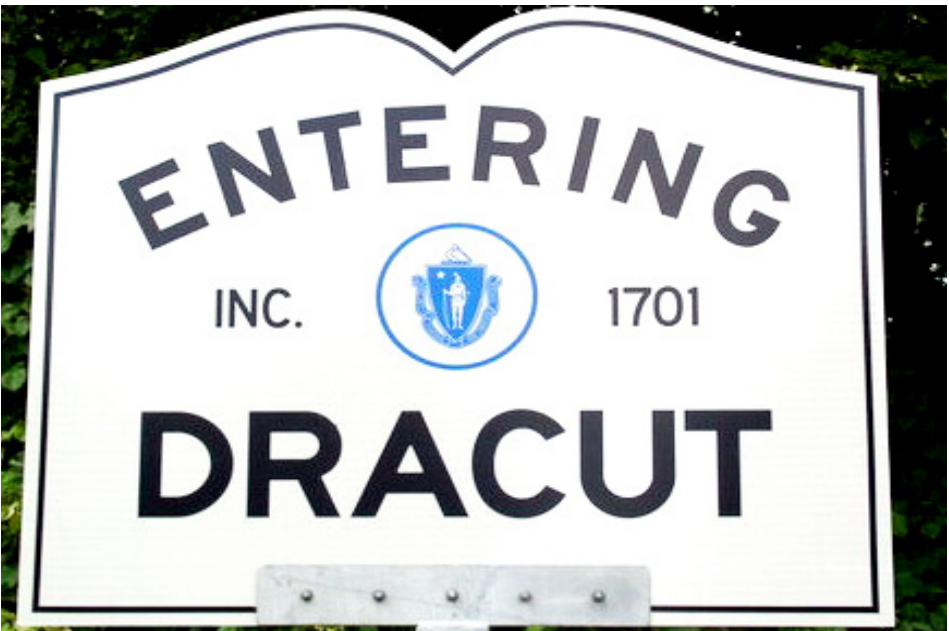
The parish is located on 30 Goodhue Ave. For more information call Roma Fauvel at (978) 957-3113

**Senior Moment** - A look at some upcoming events at the Dracut Senior Center:

**Social Seniors** - The Dracut Senior Citizen's Club is a social club for seniors over the age of 60 to interact and mingle. Members will meet at the Dracut Senior Center on the 2nd and 4th Wednesday of each month between 1:00pm-3:00pm. There will be bingo played after the meeting. Annual dues are \$2 and can be paid on meeting days.

Interested parties must be Dracut residents. For more information call Laurette Vengren at (978) 957-7457.

**Health Clinics** - Every Thursday at the senior center, there will be a health clinic



from 1:30pm-3:45pm. Included will be blood pressure checks, weight monitoring and personal consultation. There will also be blood sugar testing the third Thursday of the month at 2:30pm for diabetics. The clinic will be provided by Nancy Harding, a registered nurse for the VNA (Visiting Nurse Association.)

**Other offerings** - There will also be an eight week computer/internet computing course offered at the senior center from November 6th thru January 8th. It takes place from 9:00am to 11:00am with the purpose of familiarizing seniors with the World Wide Web. Course includes a \$15.00 fee.

-Looking to learn the Chinese form of marital-arts, Tai Chi? Now you can in a six week course every Wednesday, beginning November 18th from 10-11am. Course fee is \$35.00

Dracut Senior Center is located on 951 Mammoth Road

**Food for Thought** - Another non-profit organization which provides food assistance to the less fortunate during Thanksgiving is the Dracut Food Pantry. The pantry is formed by ten volunteering board of directors representing three different Dracut churches including: St. Francis Parish (115 Wheeler Road), Ste. Marguerite d'Youville Parish (see above) and Church Christ United (10 Arlington St.)

This month, the Dracut Food Pantry is open on Saturday, November 21st from

10:00am to 1:00pm. They're located in the lower level of the Beaver Brook Mills behind Owen and Ollie's Restaurant on 1934 Lakeview Ave. The pantry welcomes any Dracut resident or non-Dracut resident referred by a Dracut church or organization, struggling to provide for their families. Any interested parties are required to arrive at the location with the following information: Family social security numbers, identification, proof of residency and income.

For anyone interested in donating, non-perishable food items can be dropped off at the Dracut Central Fire Station on 488 Pleasant St. Monetary donations can be mailed to the following address:

Dracut Food Pantry  
1934 Lakeview Ave.  
Dracut, MA 01826

For more information, including how you can volunteer, log onto [www.dracut-foodpantry.com](http://www.dracut-foodpantry.com). Happy Thanksgiving!



George Papoulias is a Dracut resident, graduate of Rivier College with a B.A. in Communications and producer for Absolute Broadcasting in Nashua, NH (WSMN 1590AM & WGAM 900AM.) He is also the former producer for the Paying Attention! radio program with Tom Duggan. He can be reached at [gpap14@hotmail.com](mailto:gpap14@hotmail.com)

The Dracut Farm Project

PAINTINGS AND PHOTOGRAPHS

by Lisa Anderson Bissón

Oct 19 to Nov 20 2009

COMMUNITY PREVIEW  
OPEN HOUSE Oct 20th 7 to 8 pm  
ARTIST and FARMER PARTY  
NOV 14th 2 to 3:30 pm

This program is supported in part by a grant from the Dracut Cultural Council  
a local agency which is supported by the Massachusetts Cultural Council, a state agency.

“The Dracut Farm Project”

Photographs and Paintings celebrating the beauty of the land, preciousness of the animals and the luscious nourishment that the local farms produce.

The project began a few years ago when the artist answered a call for someone to paint a mural on a trailer/cooler for the Non Profit - N.E.S.F.P CSA “World Peas”. It grew from there to include several Dracut Farms and for the artist is ongoing.

This show is available for viewing from October 19th through November 20th during regular library hours with a special Community Preview on Tuesday evening October 20th from 7 to 8:00 p.m. and an Artist and Farmer Party on November 14th from 2 - 3:30 p.m.

I hope that you can stop by for refreshments and bring your family if you so desire.

Dana Mastroianni is very excited to have this exhibit at the library. It is the beginning of a new era with hopes of many more Art exhibits to come.



## NOTEBOOK: FROM PAGE 17

www.nsbforum.org.

**METHUEN** - New Charter Commission - Methuen voters have established a charter commission and elected nine members to study and make recommendations on changing the way the city government operates. Ironically, many of those who were pushing for the commission were/are also advocating a maximum of one term for any official for life. What makes this ironic is that those who most strongly advocate life time term limits are current and former elected officials themselves who run year after year instead of practicing what they preach and term limiting themselves. I did not support the Methuen charter commission and I do not support term limits of any kind at the local level. The reason the same people run and get elected over and over in Methuen is because so few citizens participate in local government as it is. Putting more term limit restrictions on who can serve in local office will only further deplete that pool of interested activists. The Valley Patriot covers 23 cities and towns and of all the communities we cover, Methuen has the most solid structure of local governance. Sure, there are things that can be improved in any city charter and I encourage the new commission to look at every possible change and consider every idea (including NOT changing the charter). My fear, however, is that tinkering with a charter in Methuen will result in the same mess Lawrence is in from their charter change in 1983.

**STATE/METHUEN - COAKLEY'S DOMINO EFFECT** - The Valley Patriot has learned that if Massachusetts Attorney General Martha Coakley wins the special election to fill Ted Kennedy's US Senate Seat, Methuen State Senator Steve Baddour is already gearing up a run to replace her as the state's Attorney General. Insiders at the state house and in Boston are predicting an easy Baddour win, which will leave his State Senate Seat open. Now, sources in the Manzi camp are saying the lame duck mayor (who is term limited out after this term) will be running for Baddour's seat if that happens.

**SALISBURY** - Alzheimer's Screening Day At noon on Tuesday, November 17th the Salisbury COA Hilton Center will be having One on One 10 minute Memory Screenings with MV Elder Service and Home Instead Senior Care® professionals. Call them 978-462-2412 to pre-register. Alzheimer's Lessons Learned discussion with Fran Larkin: increase your awareness of Alzheimer's disease including

recognizing the onset/symptoms; care options; changes to diet, health & exercises; Legal preparation/decisions; resources available to the patient & family.

### **NEWBURYPORT - TREE LIGHTING**

The Anna Jaques Hospital Aid Association invites you to their annual Tree of Light ceremony, held on Monday, December 7th at 5 pm. The tree, originally donated to the hospital by the Burr family, is on the front lawn near the Highland Avenue entrance. Each donation in memory of or in honor of a loved one or for world peace adds a light to the tree. Submitted donations will

be listed on the Tree of Light Scroll displayed at the Highland Avenue lobby of the hospital and will also be published in the Daily News. The Newburyport High School Varsity Chorus will provide seasonal music. All attending are invited to the Higgins

Room for refreshments following the ceremony. Donations to the Tree of Light benefit the hospital. To light a star on the tree, please contact Amanda at the Anna Jaques Hospital Volunteer office at 978-463-1150.

**SALISBURY - SHINE seminar:** Thursday, November 12 at noon at the Salisbury COA Hilton Center. Do you know how your Medicare Advantage plan, drug plan, extra help for Part D may change for 2010? Did you OPEN, READ and SAVE any information from your plan received in early October? Be sure to attend our open SHINE Meeting presented by Elder Services SHINE supervisor, as we will go over changes for 2010. Call us @ 978-462-2412 to pre-register.

**SALISBURY** - Council on Aging Hilton Center 43 Lafayette Rd Salisbury MA 01952 978.462.2412. Fitness classes are open to all, suggested donation is \$2.00 - \$3.00 per class. Exercise to Music: Tuesdays 9:00 - 10:00. Gentle Stretching / Yoga Class Tuesdays 10:15-11:15. Senior Fitness: Wednesdays 10:15-11:00. Line Dancing: Thursdays 9:30 - 10:30 a.m. Tai Chi: Fridays 10:00 a.m. One on One Computer Classes Tuesdays 10:00, 11:00 and noon, call for appointment. Casino Games- poker Thursdays at noon. Blood Pressure screening: December 7, 10:30 to



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**Democratic Primary  
Tuesday, December 8th**

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## NOTEBOOK: FROM PAGE 17

noon. Pre-registration is required for the following programs by calling 978-462-2412. Decorating tricks and tips by Beach Plum Farms: Thursday November 12th 1:00 p.m. Watercolor Painting: Thursday, November 19th 12:00. Identity Theft: Learn how to protect yourself against identity theft and financial fraud, Tuesday, November 17th 12:00.

### METHUEN - KAZANJIAN OUT IN METHUEN TOO!

We had really high hopes for George Kazanjian when he was first elected to the Methuen School Committee but a quick look at his record over the last year shows that Kazanjian has been an unapologetic supporter of Superintendent Whidden and has been doing Gary Marcoux's dirty work for him. While we expected Lowell City Councilor Kazanjian (his brother) to lose his election due to bad publicity (earned or not) we were surprised to see Methuen's Kazanjian losing as well. (You know what they say about the family that loses together)? According to the people we spoke with on election day Kazanjian's surprise loss was the result of his blind support for the Super and with a new committee taking office in January, Whidden's loss of Kazanjian may spell trouble for the lead educator in Methuen.

**LAWRENCE - WHOLE LOT OF GROPING GOING ON** - When Willie Lantigua supporters crowded city hall on election night to celebrate their win, several white female reporters say they were groped by men in the crowd who made no bones about what they were doing. One of our Valley Patriot reporters said a man pushed up against her from behind and was grinding her while a reporter for another newspaper reported that she was grabbed from behind by a man who made a racist comment about her being white.

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Still a third reporter (who was not white) said that one reveler grabbed her breast and invited her to celebrate with him after the event was over. None of the women who were assaulted wanted to file a complaint but I did witness at least one of the assaults myself.

**METHUEN - WEST DISTRICT COUNCILOR DEBBIE QUINN**, (who also sits as the president of the council) may have lost her seat to Jim Hajjar on Election Day last month, but our sources say she is not going away any time soon. Jim Hajjar's wife is the legislative aide for State Representative Linda Dean Campbell who is being blamed for putting Hajjar into the race to defeat Quinn. Now Quinn is planning on running against Campbell next year for State Representative and since Mayor Manzi is friends with both Campbell and Quinn, it looks like the mayor's influence will be neutralized in that race.

**LAWRENCE - BUT GAMBLING IS JUST WRONG?** State Senator Sue Tucker's former aide Les Bernal is on a mission to stop casino gambling and has set up his own political action group to oppose gambling in Massachusetts. Bernal left Tucker's office to focus on his new venture full time as he believes casino gambling hurts poooooooor people (that's my mocking voice). In an ironic twist last month, mayoral candidate Dave Abdoo held a fundraiser at St. Anthony's Church.

When it came time to announce the winners of the many items up for raffle that evening more than a few heads turned when Abdoo pulled a blue ticket and announced "Les Bernal". As I say so often you can't make this stuff up. (EDITORS NOTE: while ultra liberal ideologue Les Bernal may oppose casino gambling the VALLEY PATRIOT not only supports casino gambling we are now the official

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newspaper for a new poker casino in Pelham, NH called Granite State Poker. See their ad on page 23 and while you are at it, think about this; every day GSP is open for business is another day that Massachusetts taxpayers flee over the border to get involved in gaming while our friend Les fights as hard as he can to guarantee that said revenue is not spent in Mass.

**LAWRENCE - NOT IN HER DISTRICT** - While I was VERY happy to see Oneida Aquino win the city council seat on Tower Hill in Lawrence last month a disturbing discovery has me scratching my head. Each night before the election, as the Valley Patriot home deliveries were being distributed on Prospect Hill (outside of the district Aquino was running in) we spotted Aquino's car on Woodland Street at various times of the early morning hours.

Several times our spotters witnessed Ms. Aquino leaving the Woodland Street home first thing in the morning. So we checked with the Parthum School where we learned that Aquino's children go to school and verified that the home address listed is Woodland Street outside her district. Not that it matters, because nobody is going to overturn an election after the fact. I just thought it was an interesting

little tidbit. On a side note, I am positive that Oneida will do a good job on the council, I just hope she moves into her district before she gets sworn in so Nick cannot try to take back his seat in a court challenge.

**METHUEN - CORRECTION** - In the last edition of the Valley Patriot I incorrectly reported that West District Council Candidate Eddie Guy had made a donation to Patrick Blanchette's failed mayoral campaign before the Lawrence primaries. Guy's son Eddie Guy Jr. called us to say that it was he who donated to Blanchette's failed campaign and not his father. I had initially told Mr. Guy that we would correct the on-line version of the paper so that the correct version would be available to anyone who downloaded the pdf. But, a computer virus made it impossible for me to do that so, my sincere apologies to Mr. Guy for the mistake and we hope that there are no hard feelings.



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

## RIVERBANK: FROM PAGE 18

of replicas of existing Web pages to try to deceive you into entering personal, financial or password data. Criminals use email to link consumers to phony Web sites that ask users to "confirm" their account information by entering it into an official-looking online form. Suspects often use scare tactics, such as threats to close accounts, to get consumers to respond. Go directly to a company's website instead of using the link provided in the email.

**Spyware:** Spyware is a type of program that watches what users do and forwards information to someone else. It is most often installed when you download free software on the Internet. Unfortunately hackers discovered this to be an effective means of sending sensitive information over the Internet. And, they discovered that many free applications that use spyware for marketing purposes could be found on your computer, and attackers often use this existing spyware for their malicious means.

Once they have their hands on your information, identity thieves can commit everything from check and credit card fraud, to financial identity theft, criminal identity theft and identity fraud. They can

rent an apartment, obtain a credit card, or establish an account in your name and you might not even find out about the theft until you review your credit report or a credit card statement and notice charges you didn't make; or until you're contacted by a debt collector.

There are some important steps you can take to help protect yourself:

- Shred credit card statements, solicitations and other documents that contain private financial information.
- Safeguard your Social Security number. Never carry your card with you, or any other card that may have your number, like a health insurance card. Also don't put your Social Security number on your checks. Your Social Security number is the primary target for identity thieves because it gives them access to your credit report and bank accounts.
- Cultivate a relationship with a community financial institution, so they can help you should you become a victim of identity theft. Take advantage of online banking services which give you quick access to your accounts, making it easier to spot any fraudulent activity.

- Never provide your financial account information, password, or Social Security over the phone, or in response to an unsolicited Internet request, if you did not initiate the contact yourself.

- Review credit card and financial statements carefully to make sure you recognize the merchants, locations or purchases listed before paying the bill.

- Don't leave a paper trail; take ATM, credit card or gas station receipts with you and never just toss them in the trash.

- Be suspicious of emails asking for personal information and be selective when providing your email address. Never click on links provided in an email you think is fraudulent.

If you know, or even think, you've been a victim of identity theft, it's imperative you take immediate action:

- Report the fraudulent activity to your bank, your credit card companies and any other financial institutions you work with.

- Contact the three consumer reporting companies, Equifax, Experian or TransUnion and have a fraud alert placed on your credit report. This will help stop thieves from opening any additional ac-

counts in your name.

- Close any accounts that you know, or even think may have been tampered with or opened fraudulently.

- File a complaint with the FTC. This will help law enforcement officials track down identity thieves and stop them.

- Contact the local police or police in the community where the identity theft took place and file a report.

While a fortunate few can resolve their problems quickly, many identity theft victims spend hundreds of dollars and countless days repairing the damage to their name and credit record. Consumers victimized by identity theft can lose out on job opportunities, or be denied loans for education, housing or cars because of negative information on their credit reports.

Equipped with the knowledge of how to protect yourself and take action, you can make identity thieves' jobs much more difficult. You can also help fight identity theft by educating your friends, family, and members of your community.



## A COUCH WITH A VIEW

## Scooby Doo, where are you?!

Ray Shackett

VALLEY PATRIOT ENTERTAINMENT REPORTER

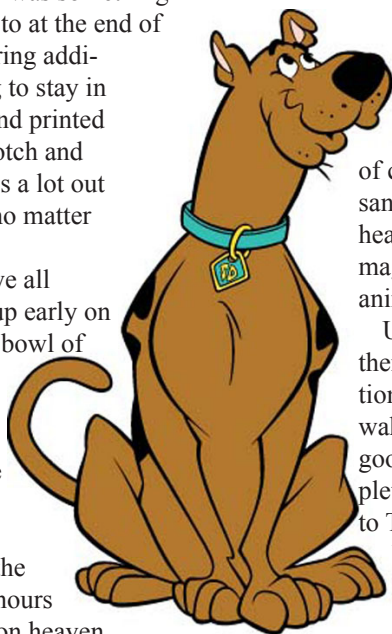
When I was a child there was something that we all looked forward to at the end of a long hard week of mastering addition and subtraction, trying to stay in the lines while coloring hand printed turkeys, dodge ball, hopscotch and all that other stuff that takes a lot out of a professional student (no matter what age).

At the end of the week we all knew that we could wake up early on Saturday mornings, grab a bowl of your favorite sugar-filled breakfast cereal (finding the prize was a nice bonus).

Where those went I have no idea... but that's fodder for a whole other article), and plop down in front of the television for at least four hours and get lost in bad animation heaven. It's all a kid asked for back in the day.

Don't disturb me during the Saturday morning hours of 8:00AM to Noon. There's work to be done. Come Monday morning it was back to the grind and we needed some water cooler, nay, lunch line chatter. Scooby Doo and Scrappy Too provided such conversation for a seven year old.

Now I'm older and have children of my own. Turning on the TV to watch two hours of the Today Show or an opposing network's variation reminds me of my age and how innocence is becoming lost. Trivial? True... but it had always been a



tradition passed from generation to generation. The gathering around the old Philco for weekly serials to the black and white for Howdy Doody to the techno color television for The Smurfs. For me Saturday morning television was a rite of childhood passage, a sanctuary to which young hearts could get lost in the magical world of mindless animation.

Unfortunately today, there are too many options. From the time a child wakes to their last kiss goodnight, 24/7 there's a plethora of options thanks to The Disney Channel, Nickelodeon, The Cartoon Network and PBS. The magic of the moment was in the anticipation.

The waiting from week to week. And you know what? We played harder and got more fresh air because of it. We earned the right to become living room fixtures for five hours every Saturday morning. Because we knew that afternoon we weren't allowed back inside until the next Saturday morning.

The main reason for the current state of Saturday morning programming doesn't lay blame with the networks but rather the FCC (Federal Communications Commis-

**SCOOBY, next page**

## VALLEY PATRIOT TV REVIEW

Beth Daigle

VALLEY PATRIOT ENTERTAINMENT REPORTER

## "Community"

NBC, Thursdays at 8:00pm

Why, when something seems so right, can it go so wrong? I had such high hopes for NBC's "Community" starring Joel McHale from E! Television's, "The Soup." Joel's snarky ways and dry sense of humor on "The Soup," are not only hilarious but spot-on as he ridicules countless programs not worthy of air time. I now wonder how he would rate his own sitcom in light of its lame premise and lackluster cast.

"Community" follows a group of misfit community college students who, for one random reason or another, have landed at the fictional Greendale Community College. A study group is formed and from there, the members band together to battle the daily grind of their social and educational responsibilities. The group comes together just about as well as oil and water with no cohesive link whatsoever. The likelihood of any of these characters befriending one another in such a setting is as likely as this show making it for another season.

To add to McHale's comedic celebrity, the show also features Chevy Chase who seems only to bring an odd, past-your-prime, sense of humor that's neither funny nor clever. The remaining cast of students are generally new to the scene and don't bring any more wit to the plot than the more seasoned actors. The ramblings, fumbles and nonsensical banter of not only the students, but also the bizarre faculty, could easily be considered insulting to any respectable community college out there.

Sitting through an entire episode of "Community" was akin to being a mem-

ber of the Peanuts gang listening to the, heard never seen, mufflings of the Peanut parents. Certainly the writers are to blame for the fragmented and forced script which includes innumerable politically incorrect comments that are intended to come off edgy but rather end up sounding foolish and insensitive. However the actors, too, must take responsibility for their amateurish interpretation.

The biggest problem with this show is that it is simply not funny. They seem to be trying to use a lot of cheeky humor that is poorly delivered and even more so poorly received. It's as if they are dishing lines that are part of an inside joke that "you had to be there" to appreciate. I am such a fan of Joel McHale that it pains me to say that I find his latest endeavor to be just plain boring. I often think that a new show has the right to go through several weeks of growing pains before it gets a good groove going.

I am not prepared to write "Community" off completely but, to date I don't see a lot of potential. I would love to see more of Joel, but I am afraid he is going to need to find a new prime-time outlet or better yet, stick with "The Soup" and stand-up. Why mess with a formula that works so well.



*Beth Daigle is a freelance writer who writes for several area publications. Beth is a North Andover resident and happily reports on the good, the bad and the ugly in television entertainment. Beth's background is in marketing having earned her BA from University of Massachusetts, Amherst and MBA from Bentley College. Send comments to Bethdaiglevp@comcast.net*

## NEWBURYPORT



## Firehouse Center for the Arts November Events

"Rumpelstiltskin" – DuffleBag Theatre brings this Grimm fairytale to life. Will you guess the name of the dwarf?! DuffleBag Theatre returns for another fun-filled and hilarious season of interactive storytelling theatre. November 14 at 11AM and 1PM. Market Square, Newburyport. 978-462-7336. [www.firehouse.org](http://www.firehouse.org)

"Nutcracker" – A family party, an eccentric uncle, dolls that come to life, dancing mice and a palace of sweets! See the Christmas classic danced by the Methuen Ballet Ensemble. Saturday, November 28 at 3pm & 7pm; Sunday, November 29 at 3pm. Reception to be held Nov 28 prior to the 7pm show. Market Square, Newburyport. 978-462-7336. [www.firehouse.org](http://www.firehouse.org)

"Twelve Days of Christmas" – Enjoy a modern dance interpretation of this holiday classic brought to you through a collaboration between Exit Dance Theater, Joppa Jazz Dance and the Firehouse. Choreography by Fontaine Dubus, Erin Foley, Sarah George, Pam Smith, Jen Steeves and Cheryl Schwind. Our live emcee, folk-rock artist Kate Redgate, will guide the narrative for what promises to be a joyful show for all ages. Don't miss this return engagement from the producers of The Nutbuster! December 4 – 6. Fri-Sat at 8pm; Sat-Sun at 3pm. Market Square, Newburyport. 978-462-7336. [www.firehouse.org](http://www.firehouse.org)

COMEDY at THE FIREHOUSE  
"Newburyport Rotary Club Comedy Night Fundraiser" – The 4th Annual Comedy Show featuring Bobby Darling and Dr. Divine. Is it music? Is it comedy? You

## Kinobe and Soul Beat Africa stop in Newburyport on their first American Tour !

Newburyport, MA- Ugandan sensation Kinobe will appear Saturday November 21, 2009 at Mission Oak Grill in Newburyport for one night only during the launch of his first major tour of the United States and Canada.

The young artist Kinobe is one of the leading figures in African traditional and contemporary world music, and is fast becoming an international star. There is just something about Kinobe that marks him out as a musician. To watch him perform is a delight. Kinobe has been performing internationally since the age of ten, captivating audiences with virtuoso performances of Ugandan roots music as well as original compositions, reflecting a wealth of African and world influences. A multi-instrumentalist and singer-songwriter, Kinobe leads the audience into the soul of African music with traditional instruments, songs, and stories from his homeland.

The 21-year old Kinobe and his crew Soul Beat Africa take on Uganda's ethnic sounds and fuse tradition with modern instrumentation. This transformation of Uganda's ethnic folk music into more contemporary and abstract genre of music has attracted worldwide appreciation. The group will perform exclusively on a wide

variety of traditional acoustic instruments. The show is energetic and highly visible to audiences of all ages. Soul Beat Africa represents the new vanguard of Ugandan performers, inspired by the synthesis of African roots and world music, of traditional and modern instrumentation. These gifted instrumentalists are steeped in the music of Uganda, but with ears opened to sounds of the world at large.

Drinkwater Productions is proud to present Ugandan contemporary artist Kinobe and his crew Soul Beat Africa perform Saturday November 21, 2009 at Mission Oak Grill, 26 Green Street, Newburyport, MA.. Show starts at 8:00 pm and ticket price is \$22.50 in advance.

Word of mouth is spreading fast...if you haven't already purchased tickets you better hurry. Purchase tickets at Mission Oak Grill or online at [www.drinkwaterproductions.com](http://www.drinkwaterproductions.com)

About Drinkwater Productions

Drinkwater Productions LLC based in Exeter, NH, is a full-service event planning and promotions company, working to help its clients realize profits through unique marketing opportunities. To learn more about Drinkwater Productions, please visit [www.drinkwaterproductions.com](http://www.drinkwaterproductions.com).



# Tupelo Music Hall in Salisbury announces inaugural schedule

Get up close to your favorite artists at Tupelo Music Hall Salisbury this fall. Offering a new wave in year round live entertainment, most seats in this brand new, 468-person capacity state-of-the-art oceanfront venue are within 50 feet of the stage. Tupelo Music Hall Salisbury is located at 4 Oceanfront North on Salisbury Beach, and is easily accessible from Routes 1, 95 and 495. Table service including a limited menu and full selection of beverages is available; doors open 90 minutes before show times.

Tickets for Tupelo Music Hall Salisbury shows scheduled through March 2010 are on sale and can be purchased by calling 603.437.5100, or purchase online at [www.tupelohallsalisbury.com](http://www.tupelohallsalisbury.com). Additional shows are always being scheduled; please visit the website for updates.

**Friday, November 13, 8pm – PAULA COLE** Reserved table seating; tickets \$35/\$40. Grammy-winning Rockport native Paula Cole is one of the many female singer/songwriters who rose to prominence in the mid-90s. With three albums and hits like “Where Have All the Cowboys Gone?” and “I Don’t Want to Wait,” In 2007, she returned from an eight year hiatus with the single “14” and a new album, “Courage.”

**Saturday, November 14, 8pm – THE MACHINE America’s Premier Pink Floyd Experience.** Reserved table seating; tickets \$25/\$30. The authentic Floydian experience lives on! Performing a diverse mix of Pink Floyd’s extensive 16-album repertoire complete with faithful renditions of well-known hits as well as obscure gems, The Machine’s stellar mu-

sicianship, theatrical elements, dramatic lighting and video and their passionate delivery have set them apart for 20 years.

**Tuesday, November 17, 8pm – KENNY WAYNE SHEPHERD** Reserved table seating; tickets \$45/\$50. Kenny Wayne Shepherd, just 26, has a storied decade in music’s big-leagues. His first three albums mixed blues and blues-rock; his 1995 debut Ledbetter Heights has sold over a million copies, making it a platinum record. His 1998 release “Trouble Is---” sold over a million copies and it, along with “Live On” a year later, received Grammy nominations.

**Friday, November 20, 8pm – SHAWN COLVIN** Reserved table seating; tickets \$55. Colvin is both keen and warm-hearted, leavening even the toughest tales with tenderness, empathy and a sense of humor. In the 19 years since the release of her debut album, Colvin has won three Grammy Awards, released eight albums, and maintained a non-stop national and international touring schedule. In 1996, her breakthrough ballad, “Sunny Came Home,” gave Colvin a Top 10 hit and two of Grammy’s biggest honors: Record of the Year and Song of the Year.

**Saturday, November 21, 8pm – TUPELO NIGHT OF COMEDY** featuring Jon Rineman, Brad Mastrangelo and Kenny Rogerson Reserved table seating; tickets \$15. Enjoy a Tupelo Night of Comedy with three of the best Boston-area based comics including:

**Ken Rogerson**, “the funniest man you’ve never heard of,” who has appeared on F/X’s hit show “Rescue Me” starring Denis Leary, ABC’s “It’s All Relative”



RENDERING: COURTESY

## Rendering of the new Tupelo Music Hall in Salisbury

with Lenny Clarke as well as NBC’s and CBS’s late night programs, Comedy Central and Showtime. The ultimate storyteller, Brad Mastrangelo’s high-energy brand of family and observational comedy has earned him rave reviews from the top comedy clubs across the country. As a frequent writer for Jay Leno’s Tonight Show monologue, Brad has held his own on the comedy circuit with such luminaries as Lenny Clark, Kevin James, Ray Romano and Pat Cooper.

**Jon Rineman** is a 25-year-old comedian who grew up in North Hampton, NH, and graduated from Emerson College. He was head writer for the 24th Annual EVVY Awards and was published in the Improper Bostonian’s 2005 Humor Issue. Jon’s jokes have been heard on late night TV shows and he is a regular at The Comedy Studio in Harvard Square.

**Friday, November 27, 8pm – GALLAGHER** Reserved table seating; tickets \$35/\$40. The famous bowler hat, striped shirt and suspenders-wearing stand-up comic simply known as Gallagher comes to Tupelo Music Hall Salisbury! Gallagher has become one of the most successful stand-up comedians of all time because of his constant touring and loyal following—and of course for his legendary “Sledge-O-Matic” watermelon-smashing comedy routine. Dress appropriately!

### DECEMBER 2009 SCHEDULE DESCRIPTIONS

**Thursday, December 3, 8pm – AVERAGE WHITE BAND** Reserved table seating; tickets \$35. Perhaps best known for their timeless instrumental mega-hit ‘Pick Up the Pieces,’ Average White Band took the influences of their R&B heroes like Marvin Gaye, James

Brown, Donny Hathaway and others to develop their own authentic sound. The band continues to record and tour the world to critical and audience acclaim.

**Saturday, December 5, 8pm – TIM REYNOLDS** and TR3 Reserved table seating; tickets \$25. Reynolds is a guitarist who rises above the mere mastery of chops to a virtual state of communion with his instrument, -- from progressive rock, straight-up jazz and high-powered funk fusion guitar, to bass, piano, sitar, mandolin, violin, and a plethora of ethnic percussion instruments. When this self-taught musician performs it is a symphony of the senses.

#### About Tupelo Music Hall

The first and original Tupelo Music Hall Located in Londonderry, NH, is an award-winning music venue is known for presenting nationally recognized performers in an intimate setting. Showcasing bands and solo acts from today, as well as artists and musicians from the past who maintain a dedicated fan base, Tupelo’s success is based on catering to discriminating adults and baby boomers ranging in age from their 30’s through their 60’s. Tupelo Music Hall Salisbury will present artists in a wide range of genres, from rock and R&B, to jazz and country. Comedy shows and children’s entertainers will also be featured.

#### About The New Pavilion

The New Pavilion at Salisbury Beach houses three destination businesses in one location directly on the Atlantic Ocean: Tupelo Music Hall Salisbury, Seaglass Restaurant, and an Event Center. The combination of businesses and the concept of a destination building recall the hey-day of Salisbury Beach when thousands were drawn to the area to dine, celebrate and be entertained. The well-known and historic “Pavilion” name has been retained for the building, but the structure’s 27,000+/- square-foot first-floor is being meticulously renovated using energy efficient and environmentally-friendly materials.

## Shawn Hansen’s Comedy Corner with Rick Cormier

Comedian Rick Cormier of Chelmsford is the guy you should see if you want to spend the night laughing.

“I started about five years ago. My wife and I were talking about divorce and I needed some other diversion I guess,” said Cormier.

At the early stages of his comedic career debuting at Lou’s Place in Tewksbury, Cormier said, “Lou’s Place...that reminds me of an ancient Chinese proverb. Man who not pay mortgage lose place.”

Developing his parodies he started submitting them to [amiright.com](http://amiright.com) followed by [soundclick.com](http://soundclick.com) and has roughly 30 parodies to this day.

“To much acclaim, a lot of them got a lot of favorable reviews and then I started recording those,” said Cormier.

Cormier said his first parody was written for a friend who was getting married for the second time. He explained that his wife’s name was Maureen as everyone called her Mo.

“What I did was a parody to Frank Sinatra’s ‘My Way’ and called it ‘Mo’s Way.’” Cormier said it was a big hit singing the song at his friends wedding so he figured he would perform parodies live. “Please Mr. Postman to She’s Lindsey Lohan” and “I left my heart in San Francisco to I wrecked my heart with spam and Crisco” are other parodies Cormier put together.

In Cormier’s career as a comedian he has appeared at a comedy studio in Boston, Giggles Comedy Club, Elks Halls, VFWs and Knights of Columbus’ and the Lowell Brewery. He has worked with comics such as Dave Russo, Larry Lee Lewis, Steve Sweeney, Ira Proctor, Paul Nardizzi, Mike Donovan, Artie Januario, and Johnny Joyce.

“I just wrote a theme song for the Johnny Joyce Roast,” said Cormier. His song fit perfectly because of the letters in



PHOTO: SHAWN HANSEN

Comedian Rick Cormier, (a Tewksbury native) now lives in Chelmsford.

his name. “You know its M-I-C-K-E-Y M-O-U-S-E. Well his name is J-O-H-N-N-Y J-O-Y-C-E, Johnny Joyce.”

Looking at other comics, Cormier said he always has been a fan of Rodney Dangerfield, Red Skelton, Bob Hope, Milton Berle, Rich Little, Billy Crystal, Steve Martin, Jonathan Winters, and Monty Python.

Cormier likes Frank Sinatra and The Beatles, and does “A day in the exodus.” He said this is the story of Moses set to a day in the life of The Beatles and has a lot of sound bites in it that he got off the Internet.

“I put Cheech and Chong in there. I did both Cheech and Chong and I have Charlton Heston in there from the 10 Commandments,” said Cormier.

Sometimes Cormier does his own soundtracks and will work with mini-tracks isolating each instrument individually making the sound better and more realistic.

Aside parodies, Cormier also impersonates Stewie Griffin and Arnold Schwarzenegger and would like to incorporate

COMEDY, page 37

## SCOOPY: FROM PAGE 28

sion).

In the mid -nineties the networks were required to broadcast a minimum of three hours of children’s educational/informational programming per week.

Unfortunately it was easier to get it all out on Saturday mornings for most stations. Thus the weekend editions of Today, GMA and the Early Show and, of course, local news. Now, children’s shows still exist but not to the extent of yesteryear. Most of the major network programming consists ABC Family or Disney shows that you can watch anytime on their cable networks.

What’s exciting about Hanna Montana on a Saturday morning when you can watch mindless blocks on the Disney Channel any day of the week? Exactly.

Times change and so do the habits and lives of every generation after us. I feel proud to be a part of a lost (and much missed) part of the entertainment universe. I’ll cherish those mornings on the living room floor, still fashioned in my Aquaman

Underroos, draped in a blanket and clutching an endless bowl of Captain Crunch cereal. Back then my friends were Super and my curve for learning was wide thanks to Bill... you remember... he lived up there on Capital Hill. There was always One To Grow On and I learned to stay away from creepy abandoned amusement park caretakers. When I look back, I smile. I’ll always have Saturday mornings.

Writers Note: Not all is lost my friends. A quick search on YouTube can take you back to the good old days once again. My favorite search picks in no particular order... “Mr T Cartoon”, “Wonder Twins Cartoon”, “Captain Caveman” and “The Brady Bunch Cartoon”. Happy reminiscing!



Ray Shackett radio veteran and fan of all things entertainment. For questions, comments or suggestions, email Ray at [kidcruise2003@yahoo.com](mailto:kidcruise2003@yahoo.com)



# Campbell holds hearing at Veterans Outreach Center

Rep. Linda Dean Campbell  
METHUEN STATE REPRESENTATIVE

The Joint Committee on Veterans and Federal Affairs held a public hearing at the Veteran's Outreach Center in Haverhill on Thursday soliciting public input on a wide range of legislation and was chaired by State Representative Linda Dean Campbell (D-Methuen), who has been playing a critical role on Beacon Hill during these tough economic times. Representative Campbell has been a lead advocate on many social services matters including veteran issues where she serves as Vice-Chair on the Committee.

The legislative hearing put a spotlight on the major issues facing Veterans in the Merrimac Valley including matters that affect our aging Veteran population and our younger Veterans returning to the Commonwealth after courageously serving during war time. The public was able to address the committee on legislation that appeared on the committee's agenda; however, more importantly it also gave residents of the Merrimac Valley an opportunity to address matters of personal significance.



The Hearing was very well attended according to Vice Chair, Rep Campbell. "The Committee has held hearings across the Commonwealth and I was excited and honored to be able to bring the Committee to our area so it would be easier for citizens to attend. I understand, traveling to Boston and finding parking can be both costly and intimidating for some – our

hearings outside of Boston have been well received and reminds residents that we are here working on their behalf to solve some of the most important and difficult problems ever encountered by this state."

Campbell went on to note, "That Representative Brian Dempsey (D-Haverhill) made a special appearance at the hearing and made a point to express his commit-

ment to helping veterans, seniors and alike who may be vulnerable."

The committee announced plans to move a legislative package through the State House that would increase benefits and services that some veterans are able to receive. Representative Campbell stated, "My goal is to have a comprehensive package on the Governor's Desk before Veterans Day."

## 16th Annual Festival of Trees kicks off holiday event "Taste of the Festival" hosted by KISS 108's Matt Siegel and Billy Costa

The Festival of Trees announces the debut of the Taste of the Festival on premier night, Friday, November 20.

Two of Boston's biggest media personalities, Matt Siegel of Kiss 108's "Matty in the Morning" show and Billy Costa of NECN's TV Diner, will be the evening's Masters of Ceremony.

The kickoff event will feature specialty foods from more than 20 local restaurants, live music and the unveiling more than

200 spectacular Christmas trees.

"We are thrilled to have such incredible talents as Matt Siegel and Billy Costa to open the Festival as well as the generosity of the local restaurants who are participating," said Ann Guastafarro, President of the Festival of Trees.

"This year is sure to be the most exciting premier night to date"

In addition to the Taste of The Festival, some of the 2009 Festival highlights will

include: Magic Shows with BJ Hickman; Romper Rhythm Puppets; Mad Science Show; Elfant Production Balloon Twister; Breakfast with Santa; Visits from Santa; Red Hatter's Weekend; Tree Awards; Tree Raffle; and Preservation Grant Award.

This magical family event draws over 25,000 visitors and celebrates the spirit of the holiday season with the sole purpose to provide funding to preserve not only Methuen's heritage and monuments, but also the historical monuments in surrounding cities and towns that are so important to these communities.

Premier night is Friday, November 20, from 6:00-10:00 p.m. Tickets are available by calling (978) 685-8878.

The Festival of Trees officially opens November 21 and runs through December 5, 2009. Open weekdays from 5:00-9:00 p.m. and on weekends from 10:00 a.m. - 9:00 p.m. Closed Thanksgiving. General Admission is \$8.00 and children under 12 are free. The Festival is located at Valley Office Park at 13 Branch Street, Methuen, MA. For more information, visit the Web-site at [www.methuenfestivaloftrees.com](http://www.methuenfestivaloftrees.com).

About the Methuen Festival of Trees - The Festival of Trees was begun to fund the restoration of the Tenney Gatehouse. It is a magical event held annually by the Methuen



Festival of Trees, Inc., to celebrate the spirit of the holiday season. The Festival is dedicated to the richness and history of our community by developing partnerships with the Commonwealth of Massachusetts, the City of Methuen, the Methuen Historic District Commission, the Methuen Historical Society, and the people and organizations of Methuen. The proceeds from the Festival of Trees provide funding to preserve our heritage and the monuments that make Methuen so unique. To date, \$914,000 has been raised to fund local preservation projects.

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RONNIE’S RANTS

Random Thoughts

**Ronnie Ford**  
VALLEY PATRIOT COLUMNIST

Good food is a natural comforter. However, it becomes more pronounced and exciting at Mike and Lee Ann Condon’s Sweetheart Inn. My wife and I dined at this magnificent spot, located on Myrtle Street in Methuen.

Mike’s wife and partner Lee Ann is an extremely talented person. She brings to life the ambiance and atmosphere of a cozy hide-a-way, nestled in West Methuen. The culinary expertise comes from the many years of training and practical experience of Mike Condon, the nephew of the renowned chef Joe Binette. The menu is great, the food and service all reasonably priced is at the apex of palate pleasing. So if you want a great dining experience, head to Myrtle Street and the Sweetheart Inn. Specials on Wednesdays and Thursdays you will not believe. I still don’t believe it was so delicious and satisfying.

While we are still on the subject, you have to try the new sweet sauce pizza, created by the Star Haven in Methuen. Mark V, the owner of this complex, which lies in back of Valerio’s gas station. It is situated at the intersections of Jackson, Howe, and Pleasant Sts. This delicious new treat, is selling at a reduced cost, like 2 16” pizzas and a liter of soda for \$14.95. The deal is great, so try it. Believe me, you will not be sorry. Oh, and before you leave, drop in next door at Vinnie’s Beer Wine, and Spirits and get your favorite drinks.

In Chicago, an honor student in high school was beaten, kicked, stomped, and hit in the head with a 2x 4 till he died. Another young man was set on fire and badly burned on most of his body. AND, in our own backyard, four sub-humans hacked to death a young wife and mother and cut the throat of her eleven- year- old daughter as they laid sleeping in their beds! They even chopped off some of her toes! These miscreants left her for dead. Fortunately she survived. Death is too good for these evil- doers! What went wrong? To start with I blame the parents. When confronted with these atrocities, they say I never saw it coming. Ha! Of course you did. Who gives them the money to buy those lousy video games, go to the X rated movies, or get the videos? Who washes their all black clothes. Certainly, it is not them. Who gives them the money to get all manner of tats and piercing? Even if they have a part-time job, it wouldn’t cover all the paraphernalia they are into. Who monitors the Hollywood crowd, or the Rock and Rap people who come on stage half clothed and gyrate that these kinked-wired weirdo’s so admire? I blame Hollywood, TV, the computer, and all the out-side influences that abound our children. Society is also to blame.

We sit back and say nothing, do nothing. We let this trash come into our homes via all manner of media. We are a sick society. It will not stop unless we do something!

The flu season is upon us and we are running out of the seasonal flu and the H1N1 vaccine. We have known for some time that the H1N1 is coming. Actually it never subsided. Are we prepared? Of course not! The government failed us again. And, we are going to allow these fools to dispense our health care? There are a total of 545 people in the United States that control almost every facet of our lives. The US Senate, which has 100, the House of Representatives 435, the Supreme Justices 9, and if your count the President 1. They are the law makers, no one else! They cannot fight their own way out of a paper bag, let alone make thoughtful, informed, intelligent decisions! They are always bickering among each other to have one up-man-ship. They certainly have not been doing the peoples business, only their own. It is long over due that we stand up and holler!

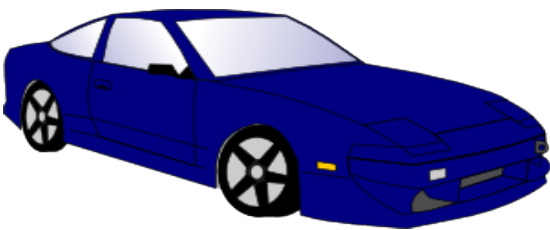
The Family doctors, Internal medicine, and Cardiologist, who are all specialists, but who are also primary care physicians, and OB/GYN doctors included, do not care for the whole patient. If you are primary care why do you not stock the vaccines that your patients require? Some of you do, but most do not. I have seen Cancer patients waiting in line at flu clinics who can barely stand up. Why do the elderly have to wait in long lines, leaning on walkers and canes? How fair is that? The drug stores and senior citizens have clinics provided you have a written order from you doctor. Even then it is a chore. Elderly people need, flu, pneumonia, and Zostavac vaccines. It is not a hardship to order vaccines and have your nurses dispense them. A little planning and it makes it easier to keep patients happy and healthy. After all, isn’t that why you went into the medical field? To help people, make life easier? Some insurance do not cover the Zostavac, the shingles vaccine, but you can contact your insurance carrier to see if it is a covered service. Come on Docs! Put an umbrella over your patients and cover us!

May the good Lord take a liking to you. Do something nice for someone today. And we wish you enough!



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

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The Merrimack Valley Irish Connection

Irish celebrity

**Jack Doyle, County Sligo**  
VALLEY PATRIOT GUEST COLUMNIST

Ballymote, County Sligo has produced a variety of famous celebrities. I have mentioned a few in previous editions of the Valley Patriot, but I have neglected to look into the life of the man that was the founder of Celtic Football. Oddly enough, he was a Marist Brother, yes, the same family of Brother’s that teach at Central Catholic High School in Lawrence, MA.

Brother Walfrid, (Edward Kerins), was born in Ballymote, County Sligo, Ireland in the year of May 15th 1840. Walfrid was born of John Kerins and Elizabeth Flynn. He studied teaching and in 1964 he joined the Marist Brothers. In 1870 he moved to Scotland and taught at St. Mary’s where he was appointment headmaster in 1874. He was also one of the founders of St. Joseph’s college in Dumfries.

In 1888 he founded the Celtic Football Club as a means of raising funds for the poor and deprived in the east end of Glasgow. He continued his fascination with Celtic football after he was sent by his Religious Order to London’s East End, where he organized football matches for “barefoot children of Bethnal and Bow.” The charity of Brother Walfrid was named “The poor Children’s dinner table.”

The following letter explains the sentiment of the Marist Brothers as written to the “Irish in Britain” website in 2006, following the dedication of a statue of Brother Walfrid: “Dear Friend, Walfrid took this name when he became a Marist Brother. He was not a priest. His idea was to raise money to feed the poor in the East End of Glasgow. He did not try to start a little Ireland.

He preferred Celtic with a K. Scots, Irish, Welsh and Cornishmen are all Kelts. He did not want a sectarian team to oppose Rangers. Those who took over the Club, made money from it, neither Walfrid nor the Marist Brothers did. Glasgow Celtic offered money to bring players from other clubs. They wanted to

be the best.

It is fitting that the finely sculptured image of him outside Celtic Park was paid for by the supporters, not by the owners. In the end the Archbishop of Glasgow was invited to give it God’s blessing. The idea of inviting all the Marist Brothers in Glasgow did not occur to the club, which is not a charity like the Marist Brothers world wide Congregation is.

Brother Walfrid was also responsible for guiding a dozen or more young men to the Marist Brothers, to help the education of the poor and needy, not always the same thing. The founder of the Marist Brothers did not want his young men to be teachers only, or even Catechists, only. Other teachers and priests could do that. He wanted his Brothers to accompany their pupils, at a time where there was little if any education in the country areas round St. Etienne, not far from where he started with two young men and taught them to read and write, living with them and doing manual work with them. From these seemingly hopeless beginnings, the Petits Freres de Marie have gone to more than 80 countries.

Saint Marcellin Champagnat, who was a Marist priest, saw the need for Brothers, and in April 1999 Pope John PaulII, proclaimed him publicly in St. Peter’ Square Rome, as a man to be, not just honored, but imitated. He was a priest who was not afraid to get his hands dirty. After all, he was the son of a farmer in a small hamlet, called Rosey, near St Chamond, a few miles from Lyons. It is in this spirit we remember Walfrid, our Marist Brother from Ireland.”

With every good wish, your friend, Joseph Lavelle, also a Marist Brother. 227, Nithsdale Road, Glasgow, G41 5HA.



Jack Doyle is an author and has published two books: Echoes of My Past, and Medjugorje, Heaven on Earth. To sponsor Jack’s Irish Craic” in The Valley Patriot contact: [Jack5772@comcast.net](mailto:Jack5772@comcast.net)



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## Politically active in the City of Methuen

Jamie Atkinson & George Scione  
VALLEY PATRIOT METHUEN COLUMNISTS

Methuen voters spoke up at the polls on Nov. 3. Well, the 29.91 percent of city voters that came out.

According to re-elected Central District Councilor Phil Lahey, the candidates heard the voters' message loud and clear. Incumbents are just as vulnerable in Methuen as they are nationwide.

Lahey himself felt a challenger nipping at his heels, with "know-nothing" candidate David Lavallee picking up 793 votes for third place behind Lahey's 1,082.

"Our opponents both pulled a pretty darn good vote," said Lahey during his post-election interview on Methuen Community Television. Lahey's vote total was second to fellow incumbent John "Jack" Cronin's 1,129, while Fadi Chahine pulled up the rear with 587 votes. "I think really what it says is we have a lot of people in Methuen that are not happy. I think it sends a message not only to me and Jack but I think to all the incumbents, including the mayor, who didn't exactly run away with it.

"People are a little upset with the incumbents and I think it's up to us to show them that we can do, maybe, a better job."

Lahey was right on the money with his take on the situation, as Mayor Bill Manzi found out after facing his toughest opponent in three election cycles.

Manzi beat challenger Al DiNuccio 4,437 votes to 3,954 – a difference of 483. That 53-47 percentage victory was much tighter than his 70-30 win over Ellen Bahan in 2005 and 66-34 split against Kathleen Corey Rahme in 2007.

Playing the confident role throughout the campaign, Manzi shed his cover post-election, admitting that he knew it would be a tough fight all along.

"It's a year where incumbent mayors throughout the country had difficult political times," said Manzi at MCTV. "... Honestly, I'm delighted with the margin – a six-point win and we're eager to get back to work."

Getting back to work means dealing with a revamped City Council. While

six incumbents found a way to hold onto their seats, three challengers – including two former council members and a West end newcomer – are now being fitted for chairs in The Great Hall at the Searles Building.

With Ken Willette term-limited out from his At-Large Council seat (he topped the school committee portion of the ballot) Joyce Campagnone and Corey Rahme duked it out for the final spot behind winner Steve Zanni (4,695 votes) and runner-up Jennifer Kannan (4,592). As numbers were called out at city hall and the outcome was becoming clearer, many in attendance seemed shocked that Campagnone beat out Corey Rahme for the third At-Large seat, 4,193-3,824.

Also taking out an incumbent on election day were Pat Uliano in the East and Hajjar in the West.

Uliano's victory came at the conclusion of a bitter campaign against incumbent Joe Leone, who many say owes Uliano for his successful runs the last two election cycles. The two butted heads on the campaign trail this time around, and Uliano's supporters won out 1,513-1,410 for the second spot behind Larry Giordano's 1,573.

Campagnone and Uliano weren't alone in their surprising wins.

Hajjar came out of nowhere to unseat current council chairperson Debbie Quinn in the West. Jeanne Pappalardo topped the ticket again with 1,714 votes, while Hajjar eked out a 112-vote victory over Quinn (1,306-1,194) for the runner-up spot, followed by Ed Guy in fourth (1,139).

"I think it was that (the voters) are looking for somebody new and then somebody who had a message of hey 'it's time to run this like a business'," Hajjar said at the MCTV studio. "I think that message resonated with people, and I also think it was a good time in that I had a lot of people say that they wanted change."

### HEATED CAMPAIGNS

While change was wanted, it didn't mean the voters wanted everything they were offered.

Two of the four city council races, as well as the mayoral race were volatile –



PHOTO: COURTESY

Methuen Mayor Billy Manzi at his victory party Election Night at a restaurant in West Methuen flanked by Jim Hajjar who won a seat on the City Council representing the West End.

Leone-Uliano in the East, Lahey-Cronin-Chahine-Lavallee in the Central and Manzi-DiNuccio fighting for the corner office.

While the East and mayoral races were obviously heated, the mud slinging in the Central got the most exposure. From posts on the Politically Active Facebook page to a radio debate on Tom Duggan's "Paying Attention!" program on WCAP 980-AM, Chahine, Lahey and Cronin were at each other's throats over the last month of the campaign, with Chahine going for the jugular in a last-ditch effort to unseat the incumbents.

It appears that Chahine's tactics failed him miserably in the final tally.

"I wasn't real pleased with the campaign this year," said Lahey during his TV interview. "I thought it got a little bit negative. I thought it got a little bit personal. I'm glad it turned out the way it did.

"This is probably about the fourth or fifth election I've been in and the first I didn't enjoy."

### SCHOOLING THE FIELD

Term-limited out of his city council seat, Willette opted to run for school committee. Nervous of the outcome heading into election day, Willette had nothing to

fear. He topped the ticket, garnering 4,119 votes.

Following Willette for the other five spots on the committee were Barbara Grondine (3,939), Robert Vogler (3,913), Gary Marcoux (3,766), Evan Chaisson (3,763) and Ken Henrick (3,487).

### CHARTER ME THIS

The residents of Methuen voted 4,351-2,458 in favor of reviewing the City Charter. The nine members, who were elected out of a field of 32 candidates, to make up the Charter Commission are Dennis Dizoglio, Joe Pappalardo, Uliano, Vogler, Maureen Donovan, Ken Bourassa, Cronin, Dorothy Kalil, Barbara Grondine.

Jamie Atkinson and George

Scione are the co-hosts of Politically Active. Their TV show can be viewed on Methuen Community Television (Comcast 22, Verizon 33) Mondays at 7:30 p.m. And Tuesdays at 9:30 a.m. Politically Active can also be heard live on the radio every Tuesday from 10-11 a.m.



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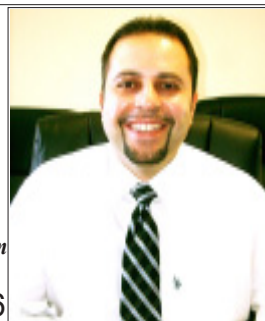
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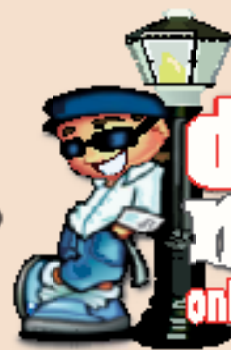
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## PUPPY LOVE! with Kate Whitney

# Remember: routines and habits are good for your dog

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

Well let's see...by the time this article goes to print we will have had our first snow, some great Patriots games, and lots of rain and wind knocking the beautiful leaves from the trees. The days have grown shorter and colder. I'm fortunate to have the ability to bring Dash and Honey to work, but they certainly know how to make me jealous when they are all curled up, deep in a cozy nap, while the rest of us are busy at work. They love their nice comfy bed in my warm office, with some nice background music, what a life. With that said, I want to talk about two things I absolutely love: dogs and sleeping! Sleep is something that most of us probably don't get enough of; maybe this article will give you and your pup a better chance at getting some.

I don't know about you, but my dogs sleep in my bed. I have a queen size bed, but by the time Dash and Honey are done sprawling out, there is not much space remaining for me. Not to mention that my legs are all twisted around dog bodies. I don't mind though...as long as my babies are happy, so am I. The best experience I've had with dogs in the bed was when I had my most recent foster puppy, Callie. She was a little lab mix, about 12 weeks

old and loved to cuddle. She would curl up by my neck or burrow under the covers and just poke her little nose out. A bed with three dogs in it is quite crowded, but sooo worth it! If you do let your dog sleep with you, make sure that it's on your terms. Always invite your dog up and make sure he knows you are the pack leader. I know that having pets in the bed can get pretty messy, especially with all the rain we have been having, so here's a tip: put a large sheet over the comforter so that dog hairs, paw prints, and dirt collect on that. It's much easier to throw a sheet in the wash than a huge comforter!

For those of you who prefer to have your dog sleep in a crate, that's perfectly fine too. Dogs are den animals and most of them enjoy having their own space to curl up in as long as it's done properly. Make sure that the crate is a happy, soothing, safe place for them. Never use the crate as a "time out" spot. If you do, the dog will associate the crate as someplace where she goes when she is bad and it will get confusing. If you have a wire crate, I suggest covering the back, and two sides with a dark sheet. Leave the front door open and free of a cover. By covering the three sides, it will provide less of a cage and more of a den feel for your dog. Also, make sure you put lots of comfy sheets,



The Valley Patriot's Puppy Girl Kate Whitney with Peanut and Biscuit, 2 brothers, Chihuahua mix, the latest of Kate's foster puppies to get adopted. Peanut and Biscuit 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](mailto:onetail@comcast.net)

blankets, beds, etc. in the crate. I like to put a nice plush bed and also some blankets. I've noticed that dogs love to push the blankets around and "decorate" how they wish. Why not give them the ability to do so?

Let's talk about beds. Dogs are all very different; and so is their preference for what types of beds they prefer. One thing is certain: price doesn't matter to your dog. You could get your dog an extravagant Gucci dog bed, but that would mean as much to her as a simple bed from the dollar store. The best thing you can do is get a couple of different beds and let her decide which is her favorite, play a little "Goldie Locks" routine. I've done this with my dogs and it helps. I put their favorite bed in the spot where they would lay the most and the other beds they didn't like so much, I scatter around the house just in case they want to lie down somewhere and not be on hard wood floors. I would also recommend putting a sheet around your dog's bed. This way you can easily take it off and wash it. The linens you use should be washed at least once a week. Do the look, touch, and smell test. If you wouldn't want to lie down on your dog's bed what makes you think your dog does? Also, make sure the size is appropriate for your dog. Don't get a skimpy bed if you have a larger dog. When your dog is stretched out, her extremities should still be supported.

I prefer the beds that have a zipper so the cover can also be taken off and washed. And get the beds that are support-

ive and well padded. Stay away from the rinky-dink lumpy ones. Use your head and provide sleeping arrangements that you would like to have. Some dogs might prefer to sleep on the floor, but at least give them the option of a nice comfy bed.

Have you ever noticed your dog having a dream? I have and it really is funny to watch. Sometimes I find myself laughing out loud...I'd give anything to know what they are dreaming about! Some signs your dog is dreaming: whining, legs moving, nose twitching. Next time you notice your dog having a dream, enjoy the moment and know that your dog is deep in sleep.

If your dog is restless and unable to settle down, try taking her outside again; she might have to potty even if she was just out a few minutes ago. Also, if you have a fireplace, please make sure the dog's bed is far enough away from the fireplace to prevent any accidents or to produce too much heat, thus making your dog uncomfortable. Do not put the bed near a window or door. Drafts can cause your dog to be uncomfortable.

I hope these tips allow for some sound sleeping...for both you and your furry friend!



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](mailto:Kwswingrite@aol.com)

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Dogs, Cats, and Other People by Matthew Margolis

Court to uphold “human sacrifice channel”?

**Uncle Matty**  
VALLEY PATRIOT SYNDICATED COLUMNIST

Members of the United States Supreme Court had no shortage of hypotheticals on hand earlier this month as they wrangled with the First Amendment and the question of whether its free speech protections extend to images of animal cruelty.

Justice Samuel Alito mused aloud, “Suppose (human sacrifice) is legally taking place someplace in the world. I mean, people here would probably love to see it. Live, pay-per-view, you know, on the Human Sacrifice Channel. They have a point of view they want to express. That’s OK?”

Citing the evils of Adolf Hitler, Justice Antonin Scalia asked, “Can you keep him off the screen?” Justice Ruth Bader Ginsburg brought the status of “snuff films” to the table.

The case currently before the Court questions the constitutionality of a decades-old statute passed by Congress in an effort to eradicate the market for “crush” videos and videos depicting illegal dogfighting. Crush videos star faceless women in high heels stomping on small animals for prurient appeal.

But the law is broad, extending beyond fetish videos to outlaw any audio or visual recording “in which a living animal is intentionally maimed, mutilated, tortured, wounded or killed,” if the act violates the law in the place where the recording was made, sold or possessed. The statute’s text makes exceptions for works of “serious religious, political, scientific, educational, journalistic, historical or artistic value.” But those terms are subjective, leaving the door open for the prohibition of unintended works, such as political videos used by animal rights groups in the fight against animal cruelty or, say, gladiator films.

In 2004, Robert Stevens of Pittsville, Va., was charged with selling videos depicting animal cruelty, a violation of interstate commerce laws.

He was sentenced to 37 months in prison and immediately appealed. The appellate court overturned his conviction on the grounds that “research and empirical evidence in the record before us simply does not support the notion that banning depictions of animal cruelty is a necessary or even particularly effective means of pros-

ecuting underlying acts of animal cruelty.” Judging by statements thus far from the justices, it doesn’t sound as though the high court is about to reinstate a poorly written law that does little to serve its purpose. If so, Stevens will return to his “Dogs of Velvet and Steel” business, unrepentant and unpunished.

But at the core of this case lies the fact that Congress, in writing this law, didn’t do enough. They failed to target the inhumane acts and those who engage in them, instead focusing on the sale of depictions of such acts. Stevens received a harsher sentence for selling dogfighting videos than did Michael Vick for funding and participating in an illegal dogfighting business, for viciously killing dogs.

Why not write a law that works to criminalize this depravity and severely punish the Vicks who bankroll and popularize it, thereby making these videos possible? Might happen.

Justice Stephen Breyer, in addressing the

ambiguity of the statute’s exceptions, asked, “Why not do a simpler thing? Rather than let the public guess as to what these words mean, ask Congress to write a statute that actually aims at those frightful things that it was trying to prohibit.”

Good idea.  
Woof!

*Dog trainer Matthew “Uncle Matty” Margolis is co-author of 18 books about dogs, a behaviorist, a popular radio and television guest, and host of the PBS series “WOOF! It’s a Dog’s Life!” Read all of Uncle Matty’s columns at the Creators Syndicate website at [www.creators.com](http://www.creators.com), and visit him at [www.unclematty.com](http://www.unclematty.com). Send your questions to [dearuncle.gazette@unclematty.com](mailto:dearuncle.gazette@unclematty.com) or by mail to Uncle Matty at P.O. Box 3300, Diamond Springs, CA 95619. COPYRIGHT 2009 CREATORS.CO*



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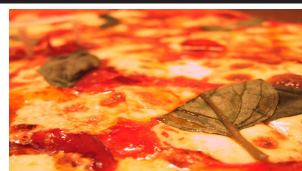
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MINGYA VALLEY USA!

“GoToMyPC” trumps “Go to Saloon” if H1N1 Breaks Out in Merrimack Valley

Andy Kelley  
VALLEY PATRIOT MINGYA VALLEY COLUMNIST

The other night while I was listening to the news, I heard that Clorox Company’s stock price was approaching its ten year high. It turns out that the reason for the high is a worldwide fear of the H1N1 virus. More than ever, people are purchasing bleach and disinfecting wipes to help combat this illness.

It’s no wonder that Clorox profits are going through the roof. The irony of the situation is that I heard this while I was swabbing down light switches, door knobs, and anything else I could think of that could become a breeding ground for this virus in my own home. If Clorox made beach towel sized wipes, I’d have cleaned myself and my family.

As we all wait to see how this virus plays out, and wait even longer for the H1N1 vaccine to become available, it’s a good time to reflect and thank our lucky stars that most of us were not living in the Merrimack Valley ninety one years ago. My father was only 6 years old, and living on Cross Street in Lawrence, during the year the world experienced the deadliest pandemic ever.

The Great Influenza Pandemic of 1918, also known as the “Spanish Flu”, lasted from March 1918 to June 1920. Some estimates I have seen peg the infection rate between one fifth and one half of the

world’s population. Worldwide mortality estimates range from a low of 20 million deaths to upwards of 100 million, making the Spanish Flu the largest pandemic in history.

Nearly 700,000 Americans died during this pandemic. More people died in a single year of the Spanish Flu than in four years of the “Black Death” Bubonic Plague from 1347 to 1351.

Closer to home, the outbreak had devastating effects on the citizens of Lawrence. Ted Tripp, a North Andover resident, has researched the flu. He found that despite measures taken by the Lawrence Board of Health, Lawrence was hit much harder than other towns because of its crowded conditions. At the time, Lawrence was estimated to have nearly 10,000 people per square mile.

When you consider the land that the mills, the Merrimack River, and even the cemeteries, occupy, that figure was understated. This intensely crowded population made Lawrence a perfect area for the pandemic to spread.

On September 26, 1918, the Lawrence Board of Health closed all public and private schools and theaters in an effort to stop the spread of the virus. The Board was unwilling however, to close the city’s “saloons,” allowing people to still mingle in public.

The Lawrence History Center documented that the outbreak resulted in the



Mingya, it’s a flu epidemic in The Valley, but we’ve been here before!

largest number of deaths in the history of Lawrence. Over 2,000 Lawrencians died in 1918 (compared to 1,391 in 1917 and 1,280 in 1919). To combat this mysterious and deadly epidemic, the city took dramatic steps. In addition to closing schools and theaters, a Tent City was established to quarantine those suffering from influenza. As the adults of Lawrence battled this illness, Lawrence children probably skipped rope to this old rhyme:

I had a little bird,  
Its name was Enza.  
I opened the window,  
And in-flu-enza.

As we take great steps to disinfect our lives in preparation for the H1N1 virus, let’s remember that Americans, and Lawrencians, have experienced pandemics before. H1N1 will have to be extraordinarily severe to do the damage to Merrimack Valley residents that the Spanish Flue did ninety one years ago. If the pandemic does take a turn for the worse, schools will close, theaters will shut down, and yes, maybe even “saloons” will close this time.

If all of this happens, it is important to remember that, while you may not be able to go to public places, we have fantastic communication technology available to us. In 1918 our family members didn’t have access to tools like GoToMeeting, GoToMyPC, and Skype. In 2009 we have the opportunity to interact with our friends and family from the safety of our own homes.

You can even play online 45’s!

Thanks to this technology, you’re able to interact via your computer with your friends, family, co-workers, and yes, even your “saloon“mates. (Now, the only virus you’ll need to worry about will be a computer virus!)



Andy Kelley left Lawrence a long time ago, but it turns out, Lawrence never left him. He lives in Andover with his family and owns Effective Student Marketing, Inc. a marketing firm for colleges. He can be reached at

[andy@andykelley.com](mailto:andy@andykelley.com)

COMEDY: FROM PAGE 29

more voices into his acts. Some of the jokes he does includes: “I’ve got a friend who is a mime... he’s not talking to me.” “My ex-wife is a housekeeper...she got to keep my car too.” And “There are lots of new Blackberrys out there but, my favorite is still Halle.”

In life, Cormier is looking for a full time job while he sticks with comedy part time. He would like to become a recording engineer and has the qualifications to do so.

“I already know how to do it. I know the software, and can work with audio files. I know how to mix and edit. I know all of that stuff,” said Cormier.

Also, appearing at Giggles Comedy Club Nov. 6, Nov. 25, Nov. 27, and Nov. 28 will be one of Boston’s favorite comedians, Lenny Clarke. Clarke’s upcoming shows noting Friday, Nov. 6 will be the show to see, Steve Castraberti, owner of Giggles Comedy Club said, “That will be an interesting show because he’s going to do “Comics Come Home” to benefit the Cam Neeley Foundation Saturday night.”

Castraberti said a number of comedians will show up that night to keep their routine sharp and prepare for “Comics Come Home” the following night at the Agganis Arena at Boston University.

“Adam Ferrera from Rescue Me and perhaps a few other guys that are going

to be doing the Saturday night show will be here,” said Castraberti explaining that comedian Bill Burr may be there as well.

Castraberti said Clarke does his traditional night before Thanksgiving show which usually includes a dozen comics because everyone wants to say they worked with Lenny Clarke.

For the night before Thanksgiving show, Paul D’Angelo, Al Ducharme, Tony V, Artie Januario, and Brad Mastrangelo, Kevin Knox, Johnny Pizzi are scheduled to appear with Clarke as more comics could appear at the show.

“We’ve been doing standup here for 20 years. Myself, and my partner Mike Clarke, who happens to be Lenny’s



Valley Patriot sports and entertainment reporter Shawn Hansen with actor, comedian Dennis Leary holding his copy of The Valley Patriot. Don’t miss Hansen’s intretview with Leary next month!

brother, which gives us access to Lenny,” said Castraberti explaining that Lenny doesn’t do comedy anywhere else.

Comedy shows at Giggles are on Friday and Saturday nights with the exception of an occasional holiday night and fundraising night. For fundraising, Giggles Comedy Club is offered to charitable

events, sports organizations, or schools for the night for a flat rate and will be given unlimited pizza for a 75-minute show.

While enjoying a night out filled with laughter from different comedians, you can also order a bite to eat at the restaurant side of Giggles who have been in business since 1961.

If you are interested in going to a com-

edy show at Giggles, call 1-781-233-9950, or visit their Web site at [www.princepizzeria.com/giggles-comedy.cfm](http://www.princepizzeria.com/giggles-comedy.cfm). They are located at 517 Broadway in Saugus, Mass. 01906. Most shows are \$20 per person, excluding special events.

Journalist Shawn Hansen’s joke of the month: “Yeah, so the other day I covered Town Meeting. At the meeting, people were talking about Article 15, Article 29, Article 8, and Article 26... I said, rookies... I have written 62 articles in my career.”

If anyone would like to have a joke published in my monthly column, send jokes to [smjokes@aol.com](mailto:smjokes@aol.com). In the email, include your first and last name, and where you’re from. Each month I will pick one or two jokes to run in my column.

Thank you in advance for your joke(s), and keep it clean.



Shawn Hansen is currently in his last year at UMass Lowell. He wrote for “The Campus Report,” and was sports editor. Hansen now writes for “The UMass Lowell Connector,” and the “Billerica Minuteman.” To get in touch with sports journalist Shawn Hansen of The Valley Patriot, email him at [smharticle@gmail.com](mailto:smharticle@gmail.com)

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## “Raising a Reader”

Barbara Peary  
VALLEY PATRIOT COLUMNIST

**My four year old son is showing an interest in learning how to read. What are some simple steps I can take to help him along?**

Read, read, read. Read to him constantly and model reading by having newspapers, magazines, and books in your home. Visit the preschool section of your library and let him check out ten books each week that he has chosen. (If your library allows, have him sign up for his own library card and use it.)

Set aside time daily for reading aloud. Reading to him as part of the bedtime routine is a great idea. Not only because it becomes a habit, but since it will help calm him down before he goes to sleep.

When reading aloud to him, let him turn the pages. At times let your fingers follow under the words so he sees that your eyes are going from left to right on the page.

You needn't do this excessively; a few pages here and there will make the point. This will also help your son keep his eyes focused on words you are reading and connects the written word to the spoken word in your child's mind.

Studies have shown repeatedly that

what makes children into readers is being read to- so read, read, read.

**Recently, I started working as an assistant in an infant/toddler child care center after school. This is my first real job (I'm 16) and I love it, the babies are so much fun! I want to do my best, but I feel like I have no clue about what babies are supposed to be able to do. I mean stuff like sit up, roll over, that kind of thing.**

I constantly repeat myself when talking to my five year old. This even occurs when giving him simple directions, such as telling him it's time to put on his jacket. What's the best way to get and keep his attention for simple daily tasks?

First, make it a habit to refer to him by name at the start. For example, instead of saying, "Put on your jacket" always begin with "Jason" and then state the behavior you expect. Secondly, break the tendency to call to him from a distance, such as from across the room.



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

## Kid Corner with Morgan Cotnoir



Hi! I'm Morgan Cotnoir. I'm ten years old and I'm in fifth grade at Our Lady of Good Counsel School. I live in Lawrence with my mom, dad, and big sister, Ashley. My favorite sport is basketball. When I'm not playing basketball, I'm on the phone with my friends who make me laugh.

This article is about my favorite teacher, Mrs. Clarke. She's my religion teacher. She's my favorite teacher because she's fair but fun. She teaches me in a way I understand. She

also pushes me to be the best I can be.

I found out some things about Mrs. Clarke and her family. She lives with her husband, Carl and cat, Jackie. She has two sons and five grandchildren. She knew she wanted to be a teacher in third grade and she stood by it ever since. When she's not in school she's reading, doing crossword puzzles or gardening. When she comes into class she is happy to see her students eager to learn. She loves teaching and has been doing it for thirty-two years and is still going strong. I'm proud to call her my religion teacher.

## Stay At Home Dads

## At Home Dads and Marriage: When the Rush Hour Starts At Home

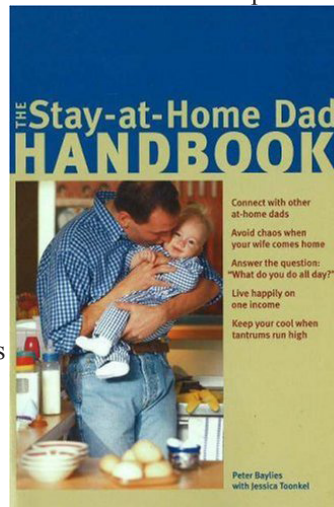
Pete Baylies

VALLEY PATRIOT COLUMNIST

"My wife came home shortly before 7 p.m. dragging in a cold after another stressful day of which there have been many lately," says at-home dad Roland LaScala of Wooster, OH. "The kids were just finishing eating because I stalled dinner to wait for my wife and then gave up and fed them, another common occurrence. She needed to crawl into bed, but instead sat on the couch in the family room like a zombie, and the kids were all over her screaming. I got protective of her and yelled at the kids and then felt guilty that I yelled at them." One major threat to any at-home dad's marriage happens around dinnertime. Just when you need to unwind from your day, your wife is also ready to relax. When you both have a long day and you meet at the door without a game plan, the results are often disastrous.

At-home dad Josh Collins of VA, who works four evenings a week as a part-time tech support rep, also gets his evening routine thrown off if his wife arrives home late. "I get a little irritated if Judy gets home after 4:30, because I usually need help occupying (or supervising) Caitlin (4) and Kevin (3 months) while dinner is prepared. If Judy is home late, dinner can be late, which makes getting to work more stressful. However, if Judy is home early, I get an unexpected break that helps me unwind before having to dash out."

These two dads needed a plan. If you have more than one child, this might mean splitting them up between the two of you. Roland LaScala found that this strategy worked for his family. "On normal days, my wife is walking through the door and I am trying to get dinner on the table. Generally she will have one of the kids come with her into the bedroom while she gets changed and I will have the other help me set the table. That's her way of relieving me at the worst time of the day."



When your wife gets home, don't hand the kids off to the wives the minute they get home. This way your wife gets a breather. Karl Ochsner of Scottsdale, AZ, notes of an at-home dad friend who passes his children the minute his wife comes through the door. "This is very unfair to both parties. The kids are not a ping-pong ball. My wife's work day takes a toll on her too. In our household my daughter is in the stage where she wants me to do everything, take her potty, dress, etc, where it plays a toll on giving me any freedom."

In talking with at-home dads the last 10 years, I have found that it takes several months to a year to get used to the role reversal when you become an at-home dad. To speed up this transition, it is crucial to communicate with each

other on how you will share the responsibilities. By dividing the hours after she gets home between the two of you, you each get some alone time at least a few evenings a week.

The more you set ground rules beforehand, the easier it will be for the two of you and for your children. Peter & Caroline Steinberg of Virginia came up with a unique but effective way to make their first year easier. Before Peter left his job as a social worker, he and his wife simply drew up a contract of what they expected of each other. The contract included discipline, laundry, bedtime and even doctors appointments. Caroline notes, "When we sat down and drew up the contract it forced us to think of how we value the household chores and duties. We ended up talking it all out that night and it worked great." Peter agrees, "It didn't turn into an argument...it made us think of the things I do anyways, That's the social worker in me."



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.

## Thanksgiving

Sarah Matar

VALLEY PATRIOT REPORTER

Thanksgiving is a holiday I really look forward to. Why wouldn't I? Not only do I get a school day off but I get to eat great food and relax with the people I love. It is a day to let go of worries and remind oneself what one is thankful for.

My Thanksgiving Day is usually spent at either my aunt's house or my house. My mother and aunt are the two amazing cooks who work hard to prepare the home cooked meals. Some Lebanese food, the turkey, and cannot forget the desserts are made! Of course, I have to help my mother with some preparation. I usually keep the house clean for our guests or set the table. My mother glances over her shoulder, making sure I don't pick at any of the food.

The best part is when my family finally makes their way to their seats. I am excited to eat and I know that everyone else is also. Before we eat, it is tradition to go around the table and say one thing each person is thankful for. It is a very sentimental time because it brings us

closer as a family. No other worries come to mind and being together as a family is all that matters. As we eat and continue to eat my family talks and make jokes. It is never a quiet dinner. Neighbors are probably disturbed by all the loud laughter coming from my house.

I have so much and I appreciate that. I know others may have it worse. I consider myself a very lucky girl and I have a lot to be thankful for. I'm thankful for so many things but mostly for my family. Being with them is what makes me happy. I have an aunt and a mother who work so hard and cook more than what we can eat. I could not ask for more.

Now I ask you the question, "What are you thankful for?" Make sure you tell someone you love and appreciate them on thanksgiving (or any day really).



Sarah Matar is in her senior year at Central Catholic High School and is The Valley Patriot's new High School columnist. You can send story ideas or comments to Sara at: sara06matar@yahoo.com

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# Community support for our troops

**John Lenotte**  
VALLEY PATRIOT VETERAN COLUMNIST

Veterans Day. Many get this holiday confused with Memorial Day. Memorial Day is to honor our fallen warriors. Veterans Day is to honor those veterans who are alive.

And to clear up another point of confusion, those on active duty are veterans also. Most do not consider themselves veterans until they hang up their uniform for the last time. But yes, they are veterans. They are our family members, friends and neighbors living all around us.

They took the oath of enlistment to protect and defend our constitution, our country, our way of life.

An important part of our way of life, our freedom is something we often take for granted. For example, take voting for those in public office whether it be local, state or national election.

Just look at the news on most days and you will see how in Afghanistan and other countries, citizens are being threatened with suffering up to and including death if they vote.

And here in the United States, we traditionally have a poor percentage of voting.

Did you vote on November 3rd? And will you remember to vote in the primary election on December 8th (for those who are Democrats) for one of the four candidates running for US Senate to replace Ted Kennedy? And will you vote in January for either the Republican or Democratic candidate for that important office?

Or will you do as so many others do.... not vote but then complain about whoever is in office? The choice is yours. And no one will come to your door and threaten you because you live in the greatest nation on earth.

A country where many people in other lands give up their money and perhaps even their lives to attempt to get here with the hope of enjoying the American Dream.

Being that we are right in the middle of the football season, it is important to note that many great players served in World War II.

Starting with several Heisman Trophy winners: Nile Kinnick, Iowa, 1939; Tom Harmon, Michigan 1940; Bruce Smith, Minnesota, 1941; Frank Sinkwich, Georgia, 1942; Angelo Bertelli, 1943; Doc Blanchard, Army, 1945; and Johnny Lujack, Notre Dame, 1947. Some other names you might recognize are: Otto Gra-

ham, Joe 'the jet' Perry, Elroy 'crazy legs' Hirsch, Sid Luckman and Bobby Layne. If you don't recognize these names, go to the NFL Hall of Fame. Or ask someone with a depth of football history.

I will add that Tom Harmon served with the famous Flying Tigers in the China/Burma/India theatre under General Claire Chennault. They did not hesitate for a second to defend our country.

In last month's Valley Patriot, you may have read about the DAV and their needing membership. Regretfully, this is true of all veteran's organizations.

The American Legion in Massachusetts for example has over 50 thousand members. Yet that is barely 10% of those who are eligible.

I believe that part of the reason is that many organizations are looked at as just being a place to hang out at a bar. While true that many veterans organizations have a member's lounge, that is NOT why the group exists.

The American Legion for example is an organization of veterans still serving America. Our original foundations, which we call the Four Pillars, hold true 90 years after being founded. The pillars are: National Security, Americanism, Veterans

Affairs and Children & Youth.

All our many programs evolve around these and each post decides which programs they will support.

I invite all veterans to join at least one veterans organization ( I happen to belong to three ). Even if you cannot be active right now, we need numbers. That is what politicians respond to.

Believe me, when the National Commander of the American Legion goes before Congress, it is recognized that he represents over 2.6 million veterans. And Congress listens to what he has to say. Help us to help you. We look to continue serving our community, state and nation but cannot do it without your help. Remember, it was the American Legion with the help of the Jewish War Veterans that got the original GI Bill passed. You too can continue to serve and participate if even in a small way.

God Bless America and the troops who protect our way of life.



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

# More options for stress, suicide

**Susan Piazza**  
VALLEY PATRIOT VETERAN COLUMNIST

The Women Veterans' Network recently informed its members of a new option to help treat stress - free Veterans Acupuncture Care.

This service is provided free not only to veterans, but also to active duty military, reservists, and their families. Treatments are on a walk-in basis (no appointment necessary) and are given every Saturday from 10 am until 12 noon at St. Andrew's Church in Framingham.

No paperwork is recorded so your personal information remains yours. These treatments can help with stress, anxiety, or sleep disorders. They are also useful for maintaining the general health of ones body. More information can be obtained by contacting Christine Lee, the group coordinator, at (508) 626-0896.

The DAV's National Communications Department's DAV News Service just released information regarding a new way to access VA suicide prevention assistance. The VA and Lifeline have joined together to offer online chats for veterans who are in need of emotional support.

This online anonymous chat with a VA trained counselor is available every day from 4:00 PM until 7:30 AM (EST). In

addition to use by veterans, this service is also available to family and friends of veterans. This website is: [www.suicidepreventionlifeline.org/veterans](http://www.suicidepreventionlifeline.org/veterans).

If the distress the individual is feeling is urgent the counselor will immediately transfer the individual to a hotline professional that can provide crisis intervention steps.

Another resource for those dealing with stress and/or suicide is the suicide prevention hotline published last week in the Dear Abby section of the Eagle-Tribune. ([www.DearAbby.com](http://www.DearAbby.com) ) The toll-free numbers listed in this piece are (800) 784-2433 or (800) 273-8255.

Additional assistance will be released in the near future.

We pray all our service men and women stay safe here and abroad. May God bless them and may God bless this great democracy, the United States of America.

Until later, I remain,



Susan Piazza is the past Commander, Chapter 2, Queen City, DAV and was the first female commander of the DAV in 75 years. She has been involved with the DAV for over twenty five years. You can email Susan at [WithMara@aol.com](mailto:WithMara@aol.com)



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Lt. Col. Juanita L. Warman, 55, of Havre de Grace, Md.; assigned to 1908th Medical Company, Independence, Mo.

Capt. John P. Gaffaney, 54, of San Diego; assigned to the 1908th Medical Company, Independence, Mo.

Capt. Russell Seager, 41, of Racine, Wis.; assigned to the 467th Medical Detachment, Madison, Wis.

Staff Sgt. Justin Decrow, 32, of Plymouth, Ind.; assigned to the 16th Signal Company, Fort Hood

Sgt. Amy Krueger, 29, of Kiel, Wis.; assigned to the 467th Medical Company, Madison, Wis.

Spc. Jason Hunt, 22, of Tillman, Okla.; assigned to the 1st Brigade, Fort Hood

Pfc. Aaron Nemelka, 19, of West Jordan, Utah; assigned to the 510th Engineer Company, 20th Engineer Battalion, Fort Hood

Pfc. Michael Pearson, 22, of Bolingbrook, Ill.; assigned to 510th Engineer Company, 20th Engineer Battalion, Fort Hood

Spc. Kham Xiong, 23, of St. Paul, Minn.; assigned to the 510th Engineer Company, 20th Engineer Battalion, Fort Hood

Pvt. Francheska Velez, 21, of Chicago; assigned to the 15th Combat Support Battalion, Fort Hood

Michael Cahill, of Cameron, Texas; civilian employee, Fort Hood

SPC Frederick Greene, 29 Mountain City, Tennessee

SSG Justin M. DeCrow, 32 Plymouth, Indiana

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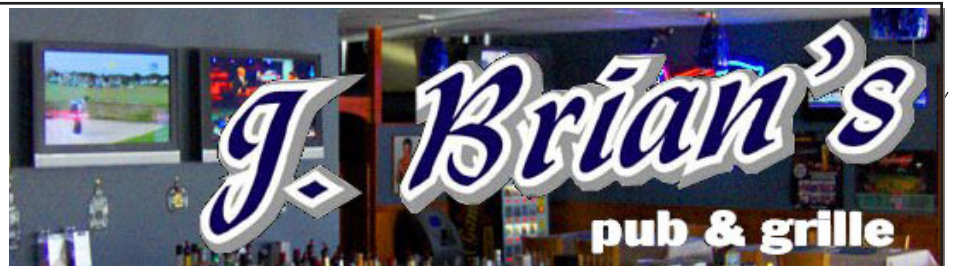
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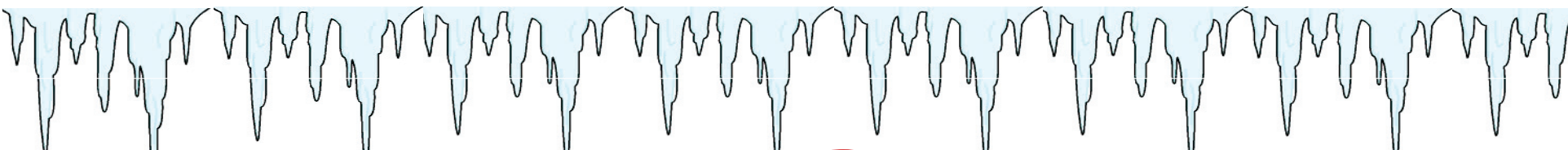
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