

The RACE is on in Lawrence



PHOTO: TOM DUGGAN

Lawrence's mayoral candidates Dave Abdoo and State Representative Willie Lantigua congratulate each other on primary night outside Lawrence City Hall after learning they will face each other in the November final election. Lantigua came in first place, Abdoo placed second, out of ten candidates. What role will race play in the choosing of Lawrence's next mayor?.....**PAGE 27**



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VALLEY PATRIOT OF THE MONTH

Ed J. Hickey

Lawrence "Lonnie" Brennan
VALLEY PATRIOT HERO REPORTER

Final in a three-part series of "Heroes in Our Midst - Lawrence's Mt. Vernon Neighborhood."

The year was 1951 when a youth from Lawrence named Edmund "Ed" Hickey joined the Navy. The previous year North Korean troops invaded the Republic of South Korea and fighting men and women from the United States and several other nations were embroiled in a horrific conflict defending South Korea from the communist North.

"I was 18, well, almost 19 when I joined

in 1951 during the Korean War," Ed Hickey, the now 77 year-old retired Navy veteran and October 2009 Valley Patriot of the Month explained. "I volunteered."

"My family was a Navy family. When I joined, I already had three brothers in the Navy. Two had been in World War II and got called back as reservists when the Korean War broke out," Mr. Hickey said.

Mr. Hickey gathered this summer with Mt. Vernon neighbors and Valley Patriots of the Month Jim Derby and George Haynes, along with George's wife Mary at Joe's Landing Café at Lawrence Municipal Airport. They recently observed an

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EDITORIAL

If you don't vote, you're part of the problem

Last month, the city of Methuen held a preliminary election for mayor and city council and only 9% of the registered voters bothered to participate.

In Lawrence, only 30% of the registered voters participated in their preliminary and that was considered unusually high.

Though many candidates would like to blame their opponents or the current office holders for the conditions of their city, it is clear that those most responsible are the people who live and work there, yet refuse to lift a finger to make it better.

By not voting, those who stayed home have abdicated their political power and civic responsibility to a handful of people who are activists, union heads, non-profits, candidates and campaign supporters.

Those who did not vote have ensured that those who do, will have a louder voice and a stronger influence over the the running of their city in the coming years.

This ensures that political insiders will continue their strangle hold on power, making it that much harder for outsiders to achieve elected office, and make changes in city government.

People who vote in a low turnout are hardcore voters (or super voters) who are mostly responsible for those currently in office, (having voted them in during previous elections.)

This allows the candidates and their campaigns to focus on the small percentage of people who eagerly participate, rather than finding ways to increase voter turnout and come up with creative solutions for the problems facing local governments.

You don't even have to go to the polls on election day, you can vote by mail (absentee). And yet, most people are just too lazy or apathetic to do that.

Lawrence and Methuen are facing some very tough challenges in the next few years.

You can either be part of the problem or part of the solution.

If you don't vote... you are clearly part of the problem!

News tips

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

Letters to the editor, columns and op/eds

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

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

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

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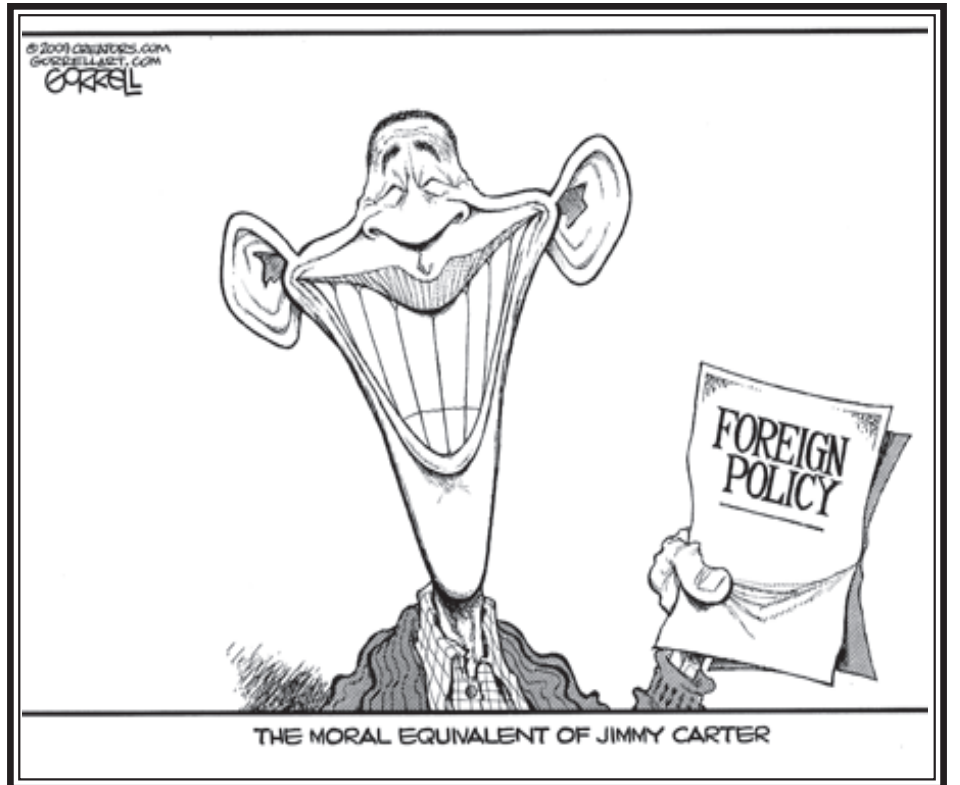
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Thank you for a day to remember

Dear Editor,

I would like to thank A Day to Remember, Amici's Pizzeria, Baystate Chowda Company, Bollywood Grill, Butcher Boy, Edible Arrangements, Methuen, Fuddruckers, Joe Fish, The Loft, Panera Bread, The Ninety-Nine, Mediterranean Villa and McAloons Liquors, for supporting the North Andover Senior Center's 5th Annual "A Matter of Taste" sponsored by the Friends of the North Andover Senior Center. This year it featured local restaurants and "The Acting Out Theater Company" production of Broadway Theater Hits, and it was a great success.

I am very aware in today's economy what it takes for a restaurant/Liquor store to donate enough food and beverage for over 150 people. And then to also provide employees from their restaurant who

greeted and served the cliental is above and beyond expectations.

Without the commitment and support from our local restaurants, the success of this evening would not have happened.

This year all the funds that we received are designated to support North Andover's low-income elders who have exhausted all heating resources and are unable to meet the cost of heating their homes through the winter of 2010.

Again, I Thank You. There are many organizations that approach you every day for your support. I am very grateful that you have chosen to support your local Senior Center.

Sincerely,

Irene M. O'Brien, Director Elder Services, Town of North Andover

Abdoo can help bring jobs

Dear Editor:

As candidates line up for the Mayor's race, the signs of economic distress are everywhere in Lawrence. While the national recovery seems to be getting under way, unemployment here stands at over 17 percent. The next Mayor needs to attract jobs to the city, and provide leadership so that economic development projects can get off the ground again.

City Councilor Dave Abdoo has the right background to serve as Mayor and coordinate the city, state and federal resources necessary to help build a foundation for economic recovery. Dave served

on the Planning Board for eight years and knows the potential for properties around the city. He knows the business community and has shown he can help make projects a reality.

The next Mayor needs that kind of experience to fix blighted parcels and re-develop commercial properties around the city. Dave will be a dynamic force to help get Lawrence moving again.

Sincerely,

Joseph Couture, Lawrence

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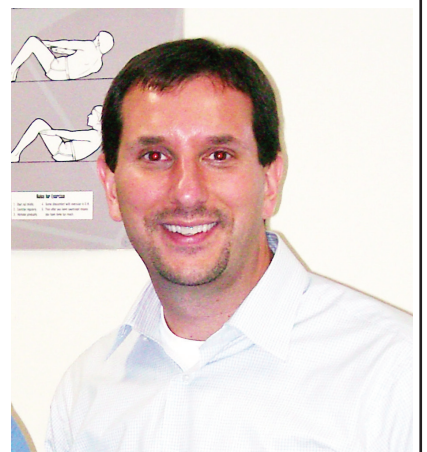
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THINKING OUTSIDE THE BOX

The left is right, taxes are a moral issue

Dennis Prager

VALLEY PATRIOT SYNDICATED COLUMNIST

Valley Patriot editor Dr. Chuck Ormsby is on vacation this month and asked that we place this column by Dennis Prager in his place.

One principle that all those on the left hold is that taxes constitute more than an economic issue; they are, first and foremost, a moral one. Economists on the left may argue for higher taxes on economic grounds but they and we know that at bottom, higher taxes, especially “taxing the rich,” is what they believe morality demands.

For example, there are obviously only two possible ways to reduce government deficits: reduce spending or increase taxes (or some combination of both). The left advocates the later; the right advocates the former. Left-wing spokesmen, such as New York Times economics columnist and Princeton University professor of economics Paul Krugman, may offer economic arguments for raising taxes in order to lower government deficits, but their real motivations are moral: reducing economic inequality (by redistributing income) and expanding government (because government is the most effective way to help all citizens).

Now, as it happens, not only is there nothing wrong with being animated by moral concerns — we should all be. The problem with the left’s advocacy of higher taxes is not that it is rooted in moral concerns. The problem — actually the two problems — are these:

First, higher taxes are rarely morally defensible. In fact, on purely moral grounds — in other words, even if they did effectively reduce the deficit without paying an economic price for doing so — they are

usually not moral. More on this below.

Second, higher taxes are usually economically counterproductive. This does not matter to the left, however, because economic growth is not what most interests the left. Since Karl Marx, the left has always been far more interested in economic equality than in economic growth. It is true that liberals such as John F. Kennedy were more concerned with economic growth than with economic equality — which is why he advocated lowering taxes — but for much of the last century, unlike today, there was a major difference between liberal and left.

Now to return to the moral arguments, my difference with the left is not that I oppose morality dictating economic policy. I believe, in fact, that virtually all social policies should be rooted in moral concerns. My difference with the left is that I am convinced that moral considerations dictate lower, not higher, taxes.

It is too bad that libertarians and conservatives rarely take on the left on moral grounds because the left’s moral foundations are as weak as their economic foundations.

The very notion of an income tax is morally debatable. On what moral grounds can the state force a citizen essentially at gunpoint to give away his legally and morally earned money? Why isn’t taxation a form of legalized stealing? The obvious answer is that common sense dictates that citizens have the moral right, even the moral obligation, to vote to give money to, at the very least, enable a government to fund a police force, sustain a national defense, and help those incapable of helping themselves or of being helped by others.

But at some point beyond that, taxation becomes nothing more than legalized

stealing.

Obviously, people will differ over where exactly that point is, but no rational person disputes that such a point exists. No one could argue that a 100 percent tax — even if it paid for every need every member of the society had — was moral and not simply a form of theft.

So moral problem No.1 with taxation is the morality of forcing other people — under threat of violence — to give their money away.

A second moral problem is having some people give at a greater percentage rate than others. The biblical notion of tithing, for example, is entirely universal — everyone gave a tenth what he had. No one was forced to give half while others gave a tenth.

A third moral problem is allowing those who pay no tax (such as the federal income tax) to vote on how much others will be forced to pay. It is quite difficult to morally defend the fact that about half of Americans pay no federal income tax, yet they determine how much the other half will be forced to pay.

A fourth moral problem is that the higher the taxes, the more decent people become cheaters. One of the leading religious ethicists of our time, Rabbi Joseph Telushkin, author of two volumes of Jewish ethical law, told me years ago when he lived in Israel during the height of its socialism with its correspondingly high taxes that he witnessed the finest citizens, religious and secular alike, having to cheat on taxes or be rendered impoverished. I have never forgotten that.

I know no one in America today — and I know extraordinarily honest and generous people, liberal and conservative — who does not in some way “cheat” on taxes — as, for example, reporting

expenses as business expenses that are not really so. I place the word cheat within quotation marks because not all cheating is illegal. Some people figure out how to avoid paying what the law demands through completely legal, but ethically questionable, means.

At a certain level of taxation, virtually every honest person is reduced to cheating either legally or illegally.

A fifth moral problem is that the higher the tax rate, the lower the charity rate. This is universally true. The more people give to the state, the less they give to their neighbor — and even to members of their family — in need.

And sixth and only finally because of the limitations in size of a single column, the higher the taxes, the less people are inclined to work hard. Why should they? At a given point, people just conclude that work is for suckers.

And I haven’t even begun to discuss the economic failings of higher taxes.

So, next time someone on the left advocates higher taxes, remember two things: He or she is coming from a moral, not an economic, position. And the moral case against higher taxes is far more powerful than the moral case for them.

Dennis Prager hosts a nationally syndicated radio talk show and is a visiting fellow at the Hoover Institution at Stanford University. He is the author of four books, most recently “Happiness Is a Serious Problem” (HarperCollins). His website is www.pragerradio.com. COPYRIGHT 2009 CREATORS.COM



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Local group holds October 23rd benefit to oppose cell towers

The North Andover Rights of Citizens (NAROC) was organized in 2000 by residents concerned with the appropriate placement of cell towers/antennas. North Andover established a wireless bylaw in 2000 that said towers /antennas could not be sited within 600 feet of educational facilities and residences. At present, NAROC is lending support to some ongoing law suits in Superior Court calling for the upholding of our town's wireless bylaw.

To raise money for legal costs, members of NAROC have arranged a benefit at the Rogers Center for the Arts at Merrimack College on October 23rd at 8 p.m.

"We've put together a fantastic evening of Music, Magic and Fun for the whole family," Thea Fournier, President of NAROC, said of the event. "This will be an exciting and memorable show" she added, "one not to be missed!"

Starting at 8 p.m., the benefit features three-time Boston Music Award winners, Eye2Eye, an extremely engaging and dynamic eight-member ensemble, who recently opened up for Elton John at Gillette Stadium; the Occasional Brass Quintet of Boston made up of five very talented musicians with an amazing sound, who create a blend of music from classical to funk/rock that transcends traditional brass quintets; the magic of David Hall, who performs at Faneuil Hall, theaters around Boston and for celeb parties, such as Mick Jagger and completed a 21-day tour in Dubai; a Ringling Bros. and Barnum and Bailey Clown College graduate, Martha Fournier, who has toured around the US,



PHOTO: COURTESY

Japan and England as a clown/stilt walker; and the "YoYo Guy," John Higby who has been seen on David Letterman and holds a Guinness World Record, a Yo-Yo World Champion title and has performed in 18 different countries. Quite a line-up of exceptional performers for an evening of wonderful family-friendly entertainment.

To Purchase Tickets (by cash or check): The Rogers Center for the Arts (978-837-5355), Rose and Dove (Chickering Plaza, NA) (877-689-4141). For more information on the event, call 978-686-7103.

Cultural Council Seeks Funding Proposals

Proposals for community arts, humanities, & cultural projects due October 15th

October 15, 2009 is the state deadline for organizations, schools and individuals to apply to the North Andover Cultural Council for grants that support cultural activities in the community. These grants can support a variety of cultural projects and activities in North Andover including exhibits, festivals, performances, workshops, and lectures. Grants must be postmarked on or before October 15.

PLEASE NOTE: Proposals from artists, humanists, or organizations who have not made an agreement with a specific local venue or organization prior to applying will not be considered for funding.

The North Andover Cultural Council will also consider funding proposals from schools and youth groups through the

PASS Program, a ticket subsidy program for school-aged children.

The North Andover Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Call 978-683-6627 or email ewangl@comcast.net for more information. Application forms are available on the web at www.mass-culture.org/lcc_public.asp.

New merchants' group forms to promote local businesses

NORTH ANDOVER, MA: North Andover businesses have a new tool to improve their bottom line as well as the community: Each other.

With its "Stay Local. Shop Locally" theme, the North Andover Merchants Association has formed with the mission to promote local businesses as well as improvements throughout North Andover. Already 62 businesses have joined as founding members and organizers expect to attract 100 by year's end.

John McElhiney, the owner of J & T Auto Service on Main St., and Heather Norwood, the owner of Top Notch Cuts on Water St., are co-presidents.

"Strengthening North Andover businesses improves the economic climate as well as the social climate of our community," said Norwood. "North Andover businesses make financial contributions to charities and organizations through our town and they pay taxes which in turn support our schools, our roads, and our town departments."

Added McElhiney, "Often the best deals are right in town. Why drive out of town when you can find many of the same products at the same prices that you were previously seeking elsewhere. You'll save time and help North Andover."

Reinvigorating the business climate in North Andover has been a key focus

MERCHANTS, page 8



PHOTO: CAROLINE COLE

North Andover Merchants Association at 21 High St., Suite 199, North Andover, MA 01845
www.NorthAndoverMerchants.org

Senior Activities for October

Massachusetts Driver's License Renewals: The Massachusetts Registry of Motor Vehicles, in order to save money, is no longer sending out reminders to renew your driver's license, Massachusetts ID notices, vehicle inspection reminders and change of address labels. You are responsible for keeping track of when your license, etc. will expire and then renewing on your own.

SHINE Counselors: Available at the North Andover Senior Center 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.

Seniors on the go: 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.

Foxwoods: October 20, November 17 and December 15, \$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.

Autumn Keep Moving Walks: The North Andover Senior Center is planning two trips for walkers sponsored by the Mass Executive Office of Health and Human Services, Wednesday, October 21, 2009 at the Cape Cod National Seashore. You can choose a 1-mile or 3-mile walk, bring a picnic lunch to enjoy following the walk and meet people from other communities. All walkers will receive a complimentary gift. Please call 978-688-9560 to sign up. Limited seating on the bus, so sign up early. Cost is \$5.00 for 1 date or \$8.00 for both dates.

Monday Movie Matinee: At the Senior Center starting Monday, September

28, 2009 at 1:00 p.m. "A Chorus Line" starring Michael Douglas.

Halloween Costume Party: Wednesday, October 28, 2009, 2 – 4 PM Refreshments, Games and Prizes so please where a costume. Free to North Andover Seniors.

Support Services and Programs

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 am so the RN on duty will have time to do a medical intake and address your concerns. A donation is requested.

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

BASIC COMPUTER CLASSES: Thursday mornings, cost \$4.00 per class. Learn to turn on the computer, set up e-mail, search the internet or just come in and ask for help in a particular area.

Call 978-688-9560 for an appointment.

BEGINNER COMPUTER CLASSES: 4 weeks for \$25.00. Class size is limited to 4 people every 4 weeks. Call 978-688-9560 to sign up for next session starting in October.

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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Historic observations on the election process in Lawrence

Paul Lambert
VALLEY PATRIOT GUEST COLUMNIST

The very day I turned eighteen years old I did two very important things; and I'm not talking about cake and ice cream (though I probably had that as well.) On my 18th birthday I went to downtown Lawrence and registered to vote at City Hall and I registered for selective service at the U.S. Post Office.

I am quite grateful that there was not a military draft during my eligible years, but I was ready, willing and able should I have been called up. I voted for the first time in the Primary and General Elections of the Fall of 1982. Generally I voted in every election since that year, in person, but for one or two primaries, where I either lost track of time while working or in college. Could I have voted by absentee ballot? Should I have? Probably and possibly would the answers to those questions; however, I recall that I voted via absentee ballot only once thus far in life, when I was 3,000 miles away in graduate school in the United Kingdom.

There are many people that cannot physically make it to the polls on election day; those who work twelve hour shifts (7AM to 7PM), those who leave Lawrence early in the morning to work out of town and don't get back until late; and those with physical and medical limitations to leaving their home to vote. People with these physical limitations on their time and person definitely deserve the opportunity to vote via absentee ballot.

But did everyone who cast an absentee ballot on our recent primary in Lawrence truly have such limitations? We will probably never know.

In addition, on this most recent primary election day in Lawrence, I personally observed a polling station set up to accommodate voters with physical disabilities, such as blindness or wheelchair accessibility needs. The Warden at that polling station noted orally that this particular voting station cost the City of Lawrence thousands of dollars each election, because it needed to be reprogrammed each time. Again, I personally believe that the cost is never too high to ensure that everyone is given an opportunity to vote; however, for the record, the entrance into that voting place did NOT have a wheelchair ramp, but three stairs. Also, unless I missed that one voter who actually used that special station, the number I observed using it was ZERO (admittedly I arrived at the polling place at 7:30AM and left at 7:00PM so it is possible that one of the seven people who voted before I arrived used that special station.

Now I should tell you that I was "stationed" at this particular polling location to observe on behalf of a friend who is running for Mayor of the City of Lawrence. Myself and a few staffers from a couple of other Mayoral campaigns spent the day listening to addresses and names being called by the City's paid poll workers. Each of us "campaign" workers actually cooperated with each other to make sure that we checked off each and every



PHOTO:TOM DUGGAN

Lawrence City Hall on Common St.

voter. The City of Lawrence created lists of voters that included indications where "identification" was required. Such voters needing an ID were those who may have been "inactive" or "newly registered"; either way, such voters either never voted before in Lawrence or had not voted in quite some time or had not completed the census form with their names, as required annually by the City of Lawrence.

I should also tell you that of those voters who were asked for identification, 95% had some form of ID on their person, a driver's license, a vehicle registration, a utility bill, etc. Most people had a photo ID, a Massachusetts Driver's Licenses or a Mass. ID issued by the RMV; however, the voting laws actually allow non-photo identification. Proof of residency truly being what is necessary to vote.

My Mother has never had a drivers license, and until just a few years ago, when she acquired a Massachusetts State ID card from the RMV, she had to rely on the tellers at her local bank

"knowing" who she was when she wanted to cash a check (or have my Dad affirm who she was, because he did have his license.) Despite not having a driver's license or a State issued ID card, I know, that having lived in Lawrence all of her life, my Mom could easily bring an electric, water or phone bill to the polling place with her. To my knowledge and belief, unlike a driver's license, a Massachusetts State ID does not expire, and can actually be used to prove one's identity wherever one may be (unless you're trying to cross the Border back into the U.S. from Canada or Mexico).

In my short eleven and one half hours of observing the voters of this one small precinct in Lawrence, I realized that showing one's ID, photo or not, actually added a very small amount of time to the process. Many people had their driver's licenses and passports at the ready; some even had their naturalization papers, to prove who they were; even if such ID was not listed on the rolls as being required. It did not and would not take anyone any extra time to prove their identity and their residency.

Two last observations to make: 1) whether you are actually a U.S. Citizen or not, born or naturalized, really does not matter, whether registering to vote in person or by mail. No one will ask for proof of U.S Citizenship when either registering to vote or actually voting. 2) Toward the end of the primary election day, at this polling precinct, a gentleman arrived whose name on the City's voter rolls indicated was an "inactive voter"; thus identification of some sort was necessary to allow this man to vote. So what did he produce, a utility bill?

No. This voter actually had a state ID, a state issued driver's license, well worn and aged, one would say "dog eared". Clearly, this "inactive voter" lived in the state where his license was issued for quite some time, years and years perhaps. Apparently as an "inactive voter" either he had not voted recently or had not completed that City Census form I spoke of above, but surely he must live in the state where his license was issued. Proving who he was, this voter was cleared to vote and actually did vote. As a life-long Lawrencian I took it upon myself to have the audacity to "challenge" this vote and this voter. I printed and signed my name on the back of this gentleman's ballot; and stated the reason for my challenge.

The Warden, a city paid employee, at least on that day, yelled across the polling place for my name and the reason for my challenge. I was made to feel as if I should not have challenged that vote (which actually went into the ballot box and was actually counted in the FINAL tally along with every other legitimate vote.)

This polling place is located in the same neighborhood that I was born and raised in, I walked by this school for nine years on my way to the Leahy and the Oliver Schools.

Imagine my audacity to question a person just simply looking to perform his civic duty. Of course, most people living in Lawrence with driver's licenses have them issued by the Commonwealth of Massachusetts, not the State of New York.



Paul Lambert is a Lawrence resident, an attorney and a board member of the Greater Lawrence Sanitary District in North Andover. Mr. Lambert volunteers at election time to help out the city making sure the election process is fair for all. You can email Paul at lambertp1@comcast.net

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Sitting in Rows or in Groups?

Peter Larocque

LAWRENCE SCHOOL COMMITTEE

This has been the ongoing discussion I have been having with the Lawrence School Administration. It has been a good and lively conversation especially when it involves how we teach math. If you were to visit our Middle Schools you would find our students sitting in groups of four. How has this been working? I have been advocating for quite some time now that at least in our Middle Schools, grades 5,6,7,8, that our kids should be sitting in rows. I am of the belief that children in these grades need structure and sitting in rows at least to begin the class does exactly that.

Now the argument is that sitting in groups allows for discussion about a math problem that is before them. But my view is that there is a time for group discussion and group work but that it should come after individual attention is given to the math problem before the student. So I say, at the beginning of class, as the students arrive they should begin sitting in rows facing the board.

Then after the teacher presents the lesson to the class, hands out the math problems to the individual students, then time should be given to work alone on the math problem. This would be followed by assigning the students to groups for group work on the same math problem.

Of course I am not a teacher, but I

am concerned with our math scores and I have an opinion on how to improve them. There have been studies made and there are statistics on both sides of the issue giving each side reason why they should do both. I have included two reports below for your viewing. The Massachusetts Department of Elementary and Secondary Education looks for both individual and group work being performed in each classroom when they come for a visit. Which is fine with me, but my argument is let's begin the day in rows and not in groups. Why not give it a try? How about letting Math Teachers who are in the classrooms in our schools give their opinion on whether they prefer their students sitting in rows or in groups at the beginning of class? I say, let the debate begin!

Your thoughts? God Bless you all,
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http://pitara.com/news/news_world/online.asp?story=125



Peter Larocque is a member of the Lawrence School Committee. He was elected by the City Council to fill the unexpired term of Amy McGovern in 2006 and then elected in his own right in 2007. You can call him at 978-682-0900, email him at peterlarocque@hotmail.com

Laboy, Peter Larocque continue poisonous effect on Lawrence Public Schools

Momayoun Maali

CANDIDATE FOR LAWRENCE SCHOOL COMMITTEE

Peter Larocque has been a disgrace to the citizens of Lawrence as the School Committee member from South Lawrence, District E with his continuous silence throughout the last year and the outrageous conduct by Superintendent Laboy and his ignorance of the Fifth Amendment right to remain silent for using campaign material for the election.

Peter Larocque's continued silence is troubling. In the most recent election, I discovered that many residents in District E do not have any children in the Lawrence public schools. They send their children to private schools and are absolutely ignorant about the current crisis facing Lawrence Public Schools.

In a city with more than a 20% rate of unemployment, the Superintendent of the

The good news of the surprise winning nomination of a Spanish-American Mayor, William Lantigua, has left a bitter taste for the white Anglo-Saxon racist citizen in South Lawrence, District E. Despite their tremendous effort for ABDOO, a Spanish Mayor for Lawrence is now inevitable. Now let's see if the same voters need to move from South Lawrence.

Momayoun Maali
Candidate for School Committee

Lawrence Public Schools, Wilfredo Laboy has been allowed to receive \$200,000 and remain out of work and the school committee member from the District E, Peter Larocque continuously agrees with this injustice. We, as the citizens of Lawrence, and particularly the South Lawrence residents that send our children to Lawrence Public Schools, need to be united and not allow disinterested people such as the team of Laboy and Larocque to destroy our Public Schools any further.

The good news of the surprise winning nomination of a Spanish-American Mayor, William Lantigua, has left a bitter taste for the white Anglo-Saxon racist citizen in South Lawrence, District E. Despite their tremendous effort for ABDOO, a Spanish Mayor for Lawrence is now inevitable. Now let's see if the same voters need to move from South Lawrence.

Their image and choice of some white Christian for the Mayor of the city has been replaced with a dark skinned Spanish

Mayor who has a thick Spanish accent. If these citizens can not take this they should know that there are plenty of homes available in Andover and North Andover with a very white Mayor.

In the meantime, we need to encourage the authorities to force Peter Larocque to resign for cheating on the election by misusing school printing machines to make CAMPAIGN flyers.

Now is the time for citizens to be united against the Laboy and Larocque team both of which are harmful to the future of our city, and future of our children.



Mr Maali is a candidate for the Lawrence School Committee, he is an Iranian who immigrated to the U.S.. This is his first run for office. He is married with two children. You can email him at harman-maali@gmail.com

MERCHANTS: FROM PAGE 6

of the North Andover Board of Selectmen this past year as state money became available to make long needed traffic improvements to North Andover's downtown area, said Selectman Tracy Watson, a founding member and a member of the board of directors.

Initially Watson suggested a downtown merchants group but inquiries from business owners across North Andover convinced her that a business organization open to all local businesses was in order.

"There is so much we can do when we all work together," Watson said, noting that the North Andover Merchants Association will encourage and support group advertising among its members. "There is more business activity in North Andover than many people recognize. Town Hall gets inquiries daily from companies interested in locating here. We want to take advantage of this momentum."

The North Andover Merchants Association, which has been incorporated, is open to any business located in North Andover, said Lesley Carlson, the second-

generation owner of Rolf's North Andover Restaurant on Main St.

"We wanted to focus on local businesses and so members don't have to live in town but their business does have to be located here."

In addition to sponsoring events in North Andover, the merchants will hold regular networking events. The first one is Wed., Oct. 14, from 5:30 to 7:30 p.m. at Rolf's. The Merchants group is co-sponsoring the Anti-Theft Auto-Etching Workshop tomorrow, Sat., Oct. 10, with the North Andover Police Department which is being held at East Mill at Davis & Furber from 9 a.m. to 2 p.m. Also the Merchants group will co-sponsor North Andover's Santa Parade with the Police Department the Saturday following Thanksgiving, Nov. 28. The Merchants also are meeting monthly on the first Wednesday of the month at the North Andover Senior Citizens Center behind Town Hall on Main Street.

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Dues are \$50 until December 31 and then will increase to \$100 for the year. Business owners interested in joining can

contact McElhiney at 978-815-1456 or Norwood at 978-273-5671. You can also contact one of the members of the board of directors. In addition to Carlson, McElhiney, Norwood, and Watson, the other members of the board of directors are Bryan Favor, Caroline Cole, Phil DeCologero, Gayle Lever, Scott Masse, Richard Vaillancourt, Tracey Zysk. The 62 founding members of the North Andover Merchants Association are:

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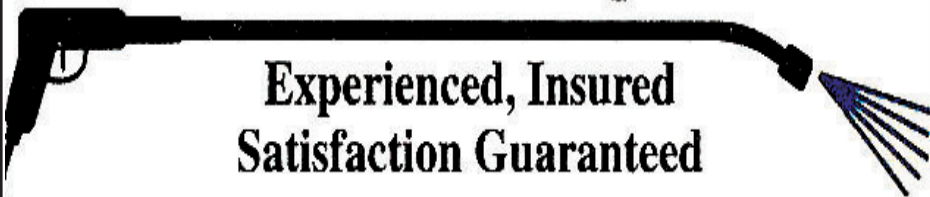
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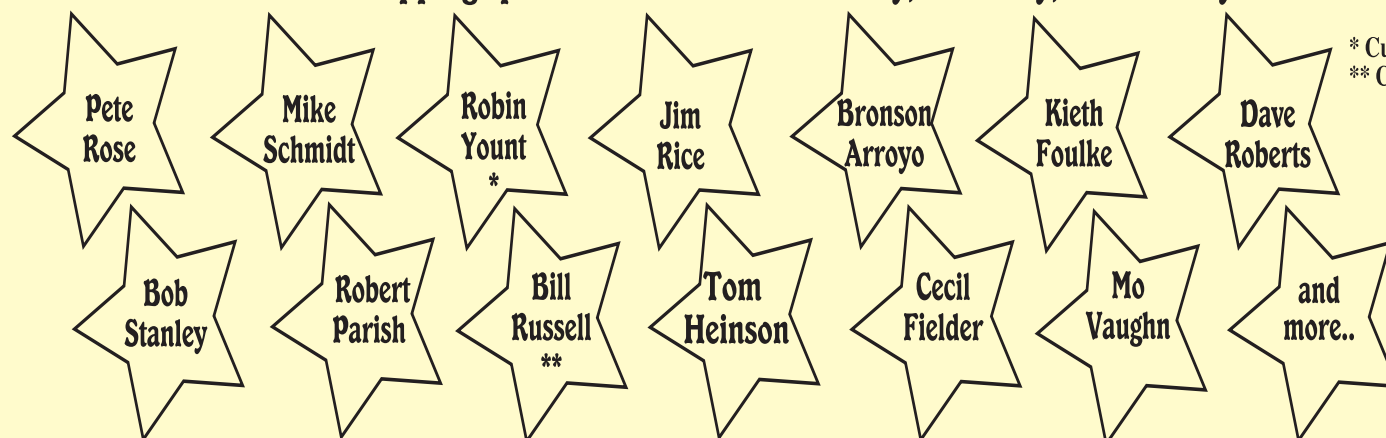
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Lowell Devils 2009-10 season is icing the cake

Shawn Hansen

VALLEY PATRIOT SPORTS WRITER

The Lowell Devils season is underway, and is slated to ice the stage.

In pre-season play, the Devils knotted up a 1-1 record falling to the Bruins 2-1 as they sliced the Pirates in half 6-3.

According to lowelldevils.com the Bruins snuck by the Devils 2-1 as Jamie Arniel scored the only goal in the shoot-out to put the game to rest.

The game started at the helm of a short-handed goal by Devils center Stephen Gionta. As Gionta broke down the right side of the rink firing a slap shot past netminder Matt Dalton, Lowell took an early 1-0 lead.

The Boston Bruins' affiliates then tied it up in the third as Adam Pineault snuck a shot in that deflected off goalie Mike McKenna's skate.

In a shootout, the Providence B's scored on a beeline play by Arniel as his backhand shot floated past McKenna for the 2-1 advantage.

In regulation, the two teams combined for 25 penalties in 102 minutes of play. Devils goalie McKenna saved 29 of 30 shots through overtime. Bruins Dalton saved 28 of 29 for Providence.

On Saturday, Sept. 26, the Devils sliced the Portland Pirates in half 6-3.

Jeff Prough helped the Devils pass the Pirates scoring two goals in regulation. With less than five minutes to go in



PHOTO: COURTESY LOWELL DEVILS

the first period, Nick Palmieri launched a power play goal as Alexander Vasyunov scored moments later to make it 4-0 Devils at the end of one.

In the second period, Prough netted his second goal of the game, this time to make it 5-0. Paul Byron made some noise for the hometown Pirates six minutes later as Devils Eric Castonguay scored a goal increasing the lead to five.

In the game, netminder Gerald Coleman saved 35 of 38 shots for the Devils.

The day after handing the Pirates a 6-3 loss, the New Jersey Devils sent four players to their affiliate Lowell Devils.

Inducted into the 2009-2010 Lowell Devils roster was goalie Jeff Frazee, and forwards Olivier Magnan-Grenier, Ben Walter, and Vladimir Zharkov.

As of Sept. 27, the Devils training camp has Martin Brodeur, and Yann Danis are in goal. Rob Davison, Mark Fraser, Andy Greene, Jay Leach, Paul Martin, Mike Mottau, Cory Murphy, Johnny

Oduya, Bryce Salvador, and Colin White are all defensemen. Pierre-Luc Letourneau-Leblond, Rod Pelley, Tim Sestito, Travis Zajac, and Dainius Zubrus are left wings. Niclas Bergfors, David Clarkson, Matt Halischuk, Jamie Langenbrunner, Ilkka Pikkarainen, and Brendan Shanahan are right wings.

All season long you can listen to Devils games on 1510 AM – The Zone. Fans can listen to broadcaster Mike O'Brien bringing you play-by-play action free of charge. Listen to O'Brien at www.1510thezone.com, or www.ahllive.com.

The Devils first home game is set in stone for Saturday, Oct. 10 at 7:00 p.m. They will take on the Worcester Sharks at the Tsongas Arena as the first 5,000 fans will get magnetic schedules of the season along with a set of bang sticks. Last year the Devils finished the season with a record of 35-26-2-7 as the Sharks were 42-35-1-2.

To get tickets, call 1-978-458-7825.



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

Patriots Report w/Paul Murano

Brady Bunch gear up for New Season

Paul Murano

VALLEY PATRIOT SPORTS WRITER

The new fall line-up this season has a reunion of the Brady Bunch. A punny thing happened since the Patriots lost Superbowl XLII on a fluke catch off a Giant helmet. Tom Brady and the gang are back together now for another season, and if things go well not even Sam the Butcher could mess this up. Granted, Brady's injury was not nearly as traumatic as when Marcia was hit in the nose by a football thrown by Joe Namath, but even though she couldn't be seen by her adoring boy-crushes, it didn't sideline her for the whole season.

This Brady Bunch reunion, the 2009 Patriots, has a different cast of characters than last season. We will no longer see more of Seymour. We may no longer be Vrabel to stop the run. The lightning Rod at safety will be gone in Rodney Harrison.

And the fans will no longer be able to have a Brushci with each game. This Brady Bunch will still have Bill Belichick as the architect replacing Mike Brady; and from the looks of things so far Joey Galloway may have replaced Jan as the one that may need glasses.

As of this writing The Patriots almost got Buffalo'd at home the first game of the season, then it's a Ryan shame that the J-E-T-S Rex'd their hopes for another undefeated season; and last week the Michael Vick-less Falcons didn't put up much of a bird-fight against the Pats' defense. On

Sunday the Patriots will have to play like Raven maniacs to beat Baltimore at their own game.

By the time this is published the Brady Bunch will be either 3-1 or 2-2. I don't suspect that any team in the AFC north will run away with the division this time around since it is much improved from years past. This season should be fun to watch...just as long as they don't pick up any guy on waivers named Johnny Bravo.

If you're a baseball fan, Damn Yankees may be your video of choice. Of course the Red Sox, Yankees and Angels are going to make the playoffs.

They should just let the AL Central teams play the 162 games to see who gets the privilege of losing to the Yankees in the first round.

But the Yankees are so last century, having won their last World Series in 2000. However, after spending countless millions on assembling their yearly all-star team, the Yanks seem to have gotten it right this year.

Will they finally join the 21st century elite with a world series win? Will A-Rod's poor post-season play allow it to happen? Or will the Red Sox pitching step up to the plate (so-to-speak) and baffle the Bronx Bombers after they get through with the Angels.

We'll soon find out. Hmm...

It's hard to root against a team named the Angels, isn't it? I think the profession-

PATRIOTS, page24

Grandchildren of the Evil Empire spin Spinners

Shawn Hansen

VALLEY PATRIOT SPORTS WRITER

After tying the series up at one, the Spinners fell to the Staten Island Yankees in playoff action.

In game one on Sept. 8, according to spinners.com, the grandson affiliates of the Evil Empire snuck by Lowell 3-2.

The first few innings were slated clean as the Yankees drew blood first scoring solo runs in both the third and fourth innings for a 2-0 lead. In inning five the Spinners were alive as Ronald Bermudez led it off with a single advancing to third on a double hit off the bat of Ken Roque. Following a strikeout, Wilfred Pichardo sprinted his way to first for an infield single. A few moments later, Pichardo stole second cashing in when the throw to attempt picking him off at second sailed into centerfield as Roque advanced 90-feet into the back door knotting the game up at two.

The game was twinned up 2-2 until the ninth inning as Staten Island centerfielder Zoilo Almonte tagged all four bases after clobbering a home run to go onto win the game.

Game two was flipped around as the Spinners dethroned the Yankees 3-2 in 11 innings of play.

Highlighting the deciding inning, Dan Butler of the Lowell Spinners smacked a homerun to extend the season for another game.

After missing the clinching game due to a rain out, the Spinners hit the end of the road as they fell to the Yankees 5-1.

In the second inning along, the pin-striped grandchildren of Derek Jeter's New York Yankees collected five runs for the pot. With two on the west wing – second and third base and no outs, the Yankees scored their runs on a groundball to second, three consecutive singles, and a double by first baseman Luke Murton.

Despite the unfortunate fall in the playoffs, the Spinners season was record breaking. This season, the Spinners clinched the Stedler Division for the second straight season, achieved a season high 45 wins at a record of 45-30. Ryan Westmoreland tied a franchise record of seven homeruns by a left-handed batter and Jose Alvarez picked up the most wins by a Spinners pitcher ever with eight.



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Council rejects mayor's 50% tax increase; questions water expenditures from the sidelines

Lawrence "Lonnie" Brennan
VALLEY PATRIOT COLUMNIST

Mayor Jim Fiorentini enters the election season, following multiple attempts to raise fees and taxes, and under city council scrutiny for spending up to \$421,000 on engineering reports for water exploration, predominately around the banks of Merrimack River.

The mayor had sought to raise multiple fees earlier this year, and this summer attempted to raise the City's hotel use tax by 50%. All increases were rejected by the council.

At the council's August meeting, the mayor and Police Chief Alan DeNaro requested the council raise the hotel tax from 4% to 6%, and direct the increase to the police budget. The council rejected the proposal, and instead transferred \$16,000 to the police from existing reserve funds.

"First of all, I'm for public safety, but against poor financial planning," Councilor Donahue told the mayor, as the council debated what he termed another "last-minute budget crisis" from the mayor (having recently debated a library funding gap.)

In a heated exchange, Fiorentini attempted to re-phrase Donahue's library vote. Donahue demanded that the mayor not "spin" his words: "I never said that," Donahue injected as Fiorentini spoke. "Yes you did," Fiorentini replied. "No, I did not," Donahue insisted. The flare-up caused Council President Michael Hart to intercede: "be accurate Mr. Mayor or I'll have to deal with that, he didn't say that, he (Donahue) inferred that the library funding was not wise."

Councilor David Hall joined Fiorentini in supporting the tax increase, along with councilors Hart and Robert Scatamacchia. However, Hall cautioned "you know mayor, I got all the respect in the world for you...and I know that we need the police officers, and I'm going to support this tonight (but) you're telling half a loaf" regarding the free cash, and people are going to be "shocked" just before the November election when they find out how much is left over. He suggested Fiorentini would use free cash as a last-minute political headline.

Councilor William Macek countered: "I feel very strongly that we are at a time and period that the people can no longer support even small incremental fees. They've been hit at the state level, at the federal level, at the city level...everybody is getting increased all around...I know that I'm only a city councilor but I think that our state government, I think that our federal government is really working in the wrong direction. We cannot fee and tax our way out of the crises that we're in and I think that we need to start at this local level."

"I appreciate the sentiment not to raise fees and taxes," the mayor replied. "We haven't. We have a good record, you and I working together, and that record will stay intact, regardless of what we do here tonight." He cited the recent reduction of the common victual's license fee. Macek responded that while he would work with the mayor, "the only other thing I want to point out, not looking to get into a stink match, one of your statements, and you know that this bothers me, when you say something that is not correct, we cut the common victual's fee because it was ille-

gally high. We only brought it to the state limit. We didn't cut it because we were cutting fees. We cut it to make it legal."

"We need to start here and say no to the taxation and the fees that are going on all across the country, particularly here in Massachusetts," Councilor William Ryan added. "We've seen the sales tax go up to 6.25%, and guess what...the revenue in the state has gone down...we're collecting less sales tax, we're driving more people up to New Hampshire...there are so many fees on everything, and there is absolutely no appetite in Boston for any restructuring of State government. It's the same old stuff."

"I want to be known as the community with the lowest taxes on motels and hotels, in the entire 495 belt. I want to be known as the city with the lowest meals taxes...and I want to see that become contagious and start to deal with property taxes, wastewater and water taxes, and all the other fees we have... start a new trend," Ryan urged. "We're not going to increase the tax levy on those visiting here for an hour, or living here for their entire life."

Councilor Mary Ellen Daly O'Brien was blunt in her concerns, detailing missing information in the mayor's proposal. "I don't care to make a decision in a blind," she said.

In contrast, Scatamacchia suggested imposing the tax increase on a temporary basis only, "do it for two to three years as a temporary thing then look at it then," he said. Councilor Hart elaborated that a tax on hotel use would not impact local residents.

"I know that I'm only a city councilor,



Haverhill Councilor Bill Macek

but I think that our state government, I think that our federal government is really working in the wrong direction. We cannot fee and tax our way out of the crises that we're in and I think that we need to start at this local level.

The \$421,000 Haverhill Water Question "What did we spend and on what?" were the questions Councilor Donahue recently asked regarding Fiorentini's "spending spree" on engineering reports. Until recently, Donahue has been on a lone quest to obtain what he calls basic information for the taxpayers.

"I asked for a copy of a document that mandated the river study a month ago. I can't seem to get it. I think it would be easier to get secret documents from the Pentagon than it would be to get some of these documents I'm requesting," Donahue told the council.

WATER, Top of next page

Merrimack River as a potential clean water source

Christian Miller

CANDIDATE FOR HAVERHILL CITY COUNCIL

Candidate for Haverhill City Council Christian Miller opposes the use of the Merrimack River as a future source of drinking water. I believe we can better accomplish our goals through conservation rather than throwing extravagant amounts of money, namely 6 million, over the next four years on studying the Merrimack.

Proponents of this measure have two

main points: other neighboring towns use the Merrimack as a source of drinking water, and we will need the additional capacity in order to meet the city's growing population. There is little relevance to the first point, as each city has its own individual needs that cannot be reconciled with a "one size fits all" solution and we must judge what is best for Haverhill based on the merits of the proposals. On the issue of capacity, regional planners anticipate a population growth in Haverhill from 62,000

at present to 75,000 in 2030 whereas the plan to tap the Merrimack will increase our water supply to 90,000, completely overshooting our foreseeable needs and creating an expensive gap between our water supply and the remainder of our critical infrastructure components. Clearly this money could be better spent on immediate needs rather than shoring up hypothetical shortfalls in the distant future, and the question of our actual capacity needs can be solved through other, less-expensive means. I say let's put forth a plan that not only increases our water capacity but also reduces the amount of water we consume.

First: Our city can and should seek out national producers of high efficiency faucet aerators and shower heads that use 1.6gpm (Gallon per Minute). This is a modest measure that has been adopted in numerous towns across Massachusetts and proves a remarkably cost effective way to reduce overall water consumption. This simple yet inexpensive add-on which in most cases would cost less than \$30 could reduce water usage by 30% on homes built after 1992. Homes built before 1992 would see an even greater increase in savings.

Second: The city should seek ways to direct the use of high efficiency shower heads, faucet aerators, and dual flush toilets on all new construction. The additional cost to the building would be trivial, and the added savings benefit not only the homeowner through lowered water bills but also the city overall.

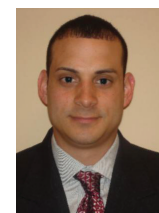
Third: If we connected the Millvale dam directly to our treatment plant we could capture the entirety of the overflows from the dam.

This measure would increase our water

capacity by 8% or up to 180 million gallons of water per year in an ecologically sustainable manner. This would cost an expected 1 million dollars which is 5 million less than the current plans on the table.

We cannot afford to spend 6 million dollars on studies to tap the Merrimack River especially when we are facing a 5 million dollar budget deficit, and a Hale debt payment that will continue to rise until it tops 13.5 million per year. In addition, future cost associated with our waste water treatment (combined sewer overflow program) and the Haverhill landfill will end up costing Haverhill approximately 60 million dollars. To add to our ever growing debt problem we are now faced with a 1.7 million deficit for our downtown parking garage; our priorities need to be checked and the Merrimack River is a wasteful, ineffective solution to a problem of questionable need. If we are going to spend 6 million dollars I would much rather see the money going towards the renovation of our schools and infrastructure. In today's current economic environment we cannot depend or hope for the State of Massachusetts to help pay for our debt obligations, we must be mindful of our obligations and selective in the public works we pursue.

For more information please visit my website <http://christianmiller.us>



At 29 years old Christian Miller is the youngest candidate running for Haverhill City Council. he is a property owner, a husband, and most importantly a father. You can email him at miller2457@gmail.com

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WATER: FROM PAGE 14

Other councilors, including O'Brien and Hart, expressed that they have heard the word "mandate" many times from Fiorentini but no councilor has a copy of any mandate document.

Donahue requested a breakdown of the reported \$421,000 on engineering studies, and a listing of money/time spent by city employees following the mayor's "mandate."

The mayor has focused on spending money on engineering studies around the banks of the Merrimack River. Donahue has insisted that other areas in the city should be considered and prioritized. Donahue suggested that 80% of the money

was spent by Fiorentini, without sharing details with the council.

"If we're spending \$421,000 I think we can spend another \$20 at Kinko's to make copies for the council" of relevant documents Donahue said. The council recently voted in to request a review of the expenditures, as they may stand responsible to the voters for the mayor's actions.



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.

Why I want your vote to be on the Haverhill City Council

Mal Kimball

CANDIDATE FOR HAVERHILL CITY COUNCIL

I am running for Haverhill City Council to bring a business approach to Government. We need to streamline City Government and Departments to operate in a more efficient manner by eliminating duplication and redundancy.

All City Departments need to stay within budget and stop proposing budgets that are based on projected stimulus money. We need to reduce overtime in some departments where overtime is 45% of their annual base payrolls.

I bring to the City Council business expertise and a unique set of skills. More than 40% of the total City Budget has to do with insurance, construction, maintenance and repairs. As a licensed Insurance Broker and Licensed General Contractor, I should be able to reduce the costs of Health Insurance and Workers Compensation, raise the City's Bond Rating, and lower Construction costs, while reducing Building Repairs and Maintenance.

As a City Councilman, I will be more proactive in the Budget process. I will demand transparency with accountability through auditable backup and documentation.

Clearly, we need new leadership to change the present culture of entitlement that has placed the City of Haverhill on the brink of bankruptcy.

And how do we move forward, with the Hale Hospital debt of 95 million and the upcoming task of capping the dump 20 million? We can't without cooperation from all the City's unions and employees. We all need to work together with a renewed commitment to fiscally responsible spending.

In closing, I would ask for your endorsement of my candidacy for Haverhill City Council. I believe that my business skills, knowledge and fields of expertise will improve the City financially, thereby making the City of Haverhill a safer place to live, and improving the prospect of raising and educating our children for a prosperous future.

A special thank you to the people of Haverhill for your consideration of my candidacy for Haverhill City Council.

Background information AGE: 54



EDUCATION – Pen-tucket Regional HS ~ 1973 Graduate University of Vermont ~ BS Graduate 1978. Married 28 years to Joanne B. Kimball ~ Realtor/Optician. Two Sons ~ Craig D. Kimball ~ Graduated Haverhill High School ~ 2006, Chad B. Kimball ~ Graduated Haverhill High ~ 2009. You can email Mr. Kimball at info@rbkimball.com

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December 14, Monday, Holiday Inn, Tewksbury, MA



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Elect

Malcolm D. Kimball Jr.

Haverhill City Council

If Elected Mal Kimball will:

1.) Bring a business approach to the City of Haverhill. Government is a business where the taxpayers should profit and/or benefit ~ clearly, this has not been the case for years.

2.) Streamline city government and departments by eliminating duplication and redundancy within similar city operations.


3.) All city unions need to work with the mayor and the city council in a more cooperative manner in order to maintain the present level of services, funding, and staffing.

4.) Find federal grants or funding for the Hale debt ~ \$95 Million, capping of the dump ~ \$20 Million, and other projects like separating the sewer and drainage systems ~ \$42 Million.

5.) We need transparency, with accountability, including auditable backup within every city budget and department.

I NEED YOUR VOTE ON TUESDAY NOV. 3, 2009

VOTE # 10 ON THE BALLOT



PAID FOR BY MAL KIMBALL JR ~ Campaign contributions can be sent to 17 Wedgewood Drive, Haverhill, MA. 01830-6785

Malcolm D. Kimball Jr.

TOM DUGGAN'S NOTEBOOK!

LAWRENCE & METHUEN - Don't miss our special Lawrence and Methuen Election Edition of The Valley Patriot at the end of October. Candidate profiles, sample ballots, polling locations, and just about everything you need to know about the November final election candidates, their positions on issues, who is endorsing whom and all the inside information you can't get anywhere else. To advertise in our Special Election Edition contact us at 978-557-5413 before October 19th.

LAWRENCE - Sammy Reyes, the Lawrence School Committee member who blew the whistle on the School Department print shop scandal is running unopposed for his seat. SO he is taking advantage of the time he has this election season to campaign for another candidate for school committee, Sandy Almonte-Rosado on Prospect Hill. Sammy Reyes was also seen at the Willie Lantigua endorsement party, but did not stand on stage or speak at the event. Sandy Almonte-Rosado is running against Joe Armano for the District "A" seat on the committee. The Lawrence School Committee has six members elected by district. The Mayor sits as chairman and has a vote. If Lantigua wins as mayor and Almonte-Rosado wins her district seat, the Lawrence School Committee will be a Latino majority for the first time ever.

LAWRENCE - State Rep. Lantigua may be getting the endorsement of liars,

hypocrites and insiders, but Willie himself has been running a very positive and moderate campaign. I have never believed in blaming a candidate for the bad behavior of those who support them (though most people disagree) and I'm not going to start now. Lantigua ran a very positive event at Malayas and refrained from attacking his opponent, playing the race card or engaging in deceptive rhetoric. There are a lot of rumors and stories about Lantigua floating around the community, so it would

serve him well to debate and do interviews between now and November 3rd so he can show the uninformed voters exactly who he is and what he has accomplished. Most voters only know of Lantigua from his reputation (most of which has been contrived by his adversaries who, ironically now endorse him) and I believe, if the voters hear from Lantigua himself and meet him one on one, they will see he is not the boogey man he is made out to be by his detractors. On the other hand, neither is Dave Abdoo the evil Sullivan-clone he has been made out to be by the very same hate mongers and political insiders. Both of these two men are

good men who care deeply about Lawrence and neither of them is the "enemy". I am thrilled that both of them made it to the final, as I know that no matter who wins Lawrence will be in good hands.... save for the influence of corrupt insiders like Blanchette, Degnan, and the always



Dist. A City Council, candidate Joe Armano with his father Karl



Vote for my grampy was all she would say



Susan Ledger Ferraro, founder of Little Sprouts and Jessica Todisco of Little Sprouts and Imagine That

controversial Israel Reyes!

LAWRENCE - Just to show you how phony this whole political business is, consider this: Former Lawrence Mayor Marcos Devers built his entire political career running against, attacking and trying to take down State Rep. Willie Lantigua. City Council President Patrick Blanchette has also spent a great deal of political capital denigrating Lantigua in public and to his "supporters". But when Devers and Blanchette failed to capture the nomination for mayor last month, they both

decided to stand with the State Rep. at Malaya's Night Club (which I recommend for all your nightclub needs!) and endorsed him for mayor over Dave Abdoo. At the event, Blanchette rallied the crowd saying that Lantigua represented "real change", attacking Abdoo as representing 30 years of political insiders. But a quick look around the room made Blanchette's statement laughably hypocritical. On stage endorsing Lantigua were Blanchette (10 years on

the council) Nilka Alvarez Rodriguez (10 years on the council) Israel Reyes (former councilor and Planning board member), and State Rep. Lantigua himself who not only endorsed Mayor Sullivan four years ago but has been serving in the legislature for three terms. Dave Abdoo has only served on the city council for a year and a half.

METHUEN - Methuen High School retired the jersey number of former MHS football player Dan Ford on Friday, September 25th during half time of the Methuen vs. Billerica football game. The former star running back died of cancer at the age of 40 earlier this year. Dan Ford, a member of the Methuen High School Class of 1988, was an outstanding three-sport athlete whose incomparable dedication, enthusiasm, passion, and athletic prowess set him apart from his peers. Though he ran spring track where he distinguished himself as one of the area's finest quarter milers, and was a power forward on the hockey team scoring thirty-two goals and thirty-six assists, his favorite sport was football where he excelled on the gridiron. A natural leader, Dan was elected a tri-captain of both his football and hockey teams. He was the son of Valley Patriot Methuen columnist Ronnie Ford.



Candidate for U.S. Senate, Mike Capuano with Helen Giarusso at Manzi Park Gardens in Methuen. WE LIKE MIKE!

LAWRENCE - WOW! Lawrence School Committee candidate Momayoun Maali may have lost a close primary to Mark Gray and Peter Larocque in the Mount Vernon Section of the city, but he isn't giving up! Maali has announced he is running a sticker campaign (I LOVE sticker campaigns!) in the final election

in November. And, up until the date we went to print, I was ready to endorse his sticker campaign, but, when Mr. Maali

A New Voice with New Ideas!

And I will carry the
voices of the
residents to city hall



Fadi Chahine Central District Councilor

- * 24 years of management skills
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- * Proud member of the Citizens for a Better Government

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Paid for by the Committee to Elect Fadi Chahine

Re-elect

Jeanne Pappalardo

West District Councilor

- * Strong Advocate for Constituent Transparency in City Government
- * Continued Transparency and Accountability in City Government
- * An Honest and Hard Working Councilor for Fiscal Responsibility

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Primary Day, Tuesday, November 3, 2009

Paid for by the committee to elect Jeanne Pappalardo



Elect

**Kathleen
Corey
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Methuen

Councilor at Large

Answering the "Call to Serve"..
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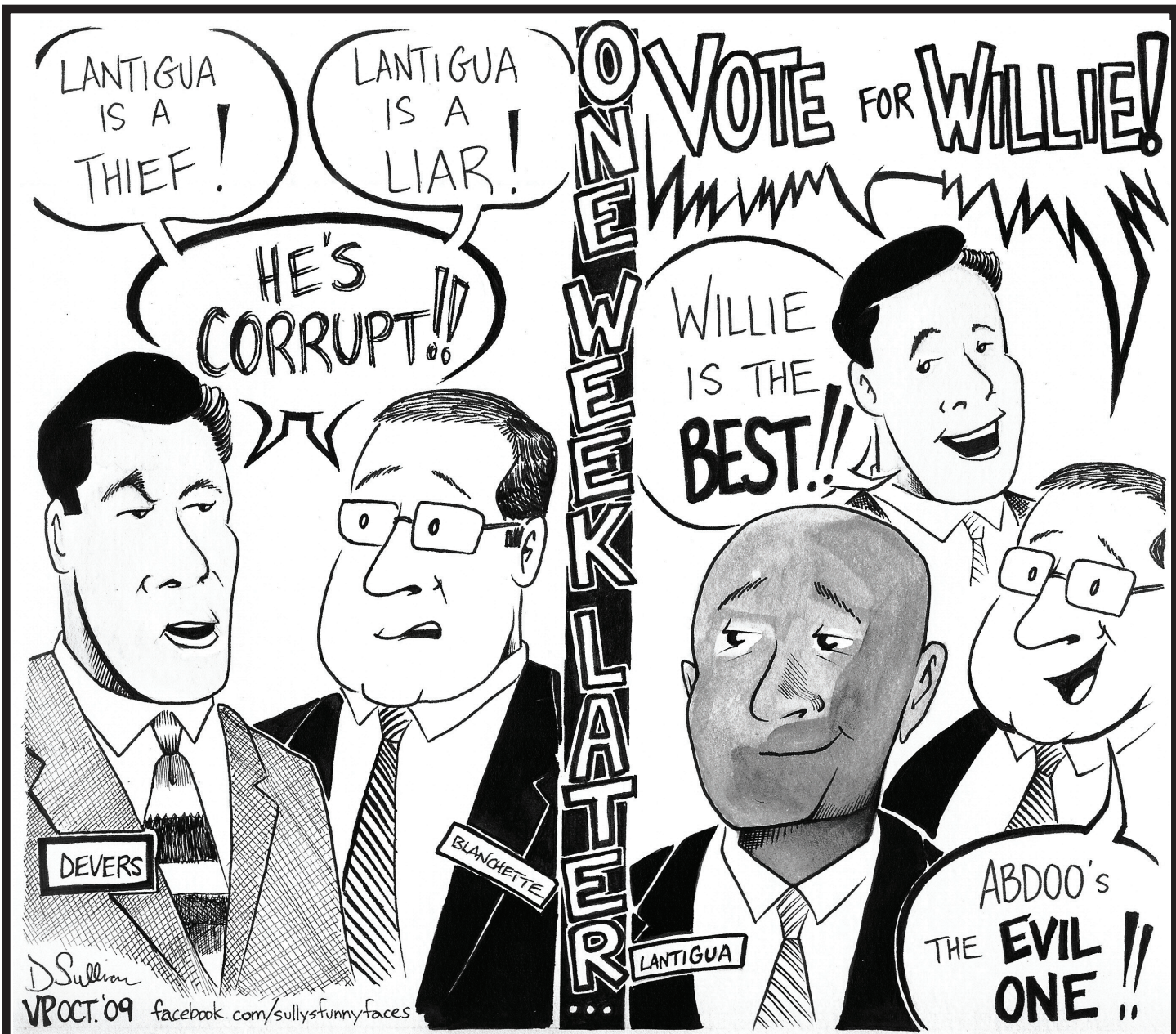


Valley Patriot President Tom Duggan with his good friend Nestor Dejesus, candidate for city council at-large in Lawrence.

sent in a blatantly racist, anti-white, anti Mt. Vernon column for publication this month I had no choice but to change my position. It seems Mr. Maali has either been influenced (brainwashed?) by someone else, or he has been hiding his deep hatred and hostility towards the people in the district. I don't know how Mr. Maali expects to get elected among a pool of voters in his neighborhood after calling them all a bunch of racists (by virtue of being white) and attacking them, but my prediction is that Mr. Maali's taunting of Abdoo supporters to move out of the city and berating of his own neighbors guarantees he will never get elected to public office in Lawrence. Sad, really, Maali really seemed like he was a rising star in Lawrence politics. Now, he is a falling rock.

METHUEN - The Methuen Cultural Council and Methuen Village at Riverwalk Park are proud to present Quintessential Brass. Founded in 1991, this ensemble has performed everywhere from churches to gazebos, the Lincoln Center, Carnegie Hall, National Public Radio and the Kennedy Center. This concert will be held on Sunday, November 1, 2009 from 2-3:30 pm at Methuen Village at Riverwalk Park on 4 Gleason Street, Methuen. It is free and open to the public. Don't miss this fun event!

VETERANS - Massachusetts Bar Association's Veterans Dial-A-Lawyer call-in program, Thursday, October 15, 5:30-7:30 p.m. Phone number: (617) 338-0610 Veterans can receive free legal advice on Thursday, October 15, through the Massachusetts Bar Association's Veterans Dial-A-Lawyer call-in program. Veterans who have pressing questions concerning benefits, divorce, child support, employment, landlord/tenant and other legal issues can call (617) 338-0610 from 5:30-7:30 p.m. to speak to volunteer MBA lawyers. If a caller gets a busy signal, they are asked to hang up and try again. Normal telephone charges will apply. The MBA's Veterans Dial-A-Lawyer program is provided as a public service of the MBA with the financial support of the Massachusetts Bar Foundation and through a partnership with the Massachusetts Department of Veterans' Services.



NEWS ITEM: After years of attacking State Rep. Willie Lantigua as one of the most corrupt political figures in Lawrence, Former Mayor Marcos Devers and Council President Pat Blanchette endorsed him for Mayor.

LAWRENCE - Mayoral candidate Councilor Dave Abdoo has challenged State Representative Lantigua to debate, but so far Willie Lantigua (da chief) has not accepted the challenge. Lantigua placed first in the ten-way race for the top two nomination spots on the November ballot despite the fact that he refused to show up for any of the three issue forums (which some call "debates"). In a press release Abdoo stated, "I want to face the people; I want to answer their questions. Residents of Lawrence deserve to hear our views on the issues facing the city," he added. "I look forward to presenting my plans for the Mayor's Office and answering any questions the public or the media

have about my record and my plans for bringing professional management and accountability to city operations."

LAWRENCE - There are several candidates slated to appear on the Paying Attention! Radio program on WCAP, 980AM (Saturdays from 10-1pm) and there are several issue forums scheduled between now and the November 3rd municipal election. On Saturday, October 31st we have scheduled an actual debate between Willie Lantigua (da chief) and Councilor Dave Abdoo. But when we say debate we mean a real debate where candidates will be given a topic and encouraged to talk to each other about what they

agree or disagree about on that issue. If one candidate does not show up the other candidate will be given the entire hour to talk about their campaign unchallenged just a few days before the election and the show will be podcast on line at valleypatriot.com.

METHUEN - OK it probably won't rival the Manzi-Rahme debate two years ago (which made radio history) but a debate between Mayor Bill Manzi and his challenger Al Dinuccio is scheduled on the Paying Attention! Radio Program on WCAP, 980AM on October 24th (from 10-1pm). We are also holding a debate for the City Council's West District race for the 24th. Stay tuned to valleypatriot.com for more debate (and we mean real debate!) information and scheduling!

ALABAMA - Last month Eagle Tribune editor Al White appeared on a local radio program to talk about the Lawrence primary elections. But, seeing that Mr. White is completely out of touch with what is going on in the mill city, he droned on and on about irrelevant issues, even pronouncing ten year incumbent city councilor Nick Kolofoles' name wrong

NOTEBOOK, page 26

THANK YOU!!

LAWRENCE
CITY COUNCILOR



Jorge Gonzalez


PAID FOR BY JORGE GONZALEZ

District "C" Arlington Neighborhood

ELECT

MARK GRAY

Lawrence School Committee, District "E"



A Vote for Mark Gray is a vote to fire the Laboy/Larocque duet, it's the easiest voting choice you may ever get to make.

PAID FOR BY THE COMMITTEE TO ELECT MARK GRAY

re-elect



Debbie

Quinn

West District Councilor

PAID for by the committee to elect Debbie Quinn

An interview with RiverBank President Gerry Mulligan

Tom Duggan,
VALLEY PATRIOT PRESIDENT

Valley Patriot president Tom Duggan interviewed Gerry Mulligan : President and CEO, RiverBank about the economy and how local banks like RiverBank are servicing the Valley despite the banking scandals and big bank failures.

"Tell us about what's going on here today. I understand that RiverBank has only been in Derry for a few months, now, and this is an appreciation for your customers?"

"We opened this branch in January of this year, 2009, and we've had a tremendous response within the community and we are the only community bank in the town right now. There are other big national banks, like Scotland, Spain and the bank from Canada. We are the only local bank in Derry and I think the customers



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.

appreciate that, because they can come in here and see someone who they get to know, because we try to keep the same personnel here. They get to know some-

one to talk to and they can get answers to their questions right here in Derry. You don't have to call an "800" number, you don't have to be a number in the bank you

don't have to hear "what's your number, enter here".

You know, when you call RiverBank, for instance, we have an operator. We don't have a "call machine" or anything automated, because we offer personal service, that's what we really distinguish ourselves with. We can't match Bank of America with a branch on every corner and ATMs at every location and we can't have all of the "whizbank" technology they have, but we offer something that is even more rare in 2009 which is "personal service". We have people, people you can talk to, people that can come and give you advice about your finances and people who can resolve problems. You know, I hate to say it, but banks cause problems, every big organization has problems. Our

RIVERBANK, page 26

RiverBank Gets xStream! invites community to join in Fall Adventure Day

WHAT: RiverBank, a community focused bank providing "friendlier, easier, and better service," invites the community to a special fall event to celebrate the bank's xStream Banking promotion, which includes two of the best banking products in the industry. Families are invited to come enjoy free "xStream" hot air balloon and Segway rides, spin art, balloon animals, a unique educational animal presentation by Curious Creatures, and percussion performances by Zach Field Drum Studios.

To kick off RiverBank's new xStream Banking program, the bank will present a \$1,000 donation to the Merrimack Valley YMCA's Reach Out for Youth and Families Program. RiverBank's new xStream Banking program combines its existing xStream Savings account, which for over

1 ½ years has offered the highest savings rate in the area, currently 1.60% APY, with a new checking account that offers a higher interest rate, cash back rewards and ATM rebates. Open either account before or at the event, and go to the head of the line with a "Fast Pass" for a balloon or Segway ride.

WHEN: Saturday, October 24, 2009 12:00 – 3:00 p.m. RiverBank CEO and President Gerald Mulligan will present a \$1,000 check to the Merrimack Valley YMCA at 12:30 pm. (Rain date is Sunday, October 25th).

WHO: RiverBank branch managers and executives will be available for interviews.

WHERE: Methuen Branch YMCA, 129 Haverhill Street, Methuen, MA 01844

CONTACT: For more information

or to schedule an interview with RiverBank, please contact Erin Vadala, erin@warnerpr.com, 978-468-3076 or Carolyn Evert (Carolyn@warnerpr.com), Warner Communications, 978-526-1960.

About RiverBank: RiverBank, (www.riverbk.com) headquartered in North Andover, MA, has been providing Southern New Hampshire and the Merrimack Valley with "friendlier, easier and better" banking service for over 141 years with \$740 million in assets, and a localized, personalized approach. A subsidiary of LSB Corporation, a publicly held company, the common stock is traded over the counter on the NASDAQ National Marketing System under the symbol "LSBX". Sales prices of the stock are reported in the Wall Street Journal as "LSB CP." RiverBank is a member of FDIC and DIF,

with all deposits 100% insured. RiverBank has seven branches in Massachusetts Merrimack Valley and Southern New Hampshire.

RiverBank's strong financial condition was recently recognized by Sandler O'Neill + Partners – one of the nation's leading investment banking and research firms specializing in the financial services industry – which named RiverBank one of the 33 top small banks in America. RiverBank is also listed as one of only four banks in New England whose financial performance earned inclusion in Sandler O'Neill's annual performance ranking.

* Annual Percentage Yield as of September 1, 2009. This account requires a \$40 per month minimum electronic transfer from any RiverBank or non-RiverBank checking account. Consumers only, no businesses.

Leave a legacy AND enjoy more income

Greg Loosigian
NEW YORK LIFE FINANCIAL COLUMNIST

As you were planning for retirement, your own financial future was your top priority. But, you also kept in mind the legacy you would leave your children when you were gone.

As retirement drew nearer, you had every intention of sticking with your original plan and budget. But now, after being retired for a short while, you have found that you want additional discretionary income. Still, you're unsure about increasing your savings withdrawals since doing so would erode the assets you had

hoped to leave your heirs.

Consider this hypothetical situation about how one 70-year old woman tackled the very same challenge. She had set aside \$500,000 for her children's inheritance. Yet, once she actually retired, she realized that the annual budget she had carved out for herself was insufficient for the retirement lifestyle she desired. She considered simply buying an annuity to generate more discretionary income for herself until her financial professional suggested a two-step life insurance plus annuity strategy to help her avoid choosing between her financial future or her family's.

First, she bought a permanent life insurance policy with a \$500,000 death benefit, naming her children as beneficiaries. Based on her age, gender and the options chosen, the annual premium for this policy was approximately \$17,000.

Next, she purchased a \$500,000 Lifetime Income Annuity that generated a guaranteed annual after-tax payout of almost \$37,000 that would continue every year for the rest of her life. The annuity payouts covered the entire life insurance premium each year, plus she still received the nearly \$20,000 remaining per year of income just as she had hoped.

The life insurance plus annuity strategy achieved both important goals: Our retiree got the extra income she needed, and was still able to help secure her family's financial future with a generous, guaranteed inheritance.

Gregory J Loosigian
Financial Services Professional
Ma. Lic # 183059 NH. Lic. # 2017596
10 New England Business Center Drive
Andover, Ma. 01810
Tel. # 978-273-8377

New York Life Insurance Company

What you need to know about reverse mortgages, Part III

Atty. Sheldon Fine
VALLEY PATRIOT LEGAL COLUMNIST

You have made a decision to consider taking out a reverse mortgage. First, you must undergo counseling, which takes about 30 minutes to complete by most companies. You have to understand that you are borrowing from the equity in your house. So, if you have children, you have to inform them that they may have to come up with money if they want to keep the house. So your children must be part of the counseling. They will inform you that there are several ways this could happen if they want to retain the property. They could refinance the property, life insurance can be taken out on the property and pay off the remaining mortgage or they can sell the property and keep what equity is still in the property.

They will also explain to you how the

money can be taken out. You can receive the money by monthly check each month, lump sum, a line of credit or a combination of these options. After the counseling you must go through the mortgage process which may take up between 30 to 45 days to complete. Along with the mortgage there are fees included in obtaining the mortgage. Here are the three fees.

The Mortgage Insurance Premium (M.I.P.): It costs 2% of the value of your home. M.I.P. is protection for you and your heirs. It makes sure you receive your check every month even if something happens to your lender and when your loan becomes due, you will never owe more than the value of your home at that time.

Origination Fees: These fees are the same as the M.I.P. or 2% of the value of your home. The originator is the person who makes your loan happen and provides

all the paperwork to process your loan. They answer any and all of your questions and help you choose the right loan for you.

Closing Costs: These are the fees that are charged on a normal mortgage, like attorney fees, credit reports, flood certificates, recording fees, title insurances, and document preparation. The fee is approximately \$1,400.00.

All of the above fees are rolled into your loan and you do not have to come up with the money. The only out of pocket expense is the appraisal fee which usually costs about \$350.00. That fee gets paid directly to the appraiser that comes to your home to find out the value of it.

Therefore the costs of the closing for a \$400,000.00 home would be as follows;

M.I.P. 2% of \$400,000.00
\$8,000.00

Origination Fee: 2% of \$400,000.00
\$8,000.00

Closing Fees (Approximate) \$1,400.00
\$17,400.00

Out of Pocket (Appraisal) \$350.00
\$17,750.00

It is important to remember these fees are paid back when the last remaining person over the age of 62 years old dies or leaves the property, you must remember that the only people who can apply for a reverse mortgage are people over the age of 62.

This article gives you a small picture of what a Reverse Mortgage is.

If you have any questions, you wished answered in the article, you may e-mail the writer at S.fine2@verizon.com or contact said for an appointment at (978) 475-9886





Mind, Body & Soul: Health in The Valley

Are smokeless tobacco products safer than cigarettes?

Dr. Rallie McAllister
SYNDICATED MEDICAL COLUMNIST

If you're looking for a safe alternative to smoking cigarettes, smokeless tobacco isn't it.

Recent research conducted by researchers at the University of Minnesota banished the notion that snuff and chewing tobacco are safer because they don't burn and produce inhalable smoke. The researchers discovered that a single pinch of smokeless tobacco exposes the user to the same amount of another type of carcinogen, called polycyclic aromatic hydrocarbons (PAH), as the smoke produced by five cigarettes.

Polycyclic aromatic hydrocarbons are widespread environmental contaminants formed as a result of incomplete burning of organic matter, including wood, coal, meat and tobacco.

Until recently, many scientists believed that only trace amounts of PAH existed in snuff. Although use of smokeless tobacco

doesn't involve burning, moist snuff is contaminated with PAH during manufacturing.

The most likely source of contamination is the curing process used to turn tobacco leaves into snuff. Known as fire-curing, it puts tobacco into direct contact with the smoke generated by smoldering hardwoods, a rich source of PAH.

The research on PAH in smokeless tobacco was reported last month at the 238th National Meeting of the American Chemical Society. It adds to existing evidence that smokeless tobacco



contains nearly two dozen carcinogens known to increase the risk of mouth, liver and pancreatic cancers.

Some of the most prevalent and dangerous cancer-causing agents in smokeless tobacco products are chemicals known as tobacco-specific nitrosamines. While only miniscule amounts of nitrosamines are allowed in other consumer products in the U.S., including beer and bacon, smokeless tobacco generally contains nitrosamine at levels that are 1,000

times greater than those found in other commonly consumed items.

While low-nitrosamine smokeless tobacco products are available, including

a Swedish-style product called snus, these products still contain measurable levels of the cancer-causing chemicals.

In a study comparing 182 oral snuff users with 420 cigarette smokers, Minnesota researchers found that oral tobacco users were exposed to higher levels of certain nitrosamines than smokers. The researchers concluded that compared to smoking, oral use of tobacco may actually provide a more efficient means for delivering certain carcinogens into the body.

The findings come in the midst of a rise in both the marketing and consumption of smokeless tobacco, which many consumers regard as less dangerous than cigarettes.

Since the 1980s, sales of moist snuff have doubled in the U.S.

In addition to a heightened cancer risk, chronic use of snuff leads to nicotine addiction, just as it does with cigarette smoking. Some studies suggest that smokeless tobacco can be as addictive as morphine or cocaine.

McAllister, page 20

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Merrimack Valley Hospice House opens second wing

Haverhill, Mass. – Since opening in June, the Merrimack Valley Hospice House staff have had an opportunity to care for 60 patients and their families. In that short time, demand has exceeded the agency's expectations and the second wing is set to open in mid-September.

"We have had a tremendous response from the community and health care professionals across the region," said Joan Stygles Hull, RN, MBA, President / CEO of Home Health Foundation. "As planned, we opened the first wing of the Hospice House in June and are ahead of schedule to open the second wing the end of this month. Patient referrals have come from our colleagues in the health care industry as well as families contacting us directly to inquire about the services available for their loved ones."

The Merrimack Valley Hospice House is a 14 bed Hospice House located on 39 acres of beautiful woodlands at 360 North Avenue in Haverhill. Its specially trained hospice staff work round the clock caring for patients with life-threatening illnesses and their families. The Hospice House was designed for patients who cannot remain at home during their final weeks and days but who wish to make their final journey in a home-like environment that welcomes friends and families to spend the night.

Statewide waitlist for home care services

For the first time in many years, elders throughout the Merrimack Valley will have to wait to get home care services to help them manage their daily lives at home. The Executive Office of Elder Affairs has mandated a statewide waiting list for senior citizens needing services and assistance from the Home Care program, beginning September 8th 2009.

Rosanne DiStefano, Executive Director of Elder Services of the Merrimack Valley, Inc. in Lawrence that covers 23 cities and towns, stressed that the waitlist policy is not a complete shutdown of the Home Care program. DiStefano stated that "any elder with critical unmet needs will still be able to enroll, including situations involving elder abuse, elders being discharged from nursing homes or hospitals, some Mass Health program recipients, and elders receiving hospice services. We want

The residence is the first of its kind to be built in the Merrimack Valley, and is only one of two Hospice Houses in Massachusetts licensed to offer pediatric hospice services. Some highlights include private patient rooms with space to accommodate family members overnight, community areas with fireplaces and gardens that replicate a home-like setting. A Remembrance Walkway has also been incorporated into the property where supporters can inscribe a brick in tribute to their loved one.

At times, the demand has resulted in a waiting list for patients and families hoping to access the residence.

"This home is equipped to provide everything from routine patient care to hospital level care," said Hull. "Since opening we've cared for patients who have ranged in age from 4 to 93. All of us feel privileged to be providing the important end-of-life care to these individuals and their families. We've worked hard to make our house feel like a home for them."

Merrimack Valley Hospice is a not-for-profit agency dedicated to serving the medical, spiritual and supportive needs of terminally ill patients and their families. It is affiliated with Home Health VNA and HomeCare, Inc. Together, the three agencies serve more than 80 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. For more information on the agency and the Merrimack Valley Hospice House, visit www.merrimackvalleyhospice.org.

to be sure that referrals are still made to the program, as care advisors are available for free assessments and consultation, and some elders may be able to be enrolled and receive services."

Massachusetts spends 39% of its long term care Mass Health dollars on community care, while 61% of that funding goes to institutions. For every one person in a state funded nursing home bed, two elders or more, with similar disabilities could be receiving services at home. "It is sad to think that we can not meet the needs of elders who are more comfortable staying in their own homes" DiStefano said, "the equal choice law was passed years ago to balance long term care dollars but we are far from reaching that goal."

For more information about the waitlist please contact the Age Information Department at Elder Services at 1-800-892-0890.

American Cancer Society's Look Good, Feel Better® Hosted by Caritas Holy Family Hospital

(Methuen, MA) – Caritas Holy Family Hospital will host the American Cancer Society's Look Good . . . Feel Better, on Monday, October 19, 10:00 a.m., Caritas Holy Family Hospital, 70 East Street in Methuen. Look Good . . . Feel Better is a free program that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and/or radiation treatments. Wig care, scarf and hat use, skin care, and nail care will all be discussed, and all participants will receive a free makeup kit.

Cosmetologists certified and trained by the American Cancer Society will conduct the sessions, which are non-

medical and do not promote any product line. Look Good . . . Feel Better is a free, supportive, informative, and enjoyable first step toward renewed self-esteem, self-confidence, and emotional recovery for cancer patients undergoing radiation or chemotherapy.

Look Good . . . Feel Better is offered through a partnership of the American Cancer Society; the Personal Care Products Council Foundation; and the National Cosmetology Association. For more information about Look Good . . . Feel Better or for cancer information anytime contact your American Cancer Society 1-800-227-2345 or visit www.cancer.org.

McALLISTER: FROM PAGE 19

When using snuff and other smokeless tobacco products, nicotine is absorbed directly into the bloodstream through the walls of the mouth and gums. From there, it makes a beeline for the brain.

Holding just one pinch in the mouth for 30 minutes delivers as much nicotine as about four cigarettes. Individuals who dip or chew tobacco 10 times a day could be getting the same amount of nicotine as those who smoke two packs of cigarettes daily.

The nicotine in smokeless tobacco can rev up the pulse by 10 to 20 beats per minute, putting a strain on the heart. Nicotine is also thought to elevate cholesterol levels and increase the chances of developing blood clots, adding to the risk of having a heart attack or stroke.

People who use smokeless tobacco are far more likely to develop mouth cancer than nonusers. Unfortunately, oral cancer is one of the toughest types of cancer to treat and cure.

Surgical removal of the malignancy can leave the face, jaw, chin and neck seriously disfigured. Sadly, only about half of those diagnosed with mouth cancer will survive longer than five years.

For folks who are lucky enough to

avoid getting heart disease or cancer of the mouth or pancreas, smokeless tobacco packs other serious health risks. When it mixes with saliva in the mouth, it forms a corrosive acid that damages the teeth and gums, and when it is accidentally swallowed, it can lead to the development of painful stomach ulcers.

Long-term use of smokeless tobacco can cause the gums to pull away from the teeth, exposing the roots and quadrupling the chances of developing serious tooth decay. Gum recession is not only unsightly and unhealthy, it's also irreversible.

Tobacco — in any form — is a serious health hazard. If you're looking for a safe alternative to smoking cigarettes, smokeless tobacco isn't it.

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

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Thomas Connors
VALLEY PATRIOT COLUMNIST

You Gotta have Friends! It's as simple as that.

We are not meant to live alone. No one is meant to go through life without the influence and comfort that others can bring to our lives. People Living the WOW! know this fact about human nature and apply it to their lives with a vengeance. They work at establishing relationships with people for a pretty good reason. It works!

FRIENDS come in all different shapes and sizes. They have one thing in common. YOUR best interest.

Friends come from all walks of life. And they can show up at the most unanticipated times or venues. The janitor who cleans your building at night. The new neighbor who needs to borrow something. The co-worker who invites you to her child's birthday party. Or the business associate who sells you some office supplies.

Yes, Friends come from all walks of life and at times we least expect them to show up. What is important is to not only be ready for them when they appear but to go out of our way to Make NEW Friends whenever we get the chance.

TRUE Friends can make a HUGE Difference in how you live your life; especially if you want to Live it With a WOW!

People who are Living the WOW! right now, know they can count on their true Friends to be there for them through thick

and thin; through the good times and the not so good ones. They share their laughter and their tears. They bring one another up when they hit low points in life and make sure they don't get too carried away when they are riding high.

Those kinds of advantages are priceless when it comes to Living the WOW! And it is why people who are lucky enough to have Friends, cherish them for a lifetime.

How do you make Friends? Well, for starters, get off your duff and get out where people can see and meet you.

You have to work it. That's right. It takes WORK to make Friends. AND it takes continuous work to maintain and grow those Friendships. And no one does it better than CJ, Head of Sales for Global Newswire in Canada.

CJ goes out of her way to make sure her childhood Friends still stick together after all these years. SHE takes the initiative to schedule lunches and dinners to keep the "girls" together. And she takes that same appreciation for her childhood Friends and transfers it to her business clients as well. It is the reason she is the star of sales in Canada.

She works her relationships so that her clients come out winners. They know she is more than your everyday salesperson. They know she is a Friend who looks out for their best interest. And in the end, her firm benefits as well.

Make no mistake about it, Friends can be found anywhere including in your spiritual life. You can have no better and longer lasting Friend than the

God above.

God can be the best Friend you will ever have. But for that relationship to be meaningful and worthwhile you have to work it as well. You have to talk to God and let Him into your Life. And you have to be there for Him when He needs you.

Whether it be in your personal, business or spiritual Life, the benefits you will ultimately gain from each one is worth the effort they will take to nurture and grow.

I was blessed with some great Friends. Let me tell you about a couple.

Chick is the perfect example of a good Friend. If there is anything he can do to give you an introduction to a prospective business contact or make a phone call on your behalf, he doesn't think twice about doing it. In fact, you don't even have to ask. He is always there to volunteer the help. Now, it may eventually cost you a meal somewhere down the road (he's never had a meal he didn't like) but even that gives you an opportunity to build a stronger relationship with him.

Then, there is Bob at my company, American Training. Any company would be proud to call him one of their own. And so do I.

he looks for ways to set people up with others in order to create winning relationships. Not for his benefit, but for theirs. After a hugely successful formal career, Bob Lives the WOW! by bringing people together to form lasting Friendships that show how much Life Matters.

Friends do something very special for those they let into their Lives. They care and remind you what Life and Living is all about.

Living the WOW is certainly about money. And it's about the accomplishments in school and business. It is about the successes we achieve through hard work and long study.

Friends take it one step further. That show us how important we really are. That we have value well beyond the material stuff.

They help us demonstrate to our families and the world around us that above all else our Lives have Meaning and Blessings Beyond our Wildest Imagination! They remind us that when all is said and done, Life Matters.

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@American-TrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2009

SIMPLE WISDOM WITH GAIL VAN KLEEK

What We Take For Granted

Gail Van Kleek
VALLEY PATRIOT COLUMNIST

The other night I dreamed I'd hired a homeless man to help with fall cleaning. I dreamed he'd offered me a partial stick of gum, which was all he had in exchange for the privilege of washing his hands at our bathroom sink. When I awoke, the memory of that partial stick of gum and the way its owner had looked at our clean bathroom, made me think about how much I take for granted.

My mother, who had five children of her own, selflessly gave her time and energy to those who were less fortunate than us. I remember how people outside our family admired her generous spirit. I remember too the times I wished she would just stay home and give a little more of that generous spirit to me!

Later, when I had children of my own, I think perhaps I understood my mother more clearly. I think she reached out to people beyond her family because it was her nature to be compassionate and kind. Partially though I think she cared for them because they gave her something she didn't get from us. Those people valued her as a person and appreciated what she did for them.

Children are precious, unrepeatable, yet often selfish and ungrateful human beings who can sop up every bit of their parent's energy and patience, then stand there ask-

ing for still more.

Sometimes, I think as we grow up, a part of that unappreciative, demanding child still lives within each of us. Sometimes I think we fail to notice the blessed bounty of what we've already been given, because we're too busy focusing on how we can get more of what we think we need.

Sadly, because what we focus on is truly what we see, the more we focus on the ways we wish our lives were different, the more we become a discontented victim of our circumstance.

When we actually decide to notice the things for which we are grateful, those things seem to multiply. When we make up our minds to look for the things we can appreciate in ourselves and others, those attributes seem to multiply as well. The more we create a place in our lives for a sense of thanksgiving, the more we become aware of our many reasons to give thanks.

As the bitter-sweet holiday times draw nearer, I wish each of you a true sense of appreciation and gratitude for all that is good and precious in your lives.

WHAT WE FOCUS ON IS TRULY WHAT WE SEE

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

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Baby Chase Duchaine Fundraiser



The Duchaine family is going through their own personal hell on earth. Amanda Duchaine gave birth to her baby boy "Chase" on September 22, 2009. Chase has been diagnosed with Trisomy 18 (otherwise known as Edwards Disease). Chase's life expectancy is between 5 days – a few weeks.

Both North Andover residents, Amanda and her husband have a 4 year old daughter and are financially strapped with the cost of medical bills and time out of work to be with their son. Unfortunately, in the near future, there are going to be some astronomical expenses.

Please join us for a fundraiser to help support the Duchaine family in their desperate time of need.



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PHOTO: TOM DUGGAN

The ladies of The Edge Hair Salon at 222 Merrimack St., Methuen, not only read The Valley Patriot but they keep it in stock. Need a hair cut? A perm? Coloring? You'd be crazy not to have these ladies working on your hair! Check out The Edge Hair Salon across from New England Seafood in Methuen.

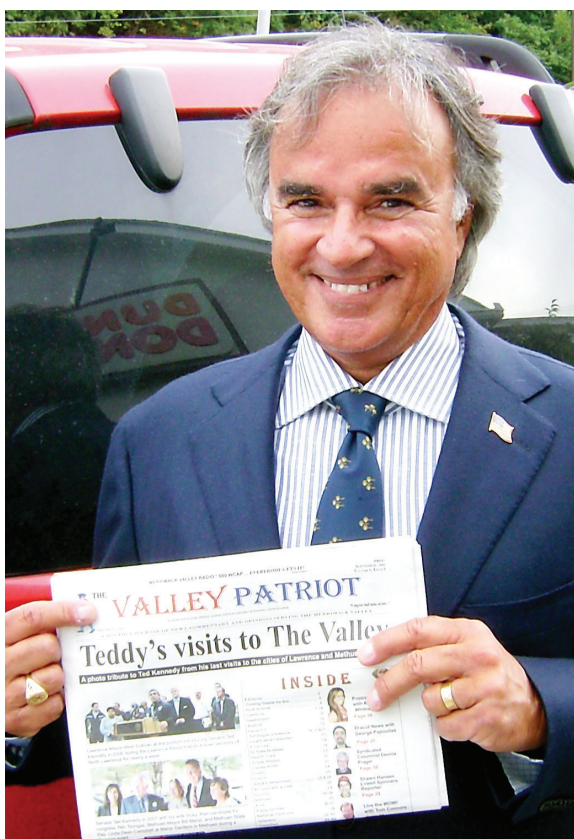


PHOTO: TOM DUGGAN

Candidate for Governor Christy Mihos not only reads The Valley Patriot, he says he was so impressed with Dr. Ormsby's column on Health Care that he has incorporated it into his campaign platform in next year's race to replace Deval Patrick.

An appreciation dinner was held for members of the Methuen VFW and the volunteers who helped organize the 2nd Annual Methuen VFW Bike Run earlier this year to raise money for the VFW.

David Goulet from Lawrence (third from right) organized a Thank You, spaghetti dinner for the volunteers who helped make it happen. From Left to right are: Joyce Campagnone, Henry Dube, Ellie Shimko, Frank Shimko, Dave Goulet, Deputy Sherrif Bob Rocha, Deputy Sherrif Mike Frasier, (back) Ken Mixon.



PHOTO: TOM DUGGAN



PHOTO: TOM DUGGAN

Olympic Gold Medal Softball Pitcher Jennie Finch displays her copy The Valley Patriot at the Greater Boston Sports Collectors Show at the Shriners Auditorium in Wilmington. Another show will take place next month (November 6, 7, and 8) where sports legends will be available for autograph signings and pictures. (SEE PAGE 12)

Pic. (L-R) Mark Engelberg, Lawrence Rotary President, Ingrid Brown, District Gov and Steve May, District Gov elect

Rotary District Governor Ingrid Brown Visits Lawrence Rotary Club. District Governor (#7930) Ingrid Brown unveiled

her District Conference plans and vision for the future of Rotary during the weekly meeting of the Lawrence Rotary Club on Sept. 24th at the Greater Lawrence Technical School.



PHOTO: COURTESY

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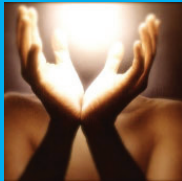
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Hunger Heroes Appreciation Event

Lowell, MA – The Merrimack Valley Food Bank will honor businesses, local high school students and individuals at its Hunger Heroes Appreciation Event on Thursday, November 12 at 5:30pm at the Holiday Inn Tewksbury.

Included in the list of honorees are: Corporate Partner Category: GE Employees Good Neighbor Fund of Lynn; Food Donor Category: Stonyfield Farm of Londonderry, NH; Partner/Member Agency Category: Our Neighbors' Table in Amesbury, MA and in the Volunteer Category: the students of Greater Lowell

Technical High School Community Service Learning Program.

The Merrimack Valley Food Bank, Inc. (MVFB) is one of four food banks in Massachusetts and provides food and supplies to food pantries, shelters, soup kitchens and day and residential programs in 29 communities throughout northeastern MA and southern NH. Tickets to Hunger Heroes are \$35.00. Advance purchase is required, and space is limited. Call Lisa at 978-454-7272 or visit www.mvfb.org for more information.

PATRIOTS: FROM PAGE 13

al sports leagues should get together and shuffle around the team names. It's good the New Orleans Saints of the NFL never get to play the Angels. It would be so unnatural to watch the Angels and Saints going at it. On the other hand, if the NHL's New Jersey Devils were baseball we could see the Angels battle the Devils.

That would be a series to watch. And the Cowboys and Indians will never fight it out in the world series because the 'boys are in the NFL; although the Cowboys do play the politically incorrect Redskins. If the Detroit Tigers joined the NFC central the division would be way too scary for Dorothy to attend a game – it would include the Lions and Tigers and Bears, oh-ho. Perhaps she'd be more comfortable watching the Wizard's of Washington play her Kansas City Royals. At home of course, for there's no place like home. All these pairings would be more exciting than last year's world series, that had fish battle horses, and the year before that saw a pair of socks defeat a mountain range.

The Celtics, perhaps the only team in the History of the NBA that has a white mascot representing an all-black team (sorry Scalabrine, you still there?). I bleed green,

but I'm not all that happy with what transpired over the off-season. Yes, we picked up Rasheed, but the Cavs now have Shaq to complement Lebron and the Lakers got Artest, who can defend Pierce with the best of them. The Celtics chances this year? If they stay healthy they have a shot, but I'm going out on a limb to choose the Cavaliers as this season's NBA champs. You heard it here first. And it's not because of Shaq. My favorite Celtic was dropped and picked up by Cleveland in the off season, and he will come back to bite the Celtics in their dark green butts - Leon Powe.

What's Bruin down at the TD Bank Garden? That's anyone's guess. But if management thinks that trading away your star offensive player (in Kessel) is the key to winning a Stanley Cup, they might want to re-think that strategy.



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

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*Signed: Joseph Mendonca, 41 Veritas Ave, Lowell, MA
Paid for by the Committee to Elect Joseph M Mendonca*

Lowell's unbalanced budget

Joe Mendonca

CANDIDATE FOR LOWELL CITY COUNCIL

In June, the City Council deliberated and approved a budget for FY2010. The Council made only one cut to the budget as presented by City Manager Bernard Lynch. The Council eliminated the \$85,072 in funding for the position of Assistant to the City Manager - a cut that was NOT well received by many in the community.

With only this information in hand, you would think that budget had a surplus of \$85,000 – not so! When the City Manager presented the FY2010, he made it clear that it included \$2M in revenues from a local option meals tax that the State Legislature was proposing at the time. The local option had to be approved by the Council at least 30 days prior to the quarter in which it would take affect (Oct 1st at the earliest).

Originally, the local option meals tax was going to be 2% (\$2M) and the expected revenue in the form of local aid was \$142,162,568 – a total of \$144,162,568. Subsequently, the State actually implemented a 1.25% increase in the meals tax with the proceeds used to increase the local aid allocation to each community and the local option was reduced to only 0.75%. The local aid for Lowell in the final State Budget is \$143,801,678. By doing a little math that leaves FY2010 budget depending on the local option meals tax to the tune of \$361,000.

To make matters worse, at a recent City Council meeting, the City Manager disclosed that \$300,000 in expected trash fees will not materialize. By adding that to the existing shortfall in revenues we have total shortfall of approximately

\$661,000.

On July 21st, the City Council voted to request elimination of the Preliminary Election. The home rule petition was later approved by the State and the Preliminary Election was eliminated. This was another action that was opposed by many voters but did save the expense of \$40,000.

The total reduction in expenses is \$125,000. That results in a net budget deficit of \$536,000.

As of this writing, the Council has taken no action to adopt the local meals tax and three of the Councilors have publicly stated that they are opposed to the local option meals tax. It is very likely that there is not enough support on the Council to adopt the local option. In any case, it is a primary responsibility of the Council to produce a balanced budget before the start of the fiscal year. Given the current status, we are about to start the second quarter with a budget that has had deficit from the beginning.

The Council needs to balance the budget now and not wait until December when the budget must be balanced for the State to approve the setting of the tax rate for FY2010. Given that there is no action to address the budget deficit, it appears that the majority of the Council wants to table the problem until after the election. Why upset the voters?

(In the interest of full disclosure, the writer is a candidate for Lowell City Council and is opposed to the adoption of the 0.75% meals tax.).



Joe Mendonca is a former Lowell School Committeeman (1999 - 2006) and former Lowell City Councillor (2007) who is familiar with Lowell's City and School Department Budgets.

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and come out to see the all female comedy tour.

FARMTOWN LOWDOWN

A Preview of Dracut Events for the Month of October

George Papoulias
VALLEY PATRIOT DRACUT REPORTER

BON APPETITE
The Ste. Marguerite d’Youville Parish Club will be sponsoring a Ham & Bean Supper.
The supper takes place on Saturday, October 24th from 4:00pm-6:00pm. The location will be at Ste. Marguerite d’Youville’s Hall on 1340 Lakeview Ave. Ticket prices are \$6 for adults, \$5 for seniors and \$2 for children under the age of 10. For more information, call (978) 957-0322

LEADERS OF THE PACK
The Pack 8 is an active, fun group of boy scouts in Dracut. The scouts participate in a vareity of events from camping, to racing derby cars and boats to sleepovers. The pack annually consists of over 50 kids. They’re each designated to a certain den based on age and/or grade.

These dens include:
Tiger Cubs (first grade)
Wolf Cub Scouts (second grade)
Bear Cub Scouts (third grade)
Webelos Scouts (fourth and fifth grades)
Pack 8 is also led by a new Cub Master, Pete Mancuso. Mancuso became the master last March after replacing his predecessor and Webelos leader, Pete Storm.

The pack has recently been visible in public events such as hosting a recruitment booth at Dracut’s Old Home Day. Pack 8 will be hosting a pack meeting on October 9th at St. Margurite D’Youville Parish Hall from 7:00pm -8:00pm. Anyone interested in joining the pack is invited to attend. Speaking of meetings, each den also hosts it’s own meeting every Monday and Tuesday at the parish, beginning at 6:30pm. St. Margurite D’Youville Parish Hall is a chartered sponsor of the Pack 8. The pack will also be organizing a popcorn sale on October 17th at Kenwood Hardware on 34 Broadway Rd. from 9:00am-2:00pm. The sale is geared towards raising money for the pack’s operation. After a certain sales level is reached, profits from the sale are allocated for individual scout activities such as the annual summer camp. Log onto <http://pack8dracut.net/pack8dracut/default.aspx> or email pack8dracut@gmail.com with any questions or comments.

Troop 80
-Also based in Dracut is the Troop 80. The troops consist of approximately 30 boy scouts ranging from ages 11-17. The organization emphasizes and teaches basic, scout core values such as leadership and obtaining character. They’re also involved in many activities including

camping, hiking, canoeing and organize one monthly event. There are also approximately 50 adults who contribute to the assistance and mission of the troop. The Troop 80 also organizes meetings every Monday at the Acacia Club on 247 Sladen Street in Dracut. The meetings last from 7:00pm -8:30pm for anyone interested in finding out more information. For more information, you can also log onto <http://ecommunity.uml.edu/troop80/>

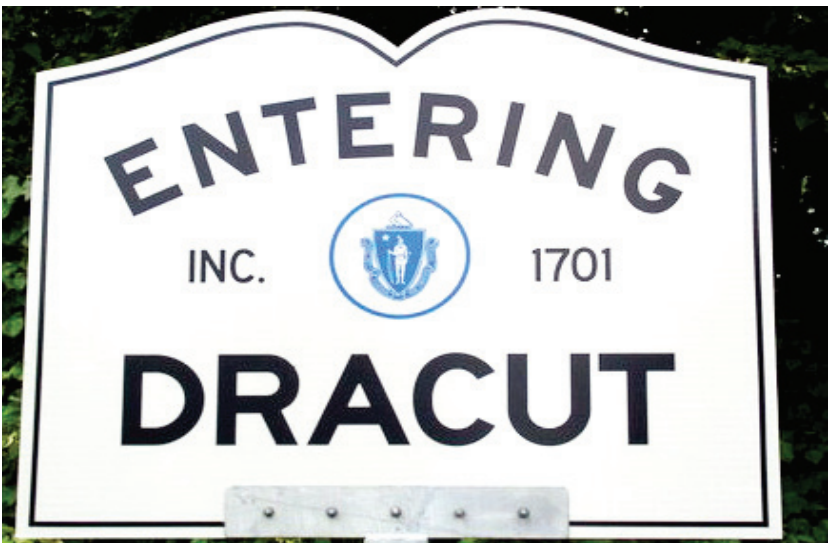
FESTIVAL FOR FALL
St. Francis Church will be organizing a Harvest Festival on Saturday, October 10th from 10:00am-4:00pm. There will be food offered such as chili, chowders, apple crisp and homemade fudge. There will also be fun & games such as bouncy houses as well as crafts and vendors. St. Francis Church is located on 115 Wheeler Rd. For more info log onto www.saint-francis.net or call (978) 452-6611 between Monday and Friday (office hours vary.) The festival’s rain date is scheduled for Sunday, October 11th.

DEFENDING DRACUT SUPER BOWL CHAMPS
Don’t miss a second of the gridiron action as the Dracut Middies look to defend their first super bowl crown since 1988. Here’s a look at some upcoming Middies match-ups on the football field:

Friday-October 9th vs. Lowell Red Raiders- at Martin Alumni Athletic Complex in Lowell (450 Douglas Rd.)
Tuesday-October 13th vs. Haverhill Hillies-at Dracut Senior High
Friday-October 23rd vs. Chelmsford Lions –at Dracut Senior High School
Friday- October 30th vs. Andover Golden Warriors-at Dracut Senior High School
Friday-November 6th vs. Lawrence Lancers -at Lawrence Veterans Memorial Stadium (240 Osgood St.)
*Aforementioned games kickoff at 7:00pm
Thursday-November 26th vs. Methuen Rangers –at Dracut High School
*Kickoff is 10:00am

For directions on field locations log onto http://www.centralcatholic.net/ath_directions.html

DRACUT DIVERSITY
The Massachusetts Cultural Council Program is an organization which supports and funds community projects and events. These events relate to the arts, humanities and sciences. More specifically these events include field trips, after school programs, concerts, festivals, lectures, dance, theatre and film. Locations of council funded programs include schools, community centers, town halls, parks, elder care



facilities, etc. The mission of the program is to promote cultural diversity and experiences for every Massachusetts resident. It is comprised of 329 councils serving all 351 Massachusetts cities and towns. These councils award more than \$2 million in grants to more than 5,000 cultural programs statewide.

One of these councils is the Dracut Cultural Council. They are currently accepting applications from individuals, organizations and schools for grants which support cultural community activities. The deadline is Thursday, October 15th. Applications are available by logging onto www.massculturalcouncil.org/applications/lccapp. For any questions, contact the council’s daytime phone number at (978)454-6165.

LIBRARY LOOKOUT FOR VOLUNTEERS
If you’re in grades 8 thru 12 and looking for light after school activity, this could be an idea: The Moses Greeley Parker Memorial Library is seeking volunteers for the children’s room. Volunteering tasks include shelving books, washing toys & furniture, preparing crafts and assisting with programs. These programs include fun ways to engage children in reading and keeping them active and involved in fun and games.

The library is currently offering training to any interested students every Wednesday from 3:00pm-4:30pm or 6:30pm-8:30pm. For more information email Penny at pberube@mvlc.org

COUNT THE CRAFTS!
Saturday, October 24th will mark the 28th annual Craft Fair organized by the Dracut Scholarship Foundation. The fair takes place from 9:00am – 3:00pm at the Dracut High School. There will be 186 booths consisting of crafters exhibiting their product. Admission is \$3 and will benefit the foundation’s mission to raise

money for college scholarships of graduating Dracut High seniors.

Any crafters interested in displaying a product at the fair can log onto <http://www.dracutscholarship.org/craftfair.html> to download an application. Applications can also be obtained by contacting board member Bruce Cronin at (978) 957-6067 or vice president Rich Vezina at (978) 208-7206

TIP-OFF TIME
As October arrives, the time for hoops is nearby. On Tuesday, October 13th there will be an opportunity to register for Dracut Recreation basketball in the Dracut High cafeteria. Registrations will take place from 6:30pm-8:00pm. Interested parties can also register at the Dracut Recreation Office, October 6th thru the 30th. Registration fees for children age eligible include the following:

Boys -\$70.00 for students in grades 2-4
-\$85.00 for students in grades 5-8
Girls-\$70.00 for students in grades 2-3
-\$85.00 for students in grades 5-7+

READY TO WRESTLE?
Registration will also be available October 5th thru the 23rd at the recreation office for wrestling. Registration fee is \$65 for boys in grades 1st thru the 8th. The Dracut Recreation Office is located on 11 Springpark Avenue. Office hours are Monday-Friday, 8:30am-12:00pm & 1:00pm-4:30pm. For more information, contact the office at (978) 458-4478.



*George Papoulias is a Dracut resident, graduate of Rivier College with a B.A. in Communications and producer for Absolute Broadcasting in Nashua, NH (1590AM WSMN & 900AM WGHM.) He can be reached at gpap14@hotmail.com



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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!

NOTEBOOK: FROM PAGE 17

(he pronounced it Kolofo-leez instead of Kolofo-LUS). If anything, The Trib should have had the incredibly knowledgeable Gretchen Putnam doing election commentary. She may work for team evil, but at least she knows the issues and knows how to pronounce the names of long term city councilors.

TYNGSBORO – Selectman Ashley O'Neill was recently attacked by the Lowell Sun for trying to schedule selectmen meetings around her college schedule. I've seen this for 25 years in The Valley, a new school committee or city council member gets elected and everyone on that particular board tries to make an effort to accommodate that new person's schedule. In this case, Ashley had a scheduling conflict with one of her college classes for only a few months and asked the Board of Selectmen if they could accommodate her schedule. But the Sun turned the issue into a matter of Ashley making her college class more important than her newly elected position on the board. Shame on the Lowell Sun! While local communities are starving for fresh young talent to help manage municipalities, the Sun seems to be intent on discouraging such involvement from college students and young people. I say, if the board cannot accommodate Ashley's schedule so be it, but let's not cast judgment as to her commitment to the job she was elected to do. In the end, Ashley was able to change her class schedule so the issue is mute. But let's not overlook the Sun's ridiculous editorial.

LAWRENCE - I don't know what DPW Director Frank McCann and Andrea Traficanti are going to do now that councilor Patrick Blanchette has failed in his life-long quest to be the mayor of Lawrence. As of January 2010, Blanchette

will not only NOT be mayor of Lawrence (after placing a pathetic fourth on primary day), but he also won't be the council president and he won't even be on the city council, (if you listen closely you can hear Andrea sobbing). Blanchette, who campaigned on his chrone's disease and has yet to pay his income taxes, spent most of the last 30 days before the election on Spanish language radio attacking Councilor Dave Abdoo and has continued those attacks after the election. But those who live in glass houses should not throw stones. Blanchette not only refused to pay his income taxes, he also evaded sales taxes in Massachusetts by purchasing campaign material at BJ's Wholesale and Staples in Salem NH.

Now, Blanchette, Traficanti and McCann are supporting Willie Lantigua for Mayor in their quest to regain power in city hall and settle all their lawsuits and political scores.

LAWRENCE – Stick a fork in District D City Councilor Nick Kolofos. The long term incumbent came in second in the city primary to newcomer Onaida Aquino who is gaining steam from the "vote Latino" crowd. If that wasn't enough put Kolofos on the ropes, his inability to understand the importance of the mayors race is about to finish him off. You see, Nick has been wrapped around Patrick Blanchette and Andrea Traficanti's little fingers for a long time and because they both support Willie Lantigua (and hate Dave Abdoo) Nick has told his friends and supporters he is leaving his ballot blank when it comes

to casting his vote for mayor. If he was smart he would be campaigning hard for Abdoo as that would bring out more "Anglo" voters. But Nick has never been one to get out of his own way and will, knowingly or not, be doing Pat and Andrea's bidding for them by driving down the white voter turnout while Lantigua and Aquino motivate more Latinos to vote Latino. I say, if Nick is willing to lose this race to help Lantigua and be the sacrificial lamb for Pat and Andrea then he doesn't deserve to win! Councilor Aquino does have a nice ring to it!

LAWRENCE - The Valley Patriot broke a story last month on it's website that Lawrence School Committeeman Peter Larocque has repaid the Lawrence School Dept. for campaign material he says was produced at the school department during his 2007 campaign. Documents obtained by The Valley Patriot show that Larocque repaid the City of Lawrence for 500 copies of campaign fliers, 600 pages of plain paper and 600 envelopes, as well as 30 copies of a

flier produced in the school department central offices on Essex Street. Larocque made the payment back in August but never released the information to the public amid personal and political attacks for his part in the School Department print shop scandal. I say, Peter has endured way more than his fair share of political attacks for \$55 in campaign material (though it certainly does not exonerate him for his misdeeds) the lies and deceptions used by his opponents to try and vilify him are unwarranted, uncalled for and need to be clarified. Peter may not be a political genius, but he doesn't deserve the untruthful conspiracy accusa-

tions and personal attacks.

HAVERHILL – Valley Patriot editor Ralph Wilbur has been working very hard on Malcom Kimball's campaign for city council and wanted me to pass along his endorsement for Mr. Kimball. (see 15).

METHUEN - The residents of Methuen Village Assisted Living need your help! They are holding a book drive to furnish their gorgeous library, and are looking for donations from their neighbors. Come in on October 17th or 18th, from 10AM to 1 PM to drop off your books and warm up with a cup of hot apple cider. Your donations will bring joy to the avid readers in our community!

NORTH ANDOVER - The N. Andover Merchants Association (NAMA) would

like to invite all N. Andover business owners to please join NAMA at Rolf's Pub on Main Street on Wednesday, October 14th. from 5:30pm to 7:30pm. A cross-section of NAMA's 50 members will be speaking about the benefits of joining with other business owners in an Association committed to the promotion, enhancement, and growth of N. Andover's business community. All business owners are welcomed to come by at any time during the two hour event. For more information, please email Lesley Carlson at Lesley@rolfpub.com, Phil DeCologero at decologerop@merrimack.edu, or Tracy Watson at selectmantracywatson@verizon.net

NORTH ANDOVER's BNI chapter will be partnering with the Red Cross and conducting a blood drive on Tuesday November 3rd from 12:30 to 5:30 PM at Saint Michaels Parish Hall located on 196 Main Street, North Andover. The Red Cross is always in need of blood; your donation may help save someone's life. For more information, or to schedule an appointment, please contact Ken LaRose at Andover Equity Builders (978) 470-4753



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RIVERBANK: FROM PAGE 18

best customer is someone who has had difficulty with a big bank and couldn't get it resolved.

When you come to RiverBank, you can talk to people who can resolve those problems. All of our employees work in the Merrimack Valley., all of our employees live in the Merrimack Valley., all of our charitable efforts stay in the Merrimack Valley. All of the community involvement and community activities are in the Merrimack Valley. So, we live here, we work here and we are committed to the improvement of the community."

"So, is there no corporate umbrella somewhere else that's in charge of RiverBank or is it just centrally located as a Valley bank?"

"The bank is just a valley bank, we have a holding company which only owns the bank and is headquartered in North Andover. That's just a legal mechanism for having publicly traded shares, we are a publically traded bank and the holding company issues the shares and owns the bank. That's just a legal nicety. We are only in the Merrimack Valley, we are owned by share holders in the Merrimack Valley, the bank went public in 1986. It sold out 100% of its shares to local depositors. Over time, that has eroded and other people have bought the shares, but we are basically all of our business, all of our focus and all of our profits. We don't survive if the valley doesn't do well.

"The last few times we've had someone from RiverBank on our show, we've talked

about "Identity Theft" and I was wondering if you could just touch on that a bit?"

There are an abundance of people who are struggling and trying to repair their credit after someone has stolen their social security number.

The banking industry is very clutzy regulated and all of the banks are and we have very high standards placed upon us by the Federal Regulators in terms of protecting personal identity.

We shred all of our documents. We have a shred truck that comes to the bank and we, also, have our most sensitive documents that we shred ourselves. We have staff that shred the documents. The more common things are the larger bulk volume.

We have a shred truck come, the employee stands there and watches the documents being shredded and from that we said "Gee, we have a need to shred documents and I think that a lot of our customers do, too."

So, after April 15th (tax day) we've had this practice of bringing shred trucks to the bank parking lots so that people can bring their financial forms (after doing their taxes) and have them shredded. They are shredded right there, in front of the people who bring them. That is a symbol of two things: First, it's a commitment to our community and second, it's to show our understanding and the importance of bank privacy and customer security."

"With this economy it seems as though the bigger banks are having a hard time.

Are you feeling the benefits of the backlash from the big banks, is that one of the reasons that RiverBank is growing so well?"

"That's a tremendous question, we are. Much more so on the corporate side, the small business man is being ignored by the big bank, as a matter of fact, they are being kicked out. Some of the big banks (two of the big foreign banks) have capital requirements placed on them and they have to shrink to meet their capital requirements.

I don't want to get too much into it, but basically, they can't grow because they have to build up their capital. We are getting a lot of customers who have been shown the door, good customers, very credit worthy customers.

I am sure it's killing those big banks to have them leave, but they have no choice, because they are under orders to shrink the bank. We are getting a tremendous amount of opportunity and a lot of deposits, we are getting deposits from those big banks and we are, also, getting deposits because those people are saving more and people are, also staying away from Wall Street.

I think it's also because we are making an effort to be known as a local bank who can serve your needs well and give you advice on common banking issues. So, we are doing very well on the deposit growth and loan growth. We have had a lot of growth within the past two years since the crisis began. We don't have any sub-prime mortgages, we never did. We never

engaged in any of that activity, as a matter of fact, when you make loans and you run into some losses, even in the best of times, some people can't pay, but our loan losses are no greater now than they were last year, 2 years, 5 years ago.

"So, you are saying that it is not really hurting you and the economy, in a way, is kind of helping you from what is happening with the bigger banks"

"The economy is helping us in terms of our practice and our business. It's hurting us with our stock prices, people are afraid of securities and they are not buying stock. So, our stock price is down, but our operations are doing very well and our earnings are great".

We have branches all over the place, but Methuen is our best deposit base. We have two branches in Methuen and they have been there a long time and our branch staff is very tied into the community.

I think out of all of the towns we are in, we are most closest identified with Methuen. You know we are about 170-180 years old as a bank and a lot of those people in Lawrence have moved to Methuen. We love all of the towns that we are in, we are very happy with our geography, but the star in our crown is Methuen and your paper is seen as a Methuen paper that has great Methuen content so, that's why we love your paper.



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The RACE is ON!

The night Willie Lantigua and Dave Abdoo were nominated to face each other in the November election for mayor, New England Cable News ran a scroll across the bottom of the screen announcing: the “Dominican” Willie Lantigua had topped the ticket and would face Dave Abdoo “who is White”.

The Boston media was jubilant at the prospect of a Dominican winning the election, which then gave way to the tired old rhetorical question: “isn’t it time for a Latino Mayor?” It was racist. It was condescending to Latinos. And it was patently unfair to both Abdoo and Lantigua.

Lantigua himself, publicly told his supporters that he is not interested in being the first “Latino” mayor. He says, he is only concerned with “being the best mayor for the City of Lawrence.” Conversely, we’ve heard nothing at all from Dave Abdoo that

“Whites” are the real minority in Lawrence and deserve affirmative action handouts. Abdoo has not once campaigned on being the first ever “Lebanese-American”

mayor in Lawrence’s history.

Yet, those who push race to the forefront of this election are acting as though ethnic heritage is far more important than education, life experience, competence, political platform or the candidates’ ideas on how to solve the city’s problems. By making race the major factor in this election, they are dismissing the enormous contributions Lantigua has made to the city of Lawrence and ignoring the competence of his opponent Dave Abdoo.

I find it fascinating that the rhetoric regarding race (when “Latinos” were the true minority in Lawrence) centered on artificially elevating “minorities” beyond their abilities because they were “under-represented” in the community. It would have been unacceptable for any politician in the 80’s or 90’s to say “Lawrence is made up of mostly white people so, it’s TIME for a ‘White’

mayor this year.” Yet, now that the tables have turned and “Latinos” are the numerical majority in Lawrence, the philosophy is exactly the opposite. Now, we hear

that because Latinos are the majority in Lawrence “it’s time for a ‘Latino’ mayor” because it’s only right that the majority of the citizens be represented by someone of the same ethnicity in city hall.

Don’t get me wrong, I’m not saying that “Latino-Americans” are wrong for being excited about the tremendous accomplishments they have made in the last 20 years in Lawrence. I fully recognize that there is a difference between racial pride and racism. What I am saying is at the end of the day, all this focus on race and ethnicity, breaking barriers and making history serves no other purpose than making some people feel good at the expense of making others feel bad.

No matter who wins the election for mayor, they will be no more or less competent to run the city’s massive budget, police department, DPW, or school department because of where their ancestors came from. Neither of them will do a better or worse job because of the color of their skin.

And while we are talking about making history, no matter who wins the corner office next month, the new mayor will have to deal with what will most definitely be a majority Latino City Council. That means the issues important to Latinos in Lawrence will be front and center and will have to be addressed by a “White” mayor if Abdoo gets elected.

And if Lantigua gets elected mayor, not only will there be a Latino mayor and

Latino City Council, but there will also be a Latino School Committee because the mayor sits as chairman of the seven member school board and three Latino school committee candidates are running unopposed.

Make no mistake about it, Dave Abdoo and Willie Lantigua deserve better than all this talk about external trivialities in

the grand scheme of things. Abdoo has an impressive resume and represents real change from the political insiders who have run behind the scenes political machines in Lawrence for years. For his part, Lantigua represents four terms in the State Legislature and has a wealth of knowledge and experience, as well as the support and

endorsements of the political insiders.

I applaud the ethnic pride felt and exhibited by Dominicans in Lawrence and I fully understand the temptation to make this race about electing an entire slate of Latinos to the mayor’s office, the city council and school committee.

I just wish that in the year 2009 we were beyond all that and electing a mayor would be more about what each candidate can do for the city rather than what ethnic group each candidate represents.

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 .



NOTEBOOK: FROM PAGE 17

THE VALLEY - All amateur photographers are invited to submit images to the Essex Heritage Photo Contest! All submissions are due by October 16, 2009, and any photos captured between November 1, 2008 and October 15, 2009 are eligible. Share your story and submit any images taken in the Essex National Heritage Area, assigning them to one of four categories: “My Space,” “On a Photo Safari,” “General Images of ENHA” or “National Historic Landmarks.” The Essex Heritage Photo Contest will award one Grand Prize winner followed by a first, second, and third prize in each of the contest’s four categories. Award winning photographs are exhibited for one year at the National Park Service Salem Regional Visitor Center (2 New Liberty Street, Salem, MA). For more information about the Photo Contest, how to submit, rules and regulations visit: Essexheritage.org/photocontest/index.shtml

LAWRENCE - The Mt. Vernon Neighborhood Assoc. will be holding a Candidates Forum on Saturday Oct. 17, at the Frost School Cafeteria at 10AM. This will include Candidates for Mayor, Councilors at Large, Councilors from District E and F. School Committee E and F, as well as the Vocational School. Come meet the Candidates that are running, bring neighbors and friends, all are welcome.

NORTH ANDOVER - Pranik Healing available at the Senior Center with Educational Therapist, Miriam Smith. Natural Healing for stress relief. The natural healing work takes place in the energetic field around the physical body, and therefore, we do not touch the body. The treatment experience is painless and relaxing. Fridays, 11 -1:30 pm by appointment, 20 minute treatment for \$5.00 donation to the senior center. Call the center at 978-688-9560 for appointment.

METHUEN - The Arts Institute Group of the Merrimack Valley (AIGMV) is hosting its Annual Fine Art and Fine Crafts Art Show and Sale October 28th – November 7th, 2009 at the Nevins Memorial Library, 305 Broadway Methuen, MA. The art show is open to the public Monday through Thursday 10 am – 8 pm and Friday and Saturday 10 am – 4 pm. The show is free of charge and donations are greatly appreciated. The event is a celebration of local artists and is a scholarship fundraiser that promotes and sponsors high school seniors who intend to further their artistic endeavors. An artist’s reception will be held on Thursday, October 29th from 6:30 – 8:00 pm at the Nevins Memorial Library.

NORTH ANDOVER - On Tuesday October 20, from 10:00-11:00 am at the North Andover Senior Center the North Andover the Board of Health will be distributing the Flu Shots to North Andover residents who are over 65. Please bring your Medicare Part B card or applicable current health insurance card.

NEWBURYPORT - Mission Oak Grill to Celebrate with a Motown Dance Party! The SoulMate band is bringing a dance party to Newburyport to celebrate the 3rd Anniversary of downtown dining destination, Mission Oak Grill. SoulMate has succeeded in crafting an experience that is exciting, fun and interactive with their audience. If you are seeking a high energy night out, look no further, SoulMate delivers. SoulMate band takes the stage on Saturday, October 10th at 9 PM. Doors



will open at 8 pm. There will be a cash bar available. Mission Oak Grill is located at 26 Green Street in Newburyport, MA. Tickets are general admission and cost \$10. They can be purchased online today at www.drinkwaterproductions.com. Or call Lisa Knight at 978-375-2252 lisa@drinkwaterproductions.com

HAVERHILL - Mayor James J. Fiorentini has issued a reminder that Trick-or-Treating will be held in the city on Saturday, October 31st. City ordinance requires that legal

Trick-or-Treating in Haverhill occur on the last Saturday of the month, which usually occurs before Halloween. This year, Halloween is on Saturday October 31.

HAVERHILL - Haverhill City Council candidate Michael Young has pledged to donate 100% of his council salary to charity if he is elected in November. Young says he believed that community service should be voluntary and those who serve should not be paid. But Mr. Young seems a little confused. IF he wants to work for the taxpayers for free he ought to give that money back to the taxpayers instead of selected charities and non-profits who will certainly be grateful for the donation in the next election cycle. Don’t get me wrong, I think it is admirable for Mr. Young not to keep his city paycheck if he wins the election, (nice that he can afford to do so, though most cannot) I just believe that money belongs to the taxpayers and if it’s not going to be taken by a councilor Young, he should just give it back.

NORTH ANDOVER - The third annual Fly for freedom and Salute to Gold

Star Mothers (mothers who have lost sons in the military) was postponed last month because of bad weather. The rain date is October 11th at the Lawrence Municipal Airport on Sutton Street across from China Blossom. The ceremony begins at 9am and plane rides begin at 10am.

GOD BLESS FIOS! - SEE THE LIGHT! Here’s a free commercial for Verizon’s FIOS! For years it has been a struggle for me to get to the various local meetings in the Valley. And, for years I have been frustrated by slow internet connections, bad service and shoddy programming. But last month Paula and I decided to dump Comcast and got FIOS. What a world of difference! A fast internet connection was really the most important to me but when FIOS was installed we learned that we now get local cable access channels from Methuen, North Andover, Wilmington, Lawrence and Andover. Now I don’t have to leave the house and can follow all the shenanigans our elected officials are up to in the surrounding cities and towns. GOT TO LOVE THAT FIOS! Now, if only I could get them to buy an ad in the paper. LOL

VETERANS - State Rep. Willie Lantigua has submitted a bill before the legislature (H2815) which, if passed will exempt disabled veterans, police officers and firefighters from state sales taxes on vehicles and large purchases. It’s about time the legislature recognized the contribution of our military men and women as well as our hero police and firefighters. We urge you all to call The State House and support H-2815!

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 .



GEORGETOWN TODAY

BOXFORD

Golfers, brides, money, and fire 'alarms'

Lawrence "Lonnie" Brennan
VALLEY PATRIOT GEORGETOWN COLUMNIST

The big questions: who knew what, when, and what actions did they take to prepare for this day?

If you've watched the Boston television stations, or read the daily papers, you know the Georgetown (golf) Club closed abruptly in September, leaving brides high and dry, and apparently "screwed" out of their reception deposits. (They'll have to wait in line behind an estimated \$10 million owed to more than 200 creditors before they can see a dime of their wedding funds returned to them.)

What's almost funny is how the press reacted. You see, after years and years of court battles and court orders, and a couple of judges describing in their documents the temperament and actions of the Club's president, Peter Wojtkun, it took a gaggle of brides to do what the courts could not do: put a spotlight on some unpleasant activities. Upsetting a few brides sent TV news helicopters to the air, news personalities onto the streets, and daily reporters scrambling for quotes.

Previously, Mr. Wojtkun was ordered by the courts to return hundreds of thousands of dollars he had taken from some golf members and abutters. His cases and appeals and legal schedules were so busy last year with various cases from present and former golf club members who he had either sued, or had sued him, that one judge noted that "the Georgetown Club" appears be another name for "the full employment of all legal counsel in Essex County." But until recently, it was all about golfers and abutters, and pretty boring drivel to plow through. But, toss in a few brides and their deposits and cancelled parties and: instant "press" appeal.

So, here is what you probably haven't read yet: following the September closing of the Club, the Valley Patriot obtained a copy of a court document apparently containing hand notations from Mr. Wojtkun, certifying to the United States Bankruptcy Court via petition # 09-18710, that the Club's intent to seek bankruptcy protection was draw up on May 6, 2009. One must wonder how many brides gave deposits after that May 6th date. And why no one thought to consider putting such deposits in a separate escrow account to protect the brides, should the Club decide to execute the bankruptcy filing?

Fire Contract "Alarming"

"Alarming" is the term Erie Fire Association No. 4 President Dan Brodie used to convey his thoughts to the Georgetown Board of Selectmen regarding the contract proposal he had recently received from Georgetown Fire Chief Al Beardsley and Selectman Steve Smith.

Chief Beardsley reported to the Board that were some "misunderstandings" with the proposal, and Mr. Smith was quick to point out that there were some mistakes made and "I'm going to work to make it right."

Mr. Smith was emphatic and his words were well received by a tense crowd

audience, concerned with the future of the fire department and the protection of the North Street areas serviced most directly by Erie.

Erie has traditionally received an annual stipend of \$3,000 from the Town which Erie uses to offset a portion of approximately \$4,600 of insurance costs. Erie provides the Town with two fire trucks, supporting equipment, and the North Street Fire Station in exchange for the yearly stipend. No payment was received from the Town last year, and so far, no payment has been received this year.

Members of the fire department and Erie's association attended the selectman's meeting to hear first-hand the status of the contract. After some exchanges, Selectman Chair Phil Trapani joined his fellow board members in committing to clear up any issues: "Let's get this thing done," he told the Chief and the board.

The Erie 4 Fire Association (which includes firefighters as well as an incredibly large number of "Friends of Erie" supporters) raises money through dinners, events, hall rental, etc. to purchase trucks, equipment, and maintain the building and grounds of the North Street station. (By way of disclosure, I finally joined the Association in March of this year, and I encourage everyone in Town to do the same.)

First in Class, Now Off the Department

In an earlier column I had noted that Georgetown's Chris Dubois had graduated first in his class at the Massachusetts Fire Academy. That achievement, in June of this year, was no surprise to those of us who know of his credentials and years of extensive experience with the on-call Georgetown Fire Department.

(Mr. Dubois had recently taken a full-time firefighter position on the Westborough Fire Department. By way of reference, several of Georgetown's on-call firefighters are full-time members of other fire departments or emergency medical response units.)

With regret, during his Academy training time, Mr. Dubois had to reduce his on-call work in Georgetown this past year. As a result of this temporary reduction in local volunteer hours, he was, for a lack of better words, not received well by some of the members at Central station.

So, after 14 years of dedication and service to Georgetown, the former fire department officer, our neighbor, is no longer responding to local calls. His gear is now in the hands of others.

It's our loss. Let's hope it's only temporary and things can change in the future. We have many outstanding members of the Georgetown Fire Department at both the Central and Erie (North Street) locations. But Chris will be missed.



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.

A moral choice for Boxford

John McCormack
VALLEY PATRIOT BOXFORD COLUMNIST

The "Joint Meeting Haynes Land Advisory Committee & Housing Partnership Committee" happened at Boxford's Town Hall on Wednesday evening, September 30, 2009. This was supposed to be an informational presentation for the public and also a dry run for the committees' presentations of this combined housing, recreation and conservation project at the upcoming Special Town Meeting. Well it certainly was dry, recycling the same plans as last year minus a few athletic amenities. As for the public, all of the attendees but three appeared to be interested town officials or employees; the three civilians were two abutters and me.

I asked Peter Delaney, who is a member of most of the committees pushing this project, how this meeting was publicized. He said it was "on the website" which is true, but it was listed as just another upcoming public meeting. He deferred responsibility for that to the Town Administrator's office. I asked why the ubiquitous "sandwich boards" which announce town meetings, flu clinics, and elections weren't deployed in the villages. He deferred this responsibility to the DPW. I guess no one got the memo.

Town Meeting purchased the 75.5 acre Haynes land off Middleton Road near Main Street two years ago for \$3.3 million. The rich purchase price was supposedly supported by the property's "highest and best" use for 24 house lots of a potential 34 lot subdivision. But soon after the deal closed, concern arose about the presence of Blanding's Turtle, an endangered species. Quelle surprise! After thousands of dollars of consultant and state application fees, we know that 46.5 acres (62%) of the property is considered Priority Habitat by the state. Quelle horreur! The town seemed blindsided by this. The Salem News reported "Selectman Stephen Davis said the town had no way to know the Blanding's turtles lived in the area."

An inconvenient truth, however, is that an inquiry about the presence of endangered species on this property was made in 2004. An appraisal referring specifically to Blanding's was done in 2006 and came into the town's possession at an unknown time. Whether this information was discounted or overlooked during the purchase negotiations remains a mystery.

Thus began a comedy of errors surrounding this land bought in a fever. Recreational fields were the presumed motivation for most voters to support the purchase. Three things stood out in the stack of engineering drawings on view at the meeting showing two large multi-purpose fields and one baseball field.

First, the baseball field will have its own "gray monster" in left field; a rumored

21,000 cubic yards of ledge must be blasted to level the area. Second, the elevation of the multi-purpose fields must be raised up to four feet to keep them dry in spring. Significant stormwater management facilities are required. Third, every recreational field and parking lot encroached significantly, sometimes almost totally, on wetlands buffer areas. In addition, Boxford conservation regulations prohibit any project which will have an adverse effect on rare species habitat.

It isn't clear that any of the recreational fields can be built under the conservation regulations. Yet, a Haynes committee member reports a "working spirit" to "create an amicable solution" with the Conservation Commission. This has been going on for over a year. The Selectmen support this project and the Selectmen appoint the Conservation Commission. The "appearance" of a conflict of interest is unavoidable.

The most usable part of the land is 13.4 acres at the Middleton Road entrance and is slated for 20 units of "community housing." The housers tried and failed to grab this land last year. They talk about "designating" the land but this means changing the purpose of the land and granting an "affordable housing restriction" which gives the holder the legal right to enforce the restriction, effectively giving control of the land to the housers. They are trying again this year and additionally want the power to dispose of the land. The intention is to donate the land, which the town claims is worth \$578,000, to the housing developer.

The value was calculated using the average acre cost of the land, which is clearly erroneous. The town's appraisal used an average lot value, but states clearly that "several of the lots ... would be oversized (i.e., above average in value), but others would be impacted by limited uplands and proximity to wetlands (i.e., below average value)." The housing area essentially occupies two oversized ANR lots, which don't require roadway construction or extensive permitting. These were appraised in a related report at \$595,000 each, or about \$1.2 million, and could be considerably more.

The cost of this project could include the integrity of Boxford's government if shoddy procurement, compromised regulation, and dubious accounting are rewarded. Boxford's Town Meeting voters need to make a moral decision about this project and defeat the "do whatever it takes" mentality employed so far by rejecting Articles 11 and 12.



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

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VALLEY PATRIOT TV REVIEW

Beth Daigle
VALLEY PATRIOT ENTERTAINMENT REPORTER

90210 and Melrose Place – CW network
8pm & 9pm

Do you ever get the feeling of Déjà vu?
Well I certainly did when I plopped myself on the couch to watch the CW’s new Tuesday line-up of 90210 followed by Melrose Place. It was an oddly comfortable and familiar feeling that brought me happily back to my 20s with a certain 2009 edge and uneasiness, of course.

The season opener of 90210 picked up, pretty much, where they left off however the girls of the cast looked noticeably more mature and over-styled. I know this is Beverly Hills, but these girls looked like they were in their 30s and really not in a good way.

I am sure that Donna, Kelly and Brenda probably looked the same way for their time, but I thought this was over the top and un-relatable.

The renowned high drama of 90210 has certainly not been lost, however there were some familiar faces that were noticeably missing. Where were Kelly, Donna and Brenda? And what about the adorable Ethan character?

Sadly, it looks like we will not be seeing most of these reliable characters as of-

ten if at all. They will certainly be missed but it will be interesting to see if the show can stand on its own without the stars of the past. Overall, a good start to the season but long-term remains to be seen.

The new Melrose Place immediately followed 90210 and started off with a bang, or maybe a push – I am not really sure. Suffice it to say that original cast member Sydney wound up dead in the pool surrounded by blood.

This was unfortunate since I always liked Sydney and I would like to see more of her. Hopefully the rest of the cast, who seem somewhat endearing, can fill the gap.

The best part of the show was that they used the same set from the original series. I loved that they kept it all looking the same. The worst part of the show was that Ashley Simpson was in it. So far her character added nothing and I am really not a fan of hers anyway.

I think with any new show, it will take some time for this new version to gel and really take off, but with again some familiar faces like Michael and what was Sydney I think it has potential. It will never outdo the original, but who knows, if Heather Locklear reprises her role and drags Jack Wagner along with her, they could come pretty close.

Julie and Julia, a movie review

Grace Piazza
VALLEY PATRIOT ENTERTAINMENT COLUMNIST

Julie and Julia sizzles, steams but never boils over emotionally. From elegance in Paris where Julia learns French cooking at the Cordon Bleu School of Cooking to earthiness in Julie’s miniscule kitchen over a pizzeria in Queens, the story of two women with a passion for fine cooking unfolds side by side. Meryl Streep takes on the effervescent spirit, voice and hairdo of Julia Child so well that when she wishes us “Bon Appetit” we think we are seeing the real Julia Child.

Julia triumphantly masters the art of French cooking in Paris in the 1950s and plans a cookbook to make French cooking easier for “servantless” American women. Her American counterpart, Julie, a devotee of Julia’s cooking show, years later, decides to indulge her love of cooking and involve

others by creating a blog on her attempts to follow Julia Child’s recipes every day for one year.

Julie’s failures are hilarious. Her husband rescues her from the flyaway popup lid over a pot of lobsters. She perseveres and hopes to present Lobster Thermidor as her crowning achievement and her 365th entry. The loving support and devotion of the husbands of Julia and Julie, despite occasional complaints of neglect, is heartwarming. The story of the two cooks is inspirational and a tribute to Julia Child and her American counterpart Julie who is portrayed so well by Amy Adams.

Grace Piazza, the author of this review, studied the French language and culture in Paris. She loves French cuisine and has introduced French cooking to hundreds of schoolchildren while teaching them French.

Restaurant industry trade shows coming to The Valley!

The Merrimack Valley welcomes in an exciting round of trade shows exclusively for restaurant owners and their employees! From coffee shops, pizza and sub shops to caterers and fine dining, these expos showcase local services that restaurateurs need... from accounting to wifi...from soup to nuts!

The company called Restaurant Industry Trade Shows is doing something uniquely different that restaurant owners are excited about. Instead of focusing on food like other expos in the industry, these feature local and regional exhibitors that can improve an operation, increase cash flow, turn more tables, or save an operator money.

“I love that finally expos are coming to the area and focusing on this market segment” mentioned Lisa Knight, owner of Drinkwater Productions who signed up for all the expos. (Her company boosts restaurant sales with all sorts of live entertainment and events.) “I know a lot of my business associates would love to save local restaurants money and several are signing up to exhibit at the shows.” Marc Chamberland, another exhibitor who owns Game Time Trivia Events sums it up this way: “This is great because no one likes cold calling. Usually when I get a chance to show a restaurant owner or manager how we can increase sales, build their customer base...and have fun doing it, they usually say something like, ‘Why haven’t I met you earlier!’ These shows are perfect!”

Restaurant Industry Trade Shows CEO, Gregory DerBogossian mentioned, “Although we are in three states now, I love the

fact that wherever we host a show we get great feedback from both exhibitors and visitors. Each of our expos are truly unlike the ‘mega’ regional shows in that the restaurant owner gets a chance to discover new products and services mostly from local suppliers and they don’t have to travel far either. It ends up being a ‘win-win’ situation.”

You must be a food service operator to get in. They actually sit with each visitor to personally qualify that they are in the food service business (and give the operator a free gift). It is not open to the general public. Visitor advance registration is not needed which helps.

Exhibitors are limited to only one per industry segment. “This makes it more exciting for both the exhibitors and the visitors. No one wants to see three Visa/MasterCard services or four bookkeepers,” mentions Greg. “We reserve booth space on a first come first serve basis but we are open to any and all exhibitor types even totally unrelated to this industry.”

The 2009 schedule is: Haverhill, Comfort Suites Hotel on Tuesday, Nov 10th from 12-6. Nashua NH, Holiday Inn on Tuesday Nov 24th 12-6. Tewksbury, Holiday Inn on Monday Dec 14th 12-6

The 2010 schedule includes expos in areas such as Newburyport, Seacoast NH, and Portland Maine. For more information go to www.RestaurantIndustryTradeShows.com or call (888) 688-3377.

A COUCH WITH A VIEW

And these are a few of my favorite things...

Ray Shackett
VALLEY PATRIOT ENTERTAINMENT REPORTER

The couch is a wonderful place where magical things can happen, at least to me that is.

Rest assured I am getting the proper exercise I need and chips and dips are off the menu these days. A nightly stint lounging on the couch for a few hours is luxury that I can take full comfort in. It’s my personal primetime. Easily I can find three hours worth of television programming to get lost in but these days I’m trying to mix it up a bit.

That means adding books, video games and movies into the mix. Including television this adds up to four of my five favorite entertainment rituals. I won’t tell you the fifth, as it may not be suitable for print. The following is a few of my favorite things from those four categories that I suggest you discover on your own on a quiet Sunday afternoon on the privacy of your own domestic dwellings.

Television
Let’s start with the category closest to my heart. Television has certainly changed throughout the years. Network television is in near ruins. But fear not, help is a remote click away. As the major networks are struggling to bring in the tens of millions of viewers they desperately seek cable is sneaking through the back door. With smaller budgets to escape the need for a larger audience, cable stations like USA, TNT and FX are developing smart and original programming that creatively kills the network competition. The seasons are shorter but the intensity is enough to keep you hanging on. And when one ends another gem begins to pass the time. If you haven’t already check out Rescue Me (FX), Burn Notice (USA) and Leverage (TNT). A small sliver of what’s out there beyond channel 7.

Network television has its silver linings though. As I mention these favorite network shows of mine I encourage you to start at the beginning as to not miss a single beat. A favorite activity in my household is to rent shows (every single one is on DVD now) and catch up from the start. Five seasons in a row of 24 (FOX) on DVD nearly killed me but it was a small price to pay to catch up in time for the sixth season. One of the most intense anything-can-happen show on TV, it’s a must see on my list.

In the same vein and category I can happily list Lost (ABC), CSI (CBS) and Smallville (The CW), the early adventures of Clark Kent. Two new discoveries I made recently are The Big Bang Theory (CBS) about a group of twenty something physicists and their hilarious relationships and How I Met Your Mother (CBS), same concept without the complicated algorithms. I suggest getting to know your cable guide. The magazine Entertainment Weekly is an excellent source for what you may be missing.

Movies
There’s nothing better than curling up in a dark room with a bowl full of popcorn, or rice cakes in my current case, and

watching a movie in the comfort of your own living room. Did you know that most cable companies offer free movies as well as the 5.99 deals for newer movies on DVD? They do.

I love my Comcast! There’s a whole section for free movies that slightly changes from week to week. Unfortunately they are not the best flicks in the world but if you like the guilty pleasure, cheese-fests as I do you’ll make out just fine. Look for them on On Demand. Most recently I watched the forgettable and original Taking of Pelham 123 with Walter Matthau and Robert Shaw. Surely not as exciting and entertaining as the Travolta/Washington remake but what is right? If you have Fear Dot Net on your cable box look up a movie called The Cabin. It’s a recently released British horror flick that starts as a bumbling mobster movie and turns comically violent about halfway through. Highly recommended for my horror fans.

Books
It takes me five years to read a book. My ADD doesn’t allow me too much time to sit still and concentrate on the pages. But it’s good for the brain and it’s entertaining so I forge through the urge to channel surf the best I can. I love Dan Brown books. I am currently reading The Lost Symbol, the latest Robert Langdon adventure. If you liked The Da Vinci Code and Angels and Demons, it’s a no brainer. Brown’s books are some of the only that I can’t put down until the end. If you haven’t discovered it yet do yourself a favor. Beyond Langdon there is also Deception Point and Digital Fortress. New characters but same great adventures as only Dan Brown can provide.

Video Games
I’m not what you would call a gamer but I have my moments. Of course there’s Playstation 3 and Xbox 360 where every game is amazing and fun to play based on the extraordinary graphics and story lines. Myself, I am still behind with the second incarnation of Playstation.

But I tend to keep a soft heart for the classics. Atari and Nintendo. I have them... I do. And I still play them. That’s right, old school baby. Now the current systems usually offer games with “arcade classics” and their near-original format but I crave the entire experience.

My Nintendo is always loaded with Super Mario Brothers and my Atari promises age reverting adventures with Pacman, Asteroids and Frogger. If you are lucky enough to get your hands on one of these systems I suggest sticking to the classics. Those you can forgive as far as graphics and redundancy goes. Others will make you understand very quickly why technology is always changing... for the better.



PHOTO: COURTESY, FX



Ray Shackett radio veteran and fan of all things entertainment. For questions, comments or suggestions, email Ray at kidcruise2003@yahoo.com

Legislative update from Rep. Linda Dean Campbell

Rep. Linda Dean Campbell
METHUEN STATE REPRESENTATIVE

Update from Beacon Hill with State Representative Linda Dean Campbell

As we begin the fall season, I thought it would be appropriate to reflect on the accomplishments of the past summer. In the beginning of this legislative session the people were promised reform in the areas of pensions, transportation, and ethics.

2009 House of Representatives Legislation To Date

An ACT TO IMPROVE THE LAWS RELATING TO CAMPAIGN FINANCE, ETHICS AND LOBBYING (Chapter 28 of the Acts of 2009). This legislation tightens the rules on gifts given to public officials. It expands the definition of the term "lobbyist" to include anyone paid to advocate for a third party and required strict performance rules for lobbyists including registration with the Secretary of State, annual training and detailed reporting. It expands the disclosure requirements for lobbyist, and increases the criminal penalties for violations of lobbying laws. The legislation codifies obstruction of justice as a punishable crime. It increases the maximum criminal penalty for giving or receiving a bribe. And, it expands the regulatory authority of the State Ethics Commission, including vesting the commission with full subpoena power.

The bill also increases the penalty for civil violations of the conflict of interest law, and expands the Attorney General's authority to civilly enforce the ethics laws. It establishes a statewide grand jury, thereby allowing the Attorney General to investigate crimes that cross county lines and to convene inquiries into local corruption matters without relying exclusively on local grand jurors. It requires sub-vendor reporting (for example if a candidate hires a consultant and the consultant makes further expenditures, the consultant

would have to disclose those expenditures); requires disclosure of all donations to inaugural, recount and legal defense funds; requires individuals to disclose expenditures for ballot questions; requires disclosure of expenditures and funding for electioneering communications. The bill eliminates all "special committee" arrangements between a state political party and an elected official, allowing only individual contributions up to \$5,000 to a political party. It prohibits individuals from making committee checks payable to themselves or using campaign funds to pay fines brought about by ethics violations. And finally it establishes a Special Commission to study the creation of a new Office of Public Accountability which would oversee ethics, campaign and political finance, and lobbyist registration.

In conjunction with this legislation the House passed RULES REFORM -- limiting the Speaker's term to a maximum of eight years, instituting mandatory ethics training and allows the Speaker to unilaterally remove a member from a leadership position or committee if they are criminally indicted. It also requires the Clerk to disable the voting system of any member who has notified the Clerk that he will be absent for a formal session and also required the Clerk to disable the voting system of any member failing to answer the first non-quorum roll call.

An ACT PROVIDING RESPONSIBLE REFORMS IN THE PENSION SYSTEM (Chapter 21 of the Acts of 2009). This landmark legislation eliminates the obvious negative features of the state pension system which were previously abused. This legislation, however, is just the beginning of a reform process to ensure the state's pension system is fair to its workers and sustainable in the long term. A commission is concluding its work on this most important issue and

will be making recommendations to the legislature in the near future.

The Legislature also responded to the requests of consumers and working citizens in the Commonwealth to help to protect them from fraud, and excessive government spending. Some highlights of this focus include:

An ACT PROMOTING INCREASED ACCOUNTABILITY OF PUBLIC UTILITY COMPANIES (House, No. 4126). This legislation required all public utilities companies to file emergency plans with the Department of Public Utilities to avoid future service restoration problems and increased oversight of public utilities in order to promote accountability and quality service. Additional legislation is still being discussed to ensure that utilities are better prepared to respond to emergencies in the future.

An ACT MODERNIZING THE TRANSPORTATION SYSTEMS OF THE COMMONWEALTH (Chapter 25 of the Acts of 2009). This legislation will reorganize and restructure transportation agencies in the Commonwealth to help address anticipated funding deficiencies. The bill could lead to long-term savings of \$6.5 billion by forcing 10,000 active and retired MBTA employees into the state's group health insurance plan by Jan. 1, 2010. This effort was led by our State Senator Steve Baddour, and Representative Joe Wagner of Chicopee, the Chairs of the Joint Committee on Transportation.

An ACT MOBILIZING ECONOMIC RECOVERY IN THE COMMONWEALTH and an ACT PROVIDING FOR ECONOMIC RECOVERY THROUGH BROADBAND INITIATIVES (Chapters 30 and 33 of the Acts of 2009) allows the Commonwealth to capitalize on millions of federal dollars available to Massachusetts through the American Recovery and Reinvestment Act of 2009 while promoting administrative efficiency and transparency.

An ACT ADOPTING THE FEDERAL SECURE AND FAIR ENFORCEMENT FOR MORTGAGE LICENSING ACT OF 2008 (THE SAFE ACT (Chapter 44 of the Acts of 2009)) This legislation brought Massachusetts into compliance with a federal law to require all mortgage loan originators to be licensed through the Nationwide Mortgage Licensing System. This established important consumer safeguards and a system of compliance, enforcement and continuing education for mortgage loan originators to ensure that the highest ethical standard be met.

An ACT REGARDING ACCOUNTABILITY OF PUBLIC UTILITY COMPANIES (House, No. 4126)



requires all public utilities companies to file emergency plans with the Department of Public Utilities to avoid future service restoration problems and increased oversight of public utilities in order to promote accountability and quality service.

It is clear that reform is possible and is being enacted into laws that will have a real impact now and in the future. This legislation has been lauded by public interest groups and speaks for itself. Nonetheless, we have much more to do, especially in the area of pensions.

Priorities for the Remainder of 2009

Dominating the present agenda on Beacon Hill is the continual battle to counter this economic tsunami with more budget cuts, the creation of new jobs, and plans for the future to ensure that Massachusetts maintains its advantage and leadership in the expanding sectors of biotechnology, green technology and health care. This coming year will require many more difficult decisions.

Funding of health care, legislation pertaining to Elder drives, and difficult budget cuts will dominate the agenda.

As your Representative I understand who I work for—you.

I hope that you will continue to provide me with your thoughts on public policies and issues. And that you will not hesitate to contact my office any time for assistance.

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RONNIE’S RANTS

Random Thoughts

Ronnie Ford
VALLEY PATRIOT COLUMNIST

I remember Nickie (he doesn’t like me to call him Nickie) Kolofoles as a third grade pupil at the Bruce School. He would run and jump adroitly, yes, recklessly around the school- yard like a gazelle. Across the street there was a steep banking leading down to Findeisen’s green building, that sold Ice Cream. Nick would descend down that banking like a German Stukker fighter plane. My point here is that Nick was fearless. Still is whether physically or politically he will take you on. He showed that as an adult a couple of weeks ago, when he foiled an attempted robbery. Nick, you are a good guy! Stick with Nick Lawrence!

The fight for the Mayor of Lawrence may not be as close as you may think. While the two candidates struggle to get the support of the other candidates who were unsuccessful; the Lantigua base is huge and well coordinated and disciplined. Whether he will be a good Mayor or not is another story. Look for Willy to be on top. Of course, I could be wrong.

Arthur Nicholson is noted for many accomplishments, actions, and hard work regarding the students of Methuen High School. To the students, he was and is the one who attended every game in every sport that Methuen High participated in. Traveling from one game to another, he is known as the student’s best friend. He knows everyone and they love him. I can remember when Arthur started teaching. I remember his father volunteering his time to build a track for the school’s athletics. Nicholson Field, the Home of the Rangers is named after Arthur’s grandfather. Arthur is in the autumn of his career now. It will be hard to replace this man, very hard. He is a giant among men. I wouldn’t worry too much kids, I am quite sure when he retires he will still be at the games. Still visit the school that he led for so many years. Good luck and good health to the “Top Ranger”.

Good for Pinkertin Academy for changing their dress code for students. All the area schools in the Merrimack Valley should follow suit if they have not already. Some outfits are down right indecent. No one needs to see the crack in anyone’s behind or cleavage in school children. How parents let their children dress like that is a lack of common sense and good parenting. School children need parameters.

You know we really should be disappointed in the few men of the Haverhill

Fire Department. Abusing their sick days and making jokes about calling in sick, when most people are struggling to keep their jobs or find one. This is not limited to Haverhill. Everyone knows this goes on in most Fire and Police stations. It is even in the DPW and City Halls. Haverhill just got caught! The fire department has on off days that enable them to take on part time jobs on a steady basis. No need to squander sick days. You are our first responders to any emergency. You are our heroes!

Yes, on any given day, one of you may not make it home. Yours is not the only profession where your life may be on the line. In an age where we have movie stars, rap stars, and Lord knows what else the youth of our country call heroes, it is always wonderful for kids to aspire to being a policeman or fireman. Shame on the few who sully the name of fire and police departments.

Even in City Halls, people are cheating. Either that or they are suing everyone and their brother for any slight or if you looked cross-eyed at them for easy money. And it will all come out of our wallets! What do we do about it? NOTHING! Not even a whimper! And a huge thanks and well done to those who take their jobs seriously, and be the best that they can be always! Too bad a few bad apples spoil the whole bag and gives the cities and towns a big stink.

Because there is no cost of living this year due to the very sagging economy; there will be no raise in the social security checks for the elderly. Our expenses keep going up in every phase of our living. Monies are spent on stimulus plans to bail out the people who caused all this. But no money for the people who have carried this nation on their backs from the forties and fifties on! Shame on all you local, state and national representatives who are elected to do the peoples work, sitting silently on your generous gluteus maximus. Shame on us for being QUIET!

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

The Merrimack Valley Irish Connection

Black and Tans

Jack Doyle, County Sligo
VALLEY PATRIOT GUEST COLUMNIST

*“The term Black and Tans Irish: Dúchrónaigh) refers to the Royal Irish Constabulary Reserve Force (Fórsa Chúl-taca Constáblachta Ríoga na hÉireann), which was one of two paramilitary forces employed by the Royal Irish Constabulary Force from 1920 to 1921, to suppress revolution in Ireland.. Although it was established to target the Irish Republican Army, it became notorious through its numerous attacks on the Irish civilian population.”.*Wikipedia, Case in point; In the history of Gleann, County Sligo “There had been a hall in Gleann in the early part of the 20th century located on the road between the cross-roads at Gleann school and Doongeelagh cross-roads, and this was used as a general meeting place for different groups and also by community. An article quoted here, describes an evening’s entertainment in this hall in the year 1908. The groups that used the hall included the Conways’s Cross Branches of the United Irish League, Ancient Orders of Hibernian, and later by Sinn Fein and the IRA. It was burnt down by the Black and Tan, the “Auxiliaries” during a large scale of raids in November, 1920. It was in this hall that the IRA court found the English soldier, John Watts guilty of spying and had him executed in August 1920” *In the Shadow of Carran Hill

In 1919, the British government advertised for men who were willing to “face a rough and dangerous task”. Many former British army soldiers had come back from Western Europe and did not find a land fit for heroes. They came back to unemployment and few firms needed men whose primary skill was fighting in war. Therefore, there were plenty of ex-servicemen who were willing to reply to the government’s advert. For many the sole attraction was not political or national pride – it was simply money. The men got paid ten shillings a day. They got three months training before being sent to Ireland. The first unit arrived in Ireland in March 1920.

The attitude of the Black and Tans is best summed up by one of their divisional commanders:

“If a police barracks is burned or if the barracks already occupied is not suitable, then the best house in the locality is to be commandeered, the occupants thrown into the gutter. Let them die there – the more the merrier.

Should the order (“Hands Up”) not be immediately obeyed, shoot and shoot with effect. If the persons approaching (a patrol) carry their hands in their pockets, or are in any way suspicious-looking,

shoot them down. You may make mistakes occasionally and innocent persons may be shot, but that cannot be helped, and you are bound to get the right parties some time. The more you shoot, the better I will like you, and I assure you no policeman will get into trouble for shooting any man.”

Lt. Col. Smyth, June 1920

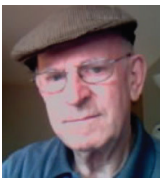
The most infamous attack on the public came in November 1920. Many people had packed into Croke Park, Dublin, to watch a football match. In retaliation for the murder of fourteen undercover detectives by the IRA, the Black and Tans opened fire on the crowd, killing twelve people. In retaliation for this attack, eighteen members of the ‘Auxies’ (a separate part of the Black and Tans) were killed in Kilmichael, County Cork. The ‘Auxies’ took their revenge for this by burning down the centre of Cork and parading around after this event with burnt cork in their caps. Violence, it appeared, only led to even more violence on both sides.

The Black and Tans were not regular troops. There were many examples of them shooting indiscriminately at civilians as opposed to republican guerrillas. Creameries were also destroyed by the Black and Tans – almost as a way of economically punishing those who may have been helping the IRA. Those experienced in trench warfare fighting a seen enemy, were of little use in Ireland. The Black and Tans were so poorly disciplined and trained for Ireland that their casualty rate was far higher than could have been imagined when the government first advertised for them. The government in Westminster quickly realised that they were a liability as even public opinion in mainland Britain was appalled by a lot of what they did.

What did the Black and Tans achieve? They served no purpose for the British government as they simply failed to stop what the IRA was doing. However, they did succeed in getting the republican cause a great deal of civilian support simply because of their acts – people may not have joined the IRA, but they were supporters of it and gave what financial help they could to the movement. The Black and Tans were pulled out of Ireland in ignominy. *http://www.historylearningsite.co.uk/black_and_tans.htm.

Keep Jack’s Irish Craic going by buying an advertisement in the Valley Patriot.

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





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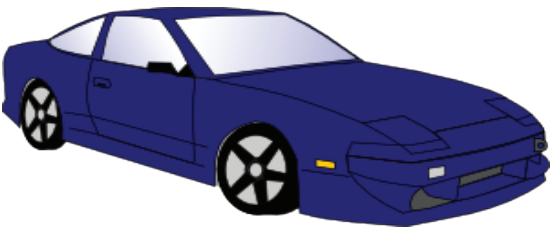
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Vegas Night at Methuen Village at Riverwalk Park

Leanna Moran
Kathleen Corey Rahme
METHUEN VILLAGE

As America mourns the anniversary of the terrorist attacks of 9-11, Methuen Village at Riverwalk Park is following the trend across the country of turning this fateful day into a day of national service. People are not only remembering this day of national tragedy with quiet prayer, they are claiming it as a day to give back to their communities and worthy causes. On September 11, 2009, Methuen Village, a premiere assisted living facility in the heart of downtown Methuen, decided to do its part in raising money for Alzheimer's research.

On this beautiful September evening, Methuen Village was turned into a Las Vegas style casino featuring roulette wheels, black jack, Texas Holdem', and craps.

Realizing the urgency of a cure for a disease that is reaching epidemic proportions, residents, families and friends joined the associates of Methuen Village in raising money for Alzheimer research and successfully raised \$2300! Attendees were treated to lavish passed hors d'oeuvres, music by Terry, the DJ, and a crudites tower reaching about three feet off the table.

The event was well-supported by the community of Methuen. Several businesses, including Enterprise Bank, Work Out World, Rosario's Restaurant, and many more contributed gift certificates and other donations. There were over 30 prizes raffled off to participants at the end of the evening. We would like to thank the City of Methuen and the office of the City Clerk for granting us the license to host this wonderful event.

The success of this event has lead the team at Methuen Village to pledge this will be the first of many events moving forward to raise money for Alzheimer's research. The money collected on casino night will be proudly donated to the Alzheimer's Association on October 4th, when Methuen Village participates in the nation-wide Memory Walk. The Association funds nearly all of the research that is done on prevention, treatment, and a cure for the disease. They also provide much needed education and support for caregivers and family members. Thank you for joining us on the Memory Walk in Andover on Sunday, October 4, 2009.

For more information, view www.MethuenVillage.com and the Massachusetts/New Hampshire Alzheimer's Association's site at www.Alz.org/MaNH.

Firefighters Support Manzi for Mayor

Methuen Firefighters Local 1691 throws its support behind Mayor

The Methuen Firefighters Local 1691 today announced its support of Methuen Mayor William Manzi. Local 1691 recently voted to endorse the Mayor's bid for a third term as the CEO of the City of Methuen.

"I am honored to have earned the support of Methuen's Fire Fighters who provide critical services for the people of Methuen. In these difficult economic times, it has never been more challenging for cities to maintain adequate levels of fire and medical services for its citizens. Local 1691 has partnered with Methuen to continue to provide those services at levels that protect both our citizens and its members. It is truly humbling to know that they stand with me as we cope with the biggest economic downturn since the Great Depression. I come from a working class family with deep roots in organized labor and I am honored to accept their support and endorsement," said Mayor Manzi. The Secretary of Local 1691,

William Barry, stated on behalf of union President Tim Sheehy: "We feel that your leadership through these tough economic times and deep state budget cuts has been a balance between the economic concerns of the citizens of our great city, and the safety concerns of our membership. It is our member's hope that with your re-election we can continue to work with you and your administration to ensure that proper personnel levels be maintained to ensure the safety of our residents and our vital business community."

Mayor Manzi has been credited with a number of accomplishments in his first two terms. Among them are guiding Methuen through the worst flooding in a hundred years and revamping the city's Emergency Management System. He has secured funding in Methuen's first year of eligibility for a total renovation of Methuen High School, and has recently hired the project architect.

Foster Kids of The Valley and Sons of Italy host fundraiser for local foster children

Methuen, MA September 28, 2009: The Foster Kids of the Merrimack Valley is holding its third annual Pasta Dinner fundraiser at the Sons of Italy, Lodge 902 in Lawrence on Friday, November 6, 2009. The Pasta Dinner benefit raises needed funds to support the upcoming Annual Christmas Party held every December for foster children ages birth to 18. Last year's Christmas drive helped provide a pizza party and personal gift sacks for more than 240 foster children in the Merrimack Valley. Tickets for the Pasta Dinner fundraiser are on sale now. Tickets may be purchased three ways:

1. Online at <http://fosterkidsmv.eventbrite.com>, 2. Picked up at the Giordano Family Methuen Karate Association in Methuen, 3. Purchased at the door. RSVP required, email: events@fosterkidsmv.org

For more information, please contact Larry Giordano, founder of Foster Kids of the Merrimack Valley, (978) 683-2220.

Donations are welcome in lieu of tickets. Make checks payable to: Foster Kids of

the Merrimack Valley or visit <http://fosterkidsmv.eventbrite.com> to make a donation online.

About Foster Kids of the Merrimack Valley We are a certified 501(c)3 non-profit organization dedicated to serving the needs of foster children in the Merrimack Valley, including Lawrence, Methuen, Andover, and North Andover. With hundreds of foster children in our local area, they need role models who can make a difference in their lives.

Through the efforts of the organization, our goal is to bring a positive influence into the lives of these children and support them as they grow. We offer a range of programs for local foster children of all ages. We work closely with the Department of Children and Families (DCF) to make sure our programs are complementary and needed, and do not overlap with state and federally funded programs. For more information, please visit our website at: <http://www.fosterkidsmv.org> or on Facebook: <http://bit.ly/Ek2ps>.

From the Desk of
Methuen Mayor William Manzi

Methuen's High School Project

I receive many questions on the progress of our renovation project for Methuen High School. I would like to brief you on the status to date, and where we go from here. Methuen was selected by the Massachusetts School Building Authority in the first year of state financing after the school building assistance moratorium was lifted. We were one of only three high schools in Massachusetts chosen in that round. Since that selection we have worked closely with the M.S.B.A to get the project moving according to their guidelines.

We began this process by creating a Building Committee to oversee the process of renovating Methuen High School. Our Building Committee, chaired by Suzanne Lamoureux, a teacher, is meeting on a regular basis and can be found on the City of Methuen's web site. Meeting agendas, minutes, and other committee business can be found there.

The City of Methuen is approved for funding our feasibility study and schematic design by the M.S.B.A. We have shown our commitment to this project by floating a two million dollar bond to fund this portion of the renovation. The M.S.B.A. will reimburse the City at a rate of 61.26% of total costs during this process.

The M.S.B.A. regulations require the hiring of an Owners Project Manager for a project of this size. Accordingly the City of Methuen has hired, with the approval of the Commonwealth of Massachusetts, K.B.A./Trident for this important job. The O.P.M. will manage every facet of this project, and represent the interests of both

Methuen and the M.S.B.A.

Methuen's Building Committee, after following M.S.B.A. guidelines, undertook the process of hiring a project design team. Working with the M.S.B.A. Design Selection Panel Methuen and the M.S.B.A. jointly selected Finegold, Alexander & Associates as our architects. Finegold has already begun work on the project, and attended their first Building Committee meeting since their hiring in the last two weeks.

Methuen has just produced the "Educational Plan" that will provide the underpinnings of this project, and that has been posted on the City website. By the time you read this we will have had a public hearing on this plan, and we will submit it to the M.S.B.A. for comment and review. It is a critical document produced by our School Department which will provide the educational blueprint for what we would like to see in a new Methuen High School.

That is where we currently stand, with the all important design work being done now for community review. We anticipate that the feasibility/schematic design phase should take about fifteen months. My thanks to our Building Committee, who have worked very hard to move this project forward under an ambitious schedule.



William Manzi is the Mayor of Methuen and is serving his second two-year term. He is seeking a third term in November. You can email Manzi at billmanzi1@comcast.net. Visit his blog at billmanzi.com

We all have our "to-do" lists at home and at work. As your East District City Councilor, mine is very much like yours...



1. Work to get Methuen's new, badly needed High School renovation-addition "out of the ground".
2. Work to further cut waste and inefficiency, and continue to represent the taxpayer.
3. Work to help the East District's business and commercial base to continue expanding and flourishing.
4. Work to ensure that the East District continues to get its "fair share" of road improvement projects.

On November 3rd, please vote to re-elect Joe Leone as your East District City Councilor. He's doing the job right!

Contact Joe at 978-687-7105 or jaleone.methuen@comcast.net
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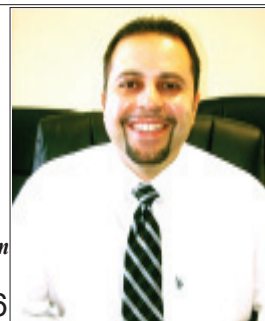
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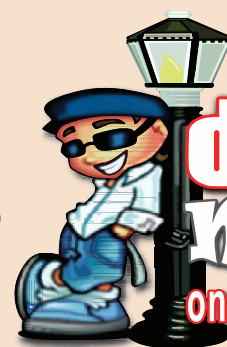
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PUPPY LOVE! with Kate Whitney

Remember: routines and habits are good for your dog

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

Have you ever heard the saying that “routine is good for dogs”? If not, it’s something that you should know.

Routine and habits are good things for our dogs, but too much repetition can lead to boredom, frustration, and destructive behaviors. When routines get boring, dogs resort to their own devices; they start chewing things, digging, and sleeping all day. At first, this type of a routine might sound pretty enticing to those of us who are overworked and find ourselves asking for more hours in the day. But after a while, the same routine would get boring for all of us, dogs and humans alike.

It’s important to incorporate new and exciting games, outings, and walk routes into our routines. Think about your dog’s senses and how you can stimulate and enhance them every day. (NOTE: here’s a refresher of what your dog’s senses are: taste, touch, sight, sound, and smell). Start introducing new things little by little. A new dog park, a different beach, a new toy; take note of how your dog reacts to each new experience. If you notice your dog is especially fond of something, you might even consider including it in your

every day routine. Daily physical and mental stimulation are very important to incorporate in to your pet’s life.

Here is a checklist of some fun ideas that you can do with your pooch: take a hike, visit a park, beach, lake, state forest, practice commands, do a thorough brushing, serve a special healthy meal, give a relaxing bath, brush teeth, play fetch, give a soothing massage.

Switch it up. If you bring your dog for a walk on a busy street downtown one day, bring her to a nice quiet beach the next day. Spend some time working on commands, obedience, and agility one day. The next day, give your dog a nice soothing massage. These activities don’t need to be hours long; just 30 minutes a day should do the trick.

Take a hike. Dogs love exploring new places. Take them down a new path at the state forest and let them indulge their senses. They will see lots of wildlife and nature. It is an added bonus that you will most likely love escaping the busy sounds of your day. It’s amazing what some sunshine, bird chirping, and forest-as-far-as-the-eye-can-see can do for us.

Spice up a normal walk. Vary the route you take. Let her carry a toy in her



PHOTO: COURTESY

The Valley Patriot’s Puppy Girl Kate Whitney with Meg, the latest of Kate’s foster puppies to get adopted. She is a 7 month old pointer mix who was picked up as a stray in Virginia. She now resides with her new mommy in North Reading., Dash and Honey 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

mouth. Let her sniff the ground or stop to inspect a tree trunk. Let your dog lead the way for once, instead of you dictating where she’s going to go (this type of walk should be a special treat. It’s important to remember that you are the pack leader, and that your dog should not be leading you).

Always start and end the “special walk” with the “normal walk” behavior. Your dog should be heeling nicely next to you or behind you. Give the “special walk” a name, so when your dog hears that name, she knows it’s her turn to do a little exploring. It’s great to vary the walk, but remember that your dog should always know that you are in charge.

What’s so special about our dogs is that you don’t have to think of some elaborate game for them to get excited. That tail will start wagging for pretty much anything. Just remember to keep ideas fresh and new and change it up a little every now and then.

A dog is a living, breathing, thinking and intelligent animal. His senses need to be stimulated and satisfied daily. You made this commitment when you decided to bring this dog into your life. If you meet his daily needs, you will be rewarded with a well socialized and happy dog!

As always, please remember to spay and neuter your pets and please always adopt your pet from a reputable rescue or shelter.

Mahatma Gandhi once said, “The greatness of a nation and its moral progress can be judged by the way its animals are treated.”



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





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National Pet Health Insurance Month! We Want Your Story and Nomination Today!

This year, for the first time, the North American Pet Health Insurance Association (NAPHIA) launches “National Pet Health Insurance Month” in the United States. The month-long program includes special contests, educational outreach, and documented research about better human health through pet ownership.

The National Pet Health Insurance Month includes a “Pet Owner Story and Pet Photo Contest”, as well as an opportunity to “Nominate your Favorite Veterinarian.” The contest includes over \$500 in prizes for the winning pet owner, and a special \$250 donation in the name of the winner’s dog or cat to the pet owner’s favorite local shelter or rescue group. The prize for the winning veterinarian is a \$500 educational grant, which can be used to attend a continuing education program, conference or convention.

NAPHIA has have been receiving wonderful stories about exceptional veterinary care providers and heartwarming stories and photos from the pet owners. Many of the stories explain first-hand how pet health insurance provided critical care that may not have otherwise been possible.

NAPHIA would like to share just one of the many stories we received, this one from a family in Connecticut:

“Baxter was my 7 year old Golden Retriever who suddenly became sick. He had stopped eating for a few days and we took him to our vet. Our veterinarian found a larger cancer mass in his belly. I did not pursue any treatment for Baxter because of the severity of the illness. While I was were paying the bill, I thought about looking into pet insurance for the future, because I don’t want to ever compromise my pets’ health for lack of money”. I spent over \$1200 on diagnostic tests. So I researched pet insurance on the internet and compared the different companies. I had pet insurance for the day I picked up my new dog. My new boy, “Chance”, has already taken full advantage of having coverage. Chance has not gone too long without incident. He has had surgery for a luxating patella, skin irritations, ingesting rat poison, mange, spider bite, allergies and intestinal distress. While he was getting his knee surgery, I asked every owner I met in the hospital if they had pet insurance and they all did not. I felt like the smartest pet owner around.”

If you have not already visited, please do so. Tell the story of your pet, and nominate your favorite veterinarian for recognition by visiting: http://www.naphia.org/pet_health_month.htm.

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>>>Cookie- I am a big 4 year old Long Haired Boy who loves to snuggle! I am looking for a home with someone who knows how to care for a long haired cat and can help keep my long fur looking good! My prior owner wasn’t very good at that, so I had to be partially shaven (how embarrassing!). Aren’t you looking for a lap cat?



<<<Chester- I am a 12 week old rabbit looking for a home! I am a smart boy who is working on litter box training. I would love a home with a family who can give me lots of attention!



<<<Angie - Hi, my name is Angie and I am here with my sister Petite, and we are two beautiful female parakeets whose previous owners couldn’t keep us anymore.

Contact Chris for details at (978) 452-7781 or chris@lowellhumanesociety.org

6 inches off the ground

Chaucer Tucker
VALLEY PATRIOT KITTY COLUMNIST

Can you believe fall is here already? Where did summer go? Yes, I agree—what summer. I’ll admit this time of the year in New England is pretty with the bright colors on the trees but following those bright reds and yellows and oranges come the dull brown remnants that crunch under your feet when you walk. Okay, so the scent from burning fireplaces lends a distinctive flavor to the air, the crisp cold lends a snap of freshness to that air, and I love to see the first patches of frost on the ground but we all know what is coming next. Brrrr.

All of this brings me to the point of being a feline in the fall in the northern climate of our country. I get to hunker down in my cozy window seat and watch those leaves change color then blow away. I can saunter into my niece’s southern exposure bedroom and soak up all the sun that chooses to make its appearance on any given day.

I might be drawn back to the kitchen

when my nose detects the delectable aroma of baking apples, pumpkin pies or my all time favorite—pumpkin bread with walnuts and chocolate chips. Yum, how I love those chocolate chips.

“Pardon me, yes, you in the skin over in the recliner...you’re drooling; please get a napkin. How can you sit in a slobbered seat? Yeesch!” Now where was I? Oh, yes... how I enjoy a bowl of warm cider with cinnamon and a good “Cat Who” mystery from the Lillian Jackson Braun series. I relish the fact that I don’t have to go outside when it’s chilly and can just lope over to “the box” when needed.

But all things have a flip side and even though I’m getting a lot more sleep because I can’t keep my eyes open with darkness falling earlier and earlier I’m already counting the days until December 22 when the days start getting longer. I don’t do well with the early dark. What can I say? I’m a summer cat.

For now, I’m hoping the Native Ameri-



cans make a big come back and we have lots and lots of days of “Indian Summer”. At least I can still hear the word “summer” and the weather is warm so I’ll take what I can get. Happy Fall. *Please note Chaucer gets NO chocolate; he just likes to dream a lot. w/c 405 ©2009 Chaucer Tucker.

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- Has started the process of renovating Methuen High School
- Established an Artist of the Month program to promote local artists and beautify City Hall

Experienced, Proven Leadership for Methuen

Some thoughts on the H1N1 flu shot and our right to say no

Mark Palermo
VALLEY PATRIOT COLUMNIST

Have you wondered why so many people are refusing to get a simple flu shot? Or why nurses in New York, where the H1N1 flu shot has been mandated for all healthcare workers, are being fired for refusing the vaccine? I am not a doctor, so this is not medical advice, but I am not getting a swine flu shot either.

All I needed to know was that an estimated half of all health workers worldwide would refuse the swine flu vaccine. The news reports don't exactly say why, but a briefing from the World Health Organization reveals, "... clinical data at the time when pandemic vaccines are first administered will inevitably be limited. Further testing of safety and effectiveness will need to take place after the administration of the vaccine has begun."

I am neither a test dummy nor a human

guinea pig. But inadequate testing is only part of the reason I am not getting a flu shot. Actually, I've never gotten one, and unlike the majority of people who do, I haven't had the flu for many years.

They say wash your hands a lot, which is a good idea, but there's no getting away from bacteria. In fact there are more bacteria crawling on your skin at this moment than there are people on the earth. If you take a shower, all those little lobsters, squiggly worms and spidery-looking creepy crawlers will be right back on you... making a home, getting together, having children. Not to mention the two to five pounds of bacteria inside your body. The way I figure it, that's why I have an immune system-which I take excellent care of.

The frenzy over the swine flu reminds me of the hysteria leading up to Y2K. I took extensive preparations for that one,

purchasing a six-pack of beer, and two flashlight batteries just in case Western Civilization was going to end the next day. And remember the Swine Flu in 1976? The authorities predicted a "plague of Biblical proportions" - which turned out to be just another flu, while the flu vaccine itself was lethal, killing two dozen and paralyzing over 500 people with Guillain-Barre Syndrome.

This time, Big Pharma has gotten our ethically challenged Congress to grant them immunity from lawsuits in case of vaccine deaths and injuries. It is good to be mindful of the long sordid history of Big Pharma and the cover-ups, falsified test results, conflicts of interest and the revolving door where politicians get rewarded with lucrative positions in the pharmaceutical industry.

I have always believed that as an American citizen, I could not be forced to ingest substances that can harm me. I

thought we already dealt with that at the Nuremburg Trials. But I was wrong. The Massachusetts State Senate recently approved (unanimously) bill S2028, which imposes a \$1000-a-day fine and 30 days in jail for anybody who, in case of declared emergency, refuses to be injected with this toxic brew.

A partial, representative list of the industrial chemicals and biological substances that comprise various flu shots includes: thimerosal, a mercury-containing preservative which may cause neurological damage, autoimmune disease, cancer-- and possibly autism. Thimerosal was removed from many dog vaccines in the 1990's. I like animals, but if it's not good enough for dogs, I'll pass on it. (If your doctor insists that thimerosal is safe, ask him to put some on his tongue)

PALERMO, page 39

NECC's "Observer" student newspaper wins national award

The "NECC Observer," the student newspaper of Northern Essex Community College, recently received a gold medalist certificate, from the Columbia Scholastic Press Association of Columbia University for issues of the newspaper published during the spring semester of 2009.

The newspaper was judged on content in news, features, in-depth reporting, op/ed, sports, arts and entertainment, design presentation, editing, headlines, and general publication operations.

The "NECC Observer" received a total of 926 points out of a possible 1000 points. One of the judges wrote "I am impressed by this publication and enjoyed reading the articles."

The "NECC Observer" staff members include: NECC faculty adviser and journalism professor Amy Callahan, editor-in-chief - Julie Varney of Methuen, N.H., news editor - Joshua Jo of Methuen, opinion editor - Sam Sawyer of Boxford, sports editor - Matt McCarron of Salem, NH, features editor - Patricia Smith of North Andover, arts & entertainment edi-

tor - Nicole Scopa of Haverhill, campus life editor-Jamie-Lee Rodriguez of Lawrence, and copy editor Alex Trecartin of Salem, NH.

Northern Essex Community College offers a associate degree of liberal arts with an option in journalism/communication . This program prepares students to transfer into a bachelor's degree program in journalism or communications or to start a career in print, broadcasting, or communications.

For additional information contact Amy Callahan, journalism coordinator, faculty adviser, NECC Observer at 978-556-3397 or acallahan@necc.mass.edu

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

Close to 13,000 students ranging from recent high school graduates to work-

ers employed locally attend classes days, evenings, and weekends. Northern Essex is the only state college located in the lower Merrimack Valley Region of Massachusetts.

The "NECC Observer," the student newspaper of Northern Essex Community College, recently received a gold medalist certificate from the Columbia Scholastic Press Association of Columbia University for issues of the newspaper published during the spring semester of 2009. The "NECC Observer" staff includes (left to right, row one) : arts & entertainment editor - Nicole Scopa of Haverhill, features editor - Patricia Smith of North Andover, editor-in-chief - Julie Varney of Methuen, and campus life



editor-Jamie-Lee Rodriguez of Lawrence and (back row left to right) sports editor - Matt McCarron of Salem, NH, opinion editor - Sam Sawyer of Boxford, news editor-Joshua Jo of Methuen, and NECC faculty adviser and journalism professor Amy Callahan. Copy editor Alex Trecartin of Salem, NH was not pictured.

Little Sprouts receives \$4.3 million to help children in Lawrence, Methuen, Haverhill, and Lowell prepare for school

The Department of Education today awarded more than \$4.3 million to Little Sprouts, a nonprofit organization based in Lawrence that promotes early childhood learning and development. The funding will be used by Little Sprouts to improve school readiness and the reading ability of Merrimack Valley children ages 3-5 in classrooms in Lawrence, Methuen, Haverhill, and Lowell.

The grant will allow Little Sprouts to serve 340 children from low income backgrounds by preparing them to enter kindergarten ready to read and excel. Approximately 40 teachers will also gain the knowledge needed to teach exceptional literacy practices with the grant funding so that students have the appropriate tools for lifelong reading success.

Susan Leger Ferraro, President of Little Sprouts, said: "Little Sprouts is honored to have our literacy program acknowledged for the 3rd time with the US Department of Education's Early Reading First Award. These funds will allow us to realize our dreams by expanding into several of the most at-risk communities in the Commonwealth and offer these children the tools needed for lifelong reading success. Our current literacy program has increased

our Little Sprouts' children's test scores by 120% and 95% of all graduates are sent to elementary school with age appropriate literacy benchmarks. My personal thanks and acknowledgement to Congresswoman Tsongas and our late great Senator Kennedy for their support in ensuring the children of Massachusetts received this extraordinary opportunity that will change their world."

Congresswoman Niki Tsongas, who wrote a letter of support on behalf of Little Sprouts earlier this year said, "the last time I visited Little Sprouts was with the late Senator Kennedy when we toured this remarkable education center along with Vicki and his dogs Sunny and Splash. He was a champion for early education, and

we both understood that early childhood reading is a critically important component of childhood development and contributes greatly to a child's ability to arrive at school ready to learn and achieve. We are fortunate to have such an outstanding program here in the Merrimack Valley that is helping young children to read at an age appropriate level and I am so pleased that the Department of Education has provided this significant amount of funds to promote this worthy initiative."

Little Sprouts Early Education Centers have received national recognition from the U.S. Department of Education for quality of curriculum and have been named a Preschool Center of Educational Excellence. Little Sprouts has obtained



over \$8 million in grants overall and has been awarded \$5 million in competitive Early Reading First Grants from the U.S. Department of Education.

Funding with the grant will be used for:

- A full library of popular picture books for each classroom and a library for each center;
- Professional Development for all teachers in the form of college coursework, in-house workshops, and regular, embedded coaching on the application of this new knowledge;
- A full-time Literacy Coach for each location to guide teachers in best literacy practices and to provide specific instructional techniques for children with delays, behavioral issues, and who are non-native English speakers;
- An outside evaluator to screen and monitor the progress of all children, teachers, and coaches and to analyze the data to provide regular feedback on the project.

The following centers that will be targeted with this grant include:

- Lawrence- 4 preschool classrooms
- Haverhill- 6 preschool classrooms
- Methuen- 4 preschool classrooms
- Lowell- 4 preschool classrooms

RAISE 'EM RIGHT™

Wimpy

Barbara Peary
VALLEY PATRIOT COLUMNIST

Nothing like being a wimp; when leaving my four year old son at the day care center for the first time, I cried. The teacher must think that I'm a sad case!

Not really. Separation issues between parents and children occur throughout life. Many times parents have a harder time separating than the youngsters do. As a parent experiencing ambivalent feelings is natural; you want to see your child grow up and "leave the nest", but simultaneously you're missing the baby he was. Experienced teachers have seen this time and again, so ask for help in making the transition easier for you and your son, if you need it.

I was visiting with my sister-in-law in her kitchen early one evening. In walks her fourteen year old who takes off her coat (underneath is her swimsuit, she had been at the YMCA) and proceeds to plop her body onto the middle of the kitchen table. What should I have said to my sister-in-law, who went on talking like it was no big deal?

Nothing. It's her house and her teenager. If she ever brings it up, you could remark how unsanitary that looked to you who sometimes eats at that table. This is a good example of why when children put their feet on walls, walk over tables instead of around them and try other odd things in a classroom, the veteran teacher never asks "Does your mom let you do that at home?"

Our eight year old daughter still wants her back patted every night in order to go to sleep. (This habit started in her day care center years ago.) She has always insisted that I, as her mother do it, but lately we have talked her into letting her dad and I take turns. I work fulltime and often am so exhausted that I fall asleep patting her back. Because of this habit, she abso-

lutely will not spend the night away from home, though she has been invited to numerous sleepovers, we always pick her up before bedtime. How can we start weaning her away from this?

Start on Friday nights, because there is no school to disrupt the next day. As soon as possible plan a Friday night family activity that will keep you all up later than normal. Go out for a late dinner and a movie and then when you come in- be certain to make it 11 p.m. or after- help her get ready for bed and then insist that you are as weary as she is and head to your bed despite her pleas. Close her door, tell her to read if she cannot fall asleep, go in your room and go to bed. Stick to your decision and do not go back into her room and do not let your husband go in either. She may cry, but she will make it through the night. Saturday and Sunday, pat her back, doing it for a shorter length of time each night. Start skipping weekday nights after a week. Soon she'll grow out of the habit and you will be the one missing it!

Many teenage girls are so self-absorbed in this country. Obsessed with make up, hair, clothes and jewelry. How can I make my own two preteenagers see that there are more important things to concentrate on also?

Don't tell them, show them. Get involved in community projects as a family. Taking the time to read the book Reviving Ophelia: Saving the Selves of Adolescent Girls (Penguin, 2005) will let you know what to expect as they hit the teenage years. Most importantly, make sure that you with your words and actions are sending the message you intend to send. If they see you as only caring about make up, hair, clothes and jewelry they will follow suit.



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

Stay At Home Dads

Why don't you get a real job?

Pete Baylies

VALLEY PATRIOT COLUMNIST

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

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

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

We hate this term because it is derogatory, and because it suggests that we are not as "macho" because we have chosen to stay at home with our children. We are not trying to be substitute mothers, as this

cliché suggests, but we are being what we are: fathers. However the reality is that society is slow to accept the role of the at-home dad, so we can either be angry at everyone all the time for this injustice, or learn how to deal with it and help to change people's attitudes toward at-home dads.

Most dads I talk to find that humor is the most effective way of thwarting off negative comments. Not only does it make you feel better, but it may help others see the absurdity of the comments they make. Scott Brown describes how he found himself in a particularly awkward situation bringing his daughter to parent/child swimming lessons, and finding himself to be the only guy in the class. "Before we even got to the pool, I had a sense I was in too deep. As the attendant at the front desk pointed to where the men's locker room was, she yelled to the instructor, 'Unlocks the men's door –we've got a Mr. Mom with his daughter here!' Without missing a beat, I asked, 'What?! You don't have a separate-but-equal Mr. Moms' locker room?'"

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



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.

Things to remember at 15

Sarah Matar

VALLEY PATRIOT REPORTER

I was scared, innocent, and confused when I was fifteen.

I was a lost freshman and everything in the world did not make sense. I did not know where I belonged or who I had to be. All I wanted were answers but the results did not come clear.

Being young and naïve can leave you afraid. It can also leave you with a broken heart. Whether it is from losing a friend, hearing the loud noises of parents fighting, or simply being rejected, the pain sticks inside of you. It will have you wishing for someone to catch you before you fall. I know because I was that girl, hoping for so long that just maybe one person would help to make the pain go away.

I'm no longer fifteen, and I remember my innocence three years ago. Now, I see the world as a different place. The pieces to the puzzle are slowly connecting. I have parents who love me and a brother who watches out for me.

I also have a beautiful sister, Jessica, who is fifteen. I look into her eyes and see myself three years ago. I only wish the best and never want to see her cry but

I know it's impossible for her to never have a broken heart. I can only be a loving sister who is there for support and advice. The Taylor Swift song 'Fifteen' goes, "count to ten, take it in, this is life before you know who you're going to be."

This is what I want my sister or any fifteen year old to know. Everything gets better from here and the best is yet to come.

Next year I will be off to college and my sister will see less of me. I'm sure it will be bitter sweet. I know she will be glad to move into my room but I also know she will miss me when I'm gone even if she won't admit it yet.

I just want my sister to know that the next years she will have to figure out who to be. I can already see her growing and maturing. I will always be there for her because together one day we will look back on what it was like to be fifteen.



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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DAV Chapter 2 is in danger of closing!

Susan Piazza

VALLEY PATRIOT VETERAN COLUMNIST

This month's column will be decidedly different. This is meant as an open letter to the public in general, and disabled veterans specifically. DAV Chapter 2 is in jeopardy of closing. It has endured, as of June 2009, for 79 years, but may not last another. The chapter is in need of members, to take over positions previously held by its officers.

Through no fault of anyone, people who held the chapter together are now unable. Age and infirmity have taken their toll on those who so valiantly represented this veteran population. The main officer positions that need filling are Commander, Adjutant, and Treasurer. Other positions are Senior Vice Commander, Junior Vice Commander, and someone, who can be one of the aforementioned officers, to at-

tend state meetings (held quarterly). This chapter has been in existence for almost 80 years so it would be a shame for this chapter to lose its charter. If this chapter loses its charter then in order to gain a new charter one would have to have fifty people, people not previous members of DAV, petition the National Organization to issue a new charter.

"Article 6 Charters - Section 6.2; Chapters para. 1: Not less than 50 persons eligible for membership in this Organization who desire to form a chapter shall make application for a chapter to National Headquarters using the form prescribed by the National Executive Committee. . . . No person who has been a member during the prior membership year shall be included in determining the above minimum numerical requirements." DAV National Constitution Bylaws and Regulations, Las Vegas, Nevada, National Convention

August 9-12, 2008

Currently Chapter 2 has over 500 members, only a handful attended meetings in the last few years. We need our eligible veterans to once again come to the aid of their community, their country, and volunteer service to those in need.

Before I close I would like to comment on the men and women who served this chapter, Harvey Gibeau our last Commander served valiantly though he is blind and deaf, his wife, Flo Gibeau, often interpreted to him. James Derby, Adjutant, continued despite health issues of his wife who passed August 2009.

Senior Vice Commander, a remarkable woman, who we have missed dearly due to health issues. My good friend Marco D'Errico, who was without a doubt the most honest Treasurer I have ever met. We lost him to the Big Commander on High last year. These men and women

were, are, the best representation of the veteran population it has been my honor to know, and to serve with. I shall always be grateful to each and every one of them for their loyalty, their dedication, and their unselfishness. They made this Chapter a happy, cohesive, and vastly productive unit. Thank you all!

It is my hope that out there in the community there are five, or more, veterans of similar stature. You must be out there! We need your help. Now. Immediately. Too many veterans, older and returning veterans, still need our help. Let us not let them down. 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

Community support for our troops

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

In the September issue of the Valley Patriot, I mentioned a new/renewed program, Community Covenant. Here is more information. The U.S. Army's Community Covenant is an initiative designed to invite communities across America to demonstrate their support for service members and their families during the wars in Iraq and Afghanistan.

At its 91st National Convention in Louisville, KY, The American Legion reaffirmed its support for the program during an Armed Forces Community Covenant signing that included Adm. Michael Mullen, Chairman of the Joint Chiefs of Staff, and Gen. David H. Petraeus, commander, U.S. Central Command.

The agreement reads, in part, that the Legion pledges, "To create and encourage a strong relationship between those communities and the military personnel who live and serve in them."

"We shall continue to stand proudly and at your side for as long as necessary to as-

sist you in your missions," then-National Commander David K. Rehbein said. "We support our troops ... and we shall do whatever we can to involve every citizen in every community in that mission."

Mullen praised the Legion for its part in the program.

"I recognize how ... this covenant between our people and their families and the communities can improve their morale," Mullen said. "I thank you for being an anchor in this effort. Being that anchor, you'll be able to take care of so much of what we need to support our men and women who serve, and their families."

National Guard Maj. Gen. Edward Tonini, U.S. Army Reserve Maj. Gen. Paul Hamm, and U.S. Reps. Ed Whitfield (R-Ky.) and John Yarmuth (D-Ky.) also took part in the ceremony.

Past Department of Puerto Rico Commander Luis Figueroa-Ramirez, representing all 55 Legion departments, also took part in the signing. The official document has signatures from all 55 department commanders. (Note: The American Le-

gion is comprised of 55 Departments. This includes all 50 states, District of Columbia, Puerto Rico, France, Philippines and Mexico.)

A driving force behind this project is Major General Craig Whelden, U.S. Army (Retired). His latest information release notes that there were 85 ceremonies in 2008, with 66% outside the gates of military installations. He says: "Since the beginning of 2009, however, we have seen 246 ceremonies (185 in North Dakota) conducted with another 40 scheduled - all of them in communities I characterize as located in "Middle America."

General Whelden spoke to veterans at the American Legion, VFW and AMVETS conventions. He is due to speak at the annual National League of Cities Convention in San Antonio, TX this November. This is just a few of the events where he is attending and gaining wide support. I would encourage all veterans groups and local elected officials to sign onto this program. There is no cost. Just a renewed and public commitment to support our troops

and their families. With record numbers of National Guard troops from Massachusetts and New Hampshire being called up and deployed, this is more important than ever. Whether or not we agree with the U.S. governments policies, we must still support those who proudly wear the uniform of our country. And their families who are left behind here in the states. If you are interested in this program, please contact me by email at JohnLDistrict8@verizon.net

I recognize that we are heading into November elections. Perhaps this can be activated early in 2010 as some communities may have new political leadership. On that note, I encourage EVERYONE to exercise their rights as citizens and get out and vote on November 3rd.

May God Bless America and the troops who defend 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

PALERMO: FROM PAGE 38

Other substances commonly contained in vaccines, depending upon the manufacturer, are the following: aluminum (suspected neurotoxicant), squalene, (suspected in the development of Gulf War Illness, and autoimmune disorders like MS and arthritis); hydrolyzed gelatin (from pigskins and cattle bones), Octoxinol 9 (vaginal spermicide), Triton X-100(detergent), propylene glycol (automobile antifreeze), formaldehyde (industrial carcinogen), MSG (excitotoxin), polysorbate 80 (emul-

sifier), beta-propiolactone (carcinogen) and phenol (carbolic acid). Incredibly, some vaccines are cultured on monkey and dog kidney tissue, sheep blood cells, chicken embryos, and human diploid cells from aborted human fetuses. This comes from the Physician's Desk Reference.

When I was a kid, there were only three mandated vaccines; now there are 43, with an estimated 200 more under consideration. Big Pharma, set to earn \$49 billion from the H1N1 vaccine alone, reaps a

windfall every time our go-along government mandates another one. No wonder they keep pushing new vaccinations while the gullible American public becomes acclimated to an ever more intrusive level of mandated health interventions.

Can institutions be so corrupted with greed and psychopathy? Are there any limits to avarice and depravity? The Roman philosopher Cicero, said, "To be ignorant of the past is to remain a child."

So I'll pass on my flu shot, thanks just

the same.

I'm all set. Maybe somebody in the Massachusetts Senate can use it to double up on their own flu shot for more "protection."



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



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ED J. HICKEY, VALLEY PATRIOT OF THE MONTH; From Page 1

open house and tour of a restored B-17 bomber. Both Mr. Derby and Mr. Haynes served in WWII and had many stories to share with their neighbors (see August and September '09 editions).

"I remember one storm," Mr. Hickey related about his travels as he explained life at sea. "We were on our return trip from Northern Europe and the Mediterranean Sea when we encountered a winter storm with waves 50' or more, all the way across the Atlantic. We used up so much fuel going up one wave after another and making slow progress that we had to make an unplanned stop in Bermuda for fuel. That delayed our arrival in Norfolk Virginia until February 10, 1952. Eight days later, two oil tankers broke apart in the same storm system off Cape Cod and sunk. They weren't built like our ship. That storm is worth reading about," he said as he recommended the book *The Finest Hours* by Michael J. Tougias.

"My mother had four sons in the Navy during the Korean War and I managed to meet or at least see all three of my brothers at some point," he said. "I met Jim in San Juan Puerto Rico just after our U.S. Navy fleet exercise training for A.S.W. (anti-submarine warfare). We had two aircraft carriers and 20 destroyers involved in that exercise," he said. "And I passed one in Japan. Our ship, a destroyer called the U.S.S. Waldron was arriving at our Naval base in Yokosuka, Japan when my brother Bill's ship, an electronic supply ship, was headed to Sasebo, a base in southern Japan. We passed at sea about a half mile apart. I sent him a signal, because I was the Quartermaster up on the bridge, running the signal light. So I



sent him a brief message saying, sorry I missed you and hope to see you sometime, but I didn't see him until I was discharged from the Navy years later."

He would occasionally meet his other brother, Jack in Norfolk, VA where Jack served on the U.S.S. Mississippi testing experimental rockets.

"I finished up as Quartermaster Second Class. Not bad for four years of service," he related. As a Quartermaster in the Navy, Mr. Hickey was responsible for navigation and visual communication. During his service, he was responsible for steering his ship in and out of port, working with being refueled from refueling ships and aircraft carriers which would come alongside, as well as navigating through the locks at the Panama Canal and the Suez Canal amongst other duties.

"Steering the ship through the Panama

Canal and seeing the ship go 30-40 feet in height from one level to another, then to the lake, and then stepping back down into the Pacific Ocean was one of the most interesting events, I must say."

Join the Navy, See the World – How True

During his tour, Mr. Hickey visited more than 24 countries on the U.S.S. Waldron, DD-699.

"I had the opportunity to transfer to other ships, but decided to stay on the Waldron, continuing service to my country and I got to see the world."

"Out at sea, we were always there for a reason," he explained. "Honing our skills or showing the flag. We were always active. The purpose of a destroyer is to hunt, detect, and if necessary, kill submarines," he explained. The U.S.S. Waldron carried six 5" guns, 16 40mm guns, five torpedo launchers, and multiple depth charges. The crew of the Waldron would also perform other tasks.

"I remember one rescue we performed at sea in 1952. It was the pilot from an old propeller plane who came flying in about 50' above the flight deck then nosedived into the water. They were still using some propeller planes back then. We had to retrieve him and return him to the carrier. They gave us five gallons of ice cream for our efforts, the standard reward from an aircraft carrier for delivering one pilot."

Fortunately, his ship avoided direct active action in Korea. "My ship was preparing to go to Korea but the shooting had stopped," he said.

Upon leaving the Navy, Mr. Hickey sought employment at Western Electric (later AT&T and Lucent Technologies) where he met his bride Helen. Mr. Hickey retired from Western Electric in 1994, working mostly as a scheduler for

fiber optic products at the time. After 48 years of marriage, Mr. Hickey lost his wife Helen two years ago. "I didn't leave her side for the year after she was diagnosed, except to go to the store or fetch the paper."

His four children are all living locally: Edmund Jr, of Amherst N.H.; Paul, of Haverhill; Kenneth, of Framingham, and daughter Patricia, of Newburyport. He has two grandsons, Matthew and Alex, and a granddaughter Mikayla.

Mr. Hickey, a life-long Lawrencian, keeps active, walking two miles, three-to-four times each week. He recently volunteered as an adult altar server for funerals at St. Patrick's Church. His hobbies include his tomato garden where he grows 24 tomato plants and 24 pepper plants.

His other interests include reading and photography. "You have to keep your mind active as well as your body," he explained.

It was Mr. Hickey who introduced the Valley Patriot to his neighbors Jim Derby, and George and Mary Haynes from the Mt. Vernon neighborhood association, and we owe him a debt of gratitude for taking the time to share his own personal story with our readers.

The Valley Patriot is proud to highlight the service of our men and women in uniform, united to protect and defend our nation. We ask that you forward your Valley Patriot of the Month nominations to the editor at valleypatriot@aol.com.



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.



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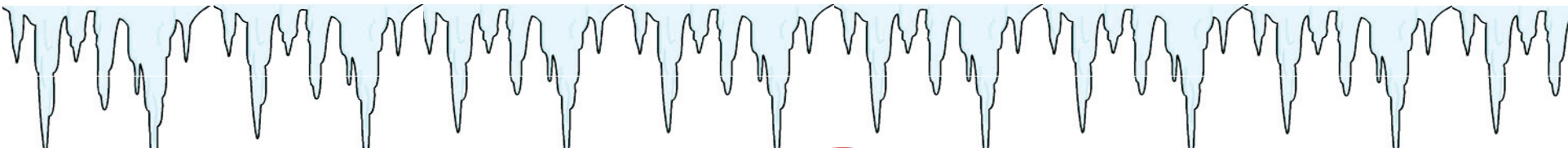
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