



valleypatriot.com

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

ADVERTISEMENT

APRIL, 2010  
VOLUME 7, ISSUE 4

# THE VALLEY PATRIOT

"Congress shall make no law..."

2004

A New England Press Association Award Winning Newspaper

2010

## CONFLICT!



PHOTO: TOM DUGGAN

Lawrence Superintendent Wilfredo Laboy and Willie Lantigua in happier times

**Mayor Lantigua's campaign benefited from material printed at the Lawrence school Dept., Now he will vote to fire Superintendent Laboy for doing so ... **PAGE 9****

## INSIDE LOWELL DEVILS HOCKEY



ADOPT A PUPPY

### SECTION 1



**The Doc. is BAAACK!**  
**Dr. Rami Rustum**  
**PAGE 33**



**Shawn Hansen**  
**Lowell Devils**  
**Columnist**  
**PAGE 45**



**Puppy Love**  
**Kate Whitney**  
**PAGE 38**



**Tom Connors**  
**Live the WOW!**  
**PAGE 36**



**Beth Daigle's**  
**TV Review**  
**PAGE 30**

Opinions.....	2
North Andover.....	4&5
National.....	6
Georgetown .....	7
Boxford.....	7
Dracut.....	8
Lawrence.....	9-15
Tom Duggan's Notebook.....	14, 15, 26, 27
Local Political Cartoonist.....	15
Methuen .....	18-22
Irish Craic.....	22
Lowell.....	23
MASS/Culture.....	24
Business & Finance.....	25
Young People.....	28
Comedy/Entertainment .....	30-31

### SECTION 2

The Doctor is IN.....	33
Healthy Body & Soul.....	33-37
Simple Wisdom .....	36
Puppy Girl-Pets.....	38-41
Sports.....	44-45
Veterans.....	1, 48-49

## VALLEY PATRIOT OF THE MONTH

### Dominic Scarpignato

Gary Manion

VALLEY PATRIOT HERO COLUMNIST

In August of 1942, Dominic Scarpignato did what most boys his age were doing; he enlisted in the Navy. Almost a year after Pearl Harbor, boys like Dominic flocked to serve their country without a second thought. At 19 years of age, Dominic left his job at the American Wood Company in Lawrence, MA, along with his mother, his four sisters and his beloved Mary and joined the other young men ready to lay their lives on the line for the love of their country. He left the only place he had ever known to attend

the Navy's boot camp in Newport RI and then to join the crew of the destroyer, the USS Conway, to which he was commissioned in October of 1942. After the boat left the port in Boston, it headed to Norfolk, Virginia to join its task force. On December 5th they received their orders to head to the Pacific Islands to face whatever lay ahead.

They headed toward the Panama Canal, though the sailors all knew that they were not allowed to pass through. They waited till the cover of darkness and then made their way across the canal. A month later,

**SCARPIGNATO, page 49**

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

**Sal's PIZZA**

Home of the 19" 3lb. PIZZA  
Straight From Boston's North End  
FREE DELIVERY IN METHUEN 978-683-2525

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



ASK ABOUT OUR REASONABLE MONTHLY RATES!  
Please see our ad on Page 33

**Assisted Living Center ~ Salisbury**

**Where you Can Have it All  
Where you Can Afford it All**

SEE OUR AD ON PAGE 35 & 44

**(978) 463-9809**

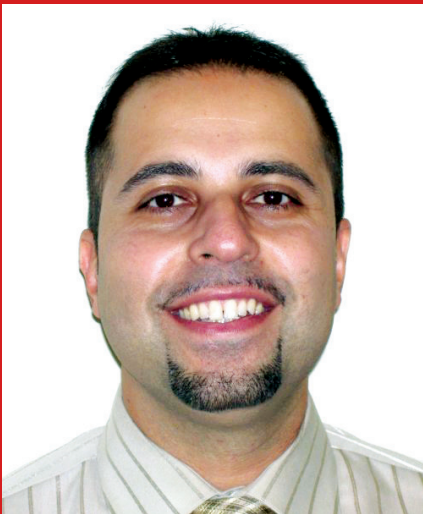


**Joe Zingales**  
Call My Cell:  
978-360-4743

**TEAM ZINGALES**  
Above the Crowd!  
**TeamZingales.com**

Call the short sale specialists

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



**Andrew Distefano**

Call My Cell:  
978-423-4716

**MAG**  
Mortgage Corporation

213 Broadway, Methuen MA 01844  
andrew.distefano@maghomeloan.com

\* RATES ARE DROPPING!  
\* Up to \$8,000 tax credit  
for 1st time homebuyers  
\* Mention this ad & receive  
\$300 towards closing costs  
\* FHA/VA loans available

Company NMLS # 1961/NH - 14213-MBR

Licensed by the New Hampshire Banking Department  
Licensed in MA # MB5202  
We arrange, but do not make loans





# EDITORIAL

## Lantigua Must Recuse himself from Wilfredo Laboy Hearing

This month the Lawrence School Committee will meet and hear testimony from indicted superintendent Wilfredo Laboy in his quest to appeal the committee's decision to fire him.

But, Lawrence Mayor Willie Lantigua, who chairs the seven member board, is named in the Laboy indictment as his State Rep. campaign received materials illegally produced by the Lawrence School Department.

Lantigua says he knew nothing of the illegal campaign materials produced on a half-million dollar printing press purchased with state taxpayers money. But, whether or not Lantigua's knew that his campaign benefited from illegally produced material at the hands of (as the allegation goes) Superintendent Wilfredo Laboy, he has a duty to recuse himself from any votes on the status of the superintendent as the appearance of a conflict surely exists.

We also believe that current School Committeeman Gregory Morris has the same conflict, as his campaign also allegedly benefited from material produced by the Lawrence School Department.

How can two members of the committee vote to fire the superintendent for his alleged role in producing campaign material for politicians (among other allegations) when they are but two of the politicians who received such material?

## Stalin Would be Proud

Since 2006, Massachusetts residents have been required to buy health insurance or be penalized on their taxes. The Mass. model was used as the platform for the democrats in Washington and President Obama when touting the National Health Care Bill. Democrats like Pelosi, Reid and the Mass. congressional delegation, (except Lynch), supporting the national health care bill using the Massachusetts model as the example of success for the national bill.

Well, the wonderful Massachusetts health care ride is over. And it has crashed and burned. This week, five of the six state health insurance companies sued the state for the way they are regulating premiums and refusing to allow insurers to raise their premium rates to cover costs.

In retaliation, state officials have taken those five insurance companies off of the website; the Massachusetts Health Connector, which is the official state website where individuals, families and employers go to purchase health insurance.

The website now only offers one insurance carrier, CeliCare.

The website states "The Massachusetts Division of Insurance recently disapproved many of the premium rates proposed by insurers. The decision does not apply to CeliCare. The ruling pertains to plans effective April 1, 2010 and later. It also applies to all distribution channels, including the Health Connector. With the exception of CeliCare, insurers must withdraw their Commonwealth Choice plans until they recalculate their rates to comply with the ruling."

So, now Massachusetts residents have NO choice. A monopoly has been created giving all of state's health insurance business to CeliCare.

This is the direction national health care is going in. We are told we can keep our doctor and our insurance until the state eliminates all competition and we are stuck with what they allow us to purchase. This is the model Washington, President Obama and our congressional delegates have imposed on the rest of the country. This is Governor Deval Patrick's and President Obama's plan: put insurance companies out of business and have a single government plan. Universal health care for everyone.

Stalin would be proud!

### News tips

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

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

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

**Corrections;** Please contact the editors at [valleypatriot@aol.com](mailto:valleypatriot@aol.com)

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.

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

Local daily news updates are online at [www.valleypatriot.com](http://www.valleypatriot.com)

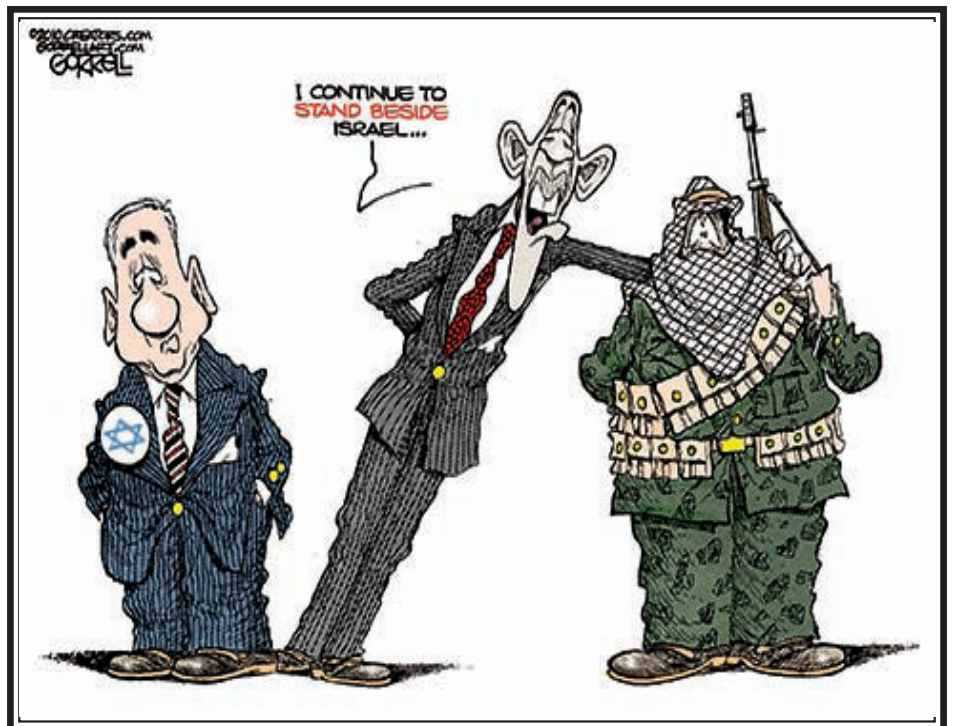
The Valley Patriot is published monthly on the first Wednesday of each month by the Valley Patriot, Inc., POB 453, North Andover, MA 01845. Copyright (c) 2009, Valley Patriot, Inc. All rights reserved. Subscriptions are \$45 per year and sent via U.S. Mail.

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

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

### Editorial Board:

**President:** Tom Duggan, Jr.  
**VP/Director:** Ralph Wilbur  
**Copy Editor:** Linda Lemerise  
**Ad Director:** Lisa Knight



## An open Letter to Lawrence's Councilor Silva

Dear Councilor Silva,

I am a Latina who, with all due respect, disagrees with your assessment and depiction(s) of the Latino community in Lawrence and I am very frustrated with many of things that you say. As a result, I feel compelled to speak up for many more citizens that feel the same way.

I am of Dominican descent and learned English at the age 5. My mother arrived in the U.S. in 1976 and until this day does not speak English, so trust me when I tell you that I am writing this to you with experience on this topic. I have a Master's degree in Education and have 1.) Never pulled the race card for anything, especially accountability and 2.) Have never ever expected that society be changed because English was not my first language.

You are very wrong to think that the English speaking media must start writing things in Spanish because most people in Lawrence are Latino. If I moved back to Dominican Republic do you think I would be accepted if I didn't speak the language spoken there? English is the language spoken here and the official language of MA - end of story. As immigrants we moved here for a better future we must assimilate into this culture not vice versa.

And to address your question of why the Eagle Tribune is the "paper of daily record", this is the only newspaper that is local AND a daily paper. Are there only negative things written about the new administration? Perhaps; and when the Lantigua administration starts putting its message out to both English AND Spanish media sources, and responding to questions asked by the English speaking media as well as the Spanish, they may find something positive to write about. In the absence of responses to their questions, it

is only fair that their stories will be based only on the information they have or are able to gather, without the input of administration officials.

Along the same vein, when the Spanish newspapers and talk radio shows start presenting facts, not opinion only, they too will earn the respect of the 'mainstream' media.

You should also educate yourself with facts before making blanket statements that appear to be racially motivated. According to one of the links below, based on 2000 US census data, only 6% of Massachusetts residents speak Spanish. While I understand that some of this data is 10 years old, the other table referenced here indicates that as late as 2007, only 9% of the population in Massachusetts spoke Spanish at home. I would respectfully suggest to you that you re-assess your understanding of the Latino community as a whole, in Lawrence, and refrain from categorizing ALL Latinos as being supportive of your 'Spanish -only' mission.

[http://www.boston.com/jobs/diversity-fall\\_07/an\\_immigration\\_phenomenon/](http://www.boston.com/jobs/diversity-fall_07/an_immigration_phenomenon/)

<http://datacenter.kidscount.org/data/by-state/stateprofile.aspx?state=MA&loc=23>

<http://www.city-data.com/states/Massachusetts-Languages.html>

Please, next time you feel the urge to speak on my behalf, think about the middle class, educated Latinos that also live in this town that cringe at the stereotypes and negativity that we continually hear from you. As a Latina woman, I would hope you would aspire to being a role model for other Latina women and will change your tone and the direction of your comments accordingly.

Analuz Garcia, 46 Cypress Street  
Lawrence, MA 01841

## WHOLESALE PRICES TO THE PUBLIC

New in HAVERHILL.... Get all your supplies locally at:

# Quintana Wholesale Outlet

Free delivery for local businesses!

Monthly Billing!

### Janitorial Supplies

#### Commercial or Household use:

\* cleaners \* floor strippers \* waxes  
\* brooms \* mops \* dusting rags \* sponges \* buckets \* gloves \* soaps/detergents \* ice melt

### Shipping Supplies

\* boxing \* bubble bags \* bubble wrap \* tissue \* tape \* mailers \* peanuts



### Paper Products

#### Commercial or Household use:

\* rolls \* cups \* roll towels \* toilet tissue  
\* dispensers \* paper plates \* napkins \* facial tissue



### ETC....

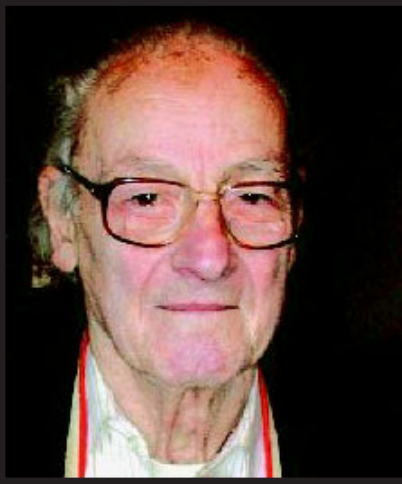
\* foil \* hairnets \* aprons \* straws \* bowls  
\* cutlery \* batteries \* metro shelving \* CRC



Open: Mon-Fri 9AM to 5PM, Sat: 8:30AM-1PM

558 River St., Haverhill \*800-499-1000 > Next to Ralph Pill & Giovanni's

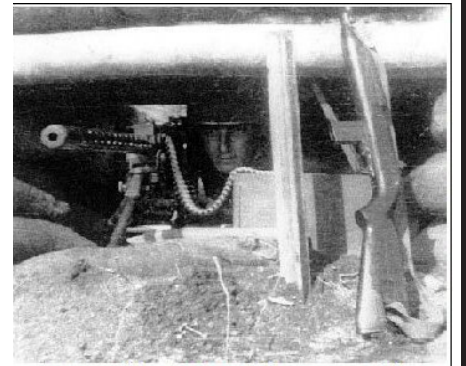




To the editor;

I attended the wake and funeral of **Michael Buglione** on April 3, 2010. He was a 91 year old veteran of WWII. He was in the Americal Division of the US Army and part of the invasion of Guadalcanal. He was actually one of the Valley Patriot's of the Month. I was pleased and surprised to see a framed copy of the Valley Patriot at the foot of the casket. It obviously meant a great deal to him and his family to have it there. Thank you to the Valley Patriot for featuring great patriots like Mike Buglione as Patriot of the Month.

Kathleen Corey Rahme, Methuen



Manning 50 Caliber machine gun on Bouganville, 1944

Home Improvement Registration # 117756

Construction License #071037

**Tom DeFusco**  
General Contractor, LLC

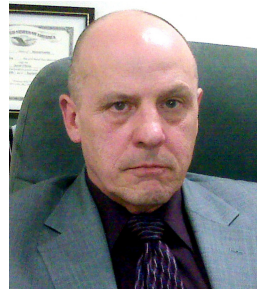
Roofing & Siding

603-635-3017

*Covering the Merrimack Valley Since 1971*

I can solve your **DEBT** problems in less than 24 hours.....

**CALL ME AND I WILL:**



Daniel O'Brien

**\* STOP Collection Calls**  
**\* STOP Demand Letters**  
**\* STOP Foreclosures**  
**\* STOP Court Actions**

**TEL. (978) 973-1421**  
**obee2002@verizon.net**

**Debt Negotiation & Bankruptcy Attorney**

## Does Chiropractic Really Work?

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly. Even top sports stars and entertainers... like Tiger Woods, Emmitt Smith, Tony Robbins, Joe Montana, Lance Armstrong, Gov. Arnold Schwarzenegger and Mel Gibson.

Although chiropractic works great for back pain, at our office we've helped patients with a wide range of problems.

"Isn't Chiropractic Just For Back Pain?"

We can help conditions like...

- \* Headaches and Migraines
- \* Asthma and Allergies
- \* Numbness in the Arms and Legs
- \* Carpal Tunnel Syndrome
- \* Athletic Injuries
- \* Car Accidents
- \* Shoulder, Hip And Knee Pain
- \* And much more

In addition to that, here's what some

of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months." -- British Medical Journal

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- Stanley Bigos, MD, Professor of Orthopedic Surgery

My name is Dr. Jin Sung. I chose to start our practice in Methuen, Massachusetts and I have been in practice for 13 years. Since then, I've used gentle chiropractic treatments to help thousands in our community feel better and live healthier, more productive lives.

How Much Does Chiropractic Cost?"

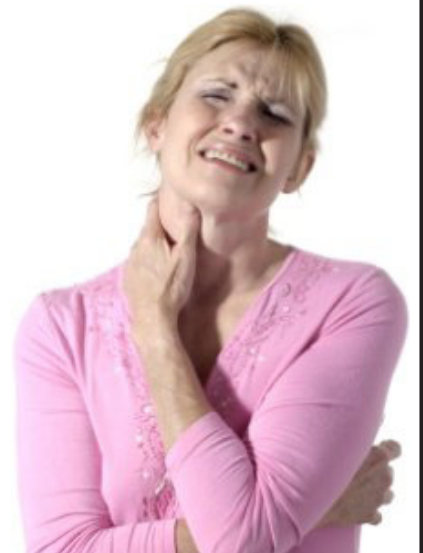
It's impossible to know for sure what

you'll need to get rid of your nagging health problem until I've examined you. That's why for 15 days only, \$49 will get you all the services I normally charge new patients \$180 for!

What does this offer include? Everything I normally do in my new patient evaluation. Take a look at what you will receive:

An in-depth consultation about your health where I will listen...really listen. A complete nerve, muscle and spinal exam to find the "cause" of your problem. A thorough analysis of your exam findings so we can map out your plan to better health. And your first treatment so you can feel what it is like to feel relief.

I'll answer all your most probing questions about chiropractic and what it can do for you. The appointment will not take long at all and you won't be sitting in a waiting room all day either. To take me up on this special offer, you must come in within the next 15 days. Call now 978-688-6999. My



website is [www.DrJinSung.com](http://www.DrJinSung.com) and my office is located at 126 Merrimack Street in Methuen MA 01844, behind Heavenly Donuts.

Don't let this be you, call me today and see if I can help you. 978-688-6999. Our website is [www.DrJinSung.com](http://www.DrJinSung.com) and we are located at 126 Merrimack Street, Methuen MA 01844.

## Uncontested Divorces starting at \$799.00\*

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

**978-682-9643 ~ [www.consolilaw.com](http://www.consolilaw.com)**  
**30 Massachusetts Ave. North Andover, MA**  
**Exit 43 off Rt. 495 ~ Hablamos español**

\* plus court fees

**Consoli & Wilshusen**  
ATTORNEYS AT LAW



# April activities from the North Andover Sention Center

Do you know that Tai Chi and Yoga are done by millions of people around the world to improve balance, relaxation, memory, concentration, muscle stamina and more?

Like most people, you have probably heard that physical activity, including exercise is good for you. Spring is in the air, it may be time to think about going outside of your comfort zone and joining one of the many exercise programs at the North Andover Senior Center. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Physical activity, done regularly, can produce long-term health benefits.

Health experts say that older adults should be active every day to maintain their health. In addition, regular exercise and physical activity can reduce the risk of developing some diseases and disabilities that develop as people grow older. We have many types of exercise at the North Andover Senior Center.

During the month of April we are offering a one-time free fitness pass for one of the following programs. Stop by the reception desk to pick up your free pass for one session of Tai Chi, Yoga morning and evening, Joy of exercise, walking group or beginner's Zumba. We also have an evening Ballroom dancing class that you are welcome to come in

and observe.

Presentation by Merrimack Valley Nutrition Project Dietitian: Nutrition Education on Diabetes and Self Management. Monday, April 12, 2010 at 11:45 a.m. For lunch reservation, please call Judy at 978-975-3884. \$2.00 donation requested.

The Dial-A-Lawyer phone number is (617) 338-0610. If callers get a busy signal, they are asked to hang up and try again. Normal telephone charges will apply. This number is only active from 5:30-7:30 p.m. on Thursday April 29, 2010.

The Senior Center needs donations of gently used jewelry, knick knacks and other small items for our Mini Boutique. Please leave your gently used treasures at our reception desk anytime.

Seniors on the go

Foxwoods: Next scheduled trip, Tuesday April 20, \$25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 6:30 a.m.

ZUMBA: Three classes available: ZUMBA Basics on Mondays, 3:30-4:30 p.m. ZUMBA Fitness on Mondays @ 4:30-5:30 p.m. and ZUMBA Fitness on Wednesdays, 3:30-4:30 p.m. Come and exercise to the beat of Latin Music with Zumba Instructor Tallie Abernathy. Walk-ins are welcome for \$6 per class.

No dance experience necessary. Ditch the work out and join the party. 6-weeks for \$24.00

YOGA/PILATES: Tuesdays 3:35-4:30 p.m. with Cheryl Cronin. Blending both yoga and pilates in a 55-minute workout, we will strengthen and tone muscles while we increase flexibility, balance, and self-awareness. Walk-ins are welcome for \$6.00 per class. 6 week sessions for \$24.00.

SPIRITUALITY SUPPORT GROUP: Tuesdays at 1 p.m. for six weeks. This support group will offer seniors the opportunity to engage with other seniors and to share their relationship with God (however they understand God).

The Spirituality Group will serve as a resource to help participants cope, heal and grow. This group is inter-denominational and is open to people of all faith traditions. Christine Kowalecky, an intern at Elder Services of the Merrimack Valley will facilitate this group. Chris has a master's degree in pastoral ministry from Boston College and is currently a doctoral student at the Massachusetts School of Professional Psychology. Class size is limited to 12 people. Please call to register.

BEGINNER BALLROOM DANCING CLASSES: Thursday evenings 7:30 p.m. - 8:30 p.m. - 6 weeks. Learn the Salsa and the Waltz. This class is open to ages 16 and up. The cost is \$90.00 per person or \$150.00 per couple for 6 weeks. Call Barbara at 978-688-9560 to sign up. This is not a difficult class, come and join the fun.

Shriner's Circus: Friday, April 23, 2010, show time 10:00 a.m. Grandparents may take their grandchildren to enjoy a great show! Free tickets, first come first serve! Transportation available for 12 people @ \$5.00 per person.

High Tea & Fashion Show: Sunday,

April 25, 2010, 1:30 - 4:00 p.m. @ St. Michael's Church Hall, Main Street, North Andover. Cost: \$20.00 - children 16 and under: \$5.00 Featuring fashion from Appleseed's and entertainment by Acting Out Theater Company. Catered by "Simply Elegant Catering" serving fine English teas, tea sandwiches, scones, miniature pastries. Tickets go on sale March 1, 2010. This event is sponsored by the Friends of the North Andover Senior Center.

Support Services and Programs  
Bridge 3: CLASS IS FULL Useful Conventions Learn/Review - Stayman, Jacoby, Blackwood, Gerber, etc. Limited enrollment, no single classes. Starts Wednesday, April 14 - June 16, 2010, \$60.00 for 10 weeks.

Movie and Discussion Support Group: Second and fourth Friday every month from 12:30-3 p.m. in the living room. Join the group and enjoy a movie and discussion afterwards with Beacon Hospice Social Worker Lu Bonanno.

Lecture Series: Every Monday at 10 a.m. On April 12th Chief Martineau and Lt. Andy Melnikas will do a presentation on CPR and the Heimlich Maneuver. Special refreshments will be served compliments of the North Andover Fire Department. Please stop by to wish Chief Martineau good luck on his retirement.

Stress Reduction: Fridays, 11:30 a.m. - 1:30 p.m., 20 minute treatment for a \$5 donation. Call for an appointment.

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

NOTICE: We need Volunteer Medical Transport Drivers: Call the North Andover Senior Center for more information. Speak with Barbara at 978-688-9560 for an application and assistance.

## Ye Olde Pepper Companie

## Candy Shoppe

### GIFTS FROM THE HEART!

- \* Cream & Butter Fudge
- \* Fancy Heart Boxes
- \* Gift Baskets
- \* Sugar Free Candies
- \* Salted Nuts
- \* Truffles
- \* Bearington Plush
- \* Mail Orders

[yeoldepeppercandy.com](http://yeoldepeppercandy.com)

122 Derby St.  
Salem MA 01970  
(978) 745-2744

Open 7 days 10-5pm

59 Main St.  
North Andover MA  
01845

(978) 689-3636

Open Mon. - Sat 9-5pm

AS SEEN in "O" Magazine!

## Amici's Pizzeria

North End Style, Thin Crust Italian Pizza

**\*We Deliver! 978-725-9339**

N. Andover, Andover, South Lawrence

OPEN: Mon-Sat  
11am-9pm  
Closed Sunday

OUR  
LARGE  
PIZZAS  
ARE 18"

SUBS,  
CALZONES

127 Waverly Road  
NORTH ANDOVER

**NOW  
CATERING!**

SALADS  
ITALIAN  
DINNERS



**BE SMART! Refurbish your ugs before you put them away!**

**Bring in this ad and get \$5 off any shoe repair**

## J & W Shoe Repair and Leather Service

### All Kinds of Shoe & Leather Repairs

- \* Pocketbook Refurbishing
- \* Custom Shoe Dying
- \* Orthopedic Shoes
- \* Suitcase & Luggage Repair
- \* All Kinds of Zipper Repair
- \* Name Brand Pocketbook Repair



**We  
refurbish  
UGGS**

**Better QUALITY  
WORK than any  
other shoe repair  
shop BAR NONE!**

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



# An exciting time for downtown North Andover

**Tracy Watson**  
NORTH ANDOVER SELECTMAN

Many months ago the Board of Selectmen tasked the Department of Public Works with the Main Street Improvement Project! This project began last year and was focused around improving the downtown business district along Main Street. This came on the heels of the Messina Family investing millions into their plaza, a focal point downtown, now referred to as First & Main Marketplace.

The improvement process emphasized the creation of a more conducive atmosphere for motorists, pedestrians and businesses as a whole. Part of the mandate was to design improvements to traffic flow, public safety, infrastructure, streetscape and public convenience. And as anyone who has recently visited downtown North Andover can attest, the changes and improvements are aplenty!

To date intersection re-alignments have already been completed, new sidewalks have been installed, green areas have been added, new catch basins have been installed, a new vehicle access entrance has been added to the Bradstreet School and sewers have been replaced as well. This spring the improvements continue!

By early June the Town hopes to have completed the final phases of this Improvement Project! All sidewalk repairs will be completed; new pavement and lines down Main Street as well as new crosswalks will be installed. These crosswalks will also offer bump-outs for decorative plantings. The consolidation of parking and traffic signs will be done and finally new signage welcoming folks to the downtown area will be put in place!

Bruce Thibodeau, Director of the DPW and Gene Willis, Town Engineer, as well as town staff have moved this project right along on schedule and on budget as well. This project was able to be completed through state Chapter 90 monies and all design work as well as construction oversight has been done “in-house” saving the Town many thousands of dollars while still improving an important area of our community!

Along with all these improvements being made by the Town, business owners are also taking part in the process! The newly formed North Andover Merchants Association (NAMA) is quickly approaching ninety members and growing all the time. This association has really come together to work with and for our community. We all have the same goals in mind and fostering the relationship between



business owners and community is good for our businesses and our community. A strong business climate makes for a strong and financially solid community.

Main Street business owners in particular are adding much charm and interest to our downtown area. After many years of vacant storefronts and limited amounts of visitors, this area of town has really begun to come to life again. Not only have many new businesses located on Main Street (Jane’s on a Budget, Fabulouz Findz, Mel-Bro Laundry, etc.) but they are sprucing up their buildings too! Take a walk along Main Street and you will see fresh coats of paint, new decorative awnings, flower boxes and many other improvements.

NAMA will be sponsoring a spring clean up of the Bradstreet School as well!

NAMA also has many other ideas in mind that will hopefully come to fruition! I along with NAMA members and Town Planner, Judy Tymon will be meeting during the month of April to begin discussions regarding a Farmer’s Market being brought to North Andover. Plans are very preliminary however our combined hope is to get this off the ground this year!

So as you can see it is a very exciting time for downtown North Andover! I would encourage you to come and see what Main Street has to offer! And as members of NAMA would say ...stay local and shop locally!

490 Main St.

**SAL'S**  
PIZZA

**NORTH ANDOVER**  
Buy a T-shirt get  
a free slice  
978-689-7374

**MAIN STREET**  
**HARDWARE**  
North Andover

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

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

**Broken Screen BUGGING you?**  
We Can Fix it!

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

**YOU CAN TRUST US!**

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

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

**The Valley Patriot**  
**is now in 800**  
**locations in 25**  
**communities**  
**including:**

**CVS**  
pharmacy®

**MARKET**  
**BASKET**®  
"MORE FOR YOUR DOLLAR"

**Hannaford**

  
**LATITUDE**  
sports clubs

**SAL'S**  
PIZZA  
Home of the 19" 3lb. PIZZA  
*Straight From Boston's North End*



## THINKING OUTSIDE THE BOX

# Message from Comrades Tierney and Tsongas “Welcome to the Gulag”

Dr. Charles Ormsby  
VALLEY PATRIOT COLUMNIST

Message from Massachusetts voters, “Take your Gulag and shove it.”

Yesterday I celebrated the first birthday of my third grandchild. My other two grandchildren are five and seven years old. They don’t know that their world changed today.

One hour ago our Congress, with the nearly unanimous approval of the Massachusetts delegation (9 in favor, only Lynch opposed), passed Nationalized Health Care. But that characterization vastly understates the impact of this legislation.

Not only has the government taken away our right to control our own medical care, it has destroyed, once and for all, any illusion that American citizens have the right to property or the right to contract. We are now officially wards of the state. We are serfs in America.

Our natural right to protect and improve our lives and the lives of our family members has been taken away from us.

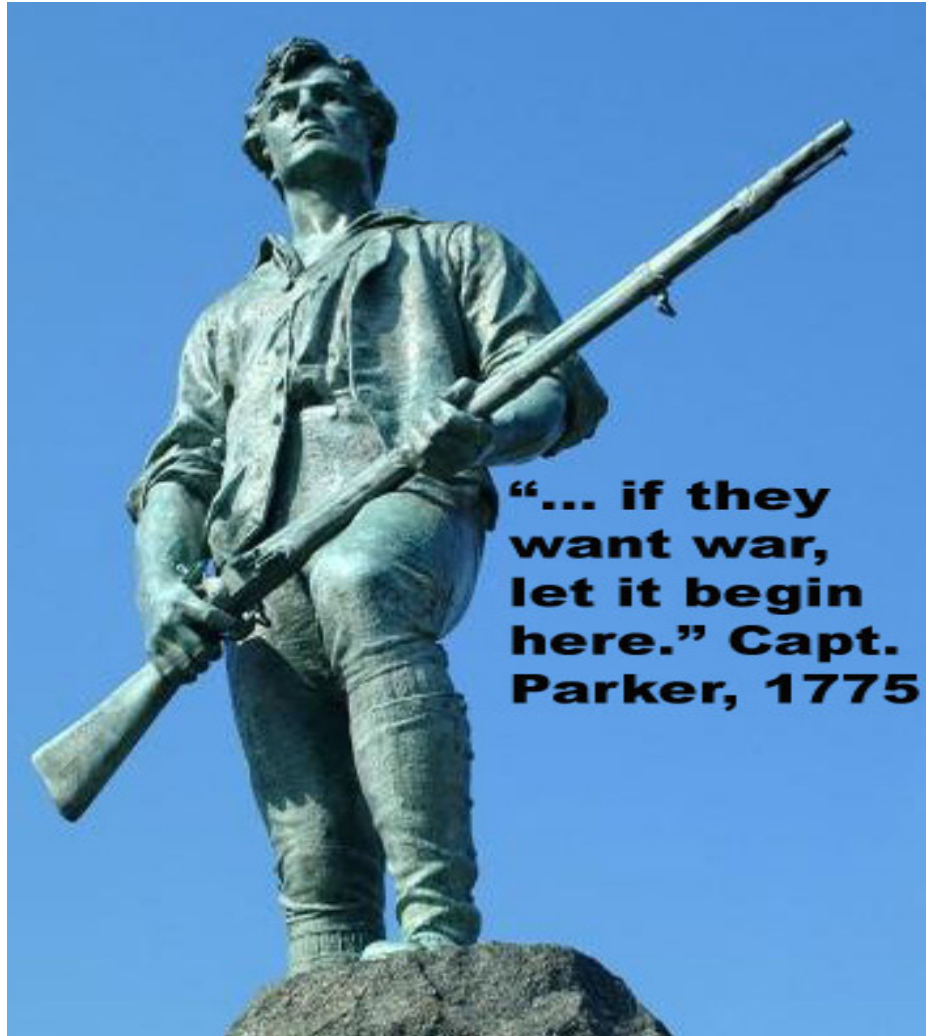
We can no longer set the terms of our health care insurance or our medical treatments. If our government is allowed to do this, the precedent will have been set that our government can control any and every aspect of our lives.

Our chains are forged. Our leg irons are being fitted.

If we don’t act now, we will be slaves.

The government has virtually no barriers as it seeks to trample our Liberties.

The brutes are loose.



Unless we rise up, they own us. They will beat the drums; we will man the oars.

Unless this abomination is resoundingly overturned in November, our grandchildren will never know Freedom. It may be lost for many generations, if not forever.

I am distraught that the birthright of my descendants was destroyed on my watch.

Ironically, it was destroyed by the congressional delegation from the state where American Liberties were first purchased with the blood of patriots ... ordinary farmers that, in retrospect, were not so ordinary. The time for action has come.

The progressives have declared war on individual Liberty. Let the battle for freedom begin here ... again.

There are three lanterns in the Old North Church ... because the enemy is attacking from both the land and the sea. They come camouflaged as “Liberals,” but they are nothing of the kind. Historically, Liberals were champions of individual Freedom. Their modern namesakes hate individual Liberty, and they are well on their way to destroying it.

The call is now out to every patriot, to everyone who cherishes Freedom.

If we want to restore the American Dream, we must retire EVERY current member of the Massachusetts congressional delegation.

Locally, that means we must return Representatives Tierney and Tsongas to private life ... if you

can call it that after they have colluded to destroy any semblance of private action and decision making.

Do not despair. Candidates who understand Liberty and who seek to restore it are standing up to challenge the gulag.

In the Sixth Congressional District, candidate Bill Hudak of Boxford has stood up to challenge Representative John Tierney. Bill has been in the ring for nearly a year now and has consistently supported a freedom agenda. He deserves our support.

In the Fifth Congressional District, there are numerous candidates currently challenging Representative Niki Tsongas. We will be evaluating their commitments to individual Liberty over the coming months.

Readers of this column who share traditional American values and who abhor the constant intrusion of government into our lives, must commit themselves to the defeat of our anti-American politicians.

We must obligate ourselves to the election of pro individual freedom candidates ... candidates who believe in property rights, the right to contract, and the right to control our own lives.

Replace the monster of “do as I say” government with the magic of a free society and free markets. Restore a social arrangement based on persuasion, not force. Embrace voluntary cooperation; reject coercion.

The time is now. Will you join the fight?

We have nothing to lose but our chains.



Dr. Ormsby is an ex- member of the N.A. School Committee. He is a graduate of Cornell and has a doctorate from MIT. He is currently a Professor of Mathematics at UMASS, Lowell. You can email him at: [ccormsby@comcast.net](mailto:ccormsby@comcast.net)



44 Granite Street, Haverhill, MA

**Affordable Rental Opportunity**  
**52 Affordable 1 & 2 BR**  
**Apartment Homes**



*Sketch for illustration purposes only*

Restored from an historic mill building into brand new 1 & 2 bedroom apartment homes

**Information Session**  
to be held on Wednesday,  
April 28<sup>th</sup>, 6PM - 7PM at All  
Saints Parish Hall, 120  
Bellevue Ave, Haverhill

Applications may be obtained online at [www.hayesapts.com](http://www.hayesapts.com) or at the following locations during normal business hours:

- **Haverhill Public Library**  
99 Main St., Haverhill
  - **City Hall, The Mayor's Office**  
4 Summer St, Haverhill
  - **Chamber of Commerce**  
80 Merrimack St., Haverhill
- or via the mail by calling **Peabody Properties** at 781-794-1057

Mail completed application to Peabody Properties, Inc., The Hayes Lottery, 536 Granite St., Braintree, MA 02184. Deadline for completed applications: received no later than Noon on May 19, 2010. Lottery to held on Tuesday, May 25<sup>th</sup> at 11AM at the All Saints Parish Hall. Please inquire in advance for reasonable accommodation. For more info, call Peabody Properties, Inc. at **781-794-1057**.

Rents & income limits are based on HUD schedule which are typically revised annually & subject to change. Selection by lottery.

#### 2009 Income Limits:

# HH	50% AMI	80% AMI
1	\$29,700	\$44,800
2	\$33,900	\$51,200
3	\$38,150	\$57,600
4	\$42,400	\$64,000

#### Rent Range:

1BR: \$750-\$1075  
2BR: \$900-\$1275  
Heat & Hot Water Included

## DAVRON

**On-site**  
**Small Engine Repair**  
Tune-ups & Repairs  
No Pick-up Or Delivery  
I Go To You



**Dave Terburgh**  
**978-257-0345**  
[davronrepairs@verizon.net](mailto:davronrepairs@verizon.net)



GEORGETOWN TODAY

# Time to Raise the Taxes

Lawrence “Lonnie” Brennan  
VALLEY PATRIOT GEORGETOWN COLUMNIST

It’s spring, and that means it’s time to raise the taxes on local residents and homeowners! Yippee!

Let’s take a quick review of just how fun and easy it is to raise taxes in any city or town, and especially in the quaint hamlet of Georgetown.

First order of business: be sure to ignore the economy, and pen raises for as many unions as possible. And, sure enough, this was done with great propensity in many towns last year. What’s the result? A whole new series of “contractual obligations” as Georgetown Selectman David Surface likes to call them when he recently pleaded to his fellow selectmen to consider a proposition 2 ½ sidestep (a.k.a. debt exclusion).

So how big should the “contractual obligations” get? Campers, let’s be serious. If you want to make friends and be popular on the school committee, at the local tavern, on the board of selectmen or on a local city council, you had best make the “contractual obligations” as large as you think the voters will swallow. In Georgetown, the powers-that-be “contractually- obligated” the taxpayers to provide in excess of \$250,000 in raises to town employees this year, and much more than that moving forward.

Why lock in such an increase of “contractual obligation”? Three reasons: 1) It makes the powers-that-be feel good that they’re dolling out raises and keeping employees happy, 2) Few elected officials have the incentive to ever argue against a raise for a firefighter or a teacher’s group, for example, and 3) because they believe in what they are doing, and want to pay as much as they can, or think they can, and will produce countless ‘statistics’ to show that everyone else is jumping off the bridge, oops, ‘responsibly raising revenue’, so ‘we should too.’ (Note to readers, remind me to follow-up on the every-elusive and ever skewed ‘per-pupil-spending’ shell game perpetuated in most communities!)

So, back to the tax-raising fun and games: after locking in future spending increases through “contractual obligations”, what’s a committee or board to do? The answer is simple: seek ‘new revenue streams’ (tax or fee what isn’t taxed) or

‘enhanced revenue streams’ (increased fines, fees, proposition 2/12 debt exclusions/overrides), etc.

Look for most of these on the May 3rd Georgetown Town Meeting warrant. And most especially for a ‘betrayal of the taxpayer’s trust’ as one citizen noted, as regards a certain ladder truck purchase, previously approved at Town Meeting.

You see, a few years back, the fire department sought to secure a new ladder truck for the department. For years, the \$77,000 annual payment had been made predominantly off of interest earned on the town’s savings accounts. But the town now needs to meet “contractual obligations” and also buy a lot of other items, so the savings accounts are in jeopardy of getting raided, and the funding source problematic at best.

The latest proposal being tossed about at press time was: raise taxes on everyone in town to “refinance” the truck payment through a proposition 2 ½ debt exclusion (temporary override....hmm, anyone ever see an override?). This would “free up” \$77K each year to be spent on “contractual obligations” (code-word: raises).

And just when you thought this betrayal of the taxpayer (getting town-meeting to approve a purchase through a specific funding source, then coming back a few years later and saying you now need to pull that funding, and increase taxes instead, because you gave away hundreds of thousands in salaries)... Selectman Gary Fowler exposed the truth and true depth of the ‘spenders’ on the Selectboard, when he asked Mr. Surface what is happening with the \$160K reduction in required debt payments for next year (we paid off some debt, and no longer have to spend that \$160K....kinda like having your car loan all paid off). Mr. Surface replied that the \$160K that we no longer need to spend on debt payments was now needed to meet.... wait for it...this is good...it doesn’t get any better than this.....”contractual obligations.”

Have a nice spring.



verizon.net.

Lonnie Brennan is a former Georgetown selectman and is a founding board member of [www.VoteCoreValues.org](http://www.VoteCoreValues.org). You can reach him at [Lonnie@justlonnie.com](mailto:Lonnie@justlonnie.com). He can be reached at [Lonnie.Brennan@verizon.net](mailto:Lonnie.Brennan@verizon.net)

# Town meeting lottery

John McCormack  
VALLEY PATRIOT BOXFORD COLUMNIST

A lottery player needn’t explain how any winnings will be put to use. Several articles in the warrant for Boxford’s upcoming Annual Town Meeting resemble lottery tickets: small investment, big potential payout, and precious little information. Warrant articles and numbering are current as of April 1, 2010.

Article 6 requests \$6,000,000 for a replacement library behind the current east village library. \$2,800,000 would be reimbursed by the previously approved state grant and \$200,000 reimbursed by speculative fundraising by the Board of Library Trustees. This is similar to the proposal which failed at last year’s town meeting. That proposal featured an elephantine building hiding behind an earth bunker; this year’s design will be different. The problem is the design isn’t available yet; some conceptual work by a local designer is said to exist.

The current effort was brought forward by the Boxford Library Solutions Team, a residents’ group charged with reaching “consensus in the community for a library proposal to pass at town meeting and at the polls,” and is likely the last opportunity to use the current grant rather than some future grant. BLST’s blog ([blsteam.wordpress.com](http://blsteam.wordpress.com)) has site selection and other information.

Article 7 seeks \$350,000 to the buy the house and land at 158 Washington St.

adjacent to the west store’s parking lot for “general municipal purposes.” Specific purposes accompanied by much hand waving include parking and septic system improvements for Lincoln Hall.

Boxford recently spent about \$750,000 to rehabilitate Lincoln Hall. Adding the lot and original building values should result in a \$1,000,000 asset. Yet the “full and fair” value of the property is around \$400,000 according to Boxford’s

### The Haynes’ Property

- ▶ 75 ½ Acres in the Heart of East Village
- ▶ 20-25 Acres Perfect for Athletic Fields
- ▶ Possibility of Community Housing
- ▶ Open Space – and Many Trails
- ▶ Limited Civic Uses
  - Town Green

**Sales pitch: Town Green possible, Athletic Fields not so much?**

assessor. Good thing we only spent CPA money.

Even at the assessed value, the eight-hour rental of \$150 would barely cover proper rental if the hall were rented every day of the year. Parking needs are met by paying \$50 per event to the nearby Second Congregational Church. It seems impossible to justify an approximately \$500,000 expenditure on Lincoln Hall. So the question remains “Why do they want it?”

Article 9 wants \$45,000 for “interactive whiteboards” for the elementary schools. I don’t have an opinion on these devices. More interesting is this article’s replacing an earlier article appropriating \$14,500 for the West Library roof replacement which was supported by the Library Trustees and rated “Essential” by the Non-School Building Committee. Thumbs down came from the Selectmen, Finance and Capital Budgeting Committees. This raises a host of questions about Boxford’s traditional

BOXFORD, page 26

## ESSEX PHYSICAL THERAPY & CHIROPRACTIC OF ANDOVER

Dr. Michael Provenzano is pleased to announce the opening of Essex Physical Therapy and Chiropractic of Andover located at 16 Haverhill Street in Andover.

Dr. Provenzano, the areas only doctor of chiropractic and physical therapy has been providing care to the residents of the Merrimack Valley for over 10 years. His unique clinical and academic experience affords him the ability to treat all your musculoskeletal needs including neck and back pain, as well as shoulder, hip, knee and ankle conditions.

**Dr. Michael Provenzano**

**NOW WITH 3 CONVENIENT LOCATIONS IN THE VALLEY!**

493 Essex St. Lawrence, MA (978) 686-7111	Messenger Chiropractic 89-93 Washington St. Haverhill, MA (978) 374-0700	16 Haverhill St. Andover, MA (978) 470-1499
---	---	---

## J & W Shoe Repair and Leather Service

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

**All Kinds of Shoe & Leather Repairs**

- \* Pocketbook Refurbishing
- \* Custom Shoe Dying
- \* Orthopedic Shoes
- \* Suitcase & Luggage Repair
- \* All Kinds of Zipper Repair
- \* Name Brand Pocketbook Repair

## Get your Valley Patriot at Emily's Bakery in Haverhill

**ORDER YOUR PIES TODAY!!**

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



# Dracut elections focus on stipends, benefits

D.J. Deeb

VALLEY PATRIOT DRACUT COLUMNIST

It's official: the deadline for submitting nomination papers for election to office in the Town of Dracut has passed. Candidates are campaigning and the issue of stipends for elected officials has taken center stage with the current poor state of the economy.

The following positions are uncontested: Clee Ace for Library Trustee, Gary McCarthy for Moderator, and Bob Corey for Water Commissioner.

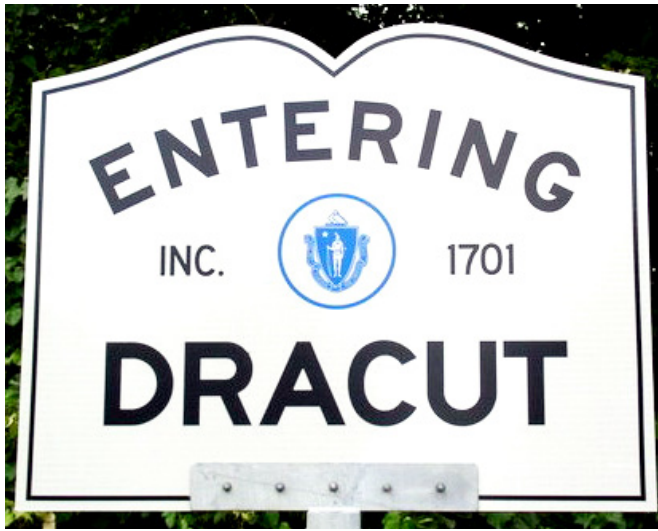
Here is the breakdown on the contested races: Businessmen Brian Bond and Pete Wilde as well as Dracut Republican Town Chair Cathy Richardson will challenge incumbent Selectmen George Malliaros and Jim O'Loughlin. Former Dracut School Committee member Marietta "May" Paquette is challenging incumbents Mike Miles and Mike McNamara for a seat on that committee. Planning Board member Phil Thibault is challenging former Lowell Police officer Russ Taylor for an open seat on the Dracut Housing Authority, being vacated by Tom Salem.

On the School Committee side, the issues could not be more crucial. May Paquette, who served on the Dracut School Committee from 1998 to 2007, is campaigning to restore honesty and integrity to the Dracut School Committee. May comments, "Dracut will be choosing a new Superintendent, working on the reac-

creditation of Dracut High School, dealing with extremely tight budget constraints, all while continuing to look at the School Building Assistance project for the high school."

In addition, May's goals include the following: Strong fiscal Management, to insure that students with various interests (Gifted and Special Ed) are serviced, and to provide continued Support of MCAS remediation programs.

May Paquette is hoping to unseat Mike Miles, the leader of the Dracut School Committee's 'Gang of Three' (Mike Miles, Bonnie Elie, and Matt Sheehan). Two months ago Miles and his gang hired former Superintendent Elaine Espindle as Interim Superintendent in a skewed process that didn't even allow for applicants to be interviewed. The advertisement for Interim Superintendent, which appeared in the Boston Globe, called for a "Minimum of a Master's Degree from an accredited



College or University required; Doctorate Degree preferred."

There were 11 applicants for the position of Interim Superintendent. At least four of the applicants had doctoral

degrees and prior experience as superintendents in other Districts. Instead of conducting public interviews and hiring the most qualified candidate, the Gang of Three (Miles, Sheehan, and Elie) voted against a motion offered by Committee members Ron Mercier and Mike McNamara to interview some or all of the applicants and hired Mrs. Espindle without even an interview. What a bag job! If this were not bad enough, Miles tried to change the process for selecting the new permanent Superintendent so that the selection was completed before the election even after pushing to have the Massachusetts Association of School Committees manage the process costing Dracut Taxpayers thousands of dollars needlessly.

Now, the citizens of Dracut will have an opportunity to toss Miles out of office.

In March, Selectman John Zimini made a motion to eliminate the \$2,000 annual stipend and \$934 gas allowance that members of the 5-member board receive. Selectman Bob Cox suggested that the stipend be suspended, rather than eliminated, until the economy improves. The Board shot down Zimini's motion and ignored Cox's suggestion.

Brian Bond has pledged not to accept the stipend if he is elected Selectman. Bond argues that in these difficult times, cuts need to start at the top. He is right! Zimini and Bond are both correct in maintaining that our Town officials should lead by example. Several members of the Board of Selectmen and School Committee are taking the Town's health insurance, which is subsidized at 80%. This is quite a benefit and it should also be examined. Many people do not realize that both the stipend and the insurance enable elected officials to participate in the state pension retirement plan. Dracut community activist Roger Daigle has been bringing this to light these last few years.

Personally, I like Bob Cox's suggestion that the stipend be suspended for the time being. Let's face it: There are personal expenses that go with being an elected official. Selectmen and School Committee members are always asked to purchase

**DRACUT, page 19**

## DEVINE MILLIMET

## WELCOMES PETER J. CARUSO, SR.

Devine Millimet is pleased to announce that Peter J. Caruso, Sr. has joined the firm as a shareholder in our Andover office. Attorney Caruso brings extensive experience in all facets of the law, including family and business planning, real estate, asset protection, estate planning, as well as in media law--newspaper, privacy, defamation, advertising, media, internet copyright, and publications. He is the former managing partner of Caruso and Caruso, LLP and now joins the firm's 80 attorneys in offices in Manchester and Concord, New Hampshire as well as in Andover. Established in 1947, Devine Millimet has served the Merrimack Valley for more than 25 years.



## DEVINE MILLIMET

ATTORNEYS AT LAW

ANDOVER, MA  
MANCHESTER, NH  
CONCORD, NH

DEVINEMILLIMET.COM

Please contact Peter at: 978.475.9100  
pcarus@devinemillimet.com

CHOOSE WISELY®

The Valley Patriot is the EXCLUSIVE newspaper of

# WWW.GRANITESTATEDPOKER.COM



# Lantigua Accused! Conflicts of Interest, Lack of Leadership

Tom Duggan  
VALLEY PATRIOT REPORTER

According to Essex County District Attorney Jon Blodgett's indictment of Lawrence School Superintendent Wilfredo Laboy, Mayor Willie Lantigua's State Rep. campaign received materials printed at the Lawrence Public Schools in 2007.

Now Lantigua will preside over hearings to fire the superintendent for allegations (among other things) that Laboy was involved in the print shop scandal.

Superintendent Laboy was indicted last month along with former mayoral candidate Israel Reyes, former Special Assistant to the Superintendent, Mark Rivera and Laboy's son, William. The indictments stem from a series of complaints filed by Lawrence School Committeeman Sammy Reyes.

Reyes turned over documents and other evidence of criminal activity to law enforcement last spring. Evidence he said shows proof that the half million dollar printing press at the School Department's central offices was used to produce campaign material for school committee members and other elected officials, as well as criminal activity he says has yet to come to light.

Wilfredo Laboy is currently suspended, pending termination by the school committee, a committee now headed by Mayor Lantigua who is the chairman. Lantigua resigned as a State Representative in February.

Prior to the school department scandal, Lantigua had a long standing relationship with Superintendent Laboy. While still a

State Representative, Lantigua filed two bills to allow Wilfredo Laboy to transfer his retirement time from New York State to his retirement fund here in Massachusetts allowing Laboy to retire with thousands of dollars more in his paycheck and retire early.

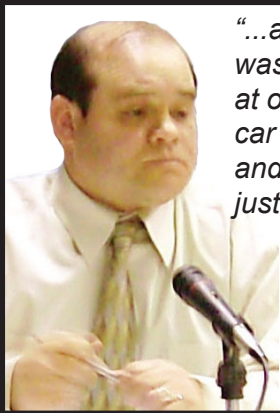
Lantigua also steered millions of state tax dollars to the Lawrence Public Schools which was overseen by school committee members who benefited from campaign material printed at the Lawrence Public Schools.

According to the criminal charges, the school department printing machine and other equipment were used by either Laboy or his subordinates to design and produce campaign fliers for current school committee member Greg Morris, Mayor Lantigua, former committee members: Omayra Mejia, Peter Larocque, and Priscilla Baez, as well as State Representative Barry Finegold.

Former School Committee member Priscilla Baez was fined in February by the State Ethics Commission for voting on her brother, Mark Rivera's job (and salary).

Laboy was initially put on leave with pay by the school committee last year, prior to Lantigua taking office as mayor. At the time, three committee members whose campaigns had received printed campaign material from the school department (Morris, Baez and Larocque) voted to put him on leave, then allowed him to use accrued sick and vacation time, allowing Laboy to continue collecting a paycheck of nearly \$2,000 a week.

For the first two months of his adminis-



*"...after the meeting was over, I was told that the mayor was at Balli's [a nightclub on Essex St] instead of being at our budget meeting. So, I drove there, got out of my car and I saw him there, myself. That irritated me more and really upset me. That he is an individual that we just gave 35 million dollars, as head of our city, and this is where he is? At Balli's? What does that tell you? Does that tell you that his best interest is the school department? I don't think so!"*

Lawrence School Committeeman Sammy Reyes

tration Lantigua refused to fire or discipline Laboy. The school voted unanimously last month to suspend him pending termination based on ten charges that Laboy had abused his authority as superintendent of schools after Laboy was indicted.

But, questions have been raised about the inappropriate nature of Mayor Lantigua being involved in the process of terminating the superintendent given that Lantigua himself is accused of using campaign fliers produced with school department computers and equipment paid for with state tax money.

The Lawrence Public Schools receives 99% of its' \$140+ million school budget from state taxpayers.

### Reyes expects more indictments coming

When Lawrence School Committeeman Sammy Reyes filed complaints against School Superintendent Wilfredo Laboy, he says he had no idea that his brother (and former city councilor) Israel Reyes would be caught up in the scandal and indicted.

Israel Reyes ran for mayor in 2009, and has been involved in dozens of political campaigns in the last ten years, including getting his wife Patricia elected to the school committee seat now being held by his brother Sammy. Israel Reyes has been indicted on two counts of larceny over \$250 in connection with the school department printing scandal.

"I really didn't know what my brother's involvement was," Sammy Reyes said. "Obviously I had heard a lot of rumors and stories that things were going on behind the scenes, but the one thing that really bothers me is that I went to the police department with evidence of wrong doing and none of the things I complained about are in the indictments release by the DA's office."

Reyes said that he was not going to reveal what the evidence he turned over or what kind of criminal actions were taking place in regard to the complaints he filed with the Lawrence police and the District Attorney's office. But, he said he cannot understand why those criminal acts he uncovered in the Lawrence Public Schools have not yet been acted upon.

"You know, they are indicting my brother for two counts of larceny over \$250 which is small stuff when you look at everything else that was going on," the school committeeman said. "So I expect, or I should say I hope that more charges are coming and everything that went on comes out."

Reyes also said that several others who were involved in criminal behavior in the Lawrence Public schools "are just hoping this all focuses on Superintendent Laboy and then it goes away fast. There's a lot of people just waiting and hoping that this is going to be the end of it. But their day is coming, those other people are not going to be able to hide for very long. Everything is going to come out and everyone who did wrong will be held accountable."

Sources in law enforcement and in the Lawrence School Department say that they expect at least another half dozen indictments and criminal charges by other state agencies in connection with corruption in the Lawrence Public Schools.

### ... No Leadership

Sammy Reyes is only one member of the seven member committee but he is the only one who has blown the whistle on alleged

wrongdoing and criminal behavior within the Lawrence Public Schools. He is also the only member of the committee who has consistently "called out" school employees and sometimes breaks political protocol by criticizing his colleagues on the committee.

Reyes told the Valley Patriot that he was "frustrated" Mayor Willie Lantigua has shown a "lack of leadership" on the committee and says that the Lawrence Public Schools will have a very difficult time moving forward "without a chairman."

Lantigua canceled a meeting last month because it was raining. "There really wasn't any other reason to cancel that meeting and we have a lot of work to do to turn around this school system. We are failing these kids. More than half the freshman class at Lawrence High School are failing and we are canceling meetings because of rain," he said.

"On top of that, the mayor canceled the next meeting and I had to chair a meeting with two agendas," Reyes added. Reyes is the vice chairman of the committee and presides over meetings when Lantigua is absent.

Reyes says that Lantigua also didn't bother to show up for state mandated leadership training that all elected officials must attend. "He doesn't know how to run a meeting, there is no leadership coming from Mayor Lantigua when it comes to the Lawrence Public schools. I'm just saying it like it is. If people don't like that so be it, but maybe if he showed up for the training session he would know what a school committee chairman is supposed to do. But he didn't show up and he doesn't know what to do."

"Sometimes when politicians get elected they forget that they are for the people and they go out there and do their own thing and that's a big problem that I have been having with our mayor right now who's our chairman. This is not a body of one, it's a body of seven. We need to communicate and we need to be doing what's best, because we are serving the people and that's what I am going to do, I am going to serve the people.

### The nightclubbing mayor

Reyes says he is also miffed that the State Legislature and Governor Deval Patrick are allowing Lantigua to borrow up to \$35 million to pay for the city's operating expenses when Lantigua has proven he is incapable of managing anything. The Lawrence city budget is more than \$280 million, with \$240 million of that coming from state taxpayers. The city only contributes aprox. \$40 million in local property tax revenue.

"Well, certainly I would have never approved the 35 million dollar loan," Reyes added. "And I know that there are people in Lawrence that are going to get upset with me for saying that, but I think my reason and my only reason [for being against] approving the \$35 million dollar loan is because of the individual that we have running our city right now."

"And there is evidence as to why we shouldn't give him the 35 million dollars. He didn't show up to the hearing, Certainly he didn't show up to our budget hearing on Thursday night and that's why I called

## Allegations against Wilfredo Laboy by the Lawrence School Committee

1. On June 19, 2009, Police officers executed a search warrant and found more than a dozen bottles containing alcoholic beverages, some of them opened in Dr. Laboy's office, at the headquarters of the Lawrence Public Schools. Possession of alcohol on school premises violates general laws, Chapter 272, Section 40A and the committee's written drug free work place policy. On or about September 29, 2000, Dr. Laboy signed a document acknowledging that he had received a copy of the policy and he understood it banned the possession of alcohol on the committee's premises and that violation could lead to disciplinary action, including termination of employment.
2. He made inappropriate, personal use of personnel and other resources of the Lawrence Public Schools, specifically, he caused employees to perform such services as transporting his son during work hours between his home in Methuen and work.
3. He made inappropriate, personal use of personnel and other resources of the Lawrence Public Schools. He directed or authorized school department employees to meet with building contractors or potential building contractors at his residence during the work day.
4. He made inappropriate use of personnel and other school resources by directing or authorizing school department employees to provide technical support for his computers at his home during work hours.
5. He made inappropriate use of personnel and other resources by directing or authorizing school department employees to perform electrical work at his residence during work hours.
6. He made inappropriate use of personnel and other school resources by directing and authorizing school department employees during work hours to remove trash from his residence in Methuen and deposit it on Lawrence Public School's property.
7. He made inappropriate use of personnel and other school resources by directing or authorizing school department employees to transport his grandchildren during the work day between school and their home in Methuen.
8. He entered into and maintained a business relationship with the vendor who enjoys a contract with the Lawrence Public Schools without disclosing to State Ethics or the School Department.
9. He caused employees who were compensated by Lawrence Public Schools to use a printing press owned by the Lawrence Public Schools to produce copies of menus and other material relating to Sal's Pizza, which has set forth above in the previous charge, is a business which he or his son had a financial interest. This was done during school time with no compensation to the school system and it constitutes a misappropriation of school department materials and services for private gain.
10. He caused employees, who were compensated by the school department to use school resources to provide graphic design services brochures and other materials with the association of Latino Administrators and Superintendents.

**The infractions listed above, I believe are very serious. In addition, the press coverage surrounding this misconduct has resulted in significant notoriety, reflecting poorly on the Lawrence Public Schools and the Lawrence Citizens. In my judgement, makes it impossible for him to function as a positive community leader. Finally, on March 10, 2010, he was indicted for embezzlement, fraud and possession of alcoholic beverage on school property. This indictment and his misconduct have created notoriety in the community and make it impossible for him to serve as superintendent of schools. On that basis, I am recommending that you vote for an intent to dismiss based upon the grounds that I have enumerated.**

*Source: School Committee Attorney Naomi Stromberg*



# Lawrence mayor disgraces slain police officer Tom Duggan

Jerry Flynn

Executive Director, N.E. Police Benevolent Association

On Friday, November 17, 1978, Officer Christos Rouses was shot and killed while responding to a robbery in progress at Limby's Drug Store on the corner of Branch and Smith Streets. Under a bright blue lit sky, I watched as thousands of uniformed police officers and plain clothes detectives marched through the City of Lowell and as I stood outside of Holy Trinity Church, I dreamed of one day being a member of this police department. On August 6, 1998, as a Lowell Police Officer I had the distinct pleasure of speaking at the White House – Rose Garden with President William Jefferson Clinton and at the end of my remarks I invoked the name of Lowell Police Officer Christos G. Rouses and reminded those present of the supreme sacrifice he and his family had endured nearly 20 years ago.

Although Officer Christos Rouses was the last Lowell Police Officer to be killed in-the-line-of-duty, he was not the only Lowell Police Officer to do so. There are three (3) other Lowell Police Officers who also gave their lives in the performance of their duties, including Patrolman Patrick F. Leavitt, Patrolman George F.A. Pearsall and Patrolman John Joseph Winn.

All four of these "HEROES" names are permanently and proudly displayed on the National Law Enforcement Officers Memorial in Washington, D.C., as well as the Massachusetts Law Enforcement Memorial at the State House in Boston, MA. However, most poignantly is the fact that the City of Lowell has also honored these "HEROES" with individual plaques, which are displayed on the Christos G. Rouses Memorial at the JFK Civic Center. Recently, the four portraits of these "HEROES" were permanently placed in Lowell City Hall as a lasting tribute to their legacy and sacrifice. Each of these "HEROES" have another side, another personal story of sacrifice, another part of them that never gets over the loss of losing a husband, a father, a son, a grandfather or an uncle – their family!

Retired Superintendent of Police John "Jack" Sheehan once told me that his biggest fear was losing an officer "under his watch" and although he was spared that horrific duty former Superintendent of Police Edward F. Davis, III was not as fortunate. Although it was not a line of duty death – we lost four members of our police department in a tragic plane crash on October 21, 1996. Although the police department and our lives would be forever changed as a result of this tragedy, the actions by



PHOTO: TOM DUGGAN

For the first time since 1990, a mayor of the City of Lawrence (Willie Lantigua) refused to lower the flags to half mast on March 16th to honor slain Lawrence Police Officer, Tom Duggan, Sr. Last month was the 20th anniversary of Officer Duggan's murder. Mayor Lantigua and the City of Lawrence also did nothing to commemorate the occasion.

the police administration, specifically Superintendent Davis, Deputy Lavalley, Deputy Cormier and Capt. Normandin and countless others, are deserving of praise. The Lowell City Council, the Mayor and the entire City Administration, particularly City Manager Richard Johnson, served with distinction during the "Darkest Day in the History of the Lowell Police Department."

In the years that followed, there would be solemn reminders of their loss and tributes to those who lost their lives in the line-of-duty and those who died so tragically and so young. The tributes often invoke the memories of those who passed and what a profound effect their lives had on us all. Although these tributes and anniversaries bring back the loss and sacrifice, it also gives us opportunities to not only honor those who passed – but to thank their families and remind them that in the City of Lowell – "We do not forget!"

Unfortunately, this was NOT the case in the City of Lawrence last week on the Twentieth (20th) Anniversary of the brutal bludgeoning death of Lawrence Police Officer Thomas J. Duggan, Sr.

The City did nothing to commemorate the tragic anniversary of an 18 year veteran police officer who gave his life in the performance of his duties. Officer Duggan's family was not even given the respect and dignity of a citation by the City of Lawrence or the Commonwealth of Massachusetts. Perhaps, the Mayor / former State Representative were too busy looking for the 35 million in debt. But, one thing is certain – this is another example of disgraceful leadership in the City of Lawrence.

The next time someone says Lowell and Lawrence in the same breath – be sure to remind them that if Officer Thomas J. Duggan, Sr. was a Lowell Police Officer his sacrifice would NOT have been forgotten and that his family's loss would perhaps be a little bit more palatable if they knew his death was not just simply - a date on his tombstone!

The City of Lawrence should be ashamed of itself and its citizens should be outraged. To the Duggan Family, may the thoughts and prayers of all those who wear the badge be with you and shall eternal peace shine upon our brother, Thomas J. Duggan, Sr.

## The Saint Alfio Society

Proudly Presents

An Evening With

### "1964" The Tribute



Saturday May 8, 2010

8:00 PM

Doors open at 7:00 PM

The Performing Arts Center  
at

Lawrence High School  
71 N. Parish Road  
Lawrence, MA 01843

Tickets Available Through  
Ticketmaster  
On-line

www.ticketmaster.com  
or call: 1-800-745-3000

Tickets: \$45, \$35 & \$25

Proceeds to benefit the St. Alfio Society Building Fund

**Flavor Fresh**  
**ORIGINAL**

SUNPAC FOODS LLC  
274 Prospect St., Lawrence, MA 01841  
Office Phone: 978.686.3946

## Deli Catering Headquarters

### Daily Lunch Specials



- \* Corporate Catering
- \* Office Parties
- \* Family Parties
- \* Wedding Parties
- \* Party Platters
- \* Homemade Sausages
- \* Calzones...

Fri & Sat  
Stuffed Artichoke  
Tripe



TheNorthEndDeli.com

# North End Deli

calzonecity.com

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



# 297 residential units, plus retail/office space at Nassar Ford site in South Lawrence

Mark Dubinsky  
VALLEY PATRIOT GUEST CONTRIBUTOR

The South Lawrence economy may get a well-needed shot in the arm. The now vacant Nassar Ford site on Broadway in South Lawrence is slated to become 297 residential units, 25,000 square feet of retail space as well as 10,000 square feet of office space.

But don't get too excited quite yet. The developers still need to overcome multiple hurdles before moving forward with their mixed-use redevelopment project. The Lawrence Planning Department, Inspectional Services, City Councilors and the Mount Vernon Neighborhood Association, and others all need to bless the final plan.

Pending final approval and subsequent transfer of ownership, the property will remain under agreement between Mr. Nassar and the would-be new owners, 320 South Broadway Realty Trust. All Real Estate taxes on the property are reported to be up to date.

The proposed redevelopment plans meets Lawrence zoning requirements based on square footage of the units, height of the building and parking requirements. Variances will not be required. Two six-story buildings are planned. One half acre of Green Space has been provided for in the plan. The site plan also provides for four means of entry and egress.

The Mount Vernon Neighborhood Association has already voiced their initial concerns, particularly relating to parking and unit density. In response, the developer has scaled back their original plans from 375 residential units to the current 297 units.

The developers have described their meetings with the Mount Vernon Neigh-



borhood Association as "very constructive." Multiple association meetings were attended where neighborhood concerns were voiced. The developers listened to the associations' inputs and incorporated their suggestions into the current rendition of the plan.

Nassar Ford had been selling new Ford cars, as well as used cars, on their four-acre South Lawrence location since 1948. They closed their doors for good last August, due to a decision made by Ford Motor Car Company to contract the number of Ford dealerships.

The Nassar Family has long been regarded as well-respected leaders of the Merrimack Valley business community. The closing of Nassar Ford marks the first time in 77 year that Lawrence has no Ford Dealership. The closest Ford Dealer to Lawrence is now Regan Ford of Haverhill.

Manzi Dodge, also formerly of South

Lawrence, closed its doors in 2007. River Bank has opened a new branch of their institution at the former Manzi Dodge site this January. The Merrimack Valley's Dodge Dealer is now Clark Motors of Methuen, who also sells the Chrysler and Jeep brands.

The 320 South Broadway property is still owned by the Nassar family. Legal transfer to 320 South Broadway Realty Trust is subject to the developers receiving all necessary municipal permits and approvals, and having their financing in place.

Mr. Nassar entered into this Purchase and Sales agreement in October of 2009. The transfer price is undisclosed. Since the project approvals are still pending, and the final design is still somewhat fluid, project financing is also a "work in progress." No date has been announced to break ground on the project.

The developers have been very compli-

mentary about their experience working with the Lawrence Planning Department. Clearly, the City of Lawrence understands the full value of having a good long-term use for such a high profile parcel of property and does not want it to go idle for any longer than necessary.

Better Homes Realty has been retained to represent property interests and to serve as facilitator of the project regarding leasing of the retail and office space. The developers are now accepting non-binding Letters of Intent through Better Homes Realty. They can be reached at 978-470-3000 for all serious inquiries.

*Mark Dubinsky is former CEO of his family's multiple Dunkin' Donuts franchises. Currently, he develops commercial real estate, invests in and manages entrepreneurial ventures, and does management consulting projects. Mark's email address is markdubinsky@aol.com*

## Lawrence Casino Royal?

Robert O'Koniewski, Esq.  
VALLEY PATRIOT COLUMNIST

At a time when the state is in desperate need for new revenues, especially as communities stare down at another substantial local aid cut, this week Massachusetts House Speaker Robert DeLeo (D-Winthrop) unveiled his long-awaited gambling proposal designed to bring expanded gambling opportunities to the Commonwealth and recapture the hundreds of millions of dollars that flow to Connecticut and Rhode Island's casinos each year. If such a plan is eventually signed by the governor, the time would be ripe to consider Lawrence for one of the new casinos.

The speaker's plan would authorize the licensing of two resort-style casinos and up to 750 slot machines at each of the state's four racetracks. It would assess a 25 percent tax on casino gambling revenue and 40 percent tax on racetrack slot revenues. Once the plan is fully implemented, the speaker estimates that the state would realize almost \$300 million in one-time licensing fees and up to \$1.7 billion – that's billion with a B – annually in gambling receipts. And, even more importantly, with unemployment hovering near 10%, he anticipates the creation of 15,000 permanent jobs.

Reality or fantasy? That is the eternal question legislators and governors have debated since the early 1990s when Governor William Weld filed casino legislation that would have seen the creation of several casinos in the state and the introduction of slots at the racetracks. Nevertheless, now the House is poised to

debate the speaker's proposal in mid-April – the first time such a proposal will hit the House floor with the full backing of the leaders of that chamber.

With poor economic conditions and the state's dismal revenues what they are, there is probably no better time for gambling proponents to seize the debate by the horns and work legislators to pass such a proposal. More importantly, there may also be buy-in from Senate President Murray and the governor that may see something get done before the completion of formal sessions on July 31.

If implemented properly, with considerable input from the law enforcement community, there is no reason not to allow private parties to explore the possibility of establishing casino gambling in the Commonwealth. There is a credible free market case one can make that would enable private developers to assess whether the Massachusetts market is open to and can sustain, over the long-term, a successful casino operation. In addition, the four tracks, including two former dog tracks that no longer provide live dog racing due to the recent ballot question ban, desperately want the chance to print money under the guise of "supporting purses." Since Suffolk Downs is the only legitimate track remaining that needs additional revenues for purses, the horsemen, and jockeys in order to compete with other slot supported tracks in the northeast, it will be interesting to see what deals get struck as the governor and the Senate president each have expressed opposition

**CASINO: PAGE 41**

## One determined marine

Josie McCarthy  
VALLEY PATRIOT COLUMNIST

Lorene (Aubin) Brown grew up in the City of Lawrence, MA. Born July 13, 1973, to Lorene Ebert of Lowell, Ma and the late Brenda Joyce (Desrocher) Ebert and is the oldest of four siblings. She attended Lawrence schools and graduated from Greater Lawrence Regional Vocational High School.

During high school, Lorene's ambition was to graduate and join the United States Marine Corps. Upon graduation in 1992, Lorene signed up, but it took 2 long years for her to fight to get into the Marine Corps due to medical issues that were stopping her. She had pushed and pushed until she was accepted in October of 1994.

During high school up until she left for boot camp, Lorene worked at Pewter Pot Restaurant, located on Rt. 114 in North Andover, MA. She also volunteered at Red Cross in Lawrence, MA along side her father.

Lorene began her Marine Corps career in basic training at Parris Island, SC. From there she went on to Camp Pendleton, CA, Okinawa, Japan and Camp Lejeune, NC. While stationed

in Okinawa, Japan, she met her future husband, Robert Brown who was born in Nashua, NH. When Lorene was stationed in North Carolina she went

to Nicaragua to perform humanitarian relief work related to Hurricane Mitch.

During her time in the United States Marine Corps, Lorene received many medals, including a Sharp Shooter Medal, a Humanitarian Medal, Navy Achievement Medal, a Good Conduct Medal, along with many more.

Lorene completed 6 years of duty for the United States Marine Corps, and had honorable discharge as a SGT. In

October 2001.

Today Lorene is a wife and full time mother of two adopted children and two biological children. She is attending college for her nursing degree and works as a Certified Nursing Assistant in a Veteran's home.

Lorene is not only my sister, but also my best friend. She has shown me over and over again how determined she is when she wants something. She has always been there for me, regardless of her location. Growing up life was not always easy, yet she has always shown me to be tougher at it and not allow struggles to get in the way of what I have wanted to achieve.





# A five prong approach to fixing Lawrence Public Schools

Peter Larocque  
VALLEY PATRIOT COLUMNIST

The City of Lawrence recently had two schools placed on the list of 35 under-performing schools across the State of Massachusetts. One of the many ways introduced by the Commissioner of Education and the Department of Elementary and Secondary Schools to fix these under-performing schools is giving them more money by way of Federal Grants. Along with the money, Acting Superintendent Dr. Mary Lou Bergeron stated that a 13 member panel will be appointed for each school to determine the core issues that are impeding progress at the schools. The following are my suggestions to these panels on what the core issues are that are impeding progress throughout the entire School District. These approaches stem from 8 years, (5 years at the PTA level and 3 years as a member of the Lawrence School Committee), of observations and discussions with teachers and administrators on improving education in Lawrence.

1, Bring back reform school and expand night school.

Lawrence Public Schools need the same privileges that other school Districts have which is to separate those who want to learn from those who do not want to learn. Education, (when compared to your individual right to own property), when challenged by unwarranted situations, your right to own property prevails. An individual's right to be educated should

prevail against those who wish not to be educated. They are only there in regular school because it's the law, they have to be there.

So while they are there, they disrupt the education of those who want to learn. Therefore, we must also include the strengthening of the Levels of Infractions in the Lawrence Discipline Code to be more respectful of Teachers. The Days of parents treating teachers like baby sitters and students using teachers for punching bags are over! Zero tolerance for disrupting a class and no more quotas for in house or out of house suspensions. Respect for all must be maintained.

2, Attach a students education progress to the parents monthly welfare or unemployment checks. Not only must attendance be required but a passing grade as well. All parents need to make the education of their children a priority. No more excuses for the lack of parental involvement and no more low expectations for a child's education. Parents must partner with teachers in the education of their children. With just a couple of clicks of your computer mouse you can now check your child's attendance, progress reports and homework assignments for each subject by going to the LPS website and clicking on Power School. For more information on how Power School works, contact your child's school.

3, End Social Promotion immediately! If a student doesn't meet graduation requirements in any grade, they must

repeat it and pass it before moving on. The practice of waiting until they arrive at L.H.S. and hoping that the students would somehow have an epiphany and begin to take their education seriously and start performing at a high level and stop failing must stop. We can no longer afford to graduate students who do not know how to read and write English. Many fail their MCAS test simply because they have difficulty with reading English. Learning English as soon as possible make sense because the MCAS Tests are in English. Many of our students who are fortunate enough to go to college find themselves having to take extra English courses to be successful. We really need to stop making excuses for our children who do not know how to read and write English. Making excuses hinders the education process for every child.

4, The Goal of Establishing a College Going Culture for all Six High Schools must be changed to only Four High Schools. Re-tool the other two High Schools to teach the following Trades, Electrical/ Computer Science and Carpentry/ Plumbing, Heating & Air Conditioning. The current Vocational High School for Lawrence students only accepts those who pass their entrance exam. These New Lawrence Trade Schools will be open to all Lawrence students who believe they would be better served by the above listed trades.

5, Change the Lawrence City Charter that deals with the Lawrence School

Committee and the Superintendent. Remove the Mayor from the Lawrence School Committee. Change from electing the School Committee members by Districts to At- Large Seats. Citizens should elect the best 7 candidates on the ballot and the term for each member should be 4 years.

Then the 7 School Committee members elect from among themselves the Chairman and Vice – Chairman. Also place in writing into the Charter that the Superintendent is not to sit at the same table with the School Committee Members. The Superintendent should sit off to the side at the Table designated for the Administration.

In conclusion I would like to leave you with this. What do you want the mission statement of the LPS to be? A public school system that just prepares students for a state test or a public school system that prepares students to be productive citizens in today's society? You decide!

Thanks for reading, God Bless you all.



*Peter Larocque is a former 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](mailto:peterlarocque@hotmail.com)*

## Senator Tucker stepping down after years of service

Susan Tucker  
MASSACHUSETTS STATE SENATE

I am profoundly grateful to you for allowing me to serve as your State Senator for many years. It is a wonderful privilege to be of service to the communities and the people who put their trust in me. I especially thank my family, friends, and supporters who have given so much time and energy to my campaigns and shaping my public policies.

Whether you agreed or disagreed with my positions and votes on the hundreds of complicated issues that came before the State Senate this decade, I always listened carefully to both sides and then "called it like I saw it," regardless of party affiliation or special interests. Whether it was my vote against raising the sales tax or my vote for ethics reform, I always had the best interests of my district first and foremost.

Working as a team with so many of you in the district led to some terrific accomplishments, such as dramatically reducing the cost of auto insurance for all good drivers by kicking fraud out of the system, passing comprehensive legislation to reduce the foreclosure crisis, and preserving

the Tewksbury State Hospital open space for generations to come.

Most of you know that I have been a tireless advocate for senior citizens to have the choice of remaining in their homes; for better schools; and for using quality management tools to make government more efficient and customer-friendly. Above all, I hate rip-offs whether public or private, and that is the reason I am working to keep predatory gambling out of the Commonwealth.

Together with my family, I decided that it is time for me to trade the long hours and rigors of public life for new opportunities, especially getting to know our new granddaughter.

Please remember that I will continue to work hard as your Senator until January, 2011. My priorities include local aid for the towns I represent; creating jobs, especially for the trades by converting the wonderful old mills into housing; and passing my Financial Literacy bill. Please visit my website, [www.suetucker.org](http://www.suetucker.org) for more information.

I am always available at (617)722-1612 or [susan.tucker@state.ma.us](mailto:susan.tucker@state.ma.us).

## HELP THE ROLLINS GO GREEN!!!

### VOLUNTEERS WE NEED YOU!

Please help restore and preserve the lawn at the Rollins, all while having fun and building neighborhood connections.

Saturday, April 24, 2010

8:00 am- 12:00 pm

at the Rollins School

451 Howard Street

Lawrence, MA 01841

\* FOOD AND REFRESHMENTS FOR ALL VOLUNTEERS!



**Open Mon.-Fri. 7:30-5:00**  
**157 South Broadway, Lawrence**  
**978-687-1155**

*Major credit cards & personal checks accepted*

**We Do Inspection Stickers!**

**\$10.00 off**  
**Lube, Oil & Filter Special**  
*Up to 5 qts. of Oil, 10W30*

**\$10.00 off**  
**Wheel Alignment**  
*4 Wheel alignment extra*





# **Laborers' Union** (LOCAL 175) **Proudly Supports**



# **Marcos Devers**



**"Former Mayor Marcos Devers has been committed to fighting for Lawrence Jobs for Lawrence people!**

**He has stood with local unions to fight for the rights of all Lawrencians to work in this fine city! That's why the choice is clear this year. Marcos Devers deserves to be your next State Representative for the 16th Essex District!."**

**-Mike Gagliardi,  
Local 175 Laborers' Union  
of North America**

# **State Representative** **16th Essex District, Lawrence**



## TOM DUGGAN'S NOTEBOOK

**LAWRENCE** - Maybe Lawrence Mayor Willy Lantigua thought that because he still hasn't turned in his House vanity license plate to the state, he thought he could get away with putting in a request for per diem travel expenses retroactively after reigning from the state house. Unfortunately for him, just because he has a state plate, that doesn't mean he's still a state rep. and under state law, he can only seek reimbursement while a serving a state rep. When Lantigua tried to get reimbursed for previous travel expenses, Treasurer and candidate for governor, Tim Cahill rejected that request. Just imagine, while Mayor Lantigua is denying back pay that is owed to former city employees (nearly a dozen by our last count) Willie is seeking money himself from the State.

**LAWRENCE** - Governor Deval Patrick is coming to Lawrence on Friday, April 16th for a fundraiser. He is campaigning for reelection and apparently needs to re-energize his base with two opponents hot on his heels and plummeting approval ratings. And what better place than Lawrence (a safe Democrat voting city) for the governor to try and rebuild his campaign. Rumor has it though, that the Governor will be passing out a collection plate at the event to raise money for Mayor Lantigua's next \$35 million bailout request. We are also told that "members of the press" are not allowed to attend the event without first "registering" with the governor's office. I, for one will be attending the event as I know how hard the governor is working these days and how much he needs a pat on the back.

**LAWRENCE** - Of course, if you notice the date of the governor's even in Lawrence you will see that it is scheduled for the day after tax day. Perhaps the good governor decided to visit Lawrence because those who live in the mill city have boatload of extra cash to spare because they have not paid any property taxes (which were due January 1st) because the City Council has yet to set a tax rate and mail out the tax bills.

**BOSTON** - Sarah Palin will be in Boston for the Tea Party Express on April 14th, the day before Tax Day. They expect over 100,000 people to attend the rally and if you can't make the event, listen to Michael Graham of 96.9 WTKK broadcast live. The Valley Patriot will be there as we are one of those right wing radicals.

**HAVERHILL** - Merrimack Valley Hospice will be offering a free Hospice Volunteer Course at Northern Essex Corporate and Community Education Campus at 1600 Osgood St., North Andover, MA. Learn how to make a profound difference in someone's life in just 2 hours a week! Using lecture, real life stories and small group exercises, participants will learn how to provide practical help and emotional support to those with life limiting illnesses and to their loved ones. At the end of this in-depth, comprehensive, 8 week training program, participants will not only receive a certificate but they will become a part

of a very special group - ordinary people making an extraordinary difference! The eight week course is held on Mondays from 9-11am 4/12-6/14 (there will be no classes 4/19 & 5/31). The course is free of charge. All training provided by professionals from Merrimack Valley Hospice. Registration is through Northern Essex Community College by calling 978-556-3700.

**PLAISTOW** - The Merrimack Valley Quilters' Guild will be celebrating their 30th year as a group with "Journeys and Celebrations;" a quilt show on Friday April 30th, 2010 9AM - 5PM, and Saturday May 1st, 2010 9AM - 4PM at the Timberlane Regional Middle School in Plaistow, NH.

**HAVERHILL** - Mass. (March 10, 2010) - Three Penacook Place Nursing and Rehabilitation Center staff members were named Employees of the Month for the final quarter of 2009. These employees are honored at a recognition ceremony at the end of each quarter. The employees of the month are: Nadine Parker, RN of Sandown, N.H., Martin Santiago of Haverhill and Sonia Aponte of Salem, N.H. Employees of the Month are selected by members of Penacook's management team from a list of nominees. Anyone may nominate an employee, including co-workers, managers, residents and family members. An employee since October 2002, Parker was nominated for her willingness to help and dedicated and tireless work on Penacook's prospective payment system. Santiago, a heavy housekeeper since December 2007, was nominated for his efforts during recent painting and remodeling projects. He is always pleasant and willing to help above and beyond his job description. Aponte, a certified nursing assistant since January 2009, was nominated for being an attentive and courteous caregiver.

She is eager to learn, puts in extra effort and is willing to assist in any way to promote good resident care. Located at 150 Water St., the 160-bed Penacook Place is the only not-for-profit nursing and rehabilitation facility serving the city of Haverhill. Penacook Place has a professional staff of 230 employees. Contributions that support the purchase of new equipment, renovations and resident activities can be made to the Friends of Penacook Fund, c/o Penacook Place, 150 Water St., Haverhill, MA, 01830.

**VETERAN** - Scholarships Available for Children of Military Heroes -(Dulles, VA) - Those who defend our freedom know all too well the costs and sacrifices associated with serving in the United States Armed Forces. Many service members leave behind families who must continue their lives with a heavy heart. Other service members sustain wounds and injuries that

prevent them from leading a normal life. To show gratitude on behalf of the American people, Freedom Alliance is proud to offer aid to the children of these heroes in the form of college scholarships. If you or someone you know is the son or daughter

of a service member who has sacrificed life or limb, then the Freedom Alliance Scholarship Fund is available to help alleviate the costs of college. Over \$3 million has been awarded to hundreds of Freedom Alliance Scholarship recipients since 2002. An eligible applicant must be the dependent son or daughter of a U.S. soldier, sailor, airman, Marine or Guardsman who has been killed or permanently disabled (100% VA disability rating) in an operational mission or training accident, or who is currently classified as a Prisoner of War (POW) or Missing in Action (MIA). They must also be a high school senior or registered as a full time undergraduate student and under the age of 26. To learn more about the Freedom Alliance Scholarship Fund and/or to apply please visit <http://www.fascholarship.com/> or call 800-475-6620. The application deadline is July 31, 2010. [www.FreedomAlliance.org](http://www.FreedomAlliance.org)

**NORTH ANDOVER** - Eldercare Fair on May 5 - Interfaith Caregivers of Greater Lawrence, a coalition of faith

communities, social service agencies, and health organizations working together to serve elders and caregivers, will sponsor an Eldercare Fair at Saint Michael Church Parish Hall, 196 Main Street, North Andover on Wednesday, May 5, 2010 from 4 to 6 p.m. Representatives from a variety of providers will be on hand to share literature and talk about the different resources and types of services that are available to your aging loved ones. Some of the topics to be covered include adult day health programs, Alzheimer's resources, assisted living facilities, companion programs, caregiver assistance, emergency services, home health care, homemaker services, Medicaid planning services, medical supply companies, senior centers, skilled nursing care, and transportation services. Join us and find out how to get the help you need. This event is free and open to the public. Light refreshments will be served. For more information, call Janice Boyd, Community Educator, Elder Services of the Merrimack Valley at (978) 683-7747 x1321.

**DRACUT** - How can women know exactly how men think? Will women ever truly understand male thoughts? Is it possible for women to think from male point of view? Be careful what you wish for as the all male comedy show "How Men Think (or Do They?)" is a hilarious peek inside the male mind. The comedy returns at The Parker House Grille in Dracut, MA on Saturday, May 15th. Doors open at 5 pm, first

show starts at 7 pm and second show doors open at 9 pm, show starts at 9:30 pm. The show line up includes Dave Rattigan from XM Satellite radio and Olympia Sports ad, Mike Prior from the Boston Comedy Festival, Dave Decker, winner of the 1975

Betty Crocker Award, Mike Scalia, a two time finalist in the Boston Comedy Riots and Doug Blay, comedy host at the Rusty Hammer in Portsmouth. The show content is so glaringly clear, as the comedians share their points of view on wives, mothers, friends, kids, and careers, neighbors, growing older, love, lust, and internet dating. Women will appreciate it coming from

guys who have no ulterior motives and is just honestly making them laugh. The Parker House Grille is located at 101 Broadway Road, Dracut, MA. Phone: 978-854-4285. Show times are 7 PM with a late show added at 9:30 pm. Tickets are \$25 and can be purchased at Parker House Grille today or visit the website [www.drinkwaterproductions.com](http://www.drinkwaterproductions.com) for more details and tickets!

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

**LAWRENCE** - The next Lawrence Chess Club meeting will be Thursday, 8th April 2010 from 6-8pm at the Lawrence Public Library, on the corner of Lawrence and Haverhill streets. All ages, all languages and all levels are welcome to play, learn and help teach. It takes about 20 minutes to learn and a lifetime to master. As always, it is FREE. If possible, please bring a chess set and a friend. Feel free to share this with anyone. Remember, you really do not know how to play chess until you have lost 500 games.

**METHUEN** - Deborah Carberry Recognized for Ongoing Commitment to Customer Satisfaction

**METHUEN** - (Grassroots Newswire) Janet McLennan, broker/owner of CENTURY 21 McLennan & Co announced today that Century 21 Real Estate LLC, franchisor of the world's largest residential real estate sales organization recently recognized Realtor Deborah Carberry with the CENTURY 21 Quality Service Pinnacle Producer Award for 2009. The annual award is based on results from the CENTURY 21 Quality Service Survey (QSS) which is e-mailed to consumers immediately after the purchase or sale of a home through a CENTURY 21 System office. To earn the CENTURY 21 Quality Service Pinnacle Producer Award, an agent must receive completed customer surveys for at least 30 percent of their transactions from January 1, 2009 - October 31, 2009, with an average survey score of at least 95 percent or better for 2 consecutive years. Carberry will receive a customized glass trophy, in addition to being recognized at



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

**New York Life Insurance Company**  
Licensed Agent

10 New England Business Center Dr., Suite 205  
Andover, Ma. 01810

Tel. 978-681-4312 \*\* Fax 978-681-4333

*The Company You Keep*

\*Registered Representative offering securities through NYLIFE Securities LLC, Member FINRA/SIPC, an affiliate of New York Life Insurance Company  
300 South St., Ste 600, Waltham, MA 02455  
T 781 847 4100



**Anne Marie Concemi**  
Chief Mortgage Planner  
MLO 3527

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

[www.firstinteg.com](http://www.firstinteg.com)



**FIRST INTEGRITY MORTGAGE**  
LLC

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

[aconcemi@firstinteg.com](mailto:aconcemi@firstinteg.com)

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520  
Licensed by the NH Banking Dept.

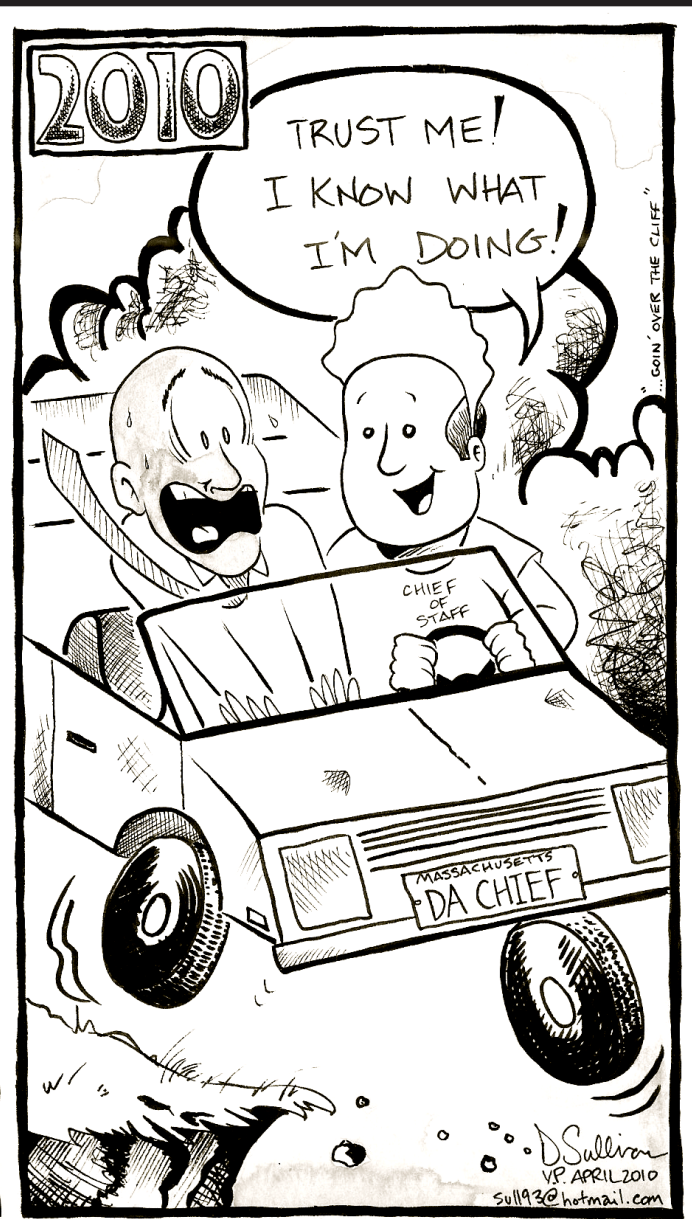


the CENTURY 21 International Convention. Deborah, a top producing agent, prides herself in providing outstanding service that exceeds her client's expectations. It's these home buyers and sellers that have worked with Deborah that are quick to give her name and number to family and friends thinking of making a move. If you are thinking of making a move, make the move with the same exceptional service, call Deborah Carberry -Your Neighbor, Your Realtor 978-697-1558.

**METHUEN** - The Methuen Board of Trade has chosen Colleen Carney as its Person of the Year 2010. Colleen has been chosen for her outstanding commitment not only to the Methuen Board of Trade, but to the entire Methuen community. The Board of Directors unanimously selected her for this honor. Carney is actively involved with the Methuen Board of Trade, the Methuen Historical Society, the Festival of Trees, the College Club of Greater Lawrence and Women of Northern Essex Community College. She is a former teacher at St. Monica's School, serving there 22 years, and currently works at Kenneth H. Polard Funeral Home where she has been an officer for 33 years. The Board of Trade will also be acknowledging Elaine Morrisette from the Methuen Senior Center as an Honoree. The awards banquet will be held April 15 at Harris' Pelham Inn, 65 Ledge Road, Pelham, N.H. Cocktail hour starts at 5:30 pm and dinner will be served at 6:30 pm. Tickets are \$40 per person for general seating, \$320 for a reserved table of eight. You do not need to be a member of the Board of Trade to attend. For tickets, call the Methuen Board of Trade at (978) 686-8889 or Patty Trudel at (978) 794-4321. All proceeds benefit the Board of Trade Scholarship Fund. As a Person of the Year, Carney is in excellent company. Previous winners include former Methuen High Principal Arthur Nicholson, Nevins Memorial Library Director Krista McLeod, former state Sen. James Jajuga and local historian Ernest Mack.

**METHUEN** - The Law Office of Ellen C. Shimer-Brenes is pleased to announce that Attorney Gary M. Abrams has joined our team. We congratulate Gary and look forward to his growth and success as a litigator. Mr. Abrams was born in Brockton, Massachusetts and after his father relocated to due to employment reasons, Gary spent 25 years living in Houston, Texas. Gary moved back to Massachusetts in 2002 to attend the Massachusetts school of Law where he graduated in May 2005. In 2006, Gary attended Franklin Pierce Law Center in Concord, NH where he graduated with his Masters degree in Intellectual Property, Commerce and Technology Law. Gary will be working out of the Andover and Salisbury offices where he will devote his time in practicing Family Law, Veteran benefits, Landlord-Tenant law and Personal Injury Law.

**METHUEN** - Ham and Bean Supper -



**NEWS ITEM:** After running the failed Mary Claire Kenedy administration in the 90's Lenny Degan is back in the driver's seat as chief of staff for mayor Willie Lantigua (da chief). Not surprisingly we are already Starting to see similar results!

Saturday, April 17, 5:00 Pm to 6:30 PM. West Parish Church, 129 Reservation Road, Andover, (Corner of Rt 133 and Reservation Road). Real Spiral Ham will be served with home cooked beans; dessert & drinks included, Suggested Donation: Adults \$8; Children (12 and under) \$4

**METHUEN** - The Methuen Arlington Association, a noted provider of youth programs is holding the second annual revival of the Spieler Road Race. Back in the 1930's the Spieler Road Race was a popular event started by former local business owner the late Edward Spieler. This year's race is being sponsored by the Edward Spieler Family, Attorney Linda Harvey, and the Methuen Arlington Neighborhood Inc. "It is great to honor the memory of Mr. Spieler who helped the children in the Arlington District, who today need more help than ever," said Linda Soucy, community activist and director of Methuen Arlington Neighborhood Inc. This year's event will be held at the Methuen High

Track, 45 Pleasant Street, Methuen, Massachusetts, from 10 a.m. until 2:00 p.m. on Sunday April 18, 2010. This year there will be races for all ages as well as dance performances, prizes, food and drinks with a DJ providing music throughout the day. Entrance fees are \$25.00 for racers over 12 years old and \$12.50 for those under the age of 12. There is a \$50.00 family package option as well. All racers will receive a complimentary t-shirt. This will be a fun day for all. For more information contact either Linda Soucy at 978-691-5645 or Attorney Linda Harvey at 978-686-9800 or visit [www.methuenarlington.com](http://www.methuenarlington.com). All proceeds to benefit the Methuen Arlington Neighborhood Inc. a non-profit corporation.

**HAVERHILL** - Evenfall Restaurant in Haverhill, MA will host a "Celebrate the Taste of Spain" dinner featuring Spanish cuisine, music and culture. A sizzling night awaits you with a live Flamenco Dance show and dinner experience. The "Celebrate the Taste of Spain" dinner will take

place on Saturday April 23rd and the Evenfall Restaurant will have you stomping your feet to the beats of traditional, powerful flamenco music. Enjoy the heart racing music of world renown Spanish guitarist Juanito Pascale as Sabrina Aviles gives a one hour Flamenco dance performance. Great music, and culture, fiestas and more fiestas!

**Tracey Zysk**  
Bonded & Insured  
[wigglewalk@comcast.net](mailto:wigglewalk@comcast.net)  
**978-697-6571**  
[wigglewalk.webs.com](http://wigglewalk.webs.com)

shrimp fritters), succulent filet mignon and fresh local haddock. A glass of wine from Spanish vineyard Pereles Estate will be served with dinner. The flavorful menu will make you will feel like you are dining on the streets of Spain. "Celebrate the Taste of Spain" event will occur at Evenfall Restaurant on Friday, April 23rd at 7:15 PM. Doors will open at 6:30 PM. Evenfall is located at 8 Knipe Road (Route#125) in Haverhill, MA. Tickets are general admission and cost \$55 per person. They can be

**NOTEBOOK: PAGE 26**

## THE EXCHANGE CLUB OF METHUEN



# The 8th Annual Original Taste of Methuen

Tuesday May 4th, 2010

6:00 - 9:00p.m.

Wyndham Hotel

123 Old River Road, Andover, Ma.

Taste the Best of Methuen

**A BENEFIT**

**FOR CHARITY**

Tickets:

\$25.00

PER PERSON

Limited to

500 Tickets

CONTACT/INFO

Linda Buell

(978) 725-7544



Jennifer A. Cooper  
Independent Wine Consultant

IN HOME WINE TASTINGS!

[www.myttv.com/jennifer8408](http://www.myttv.com/jennifer8408)

[time2wine@verizon.net](mailto:time2wine@verizon.net)





IN MEMORY OF LAWRENCE POLICE  
OFFICER MICHAEL JOHN PADELLARO



Former Hero Lawrence Police Officer Michael Padellaro passed away last month. Padellaro received several awards for heroism and bravery in his time on the Lawrence Police Department including an award for saving Evelyn Alvarez from drowning on December 5, 1992. Evelyn who was 15 at the time, struggled to stay afloat after the car she was in plunged into the Merrimack River and sunk. Officer Padellaro, who was off-duty at the time, was alerted to the situation and responded to the scene. Without fear of his own safety, Mike jumped into the freezing waters of the Merrimack and swam to woman, who by then had submerged. Officer Padellaro found the woman, returned her to the surface of the water, and, while struggling to stay afloat himself in the cold water, swam back to shore. Another police officer who had arrived at the scene took Evelyn from Padellaro in the water and brought her to safety. Officer Padellaro then returned to the icy waters and swam back to the location of the submerged car to look for Evelyn's friend, who also had been struggling in the water and had submerged. After searching for him without success, Padellaro swam bank to the bank, where he had to be helped from the river by others. Evelyn and Padellaro were taken to the hospital, where Padellaro was treated for hypothermia; he recovered. The body of Evelyn's friend was recovered later that day. (information provided by the Padellaro family).

Guest chef day at Assisted  
Living Center in Salisbury

The residents of the Assisted Living Center – Salisbury enjoyed the culinary delights of guest chef Anthony Defeo as part of the Guest Chef series at the Center.

For the residents, Chef Defeo prepared a multi course meal, consisting of garden pea soup to start, followed by a main course of filo-wrapped haddock with brie and pecan praline. The meal culminated with a fresh from the oven cinnamon raisin bread pudding.

Chef Defeo, originally from Methuen, is currently a resident of Ogunquit, Maine. Defeo has experience at

The Front Porch and MC's Perkin's Cove restaurants in Ogunquit, and at the Summer Winter restaurant located in the Marriott hotel in Burlington, Massachusetts.

Restaurateurs or chefs who would be interested in participating in the Guest Chef program at the Assisted Living Center – Salisbury should contact Arthur Signorelli or Justin Reynolds at 978 463-9809.

The Assisted Living Center – Salisbury is a not for profit organization that provides affordable quality residential living care for older people.



See our ad on page 32



**Tepthida Khmer**

FINE CAMBODIAN CUISINE

[www.tepthida.com](http://www.tepthida.com)

Sam's Steak Out is now Three Dogz Diner... Overlooking the Waterfalls in Lawrence

Three Dogz Diner



FULL BREAKFAST SERVED TUES. THRU SAT.  
UNTIL 12:00, ALL DAY ON SUNDAY

PHONE 978-208-4348 - FAX 978-208-4368  
[THREEDOGZDINER.COM](http://THREEDOGZDINER.COM)

THREE DOGZ DINER SPECIALIZES IN SOUTHERN BBQ FOR LUNCH IN ADDITION TO TWO DIFFERENT HOMEMADE SPECIALS DURING THE WEEK. WE ARE NOW OPEN FRIDAY AND SATURDAY NIGHT UNTIL 8:00 PM. FRIDAY NIGHT WE SERVE OUR SPECIALTY SEAFOOD MENU, SATURDAY NIGHT IS SOUTHERN BAR BQ NIGHT ...RIBS AND CHICKEN. PRIME RIB SERVED BOTH EVENINGS.

HOURS: TUES. WED. THURS. 6:30 AM- 3PM, FRI., SAT. 7:30 AM- 8PM, SUNDAY 7:30 AM- 2PM, CLOSED MONDAY



**Gaythorne Hall**

*Perfect for: Weddings - Showers  
Anniversaries - Birthday Parties  
Banquets - Company Meetings*

**Our large hall holds 250 people.  
Our small hall holds up to 60 guests.**

METHUEN KNIGHTS OF COLUMBUS

462 BROADWAY, (RTE. 28) METHUEN \* (978) 686-1291



# North Andover Republicans Honor Local Veterans



The North Andover Republican Town Committee held their first annual "Spring Fling" fundraiser at the Veterans of Foreign Wars (VFW) on Osgood Street last month. The town Republicans raised more than \$2,000. Proceeds from the event were donated to the Jim Gammie Memorial Scholarship Fund. Funds were also donated to Republican candidates for state office. The Jim Gammie Memorial Scholarship Fund benefits a conservative student North Andover High School senior each year. The North Andover GOP also presented proclamations thanking local veterans for their service to the country and community. Pictured above: 1) Selectman Tracy Watson with hero veterans 2) Arthur Paul Lumb with Selectman Watson, 3) former Valley Patriot of the Month, Muriel Katschker, 4) Harold Dushame 5) Tom Fallon with Selectman Watson 6) Debbie Savoia, State Rep. Karyn Polito who is a candidate for Treasurer, Laurie Myers and Mary Conaughton, candidate for State Auditor. 7) Gulf War and Iraq War Hero Francisco Urena with Selectman Watson, 8) Dave Swabrick 9) Candidate for Governor Charlie Baker was on hand to congratulate the veterans and stump for his campaign.

## Merrimack Pain Associates

**The Pain Management Center at MVPMA offers treatment for a variety of conditions, including:**

Complex Regional Pain Syndromes \* Cancer pain syndrome \* Post amputation pain syndrome \* Compression Fractures \* Disc Herniation \* Chronic Pain Syndrome \* Headaches \* Low back pain \* Neck pain \* Neuropathy \* Radiculopathy \* Post herpetic neuralgia \* Diabetic neuropathy \* Myofascial pain syndrome \* upper and lower limbs \* Fibromyalgia \* Facet arthropathy \* Sacroiliac joint pain and dysfunction \* Pelvic pain

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

**(978) 685-2456**

**LOCATED AT**

**Location:** 50 Prospect Street # 101, Lawrence, MA 01841

**Email:** [merrimackpaincenter@gmail.com](mailto:merrimackpaincenter@gmail.com)

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

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



# Valley Patriot Hero, Sara Hayden receives Congressional Gold Medal

Kathleen Corey Rahme  
VALLEY PATRIOT COLUMNIST

Born in 1919 at the foothills of the Blue Ridge Mountains in the little town of Granite Falls, Sara Payne Hayden would eventually be one of the 200 out of the 300 surviving WASP's (Women's Airforce Service Pilot) to travel to the Capitol to receive the Congressional Gold Medal of Honor in Washington, DC on March 10, 2010. It was the largest group to ever assemble at the Capitol for such an occasion with approximately 1700 people in attendance! I was lucky enough to be one of them.

When Sara Payne Hayden went to the movies one night in 1942, little did she know that her life would change forever. She would see a newsreel calling for female pilots and advertising the WASP program. Women were being called to enter the program to offer relief for male pilots who were needed in combat. She knew instantly that was for her. She really did not have the support of her family or friends and against all odds; she borrowed money and entered the WASP program at Avenger Field in Sweetwater, TX. She borrowed money to gain the necessary flight hours before her application and during these lessons many obstacles both financially and socially were overcome in order to complete her flight time.

Sara Payne Hayden became a WWII WASP and was a member of the Class of 1944-10. There would be 25,000 applicants into this program with only 1,830 acceptances. Eventually, only 1,074 women would graduate from this program.

It would be sixty-six years later that

she would receive the highest civilian award from the United States Congress. She was joined by her son Dr. Shawn Hayden and grandson Dallas of Plano, Texas and grandson Derek Hayden, a US Marine from New Bern, North Carolina. Also in attendance were her niece Lynda (Payne)Phillips and her husband Lee from Beaufort, North Carolina, and some of her women friends from the 99's and the Women's Military Aviators (WMA).

Bestowing the award to this group was Speaker of the House Nancy Pelosi, D-CA, journalist Tom Brokaw, House Minority Leader John Boehner, R-OH, Senate Minority Leader Mitch McConnell, R-KY, and Air Force Lt. Col. Nicole Malachowski who is the first female Thunderbird pilot. Receiving the award on behalf of the Women Airforce Service Pilots was WASP, Deanie Parrish. I would be remiss if I didn't mention Senator Kay Bailey Hutchinson, R-TX, Representative Barbara Mikulski, D-MD, Representative Ileana Ros-Lehtinen, R-FL, and Representative Susan Davis, D-CA who all led the way for these women to be recognized after all these years.

All the speakers remarked about how these women were trailblazers and pioneers of aviation. They spoke about how these women flew every kind of military aircraft there was and how they logged approximately 60 million miles across the United States. In fact, 38 of these women perished in the line of duty.

During WWII, these women were responsible for testing the aircraft that were shot up during the war and also for ferrying supplies. They were also used for target practice using live ammunition for



Valley Patriot Hero Sara Payne Hayden shows former Methuen City Councilor Rahme her Congressional Gold Medal in Washington D.C. last month. Hayden was honored by The Valley Patriot as our Valley Patriot of the month in November of 2007.

gunnery trainees; they towed targets for ground to air anti-aircraft gunnery practice and targets for air-to-air gunnery practice. They were an experimental, non-military group until they finally received veterans' status in 1977 from the federal government. Sara went to Washington with the WASP's to testify. This was the G.I. Bill Improvement Act of 1977 and it granted these women full military distinction.

Her duty station was Randolph AFB, CIS. She was commissioned to the Air Force in July 1949. She served in active duty from August 1951-September 1953 as a Recruiting Officer.

Hayden's activities in the community are well known. They include speaking engagements for various groups especially schools. She was the WASP representative at the opening ceremony of the WWII exhibit at the JFK Museum; Color Guard on women's day at the Viet Nam Moving Wall; and "In Defense of Hanscom" Conference on January 30, 1995. She has been an active contributor at the Woman's Texas University archives. She was featured on MCTV (Methuen Community Television) on the series "Call to Serve" that works with the Veterans' History Project at the Library of Congress. She

is part of the permanent exhibit at the Women at Work Museum in Attleboro, Massachusetts where she was also part of the keynote address for the Women Who Fly program at the museum.


Hayden is active in the Methuen Women's Post 417 of the American Legion. She is the Past Commander, Life Member for over 50 years, Post Adjutant, Finance Officer and the Boys' State Chair.

Hayden is a pioneer in American military history. She broke through barriers that most could never imagine. She trail-blazed through the skies and her work and sacrifices have made it easier for military women of today. Sara Payne Hayden takes every opportunity she can to educate others about the history of the WASP.

We thank you Sara Payne Hayden for your military service, for your undying loyalty to your country and your community. Congratulations on receiving your Congressional Gold Medal! You deserve it!



Kathleen Corey Rahme is a former City Councilor in Methuen, is the founder of the Methuen Youth Corps., and hosts "Call to Serve." You can email her at [kcory.rahme@comcast.net](mailto:kcory.rahme@comcast.net) or call 978-686-0008



**NECC**  
Northern Essex Community College

*Would you like  
to experience*

**College**

*for a Day?*

**@ NORTHERN ESSEX  
COMMUNITY COLLEGE**

**Discover** what it would be like to be a student at Northern Essex Community College by attending College for a Day on

**Wednesday, April 21 from 8:30 a.m. to 2:30 p.m.**

- Sit in on a choice of over 40 classes
- Talk with current students
- Meet with an enrollment counselor

Whether you are already enrolled at the college for the fall or just starting to think about starting or returning to college, College for a Day is a chance for you to experience what Northern Essex has to offer.

For an agenda of the day's events and a list of courses that you can sit in on, visit [www.necc.mass.edu/collegeforaday](http://www.necc.mass.edu/collegeforaday). To RSVP or for more information, call 978-556-3721 or email [admissions@necc.mass.edu](mailto:admissions@necc.mass.edu).

## NIGHTFALL PARANORMAL PRESENTS PARANORMAL 101 FUNDRAISER

**WHEN-APRIL 17TH 2010 7PM 12PM**

**WHERE- TENNEY GATEHOUSE  
37 PLEASANT STREET  
METHUEN MA. 01844**

**COST-\$35.00 PER PERSON**

**LEARN TO BE AN INVESTIGATOR AND ENJOY  
AN INVESTIGATION AFTER THE CLASS..**

**ALL PROCEEDS FROM THE FUNDRAISER GOES  
TO THE METHUEN HISTORICAL SOCIETY..**

**TO BOOK IN FOR THE CLASS GO TO:**

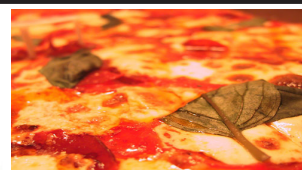
**WWW.NIGHTFALLPARANORMAL.COM/EVENTS  
OR CALL GARY 508-982-1574**



**163 Howe St. - Methuen**

**978-693-2525**

**Sal's  
PIZZA**





# The spirit of cooperation and compromise must be restored

Ken Willette

METHUEN SCHOOL COMMITTEE

The upcoming FY 2011 budget cycle represents one of the worst fiscal environments in many decades. In 2009, I directly witnessed a concerted effort by municipal unions to offer meaningful, deep and obviously painful concessions in order to balance the FY 2010 budget and forgo property tax increases. Unfortunately, having recently returned back to the Methuen School Committee, I have not yet identified a similar spirit of cooperation and compromise from the various school unions.

This is very troublesome, especially since municipal workers will likely face sizable layoffs due to downward local aid projections, and Methuen taxpayers will have to foot a larger bill to keep pace with the state mandated education formula.

While the school administration has been able to achieve significant cost savings in the areas of transportation, energy efficiency, bulk-purchasing and a reduced complement of principals, the major union groups have failed to take a positive and constructive leadership role in proposing modest cost-of-living reductions to preserve system-wide jobs and stabilize class sizes. Last year a number of custodians and program assistants needlessly lost their hard-earned jobs solely because some union leaders deemed it unreasonable to give back some marginal (when compared to municipal workers) contract provisions to cope with the most colossal economic collapse since the Great Depression.

While the Methuen School Committee unanimously approved my policy propos-

als to root out out-of-city students illegally attending our schools and authorize certain advertisements at school sporting events, which will save and generate long-term revenue for our community, we have not received any cost saving proposals from union leadership. In fact, we are still currently paying for out-of-district students to attend our schools simply because their parents teach in our system, an outdated agreement that completely contradicts our newly strengthened residency enforcement policy and will be discussed at the next School Committee meeting.

While all workers are paying more out-of-pocket for their health insurance, there is an absence of union leadership to consider joining the state's Group Insurance Commission (GIC) plan and saving Methuen millions of dollars in the process.

Imagine the potential savings for Methuen when, for example, we compare our community of over 45,000 residents versus the Town of Hopedale, Mass., a community with a much smaller population of 5,000 residents, which will save \$800,000 a year because the local government workers agreed to join the GIC. After two years of good faith discussions, the Hopedale GIC accord serves as a model for all other cities and towns. Town workers will receive more favorable premium assessments; Hopedale's current and future budgets will be under less fiscal constraint; layoffs are less likely to occur; and residents will directly benefit from property tax stabilization, both short-term and long-term.

Hopedale town workers have played a major role in taming a huge and un-

sustainable budget buster. Anyone who has read the Boston Foundation study on the GIC and the cities and towns that have joined the GIC plan, can certainly appreciate not only the favorable fiscal terms for participating communities but the personal financial relief for workers and the presence of program plan choices and overall quality of services.

Many items are currently being considered by the Methuen School Committee, including hiring freezes, curtailing out-of-district travel expenses and consolidating departments with the City of Methuen. All ideas are valid and should be completely discussed and vetted. I will definitely explore a number of difficult yet necessary options to present a fiscally realistic, transparent and honest school spending plan to the Mayor and City Council. I will also not vote in favor of any new contracts in the absence of a package of concessions during the FY



2011 budget presentation.

I look forward to the challenge, as I have already fulfilled many of my campaign promises (enforcing a strong residency policy, lifting the ban on advertising at school sporting events, and supporting my colleagues' proposals to mandate greater openness and accountability). I will continue to hold the line on my fiscal conservative philosophy and maintain the trust that the voters overwhelmingly gave me last November.

## DRACUT: FROM PAGE 8

tickets to functions and to donate to various charitable causes. I believe that they should receive a modest stipend, but the gas allowance is over the top. I agree with Selectman Zimini and Brian Bond that the \$934 gas allowance should be eliminated altogether. Who gets gas money to go to work or drive around Town? Only the Selectmen get this benefit and it is ridiculous.

There are many unresolved issues at the Dracut Housing Authority. Planning Board member Phil Thibault is challenging Russ Taylor for the open seat. Taylor is being supported by Dracut officials that tried to sell the Dracut taxpayers a \$7 million monstrosity on Mammoth Road last year to expand "affordable housing." Recall that last year Dracut taxpayers were offered an opportunity to purchase a 38 unit residential dwelling (known as the Louisburg Square project) from a local developer for \$2.65 million. The problem with that was that the 38 units were only appraised at \$2.4 million in 2005, and then appraised at \$2.66 million in 2009. With the real estate market decline that took place during those four years, how is it that the value of the property went up? What many people in town did not know was that the residential building in question contained only one 40 gallon water heater for 38 units. The building would have required \$2.9 million in funding from the State for renovations, plus an additional \$1.4 million from the Town of Dracut. This was all in addition to the asking price of \$2.65 million. Luckily, the three member majority on the Housing

Authority (Ken Martin, Ken Cunha, and Gerry Surprenant) saw through all this and blocked the project. There is still a push to secure additional housing units.

By the way, incumbent Selectman Jim O'Loughlin had a very cozy relationship with this same developer who tried to sell Dracut the Louisburg Square project last year some years ago when this developer purchased Selectman O'Loughlin's home while it was in foreclosure, held the mortgage for a few years, and then sold it back to Mr. O'Loughlin at a reduced price. Maybe this helps explain why Mr. O'Loughlin supported the costly Louisburg Square project and supports Russ Taylor's candidacy.

Those who favor good government practices in Dracut obviously need to support May Paquette for Dracut School Committee, Phil Thibault for Housing Authority, and Brian Bond for Selectman. These individuals will work hard on behalf of Dracut residents. Get out and vote on Monday, May 3rd.



*D.J. Deeb is a member of the Town of Dracut Committee on Government Rules and Regulations. He served as a member of the Dracut School Committee from 2005-2008 and the Greater Lowell Regional Voc-Tech School Committee from 1997-2009. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School.*

# Hey kids, get your coins together!



**Refreshments  
Giveaways  
Balloons**

## Kids Coin Day is Saturday, April 17th.

All kids 18 and under can use our coin counting machines to turn their piles of loose change into cash, absolutely FREE. Plus, if they open a RiverBank savings account that day, we'll contribute \$10 to get them started.\* Parents, we'll help you save too with a \$25 bonus for opening a new xStream Savings account.

Bring your kids and their coins to any one of these RiverBank branches:

342 North Main St., Andover	8:30 a.m. - 1:00 p.m.
10 South Broadway, Lawrence	9:00 a.m. - 12:00 pm
<b>148 Lowell St., Methuen</b>	<b>9:00 a.m. - 1:00 p.m.</b>
30 Mass. Ave., North Andover	9:00 a.m. - 1:00 p.m.
51 Crystal Ave., Derry, NH	8:30 a.m. - 1:00 pm
401 Main St., Salem, NH	8:30 a.m. - 12:00 p.m.

We look forward to seeing you there!



**RIVERBANK**  
www.riverbk.com

FRIENDLIER. EASIER. BETTER.

ANDOVER | LAWRENCE | METHUEN | NORTH ANDOVER | DERRY, NH | SALEM, NH | 978-725-7500

\*Cannot be combined with any other offer. Minimum deposits and fees vary, please see account representative for details.

Member FDIC  
Member DIF





**MAG**  
Mortgage Corporation  
MLO-16124 - MA-MB5202  
**213 Broadway, Methuen MA 01844**  
Company NMLS # 1961/NH - 14213-MBR  
We arrange, but do not make loans  
Licensed by the N.H. Banking Dept  
Licensed in MA # MB5202

Please see our ad on PAGE 1



**Andrew Distefano - Call My Cell: 978-423-4716**

NMLS#16124

**andrew.distefano@maghomeloan.com**





## NOW OPEN Daily Dose Cafe

inside Pentucket Medical

Merrimack Street, Lawrence  
Mon-Fri 8am-3pm

**YOUR MORNING DOSE**  
BAGELS • BREAKFAST PANINI'S  
MUFFINS • BREAKFAST SANDWICHES

**YOUR LIQUID DOSE**  
PREMIUM COFFEES & TEAS

**YOUR AFTERNOON DOSE**  
MIXED GREENS & BABY SPINACH SALADS  
SPECIALTY GRILLED PANINIS  
WRAPS • SOUPS • CHOWDERS  
KEITH'S TRADITIONAL SUBS  
(made the same way he did on Tower Hill)

Owned & operated by the family who brought you  
those great subs for 28 years at Tower Hill Variety

[www.thedailydosecafe.com](http://www.thedailydosecafe.com) 978-557-8601



**DR. DEBORAH FUDGE**  
Chiropractor and Certified  
Transitions Lifestyle Coach  
At Perrault Chiropractic Office

presents

### LIFESTYLE PROGRAM FOR ADULTS AND KIDS

- \*Weight management for adults and kids through healthy choices
- \*Body fat analysis
- \*Understanding the glycemic index and how to read labels
- \*12 week program with rolling assignments- start when YOU are ready!

### FACTS THAT MAY CONCERN YOU

- \*Childhood obesity has quadrupled over the past 25 years
- \*70% of obese children ages 6-17 have at least 1 cardiovascular risk factor
- \*2/3 of Americans are considered either overweight or obese

**YOU HAVE NOT FAILED -YOUR DIET HAS FAILED YOU!**

Call Dr. Fudge 978-684-7781 ext 23

[www.DrDebFudge.com](http://www.DrDebFudge.com)

76 Woodland St.

Methuen, MA 01844

What are you waiting for?

# YOGA

## Special \$10 for 10 days

Introductory Offer

Classes 7 Days a Week

Any Age, Any Class, Any Time

No Experience Required

**BIKRAMYOGA**  
NASHUA

NH Exit 5 - 5 Pine St Ext, Nashua, NH 03060

603.880.9642 [www.bikramyoganashua.com](http://www.bikramyoganashua.com)

FOR ALL YOUR ESTATE PLANNING NEEDS

## DIANNE M. O'BRIEN

ATTORNEY-AT-LAW

I am a very well-qualified Estate Planning attorney who will make the process quick, easy, and convenient for you - meeting with you in your home if you wish.

- Wills
- Trusts
- Health Care Proxies
- Powers of Attorney
- Living Wills
- Probate



800 Turnpike Street, Ste. 300  
North Andover, Ma 01845

978-794-5515

[www.attorneyobrien.com](http://www.attorneyobrien.com)

Former Officer in the U.S.  
Air Force Judge Advocate  
General Corps - 8 Years

**Flat Fees**  
For Estate Planning Services  
**COMPLIMENTARY INITIAL  
CONSULTATION**



Anne Marie  
Concemi  
Chief Mortgage  
Planner  
MLO 3527

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

**FIRST  
INTEGRITY  
MORTGAGE** LLC

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

[aconcemi@firstinteg.com](mailto:aconcemi@firstinteg.com)

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520  
Licensed by the NH Banking Dept.

At Sparky's Wings and Things in Haverhill, Massachusetts, wings are our specialty



(978) 521-1009



20 Emerson St.,  
Haverhill, MA 01830

**OPEN**  
Wed. - Mon.  
11AM - 10PM  
Closed Tuesday

Mention this ad and get a free order of small fries

### Seasonal RV sites available



Call Us Toll Free at 800-847-4969 for Reservations.

**Beautiful 255 acre lake**

COUNTRY POND NEWTON NH

**Call 1-800-847-4969**

[www.whisperingpinescamp.com](http://www.whisperingpinescamp.com)

**SEASON: MAY 1 TO OCTOBER 1**  
27 acres of quiet, wooded sites each with  
picnic tables and fire ring, 4 way hookups, ice,  
fire wood, & vending machine schedule games  
& activities.

**Boat Dock  
Launch & Rentals  
Heated Pool  
2 Sandy Beaches**





Front Row, (L to R): Christelle Beya, Justin Taveras, Katelyn Molina, Shantel Preston, Rafael Ureña, Alis Roman, Roseli Rodriguez, Back Row, (L. to R): Joan Mejia, James Davies, Steven Martinez, Linda Soucy, Nathaniel Infante, Charles Roaf, Ray Martinez, Emil Rodriguez, Roberto Carlini, Derrick Ortega, Emanuel Carlini, Brian Firth, (TD Bank Manager) and Christian Taveras.

# Methuen youth visit with Celtics

Fifteen youth and two chaperones from the Methuen Arlington Neighborhood were guests of TD Bank WOW! Kids' Clubhouse for the Boston Celtics Game on Wednesday, March 3, 2010. The invitation came from Brian Firth, Manager of the TD Bank at 91 Pleasant Valley Street in Methuen. The youth were transported by limousine TD Garden where they were treated like celebrities. They all enjoyed a dinner, loge seats and they were featured on the HDX Scoreboard. All of the youth had never been to a Boston Celtics game before and it was a highlight when they were brought down to the parquet floor while the players were practicing for a group picture. After the game they were allowed to shoot baskets on the same parquet floor as the Boston Celtics. All the youth that were picked to go to the game are deserving youth who attend the after school homework center voluntarily, volunteer at events, volunteer to deliver food each week, and who play on the Summer Basketball League.

# Methuen city website wins award

City website honored for fourth consecutive year

The Massachusetts Campaign for Open Government (commoncause.org/egov), a project of the non-partisan group Common Cause, has long championed the cause of increased internet access to important governance public records. As part of this initiative, the group annually examines the internet presence of all 351 cities and towns in Massachusetts to learn whether they post essential information in six major categories.

On March 16, 2010, Common Cause recognized the Official Website of the City of Methuen, [www.cityofmethuen.net](http://www.cityofmethuen.net), with its Award with Distinction, the fourth consecutive year that Methuen has received this recognition.

In order to receive this special honor, communities must post several key civic records including the governing body's agenda and minutes, budget information, general by-laws, archived governing board agenda and minutes, zoning by-laws, school committee agendas and minutes, agendas and minutes for an additional board or committee, and a calendar with all public meetings.

On Tuesday, March 16th, Common

Cause Massachusetts held its annual e-Government Awards in the Nurses' Hall in the State House. The group extended its congratulations to Methuen for its work in informing citizens and in maintaining an up-to-date website. Methuen has been recognized as a Common Cause "Superstar" community.

The City of Methuen website now features live and on-demand webcasts of City Council, Community Development Board, School Committee, Zoning Board and Historic District Commission meetings. In addition, [www.cityofmethuen.net](http://www.cityofmethuen.net) offers an audio listen link on all key pages to increase site accessibility.

All of these current and future options have been implemented in-house by the City of Methuen Information Technology Department with no outsourcing, and are designed to increase access to local government in a convenient and user-friendly manner.

Citizens are encouraged to visit the award-winning [www.cityofmethuen.net](http://www.cityofmethuen.net) to take advantage of these exciting additions. For more information, contact the Mayor's Office at 978-983-8505.





**GRANITE STATE MORTGAGE CORP.**

187 Main St. Salem, NH 03079

Tel: (800) 667 0592 or Cell: 603 930 8900

**Joseph W. Gagnon**  
NMLS # MA MLO4223 & NH NH4223

BONDED in MA, NH and ME. - Tested and registered under the S.A.F.E. Act Company: NMLS # 1943 - Mass License # MC0910, Licensed by the New Hampshire Banking Department, 5403-MB

**Our goal: Prompt personal professional service. Web site: [granitestatemortgageNH.com](http://granitestatemortgageNH.com)**

## Fireside Landscaping Contractors & Disposal Services

**We provide the following services:**

Weekly lawn mowing \* spring & fall cleanup \* mulch \* planting \* pruning & trimming of trees/shrubs \* pressure washing. **We also clean out:** \* cellars \* garages attics & houses \* hauling away household items \* appliances \* brush



We are fully insured



**Please call: (800) 481-6056**



**CATAUDELLA FUNERAL HOME**

Since 1929

126 PLEASANT VALLEY STREET, METHUEN, MASSACHUSETTS 01844

**978-685-5379**

*"Providing Exceptional Care"*

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

[WWW.CATAUDELLAFH.COM](http://WWW.CATAUDELLAFH.COM)

Proud affiliate of Carriage Services, Inc.

## PEST-END, INC. EXTERMINATORS



**We Make Ants Say "UNCLE"**

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

**15 PELHAM STREET, METHUEN**  
**(978) 794-4321**

**VISIT OUR NH LOCATIONS**

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

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

**Quick, reliable service since 1977**

**Specializing in the control of**

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



## RONNIE'S RANTS

## We do not have any friends

Ronnie Ford

VALLEY PATRIOT COLUMNIST

The system of government under which we live, was designed to provide for the protection of the populous in many different ways.

Our elected legislature is supposed to extend to the people guidance in personal problems and efforts to assist them. Instead of this worthy calling, the Solons seek for the most part, to fill their own pockets and the hell with everyone else! This has come so apparent it is really shameful.

The executive branch or the President, is supposed to lead us in accordance to the Constitution and take care of the people in general. This includes economic and individual protection; and to provide for the people to advance their stature in life. However, the President seems to provide for only those who are imbedded in radical thought. People who in my opinion, are dangerous to this Country.

The Supreme Court who are again supposed to protect us, pass as constitutional that the government can take your land. Your land and home you worked so hard for, can now be taken by a large corporation and use it for business! Your Home! So folks, there is no question that we have no real friends in government, or at least very few.

There is a move on now on the Internet to remove all incumbents in Congress (in both houses). Well, we shall see what happens. But if you are a Congressman or Congresswoman, or in any position of government, SMARTEN UP! We are eyeballing you! SO AS OF NOW, WE DO NOT HAVE ANY FRIENDS!

The health care reform bill is law. It is far from reform. Granted, there are many good things about the bill, mainly you cannot be refused insurance because of a pre-existing illness. Three quarters of Congress have little knowledge of the bill because they never took the time to read it.

Yet, they pontificated about it on TV and radio. This bill is too important to be shoved down our throats without careful deliberation. To do it the right way, there should be no outside influence, mainly the pharmaceutical, insurance, lobbyists, and big business, may not attend any meetings. They may not approach any member of Congress or their staff regarding this. There should be a panel of regular people

(who possess common sense) to oversee this monumental task, because Congress is not trustworthy to be left alone with it. You saw this with the clandestine meetings and backdoor deals and arm twisting. Finally, we should insist on term limits, take away some of the perks and insist that Congress and the President, Vice-President, and Supreme Judges have the same insurance as the lowly citizens. There is much more but there is enough here to start with.

Recently, a friend of mine went to the celebration of the new Imaging Services Pavilion at Lawrence General Hospital. "Champagne and Chocolates" were served and a wonderful harpist played while they toured the facility. The new MRI suite is just marvelous with moving murals on the walls and a wide table without the tunnel so you do not feel claustrophobic. The CAT scan rooms are roomy, as well as the mammography rooms, and the radiologists viewing rooms are state of the art. Everywhere she turned, there was tables laden with all different kinds of chocolate. A chocolate lover's delight! Everyone was given a "goodie bag" at the end of the tour. It was a delightful way to spend a few hours seeing everything and bumping into old friends. It is wonderful to know that such a jewel is in our midst.

The seventh annual Assumption School, Lawlor's Drug Store, Downey Flake Donut Shop, reunion will soon be upon us. It will be held at Jackson's Restaurant in Methuen on Monday June 7, at 6:00 P.M. A fantastic buffet supper will be available and for only \$5.00. There will be a cash bar too. How can you beat that?

So all you old neighbors and friends mark the calendar. This will be a fun filled night. It will probably be our last reunion of this nature, Perhaps there will be something different next year. So come on down and join us for a good night of remembrance.

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



## Lough Gill and Innisfree

Jack Doyle, County Sligo

VALLEY PATRIOT GUEST COLUMNIST

\*It is important to remember that Innisfree is an actual place, and it's additionally important to understand that there were myths and legends associated with the island. Indeed, Russel K. Alspach argues that to fully understand Yeats and his poem, one must be familiar with the legend of Innisfree:

Lough Gill and Innisfree

According to the legend there grew on a tree in the island a luscious fruit, 'exclusively reserved for the use of the deities' who had a dragon there to guard it. The daughter of the chief of the island asked her lover, named 'Free,' to get her some. Free defeated the dragon; but he ate of the fruit and died of its virtue after returning to his sweetheart and telling her his story. Thereupon she too ate of the fruit and fell dead across his body. \*Scott C. Holstad

I will rise and go now, and go to Innisfree,

And a Small cabin build there, of clay and wattles made;

Nine bean rows will I have there, a hive of honey bee,

And live alone in the Bee-loud glade.

And I should have some peace there, for peace comes dropping slow,

Dropping from the veils of the morning to where the cricket sings;

There midnight's all a glimmer, and

noon a purple glow,

And evening full of the linnet's wings.

I will arise and go now, for always night and day

I hear lake water lapping with low sounds by the shore;

While I stand on the roadway, or on the pavements gray,

I hear it in the deep heart's core.

William Butler Yeats (1865-1939)

W. B. Yeats is buried in a small cemetery in Drumcliff, County Sligo. I was in awe when I meandered through-out the grounds looking for a name of a relative or a name I might know, although at the time I knew most of my relatives were buried in another grave site in Sligo. The church on the grounds of the Drumcliff graveyard belong to the Church of England. I laughed at my partner when she said she couldn't go into the church because she was Roman Catholic, I convinced her to go through the doors to see what a beautiful interior awaited her. She was pleased that she did walk through the little church, and I must add that she took many a picture to show her friends and relatives. Jack5772@comcast.net



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



Anne Marie Concemi  
Chief Mortgage Planner

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

[www.firstinteg.com](http://www.firstinteg.com)

**FIRST INTEGRITY MORTGAGE LLC**

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

[aconcemi@firstinteg.com](mailto:aconcemi@firstinteg.com)

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520  
Licensed by the NH Banking Dept.



## The Claddagh Pub & Restaurant Inc

399 Canal St, Lawrence  
978-688-8337

Great food, Music and Atmosphere.  
Great Charity Event Packages Available.

Private Functions  
Up to 600  
Accommodated.

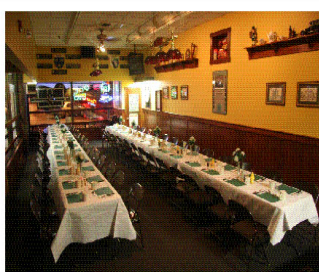
Call Paul  
978-423-1001

Best Party Packages  
in the Merrimack Valley

Trivia Nights Wednesdays

#1 Party Package  
in Merrimack Valley

Private Room  
40 to 80 people  
Hint of Italy Buffet  
Sound System and Mic  
(Includes Weekend Access to Live Entertainment in Main Room)



[www.thecladdaghp.com](http://www.thecladdaghp.com)

LIVE! IRISH MUSIC  
SAT 9PM-MIDNIGHT

Now open for Breakfast  
Mon-Fri, 6AM to 10:30AM  
Sat-Sun, 7AM-11AM



1111 RIVERSIDE DRIVE  
METHUEN, MA 01844  
(978) 208-4347



WWW.RICHARDHOWE.COM

## Outgoing Senator Steve Panagiotakos says goodbye, a history of public service

Richard Howe

VALLEY PATRIOT LOWELL COLUMNIST

Senator Steve Panagiotakos Says Goodbye Since announcing last month that he would not seek re-election to the State Senate, Steve Panagiotakos has repeatedly said that he is proudest not when he's called Senator or Chairman, he's proudest when he's called "Panagiotakos of Lowell." That sentiment was clearly on display during Steve's valedictory remarks at the Owl Diner.

The Chairman of the Senate Ways and Means Committee devoted most of his speech to recounting his first ever campaign back in 1989 when he was elected to the Lowell School Committee. Back then, Steve was going to law school at night, substitute teaching during the day, and hanging around Gerry Flynn's bar when he had some free time. One day when Steve began complaining about the fireworks at the previous evening's Lowell School Committee meeting, Flynn challenged him to run for a seat on that body and thus began an historic political career.

Steve agreed to run but had no political experience, so Flynn got him in touch with Anne Sepe and Mark Byrne who did a masterful job of organizing that first campaign. They were soon joined by Dave Conway, Fred Doyle, Tom McKay and Greg Pappas. Steve said his brother-in-law John Arguyon became a "one man gang" by making signs, compiling phone lists, and sifting through computer databases. Steve's sister Sophia dropped flyers everyday and his sister Tina and his brother Chris, still a student at Lowell

High, also helped out. Steve's mom and dad were hugely supportive and a campaign volunteer named Christine Hondras devoted so much time to the campaign that she ended up becoming Mrs. Panagiotakos.

Steve said that in his campaign for School Committee, the experts said he had "no shot"; when he ran for State Representative he was "a long shot"; and when he ran for State Senator, he "had a shot." He

was always the underdog but he said the City of Lowell loves an underdog and he was always successful.

He then reviewed all the things that have been accomplished during his tenure but attributed all the credit to the teamwork of Lowell's legislative delegation of himself and State Representatives Tom Golden, Kevin Murphy and Dave Nangle. But Steve said that while there were plenty of big projects, the accomplishments for which he will always be proudest were the times he helped a constituent get into housing or a school or a nursing home or to find a job or get health insur-



ance. He always told his staff that if a citizen takes the time to call his State Senator's office, it's important to that citizen and if it's important to them, "it damn well better be important to us."

Steve ended by thanking his first aides, Nick Petrakos, and his Chief of Staff, D J Corcoran and then thanking all the special people that he's had the privilege to represent through the years. He said Lowell is a "hardscrabble community with a

lot of character and a lot of characters." He ended by saying "If Boston is the Athens of America, then Lowell is the Sparta of America and there's an old Spartan saying to 'come back with your shield or on it.' Today, I'm coming home with my shield."

A history of public service

Here's a look back at some of the important elections in the political career of Steve Panagiotakos:

1989 - Panagiotakos and Ray Riddick were both elected to the Lowell School Committee in their first campaigns. They joined George Kouloheras, Mary Anna Sullivan, Regina Faticanti and Kathleen Janas on the committee. Kay Stoklosa and Sean Sullivan failed to win re-election. Dick Howe Sr. joined the committee when he was elected Mayor.

1991 - Panagiotakos was re-elected to the school committee, finishing second to George Kouloheras. Ray Riddick, Kay Stoklosa (who rejoined the committee when Kathy Janas resigned before her term ended) and Regina Faticanti were all reelected. Former school superintendent Henry Mroz was elected, replacing Mary Anna Sullivan who didn't run for re-election. Tarsy Poulis served as mayor.

1992 - Panagiotakos ran against incumbent state representative Susan Rourke in the Democratic Primary, 3657 to 2421. In the general election, Panagiotakos defeated Republican Tim Golden, 9331 to 2767. Steve continued to serve on the school committee for the remaining year of that term.

1993 - With Panagiotakos leaving the school committee, three new members were elected: Michael Gallagher, Tim Golden and James Kennedy. They joined incumbents George Kouloheras, Kay Stoklosa and Regina Faticanti. Incumbents Henry Mroz and Ken Powers (who had replaced Ray Riddick when he moved to California for employment) both lost. Dick Howe Sr. again served as Mayor.

1994 - Panagiotakos was unopposed in both the primary and general election.

1996 - When Dan Leahy keeps his pledge to serve only two terms in the State Senate and does not seek re-election, the race to succeed him turns into a heavy-weight bout between Panagiotakos and City Councilor Matt Donahue. Panagiotakos prevailed, 8,836 to 4,043 in the district including a 7,453 to 2,963 count in Lowell. Panagiotakos defeated Republican Ken Dwyer of Westford, 35,909 to 12,049. While Panagiotakos always took every election very seriously, 1996 was his last close contest.

You can email Richard Howe at dickhowejr@gmail.com visit his blog at richardhowe.com

## Getting out of the Salary Stampede

Joe Mendonca

CANDIDATE FOR LOWELL CITY COUNCIL

Whether a community is looking for a new Manager or Superintendent of Schools or considering a contract renewal for the one they want to retain, it ultimately has to consider the compensation package. What is fair compensation for the position?

The first step in determining what is fair is to gather information from other communities. What are they paying for the position? Are they a comparable community? What adjustments should be made for the comparison? After the questions are answered and the appropriate adjustments are made, a "going rate" will emerge for consideration. This exercise should also provide a current range of compensation.

Regardless of what the "going rate" is, a community cannot ignore its current economic reality. What can the community afford? It would not be prudent to increase compensation when the community's total revenues are declining. We have been told to expect a 4% reduction in local aid from the State and even if a community were to raise local revenues, it would still result in a net decline in revenues.

Unfortunately, it appears that communities filling vacancies are constantly increasing their compensation level to attract the "best". For the past decade, this activity has led to public sector compensa-

tion rising much faster than inflation for the same period. This is causing a problem even within communities as School Boards offer compensation packages to the School Superintendent that far exceed the compensation package of the community's Manager.

The bidding up of the compensation is unsustainable and is already hurting some communities - especially the more financially challenged communities. It is time for communities to consider what the fair level compensation for the level of responsibility involved and not just whether the compensation is the most attractive compared to other communities. Competition is good, but there is a point where too much of a good thing can be harmful.

It is time for community leaders to step back and consider not being pushed along by the herd of other communities. The compensation competition is getting out of hand and is not in the best interest of our respective communities.



Joe Mendonca is a former Lowell School Committeeman (1999 - 2006), a former Lowell City Councillor (2007) and was elected to the Lowell City Council last year.

See our ad on page 32



# Tepthida Khmer

FINE CAMBODIAN CUISINE

[www.tepthida.com](http://www.tepthida.com)

## J & W Shoe Repair and Leather Service

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

**All Kinds of Shoe & Leather Repairs**  
 \* Pocketbook Refurbishing \* Custom Shoe Dying  
 \* Orthopedic Shoes \* Suitcase & Luggage Repair  
 \* All Kinds of Zipper Repair \* Name Brand Pocketbook Repair




## Broadhurst Tabit LLP

ATTORNEYS AT LAW

# Arthur J. Broadhurst

45 OSGOOD STREET  
METHUEN MA 01844

email: [broadhursttabit@broadhursttabit.com](mailto:broadhursttabit@broadhursttabit.com) castbiz.net



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

# 980 WCAP

Everybody Gets It!!!



# How we can eliminate the structural deficit and still spend generously on safety net programs

Frank Conte  
BEACON HILL INSTITUTE

There is a deep-seated legend that colors all thinking about state and local government finances in Massachusetts and it's costly to taxpayers and a perpetual threat to the state's competitiveness. According to this legend, the state spends too little on "safety-net" services. And, when the economy retracts, it must levy additional taxes to preserve that safety net without regard to the deleterious effects on state debt, revenues, jobs, payrolls and capital.

There's also another legend. This second legend draws on the story that state suffers from intractable "structural deficits." Combined with the first legend, this narrative requires that the Commonwealth raise taxes as it did last year to the tune of \$1.3 billion dollars. However, both legends are based on fantasy, not facts.

The Commonwealth needs to take a closer look at what it really spends and what it can reasonably expect to spend in the future. In a new study entitled Massachusetts Fiscal Policy: The Legend v. the Facts, the Beacon Hill Institute shows how Massachusetts could eliminate the "structural deficit" in its state budget and still spend generously on safety net services if only it moved its spending priorities closer to the national average and if it were more reasonable in drafting revenue estimates. Unlike the current system where economists, legislators and the administration try to predict revenues – a task made difficult by the vagaries of the stock market, the state should instead try to budget on a constant revenue growth of two or three percent.

The solution to this ongoing difficulty is to adopt a "TEL" (Tax and Expenditure Limitation) that fixes the growth of state spending at a rate equal to inflation plus the growth of population. Approximately 30 other states have TELs in place to manage state finances. The time to establish a TEL for Massachusetts is long

overdue.

The study shows that the volume of services provided by the Commonwealth to individual residents by state and local governments under the rubric of Public Welfare, Veterans Services and Unemployment Compensation exceeds the national average by 30%.

Massachusetts ranks fifth among all states for its generosity with taxpayer dollars on this score. Indeed, it could have reduced spending in 2007 (the latest year for which comparative data are available) in all three categories by \$1.6 billion and still exceeded the national average by 13%.

These facts mean that there is little justification for tax increases that were recently enacted in order to avoid cuts in state budgets. Had the state adopted the proposed TEL in 1999, it could have preserved the already generous safety net services it provides residents and arrived at a funding figure for its FY 2010 budget without the \$1.32 billion in sales, excise and corporate tax increases that it enacted in part to close the budget gap.

The study reveals other facts about Massachusetts budget priorities. Massachusetts outspends the rest of the country also on transit services. It spends less than the national average on highways and parks and recreation. The study shows how the state could shift spending from categories in which it overspends to those in which it under spends and still have a billion dollars left over to "pay for" tax cuts or new services.

Massachusetts policy makers can draw only one lesson: the state can avoid future tax increases by resolving now to fix the growth of spending to a rate that reflects the availability of future revenues under current tax law.


Frank Conte is a project manager and the director of communications and information systems at the Beacon Hill Institute at Suffolk University. He can be reached at [fconte@beaconhill.org](mailto:fconte@beaconhill.org). Massachusetts Fiscal Policy: The Legend v. the Fact is available at [www.beaconhill.org](http://www.beaconhill.org).

# I was just thinking . . .


Paul Murano  
VALLEY PATRIOT CULTURE COLUMNIST

...When exactly did the era of the store clerk asking if we want a bag begin?  
...Don't we have enough choices in life without having to decide bag or no bag?  
...Will someone please settle whether tipping should be 15 or 20 percent?  
...If the new health care bill is supposed to promote health for all why are so many people getting sick over it?  
...Did our parents ever have to press one for English every time they made a business call?  
...And why are all in public service jobs today filled by those whose accents are near impossible to decipher?  
...Why in politics is there the philosophical divide of big government vs. big business? Isn't it obvious that both are contrary to human dignity?  
...The two gravest economic errors in contemporary times are insurance and credit. One keeps prices sky high while the other keeps people dependent.  
...After a full century of automobile technology when are we finally going to replace cars with individual jet packs?  
...Ever notice that those who talk a whole lot are the most respected but the least intelligent?  
...Is a white man that moves here from South Africa an African-American?  
...Is anyone else saddened at how many middle-aged divorced women are on internet dating sites today?  
...Only those who do great things are misunderstood and persecuted.  
...Have you noticed people on television keep getting younger?  
...Among the most traumatizing moments in life has to be the first time you


first realize athletes on your professional sports teams are younger than you.  
...When will it become politically incorrect to discriminate against white males?  
...Have you noticed dogs have become more popular than people today?  
...Why are 95% of songs about the silly travails of infatuation when there are so many other things to sing about?  
...One of the most puzzling terms of the past four decades is long-term relationship. Isn't this what used to be referred to as marriage? Or is the LTR simply selfish insurance against the sacrifice and responsibility of permanent commitment?  
...Now that the pill has sterilized western women to the tune of 1.6 children each, are they really happier?  
...You think feminism has produced angry women? Just wait until they wake up to the realization that contraception is simply the vehicle for men to selfishly use women.  
...Other than the term "adult" used for pornography, is there a bigger misnomer today than the word "feminism"? Shouldn't it really be called masculinism?  
...Red Sox opening day is on Easter Sunday...I suppose an appropriate symbol of hope and resurrection after the Angels of death struck them prematurely last year in the playoffs.  
Happy Spring!  
Paul Murano

  
Paul Murano taught theology and philosophy at Assumption College and Northshore Com. College. He is also a co-host of The Paying Attention! radio program on WCAP and Host "Beneath the Surface" on Burlington Cable Access. You can E-mail Paul at [PJDM@aol.com](mailto:PJDM@aol.com)

296 Chelmsford St. - Chelmsford



978-256-7997



WHOLESALE PRICES TO THE PUBLIC

New in HAVERHILL... Get all your supplies locally at:

Quintana Wholesale Outlet

Free delivery for local businesses! Monthly Billing!

Janitorial Supplies

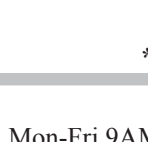


Commercial or Household use:  
\* cleaners \* floor strippers \* waxes  
\* brooms \* mops \* dusting rags \* sponges \* buckets \* gloves \* soaps/detergents \* ice melt

Shipping Supplies

\* boxing \* bubble bags \* bubble wrap  
\* tissue \* tape \* mailers \* peanuts

Paper Products

Commercial or Household use:  
\* rolls \* cups \* roll towels \* toilet tissue  
\* dispensers \* paper plates \* napkins \* facial tissue



ETC....  
\* foil \* hairnets \* aprons \* straws \* bowls  
\* cutlery \* batteries \* metro shelving \*CRC

Open: Mon-Fri 9AM to 5PM, Sat: 8:30AM-1PM  
558 River St., Haverhill \*800-499-1000 > Next to Ralph Pill & Giovanni's



JANE ON A BUDGET

Open: Mon/Fri 10-6p Sat: 10-4

Upscale Consignment Shop for women & teens

Brand Name Pocketbooks  
Coach! Ann Taylor  
Banana Republic  
Armani, Talbot  
Abercrombie  
Hollister, AE &  
Ralph Lauren

\$2 off any purchase over \$25

\*with this coupon



142 MAIN ST. (DOWNTOWN) NORTH ANDOVER



# Ask the reverse mortgage guy!

**Bob Irving, CSA®**

VALLEY PATRIOT FINANCIAL COLUMNIST

Q- We did a reverse mortgage a few years ago. How long do we need to save these loan documents? – Francis S, Lawrence MA

A – A recent experience of one of my clients is demonstration of why you should always (1.) safeguard your original reverse mortgage loan documents and (2.) maintain contact with your loan officer long after your loan closes.

Mr. & Mrs. Johnson (names changed to guard client privacy) did their HECM loan with me in 2003 when I originated for BNY Mortgage – the Reverse Mortgage Division of The Bank of New York. Since that time the corporate name on my office door has changed due to merger & acquisition or better opportunity. But I have always notified my clients and provided details on how to contact me should they need my assistance.

Reverse Mortgage Account Number Changed

Mr. & Mrs. Johnson's loan was initially serviced by Seattle Mortgage (on behalf of BNY Mortgage) and all went well for many years. But sometime in 2008 the Reverse Division of Seattle Mortgage was purchased by Bank of America. Bank of America dutifully notified Mr. Johnson that they were assigning a new account number to his reverse mortgage account. The new statements soon began arriving addressed to Mr. Johnson at his home in Massachusetts. Balances appeared to

be correct and the Johnsons continued to draw a small amount of cash several times during the year to stay current with financial obligations. Unexpectedly, Mr. Johnson passed away in January of this year.

Within a few weeks, Bank of America forwarded a form letter to Mrs. Johnson advising that according to the terms of the agreement the reverse mortgage was now due and fully payable. She was given a period of time to settle the outstanding balance due but their line of credit was immediately terminated. Mrs. Johnson was shut off from any further draw on her account at a time when she needed the emergency money the most.

According to Mrs. Johnson, phone calls to Bank of America were unproductive. She was repeatedly transferred from department to department and given inaccurate information. At one point, a representative even suggested she refinance her reverse mortgage to avoid the possibility of foreclosure; a very inappropriate recommendation. She did not know how to resolve this increasingly serious problem.

Help From Your Reverse Mortgage Loan Officer

Finally, Mrs. Johnson recalled communications from me informing her of my new position and encouraging contact for any reason. She turned to me for advice and assistance. I could sense that she was distraught and emotionally drained. I immediately met with her at her home accompanied by her daughter and her

son. After some investigation we found an original copy of the Loan Agreement signed at closing by both Mr. & Mrs. Johnson. We determined that an official copy of the reverse mortgage document with both signatures was on file at the county registry of deeds. An original deed to the property with both names was also located. It became obvious that when Bank of America assigned the new account number to Mr. & Mrs. Johnson's loan, they mistakenly dropped Mrs. Johnson's name from the records. All future monthly statements and communications from Bank of America contained only Mr. Johnson's name. Even checks drawn on the account were made out to Mr. Johnson only.

Correcting Reverse Mortgage Bank Error

Mrs. Johnson has retained an attorney to represent her to communicate with the bureaucracy at the bank to suggest they get their records corrected immediately. However, an error like this should never happen. But it does! And when it happens to an elderly person who has just lost a spouse, the confusion and desperation can be completely overwhelming. Bank of America or any other lender should make a better effort to help customers deal with these situations.

Moral of the story: Save your paperwork and choose a loan officer who will be there to help you many years later if a problem arises. Keep at least your Loan

Agreement and your Mortgage in a safe place known to both spouses. Always check your monthly statement for balances and note carefully any name, address or account number changes. Contact the service provider immediately if you note anything out of the ordinary. Take names when you talk to people.

Bob Irving is a veteran Sr. Reverse Mortgage Consultant with First Integrity Mortgage, LLC in Lawrence MA and a Certified Senior Advisor. He is fully licensed in MA, NH & ME (NMLS # 19086) and works with senior clients, their families and trusted advisors by referral. He may be reached at 978-686-0394 or by email at ReverseGuy@Gmail.com. Visit his website at www.rhiring.com for more detailed reverse mortgage information.



*If you have questions about reverse mortgages, get straight answers from the Reverse Mortgage Guy. Bob Irving is a Certified Senior Adviser & Senior Reverse Mortgage Consultant with First Integrity Mortgage, LLC in Lawrence, MA. He has worked directly with hundreds of seniors, family members & their trusted advisors for many years in the reverse mortgage industry. Contact him with your questions at ReverseGuy@gmail.com or call him at 978-686-0394. Visit www.rhiring.com for access to much more information. If your question is published here, we will not use your full name.*

## Attracting and Retaining Excellent Employees

**Gregory Loosigian**

VALLEY PATRIOT FINANCIAL COLUMNIST

Winning over employees, keeping morale high, and building company loyalty are as important to your business's success as a healthy balance sheet. Sure, you've hired good people, but how do you keep them happy and productive? A competitive salary is a good place to start, but that's just one element in an attractive package.

Recent studies show that a key concern of employees is finding the right balance between their life at the workplace and their life at home. In addition, employees are looking toward their employers for help in managing their basic needs, such as adequate health care coverage, life insurance, and putting something aside for the future.

Management must respond to workers' needs while carefully containing the cost of funding these programs. In recent years, many cutting-edge companies have experimented with creative new personnel ideas. A wide range of programs, from "telecommuting" to "voluntary payroll deduction," have been designed to enhance employee quality of life while boosting company productivity.

Innovative Attendance

For some businesses, the 9 to 5 grind is a thing of the past. Depending on the nature of the business, it may not be necessary for every employee to work strictly a 9 to 5 schedule. "Flextime" allows employees to select their own starting time (within a range of hours, say, 7AM – 9AM), and then leave work eight hours after their starting time. With two working parents as a norm, "telecommuting," has become a way for companies to keep valuable employees who otherwise may leave their job. This work-at-home arrangement uses the technology of laptops, fax machines, and e-mail to make working outside the office easier than ever.

Supplement Benefits, Not Costs

In the past decade, "Voluntary Payroll Deduction" (VPD) programs have emerged as a convenient way of supplementing the range of benefits provided to employees. It's rapidly become one of the most popular ways to buy life insurance, and it's at home in businesses as diverse as Wall Street law firms and Main Street small businesses. A VPD program can usually be set up using your existing procedures for payroll deduction. A life insurance agent would then meet individually with each employee to explain the benefits

of life insurance and the ease with which it can be purchased. All products purchased through VPD are employee-owned and paid for, with no direct out-of-pocket cost to you except the cost of administration. The VPD offerings can be a smart way to supplement your overall benefits package, without draining your budget.

Why Employees Like VPD

Most people agree that adequate life insurance coverage is a necessity; however, many employees rely heavily on their group plan, and don't purchase it on their own. A VPD program affords employees the opportunity to get the coverage they need in a relatively painless fashion. Because the policy is being offered to many employees, premium rates are generally quite competitive. Since employees own their policy, it's portable — they can take it with them if they leave the company. If they choose permanent life insurance, along with vital insurance protection, the policy accumulates guaranteed\* cash values.

Attracting the Best and the Brightest

As the pool of qualified employees shrinks, employers must go "beyond the

nine dots" to attract and retain talented people. Companies perceived as employers of choice are successful largely due to the superiority of their personnel policies and the range of choices they offer their employees. If a VPD program sounds right for your employees and your firm, you'll want to choose a top-notch insurance company to serve as the provider.

Note: Employee participation in a payroll deduction insurance program is completely voluntary. Since this program is not intended to be subject to the Employee Retirement Income Security Act of 1974 (ERISA), employers cannot contribute to, or endorse, this program.

\*Guarantees are dependent on the claim-paying ability of the issuing company.

To learn more about the information or topics discussed, please contact Gregory J. Loosigian at (978)-273-8377. Ma. Lic # 183059 NH. Lic. # 2017596

10 New England Business Center Dr. Suite 205  
Andover, MA. 01810

## STRUGGLING IN THE CURRENT ECONOMY?

**Check out this opportunity to create a substantial residual income for you and your family!**

Become a representative of a billion dollar, international Anti-Aging company whose stock rose 142% in 2009!

**For information and guidance that will lead to your success!**

Contact Gail Van Kleeck, Executive Recruiter (781) 769-1144 or  
or email [gail@simplewisdom.com](mailto:gail@simplewisdom.com)

490 Main St.

**Sal's**  
PIZZA

**NORTH ANDOVER**

Buy a T-shirt get  
a free slice

978-689-7374



## NOTEBOOK: FROM PAGE 15

purchased online today at [www.drinkwaterproductions.com](http://www.drinkwaterproductions.com) or at Evenfall Restaurant.

**SALISBURY** - Essex Heritage will hold its annual meeting and networking event on Thursday, May 20, 2010 from 4:30 – 5:30 PM, at The Blue Ocean Music Hall, in Salisbury. The agenda will include updates on ENHC's activities & initiatives, introduction of new Commissioners and recognition of Essex Heritage's 2010 Partnership Grant recipients. The public is welcome to attend. This event provides a unique opportunity for Essex Heritage trustees, commissioners, members, supporters and partners to network with the public on a wide range of ongoing initiatives in the Essex National Heritage Area. For more information and to RSVP, please call Essex Heritage at 978-740-0444 or visit [www.EssexHeritage.org](http://www.EssexHeritage.org). Following the Annual Spring Meeting, from 6:00 - 9:00 PM, Essex Heritage and the National Park Service will present the 2010 Essex Heritage Hero Award Dinner honoring Nicholas Costello, Maria Miles and Byron Matthews. Visit [www.EssexHeritage.org](http://www.EssexHeritage.org) for more information about the Heritage Hero Event and ticketing. Also, Essex Heritage will hold its annual meeting and networking event on Thursday, May 20, 2010 from 4:30 – 5:30 PM, at The Blue Ocean Music Hall, in Salisbury. The agenda will include updates on ENHC's activities & initiatives, introduction of new Commissioners and recognition of Essex Heritage's 2010 Partnership Grant recipients. The public is welcome to attend. This event provides a unique opportunity for Essex Heritage trustees, commissioners, members, supporters and partners to network with the public on a wide range of ongoing initiatives in the Essex National Heritage Area. For more information and to RSVP, please call Essex Heritage at 978-740-0444 or visit [www.EssexHeritage.org](http://www.EssexHeritage.org).

**LAWRENCE** - Learn to sail, row or paddle on the Merrimack River! The Abe Bashara Boathouse, located on Eaton Street on the banks of the Merrimack in Lawrence is the ideal location

for outdoor fun and adventure. Located within the Riverfront State Park the boathouse is a modern facility equipped with many amenities, including locker rooms with showers, several classrooms, and an air-conditioned multi-function room with seating for 100 people. The building is surrounded by a spacious sundeck which offers an expansive view of the river and its wooded shoreline. The park offers numerous attractions including paved trails for biking and roller-blading, a playground for the kids, and shaded picnic areas. The boathouse has expanded the length of its season and its programming to include an outdoor adventure for every age and ability. Visit our website at [www.boatingprogram.com](http://www.boatingprogram.com) and learn how you can get involved in one of our rowing, sailing, fitness or educational programs today. Memberships are available for individuals and families and include full use of the boathouse and grounds for nine months of the year.

**LAWRENCE** - The Lawrence General Hospital Auxiliary is hosting their Spring Thrift Shop Lobby Sale. There is wonderful merchandise and household goods. Tickets can be purchased for the Mystery Money Tree Raffle. Tickets are for sale at \$1 each, 6 tickets for \$5 and 13 tickets for \$10. All proceeds will benefit the Auxiliary's pledge to support breast care services. Lobby Sale will be , Friday, April 9, 2010 at the Lawrence General Hospital Main Lobby from 10am to 2pm. Contact Betsy Rayner, Volunteer Services Coordinator, Lawrence General Hospital, 978 683 4000 x2645.

**METHUEN** – Former City Council President Phil Lahey broke the news that he was running for state rep. against Linda Dean Campbell on the Paying Attention Radio Program on WCAP in Lowell it took the Tribune a full two weeks to break the news to their readers. Former mayoral candidate Al Dinuccio has also expressed an interest in replacing Campbell at the state house. DiNuccio will be running as a Republican, Campbell is a Democrat



## BOXFORD: FROM PAGE 7

disdain for building maintenance and the town's plans for this historic building.

The next chapter of the Haynes land travesty opens with Articles 13, 14 and 15 which seek the same land subdivision and restrictions as Article 6 which failed at last fall's "special" town meeting. The Haynes land process seems an experiment with the idea that several noxious and extremely expensive projects can be bullied through town meeting and regulatory committees through sheer aggressiveness. Smash-mouth parliamentary tactics were on display last fall trying to suppress discussion of that article's consequences.

Article 13 puts a conservation restriction on the northerly 36.2 acres of the land. Article 14 puts a recreation restriction on the middle third of the land. This would be followed by a multi-million dollar athletic fields project requiring acres of clear-cutting and massive incursion on wetlands buffer areas, an idea frostily received by the Conservation Commission. Article 15 puts an affordable housing restriction on the southerly 13.2 acres which are the most usable part of the land. Another attempt to give this parcel which I value at \$1,200,000 to a private developer would likely follow.

An alternative Haynes land plan is found in Articles 20 and 21 proposed by Agricultural Commission member Laura Grabski. These would form "Haynes

Common" dedicating all of the land to conservation, agriculture, and passive recreation uses including a greenway with limited structures including parking, bathrooms, and relocation of the "Little Red School House." This would be a welcome family-friendly complement to the rudimentary woodland paths found in our other conservation lands.

Articles 13, 14 and 15 should fail and Boxford must end the divisive Haynes land process. Laura Grabski's plan deserves serious consideration.

Article 19 changes the Town Clerk position from elected to appointed. This idea came out of left field when long-time Clerk Pbat Shields retired in February. The important nonpartisan duties of the Clerk include supervising elections, campaign finance laws, and the town census. We elect the Clerk who, like the elected Moderator, must be independent of local elected officials. This article should fail.

Five candidates seek two positions on the Board of Selectmen with current Selectman Barbara Jessel not among them.



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

and Lahey is running as an Unenrolled candidate.

**A NOTE FROM PUPPYGIRL** - Starting April 30th you can buy stamps at the post office that help to buy food for shelter pets. You can pre-order them online now. The photos are of real shelter cats and dogs. Feel free to forward and spread the message that shelter pets are great! [stampstotherescue.com](http://stampstotherescue.com). Something that we do in our everyday lives is send mail...a letter to a friend, a utility bill, etc. PLEASE consider purchasing new stamps that are coming out soon (or can be preordered online). It's a campaign to help raise money and awareness for shelter pets. The link and info is below. this is such a great way to help animals in need....we all buy stamps, now we can actually give back with our purchase of stamps! yay! So the next time you need to get some stamps, remember to ask for the "Stamps to the Rescue" ones that have the animals faces. Remember, a simple act like buying stamps will allow many homeless dogs and cats that call a shelter "home," to eat. THANK YOU!!!

**NORTH ANDOVER** - You are invited to a special MRWC 2010 Earth Day Program and breakfast on Thursday, April 22nd, 7:30AM to 9AM - Osgood Landing, 1600 Osgood Street, North Andover, MA 01845. This year is the 40th Anniversary of Earth Day, and the MRWC is marking this anniversary year two program highlights: Keynote Speaker: Curtis "Curt" Spalding - EPA Administrator for Region 1: Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont and ten Tribal Nations. State of the Merrimack River Address: Christine Tabak - Executive Director of the Merrimack River Watershed Council: Annual report on data analysis and findings from research and water quality monitoring. Additional details will be sent and posted at: <http://www.merrimack.org/main/EarthDay2010.html>

**DANVERS** - April 16 - Caleb Powers of Action Coaching of Hamilton, will speak at the North Shore Business Forum on April 16, 7:30am on how to overcome objections and close the sale. Prior to starting his coaching practice, Mr. Powers worked in corporate training and development with Dale Carnegie Training, where he taught sales and public speaking to business professionals. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$9 admission fee include a continental breakfast and pre-registration is not required. For more information - (978) 774-0322 – [www.nsbforum.org](http://www.nsbforum.org)

**DANVERS** - Bonnie Rynkowski, of the North of Boston Arts Center, will speak at the North Shore Business Forum on April 23 on honing presentation skills. Her professional performing career spans stages in Boston, New York City, Munich, Germany and the North Shore. She taught choral

vocal workshops and conducted choirs in Munich and the Boston area. Bonnie has also produced the CD "Your Virtual Voice," which is a vocal instruction CD. The \$9 admission fee include a continental breakfast and pre-registration is not required. For more information - (978) 774-0322 – [www.nsbforum.org](http://www.nsbforum.org).

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

**NEWURPORT/READING** - The Massachusetts Department of Elementary and Secondary Education's Special Education Surrogate Parent Program needs Volunteers that are interested in supporting children in their community. You can help solve the puzzle as an important member of the Special Education Team for a student in the custody of the Department of Children and Families. By becoming a Special Education Surrogate Parent you can piece together their Special Education program. Attend our free Orientation Training where you will learn about the role of a Special Education Surrogate Parent, the special education process, resources in the community and how you can make a difference in the life of a child! Reading Public Library, 64 Middlesex Ave., on Tuesday May 4th from 10PM-2PM. Newburyport Public Library, 94 State St., Thursday May 20th from 4:30-8:30. To register, call (508) 792-7679 or email [sespp@earthlink.net](mailto:sespp@earthlink.net)

**NEWBURYPORT** - Book launch reception for The T206 Collection: The Players & Their Stories by Tom Zappala and Ellen Zappala with Joe Orlando and Lou Blasi. Saturday evening, May 1st will be a book Signing from 7 p.m. to 9 p.m. at Jabberwocky Bookstore, The Tannery Marketplace 50 Water St., Newburyport, Massachusetts. Light refreshments will be served. RSVP to [spitball@t206players.com](mailto:spitball@t206players.com) or call 978-346-9496 "The legendary T206 set comes to life in this brilliant book." For more information about the book go to [www.t206players.com](http://www.t206players.com).

**OPEN REHEARSALS** - Do you like to sing, dance and perform? Would you like to learn vocal production techniques and presentation skills? Are you longing for applause? If you're looking for the fun and satisfaction of acappella singing, performing Broadway show tunes and popular music of yesterday and today, the Liberty Belle Chorus is for you. Come to a rehearsal any Monday evening at 7 pm in St. Camillus Church hall, 1175 Concord Turnpike (directly off of Rte 2, Exit 57) in Arlington. Isn't it time you heard a little applause? Call: 617.735.9254 or 978.287.4445 Web: <http://libertybellechorus.org> e-mail: [liberty-](mailto:liberty-)

**NEXT PAGE**

## LANTIGUA: FROM PAGE 9

him out. So, my decision would have been stronger because of the individual. How can we give one person 35 million dollars."

"What we've had, just in the last couple of weeks, we've had five organizational meetings, one school committee meeting, three workshops and a budget hearing. He has not shown up to any one of them. The first one he showed up 30-40 minutes late for our first budget workshop, and then the rest he's missed. He has missed the last 5 organizational meetings, like I said, including workshops and that is disappointing to me."

"One of those meetings, embarrassing as it is, we only had three members show up to our workshop. It's mandatory for a school committee members to attend. So I need the community to know what is happening, because he [Lantigua] may be fooling the community, but he is certainly not fooling me.

"It even upset me more, because, yes, after the meeting was over I was told that the mayor was at Balli's [a nightclub on Essex

St] instead of being at our budget meeting. So, I drove there, got out of my car and I saw him there, myself. That irritated me more and really upset me. That he is an individual that we just gave 35 million dollars, as head of our city, and this is where he is? At Balli's? What does that tell you? Does that tell you that his best interest is the school department? I don't think so!"

"How can we trust what he is going to do with this money, without knowing what he plans on doing with it or how to spend it. He talks to us about [his] 'mission' and so forth, but we haven't heard what his mission is. I don't know if you have any idea what it is, but I certainly don't."



*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-1pm. You can email your comments to [Tdugjr@aol.com](mailto:Tdugjr@aol.com).*





# FIRST INTEGRITY MORTGAGE

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



Chief Operations Manager – MLO 3520

Now, more than ever, our name speaks for itself

**MA Mortgage Broker #4520 - Licensed by the NH Banking Dept.**

**978-685-9700 \* [www.firstinteq.com](http://www.firstinteq.com)**



## Kid Corner with Morgan Cotnoir

## Passing thoughts

Hi!

What's up?

I'm Morgan Cotnoir and this is yet another one of my articles. This month I'm going to talk about Spring! It's finally here! I'm so excited! This will be the best Easter also! On Easter morning, I hunt for eggs from the Easter Bunny. Later, I go to my grammys' house for breakfast and another Easter egg hunt. The good thing about this year at my grammys' is that I get to help my baby cousin Emma

(The most adorable 2-year old baby ever) hunt for eggs which will be awesome!

After breakfast, I go to my Nani's house for lunch and yet another egg hunt which is great! 3 egg hunts= lots of money and candy! I really love Easter because it's another time I get to spend with my family. They are the best now; and they will be forever.

P.S. Happy 11th Birthday to one of my two BFF's, Cassie. Happy B-day Cassie!

## Report: Most States Fail to Protect Children in Family Child Care Homes

*NACCRRRA's Updated Report Ranking and Scoring States Based on Current Small Family Child Care Home Standards and Oversight Reveals Average State Score of 42 Out of 140 Points*

Seventeen States Received a Score of Zero and Only Four States Received 70 Percent or Higher of Total Possible Points

Arlington, VA – The National Association of Child Care Resource & Referral Agencies (NACCRRRA) released its latest report today, ranking states on their current small family child care home standards and oversight policies. The report, entitled Leaving Children to Chance: NACCRRRA's Ranking of State Standards and Oversight of Small Family Child Care Homes, 2010 Update reveals that most states fail to protect the health, safety and well-being of children being cared for in small family child care homes. According to the report, only four states scored 70 percent or higher on the basic requirements needed to ensure that children are safe and in settings that promote healthy development.

The report ranks every state, the District of Columbia and the Department of Defense (DoD) child care system on 14 different standards focused on ensuring the health, safety and well-being of children while in home-based child care programs serving six or fewer children. States were ranked based on a point system with states

earning a possible 140 points – 10 points for each standard examined. (Scores were adjusted if states allowed more than six children in care before applying any regulations).

Standards include: inspections prior to licensing; number of annual inspections and complaint-related inspections; type of inspections (announced or unannounced); type of background check; people in the household required to have a background check; provider education/training; initial training requirements; subject areas required in initial training; annual training requirements; parent-provider communication; toys and materials required; learning activities requirements; group size limitations; and health and safety requirements.

According to the report, the average state score was a 42 out of a possible 140 points among all states.

Seventeen states received a score of zero.

About half the states do not conduct inspections at least annually. Twenty-six states have no minimum education requirements for family child care providers. Only 27 states require criminal background checks of family child care providers using fingerprints. And only nine states meet all of the health and

ABUSE, PAGE 37

## TEEN TALK with TYLER DUMONT!

## Teens take over Local Radio Station!

Tyler Dumont

VALLEY PATRIOT TEEN COLUMNIST

Imagine this: You wake up your teenage son or daughter without any hassle. They get to the bus stop on time in order to get to school. Their homework is complete, they've studied for every quiz and test, and they're ready to participate in every classroom discussion. They're wide awake during every single class, and even ask questions about the lesson. After school they head to practice, where they lead the entire team in intense conditioning drills. They also later bring home a test which they earned an A+ on. It sounds too good to be true, right? This past month I interviewed one of the most informative and interesting guests I've ever had on my show, and I asked her if this was possible to achieve. Her name is Dr. Helene Emsellem, and she's the author of Snooze...or Lose! Ten 'No-War' Ways to Improve Your Teen's Sleep Habits.

Dr. Emsellem started by telling me that teenagers need about nine hours of sleep every single night in order to function properly the next day. That's a good one, isn't it? I can't remember the last time I got eight or even seven hours of sleep during the school year. Between homework, sports, a part-time job, and friends – it's extremely difficult to balance everything out and get enough sleep. That's how it is for most of us teens. We slowly drift off in class, only to be quickly awakened by the

sound of the bell...or a teacher slamming down a stack of text books on the desk next to you. But, as the doctor explained, becoming very tired at school isn't only due to the fact that we may be bored.

"You go to school to get educated," she said, "and, as an older adult, I wouldn't want anyone to expect me to get educated at four o'clock in the morning. Functionally, that's exactly what we're asking of you teenagers when we have schools starting at seven thirty in the morning." That's right. When the bell rings, most of our teachers are completely rejuvenated from a "full night of sleep." Meanwhile, we're (supposed to be) completing the later parts

of our sleep cycle. But – instead - we're all expected to be there at the same, early time every single day. What's wrong here? Most schools are simply starting too early.

"You want to be educated when your brain is awake, alert,

and is optimally receptive to the information," Dr. Emsellem said. "The problems that we've been seeing with these early school start times have been magnified over the last fifteen years, as we've become more and more of a 24/7 society and we have more ways to stay connected late at night."

"It becomes harder and harder to avoid following your own body clock, which is later than the school system," she added. "We're asking teenagers to come in to

TEENTALK: PAGE 41



Crisis Pregnancy Help

Confidential Counseling - People you can trust

781-229-7887

<http://www.pregnancyma.com>

**St. Mary of the Assumption School**  
Lawrence, Ma

*Cordially invites you to celebrate our*

**150th Anniversary  
of Catholic Education**

**Friday, April 30, 2010**

*at the*

**Wyndham Hotel**  
**123 River Road**  
**Andover, Massachusetts 01810**  
**Cocktail Hour 6:30 p.m.**  
**Dinner 7:30 p.m. - 11:00 p.m.**

**\$75.00 per person**

**RSVP by April 20, 2010. Please call Joyce Barg or Ana Cardenas at (978) 685-1111 for further information.**



Community Day Care

Infants - School age

**Send your child  
to the head of the class!**

Award-winning curriculums

Highly qualified teachers

Nonprofit; reasonable rates

[www.communitydaycare.org](http://www.communitydaycare.org)

Immediate openings

Vouchers accepted

Anticipated  
subsidized openings

**Community Day Care Learning Center** 978.686.0934  
River Road exit off I-93 • 15 mos. - kindergarten

**Campus Learning Center** 978.689.9980  
At NECC Lawrence • Preschool & kindergarten

**Community Family Child Care** 978.685.4122  
Methuen & Lawrence • Infants - school age

**Latchkey Kids' Place After School Program** 978.686.4098  
Lawrence Public Schools & Methuen • Kindergarten - 12 years



# There's Still Time to Apply for Fuel Assistance

## DO YOU LIVE IN ONE OF THE FOLLOWING COMMUNITIES?

ANDOVER, LAWRENCE, METHUEN, N. ANDOVER, N. READING, READING  
IF SO...GET HELP **NOW** WITH YOUR HEATING BILLS



### ARE YOU INCOME ELIGIBLE?

Number of Household Members	Gross Maximum Annual Income
1	\$29,126
2	\$30,087
3	\$47,049
4	\$56,011
5	\$64,973
6	\$73,935
7	\$75,615
8	\$77,295



**FIRST TIME APPLICANTS ARE ENCOURAGED TO APPLY**

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

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



# EL INVIERNO ESTA AQUI!!!

## VIVE USTED EN ALGUNA DE LAS SIGUIENTES COMUNIDADES?

ANDOVER, LAWRENCE, METHUEN, N. ANDOVER, N. READING, READING  
SI—COJA AYUDA **AHORA** CON SU FACTURAS DE CALEFACCION

### INGRESO PARA ELEGIBILIDAD?

TAMAÑO DE FAMILIA	MAXIMO INGRESO ANUAL
1	\$29,126
2	\$30,087
3	\$47,049
4	\$56,011
5	\$64,973
6	\$73,935
7	\$75,615
8	\$77,295



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

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

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





# VALLEY PATRIOT TV REVIEW

## Mercy, NBC-Wednesday's, 8 pm

Beth Daigle

VALLEY PATRIOT ENTERTAINMENT REPORTER

zzzzzzzzZZZZZ! That is the sound of me watching "Mercy" – yet another copycat medical drama that has no hope whatsoever of reaching the ranks of quality shows like "ER" or "Grey's Anatomy." Despite the fact that "Grey's" has been slipping in terms of decent content lately, it is still leaps and bounds better than "Mercy."

As a first time watcher, I couldn't get over how monotone and unenthusiastic the actors and actresses were in "Mercy." There was absolutely no energy, excitement or authenticity across the board. I guess I wouldn't be too excited about playing these characters either seeing they've all previously been played out, in one way or another, on "Grey's Anatomy." The bottom line is that there is little to no originality to this show which begs the question; why would they introduce a show that is so obviously similar, and not nearly as well crafted, as one already on the air? Answers escape me.

I can recall feeling completely turned off when commercials for "Mercy" first aired. If the sheer redundancy wasn't enough to keep me away, add in the shock tactics and absurd plot twists devised to lure in a viewing audience and "Mercy" had secured its fate. It is disappointing coming from creators of good shows like "Friday Night Lights" and "Pushing Daisies." While I know that "Pushing Daisies" was cancelled and "Friday Night Lights" has been struggling for a long time, their redeeming qualities were clear in that both shows were unique and intro-

duced quality actors and actresses to lend pride to their titles.

So, in the case of "Mercy" if the writing and acting are bad, it seems the next natural step would be to bring in some big guns to infuse life into this flat lining fiasco. Hence, they turn to none other than James Van Der Beek of "Dawson's Creek" fame. Really? Sorry to say, but it seems there could have been far better options

than the king of teen angst to resuscitate this drama.

Van Der Beek is as lackluster as every other member of the cast and I feel I must add that his last acting role was in the previously discussed, worst show on television, "One Tree

Hill." Not a worthwhile move I am afraid.

As much as I would like to, I just cannot show "Mercy" any mercy at all. It was a mistake from the start and if you haven't already seen it, which it seems few have, I would skip it in favor of better programming options.

For more television reviews and other blog-worthy topics from Beth, visit [www.bdbuzz10.blogspot.com](http://www.bdbuzz10.blogspot.com)



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



## Repo Men: A movie review

Ben Flagg

VALLEY PATRIOT MOVIE REVIEWER

Wow. Just, wow. Repo Man is one of the biggest examples of why you should never go to a movie with expectations of what you thought it was going to be. I thought this was going to be a fun little action flick, with some minor twists that'll make me want to keep watching. What this movie is, is a PAINFULLY generic "thriller" (I use that word in the most strained way possible) that is so boring, so pointless, and just plain stupid that I actually called seeing this movie "taking a bullet."

Yes, it is that bad. Now don't get me wrong, I've seen some bad movies in my time, and this certainly isn't one of the absolute WORST. It's just that the acting is SO BAD, and the writing is SO BAD, and the pace is SO BAD, that it all starts to add up to one of the most painful movie going experiences you will have this year.

The plot is absolutely awful once you get going, but it sounds cool at first glance. This movie takes place in the future (no date is ever specified) and organ donations have become a thing of the past. There is now a corporation that can create any organ you want, so you just have to order it and they'll do the surgery to implant it into you. But of course there's a catch.

The whole procedure costs around \$600,000. If you can't afford it right then and there, you can pay a monthly fee instead, and that's what most people do. If you miss a payment, then the company will send the "Repo Men" after you. What the repo men do is they find you, cut you open, and take the part back. Fun stuff,

huh? And if you think that sounds cool and you think it's interesting through the whole thing, the ending is enough to crush your interest and make you start hissing at the screen, cobra style.

The acting, as I said above is (for lack of a better word) atrocious. Actors and actresses stand there, usually putting no emotion at all into it, and all around dumbing down the entire movie. It's almost hard to believe that the director didn't step in and say "whoa now! Let's try this again, only good this time!" Jude Law turns in a very bad performance as the go-to guy for the company (or as I'd like to call it, generic action movie character #4) and Forrest Whitaker is equally weak as his sidekick. Alice Braga is quite possibly the worst actor in this movie, for she is given nothing to do, and she does the stuff she WAS given horribly. The only character I honestly liked was Liev Schreiber as the owner of the company, namely because he actually acted like (and looks like) a giant corporate fat cat.

Bottom line, this movie is not worth seeing in any format. It has an extremely generic plot (the classic "ex-agent on the run" plot we've seen oh so many times before), horrific acting, and is just plain forgettable in almost every way. If you absolutely, positively HAVE to see it, rent it. Otherwise stay away. Far away. Like, where you're sitting right now isn't even far enough away.



Ben Flagg is a freshman at Methuen High School. He participates in the JROTC and Drill Team. He also enjoys playing the bass guitar in his spare time.

## Shawn Hansen's Comedy Corner with Dane Cook

The TD Bank Garden, home of the Boston Bruins, and Celtics is a place to go to see comedy? That's right. With the Boston Celtics getting trampled on by the Phoenix Suns 116-98, and the Bruins taking a day off, Dane Cook put on a show to remember.

Originally from Arlington, Cook came back to Boston to celebrate New Years Eve with thousands of fans, including comedians Al Del Bene, and Robert Kelly.

Starting off the night, Del Bene welcomed fans looking around the building.

"Look at all these hot chicks, and they're all in the front row, that's a coincidence."

Asking all the hot girls to make some noise, he then asked were all the ugly girls where. Talking about how he is the father of a two month old, Del Bene said, "I didn't necessarily want a baby. My wife's like, 'let's have a baby.' I went, Oh, alright, ..."

Explaining that his son was born healthy, Del Bene said the only thing you have to worry about now is if he's gay.

"Have you ever seen a gay two year old like, 'Daddy, Daddy, I have to go to potty. Wipe me, Daddy, wipe me. You have to wipe me 'cause you're my Daddy.'" Next up, Kelly roamed around stage looking at the crowd saying, "We have some hot ladies in the crowd, and some hot guys. I don't give a... I'll admit it, you're hot."

Talking about how his grandfathers 99 years old, Kelly said he doesn't care about anything at that age. He needed a new pair of shoes, so he painted his old ones.

"He made a Star, and Swoosh. He has Nike Converse."

Lastly, running onto the stage wearing a jacket with his name, and logo on it, Cook acknowledged it was hot in the "Gahden" and threw it into the crowd for a lucky fan to go home with a souvenir.

Telling a story about how the saying of whatever happens in Vegas, stays in Vegas, Cook said, "...that, I'm telling everybody." Taking a break from playing cards, Cook explained that he went into a store inside the Casino, and wanted to buy a pair of boots.

When asking the attendant for a pair of boots in a size 12, she said, "Um, let me take a peak."

In response, Cook told her to look around while she was at it, and to move a box if she had to.

"Let's recap. Do you have those in a 12? She goes into the back, comes back 2.5 minutes later holding a boot. She comes up to me so enthusiastically with such optimism. She goes, 'Um, we have it in a nine.' Great, you guys also have a bone saw anywhere near by? I'll tell you what, just run at me really...fast, jam that...right into my foot. Quick question, you guys have a time machine? You can send me back to the 7th grade when those fit my...feet."

Ending the night, Cook talked about how he sometimes just has the feeling to delete people in his phone. Deleting Peter from his phone with no prior conversation of why he is deleting his number, Cook pressed the delete button, "Just because."

"You hit that button like Peter's half way across the globe eating soup with another friend. You hit that button, he turns into vapor," joked Cook making a sound like a spoon just fell. "His friend yells, 'PETER!' Peter has been eviscerated via my phone."

**CD Covers \* Logo Design**  
**Business Cards \* Flyers**  
**Press Kits \* CD Duplications**  
[www.myspace.com/cheapduplicates](http://www.myspace.com/cheapduplicates)  
[dupzdesignwork@yahoo.com](mailto:dupzdesignwork@yahoo.com) ©978.397.6175  
**dupz**



# Shawn Hansen's Comedy Corner: An interview with Dom Irrera

Coming to Boston for the first time since Jan. 29 performing in a private show for a dental association, Dom Irrera will be back in town. "I hope the Red Sox are playing well so everybody's in a good mood," said Irrera.

The weekend Irrera will be in Massachusetts, he will perform at the Comedy Connection in East Providence, RI on May 13, The Wilbur Theatre in Boston on May 14, and the Comedy Connection in Chicopee, MA on May 15.

"I've performed at all those places, they're all completely different, that's what makes standup so much fun," said Irrera. "The first one is like an old bank in Providence. I look at the crowd, its all Italian, it's like a family reunion," said Irrera. Talking about The Wilbur Theatre, he said, "It's a very nice theater, and thank God they got their liquor license because I was there last time, and the crowd was great, but without liquor."

Irrera said since they have their license now, the reactions to his jokes should be that much better because a majority of

people will be juiced up. "The Chicopee one is cool because its right near Springfield, and it's a Chinese restaurant, and they have a nice room in the back," said Irrera, explaining that he likes the different atmospheres of each comedy room.

When coming to Boston, Irrera said his favorite place to go is Abe & Louie's Steakhouse. "I took some friends of mine from Boston College there last time," said Irrera. Jokingly, he said, "I like to give kids steak late at night when they go to college."

In Irrera's career, he has been part of Roccos Modern Life (1993), Boy Meets World (1996), Hey Arnold (1996-2002), Home Improvement (1998), The Big Lebowski (1998), King of Queens (2000), The Drew Carey Show (2002), and many more. He said out of all of these, he en-

joyed being part of The Big Lebowski the best because he had the opportunity to work with the Coen brothers.

"I drove the limo in it, and had Jeff Bridges in the back, and on the floor was Joel Coen, and in the trunk was Ethan Coen doing the sound. It was really cool working with them doing scenes." Out of everything Irrera has been in however, he said the highlights of his career was doing the Tonight Show with Johnny Carson, and working with



Rodney Dangerfield.

Playing the character Ernie Potts in Hey Arnold from 1996-2002, Irrera said, "Ernie was a demolition guy, and his nose went below his waist. He was a little guy who wanted to demolish everything. He lived in the house with Arnold, and grandpa who I worked with Dan Castellaneta who plays Homer Simpson, so that was a lot of fun working with him."

Recently, Irrera has been part of a series called Barnyard, and Till Death.

"We did a movie for that, and then the movie went to a series. Hey Arnold was just the opposite, we did the series, and

had a movie at the end." In Till Death, Irrera said he plays an Obstetrician whose theory is to deliver babies for people who cannot afford to raise them.

He said for comedy, he waits until the moment when the show comes to see what improv he will perform. He said he doesn't know what his plan is, but as opposed to memorizing scripts for theater, comedy is more loose, and fun.

Being a guest on Jimmy Kimmell Live, The Tonight Show with Johnny Carson, Jay Leno, The Late Late Show with Craig Ferguson, and The Oprah Winfrey Show, Irrera said, "All around definitely Oprah," when asked who he feels the best TV host is. He said, "The one I enjoy working with right now the most is Craig Ferguson because he's loose, and he listens."

Selling both CDs and DVDs of his work, Irrera said it's a collection of his greatest hits.

"My CD is a collection of some of the bits that I've done over the years. I can't do everything in one show, so this is some of the greatest hits people ask me about a lot," said Irrera. "The DVD is to show the difference between a casino, and a comedy club doing sets."

For more information about Dom Irrera, go to [www.domirrera.com](http://www.domirrera.com).

## HOW MEN THINK... or do they?

A hilarious peek inside the male mind.

SEE 5 OF BOSTON'S TOP STANDUP COMEDIANS







Male point-of-views on wives, mothers, friends, kids, careers neighbors, growing older, love, lust, Internet dating and other things you wouldn't believe they wasted time thinking about.

Saturday, May 15<sup>th</sup>

One Night Only - Two Shows!

Parker House Grille | 101 Broadway | Dracut, MA

Tickets: \$25 in advance / \$30 at the door

1<sup>st</sup> Show: Doors open at 5:00 show starts at 7:00

2<sup>nd</sup> Show: Doors open at 9:00 show starts at 9:30

Special Dining Menu Available During Show!



Purchase Tickets at: [www.DrinkwaterProductions.com](http://www.DrinkwaterProductions.com) or for more information call 978-375-2252

## Tupelo Music Hall gets a new name: *Blue Ocean Music Hall*

Tupelo Music Hall has become Blue Ocean Music Hall on April 1, 2010. OVC, LLC, owners of the 750-capacity year-round entertainment venue, located on Salisbury Beach, will assume full management of the popular seacoast music hall on April 1, 2010, and will continue booking and production of more than 100 shows annually. Opened on November 7, 2009 as Tupelo Music Hall, the venue has produced more than 40 shows attracting in excess of 10,000 people to the four-month young venue.

"While the name is changing, the venue, musical genres, the sound, the service, and the experience will remain the same," said Wayne Capolupo, owner of the state-of-the-art entertainment facility that has received rave reviews as "the North Shore's best live music venue."

Showcasing national and regional bands and solo acts from today, as well as artists and musicians from the past who maintain a dedicated fan base, Blue Ocean Music Hall caters to discriminating adults and baby boomers ranging in age from their 30's through their 60's. The music hall

presents artists in a wide range of genres, from rock and R&B, to jazz and country. Comedy shows and children's entertainers are also a focus of the show offerings.

Featuring exceptional acoustics and a comfortable, relaxed environment with panoramic ocean views, Blue Ocean Music Hall has a seating capacity of close to 500 people, and a 750-person capacity for general

Most seats are within 50 feet of the stage and the versatile space can be configured as needed, including cabaret style with cocktail table seating, traditional theater style or open floor with limited seating for larger general admission shows.

Blue Ocean Music Hall also offers table service featuring a limited menu and full selection of beverages.

Effective April 1, tickets for all shows can be purchased at [www.BlueOceanHall.com](http://www.BlueOceanHall.com). Through March 31, 2010, customers can continue to purchase tickets at [www.TupeloHallSalisbury.com](http://www.TupeloHallSalisbury.com). Tickets can also be purchased by phone at 978 462-5888.

## LIVE CONCERTS IN SALISBURY AT THE BLUE OCEAN MUSIC HALL

### COMING IN MAY:



### Valley Patriot Concert of the Month: JEFFERSON STARSHIP

Get up close to your favorite artists at Blue Ocean Music Hall in Salisbury. Offering a new wave in year round live entertainment, most seats in this brand new, 468-person capacity state-of-the-art oceanfront venue are within 50 feet of the stage. Blue Ocean Music Hall Salisbury is located at 4 Oceanfront North on Salisbury Beach, and is easily accessible from Routes 1, 95 and 495. Table service including a limited menu and full selection of beverages is available; doors open 90 minutes before show times. Tickets can be purchased by calling 978.462.5888, or purchase online at [www.tupelohall.com](http://www.tupelohall.com).

TICKETS CAN BE PURCHASED BY CALLING 978.462.5888, OR ONLINE AT [WWW.BLUEOCEANHALL.COM](http://WWW.BLUEOCEANHALL.COM).

### APRIL 2010 CONCERT SCHEDULE

Friday, April 9, 8pm – **JOHNNY A & ALBERT CUMMINGS** (\$25)  
 Saturday, April 10, 8pm – **RICHARD MARX & MATT SCANNELL** (\$35 / \$40)  
 Sunday, April 11, 7pm – **JANIS IAN** (\$30)  
 Friday, April 16, 8pm – **COMEDIAN BOB MARLEY** (\$25)  
 Saturday, April 17, 8pm – **JOAN OSBORNE** (\$45)  
 Sunday, April 18, 7pm – **JAMES COTTON** (\$30)  
 Friday, April 23, 8pm – **GREAT BIG SEA** (\$45)  
 Saturday, April 24, 8pm – **STANLEY JORDAN TRIO** (\$25 / \$30)







# Teapthida Khmer

FREE Appetizer with this coupon



It's impolite to stare ...



but, go ahead ... indulge!!!



*115 Chelmsford Street, Lowell*

*978-453-1694*

**Teapthida Khmer Restaurant is open 6 days a week, 10 a.m. to 10 p.m. Closed on Tuesdays**



**Consoli & Wilshusen**  
ATTORNEYS AT LAW

**Are you fighting  
over your bills?**

*Divorce your debt -  
Not your husband.*

Call us today to find out how  
you may be able to eliminate  
your debt and restore your credit.

30 Massachusetts Ave. - North Andover  
(in the Riverbank Building)  
978-682-9643 ~ [www.consolilaw.com](http://www.consolilaw.com)

# NEW ENGLAND ALLERGY

A s t h m a & I m m u n o l o g y

**SPRING ALLERGIES  
ARE HERE!**

**It's Time To Call  
New England Allergy**

**Appointments Available Now**

Thomas F. Johnson, MD, FACP

**978-683-4299**

[www.newenglandallergy.com](http://www.newenglandallergy.com)



Salem, NH   Derry, NH   Newburyport, MA   Hampstead, NH   North Andover, MA   Lowell, MA





THE DOCTOR IS **IN**

## Facet Joint Syndrome

**Rami Rustum, M.D.**  
VALLEY PATRIOT MEDICAL COLUMNIST

Facet joints are small paired joints on both sides of the spine. They extend from the cervical region to the most bottom part of the back.

Each joint links the vertebrae directly above and below to form a unit which permits movement of the spine in all directions.

The structure of the facet joint is similar to other joints in the body (shoulder, knee, hip...etc) where there is a cartilage material inside the joint preventing direct bone contact. The unit is lined by a membrane called the synovium and enclosed in a fibrous sac called a joint capsule. A thick liquid (synovial fluid) surrounds the joint serving as lubricant, allowing the bones to move without friction.

Like any joint, the facet joint is affected by arthritis in any part of the spine. This will result in wear and tear of the cartilage, loss of the synovial fluid, enlargement of the joint as a result of inflammation and in advanced cases...joint fusion.

All these may cause what is called Facet joint syndrome which refers to pain that occurs in the facet joints.

The joint receives a small nerve branch from the bigger nerve root coming from the spine. This nerve branch sends all pain signals from the joint to the brain through the spine.

Since the lower segment of the back carries the most weight, it is clear that the facet joints with other back structures in that region will be most affected by this mechanical pressure.

Facet joint syndrome is more common in the elderly, as changes to the joints associated with aging are present in most people over 50 years of age.

What are the symptoms of facet joint syndrome?

Depending on the affected region symptoms may vary.

Symptoms of facet joint syndrome in the lower back include:

- \* Pain or tenderness in the lower back
- \* Pain that increases with twisting or arching the body

\* Pain that moves to the buttocks or the back of the thighs — this pain is usually a deep, dull ache.

\* Stiffness or difficulty with certain movements, such as standing up straight or getting up out of a chair

Symptoms of facet joint syndrome in the neck include:

- \* Neck pain
- \* Headaches
- \* Shoulder pain
- \* Difficulty rotating the head

In most cases, the pain starts gradually as ache and increases with activity. Morning stiffness and difficulty in sleeping on one side is very suggestive of the problem.

How is facet joint syndrome diagnosed?

The diagnosis of facet joint syndrome is mostly clinical after careful evaluation and detailed exam by expert healthcare provider.

Simple x-rays in most cases will show some changes in the joint location with possible enlargement in the joint. This will usually be accompanied by similar degenerative changes in the discs.



CT scan of the spine or MRI will be of added benefit of ruling out nerve irritation or pinching or disc bulging/herniation.

Some experts perform a procedure called facet joint block to determine if the facet joints are the source of the pain. A facet joint block involves injecting a numbing medicine into or very near the nerves that supply the facet joint. Facet joint syndrome is confirmed if there is a significant decrease (50 percent or more) in pain after the joint has been numbed. If the pain is not relieved by the injection, it is unlikely that the facet joint is the source

**RUSTUM, PAGE 37**

## ASSISTED LIVING CARE FOR CAREFREE LIVING.

At Methuen Village, we live by our “Right Values” – Resident Quality of Life, Valued Associates, Integrity and Innovation. Our specially designed Assisted Living and Alzheimer’s Care programs combine research-based services with personalized support. Families and healthcare professionals alike know that Methuen Village delivers the very best of care. And with reasonable rates, lovely accommodations and outstanding amenities, our “Right Values” equal your *best* value. So that for you, life can be a little more carefree.

*Apartments are leasing quickly, so visit us soon.*

*Call 978-685-2220 to schedule a tour.*



**Methuen Village**

AT RIVERWALK PARK

Assisted Living  
& Memory Support Neighborhood

4 Gleason Street  
Methuen, MA 01844  
978-685-2220

[www.MethuenVillage.com](http://www.MethuenVillage.com)

A community managed by



SENIOR LIVING RESIDENCES  
The Right Values

Independent Living • Assisted Living • Alzheimer’s Care

[www.SeniorLivingResidences.com](http://www.SeniorLivingResidences.com)



## Elite Body Therapies Orthopedic & Muscular Therapy

**Deb Canejo**  
**Owner**

**360 Merrimack St.**  
**Bldg. 9 Entry I Third Floor**  
**Lawrence MA, 01843**

(978) 686-1010 or (978) 686 - 1322, [EliteBodyTherapy@aol.com](mailto:EliteBodyTherapy@aol.com)

## Blaire House of Tewksbury A Continuum of Care Facility

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



**Come visit our facility and see how we can help!**

**10 Erlin Terrace • Tewksbury, MA**  
**Tel 978.851.3121 • Fax 978.640.0981**  
**Visit us at [www.elderservices.com](http://www.elderservices.com)**  
**Job Opportunities Available!**  
**Family Owned & Operated**



# A salute to those who make a difference in the life of a senior

Terri Crow Mercier

VALLEY PATRIOT HERO COLUMNIST

## Councilman, GLTS Teacher and Students Team Up To Make Residents Wish Come True

Lawrence Councilman Roger Twomey had stopped by Colonial Heights Nursing Home in South Lawrence to visit with the residents. While talking with them he learned of their wish to create a library corner filled with all types of books. Residents wanted to be able to access to a wide variety of books whenever they chose. They have a wide variety of preferences from fictional, educational, romance, inspirational, biographies, mystery, romance, gardening and how to fix it books. Large print books are a much sought after item as well. Councilman Twomey took the initiative and coordinated with the Greater Lawrence Technical High Schools carpentry instructor, Mr. Will Bernard, to see what could be done to help make this wish come true for the residents. Mr. Bernard went to the home and planned out what type of bookcases and shelving would work best. Under his guidance the carpentry students took on the task and built two large beautiful bookcases with adjustable shelving. The buzz was in the air about the new library corner and some donations of books started to roll in. They are still hoping for some more used books to fill their new shelves and if you wish to donate they can be dropped off anytime to Colonial Heights Nursing Home, 555 South Union Street South Lawrence. Resident James Griffin says that "he is happy that Councilman Twomey, Mr. Bernard and the students helped make their wish come true." Frank Souza, also a resident, states that "while it may seem like no big deal to some it was very meaningful to us here and it will benefit so many."

### Volunteers Make a Difference

So often we forget to take a moment to thank all those who make a difference in the lives of others. April 18th to the 24th is a week designated nationally to do just that. There are volunteers that are from all ages and backgrounds. They are individuals, schools, churches and community groups who do so many different things that greatly affect lives for the better. It



can be the retired person who reads to children or the children who go into nursing homes to visit the elderly. Perhaps it's the neighbor who goes faithfully to the local meal center and serves those less fortunate a hot meal. Maybe it is a group of people that pull together and collect items for those in need. They can be the one who provides a ride for an elderly or handicap person to be able to go to the doctors or market. Maybe they give an hour a week or a full day. Often many think "what difference can I make?" "I can-

not change the world "Even if you reach out to touch the life of one, you have made a difference for that person. You show your kindness through your unselfish act of helping those in need. To all the volunteers out there in our community a big Thank -you for always going that extra mile! You make the world a better place.

### Living Life to the Fullest

This month we celebrate Occupational Therapists and recognize all they do to help people regain as much of their abilities as possible. Occupational Therapists treat patients of all ages that have suffered illness or injury or may even have developmental delays or have psychological issues. Their ultimate goal is to help people live satisfying, productive lives and help them to be as independent as possible. These therapists use work, self care and recreational activities to increase independent functions. Occupational therapy can include assistance and training in personal care such as dressing, bathing, grooming and eating. Home skills such as

housekeeping and cooking are tuned up. Managing a checkbook and paying bills as well as making good judgment calls. They offer family education and guidance to those caring for a loved one. Adaptive equipment may also be used to help teach an individual do more for themselves. They also work on good posture and joint motion as well as overall strength building and flexibility.

### Local Letter Carriers Are Unsung Heros

Once again the United States Postal Service is proudly supporting the annual National Association of Letter Carriers National Food Drive. It is now entering its seventeenth year. This years date for collection of non-perishable food items will be on May 8th. Residents can place the items

they wish to donate in a bag next to their mail box and your letter carrier will pick them up. This is the largest one day national food drive in the nation.

They have set a record of collecting over 73.1 million pounds of food. The economic current status of our country has driven more people than ever to seek assistance from local food banks, pantries, and shelters. Some of the places to benefit will be Neighbors in Need, Bread and Roses, Lazarus House, Salvation Army, Food for the World, Day-break Shelter and the Merrimack Valley Food Bank. Their choice to do this each spring comes with the reality that food shelves often become

so very bare after the holidays. Through the dedication of our letter carriers and volunteers many people will not feel the hunger when they go to sleep at night. Our senior population is one that will greatly benefit. Over 3.4 million seniors are living in poverty. Nutrition is a key component to a healthy and productive life for them.

Not having enough food contributes to malnutrition. Currently there are over 1.6 million food insecure households with seniors. The importance of nourishment is especially critical to them because they are at a higher vulnerability to illness. This great event is a way for all of us as individuals to step up to the plate and support our letter carriers with their valiant effort to make life a little easier for those in need right here in our own communities. Some of the heros of this food drive here in the Merrimack Valley community are Lynne Wheeler, Gary Hall, Pat Conlon, Sondra Goodwin, Kevin Goodwin, Bob Dion, Harold Martinez, Mark Hanawich, Kathleen Hanawich, Lou Cardeo, Mark Apakarian.

### 100 Years Old and Counting

Lucia Mancini more fondly known as Lucy just celebrated her 100th Birthday at Colonial Heights Nursing Home. Lawrence Rocky Club member Alicia Man-nion heard of her upcoming

celebration and offered to donate the cake. Alicia was excited to do it for her as she states "how often do you get the honor of baking a cake for someone turning 100 years old." She created a beautiful two tier delight complete with edible daffodils and pearls for the celebration. Lucy enjoyed

the day of being the center of everyone's attention. However she had heard enough of the Happy Birthday song by party time and says she must have heard it 100 times that day,

once for every year she joked.



Teri Crow Mercier is the Director of Activities At Colonial Heights Care and Rehab-where she has worked for many years. You can email Terry at [mike3433@msn.com](mailto:mike3433@msn.com)



## Pay Our Fees At Your Pace

### BANKRUPTCY ATTORNEYS

### COHEN & ASSOCIATES, P.C.

FREE CONSULTATION

Stop creditors with a low down payment!

978-744-1144

[contact@jmcohenlaw.com](mailto:contact@jmcohenlaw.com)

30 Church Street, Suite 202 Salem, MA 01970

HOUSE CALLS AVAILABLE

[www.JMCohenlaw.com](http://www.JMCohenlaw.com)



Courtney Cox & David Arquette, Entertainment Council Members

FEEDING AMERICA

Over 49 Million Americans are at risk of hunger!

### It's Easy to Help!

- 1 Place non-perishable food products in a bag.
- 2 Leave at your mailbox on May 8th.
- 3 Your letter carrier will pick up and deliver to local food banks or pantries.

NATIONAL ASSOCIATION OF LETTER CARRIERS  
**Stamp Out Hunger**  
FOOD DRIVE  
SATURDAY May 8th



PROUD SUPPORTERS:



[HelpStampOutHunger.com](http://HelpStampOutHunger.com)



Joan Stygles Hull, President/CEO of Home Health Foundation is named Woman of the Year by the Gr. Haverhill Chamber of Commerce

Haverhill and Lawrence, Mass. – Joan Stygles Hull, RN, MBA, President/CEO of Home Health Foundation, was awarded the first Woman of the Year Award from the Greater Haverhill Chamber of Commerce.

The award was presented at the Greater Haverhill Chamber of Commerce’s 14th Annual Women in Business conference at Northern Essex Community College (NECCO). This is the first year the Woman of the Year Award has been presented. Candidates for the award embody leadership, service, commitment, achievement and character. The nominees must be recognized by her peers as a positive force in her profession.

Hull is an exemplary example of a leader for women in business. She has served as President/CEO of Home Health Foundation, the parent company for Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc., for the past 13 years. The agency employs more than 750 professional, administrative, paraprofessional and support staff, of which 90% are women. She is recognized both nationally and locally as an innovator, willing to tackle tough problems and succeed. Yet, Hull has an open door policy, willing to listen, share and mentor employees from across the organization. She cares deeply about her work, her organization, the home care industry and the people and families of this region. Joan is a dynamic leader, visionary and role model, com-



mitted to her organization and focused on providing the highest quality care for patients and families in this region.

“Joan’s work in the community and within our organization speaks for itself,” said Meg Hogan, Vice President of External Relations. “Her commitment to encouraging professional achievement within all areas of our organization is evident in everything she does. Whether she is hosting her intimate “Road Show” meetings to update staff members on agency happenings to leading the organization in the construction of the Merrimack Valley’s first Hospice House, her dedication to her work is unwavering.”

Hull will be retiring from the Home Health Foundation on May 1, 2010, after 13 years with the organization. Over the course of the years Ms. Hull has received many awards and citations for her work. Earlier this year she was awarded the James L. Campbell Award by Elder Services of the Merrimack Valley for her realized visions of building a Hospice House in Haverhill Massachusetts.

The Home Health Foundation Family of Agencies is comprised of Home Health VNA, Merrimack Valley Hospice and HomeCare, Inc. Together, these organizations provide a full continuum of care to patients and families throughout Northeastern Massachusetts, the Merrimack Valley and Southern New Hampshire. For more information, visit [www.homehealth-](http://www.homehealth-)

Valley physician launches world-wide allergy newsletter

Dr. Thomas Johnson thought he had seen it all in his thirty plus years as a physician.

“If you were to tell me five years ago that I would require a web page to function I would not have believed you”

The North Andover doctor had the same doubts with social networks as well. “I educated myself on the next generation of the web and I found that I could help my patients by utilizing these sites.”

That is why his practice, New England Allergy and Immunology, sends out daily Facebook and Twitter updates. And through these sites Doctor Johnson’s patients now receive information such as up to the minute pollen and mold counts.

While Dr Johnson may seem to be well ahead of the curve relative to the combining of medicine and the World Wide Web, this month he is taking it up to a whole new level.

As of March 1st, 2010 allergy sufferers from around the world have been able to log on to Dr Johnson’s Allergy Update Newsletter. The result has been astounding “We have had folks from all over the world logging on and learning how to deal

better with their allergies. There is a real need for this sort of information being presented in this particular medium ” says

Dr. Johnson.

Dr Johnson created this site for the benefit of both local patients and allergy sufferers from around the world. Says Dr. Johnson “We are collecting pertinent information from around the world and presenting it in one place. The newsletter is user friendly and will be useful to people anywhere who suffers from Allergies or Asthma.”

From around the world and presenting it in one place. The newsletter is user friendly and will be

useful to people anywhere who suffers from Allergies or Asthma.”

You can find out more about The Allergy Update Newsletter by visiting the site at [www.newenglandallergy.com/allergyupdate](http://www.newenglandallergy.com/allergyupdate)

EDITORS NOTE beginning in our May 2010 issue Dr Johnson will join The Valley Patriot as a monthly columnist. The doctor will present information to our readers that can help them lead healthier lives and discuss the issues that are affecting us all in the world of health care today.



VALLEYPATRIOT.COM

MAG

Mortgage Corporation

MLO-16124 - MA-MB5202

213 Broadway, Methuen MA 01844

Company NMLS # 1961/NH - 14213-MBR  
We arrange, but do not make loans  
Licensed by the N.H. Banking Dept  
Licensed in MA # MB5202

Please see our ad on PAGE 1

NMLS#16124

andrew.distefano@maghomeloan.com

Andrew Distefano - Call My Cell: 978-423-4716

Assisted Living Center ~ Salisbury

An Affordable Solution to Your Assisted Living Needs

- When you are seeking a *safe* alternative to living at home alone, turn to the *Assisted Living Center – Salisbury*.
- When you are looking for a *socially stimulating* environment, turn to the *Assisted Living Center – Salisbury*.
- When you are searching for an all inclusive, *affordable* senior residential alternative, with your own private unit & bath, turn to the *Assisted Living Center – Salisbury*.

Where you Can Have it All  
Where you Can Afford it All

(978) 463-9809

Ask about our:  
Medicaid Programs  
Veteran's Programs  
Rapid Response Occupancy Program

19 Beach Rd. • Salisbury, MA 01952  
[www.assistedlivingcenter.org](http://www.assistedlivingcenter.org)

Edgar J. Racicot Inc.

Funeral Home

256 Broadway  
Lawrence, MA 01841

Serving all faiths for over 100 years  
Pre-Need Counseling and Cremations

978-683-2706  
David L. Cotnoir

978-682-3941  
Daniel B. Cotnoir

valleypatriot.com



# Live the WOW!

Glory Halleluia! Let HIS Light Shine on You. SEE Clearly Every Single Thing that is Available to You. Heaven on Earth is Indeed Possible when You are Finally on the Path to Living the WOW!

Thomas Connors  
VALLEY PATRIOT WOW! COLUMNIST

What a perfect time for Reflection during this Holiest of Seasons. A wonderful way to look at your world! Through rose colored glasses. Even better. Through a world spectacularly brightened by the Light from above!

Amazing what happens to you when you have the ability to see things from a different perspective. One that is positive and uplifting. One that gives you reason to follow your passions and sets your heart on fire. One that leads you toward hope for the future rather than the darkness of things in the past that you might want to forget.

Living the **WOW!** gives you the means to see the magic in life despite any disappointments and hurts you may have experienced.

**Let His Light shine on you so you can see your life for all it can be. A Light so magnificent that you see right through the superficial to the heart and soul of things.**

Talk to those Living the **WOW!** and you clearly get the sense that they live in some other world. They see the same things you do but in a much different Light! Why? Because the Light they let shine on their world, is different than the artificial light most of us are used to. Those Living the **WOW!** avoid focusing only on that physical light that is produced by a lamp or flashlight. They know how artificial and commonplace that light actually is. They know it allows us only to see the surface

of what exists in our world.

Successful people Living the **WOW!** know that Our Good Lord provides a much more powerful and enlightening ray of Light. It not only allows us to see with our eyes, but, our hearts and soul as well. It penetrates much deeper to the depths of our very being. So deep we see the meaning of things. For example, our Purpose here on earth. Just think what a difference that kind of Light can make in your life, too!

**HIS Light is so Powerful that it helps the blind see and the deaf hear! Imagine the Miracles and Wonder you'll see when you Live the WOW!**

I remember my son, Tommy, when he began to see life in a different and much more meaningful way. I was filled with pride when I heard him tell his teenage friends about the talents each passenger had on the van he drove one summer. He saw beyond their disabilities and he perceived the abilities and talents each one had within. The Light he welcomed into his life at that time allowed him to see the worth of each passenger in his care rather than any shortcomings they may have had.

Think how profound that recognition can have on someone. How that perspective, carried throughout an entire lifetime, can have in Living the **WOW!** Seeing the good in people. Giving without expecting anything in return. Recognizing even the tiniest of Miracles for what they are.

That is why the God above, through His Son here on earth, caused the blind to see. The deaf to hear. The dead to rise. His Light was shone on these seemingly hope-

less cases so that We might realize the potential for changing our attitudes. More positive attitudes. No matter how dark or dismal our past or present lives may seem.

**Looking at your World from God's perspective guarantees a sure way to Living the WOW! It gives reason and meaning to everything you do and everyone you meet!**

God's plan for us is really quite simple. You might say it is God's Golden Rule for our lives. He wants nothing but the BEST for us! He even goes a step further. More than just wanting it, He goes so far as to guide us with His Light from above. Unfortunately, we too often choose to close our eyes, turn away from the Light and walk our own path out of self-centered pride.

That's why at American Training we encourage people to seek more than material things out of their eventual successes. While they are certainly welcomed additions to life, they also tend to be short lived. Building riches within, through a confident character and a solid ethical and moral backbone, prepares us internally for the long haul. Those are the kinds of riches that last a lifetime.

**Discover Your Purpose in Life when you See why you were put on this Earth in the first place. Only by letting His Light shine through will you discover that Purpose.**

Think about it for a moment.

In my work with people and even those who e-mail me through these **WOW!** columns, it becomes obvious that too many of us feel lost. Lost in terms of why we

are on this earth, where we are going with our lives and what path we might follow.

That is precisely where God's Light comes into play. It always shines bright, lighting the way to the life we were meant to live. It is there to show us that Heaven on Earth can be a remarkable reality no matter where you are in life right now.

His Light is like those beacons that have guided sailors for hundreds of years through the worst of storms and dangerous seas.

**Follow His Light. Let it guide you and show you the way to a more rewarding and satisfying life. In other words, let it show you how to Live the WOW!**

Come out of the darkness. Nothing good will ever come of living there. God meant for us to live in the Light. The Light that leads to Living the **WOW!** Where we conduct ourselves at our very best and at our complete and full potential. Every single day of every single year we live. Living the **WOW!** means living out our personal Heaven Here on Earth!

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

## SIMPLE WISDOM

### Winter leaves

Gail Van Kleeck  
VALLEY PATRIOT COLUMNIST

Last fall we decided to do the leaf-pick-up ourselves then procrastinated as we waited for all the leaves to fall. We should have known better. By the time we got around to it we could see our breath as Parker started up the blower he had borrowed from a friend. It would have been helpful, I suppose, if we'd been able to practice with it earlier. I watched as the ever growing pile of crisp, dry leaves drifted slowly toward our neighbor's house. Our neighbor, whose yard had been immaculate for weeks, came out to help us. He showed us how to turn our unwieldy pile and aim it toward our own back yard. At the end of the day we could once again see the grass out front. Our back yard however was hip deep in leaves.

I remember the autumns of my childhood. I remember jumping in the piles of crisp, brown leaves. I remember the laughter. I remember marshmallows and the fragrant smell of bon fires. As I looked at our back yard, those memories drifted back to me, warm and satisfying and tender.

What happened next seemed very much like a miracle. It began to snow. By the next morning the leaves were completely covered with in icing of white. It was beautiful. We were saved. We didn't need to think about them until spring.

Even though its barely spring Parker and I have been spending quite a lot of

time in our back yard. The leaves are now dark and wet and heavy. It takes time and energy to move them. We gather them onto an old blue tarp and drag them into the woods behind our home. It's hard but satisfying work. We are uncovering fresh new shoots as we rake. We are seeing glimpses of spring. We are imagining ourselves on warmer days. We collect the sticks and branches that have fallen in the winter and burn them in the camp fire pit in our back yard. Our grandchildren come by. We get out the marshmallows.

While I don't recommend procrastination, I've been thinking lately of the extraordinary number of tasks most of us expect ourselves to accomplish. I've been thinking of the arbitrary deadlines we all too often create in our minds. Yes, it might have been better if we'd started our yard clearing earlier. We'll probably do it differently this fall. Yet for now, in these still bleak early days of spring, the time we've been spending in our yard seems very much like a blessing. I suppose it's how we look at things.

WHAT WE FOCUS ON IS WHAT WE TRULY SEE



To E-mail International inspirational author and motivational story teller, Gail Van Kleeck [gail@simplewisdom.com](mailto:gail@simplewisdom.com)

[simplewisdom.com](http://simplewisdom.com)

# tepthida.com

Cambodian Cuisine on Chelmsford Street in Lowell

	Steve Sirmaian Chief Operations Manager MLO 3520		<b>FIRST INTEGRITY MORTGAGE LLC</b>
	<a href="mailto:Steve@firstinteg.com">Steve@firstinteg.com</a>		<a href="http://www.firstinteg.com">www.firstinteg.com</a>
	24-hr. -Cell: (978) 771-2906		354 Merrimack St., at Sal's Riverwalk Lawrence, MA 01843 Tel. 978.685.9700 * Fax 978.685.9701 MA Mortgage Broker #MB 4520 • Licensed by the NH Banking Dept.

## TOO MUCH DEBT? THREATENED BY FORECLOSURE?

*Simple bankruptcy may  
be the answer for you.*

*Call for a consultation today!!*

**ROB THOMAS,  
ATTORNEY AT LAW**

**HARVEY, KLEGER  
& THOMAS**

184 PLEASANT VALLEY ST.  
METHUEN, MA 01844

TEL. 978-686-9800

[rthomas@andoverattorneys.com](mailto:rthomas@andoverattorneys.com)



RUSTUM:FROM PAGE 33

of the pain.

How is facet joint syndrome treated?

Treatment of facet joint syndrome will depend on the degree of the problem and the severity of the pain.

Facet joint arthritis is mainly treated nonsurgically. At first, the patient may benefit from a short period of rest, one to two days at most, to calm inflammation and pain. Patients may find added relief by curling up to sleep on a firm mattress or by lying back with their knees bent and supported. These positions take pressure off the facet joints.

Anti-inflammatory medication, such as a nonsteroidal anti-inflammatory drug (NSAID) or Ibuprofen may be given for short period. Muscle relaxants also can be used to calm the muscle spasm presenting with the inflammation. Oral steroid medicine in tapering dosages may also be prescribed for pain.

Patients may need a course of chiropractic care or physical therapy. By evaluating a patient's condition, the therapist can assign positions and exercises to ease symptoms. The therapist may also prescribe strengthening and aerobic exercises. Strengthening exercises focus on improving the strength and control of the back and abdominal muscles.

Patients who still have pain after trying various treatments may require injections into the facet joint or the small nerves that

go to the joint. An anesthetic is used to block pain coming from the facet joint. The procedure to inject the medication into the joint is similar to the diagnostic injection described earlier. A steroid (cortisone) medication is occasionally used with the anesthetic.

The injection is quick and safe. It can be done at multiple levels at the same time. Also, it can be repeated in few weeks up to 3-4 times /year.

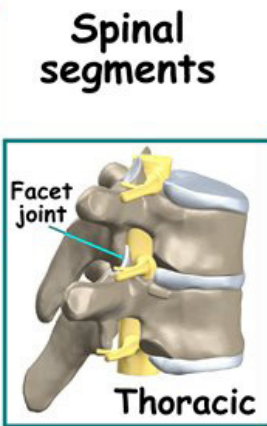
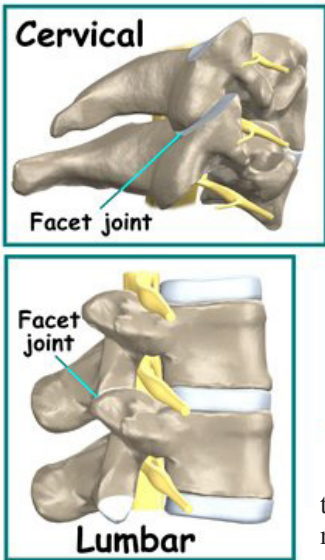
If the patient gets extended relief from the cortisone injection treatment then he might be a candidate for another procedure called Radio-frequency lesioning of the median nerve branch (which was mentioned earlier above). In this case, the nerve will be destroyed by heat applied through special needle.

The procedure, like the traditional facet joint block, is performed under live x-ray and carries very low risk for complications. Cases not responding to any treatment as listed above should be evaluated by back surgeon for possible surgical intervention as back fusion.



email Dr. Rustum at: ramirustum@comcast.net

Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. For any questions or concerns, please



ABUSE:FROM PAGE 28

safety requirements needed to keep children safe and healthy in child care.

"Although states have had two years since the release of our first Leaving Children to Chance report to improve their regulations, this updated report clearly shows that most states are still not doing enough to make sure that our children in small family child care homes are safe and healthy," said Linda K. Smith, Executive Director of NACCRRRA. "With the security of nearly 2 million children at risk, it is crucial that states revisit and improve their regulations to guarantee children are safe, healthy and learning in family child care."

According to the report, the top 10 states included: Delaware (110); Oklahoma (108); Washington (103); Massachusetts (101); Department of Defense (96); Alabama (93); Maryland (88); District of Columbia (86); Colorado (78); and Florida (76). States receiving a score of zero included: Georgia, Idaho, Indiana, Iowa, Kansas, Louisiana, Michigan, Mississippi, Montana, New Jersey, Ohio, Pennsylvania, South Carolina, South Dakota, Texas, Virginia and West Virginia.

"Care offered in a family child care home is one of the largest segments of the child care industry," said Smith. "Nearly 2 million children are in some type of

family child care home setting each week. Even in the top 10 states, there is much room for improvement. For example, Florida was 10th, but earned a 54 percent, a failing grade in any classroom. States are leaving children to chance and that is simply not good enough for a state or national policy."

To ensure children's safety, NACCRRRA recommends that Congress: (1) require regulation of family child care homes in which paid providers regularly care for unrelated children, (2) require all paid providers to undergo a comprehensive background check based on fingerprints, (3) require an inspection/site visit prior to licensing and unannounced inspections throughout the year, (4) require 40 or more hours of initial training and 24 hours of annual training (in basic areas like CPR, first aid, safe sleeping practices for infants, etc.), (5) require states to meet each of the 10 health and safety standards, (6) grant the Child Care Bureau the authority to assess state child care plans for content and compliance and withhold funds from states with insufficient policies and oversight, (7) require states to justify any categories of providers who are exempt from regulation, and (8) require states to post inspection results on the Internet.

# BLAIRE HOUSE of Tewksbury

Tel: 978-851-3121

Please See our Ad on Page 33

## IMAJINE that

INTERACTIVE EDUCATIONAL PLAYSPACE

IMAJINEthat is a first of it's kind family and child interactive playspace. Our unique 12,000 square foot playspace offers an environment where families can create and learn together in a safe and educational way. IMAJINEthat's "Imagination Stations" include a child sized grocery store, a HUGE dinosaur climbing structure, Between the Lions reading area, Peep and the Big Wide World Science Station, Pirate Area, and an arts and crafts area, just to name a few!

**Find our More!**  
Visit our web site at [www.imajinethat.com](http://www.imajinethat.com)  
or call **978.682.5338**

### YOUR DESTINATION FOR:

- Birthday Parties
- Walk-In Play
- Daily Programming
- Creative Workshops
- Salvatore's Date Night

**FUNDAMENTALS OF MUSIC AND MOVEMENT**  
**PEEP and the Big Wide World**  
**Between the Lions**

**\$5 OFF GENERAL ADMISSION**  
one coupon per family per day

CODE: VPA310

## Massage therapy for all!

### ADVANTAGE HEALTH MASSAGE

Call For Your Appointment Today!  
**(978) 681-0009**

Se Habla Espanol

AHM is open to you Monday to Friday 8am - 8pm / Saturday 9am - 5pm

Advantage Health Massage Complex is located:  
101 Amesbury Street, Suite #308, Lawrence, MA 01840  
[www.ahmtherapy.com](http://www.ahmtherapy.com) - [info@ahmtherapy.com](mailto:info@ahmtherapy.com)

AHM offers the following proven massage therapy techniques:  
Pregnancy & Infant Massage, Swedish, Reflexology, Reiki, Deep Tissue, Sports Massage, Rehabilitative, Pain Managment, Corporate Chair Massage, On-Site & Event Massage, Massage Therapy for 1st Responders & Students (Military, Police, Fire, and Paramedic Personnel)

## It's Valentine's Day All YEAR

**On your first visit to AHM, take \$10 off your first 1 hour massage or \$5 off your first 1/2 hour massage**

**Discounted Rates for First Responders & Students!**

\*Coupon cannot be combined with any other offers or discounted rates



## PUPPY LOVE! with Kate Whitney

# Jazzing up your doggie party!

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

Continuing on the same topic as last month's article, I am going to talk more about puppy parties! Every party deserves to be the best it can be! Not only is the party a special day for the dog, it's also a special day for every guest, human and canine!

Let's talk about how to turn a boring party into an unforgettable party! First thing is first, time to decorate! Some things you might want to get are party hats, balloons (they have paw print balloons at iParty), a special doggy cake, and other dog themed decorations. Decorations not recommended are candles, flowers, glass, anything breakable, or anything that would be toxic for one of the puppies to ingest. Try to keep all decorations out of their reach (or bite)!

When I baked homemade cookies and treats for Dash's party, I found some dog theme cookie cutters and used those to spice up the treat shapes. You can usually find these types of fun cookie cutter shapes in specialty dog stores, or online at [www.GoodDogExpress.com](http://www.GoodDogExpress.com) or [www.Amazon.com](http://www.Amazon.com).

Also found at some specialty dog stores are dog theme cakes, but if you want to bake your own there are many cute and tasty recipes online. Just Google "dog cake recipe" or go to [www.Dog-Treat-Recipe-Exchange.com](http://www.Dog-Treat-Recipe-Exchange.com), to view a few delicious recipes. Some recipes include pumpkin, peanut butter, and salmon dog treats. Yummy!

In addition to letting the dogs run and play in the yard or park, it might be nice to have some games for them to participate in. One game might be bobbing for tennis balls, or try hiding some yummy treats around the yard and have a biscuit scavenger hunt. Have a "best dog trick" event and let each of your guests show off their tricks. Good old tennis balls and Frisbees make for a good game of fetch. Make sure there are enough balls and toys for each of your guests, so no one gets jealous or feels left out. See if anyone can bring along agility equipment and if not, contact local dog trainers and see if you can rent or borrow some pieces for the

afternoon. Speaking of trainers, why not hire one to attend your party? This would be a great opportunity to have a group dog lesson. Your guests can ask questions and learn techniques.

People (and dogs) most likely won't show up to a party empty handed. Instead of putting gifts on a table or out of reach from your dog, put them in a pile on the ground and let the guest of honor "open" them. Like the decorations, you want to make sure to keep an eye on this so dogs don't get a hold of string or other toxic items. My favorite idea has to do with making arrangements for gifts before hand.

On the invitation for your party let your human guests know that your pooch has more than enough toys and treats, and you will be donating any items to your local shelter. Also, instead of gifts, guests might want to make a monetary donation, in your pooch's name, to a local shelter. Don't forget, my shelter, One Tail at a Time, is still in need of donations (hard goods or monetary) to help us rebuild and keep rescuing dogs after the fire last year destroyed everything we had.

One thing you don't want to forget at your party is your camera! There are going to be lots of funny and adorable moments that you will want to capture. A camera is a sure bet that you will be able to remember your pet's party forever. Pictures also make great gifts for the doggie guests in the future, as well as great ideas for thank you cards.

Before your guests leave, don't forget to give them their "doggie" favor bags! One idea is to get some cheap dog bowls (think Dollar Store, or clearance shelf at Target) and fill them with your homemade treats. Another idea would be to put a bunch of treats in a cellophane bag and tie it with a cute ribbon. Attach a note that says "\$1\* has been donated to the local shelter in (insert your pet's name here)'s name." \*amount can vary of course.

If all this dog party jargon has you excited, with no party to attend, why not head to your local animal shelter? Many shelters are looking for volunteers to help with all aspects of the shelter. Many of the animals in a shelter just want to be



**The Valley Patriot's PuppyGirl, Kate Whitney, Dash (l), and Honey (r) rescue puppies from abuse and neglect. Please adopt a shelter dog or foster a puppy looking for a permanent home! For more information you can email One Tail at a Time at [onetail@comcast.net](mailto:onetail@comcast.net)**

touched and cuddled. Or, find out when a shelter animal's "birthday" is. Often times this date is just a guess because the actual date is unknown. Find a pet whose birthday is coming up and sponsor that animal! Many times sponsors are needed for animals that need surgery or extra vetting. So why not do something good and help a furry friend in need? I promise you this is a great feeling!

Last but certainly not least, safety always comes first! Any decorations you use, keep a close eye on them so the dogs don't eat or get tangled in anything. Remember not to overdo the food with your dog guests. A dog's intestines often become irritated with a new type of food, or too much food. Also check beforehand

with humans to find out about any allergies their dog may have. Keep a close eye on how the dogs are interacting with each other and make sure there is no trouble. It is common for one of two of the dogs to announce themselves as the alpha dog. If the "alpha behavior" goes on for more than a few seconds and is more than "playful" make sure to separate the aggressors in time out. I hope I've given you some fun ideas for your next party, enjoy!

*Kate Whitney is a Boxford resident and owner of the Swingrite Corporation. If you are interested in adopting a puppy or becoming a foster parent to a puppy waiting for a home you can email Kate at [Kwswingrite@aol.com](mailto:Kwswingrite@aol.com)*

## Your Choice:

**Buy 2 Dinner Menu Entrees  
and Take \$10 off your Bill  
or  
Tell us to Donate \$10 to  
One Tail at a Time Rescue**

Can Not be Combined w/another Coupon or offer



**EVENFALL  
Award Winning**

**Cuisine  
Cocktails  
Design  
Service**

**Reserve: 978.521.7550  
[EvenfallRestaurant.com](http://EvenfallRestaurant.com)  
8 Knipe Road (rt 125)  
N. Andover/Haverhill**

**Sponsor our pet pages in The Valley Patriot**

**and be seen by dog and cat lovers in  
25 communities!**

**For our ad rates call 978-557-5413  
or email us at [valleypatriot@aol.com](mailto:valleypatriot@aol.com)**

**Wiggles  
&  
Jiggles  
Pet Care**

Providing Paw-sitive Pet Care  
to the Merrimack Valley



**Tracey Zysk  
Bonded & Insured**

[wiggleswalk@comcast.net](mailto:wiggleswalk@comcast.net)  
**978-697-6571**  
[wiggleswalk.webs.com](http://wiggleswalk.webs.com)



## 2nd Annual "Pets At The Net" Tennis Tournament in North Andover

Saturday and Sunday, May 22-23, 2010 at  
The Willows Racquet and Fitness Centre

Route 114 (815 Turnpike Street), North Andover, MA, 978-687-0505

We invite you to "Pets at the Net", a fun and social fund raising tournament with proceeds benefiting Salem Animal Rescue League in Salem, New Hampshire.

This tournament is a social doubles round-robin format for:  
High School – Saturday afternoon

Mixed Doubles – Saturday evening  
Women's Doubles USTA 3.5 and above – Sunday morning  
Women's Doubles USTA 3.0 and lower – Sunday noontime

Men's Doubles – Sunday afternoon  
Registration is \$40 per person for one Doubles team. To play in a Women's or Men's Division and Mixed Doubles is \$70 per person. Awards will be given in each flight. Confirmation and play time will be emailed to you in advance. A little



information on SARL (as we refer to it); is a primarily volunteer organization whose goal is to find permanent, loving homes for the abandoned, surrendered and unwanted Cats and Dogs in our community. They are committed to a 100% spay/neuter policy of all animals adopted from the shelter. SARL is a limited admission shelter that

does not euthanize for space. A day of fun is planned. Plenty of food & treats and great raffles are up for grabs. Special guests will be there to answer all your pet concerns from behavior & training to grooming. A sampling of dogs for adoption will visit the tournament.

Register on-line at [www.sarl-nh.org](http://www.sarl-nh.org), click on Pets @ the Net under EVENTS. For more information write: [melsmore@sarl-nh.org](mailto:melsmore@sarl-nh.org) or call 978-655-1758

## Raise The "RUFF"

The Lowell Humane Society has been caring for homeless animals since 1873. Shelter is the most basic of care their small staff can provide for the 2,500+ animals who seek help in their facility each year. As a non-profit animal shelter, they receive no local, state or federal funding; and rely solely on donations to continue their work. When repairs are needed the only option is to turn to the public for help! This difficult winter has caused their 31 year old roof to spring leaks and so far they have gotten by with only minor repairs; however a replacement is necessary before their luck runs out. The cost of a new roof is upwards of \$40,000 and the staff is working hard to recruit donations to help reach this goal!

"We work hard each day to make sure the animals are receiving proper food, medical attention and socialization" says Sara Morandi, a member of the animal care team at the shelter, "it would be nice to not have to worry about having a safe place to house our animals through each storm." During the Ice Storms of 2008 the shelter was shut down for almost a week, forced to house animals at other locations some of the staff turning their homes into makeshift shelters housing iguana's, cats and rabbits.

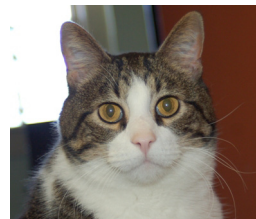
Please consider making a gift today, to ensure The Lowell Humane Society can continue to provide quality care for the many animals who need your help. Please donate by mailing a check made out to



Lowell Humane Society to their shelter at 951 Broadway St, Lowell, MA 01854. For more information or to donate online please visit [www.lowellhumane.org](http://www.lowellhumane.org). If you would like to run your own fundraiser to help with the roof project, contact Chris Arnott, Community Outreach Coordinator at 978-452-7781 or email her at [chris@lowellhumane.org](mailto:chris@lowellhumane.org).

The Lowell Humane Society is a 501(c)3 non-profit organization which receives no local, state or federal funding and runs solely on the generosity of the public. The shelter

is always looking for volunteers to help with walking dogs, cleaning the shelter and transporting animals to vet appointments. If you are interested in helping out at the shelter, please contact Chris Arnott, Community Outreach Coordinator at 978-452-7781 or through e-mail at [chris@lowellhumane.org](mailto:chris@lowellhumane.org).



## GroomTown in North Andover is Pawsitively Perrrfect ...

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Welcome to GroomTown, North Andover's only Pet Spa and Boutique. GroomTown isn't your ordinary pet grooming salon it is truly a day spa for your cats and dogs.

Yes... a pet spa..days of dunking your dog in a tub and towel trying are a thing of the past for owner Lisa Medeiros. At GroomTown your dog can receive a blueberry facial, organic shampoos and even a pet massage upon request.

Located at 137 Main St. Medeiros, recently just opened her second spa March 6, 2010 with an amazing Open House and a visit from Spot the Dalmatian. Her first spa was also on Main St however, after three years in a 500sq ft location and a continuously growing cliental, Medeiros simply out grew her shop. "It was a great place, and I am grateful I was able to start my business there, but we grew really fast and my staff and I simply didn't have enough room to work on the dogs or cats. I have over 1400 clients and we just needed more space." When 137 Main became available Lisa couldn't have been happier and jumped on the opportunity to expand her business to 1200 sq ft. "I love this spot. I am still on Main St but now I am right in the heart of the town. And I have a great window. Groomers love to have windows for their shops because people love to look in."

And a site it is! I recommend every and anyone walking by GroomTown to take a peak in that window because you may just be surprised

at what you see.

In addition to her grooming services Lisa was able to expand her retail area. Toys, treats, fresh baked doggie cookies and a wall full of collars, leashes and even doggie clothes. "People love options, and I worked with a bunch of different vendors to offer that for my clients. You may find some of the same things in other stores but you won't find everything."

Which is good because with five groomers in North Andover there is always a competitor to think about. I asked Lisa how she was able to start a business, grow a business and open a new business with so many groomers located in a 5 mile radius. Lisa humbly stated "Yes, you do always have to think about your competitor, however each of us have our own



style and a client is going to gravitate to the style they like best for their dog. Also, there are over 4000 dogs located right in North Andover. There really is enough business for all of us."

Lisa brings over 16yrs of grooming experience to her spa. She knew since

she was a sophomore at Essex Aggie that one day she would open her own place. After the Aggie Lisa attended



the Pedigree Career Institute for grooming and graduated top of her class. Medeiros still takes workshops and travels nationwide to attend grooming events to keep her skills current. "I enjoy the seminars because I always walk away learning something new or see what the next new trend will be

in my industry. I am also always trying something new in my spa, whether it is new dog nail polish colors or a different type of tool to use for grooming." Staying current is very important to Medeiros. Especially with all the new designer breed dogs, Lisa needs to keep up with the way to cut them. She prides herself and has built a strong reputation in the industry as being breed specific. Because of this, she has clients all over the Merrimack Valley,

and as south as Brookline MA and as far north as Manchester NH. "That's a great compliment and I am thankful for that. When clients travel specifically to have me groom their dogs, A groomer can't ask more than that. I work very hard at my craft and I am glad people appreciate my work."

In addition to Lisa, she has a Grooming Assistant Ashley Contarino. Ashley has several years working with animals, is studying to become a vet tech and is currently apprenticing grooming under Lisa. Michelle Clement also just joined staff as a groomer. Michelle has over 20yrs grooming experience and taught at the Pedigree Career Institute.

For an appointment you can call GroomTown at 978-689-7297 and visit her website at

[www.groomtownpetspa.com](http://www.groomtownpetspa.com)

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units. Tracey may be reached at [wigglewalk@comcast.net](mailto:wigglewalk@comcast.net)

Judy Flieder  
KITSNKATS@COMCAST.NET

PHONE: 978-372-3236  
MOBILE: 978-807-1620

**KITS 'N KATS**  
PET SITTING SERVICE

CARING FOR YOUR LOVING PETS  
THROUGHOUT THE MERRIMACK VALLEY AND SOUTHERN NH.





# It's PUPPY SEASON!!!

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Puppy season, puppy season, puppy season everybody loves puppy season! How can you not? These cute, adorable, fluff balls that snuggle up with you, are just so precious.

But there is a lot more to being an owner to one of these cutie patooties. That's something we all have to remember. As innocent as they are at 12 weeks old, they do eventually grow into toddlers, teens and adults. As an owner this is something to remember when bringing a pet into your home.

People call me all the time telling me they are thinking about getting a puppy and then ask what breed I recommend. I always say the same thing. Think of your family's lifestyle and the time you have to dedicate to your dog. Of course, I always remind my clients I am PRO rescue and to consider that as an option. Different breeds have different temperaments, grow to different sizes and some have different dietary requirements. Do your research and decide what breed is the best fit for your family.

Before you take that cute puppy in the window home, take a good long look at your finances. Dogs are not cheap...visits

to the vets, going to the groomers, hiring a pet care provider, dog trainer, and your every day expenses of food, toys and treats can become quite costly. Don't let emotion get the best of you, a pet is not an impulse item, it is a life long commitment.

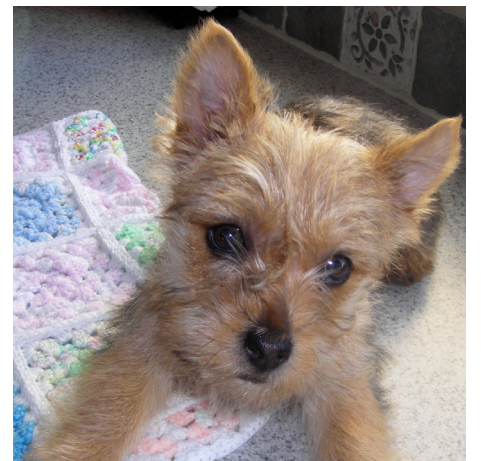
Once you have that pooch, the first thing to do is make an appointment with your local veterinarian. Take the time to have a puppy consultation. Building a personal relationship with a vet is very important. This will be your puppy's doctor for the course of his life. The vet will invite you in to discuss a health and wellness plan for your dog and start him on all the required vaccinations needed. Don't forget to ask your vet to microchip your dog. As puppies grow they do like to explore and chances are A LEAST once he will sneak away from your home. It happens all the time, it is their nature to take a stroll around your neighborhood to build their sense of independence. No, it doesn't mean you are a bad puppy parent. It just means you need to be prepared by having a microchip that contains all your contact information. Also, please register your dog with your town and obtain a town license.

Grooming is personal hygiene for your dog. Dogs need to have baths, toe nail trims and their teeth brushed too. The sooner you

can start a dog with a groomer the easier it will be for your puppy to get use to water, tubs and dryers. How many times have you tried to clip your dog's nails and they run away from you? Like a child, once you build this into their routine it becomes second nature. You can start a dog as soon as 12 weeks old for its first groom. Besides, who wants a stinky dog?

Training is a must! Unless you want your dog to rule your house. NO no no...do you want to wake up every morning to all your shoes eaten or bathroom accidents all over your home? Probably not. There are several reputable trainers and training programs available. Whether you want to go to a training facility or have a trainer come to your home, please start puppy school as soon as you get your loved one. Believe me, a trained dog is a happy dog...and you will be a VERY happy pet owner.

Pet sitting and dog walking is also something to consider. As you leave for your eight to ten hour work day, who is going to check on your dog? There is no possible way that a 16 weeks old puppy can go that long without a puppy break. Also, leaving a dog alone for long periods of time creates anxiety and behavior issues. Hire a dog walker to come in mid day to check on your pooch and to take him for a walk. This will help your dog learn to trust other people, create an exercise routine, and to keep your home from being destroyed by



a lonely and bored puppy. When looking for a pet sitter please make sure they are insured & bonded and have taken a pet CPR and first aid class. You are trusting this person to take care of your new baby and you want to make sure they know what to do in case of an emergency.

Now...go to your local rescue or reputable breeder and pick out the pooch that will be the new love of your life. And ..ENJOY PUPPY SEASON !!

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units. Tracey may be reached at wiggle-walk@comcast.net

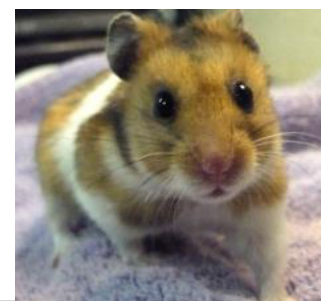
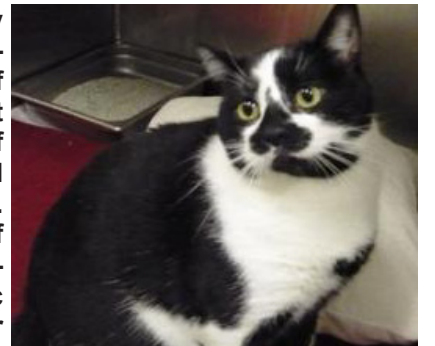
## Come to the Lowell Humane Society and take us HOME!

**>>>Muttley-** I am a happy-go-lucky little guy that has had a rough start to my young life. I was found on the streets scared and sick when a good Samaritan picked me up and started me on the road to recovery. Every new experience is a little bit overwhelming for me, but I loooove treats, so it's been easy for me to build up my confidence thanks to the great people here at the shelter. I am looking for a committed owner who has had the privilege of owning a large-breed dog before, and can continue with my positive reinforcement and training. I would prefer to share my new home with another older dog that can act as a mentor for me and show me the ropes, but I would prefer a feline free home. Do I sound like the dog you've been looking for? Come on down and say hello!



Looking to do something special for the Lowell Humane Society? You can donate pet items that will assist us in caring for the thousands of animals who pass through our doors each year. Your support is greatly appreciated! The Lowell Humane Society is a 501(c)3 non-profit organization which receives no local, state or federal funding. Your donations are tax deductible and will greatly impact the lives of the animals we care for. For more information on volunteering or making a donation to The Lowell Humane Society contact Community Outreach Coordinator Chris Arnott at 978-888-4770 or [chris@lowellhumanesociety.org](mailto:chris@lowellhumanesociety.org). For a full list of adoptable animals visit their website at [www.lowellhumanesociety.org](http://www.lowellhumanesociety.org).

**>>>Oreo -** Hi, I'm a super cute, chubby fellow named Oreo (probably named because I love to eat). I'm just a big ball of love! I'm very active and I would do best in a cat-experienced home because of my energy level. I'm an early riser and I love to run around and play all day long. I LOVE attention (maybe too much, if that's possible). I might do well with another cat if the other cat is as energetic and playful as I am. I'm just looking for someone to love me, that's all!



**<<< Cheeto-** Hi, I'm Cheeto, and I'm a cute, young male hamster. My previous owner didn't realize how fast hamsters can reproduce and then me and my siblings were born! I'm young and active and want to go home with you today!

## Got Poop? We Scoop!

We keep yards clean, safe, and pet waste free year round!



Fast, easy online sign-up or call us today!

**DoodyCalls®**  
Pet Waste Removal  
1.800.DoodyCalls (366.3922)  
[www.DoodyCalls.com](http://www.DoodyCalls.com)

**FREE WEEK!**

with your 1st month of service.

- We are your super duper pooper scoopers! We keep yards clean and dogs and families happy!
- We offer twice weekly, weekly, every other week, and one time pet waste removal.
- We also provide brown spot treatments for lawns and deodorizing treatments for decks and patios.
- Service starting at just \$14.50/wk.
- Professional, friendly and reliable.
- No contracts. 100% satisfaction always guaranteed!

**Groom Town**  
Pet Boutique & Spa

137 Main St. North Andover  
978-689-PAWS (7297)

**Full Service Grooming Salon**

**Walk-In Nail Trims**

**Love your pet but hate the shedding?**

**We Now Use HydroSurge Bathing System**

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

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

**Visit our website for coupons!**  
[www.groomtownpetspa.com](http://www.groomtownpetspa.com)



## State Senator Bruce Tarr ... *Doggie HERO* !!

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Woof! Woof! Woof! Every dog in Massachusetts sends a BARK of THANKS to Sen. Bruce Tarr. (R)

That's right our boy Sen. Bruce Tarr not only did the right thing for the animals of Essex County but for the entire State of Massachusetts.

On Thursday April 1, 2010 the Senate passed House Bill 344 Act Prohibiting Devocalization.

The Coalition to Protect and Rescue Pets (CPR) released this statement to me late Thursday night.

"Sen. Tarr championed House Bill 344 in the Senate for one reason only: It was the right thing to do. Those who asked for his help are not constituents, and the Coalition is unfunded--unlike the monies lobbies that influenced some senators. Yet Sen. Tarr didn't hesitate to stand up for this humane legislation. He devoted his time, effort and advocacy to protect dogs and cats. All who care about animals owe him a debt of gratitude:

Sen. Bruce Tarr, Statehouse, Room

313A, Boston 02133."

This is great news however, it isn't a bill yet and still has a couple of challenges. The next step in the process is for Governor Deval Patrick to sign this bill

"as written" for it to become official. We are all hoping that our Governor listens to the people and realize this is what we want. We want to be able to protect our animals: dogs and cats, whether they are family pets, breeder or show dogs all from this cruel, brutal and unnecessary procedure.

Thanks again to Sen. Bruce Tarr ... tons of sloppy kisses and wet noses can't thank you enough!

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units. Tracey may be reached at wigglewalk@comcast.net



## CASINO:FROM PAGE 11

to racetrack slots.

The speaker is certainly on the right track with his proposal that he has put out there for debate. It's a modest start -- two casinos as opposed to the handful other proposals had touted -- and revenues would be dedicated to local aid and other economic development causes. He is a savvy leader not to try to bite too much of the apple at one sitting. But once it is passed, where would those casinos go?

One could argue that Lawrence would be a perfect location for a casino. The infrastructure is already in place. We have vacant mill buildings that can accommodate a gambling complex. We sit at the juncture of routes 93, 495, 213, and other major roadways -- all to feed patrons easily into the city. In a city that is staring at 20% unemployment and a Merrimack Valley region equally hard hit, we have a construction workforce and potential pool of service workers to build and staff a casino.

And more importantly, our city and region would have an opportunity to draw New Hampshire patrons into Massachusetts to spend their dollars here -- whether it is at the casino or any restaurant or store along the way. Even before our legislature decided to jack up the sales tax by 25 percent last year, Massachusetts was losing an increasing amount of retail sales to New Hampshire as Bay Staters flee northward to shop in order to avoid our sales tax and take advantage of the Granite State's lack of such a levy. A Lawrence casino would be rich in irony as Granite State gamblers hitch their star

to the casino's "let it ride" opportunities. Massachusetts, for once, will be offering them something other than their day jobs.

The Lawrence opportunity for a casino could be a win-win all around. Only time will tell as this debate unfolds in earnest over the next few months.

Lawrence Council Watch -- District A city councilor Sandy Almonte-Rosado's successful efforts to get that "no parking" zone in front of her mother's house on Woodland Street have begun to pay off. On at least four separate occasions since the "No Parking" signs went up several weeks ago, I have witnessed cars parked in the zone in front of her mother's house -- the same cars that are later parked in the drive way next to her house. (I have pictures, so save the gripes.) It's good to see our politicians again taking care of their own. It's a shame the councilor cannot address the deplorable conditions of the roads in the district with the same vigor she shows for her mother's parking situation. Many of our roads are reminiscent of the fall of Berlin, circa 1945. That's the end of World War Two for those of you who may have skipped history class back in high school.



Robert O'Koniewski is an attorney in Boston, a former member of the Lawrence zoning board and is the former campaign manager for Marcos Devers. You can email him at: bobokesq@hotmail.com

## TEENTALK:FROM PAGE 28

school at times when it's literally impossible for them to completely function. The school system needs to educate teenagers at a time when they are receptive to learn."

During the middle of our interview, I finally realized that everything she was saying had to be absolutely true. I started to understand how things in my own life are preventing me from getting a solid nine hours of sleep. I start school at 7:50 A.M., I get out at 2:15 P.M., I've got sports from 3:00 to 5:00 P.M., and then I have to go to my job, do hours of homework, or maybe grab a bite to eat with friends. Usually, it's homework. Forget television shows, I

don't have time. By the time I get everything done, it's usually at least ten o'clock at night. But wait -- I still need a shower. So, I get to bed around eleven o'clock on a typical school night. I get up at six in the morning, so that leaves me with an average of seven hours of sleep every night. I'm lacking two vital hours of sleep time -- which is probably why I find myself very tired some days. I'm sure this is very similar to the schedule of most teenagers. And, why a lot of us aren't reaching our full potential in what we do.

"Everybody has a responsibility to look at what we know about teen sleep, and stop trying to continue to pursue the

same timing from years ago just because it's what we're used to doing. We need to adjust and create a balance to the current times of society," Dr. Emsellem said.

The next (and last) quote is my favorite...and something I totally agree with. "Teens are responsible to have a petition in their schools to change start times. Parent associations need to rise up and tell the administration that they don't want their kids educated at a time when they can't learn. Everybody has to work together to make this change."

For more information on Dr. Emsellem and teen sleep, visit [www.snoozeorlose.com](http://www.snoozeorlose.com)

Guests that also appeared this month on Teen Talk: Chris Arnott, the Lowell

Humane Society, Jessica Belt, the Massachusetts Educational Financial Authority, Glenn Mello and Dan Lampariello, Dracut Scholarship Foundation

OFFICIAL TEEN TALK PROM RULES 2010! Written by Matthew Courtois and Tyler Dumont

1. Have fun!
  2. Be safe.
  3. Don't screw your date over and cancel on them...that's just not cool.
  4. Be yourself.
  5. Don't cause drama.
  6. Keep your phone off, you're at prom.
  7. Eat a lot of food.
  8. Don't be a jerk!
  9. Respect your date and yourself.
  10. Do not drink and drive.
- Don't be a statistic, be a teen.



Voted the Best...again

Two More  
Reasons to  
Visit Us



**SULLIVAN INSURANCE AGENCY INC.**

• Auto • Home • Health • Life • Business • Workers' Comp • Contractors

Here's two more reasons to contact the T.A. Sullivan Insurance Agency...

MIKE SULLIVAN has re-joined the family business that has served the Merrimack Valley for more than 45 years. Mike is thrilled to continue serving the people and businesses, by providing great products and services. To reach Mike, call 978-204-2758 or email him at [mike@tasullivanagency.com](mailto:mike@tasullivanagency.com)

T.A. Sullivan Insurance has been voted "BEST OF THE BEST" Insurance agency by Market Surveys of America for the 13th straight year.

### TWO CONVENIENT LOCATIONS

369 Merrimack St., Methuen  
(T) 978-681-8200  
(F) 978-681-7775

344 South Union St., Lawrence  
(T) 978-683-4700  
(F) 978-794-8570

We are  
expanding our  
real estate and  
insurance  
business lines and  
are looking to hire  
people that are  
in the business  
or are interested  
in learning!



# Amici's Pizzeria

North End Style, Thin Crust Italian Pizza

**\*We Deliver! 978-725-9339**

N. Andover, Andover, South Lawrence

OPEN: Mon-Sat  
11am-9pm  
Closed Sunday

OUR  
LARGE  
PIZZAS  
ARE 18"

SUBS,  
CALZONES



127 Waverly Road  
NORTH ANDOVER

NOW  
CATERING!

SALADS  
ITALIAN  
DINNERS

# GOLD IS UP!

RECORD BREAKING PRICES PAID NOW!

Buying Gold & Silver Jewelry  
In Any Condition.

Broken, Damaged \* Old or New!!  
**FREE APPRAISAL** Immediate Payment!

**DIAMONDS WANTED**

New England Precious Metals  
The Jewelry Buyers

2076 Revere Beach Parkway, Rt. 16, Everett, MA

Call 617-387-3800 Today

Positive ID to enter store • Licensed Jewelry Buyer



WHOLESALE PRICES TO THE PUBLIC

New in HAVERHILL.... Get all your supplies locally at:

# Quintana

Free delivery for local businesses! **Wholesale Outlet** *Monthly Billing!*

## Janitorial Supplies

Commercial or Household use:

\* cleaners \* floor strippers \* waxes  
\* brooms \* mops \* dusting rags \* sponges \*  
buckets \* gloves \* soaps/detergents \* ice melt

## Shipping Supplies

\* boxing \* bubble bags \* bubble wrap  
\* tissue \* tape \* mailers \* peanuts



## Paper Products

Commercial or Household use:

\* rolls \* cups \* roll towels \* toilet tissue  
\* dispensers \* paper plates \* napkins \* facial  
tissue



## ETC....

\* foil \* hairnets \* aprons \* straws \* bowls  
\* cutlery \* batteries \* metro shelving \* CRC



Open: Mon-Fri 9AM to 5PM, Sat: 8:30AM-1PM

558 River St., Haverhill \*800-499-1000 > Next to Ralph Pill & Giovanni's

# Milford Army Navy

MilfordArmyNavy.com

Military crests, insignias, patches, accessories and more for military personal, Military retirees and civilian personnel from all walks of life. Are you looking for that decoration you did not get? Now is the time to replenish what you deserve and for you collectors, you can finish off or add to your inventory.

**Badges, Ribbons, Medals, Crests,  
Mounts, Patches & MORE!**

We ship International

Army

Navy

Marines

Coast Guard

ROTC

National Guard

**Bill Gautreau**

(978) 640-6705 \* (888) 444-6950

email us at: pappy000@verizon.net

Mention this ad get 10% off (Material only)

Evenfall Restaurant

# Celebrate the taste of Spain!

Special dinner experience celebrating the food, music and culture of Spain! A sizzling night awaits you with a special menu, glass of wine and a live Flamenco Dance Show!

**Friday, April 23** at Evenfall Restaurant

8 Knipe Street (Route 125) Haverhill, MA

Doors open at 6:30 pm — dinner served at 7:15 pm

\$55 per person

Purchase Tickets at Evenfall Restaurant or by visiting [www.drinkwaterproductions.com](http://www.drinkwaterproductions.com)

## Assisted Living Center ~ Salisbury

**An Affordable Solution  
to Your Assisted Living Needs**

- When you are seeking a *safe* alternative to living at home alone, turn to the *Assisted Living Center – Salisbury*.
- When you are looking for a *socially stimulating* environment, turn to the *Assisted Living Center – Salisbury*.
- When you are searching for an all inclusive, *affordable* senior residential alternative, with your own private unit & bath, turn to the *Assisted Living Center – Salisbury*.

**Assisted Living Center – Salisbury**



**Where you Can Have it All  
Where you Can Afford it All**

**(978) 463-9809**

Ask about our:  
Medicaid Programs  
Veteran's Programs  
Rapid Response Occupancy Program

19 Beach Rd. • Salisbury, MA 01952  
[www.assistedlivingcenter.org](http://www.assistedlivingcenter.org)



# Home Theater Innovations

Licensed & Insured

## Premium Flat Panel TV. Installation

- \* Any size flat panel on wall
- \* Hiding all wiring within wall
- \* Up to three componets
- \* No Electrical

**\$175.00** Compared to  
~~\$399.00 - \$599.00!!!~~

Available 7 days a week  
2 hour window

Next Day Service is Available

**Call Today for Your FREE Estimate!**

Main: 978-685-0111 Cell: 978-265-6225

Email: [jcrow@HITInstalls.com](mailto:jcrow@HITInstalls.com)

Serving MA, NH, ME, CT, NY



Is your child's school ready  
for an emergency?

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

**This Device:**

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

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



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

Call us at 800.984.6488 or visit our website: [www.lancer1inc.com](http://www.lancer1inc.com)



# LOWELL DEVILS PLAYOFF TICKETS ARE ON SALE NOW



CALL OR LOG ON TO ORDER YOUR TICKETS

# 978-458-PUCK

[WWW.LOWELDEVILSHOCKEY.COM](http://WWW.LOWELDEVILSHOCKEY.COM)



# Devils earning playoff spot

**Shawn Hansen**  
VALLEY PATRIOT SPORTS WRITER

This season through the month of March, the Lowell Devils have stayed in the chase for the fifth playoff spot in the Atlantic Division of the American Hockey League. Despite losing nine out of 13 games this past month, the New Jersey affiliate has played a handful of close games.

On March 19, before the game, Devils goaltender #31 Jeff Frazee bobble heads where given away to the first 2,000 fans who showed up to the game.

Having the honor of being transformed into a bobble head, Frazee said, "It was pretty exciting. I never thought I would get something like that, and it was pretty exciting."

With the game underway, the Bruins took control of the game first with 16:05 on the clock as #2 Andrew Bodnarchuk scored his fourth goal of the season.

With 11:17 on the clock, the Bruins squeezed their second goal of the night past Devils goaltender #31 Jeff Frazee on a goal from #25 Jordan Knackstedt's 13th goal of the season.

Out shooting the Bruins 16-9 in the first period, the Devils cut the lead in half as #12 Tim Sestito scored his 17th goal of the season to make it 2-1. Minutes later, #8 Mikko Lehtonen scored on a break-away with 6:53 left in the second period

to put the Bruins ahead 3-1.

In the final period of play with 17:26 on the scoreboard, Bodnarchuk scored his second goal of the night to make it 4-1 Providence. A little over 10 minutes remaining in regulation, #23 Michael Swift of the Lowell Devils scored the last goal of the night with 8:17 falling to a 4-2 deficit.

On a weekend with three consecutive games, the Devils took one away from the Portland Pirates.

March 20, the Devils jumped on the scoreboard first when Swift netted his 16th goal of the season with 17:58 on the clock. Later on in the period, #8 Cody McCormick tied up the game 1-1 with a shot that passed Devils goaltender #1 Mike McKenna.

In the second period, the Pirates took a 2-1 lead on a goal scored by #11 Tyler Ennis. Moments thereafter with 2:42 left in the period, Swift tied up the game 2-2 with his 17th goal of the season.

The third period went by in a blur as nothing happened until overtime when



PHOTO: SHAWN HANSEN (c) 2010 VALLEY PATRIOT, INC.

#28 Cory Murphy snuck in Lowell's third and final goal of the night taking the 3-2 win.

Talking about scoring the winning goal, Murphy said, "It's nice to get the win, and the points for us now are very important, so its good to chip in and help." He said with the last few games the Devils have in the regular season, its important to bare down, put some wins together, and grab every point they can.

The night after the Devils squeezed by Portland, a circus match came to town as 11 goals where scored between both teams in the game against Worcester.

In the first period, with the clock dwindling down to 7:52, the Sharks struck the boards first from #53 Brandon Mashinter's 19th goal of the season. A few minutes later with 5:33 on the clock, Murphy tied everything up with his 5th goal of the season.

With 57 seconds into the second period, the Worcester Sharks #23 Danny DaSilva scored to make it 2-1.

In the span of 1:09, Swift netted two goals to give Lowell the 3-2 lead. The Sharks then went on a feeding frenzy with goals by #15 Steven Zalewski at 12:46, #24 T.J. Trevelyan at 7:58, and #7 Jon McCarthy at 4:25. The frenzy put the Sharks on top of the Devils 5-3.

After nearly nothing happened in the first period, the second period had a combination of six goals on 31 shots between both teams.

The third period was pay back time as #11 Stephen Gionta scored his 14th goal of the season to cut the lead to one.

15:53 – The Lowell Devils #11 Stephen Gionta scores to make it 5-4. His 14th of the season. Just 7:32 after coming within a goal of the visiting Sharks, #25 Nick Palmieri scored his 21st goal of the season, knotting everything up 5-5.

After tying up 5-5, this match went into a shootout as nothing happened in sudden death. In four rounds of the shoot out, #21 Benn Ferriero, #7 John McCarthy, and #24 T.J. Trevelyan scored for Worcester to take home a 6-5 win.



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

# River Hawks go professional

**Shawn Hansen**  
VALLEY PATRIOT SPORTS WRITER

Graduating from University of Massachusetts Lowell, seniors Carter Hutton, Ben Holmstrom, Nick Shaus, Jeremy Dehner, Barry Goers, and Nevin Hamilton are all excited for more then one reason. These five seniors who have all played four years of hockey for the UML River Hawks have all signed contracts with NHL teams.

Signing with the Adirondack Phantoms, the affiliate of the Philadelphia Flyers, Hutton and Holmstrom will skate on the ice together as they did in college.

Inking the deal with the Phantoms, Hutton said reaching the professional hockey level has always been a goal of his. "It was always a goal of mine, there's always a dream growing up, whether its playing street hockey, or on the outdoor rink it was to play pro hockey," he said.

Hutton said he started playing organized hockey at the age of five while living in Thunder Bay, Ontario. Growing up, he looked up to Steve Yzerman of his favorite team, the Detroit Red Wings. He said he would like to emulate goaltenders Martin Brodeur of the New Jersey Devils, and Miikka Kiprusoff of the Calgary Flames.

In his career as a River Hawk, Hutton created college records with 10 shutouts,

2.33 goals against, and .193% ties Nevin Hamilton for save percentages. "It's nice to have those, and the biggest thing is it was a great four years," said Hutton. "Unfortunately we didn't get to win a championship, but we had a great run last year to the Hockey East finals, and that's something you'll always remember, and you always take back the memories you have with your teammates."

His new and future teammate Holmstrom said he was overwhelmed with excitement when first signing with the Phantoms. "It's always your dream to get a chance to play pro hockey. The opportunity right now is pretty exciting, and I'm looking forward to my career," he said.

Growing up in Colorado Springs, Colorado, Holmstrom started playing hockey at the age of five. As a River Hawk, he said his favorite memory was his junior year playing at the T.D. Bank Garden when they beat Northeastern in overtime.

Signing in Virginia with the Norfolk Admirals, Dehner said, "It's great. I was able to come down here, and get my foot in the door."

Growing up in Madison, WI, Dehner said he used to play hockey all the time with his cousin, and brother. He said his family was

huge fans of the sport, especially because his uncle played in the NHL.

"When we were kids, we always watched the games, and thought it was real cool to have an uncle playing in the NHL. That made us more excited about it," he said.

Dehner always followed whatever teams his uncle, Gary Suter was on. He followed the Calgary Flames, Chicago Black Hawks, and San Jose Sharks. Overwhelmed to play for the minor league team of the Tampa Bay Lightning, Dehner said, "It's a great city down here. When you get down here, coming up it's a 30 game college season, and down here they already played 70 games of hockey."

Excited to play for the Wranglers, Goers said, "It was a pretty exciting moment, it was ecstatic, you couldn't wipe the smile off my face, I was so happy. I worked my whole life to play professional hockey, and this is just a great opportunity for me."

"It was a great four years. Some of the biggest highlights were my junior year making it to the hockey east championship playing down at the Boston Garden. It was a tough game, didn't go our way, but being in the playoffs, going that far with the guys is a great experience."

From Ivyland, Pennsylvania, Goers started playing the game of hockey at the age of seven.

"A funny story, growing up, my family actually lived in Las Vegas when I was about kindergarten to first grade," said

Goers. "We moved to Albany, NY and that's where I started playing hockey because that's what everybody did up there. I started playing when I was seven, lived there for three years, and then moved down to Philadelphia."

As a kid, Goers said he always used to watch the Philadelphia Flyers with his father, and go to a number of playoff games against the Toronto Maple Leafs.

Growing up in Buffalo, NY, Shaus was an avid Sabres fan that looked up to Dale Hawerchuk, Pat LaFontaine, and Eric Lindros. Signing with the San Jose Sharks organization, he said, "I figured it was the best fit for me in my future of hockey."

Shaus said he played with and against some of the players on the team. He played with Nick Petrecki, Tony Lucia. He played against James Marco, Mat Irwin, Dennis McCauley, Jon McCarthy, and Steven Zalewski.

"I kind of know what type of players they are, and how I would fit in with them as a group," said Shaus.

Last but not least, goaltender Hamilton signed with the Providence Bruins.

With a few last words to their River Hawk teammates, everyone ironically said the same thing. The final remarks these five 'Hawk alumni left their teammates were words of wisdom encouraging one another to have a good career, and that hopefully one day they can reunite, and play on the same team, or against each other.

## ESSEX PHYSICAL THERAPY & CHIROPRACTIC OF ANDOVER

Dr. Michael Provenzano is pleased to announce the opening of Essex Physical Therapy and Chiropractic of Andover located at 16 Haverhill Street in Andover.

Dr. Provenzano, the areas only doctor of chiropractic and physical therapy has been providing care to the residents of the Merrimack Valley for over 10 years. His unique clinical and academic experience affords him the ability to treat all your musculoskeletal needs including neck and back pain, as well as shoulder, hip, knee and ankle conditions.



Dr. Michael Provenzano

NOW WITH THREE CONVENIENT LOCATIONS IN THE VALLEY!

493 Essex St.  
Lawrence, MA  
(978) 686-7111

16 Haverhill St.  
Andover, MA  
(978) 470-1499

Messenger Chiropractic  
89-93 Washington St.  
Haverhill, MA  
(978) 374-0700



CATERING TO ALL YOUR NEEDS

\*Political Functions \*Retirement

\*Graduations \*Special occasions

Come  
watch  
the B's

615 South Union Street, Lawrence, MA  
Phone: 978-687-9321 - Fax 978-687-9162  
Across the street from the Valley Forum

Wide  
Screen  
T.V.

Call or visit our website @ [www.jbrians.com](http://www.jbrians.com)





<b>Amesbury, MA</b> 84 Haverhill Street (Rte. 110) 978-388-5400	<b>Belmont, NH</b> 96 Daniel Webster Hwy. 603-524-0097	<b>Billerica, MA</b> 328 Boston Road (Rte. 3A) 978-671-9393	<b>Campbell, CA</b> 533 E. Campbell Ave 408-376-0553	<b>Cape Coral, FL</b> 910 East Cape Coral Parkway 941-540-7373	<b>Chelmsford, MA</b> 296 Chelmsford Street 978-256-7997	<b>Concord, NH</b> 80 Storrs Street 603-226-0297	<b>Derry, NH</b> 2 Lenox Road (Jct. Rte. 28) 603-425-2626	<b>Everett, MA</b> 366 Broadway 617-381-7899	<b>Fitchburg, MA</b> 89 Whalon Street 978-345-1111
<b>Hampton Beach, NH</b> 191 Ocean Boulevard 603-926-1313	<b>Haverhill, MA</b> 95 Winter Street (Rte. 97) 978-521-7575	<b>Hooksett, NH</b> 1328 Hooksett Road 603-622-5151	<b>Ipswich, MA</b> 326 High Street (Rte. 412-4138)	<b>Lowell, MA</b> 1201 Bridge Street (Rte. 38) 978-441-1717	<b>Manchester, NH</b> 296 South Willow Street 603-623-6565	<b>Marlboro, MA</b> Post Road Plaza, 2228 East Main St. 508-624-7257	<b>Merrimack, NH</b> 501 Daniel Webster Highway 603-424-3000	<b>Methuen, MA</b> 163 Howe Street 978-683-2525	<b>Middleton, MA</b> 210 A South Main Street 978-774-7411
<b>Millford, NH</b> 180 Elm Street 603-672-5544	<b>Millford, MA</b> 206 East Main Street 508-473-1234	<b>Morgan Hill, CA</b> 301 Vineyard Town Center 408-778-2162	<b>Nashua, NH</b> 24 East Hollis Street (Rte. 111) 603-578-5858	<b>North Andover, MA</b> 490 Main Street 978-689-7374	<b>Salem, NH</b> 29 North Broadway (Rte. 28) 603-894-6767	<b>Salisbury Beach, MA</b> 18 Broadway 978-499-9757	<b>Seabrook, NH</b> 380 Lafayette Road (Rte. 1) 603-474-9999	<b>Tewksbury, MA</b> 2500 Main Street (Rte. 38) 978-694-7676	<b>Tyngsboro, MA</b> 440 Middlesex Rd. TJ Maxx Plaza 978-649-4600

# Salvatore's

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

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

[www.salvatoresboston.com](http://www.salvatoresboston.com)

## The Finest Dining

Three small images of food: a salad, a pasta dish, and a dessert.

# Mary's

**PASTA & SANDWICHES**

Catering Available

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

**Chelmsford, MA**  
296 Chelmsford Street  
978-256-7997

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

# Sal's PIZZA

**HOME OF THE**  
**19 INCH**  
**3 LB. PIZZA**

# NOW THAT'S A SLICE!

...YET ANOTHER SAL'S  
PIZZA FRANCHISE  
OPENING IN **NORWELL**  
AND **STURBRIDGE, MA**

**OWN NEW ENGLAND'S  
MOST EXCITING NEW  
FRANCHISE!  
EASY TO OWN!  
EASY TO START!  
Call now...  
978.729.4682**



## Attorney Ellen Shimer-Brenes, Esq



213 Elm Street, Suite 3, Salisbury  
91 Main Street 3rd Floor - Andover

### Employment Law

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

### Criminal Law

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

### Family Law/Domestic Relations

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

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



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



**Mention this ad get 10% OFF your order**

[www.omnidp.com](http://www.omnidp.com)

e-mail us at [lawrence@omnidp.com](mailto:lawrence@omnidp.com)

#### In Lawrence

92 S. Broadway,  
Lawrence, MA 01843  
(978) 686-3875  
Fax - (978) 683-9941

#### In Lowell

287 Appleton St  
Lowell, MA 01852  
(978) 459 - 2109  
Fax (978) 452-8879

Kishor Shah



Printing, copying,  
typesetting, graphic  
design and MUCH MORE!

Mon. - Fri. 8am-6pm  
Sat. 9:30am-2pm  
Sun. CLOSED

## WANTED TO BUY OLD PAPER MONEY

### And Coins



**Free Appraisals - Cash Settlements**

**Call: 978-884-6641**



10% off your first cleaning with this coupon

# ROSE

## Professional Cleaning



Bonded and Insured



Free Estimates  
Prof. References Available

Your Custom Maid Service for the New Millennium

Professional  
References  
Available

call

**(978) 372-7687**

We Clean:  
Houses, Offices,  
Condominiums,  
Specialized  
Cleaning

We are Very Thorough \* We Furnish All Supplies



# Granite State Computers

**We are your full service, sales and  
computer repair company.**

**Our associates come to you for all  
your computer and networking needs  
at no additional charge.**

**With offices throughout  
New Hampshire for your added  
convenience.**

**Call Us Toll Free at 1-877-691-6091**

**[www.granitestatecomputers.com](http://www.granitestatecomputers.com)**

**No Tricks. No Gimmicks. Just Quality Service.**





# Legislative priorities for Veterans, Part II

**John Lenotte**

VALLEY PATRIOT VETERAN COLUMNIST

Despite what we often hear and read, it is not all bad news. Here is one example:

PepsiCo has officially announced that The American Legion's Operation Comfort Warriors will be awarded a \$250,000 grant from the soft drink giant after finishing first in voting during February's Refresh Everything Project. Internet voters were able to choose which of 729 competing charities would receive grants of \$5,000, \$25,000, \$50,000 or \$250,000. The top three finishers in the \$250,000 category are receiving the grants.

Since December 2008, the American Legion family has raised funds for Operation Comfort Warriors, a program dedicated to meeting the needs of wounded military personnel, providing them with comfort items not usually supplied by the government. OCW ensures that patients at U.S. military hospitals and warrior transition units are given items like sweat suits, DVDs, puzzles, electronic devices, books, calling cards and more. The American Legion pays all administrative costs for the program, meaning 100 percent of the donations, including the grant money, will go directly to purchasing items for the troops.

On another note, VA Secretary Eric Shinseki announced last year his goal of ending veteran homelessness. The VA took a step toward helping that cause earlier this week with the launching of its National Call Center for Homeless Veterans, a phone service that links homeless and at-risk veterans, their families and

other interested parties to appropriate VA and community-based resources. Callers can speak with trained VA staff personnel at (877) 424-3838, 24 hours a day, seven days a week.

The VA also launched an online Homeless Veterans Chat service, which can be accessed at VA's Homeless Veterans Web page. Homeless Veterans Chat provides an outlet for veterans, their families and friends to go online and anonymously chat with a trained VA counselor. The online feature is intended to reach out to all homeless or at-risk veterans regardless of whether they are enrolled in the VA health-care system.

While this is admirable and very much needed, a bigger issue is the claims backlog at the VA. I have seen different numbers at various sites but most would agree the count to be at about 1 million. The VA is working hard but more claims are coming in. And the VA is way behind on technology. Let's not reinvent the wheel. These veterans are hurting and need help today, not years from now or worse, have the claim approved after they are dead. We must urge Congress and the administration to keep this problem moving in a fast direction. These men and women answered the call to duty. They deserve to be taken care of.

In a follow up on last month's article about the American Legion's legislative priorities. Representatives from the Department of Massachusetts American Legion and Auxiliary met with Senator Scott Brown and one of his staff in the Senate building. Several of us went on to

the House office buildings. I was able to meet with a staff member in Niki Tsongas' office.

The response from Congresswoman Tsongas is that she is fully supportive of the American Legion's Legislative Priorities, and as a Member of the Armed Services Committee is working to advance these initiatives and ensure they have adequate funding.

In addition, she is initiating legislation to make it easier for service members and veterans to have seamless access to their health information and benefits online through a Veterans Knowledge Online (VKO) web portal.

The Department of Defense and the Department of Veterans Affairs are pursuing interoperability efforts for health care and health records in order to better support wounded, ill and injured service members, veterans and their families. The FY2008 NDAA mandated DoD and VA accelerate their exchange of health information and develop capabilities for record interoperability. Although health record interoperability is a step in the right direction, it is only one aspect of providing seamless support to service members as they transition to veteran status. A major gap in the continuum of support is the lack of a single, core information management system. Service members on active duty or in the reserves/National Guard have electronic access to their service records, benefit information, educational information, pay/finance information, etc., through a premier, single log-on, IT management system; Army Knowledge Online/Defense

Knowledge Online (AKO/DKO).

The Congresswoman's VKO initiative will direct the Department of Defense and the Department of Veterans Affairs Interagency Program Office (IPO) to conduct a feasibility review of creating a veteran specific enterprise web portal based on the AKO/DKO Net-Centric Enterprise Service platform. The Interagency Project Office will examine the suitability and feasibility of providing a veterans knowledge portal that provides the services such as file sharing and collaboration, forums, VA wide announcements; and official military personnel files -- all in a secure and accessible format.

I would like to note that I have found Niki and her staff overall to be responsive to my comments and suggestions. She has set up a veterans advisory committee with members from throughout her district. This is more than some other US Representatives have or are doing in their districts. We may not always agree but Niki is willing to at least listen.

Now, will you let your voice be heard to our elected officials at the National, State and Local level?

Can you stand up and be counted? It is not very hard to do. And we have men and women making daily sacrifices so that we have our freedoms.

We should at least take care of them.



*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*

## The woman veteran

**Susan Piazza**

VALLEY PATRIOT VETERAN COLUMNIST

First I would like to take a moment to congratulate Sara Hayden, WWII Women Air Force Service Pilot (WASP) for receiving the Congressional Gold Medal. This pioneer helped paved the way for me and many other women to join the military during wartime. I will always be grateful to this amazing woman for her actions. My adjutant while at the American Legion, this groundbreaking woman still works tirelessly to inspire and assist women, and men, today. A well-deserved and long overdue honor, I am glad she was able to attend and enjoy this ceremony. Well done Sara! God bless you and keep you active.

Now in keeping with the theme of the woman veteran I would like to give our women veterans some information and resources they might not otherwise be privy to.

The Women Veterans' Network under the MA Dept. of Veterans' Services in Boston is a resource all women should be aware of. This organization regularly holds seminars, speaker luncheons and Wellness Fairs among other events. Woman veterans need to be registered with this office because their events are often publicized only through their e-mails. Case in point, they recently held another Wellness Fair; unfortunately I received their e-mail after

the March Valley Patriot went to press and the Fair was held before the April issue of the Valley Patriot hit the newsstands. This event dealt with ways to promote a healthy lifestyle, it offered yoga classes, mixed martial-arts, hands on holistic treatments (acupuncture, Reiki), massage therapy, aroma therapy and nutritional info. Their events are quite comprehensive. To receive their e-mails and newsletters register with Women Veterans' Network by e-mail at: Panayiota.Bertzikis@state.ma.us. Or register at the states website [www.mass.gov/veterans](http://www.mass.gov/veterans). This website is not limited to women veterans. This site has information on soldiers' homes, cemeteries, suicide hotlines, etc. It is set up for easy access to information. Another means of registering with the Women Veterans' Network is by telephone at: (617) 210-5778 or register by fax at: (617) 210-5755. For users of Twitter or Facebook you can follow them at: [twitter.com/womenveterans](https://twitter.com/womenveterans) Or friend them at: [facebook.com/womenveteransnetwork](https://facebook.com/womenveteransnetwork).

The Bedford VA Hospital has numerous services that they offer for female veterans. Preventative health care procedures such as cervical and breast cancer screening are provided. Contact the Primary Care Women's Health office at: (781) 687-3211. Any questions regarding the Women's Health Program can be ad-

dressed to Margaret Russell, LICSW, at: (781) 687-3283.

The Mental Health Clinic & the Center for Psychotherapeutic Change (CPC) at Bedford offers group and individual therapy. For information call: (781) 687-2347. There is also a PTSD & Returning Veterans Program that holds group and individual therapy specifically for PTSD. An ongoing Women's Drop In Group is supposed to be held from 1230-2. However when I called for confirmation and location there was sketchy knowledge of the program and no knowledge of the location. But call the 2347 number anyway. They were embarrassed that they did not have the information I sought. I think that after my inquiry they will do some further checking on this program they offer. I will continue to follow up as well and provide an update to this information in a future article.

As more women serve in the military the number of homeless women veterans has increased nearly doubling over the last decade according to VA statistics. Many of these women, single mothers, fall through the cracks. (The VA has a good record of reaching out to and helping the male homeless veteran). Women with children have specific needs that need to be addressed. A website, for those who are homeless or are on the verge of becoming homeless, is:

[http://www.boston.va.gov/services/social\\_work/women\\_home.asp](http://www.boston.va.gov/services/social_work/women_home.asp)

Another important program is the Women's Integrated Treatment and Recovery Program located at the Brockton VA. This program was specifically designed for female veterans who have problems with PTSD and substance abuse. This medical center can provide a 12 week residential program for those in need. For further information contact the clinical director

Dr. Sharon Baker. If you feel that this service may be something you could use I suggest calling prior to urgent need; unless changed, the program takes a total of eight women at any one time. The website for this information is: [http://www.boston.va.gov/services/women/mental\\_health\\_women.asp](http://www.boston.va.gov/services/women/mental_health_women.asp)

The Dept of Veterans Affairs has a website dedicated to health care for women veterans, you can find further information at their website: <http://www.publichealth.va.gov/womenshealth/index.asp> If you are not enrolled in the VA Health care system contact the VA at (781) 687-2275 or (781) 687-2597. They will assist you in the necessary paperwork needed to enroll.

If you'd rather enroll in a VA facility, refill VA Prescriptions, or manage your health care online visit [www.myhealth.va.gov](http://www.myhealth.va.gov). One needs to sign up and register prior to using specific sites at My HealtheVet. There is a section on this web site for returning service members (OEF -OIF). There is also a section for VA mental health services. I took the virtual tour; it was comprehensive and easy to understand and follow.

I hope this information is of some help. I will continue to make updates as they become available.

As always, I pray all our service men and women, here and abroad, stay safe. May god bless them and may god bless this great democracy, this United States of America. Until later, I remain, Sue Piazza, Past Commander, Chapter 2 Queen City, D.A.V.



*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*

  
**Assisted Living Center ~ Salisbury**

**An Affordable Solution  
to Your Assisted Living Needs**

19 Beach Rd. • Salisbury, MA 01952  
[www.assistedlivingcenter.org](http://www.assistedlivingcenter.org)



# SCARPIGNATO: From page 1

they were in the Pacific. On the way, the ship was instructed to take part in gunnery practice. Dominic was assigned to man a 40mm gun and set to his task. It was a 1150 pound gun that shot 120 - 160 rounds per minute. It was the most efficient close-in air defense weapon on any warship during WWII and manning it was no mean task. Dominic set to his task with determination. While it was a routine task, there really is nothing routine about dealing with such a deadly piece of equipment and, at one point during the practice, a shell from the gun, exploded violently and Dominic was hit. A piece of shrapnel from the exploding shell pierced young Dominic's chest. Fortunately no one else was injured. Dominic was given medical care aboard the ship and recovered from his wound by the time they reached the Pacific Islands on January 5th, 1943. They stayed in New Caledonia for about a month and then were ordered to sail with their task force to act as a cover group in case the US met any enemy fire during their withdrawal from Guadalcanal.

On January 29th they were given orders to intercept a Japanese fleet. By nightfall of that evening they were under attack from Japanese planes. One of the ships that the Conway was sailing with, the USS Chicago, was hit by two torpedoes and was paralyzed. The next day the Conway and the USS Lavallette were in charge of towing the Chicago back to port. They set about following their new orders. At about 4 p.m. that afternoon they received alarming information; the Japanese had sent twin engine bombers after the three ships. Almost instantly, chaos broke out aboard the ship. A few minutes later they were under attack by a second enemy torpedo air attack. The Chicago was hit five more times and, ultimately, sunk. Dominic, along with the other gunners on the Conway, continued to fire at the planes above and, with the help of the Army Air Corp, they were successful in shooting down almost all of the eleven twin engine bombers that had attacked the three ships.

Soon after the battle, the Conway

was ordered to make its way through the islands. They had a short stop on an island called Tuilagi. Scarpignato recalls the event saying "a torpedo boat pulled up aside our ship and a crowd gathered around. I couldn't really see him, but a tall lanky guy came aboard. He said he was from Boston and, since our ship was commissioned there, he headed up to the captain's quarters to see if he knew anyone. Later we found out that the guy's name was Lieutenant Kennedy. We had no idea at that point that we were standing inches from a future president."

On August 15th 1943, Dominic encountered one of the toughest experiences in the war that he ever had to face. The Conway was ordered to Vella LaVella in the Solomon Islands. Early that morning the crew of the Conway found itself, once again, under air attack. Over and over again throughout the day they were subjected to intervals of relentless fire. Despite these waves of bombardment, the Conway came out unscathed. Despite repeated vicious onslaughts from the enemy, the Conway sailed under a lucky star, always managing to emerge unharmed.

In late August of 1944, Dominic and the USS Conway made their way back to the United States after 21 months of continuous service outside of the U.S. The men of the Conway were given a 30 day leave. Dominic didn't have to think twice about what to do with his time; he made his way back to Lawrence, Massachusetts. He recalled taking his first walk down Broadway: "I had just gotten here and was walking down Broadway and someone spotted me and called my mother. Before I knew what was happening, she was chasing me down Broadway". Not only was that reunion with his mother one that remains close to his heart but reuniting with the love of his life, Mary Marchese, also of Lawrence, was one that he has and always will treasure. Not more than a few weeks later he proposed to Mary and married her at Holy Rosary Church in Lawrence on his 30 day leave. They then set off for a honeymoon in New York city. That honeymoon



was cut short when the Navy had need of Dominic Scarpignato. He was to report back to his ship in San Francisco; just one more in a long line of sacrifices he made with neither complaint nor reserve.

After Dominic returned from his 30 day leave, the crew set out for the Pacific again. He finished his deployment on the Conway during the next two years serving in Korea and in China. In 1945 he served a short stint in Washington D.C. at a naval school. In 1946 Dominic was honorably discharged from the navy and returned to Lawrence, to his wife, Mary, and to his family. In all, the USS Conway was responsible for sinking 2 cruisers, and 1 merchant ship. They were credited with shooting down 9 planes, and participating in 33 island invasions. After 4 years of service Dominic had also been awarded a total of 10 battle stars. Despite over 40 confrontations in the Pacific, the Conway had never been hit. After returning home, Dominic returned to the Lawrence Wood Mill and later worked at the Lawrence Packaging company. He and Mary had one son.

Dominic is a special kind of person,

one of that "greatest generation". In keeping with that fact, Dominic, in 1963, seventeen years after he left the Navy, joined the Navy Reserves. He continued to serve his country as a reservist from 1963 to 1979. He served in Newport RI and on a few different ships including the USS Galveston, the USS Valley Forge, and the USS Ranger. Even today, Dominic still continues to serve his community. As a volunteer in the city of Lawrence, Dominic serves as a greeter and many other different roles at the Mary Immaculate housing center. This past year he was awarded by the city with a certificate for his 20 years of voluntary service. Dominic may not see his contribution as heroic, but we do. Dominic gave his life for his country numerous times without a second thought. Because of men like Dominic, we have the freedom to honor his achievements as a patriot today!



Gary Manion is a former candidate for Lawrence City Council and a student at Merrimack College. You can email him at [manniong@merrimack.edu](mailto:manniong@merrimack.edu)



Anne Marie  
Concemi  
Chief Mortgage  
Planner

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

[www.firstinteg.com](http://www.firstinteg.com)



**FIRST  
INTEGRITY  
MORTGAGE LLC**

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

[aconcemi@firstinteg.com](mailto:aconcemi@firstinteg.com)

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701

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



**Tepthida Khmer**

FINE CAMBODIAN CUISINE

[www.tepthida.com](http://www.tepthida.com)

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



**5% Discount  
for Military  
Veterans**

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

**meineke**  
car care center

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

[www.meineke.com](http://www.meineke.com)

Conveniently located next to CVS on South Broadway



**Basic \$19.95**  
Oil Change Service

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

PLUS TAX\*

**TO OUR  
BRAVE  
VETERANS,  
THANK YOU!**



\* Includes up to 5 quarts of standard motor oil and a standard filter. Valid on most cars and light trucks. Additional disposal and shop supply fees may apply. Special oils and filters are available at additional costs. \* Offer Expires 2/5/10





**"TAKE YOUR BEST SHOT  
OF THE HISTORIC  
ROLLINS SCHOOL"**

APRIL 15, 2010 TO MAY 15, 2010  
**DEADLINE FOR ENTRIES**

**\$ 50 PRIZE**

**\*Note: Attention all alumni and friends  
of the Rollins School. We are looking  
for books, pictures or other  
memorabilia of this historic building  
for future museum in the Tower of the  
Rollins School.**



**PHOTOGRAPHY CONTEST**

**Rollins School  
451 Howard Street  
Lawrence, MA 01841  
978.722.8190  
Attn: Mr. O'Keefe**

## LACE computer Center

Elder Services of the Merrimack Valley, Inc. announces that its Lace Computer Classes "Learn About computers Everyday", located at 360 Merrimack Street, Lawrence is now accepting registration for its Winter computer classes beginning the week of April 19 2010. Application cutoff is April 13, 2010. All Classes are based upon the Windows Vista Operating System - Course Descriptions are as follows:

Intro to Computers Monday, 04/19/10 -05/24/10 - 12:30-3:00PM

Internet & E-Mail Tuesday 04/20/10 - 05/25-10 9:00-11:30AM)

Computer Creativity Tuesday 04/20/10 -05/25/10 (12:30-3:00PM)

Digital Camera Wednesday 04/21/10 -05/26-10 (9:00-11:30AM)

Intermediate Computer Class: Thursday 04/22/10 - 05/27-10 12:30-3:00PM

The Lace computer Classes are limited to 5 students per class. It offers a relaxed setting to learn computer skills. This session is 6 weeks, with two and a-half hour class scheduled, one day per week. The class fee is \$60. Advanced registration is required by April 13, 2010 For detailed information, please call 800-892-0890 ext 1516 and leave a message. Visit our web site <http://elderservices.tripod.com>

## Harry's Liquor Store

**Building 19 Plaza**

**239 Lincoln Ave  
Haverhill, MA**



**12 Pack Heineken  
\$13.39 + deposit**



**New South American  
Wine Selection**



**Absolut Vodka  
\$7.50-\$22.99**



## E.W. and Sons

**Oil Burning, Cleaning & Gas  
Drain cleaning, New  
Instalation and video**

**24 hour on call service**

**603-234-7462**

Lic. # 060185 - Fully Insured

**ON THE ROAD AGAIN!**

## Drivers Needed!

**Help us take Fun and Entertainment on the road!**

**PART TIME POSITIONS**

**Great hours for Seniors, Students or Others**

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

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

Apply to:

American Training, Inc. – Att: Human Resources  
102 Glenn Street, Lawrence, MA 01843

Fax: (978) 683-5124

E-mail: [DebbieLynch@AmericanTrainingInc.com](mailto:DebbieLynch@AmericanTrainingInc.com)

**LETTER CARRIERS' FOOD DRIVE**

IT'S THE DAY YOUR LETTER CARRIER CARRIES MORE THAN THE MAIL!

TO THE HUNGRY

U.S. MAIL

Saturday May 8

©2009 BKI

PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX. WE'LL DELIVER IT TO A LOCAL FOOD BANK FOR YOU. YOUR LETTER CARRIER

Logos: U.S. MAIL, PRIORITY MAIL, Campbell's, FEEDING AMERICA, United Way

**Considering having a website  
built or are in need of a redesign?**

**ASK US FIRST**

Create unlimited pages, blogs, calendars, photo galleries, menus, polls, sell products and more.... **Easiest website builder ever!**

**\$100 OFF**

Any new website we build and host  
Just provide this ad after contract agreement

Websites you manage and control starting at \$500

**VALCOM**  
Website Design & Hosting Internet Services

**978-689-4285**

**FREE CONSULTATIONS**

**COUPONS  
BLOGS  
ENTERTAINMENT  
COMMUNITY INFO**



**BUSINESS DIRECTORY  
CITY DIRECTORY**

**Discover  
methuen**  
online community network

**HEY METHUEN... YOU'RE GOING ONLINE!**

**New Marketing Opportunity  
For Methuen Businesses**

**LET'S DO BUSINESS WITH METHUEN BUSINESSES**

ADVERTISE ON YOUR COMMUNITY WEBSITE FOR ONLY 53 CENTS A DAY

Visit us at [www.DiscoverMethuen.com](http://www.DiscoverMethuen.com)  
for business membership info or call us at

**978-689-4285**





## Phil Burns REALTOR

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

"Call today for the personalized service you deserve."

  
**KELLER WILLIAMS®**  
R E A L T Y

Certified Real Estate Instructor

Each Office Independently Owned and Operated



213 Broadway, Methuen MA 01844

Company NMLS # 1961/NH - 14213-MBR  
We arrange, but do not make loans  
Licensed by the N.H. Banking Dept  
Licensed in MA # MB5202

andrew.distefano@maghomeloan.com

Andrew Distefano - Call My Cell: 978-423-4716

Please see  
our ad on  
PAGE 1



NMLS#16124

**980 WCAP**  
**Everybody Gets It!!!**

## TOWN MILL PAINTING & CONSTRUCTION



Interior/Exterior Painting  
Carpentry  
Decks & Deck Repairs  
Roof & Repairs  
Power Washing  
Small & Big Jobs

\*\*Senior Citizen Discount!\*\*

MA Lic. # 075518

(978) 683-8811

## POWER WASHING for HOME & BUSINESS

Office: (978) 683-0836  
Fax: (978) 682-5831  
Cell: (978) 360-7729



## FIELDING CONSTRUCTION, INC.

Additions, Kitchens, Baths  
Decks, Windows, Siding  
Remodeling

Pressure Washing & Snow Plowing



Lic # 059606  
Hic # 120179

www.dfielding.com

davidfielding727@hotmail.com  
Fully Insured



## W. J. WILDER Masonry Construction Co., LLC

General Contracting & All Types of Masonry

- Licensed
- Insured

Telephone  
(978) 469-1948

## ON YOUR SIDE BY YOUR SIDE

Criminal Defense Attorney

ROBERT CROWLEY LeBLANC, ESQ  
ATTORNEY AT LAW

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

LAWRENCE  
978-975-7500

BOSTON  
617-367-9082



## SHELDON A. FINE

ATTORNEY AT LAW

100 BRICKSTONE SQUARE  
SUITE G-4  
ANDOVER, MA 01810

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

ANN MARIE FORD

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

## Embroidery Loft

EMBROIDERY - CUSTOMIZING SPECIALISTS  
SILK SCREENING - DESIGN DIGITIZING

60 PINE ST. UNIT F  
METHUEN, MA 01844

978-681-1155  
978-973-2045

www.abwoodflooring.com



HARDWOOD FLOORS - HANDCRAFTED INLAYS - INSTALLED - SANDED - FINISHED  
CUSTOM DESIGN INSTALLATIONS - FREE ESTIMATES - FULLY INSURED  
RESIDENTIAL • COMMERCIAL

SINCE 1934

**978-681-1098**

Arthur Joncas

Bob Joncas



The Commonwealth of Massachusetts

NORTHERN PROCESS SERVERS  
SERVING ALL CIVIL PROCESS

RONALD BERTHEIM  
BONDED CONSTABLE  
NOTARY

252B PLEASANT ST  
METHUEN, MA 01844

TEL: (978) 685-0093  
FAX (978) 689-3377  
PAGER (978) 444-3353

northernprocess@comcast.net



# NASSAR -AND- SONS

AUTO BODY \* PRE OWNED VEHICLE SALES \* DETAILING \* SERVICE

1 Groton Street  
Lawrence, MA 01843  
Phone: (978) 688-6904  
Fax: (978) 689-3527

Henry Nassar

[hnassar@nassarandsons.com](mailto:hnassar@nassarandsons.com)

## Bill & Charlie's

### ROAST BEEF

**HOURS: MON - THUR. 11PM TO 9PM  
FRI - SAT: 11AM - 11PM  
SUNDAY: NOON - 6PM**



*Call Ahead and Pick up Your Order!*

**978-655-1634**

*66 Parker St. ... SOUTH Lawrence, Across from Haffner's*

**Roast Beef, Chicken Barb, BBQ Pulled  
Pork, Pastrami, Salads, Fries**

**FINALLY HOME MADE ROAST BEEF  
IS BACK IN SOUTH LAWRENCE!!!**