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JUNE, 2010
VOLUME 7, ISSUE 6

THE VALLEY PATRIOT

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Massachusetts State Trooper Sgt. Richard Cashin of Boxford honored in Washington D.C.



PHOTO: TOM DUGGAN

Family and fellow officers of Massachusetts State Trooper Richard Cashin gather on the lawn of the U.S. Capital after Trooper Cashin's name was added to the National Law Enforcement Officers Memorial and President Obama presided over a memorial service for the 116 police officers who lost their lives in the line of duty in 2009.

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VALLEY PATRIOTS OF THE MONTH

Carlos and Yoed Cameron

Gary Mannion

VALLEY PATRIOT HERO COLUMNIST

Carlos and Yoed Cameron are prime examples of heroes among us today. Born in Santurce, PR, and raised in Carolina, PR, Carlos and his wife Yoed were never strangers to the military. Husband and wife for thirteen years, they share not only a powerful love for each other but an enduring love for their country as well. The mother and father of three children their love runs just as deep for each of them. Military service is something that is not new to either of them; both have a long family history of military service. Yoed's grandfather, Miguel Toro,

served in the U.S. Army in the 1940's. Her brother and sister, Elie and Enid Santos, and her cousin Ramon Toro, are all Senior Airmen in the United States Air Force Reserve. Her uncle, Francisco Toro, was also a Senior Airman in the Air National Guard. Carlos's uncle, Miguel Marrero, is a Sergeant in the United States Marine Corps. His cousin, Hector Bayron, is a 1st Lieutenant in the United States Air Force. So, it is safe to say that they are very familiar with the military or, as Yoed puts it, "the Armed Forces is our family business."

CAMERON, page 44

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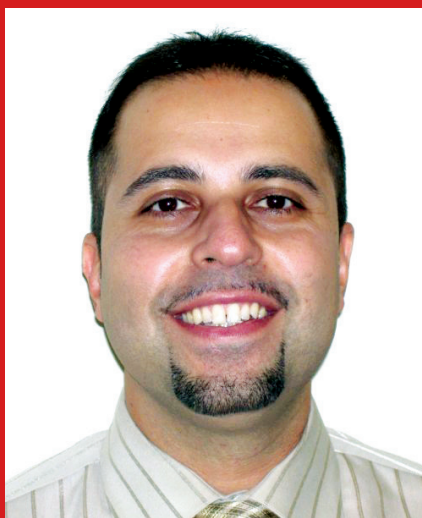
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EDITORIAL

Rep. Torrasi mocks voters, sides with illegal aliens

North Andover State Rep. David Torrasi has some nerve.

He was elected by American citizens in Lawrence and North Andover to represent their interests in the state legislature. When he took his oath of office he swore to preserve, protect and defend the Constitution of the United States ... not Mexico, Ireland or The Dominican Republic.

By definition his job is to protect the interests of the people who pay his salary. But Torrasi (like so many others) sees it differently. He thinks his job is to represent illegal aliens... nationals of foreign countries who do not belong here.

And to prove it, last month he voted against the Perry Amendment, which would have denied government benefits to illegal aliens in Massachusetts. Benefits that Torrasi thinks are more important than funding for the elderly, two closed fire stations in Lawrence, the laid-off police officers state-wide or the benefits Deval Patrick is cutting for mentally challenged children across the state.

Worst of all, in defense of his advocacy for illegal aliens, Torrasi purposely misrepresents his position as being "pro-immigrant" and uses the word "immigrants" interchangeably with "illegal aliens" to confuse the public about where he really stands.

He has said many times that those who oppose "illegal aliens" are de-facto "anti-immigrant", bigoted and discriminatory.

We find that laughable.

Elected officials like Rep. Torrasi can say they are "pro-immigrant" all they want but what does "pro-immigrant" really mean?

The fact is, every American citizen is either an immigrant or a descendant of immigrants ... those are the very people who oppose benefits for illegal aliens.

Those who are truly "pro-immigrant" are looking out for the interests of American citizens who are here legally and put their interests above all others. Those who are truly "anti-immigrant", those who are really bigoted, those who so willingly discriminate are the David Torrasis' of the world who side with illegal aliens over the very people (citizens) he has sworn to represent.

We find it disgraceful and Anti-American for any elected official to side with nationals of foreign governments over those very citizens who put them in office.

But we are not surprised that Rep. Torrasi is one of them. Torrasi has a long history of voting to give drivers licenses and in-state tuition to illegal aliens, and even opposed voter ID and residency requirements in Lawrence.

In a letter to a constituent (page 6), Torrasi mocks American citizens in North Andover who believe that "illegal" means illegal. He also purposely tries to mislead Latino Americans to believe that those who oppose benefits for illegal aliens are really targeting all Latinos based on race, and that HE is the white knight to save them against the evil, white, racists who want to drive them all out of this country because of their language or culture.

The fact is, Torrasi is spitting on every Latino (and every immigrant) who applied, waited in line, paid their fees and came to this country legally ... only to have their jobs and government benefits given to those who laughed at their efforts and broke our laws to come here.

We at the Valley Patriot just want the voters in North Andover (American citizens by definition) to remember all this when Torrasi comes up for re-election and he asks American citizens to cast their votes for him ... so he can once again, represent illegal aliens on Beacon Hill.

News tips

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Letters to the editor, columns and op/eds

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

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

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

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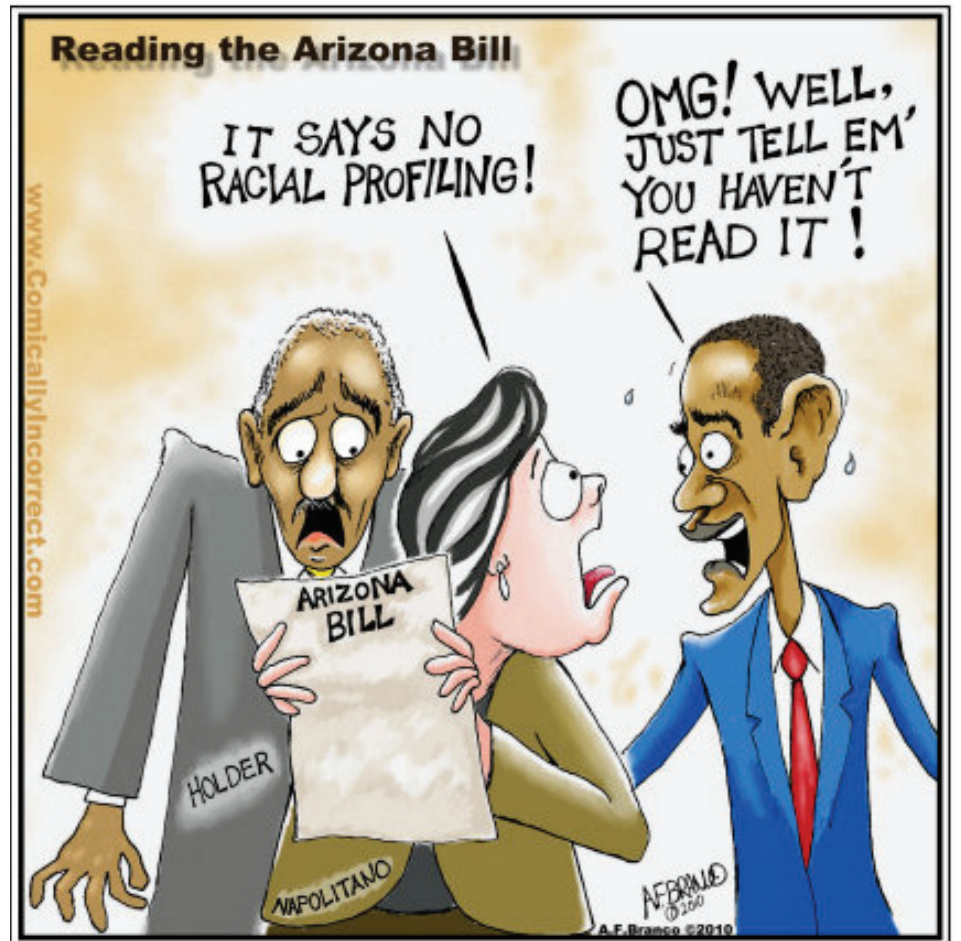
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Voters in the 17th Essex District, which includes parts of Lawrence, Andover and Tewksbury, have an opportunity to elect common sense leadership to Beacon Hill this November through the candidacy of Mr. Sal Tabit for State Representative.

I first met Mr. Tabit when he worked for the Essex County District Attorney's Office as an Assistant District Attorney. His hard work representing the Commonwealth and victims of crimes in the courtroom was impressive. As a prosecutor Attorney Tabit was always prepared and ready to ensure that justice was done.

However it is his passion for the community and the issues that impact all of us that impresses me most about Sal Tabit and his potential to be a State Representative. Sal serves on the Board of Directors of the Andover School of Montessori, is a member of the Merrimack Valley Chamber of Commerce and runs a small law practice from in the Merrimack Valley.

His wife is a physician deeply involved in public health and works in Lawrence.

At his crowded kickoff event, Sal out-

lined his family's history of immigrating from Cuba and the hard work his mother and father did to provide him with opportunity. Sal understands the concerns that families and small business have in these challenging economic times.

When we support and elect Sal Tabit as State Representative, we will have someone who will fight against tax increases and who will seek to roll back our state income tax to 5% and to repeal the state's recent 25% increase on sale taxes.

Sal understands that what is best for families and businesses is for Beacon Hill to get out of our way and off our backs. The towns of Andover, Tewksbury and Lawrence need a fighter for us on Beacon Hill - Sal Tabit will get my vote for State Representative.

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AS SEEN in "O" Magazine!

Senior Events in North Andover

Every day when you turn on your TV or the radio we hear how all the changes in the economy will end up impacting municipalities. How funding from the state will cause job cuts and many of our neighbors are in the unemployment line. With the Town Meeting behind us North Andover has a lot to be proud of.

Through the efforts of the Selectmen and the insight of the Town Manager and Finance Committee, the impact to the town of North Andover was minimal compared to surrounding communities. Most of the unions and all by-law employees in town, through the work of the Town Manager, supported no pay increases for FY11. It is never easy to deal with the fear of job cutbacks and budget cuts. The support we have received from town departments and the community strengthens our ability to continue servicing the elders of North Andover. This year our budget was level serviced. This means our budget was increased by the amount necessary for continual growth and to provide services projected through FY11.

We thank the Finance Committee, Board of Selectmen and Town Manager for their steadfast commitment to the community as a whole. 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. Support our Troops: Every month the Senior Center sends out a care package to Iraq or Afghanistan. We rely on the generous donations of the community to do this. Some suggested

items to drop off are: toiletries, magazines, books, powdered drink mixes, candy, snacks, AA batteries, sunscreen, hand sanitizer, granola bars, chapstick, and eye drops. (Drop your items off on Wednesdays.)

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! AAA Air Trip to TWO Red Sox Games, June 5 - 7 at Camden Yards between the Red Sox and the Orioles plus a day of sightseeing in Washington D.C. This trip includes Airfare, 2 nights hotel, Red Sox tickets for 2 games. \$549. Adult Double Occupancy, (2 to a room) \$449. Children 2 - 17 years sharing with 2 adults. Call Barbara at the Senior Center for a complete itinerary, 978-688-9560.

Representative David Torrisi will hold office hours from 9 a.m. to 10 a.m. at the Senior Center on the following dates: Wednesday, June 2, Friday, July 9, Friday, August 13, Friday, September 10 and Friday, October 8.

Ice Cream Social: Friday, June 11, 12:30 - 2 p.m. wear your red white and blue. FREE (North Andover Residents only) sponsored by Ashland Farms Assisted living. Must sign up at reception desk.

Foxwoods: Next scheduled trip, Tuesday, June 15, \$25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at

SENIORS, page 29

Attorney Ellen Shimer-Brenes, Esq



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Rep. Torrissi attacks N. Andover constituents, American Citizens

Torrissi makes it perfectly clear that illegal aliens are his real constituents



North Andover State Representative Dave Torrissi (l) with Lawrence Mayor Willie Lanigua and Governor Deval Patrick at Lantigua’s campaign headquarters in Lawrence. Governor Patrick and Rep. Torrissi were on hand to help Lantigua borrow \$35 Million backed by the state taxpayers.

NORTH ANDOVER - State Representative David Torrissi says he is proud of his record of representing illegal aliens.

In a letter he sent to a constituent last month he clearly states his opposition to a measure that would have cut off all state funding for illegal aliens in Massachusetts (called the Perry Amendment for Rep. Jeff Perry who sponsored the measure) at a time when police officers and firefighters are being laid off, aid for the mentally retarded is being cut in the state budget and the Commonwealth faces bankruptcy.

Torrissi has a long history of spending state tax dollars to fund services for illegals. In the past several years Torrissi has; voted to fund public housing and welfare benefits for illegals, supported granting in-state tuition rates for illegal aliens attending state colleges, voted to allow illegals to get drivers licenses, opposed voter ID in the city of Lawrence as well as opposing a residency requirement in Lawrence.

Torrissi made headlines last month when radio talk show host Michael Graham sent the North Andover lawmaker an email asking him to appear on his program to discuss his support for illegal aliens when he is supposed to be representing American citizens in the legislature.

Torrissi sent an email back to Graham telling him to go “F*!k” himself and subsequently told television reporters


that those who oppose giving free state services to illegals were racist and bigoted against Latinos.

North Andover Republican Stan Novak who is running for Torrissi’s seat in the fall, said that he was appalled by Torrissi’s vote and would have supported the Perry Amendment. Kevin Begley also said he would have supported the cut in aid to illegals at a time when the state budget is millions of dollars in the red and state services are being cut.

Begley and Novak will face off in a Republican primary in September, the winner will face Torrissi on the November ballot.

Representative Torrissi was also the subject of controversy in February and March when he ,not only voted to let Lawrence State Rep. Willie Lantigua borrow \$35Mil to balance the budget, but also testified on Lantigua’s behalf, telling fellow lawmakers that Lawrence needed to borrow the money to level fund last year’s budget and prevent layoffs.

Torrissi told the legislature that the city of Lawrence should not have a fiscal oversight board to control their finances. Since then, Mayor Lantigua has spent \$24Mil of that loan money and announced last week that he will lay off 45 police officers (demote 15) and 38 firefighters in the city.



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STATE REPRESENTATIVE
14TH ESSEX DISTRICT
NORTH ANDOVER • LAWRENCE

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FAX. (617) 722-2239
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April 28, 2010

[REDACTED]

[REDACTED]

Thank you for contacting my office in support of Representative Perry’s amendment to the FY2011 budget. It is always a pleasure to hear from the constituents of my district.

So why did Rep. Perry offer this amendment? As you may know, Rep. Perry is running for Congress and he would love nothing better than to score some cheap political points. One of the easiest ways to do that is to pick a group of unpopular people and vilify them. No one condones illegal immigration but the fact is that it comes in many different forms. The phrase “illegal means illegal” is not only simplistic but moronic. A person who knowingly and willingly enters into this country illegally is not the same as a person who comes here as a legal alien with a visa and over extends his stay due to unforeseen circumstances (a sick relative, political turmoil in home country, falls in love and wants to marry, etc.) Neither is it the same if an illegal immigrant brings a young child to this country. That child grows up here, goes to school here and then one day turns eighteen and finds out they cannot get a job or go to college because they do not qualify for scholarships, grants or in-state tuition rates. The point is that they are not all the same and taking a “one size fits all” approach to the problem is not going to work.

That is what upsets me about Rep. Perry and his constant demonization of illegal immigrants. There is so much gray area. Many people say to me that “our grandparents did it the right way. They came here legally.” Well my grandmother came here from Sicily in 1910 the “right way” or at least I think she did. I have never seen her travel documents so I cannot really be sure, but I do know that when she and her parents came here, the immigration laws were different. The Lawrence mill owners welcomed the immigrants in droves so they would have a generous stock of labor to produce their textiles. Our government encouraged immigration so our country could grow and prosper. These immigrants worked hard, saved their money and made better lives for themselves and their families.

Times have changed. Our country does not have the capacity for the mass immigration that we had one hundred years ago. In Lawrence, the textile mills shuttered their doors and mothballed their

machinery decades ago. But let me tell you want hasn’t changed. The American Dream. People from all over this world look to America as a land of opportunity. (By the way, all you cynics should stop reading now if you haven’t already. I’m going to fulfill all your stereotypical thoughts.) Immigrants, legal and illegal, come to America because they want to create a better life for themselves, something they could never achieve to the same extent in their home country. They are willing to take jobs that many Americans would never even think of taking. Whether it be changing linens at hotels, cleaning office buildings in the middle of the night or serving you coffee at Dunkin’ Donuts, there are plenty of jobs that would go unfilled if not for our immigrant class. But yet they do them. They do them because they know the working conditions and steady income are one hundred times better than where they came from. They also do it because they believe someday, maybe their grandson will own one of those office buildings or one of their granddaughters will become a top industry executive staying at one of those high priced hotels. It’s not bullshit. I know my grandfather worked in the mills for years, saved some money, put himself through school, started a construction business and eventually founded Jackson Lumber in 1946. It is the same American success story thousands of immigrants shared in the last century and the same American dream share by immigrants today. I will not put barriers in their way.

I voted against Rep. Perry’s amendment because to me it represents the worse in our political system. During the debate, he was asked repeatedly to what extent illegal immigrants were obtaining public benefits. He could not answer. We have been told by the Department of Transitional Assistance (the Welfare department) that undocumented non-citizens, aka illegal immigrants, are already not eligible for any DTA program. Federally funded programs such as Transitional Aid to Families with Dependent Children (TAFDC) and the Supplemental Nutrition Assistance (SNAP) Program have eligibility requirements that Massachusetts does not have any authority over. Under these federal programs, asylees and refugees, battered noncitizens, victims of trafficking, persons whose deportations have been withheld and special immigrants from Iraq and Afghanistan are eligible for benefits. These benefits may include the use of an electronic benefit transfer card to buy groceries, MassHealth membership, a clothing allowance, infant expenses and the use of the Employment Services Program, for basic education, skill building and assistance with finding employment. Fuel assistance and emergency shelter may also be available to these select individuals. So, in my opinion, by and large, the state is doing the job of screening out who is eligible and who is not. Rep. Perry knows this. But in classic political demagoguery, the easiest path to success is to find a group of voters, prey on their uncertainties and fears and then point to a group of folks, unpopular and unable to defend themselves, and say “They’re to blame.” Sorry, I don’t play that game.

This letter is not the “run of the mill” form letter because today’s debate really struck a nerve with me. Though you may disagree with me on this one, I want you to know that I gave this a lot of thought but I truly believe that immigrants are getting blamed for many of our society’s ills that they have not caused. I thought of my grandparents over and over today and what they did for me. I am not one hundred percent certain but I believe I honored and thanked them today.

Sincerely,
David M. Torrissi
David Torrissi
State Representative



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Tradition continues at N. Andover's Annual Sheep Shearing Festival

Tracey Zysk

NORTH ANDOVER COLUMNIST

As long as there has been tradition in North Andover, there has been a Sheep Shearing Festival. This year was no different, tradition continues on.

How wonderful is it to bring this annual event to one of the most appropriate locations... The Town Common. Not because the town spent thousands of dollars renovating the Common or because it has become quite the controversial location with Verizon and its telephone poles but simply because for one day, once a year, a piece of history is able to return.

Back in time, a long time ago, before many of us lived in town or in some cases were even born; the Town Common was a farm. On that farm were livestock, cows, horses, goats and of

course sheep. As time moved on so did the farms. Today North Andover is a prosperous community north of Boston. Farms of the past are now housing developments, strip malls and restaurants. But on May 23, 2010 for six hours North Andover's

Common was able to take a step back in time. It was a family fun day full of activities and a bit of educating on ways of the past.

Sheep were brought in from Hogget Hill Farm in Brattleboro VT and Andrew Rice conducted demonstrations on how to shear. He also

answered questions on why to shear a sheep and what happens to the wool. Kids gathered around to watch the shearing

take place and when Andrew started the demos everyone was quite. It was truly a moment of awe.

Wellscroft Farm which is one of New England's largest working sheep farms also joined the event. David Kennard



PHOTOS: TOM DUGGAN



brought a piece Wellscroft Farm to North Andover. Many children had never seen a flock of sheep before and thanks to David and his commute from Chesham, NH they experienced a "day on the farm."

In addition to the flock, David raises and trains Border Collies which he uses on the Farm every day. He is also widely known and praised throughout New England for his entertaining and informative herding demonstrations. David did several herding demonstrations throughout the day and both adults and children were just star struck at how David's Border Collies were able to move the sheep. These were not just trained tricks a dog can perform; it is a way of life. The behaviors of these

dogs are one that David relies on daily at his farm of over 200 ewes and rams.

There also was a festival of events including everything from pony rides to face painting. There were kids running around eating hot dogs and carrying balloons while adults were strolling through the field full of vendor and local merchant's tents.

If you have never had the opportunity to experience North Andover's Sheep Shearing Festival I recommend you put this on your calendar of "things to do". Not only is it important part of the culture of our town it is a wonderful and enjoyable day for all.

N. Andover Merchants Helping with Gulf oil spill clean up

Phil Decologero

NORTH ANDOVER COLUMNIST

The States of the US Gulf coast have been through a series of devastating disasters over the past several years. Natural disasters have been frequent, with Hurricanes and subsequent flooding destroying entire communities. Now the Gulf is facing yet another debilitating disaster in what is turning out to be the most devastating oil spill in our country's history.

For over a month millions of gallons of crude oil have been flowing into the Gulf of Mexico; while private companies, government officials, and volunteers work feverishly to stem the flow. Already the local economy has felt the pinch as fishing and tourism have clearly been affected.

This oil spill will have environmental impacts that will undoubtedly last for decades. It is impossible to know the loss of marine and animal life, but estimates are

already in the tens of thousands. For New Englanders this catastrophe may seem distant and removed, but for many business owners in North Andover this tragedy has not gone unnoticed.

Several businesses in town, through the coordination of the North Andover Merchants Association (NAMA), have spent the month of May utilizing a prevalent material that is proving to be incredibly useful in containing the oil spill – hair.

"Who would guess that hair and animal fur could be so helpful?" said Lisa Medeiros, owner of Main Street's Groom-Town Pet Spa and Boutique.

Across the country salons, barbershops, and animal groomers spent May sending their hair clippings to the Gulf. Volunteers used the donated hair by stuffing it into donated nylon stockings, which were then tied together as "booms". These booms are then used to create a perimeter around the oil spill, soaking up some oil while



PHOTO: COURTESY

preventing it from spreading over a larger area.

"The response from members who participated has been fantastic," said NAMA President Dick Vaillancourt.

Tracey Zysk, owner of Wiggles and Jiggles Petcare, was excited to see businesses so enthusiastic.

"Within days of finding out about this national effort NAMA was already working to involve local businesses," said Zysk, who is coordinating the campaign on behalf of NAMA. "The impact of this spill on the national economy and animal life has already been significant. I am so happy that businesses recognize the importance taking part in the work to contain this disaster."

North Andover Selectman Tracy Watson echoed Zysk's sentiments. "I think people understand that this oil spill is going to have an impact on our national economy,"

said Watson, who serves as a member of the NAMA Board of Directors. "For me as a consumer, I definitely tried to support any business that was involved in the campaign to contain the spill."

Participating businesses weren't only assisting in cleaning up the Gulf; they also reduced the amount of waste that they were individually generating.

Local businesses that participated in the effort included:

Carols Pet Grooming, Good Dog Aquatic, GroomTown Pet Boutique & Spa, NOVA Salon Spa, Permanet Waves Salon, Unique Miracle

"This was a great opportunity to put what normally goes to waste to good use," said Maria Barcelos, owner of Nova Salon Spa, who committed her business to donating hair clippings. "We feel like we are helping save the environment one hair at a time!"

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THINKING OUTSIDE THE BOX

The Government-Union Cartel Organized crime on steroids and we are its victims

Dr. Charles Ormsby
VALLEY PATRIOT COLUMNIST

There are no special workers' rights.
There are only human rights. Workers have them and so does everyone else.
Seems simple, doesn't it? Everyone has the same rights.
Rights must be consistent. You can't have a right that violates the rights of others.
Again, pretty simple isn't it?
Unions don't have any rights that their members don't have individually. Nor do companies have any rights that their shareholders don't have individually. The principles are the same.
It is simple: Only individuals have rights.
People can exercise their individual rights, based on mutual agreement, through voluntary associations (e.g., unions, corporations, or fraternal organizations), but the nature of those rights doesn't fundamentally change.
To grant organizations special rights, rights that their members don't already enjoy as a consequence of being human, would merely encourage individuals to join such organizations merely to acquire new rights and powers that they could then use to gain advantages over others who are not as well connected.
Special rights for organizations would be tantamount to gang rights. Gangs don't acquire special privileges merely because they represent many individuals. Neither do unions or corporations.
It's easy: If you grant special rights to organizations, they become gangs. That explains a lot!
These concepts are fairly simple and not difficult to understand.
Rights represent freedom of action. They fill both space and time. If you have a certain right at a certain place and time, others cannot have the same right (a right that conflicts) at the same place and time. Therefore, when one individual or in this case an organization is given special rights, it necessarily infringes on the rights of others.
In the case of unions, the damage to others and to society as a whole is immense. And the damage is accelerating and cumulative ... with the potential of destroying our freedoms, our economy

and the American way of life.
Let's consider a few of the core distortions of legal rights in our labor laws and explore their consequences.
First, it is important to recognize that when a union is granted the exclusive right to represent the employees of a company or governmental entity, it unavoidably violates the rights of current or potential employees who prefer to negotiate for themselves or through a competing organization. Workers lose the right to sell their skills and labor to willing employers.
Employers (private or public) are also disenfranchised. They lose their right (derived from the just rights of those they represent) to tap the labor market for willing workers who could make their products better and more competitive.
Finally, the consumer loses the opportunity to purchase better products and services at more attractive prices. While this does not constitute a loss of rights per se, it nevertheless represents a loss of prosperity or standard of living.
All of this sounds very theoretical, so let's look at the real life implications.
Consider the loss of manufacturing jobs in the U.S. The American shoe industry, clothing industry, auto industry, steel industry, furniture manufacturing, ship building, electronic parts manufacturing and assembly, and on and on ... are now primarily performed on foreign soil.
Even aircraft manufacturing has now largely evaporated. A quarter of a century ago a high percentage of the aircraft parts used by Boeing to assemble commercial aircraft was manufactured here in the U.S. Now over 70% of aircraft parts and assemblies used by Boeing are manufactured outside our borders.
Here is the big picture: Over 50% of our economy was based on manufacturing in 1965. In 2004 it represented less than 10%. We are well on our way to 0%. There are some valid arguments why some reduction makes economic sense, but nothing that justifies this level of erosion.
Why did this happen?
A major reason is that unions, exploiting the legal advantages given them by our labor laws, pushed labor costs (salary & benefits) to uncompetitive levels. In recent years this trend has been accelerated

by excess taxes and federally mandated benefits (pushed heavily by unions) related to hours, overtime, family leave, etc.
Even though the loss of nearly all our manufacturing base is devastating, it only begins to tally the total impact of negating the principal of equal rights for all Americans.
Public sector unionism is now approximately a half century old. With initial inroads in New York City in the late 1950s under Mayor Robert Wagner and then propelled by the unionization of federal employees under President Kennedy in 1961 (via an executive order), unions now dominate public employment at all levels of government. In 2009, for the first time, public sector union membership outnumbered private sector membership.
Having wreaked havoc in the private sector, unionism has metastasized to a host that can't escape by outsourcing or going overseas. Government is also a host that does not depend on efficiency for survival and one that can suck resources by force from the rest of society. Government can also trade its largesse for union political support.
Yes, government is the perfect host and partner for unions. With government as its partner, unions can take maximum advantage of their expropriated rights.
They can insist on work rules that lead to low productivity.
They can demand that competence not be measured nor made a factor in compensation or retention.
They can threaten work slowdowns (is that possible?) if salary or benefit increases do not meet their demands.
They can demand time off, health benefits and pensions that will lead us into bankruptcy.
And they can conspire with the government to ensure that their desires are fulfilled through promises of campaign contributions, campaign support, and votes.
The cartel is locked in place: Politicians stay in power and unions retain their special privileges.
In the short run, the taxpayers are gouged and those depending on government services are shortchanged. In the long run, if the situation is not corrected, disaster is assured.
The biggest losers are our children.
Union advocates must smile when they say, "It's for the children," because the children pay for this insanity in numerous ways.
Over 95% of children are forced to attend government schools. The debacle of government/union education is well documented and requires no elaboration (See "Inside American Education, The Decline, The Deception, The Dogmas," by Thomas Sowell).

While their children's education is neglected, both parents (also under educated as a result of their government schooling) are over-taxed and must hold full-time jobs just to keep a roof over their heads and food on the table.
After years as latchkey kids and a vacuous K-12 education, they "graduate" and are sent to "college" using government grants and loans. At college, their first mathematical task is to learn how to deal with fractions. Failing that, they enter a workforce where there are fewer and fewer private sector jobs because of the aforementioned taxes, regulations and union muscle.
Assuming they can read or have the intellectual capacity to listen to the news, they find out that union salaries, benefits and pension liabilities are bankrupting the government, so taxes must be raised. Of course, they are invited to vote for Democrats who will shield them from tax increases by raising taxes on "the rich" (thus further destroying entrepreneurship and jobs), and by issuing more government debt (thus driving society even further into bankruptcy).
TANSTAAFL: There Ain't No Such Thing As A Free Lunch. It is all down hill from here.
The piper will be paid and the price will be very steep: Default, expansion of the money supply, rampant inflation, economic disintegration, depression, world wars, poverty, disease, and death.
Will it happen this year? In a few years? A decade? More? Will we just experience an ever-deepening economic decline, or will our fate emerge from a sudden crash?
Only a liar will tell you he or she knows for sure. But a slow and constant decay is probably the least likely scenario. People anticipate the course of events and, as our economic problems deepen and become more obvious, a rapid shift of mass psychology is likely. In any case, our final state -- a very unpleasant one -- is an unavoidable result.
If we don't dismantle this evil cartel and eliminate the abrogation of human rights and corruption that our labor laws enshrine, economic disaster will eventually follow.
November 2010 may be one of the few chances we will have to avoid the abyss.
Will you join the fight? I hope so.
Do it for your children. Do it for your grandchildren. They are ALL depending on you.



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

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Ye Gay Ol' Valley

Don't Ask, Don't Tell

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

In the 4th century BC the Theban commander, Gorgidas, hand picked 150 homosexual couples from his army to make up the Sacred Band of Thebes. For forty years, this band of gay warriors liberated Thebes from Spartan rule and defeated armies three times its size. Unfortunately, it met its demise at the hands of the Macedonian army lead by Phillip II and his allegedly homosexual son, Alexander the Great, who is one of history's greatest military minds. Gorgidas clearly saw the value of homosexuals in the military.

Before 1993, recruiters asked enlistees if they were homosexual. They were denied enlistment if they answered yes or later discharged, if they were found out to be gay. When Bill Clinton entered office in 1993, he wanted to rid the military of this policy. Congress took his power to change policy away and he was forced to sign the Don't Ask, Don't Tell law. The law does not allow military personnel to ask if a person is homosexual. Nor does it allow soldiers to admit they are gay, discuss homosexuality and homosexual acts or they risk a military discharge. Isn't this a violation of the first amendment: the freedom of speech?

The military states that they will discharge any "openly gay" homosexuals. What does that mean? Are there soldiers marching around with a particularly flamboyant swagger and wearing pink camouflage? If you ask me, all women

in the military look like lesbians. Really, can anyone tell me what openly gay means and how it is a danger to national security?

I interviewed a veteran who served in the military for 22 years. He retired in 1991 as a Master Sergeant. He said that serving as a gay man is difficult because you are always, "...on your guard... and had to be careful with words." He goes on to say that he did, "...think some people started to figure out that I was gay. No one ever mentioned it and I never heard homophobic comments aimed at me. What was important to my co-workers was that I did my job and I did it well." He feels that, "...the younger troops...are much more tolerant..." and that it's the older generation in Congress and the Pentagon, who make policy, "...that can't make adjustments."

Congress, I bet, patted each other on the backs when they passed the law saying, "Yeah, this is better. They can still serve, take a bullet and die honorably for their country. We just don't want to recognize the faggots and dykes who are willing to lay down their lives for our freedom."

It is estimated that there are almost 70,000 homosexuals serving in every branch of the military today. Since 1993, over 13,500 of them have been discharged, many from critical operations. The initial cost of these losses is the safety of our nation and strength of our military. The monetary cost is ap-

DON'TASK, page 32

The New Fruit of the Tree of the Knowledge of Good and Evil

Paul Murano

VALLEY PATRIOT CULTURE COLUMNIST

Last month marked one of the darkest days in human history. Most people will not recognize it as such, for it has very quickly become part of the fabric of society. That day was May 9, 1960, the 50th birthday of "the pill". The first irony here is that this birthday was meant to prevent birthdays. The second is that the 50th birthday of this pill whose aim is to prevent motherhood landed on Mother's Day. The bottom line is the birth control pill has popularized contraception and has changed the world as a result.

Does this sound overly dramatic? Let's take a quick look at recent American history. Within eight years the following progression of Supreme Court decisions were made in the name of privacy: In 1965 Griswold v. Connecticut legalized contraceptives for married couples, in 1972 Eisenstadt v. Baird legalized them for unmarried people, and in 1973 Roe v. Wade legalized abortion. Every modern society that has accepted abortion has first accepted contraception as its gateway; for the contraceptive mentality makes pregnancy a condition to be "protected" from, and a child a potential "mistake". Since then many millions of preborn Americans have died from surgical and chemical means of "fixing" this mistake. (Regarding the latter, when their contraceptive mechanism fails so-called contraceptives like "the pill" cause early abortion without the woman ever knowing it by hormones making it impossible for the tiny human to attach himself to his mother's uterine

wall.)

Women now average 1.7 children while they used to average around four. If contraception was popularized a little earlier half of us reading this would not exist. Reflect on that. Illegal immigration has become a makeshift solution for replacing the class of American workers that normally accept cheap wages (teens). Social security and health care systems that cannot be sustained by the ratio of younger workers to retirees add to the likelihood of legalized euthanasia and death panels deciding when care for elderly persons will no longer be cost-effective.

What it has done to the family has also been devastating. The popularization of contraception has created a post-1960's premarital "relationship" culture, still with us today, that weakens marriage by compromising the uniqueness of the bond and the exclusive covenantal character of the one-flesh union. Marriage has become just another "relationship" for many, based on convenience or fear of remaining childless. Parents of high school and college girls now "protect" their daughters by putting them on the pill to keep hope alive for a lucrative career. Not only is this the prescription for a broken heart and a tainted future marriage, but in virtually all pre-pill and non-pill societies it would be seen as abusively compromising their dignity for the sake of money; a disgrace for those meant to be protecting their daughter's virtue and integrity. And contraception within marriage creates not only a physical barrier between spouses but also

TREE, page 21

The Presidential Anti-Semite Strikes Again

Ben Shapiro

VALLEY PATRIOT SYNDICATED COLUMNIST

This is not a presidency known for its reactive speed. After British Petroleum's oil rig sprung a leak in the Gulf of Mexico, it took more than a week for the Obama administration to mobilize; it has been well over a month, and the administration still has no coherent strategy to plug the leak. After Iranian protesters took to the streets in 2009, risking life and limb to defy the terroristic Ahmadinejad regime, President Barack Obama futzed around for days before weakly condemning the regime's crackdown.

But this week, when Israel rightly stopped a Turkish ship carrying terrorist supporters from breaking the naval blockade surrounding the Gaza Strip, Obama responded within hours. "The United States deeply regrets the loss of life and injuries sustained," intoned White House spokesman William Burton. The

Obama administration also embraced a United Nations Security Council resolution "deeply regret(ing) the loss of life and injuries resulting from the use of force during the Israeli military operation in international waters against the convoy sailing to Gaza."

This is language the White House normally reserves for actual terrorists. For example, when Britain released Pan Am bomber Abdel Basset Ali al-Megrahi, the White House released a statement that it "deeply regrets the decision." For the Obama administration, legitimate Israeli self-defense is now on par with the release of a mass murderer.

And this was clearly self-defense. The so-called "activists" aboard the Turkish flotilla aimed at the Gaza Strip were caught on tape lynching Israeli soldiers — and declaring their intention to do so the day before the incident. These weren't members of Greenpeace. They were members and friends of the IHH, a Turkish-

sponsored terrorist organization with links to al-Qaida and Hamas. Weeks in advance of the flotilla's launch, organizers were declaring their intent to break the Gaza blockade — an act aimed directly at funneling weapons to Hamas, because Israel already sends millions of tons of aid to the residents of the Gaza Strip.

But that didn't stop Obama from inserting his large proboscis into yet another situation where it does not belong. Of course, we're used to that by now. On virtually every foreign policy crisis of his presidency, this pathetic poseur has been wrong (Honduras, North Korea, Russia, Greece, Afghanistan and Iran, among others).

This situation is no exception.

What is exceptional is Obama's swiftness. He didn't pause for one instant to consider supporting Israel. He immediately leapt to the "nonpartisan" position, eschewing an American ally and attempting to placate the anti-Semitic international

community. He drew moral equivalence between Hamas and Israel. He even went so far as to call up Islamist Turkish Prime Minister Recep Tayyip Erdogan to give his condolences for those who died trying to provide support to terrorists in Gaza. Not only that, he informed members of the international community that he would be working to secure the release of captured terrorist supporters from the Israeli government. How's that for quick action?

This is just another indicator of Obama's anti-Semitism. How else are we to interpret his lightning-fast, knee-jerk anti-Israel response? When an obviously Muslim man hopped onto a table at Fort Hood and shot to death 12 American military personnel and one civilian while shouting "Allahu akbar," Obama responded by cautioning Americans not to jump "to conclusions until we have all the facts." When an obviously Muslim Times Square bomber attempted to blow up an

ANTI-SEMITES, page 31



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EPA: Untreated Raw Sewage Flowing into Shawsheen



A drainage pipe (l) that runs under the South Lawrence East School is supposed to drain excess rainwater into the Shawsheen River. According to the EPA and eyewitnesses the pipe is flowing untreated human waste into the river. Photo at right: An unknown white foamy substance collects on the rocks directly downstream from the drainage pipe. This pipe flows just a few short yards from the SLE School and the ball fields where the South Lawrence East, Little League plays ball.**MORE PHOTOS: PAGE 26.**

Tom Duggan

VALLEY PATRIOT REPORTER

The Environmental Protection Agency (EPA) has sent a letter to Lawrence DPW Director Frank McCann (right) informing the City of Lawrence that the EPA has first hand knowledge that the city is pumping wastewater (human waste) into the Shaw-sheen River.

According to documents obtained by The Valley Patriot, the EPA received complaints by members of the Shawsheen River Watershed Council and parents involved in the South Lawrence East Little League that the City of Lawrence has been dumping human waste into the Shawsheen River through a storm water drainage pipe that runs along the side of the ballfields behind the South Lawrence East School. The smell of human waste was often so strong as to overpower the children trying to play on the ballfields.

Members of the SLE Little League first noticed the foul odor of human waste nearly two months ago

The Environmental Protection Agency sent an agent to the South Lawrence East School, which abuts the Shawsheen River and beneath which the huge drainage pipe seems to run, and took real time samples


of the human waste water pouring out of the drainage pipe. After sending the samples to an independent laboratory, they determined that human waste water was indeed coming out of the pipe and being dumped directly into the ShawsheenRiver without any type of treatment.

A reporter from the Valley Patriot inspected the site to take the photographs that accompany this story and became physically ill before even gaining entrance to the area where the waste water was freely flowing into the Shawsheen River.

“It poses a health hazard,” EPA enforcement official George Harding told the Valley Patriot. Harding said that the contaminated water flowing into the Shawsheen could cause illness to anyone whose skin comes into contact with the water because of E-coli and other contaminants being dumped into the river. It was apparent that school children routinely use this area as a shortcut.

“Right now we do not know the actual source of the contaminated waste water, but the city has hired an outside engineering consulting firm to test the water once a week during dry weather and to track back the source of the contamination. It could

SHAWSHEEN, page 26



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MAY - 3 2010

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Mr. Frank McCann, Director
Department of Public Works
City of Lawrence, MA
200 Common Street
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Re: **Request for Information Pursuant to Section 308 of the Clean Water Act; Docket No. 10-308-023**

Dear Mr. McCann:

The United States Environmental Protection Agency (“EPA”) has evidence, in the form of first-hand observations and analytical data, of an illicit discharge of sanitary wastewater through the City of Lawrence (the “City”) stormwater outfall at the terminus of East Boxford Street behind the East Lawrence Elementary School (the “Outfall”). EPA seeks to determine the specific frequency and characteristics of wastewater discharges from the Outfall, and to obtain further information regarding potential violations of the Clean Water Act (“Act”). EPA is requiring the City to investigate, identify, and remedy any sources of sanitary wastewater to this storm drain catchment area. EPA is requesting that the City provide the additional information requested in **Attachment 1**.

The EPA makes this request under the authority of the Act. Section 308(a) of the Act, 33 U.S.C. § 1318(a), authorizes EPA to require the submission of any information necessary to determine whether any person is in violation of an effluent standard or pretreatment standard promulgated under the Act, 33 U.S.C. Part 1251, *et seq.*

Please read the instructions and definitions in the enclosure carefully before preparing your response. Answer each question as clearly and completely as possible. Your response to this request must be accompanied by a declaration that is signed and dated by you or the person who is authorized by you to respond to the Information Request. A copy of the declaration is enclosed with this letter (**Attachment No. 2**).

Information submitted pursuant to this letter shall be sent by certified mail and shall be mailed to the following address unless indicated otherwise:

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Letter from the Environmental Protection Agency to Lawrence DW Director, Frank McCann stating that they observed first hand “an illicit discharge of” (untreated) “sanitary wastewater” from a storm drainage catchment area”. The city has been ordered to do testing of the water and hired an engineering consulting firm to track the source of the contamination.

Lantigua using School Employees for City Services

Lawrence School Committeeman Mark Gray says that Mayor Willie Latigua is violating state law by using Chapter 70 Education money (earmarked solely or school spending) to balance the city budget.

“He is using the school’s Internet Technology department to do work on computers in city hall and in the rest of the city and that is totally illegal,” Gray told the Valey Patriot.

Former Lawrence Mayor Mike Sullivan said that Chapter 70 Education dollars cannot be used for city services and added that he was surprised that Lantigua would be using school employees to perform services for the city after former superintendent Wilfredo Laboy was recently indicted for using school funds for non-school related services.

“There is one way the city can use school resources for city services,” Sulli-

van added. “If they get it approved by the school committee and are reimbursed by the city budget, there are a few exceptions that would allow the mayor to do that.”

“That’s not what is happening here,” Committeeman Mark Gray said of Lantigua’s ations. “Maria Cruz is a school department employee who is working in Lantigua’s office and they are not paying her out of the city budget, they are not reimbursing the schools for her salary and I plan on filing criminal coplaints against this administration for stealing school department funds from the children of the city of Lawrence.”

The Valley Patriot asked Acting Superintendent of Schools Mary Lou Bergeron about Maria Cruz working in city hall while being paid with Chaprtter 70 Education dollars. In an email Bergeron admitted that initially Cruz was not being paid to work in Lantigua’s office out of the city

budget, but that the city has since reimbursed the schools for her services.

“That’s just an outright lie,” Gray said. “She was, and still is being paid out of the school department budget, that is a fact. There has been no reimbursement to the schools for her services. I don’t understand how this mayor is getting away with it. he thinks he is above the law and can do whatever he wants and the worst part is that he lies about it. Chapter 70 money is supposed to be used to educate the children of Lawrence, not balance Willie Lantigua’s budget or give a hack job to someone who campaigned for him.”

Sources in the School Department confirmed that Lantigua told employees in the schools Internet and Technology department to do work on city hall computers after workers in the city hall IT department. Those workers say they quit because Lantigua chief of staff Lenny Degnan ordered them to use city computers to spy on city employees and “do things

we thought were highly illegal.”

“What makes this issue so explosive,” Committeeman Gray said, “is that Lantigua is giving orders in the schools and he is only one member of the school committee. He has no legal power to go to Mr. Long and order him to work on computers in city hall. On top of all that, they are not tracking any of the work they are doing for the city with school employees and resources so that it can be charged back to the city budget. Nobody is creating and keeping backup documentation for the hours school employees are putting in for non school related work they are doing.”

Gray says that he has been in contact with the Department of Education and the District Attorney’s office regarding the “illegal spending” and has placed the item on the school committee agenda to be discussed. “But I’m not holding my breath anything is going to be done given how this guy stifles free speech and sweeps everything under the rug.

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Is the race card appropriate, EVER?

Peter Larocque
VALLEY PATRIOT COLUMNIST

The only time that the race card can be appropriately played in any issue is when the player refuses to face the truth. Simple, plain truth will always stand on its own. Therefore when the race card gets dealt it is always to divert attention away from the truth. To help explain I will put forth a few examples so that you can make up your own mind. I was doing my usual thing after a long day of work which was sitting in my chair and unwinding by flicking through the TV channels. Lo and behold I

came upon "Real Time with Bill Maher" on HBO. He and his panel were talking about the recent Tea Party Rallies taking place across the country. Right at the start of the discussion they all agreed that the Tea Party participants were, "Angry Old White Rich People who were upset that the President of the United States was black". My mind, after receiving this information, immediately sent this information into the "this is not true" file! I have been watching the recent coverage of the Tea Party Rallies and nobody anywhere that I could see or hear at any of the rallies said anything

close to resembling this kind of talk. The truth is that all what really was being said was, we want freedom by smaller government, smaller taxes, and leaders who stand for the Constitution of the United States of America. So rather than speak the truth, the Race Card was played to take attention away from the truth. Another example closer to home was the past debate over whether our Mayor should hold 2 elected positions at once. He was Lawrence's State Representative and was newly elected as the Mayor of Lawrence. Legally there is nothing wrong with this but some who

joined in the debate were of the opinion that ethically this was not right because both positions demand lots of attention to be carried out properly. Well as the discussion went on eventually Mayor Lantigua gave up his State Representative position and said that all those who were of the opinion that he shouldn't hold both positions was due to the fact that he was Latino. Again the Race Card was played to divert attention from the truth that both elected positions deserve undivided attention which the Citizens of Lawrence

RACE CARD, page 12

Laws? Laws? We don't need no stinkin' laws!

Robert O'Koniewski, Esq.
VALLEY PATRIOT COLUMNIST

The Commonwealth of Massachusetts comprises 351 cities and towns. From the Berkshires to the Cape, 350 communities and their leaders play by the rules and actually follow the laws as written. Then there is Lawrence, where apparently no rules or laws apply, just like the Texas panhandle circa 1850.

Item: Under the state's campaign finance law, a candidate for office must file periodically a campaign finance report with the state Office of Campaign Finance for state races and with the municipal clerk's office for local races. A couple of weeks back, eight days prior to the Democratic primary for the special election to fill the state representative seat held previously by the current mayor, the candidates were required to file a campaign finance report with OCPF. Lo and behold, neither Chally Ramos nor Marcos Devers, who won the primary, filed the required report on the May 10th due date. As we went to press, they still had not filed their reports. Who did file his report on time? Rafael Gadea, a member of our United State armed forces, who is the independent candidate in the race and will face Devers in the June 15th final election. I will bet you a tank of gas that Mr. Gadea will for sure have his next report filed on time on June 7th. I am not as confident in the case of Mr. Devers.

Item: Last November we had a well publicized mayoral election that saw Lawrence elect its first mayor of Latino descent. In September of that year ten candidates stepped to the plate and put forth their name in the primary. Yet the candidates' ability to meet the campaign finance filing requirements were spotty at best, and given the feckless attitude of the overwhelmingly incompetent city clerk who seemingly fails to enforce any rule under his purview, why should candi-

dates bother. If you recall it wasn't until just before the election that the eventual mayor-elect finally got his papers to the clerk's office. Never mind that his reports were late and he failed to comply with some substantial state laws, it did not raise a blip on the outrage meter. Well, one person who did care was the OCPF director himself, Michael Sullivan (no relation, thank God, to the former mayor), who earlier this year sent a letter to each of the ten candidates informing them that OCPF will be conducting a full audit of each of their campaign committee accounts. Candidates were to have all their papers, canceled checks, invoices, etc. to OCPF by the close of business on Friday, May 14. Not so amazingly, only two candidates complied with the audit demand letter – David Abdo, the other November finalist, and Dan Cotnoir (interestingly enough, also both military men like Mr. Gadea). Eight candidates, including the sitting mayor, the aforementioned Mr. Devers, and the mayor's current "acting" economic director, who is also the former city councilor from District A, simply just ignored an audit letter from the campaign finance enforcer for the Commonwealth of Massachusetts. Since then, two more have

filed – Julia Silverio and Pedro Payano. The rest just simply thumb their noses and continue on their merry way.

Item: Part of the state ethics law governing the conduct of public officials (Chapter 268A, section 20) states that a former city councilor cannot then be employed by the municipality he served for six months after leaving office. But apparently that does not apply in Lawrence. After losing his mayoral bid last year, and leaving office on January 3rd, the former District A city councilor, one Patrick Blanchette, simply slid onto the city payroll as the mayor's "acting" planning director and "acting" economic development director, before the euphoria of the mayor's January 4th inauguration even had time to die down.

Item: That same District A city councilor for eight years did nothing but complain time after time that Mayor Sullivan's "acting" economic development director, Tom Schiavone, was illegally in his position because, under the city charter (which is, in fact, a law passed by the Massachusetts Legislature back in 1983 with amendments several times since then), one can only serve in the job in an acting capacity for 90 days before the mayor

must send his name down for permanent appointment. Funny how, now that the former District A city councilor is on the mayor's good side, having endorsed him last fall in the race against Abdo, he presently holds the job of "acting" economic development director and "acting" planning director for the City of Lawrence. Yet five months into this gig, the mayor has yet to send the "acting" director's name down to the council to make him permanent. Five months...90 days....what's the difference?

Item: One of the great under-the-radar screen boards of all time is the Greater Lawrence Sanitary District, which dictates how what you flush gets treated and charged backed to the flushers. It is one of the most amazing open secrets that Lawrence each year basically subsidizes the lower flush charges for the members of the district because, unlike those communities that meter their sewage, Lawrence does not. Lawrence gets an estimated assessment, and, hence, pays more than it should. Lawrence has three seats on the board, one of which is now held by Frank McCann, Lawrence's DPW director, who has spoken eloquently of the inequity of

LAWS, page 41

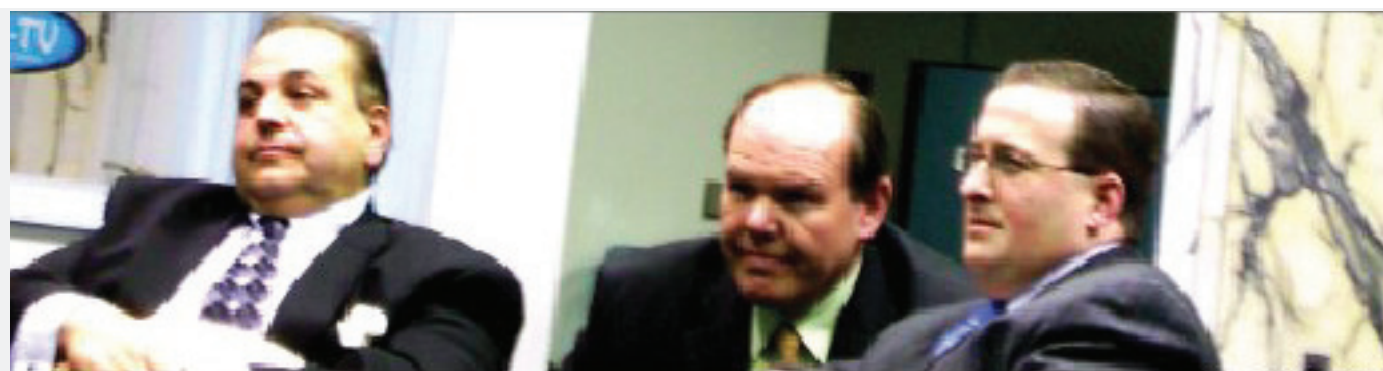


PHOTO: TOM DUGGAN

The Lantigua Team: Assistant City Attorney Rihard D'Agostino, Chief of Staff Leonard Degnan and Interim Economic Development Director Patrick Blanchette. Blanchette was the City Council President for six years, in particular the years Mayor Lantigua claims had massive deficits that he "inherited." According to the city charter, the municipal budget it is the one of the sole responsibilities of the City Council.



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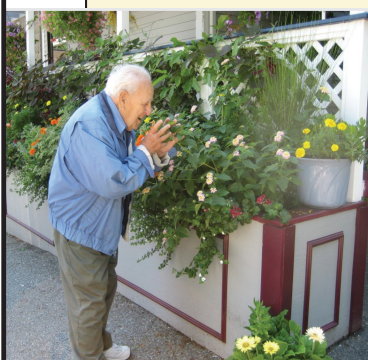
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GEORGETOWN TODAY

Georgetown's Top 40 Wage Earners for '09

Lonnie Brenan
GEORGETOWN COLUMNIST

The year 2009 was a banner year for many Georgetown taxpayer-funded earners, as the rich got richer: the top 40 earners saw an average increase of 6.9%.

School Superintendent Carol Jacobs at \$185,823.61, a \$10,019.89 (5.4%) increase from her 2008 earnings topped the list once again. Ms. Jacobs eclipsed Light Department Superintendent Wayne Snow, who came in at \$121,067.89, a \$6,742.55 (5.6%) increase from 2008.

The other top-five wage earners included High School Principle Peter Lucia at \$112,680.01, up \$8,996.35 (8%), Police Chief James Mulligan at \$107,300.12, up \$4,903.35 (4.6%), and Police Officer Scott Hatch at \$107,205.26 up \$6,942.61 (6.5%) Officer Hatch's earnings include police details, etc.).

Most notably, three out of the six light department laborers managed to stack their wage and overtime earnings to make 2009 a year to remember: Kyle Morse at \$91,527.48, saw a 17.7% increase from 2008; James Young managed a 16.4% increase to \$101,947.96 (up \$16,740.54), and Dana Nunan garnered a 7.6% earnings increase for \$102,834.90 (up \$7,800.92).

The following list represents the total wages paid to the top 40 Georgetown wage earners. Payments include any overtime, details, coaching and team/activity pay, etc. The listing represents wages only, and does not include any reimbursements for travel, subscriptions, healthcare benefits, or other items. Nor do the wages account for retirement benefits (which in most cases can be 60% of their present salary for the remainder of their lives, hence the standard line 'it's not about the salary, it's about the retirement benefits'.)

Top 40 Town Employee Salaries

- 1) Superintendant of Schools Carol Jacobs \$185,823.61
- 2) Light Dept. Superintendent Wayne Snow \$121,067.89
- 3) H.S. Principal Peter Lucia \$112,680.01,
- 4) Police Chief James Mulligan \$107,300.12
- 5) Police Master Patrolman Scott Hatch \$107,205.26
- 6) Light Dept. Foreman Dana Nunan \$102,834.9
- 7) Light Dept. Lead Lineworker James Young \$101,947.96
- 8) School Admin. Terry Wiggin \$99,677.01(first full year)
- 9) Perley School Teacher Kristan Rodriguez \$99,677.01 (1st full year)
- 10) Police Lt. Donald Cudmore \$97,514.57 (up 8.3%)
- 11) School Admin. Donna Tanner \$97,132.86 (up 6.4%)
- 12) School Admin. Gail Korpusik \$ 95,567.67 (up 8%)
- 13) Police Sgt. Kevin Defeo \$ 95,436.6 (up 1%)
- 14) Police Lt. David Thomson \$ 94,344.01 (up 2.2%)
- 15) Light Dept. Lead Lineworker Kyle Morse \$91,527.48 (up 17.7%)
- 16) Police Sgt. David Armstrong \$ 89,354.57 (up 5.9%)
- 17) Highway Dept. Supt. Peter Durkee \$ 88,003.35 (up 5.7%)
- 18) School Guidance Director Stephen Umbro \$ 87,416.56 (up 6.4%)
- 19) 6th Grade Teacher Julie Lamoly \$83,481.52 (up 9.4%)
- 20) H.S. Science Teacher Karen Allbach \$82,793.18 (up 8.2%)
- 21) Water Dept. Supt. Glenn Smith \$81,874.8 (up 7.3%)
- 22) Police Officer Dennis Sullivan \$81,674.95 (up 3.2%)
- 23) H.S. Athletic Director Guy Prescott \$81,641.94 (up 10%)
- 24) H.S. English Teacher Dr. Henry Venuti \$81,457.11 (up 6.7%)
- 25) Police Officer Derek Jones \$81,314.47 (up 9.2%)
- 26) M.S. Math Teacher Joseph Pittella \$81,231.14 (up 5.5%)
- 27) Water Dept. Assist. Supt. Robert Dash \$80,778.77 (up 5.8%)
- 28) Police Det. James Rodden \$78,468.62 (up 7.3%)
- 29) 8th Grade Teacher Heidi Mongeau \$76,952.02 (up 4.4%)
- 30) Middle/High Teacher Diane Weldon \$76,527.63 (up 15.8%)
- 31) H.S. History Teacher Richard Hastings \$76,500.28 (down 0.2%)
- 32) Special Needs Bldg Coordinator Sandra Starratt \$74,468.57 (up 5.8%)
- 33) Perley Teacher Heidi Begin \$73,598.49 (up 4.2%)
- 34) Police Det. Thomas DeJoy \$72,874.78 (up 10.7%)
- 35) H.S. Art Dept. Chair Nora Cannon \$72,457.83 (up 1.1%)
- 36) PennBrook Teacher Kathleen McDonough \$72,131.41 (up 8.5%)
- 37) M.S. Science Teacher Robin Hickey \$71,961.83 (up 1%)
- 38) H.S. Science Teacher Cerise Cauthron \$71,595.23 (up 7.2%)
- 39) Perley School Teacher Katherine Blair \$71,544.65 (up 6.4%)
- 40) Highway Dept. Laborer Edward Parker \$71,524.39 (up 8.5%)

The complete listing of 546 wage earners, with a total expenditure of \$15,321,439.01 in 2009 will be posted on June 15th to www.Georgetown-Today.com.



PuppyGirl in Georgetown!

The ValleyPatriot's Puppy Girl Kate Whitney (see column page 38) held a pet adoption day in downtown Georgetown last month where dozens of puppies and kittens looking for loving homes were adopted. Here, PuppyGirl is pictured with WCAP's Teen Talk host Tyler Dumont and Dana Heywood help promote adoption day for One Tail at a Time rescue in Haverhill. One Tail rescues puppies that are neglected and abused and finds them safe, stable homes.

www.onetail.org

LAROCQUE: FROM PAGE 10

deserve. This was repeated on Channel 5 news by Lawrence Councilor Grisel Silva in an interview she gave where she said that this debate was racially motivated because Mayor Lantigua is Latino. On the heels of this was the proposed House Bill#4421 introduced by Governor Patrick which would allow the City of Lawrence permission to deficit borrow up to 35 million dollars. There were some who took the position that this borrowing should only be allowed if a Financial Control Board was attached to this Bill. Well as the story goes after much debate the borrowing was allowed without a Financial Control Board put in place. After the passage of the Bill, Mayor Lantigua stated that the argument for a Financial Control Board was a phony issue and that the only reason for those wanting a Financial Control Board accompanying the Bill was because he was Latino. Again to divert attention away from the truth, the Race Card was

played rather than speaking the truth that Fiscal responsibility has been very difficult for previous Administrations and that asking for help to oversee the spending of the people's money is a good thing. Another example was the recent vote by the Lawrence City Council to prohibit the practice of City Employees holding elected positions simultaneously. The City Personnel Department Head and School Committee Member Mr. Frank Bonet spoke at the Public Hearing on this issue and said this vote violated his Civil Rights and it was all based on opinion. Later in an interview given to another local newspaper he said that those who held this school of thought did so because he believed it was political retribution and a personal vendetta because he was a friend and strong supporter of Mayor Lantigua. Again he was diverting attention away from the truth of the matter. The comments made by Councilor Dan Rivera at the Public Hearing were perfectly

placed. He said that this vote had no reflection on a person's ability or qualifications; however the vote removes any appearance of conflict of interest!

One more example comes from a self proclaimed political activist Mr. Homayoun Maali and it took place during the last city election. Mr. Maali wrote an article in the Valley Patriot where he stated that the White Christians of the Mount Vernon neighborhood were racists. This was his reasoning for his losing the primary election to the School Committee representing District E and why they should consider moving out of the area because he believed we were getting a Latino Mayor. Again diverting attention away from the truth that maybe the voters were of the opinion that someone else was more qualified to be the Mayor of Lawrence. The last check I made was that this is still the United States of America and as free citizens we can vote for whomever we believe is most qualified

and will best represent our interests. To this date, Mr. Maali has not apologized for these comments and is still a PTA Officer of the Robert Frost School advocating for air conditioning to be installed at the Frost School while at the same time the City is closing Fire Stations and announcing more laying offs are forthcoming. Makes me wonder who is he really an activist for?

So my friends, I am of the opinion if the City of Lawrence ever wants to be taken serious as a city of change and is a city that welcomes change, it must rid itself of political leaders who believe that the Race Card can be appropriately played.

God Bless



Peter Larocque is a former member of the Lawrence School Committee. . You can call him at 978-682-0900, email him at peterlarocque@hotmail.com

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MAYOR FIORENTINI’S NOTEBOOK

Thoughts on Haverhill’s budget and the new recycling program

Expanded Recycling Goes City Wide- Last Week of June - Starting the last week of June, the new expanded curbside single stream recycling program started by the Mayor last year goes city wide!

No matter which trash route you are on, starting on your last recycling day in June, you can put all your recyclables out at curbside. We will continue to pick up on your regular recycling day every other week. You put it all into one container, no sorting is required! It’s that simple!

Here are a few more details:

No Special Container is Required - You can use your recycling container, but you do not have to. Use any regular trash barrel, just put a recycling label on it. You should receive a special recycling bumper sticker in the mail by the end of June or thereabouts.

No Sorting is Required - Put all your recyclables in one container-- no sorting is required. (Sorting is done by automation at the recycling plant.) You can recycle paper, cardboard, plastics (1-7), bottles and cans. Please remove all food waste and wash all bottles and cans.

Join the Mayor’s Recycling Challenge! - Under the new contract we negotiated with Capital Waste, recycling, for the first time, will pay not cost. For every ton we take out of the waste stream, the city saves \$56. The Mayor’s Recycling challenge is to limit your trash every week to no more than two barrels a week and to recycle everything else. Can you meet the challenge?

Mayor’s Budget: Vital Services Intact - With the help of a \$500,000 infusion from a local option meals tax, the Mayor’s proposed budget leaves vital services intact. The library remains open, with no cuts in hours or services. City Hall remains open, with staff cut back but no hours cut back. Pending Council approval all fire stations remain open, and two police positions that were cut will be restored.

Last week, by a 6-3 vote, the city council voted for the local option meals tax of less than 1%. With the funding, I will recommend to the city council that we give half to the schools to restore five (5) teaching positions, restore two 2 police

positions and keep the Bradford fire station open. The final decision is up to the Council.

People on this email list played a major role in passing the meals tax. Several councilors said that they received up to 400 emails, running about 10-1 in favor of the meals tax.

Voting for the meals tax were Councilors Hart, Scatamacchia, Daly O’Brien, Lepage, Amirian and Macek. Voting no were councilors Hall, Ryan and Young.

This is my 7th budget in a row that is submitted on time, balanced with vital services left intact without an override or a debt exclusion.

School Budget Leaves Vital Services Intact, but Changes Schedule for Music and Art

School budgets though out the country and throughout the State are taking dramatic hits because of cutbacks in State aid and the end of one time stimulus funding.

Haverhill’s school budget was no different. Faced with a \$3.7 million deficit, the school department was forced to make cutbacks that no one wanted to make.

Basically the school department was forced to choose between increasing class size even further (class size is at its highest level in many years) or cut music, art and phys ed.

They elected to leave class size as it is, fearing that any further increases in class size in grades 1-4 would mean a decrease in performance.

To save money, the committee elected to go to a new 5 day school schedule. That new schedule, pioneered by the Horace Mann Silver Hill Charter School in Haverhill, would have music, art and phys ed each one day a week in the lower grades rather than 2 days a week. The new schedule allows for programs such as technology, library science, or advanced music and art to be taught during the schedule.

According to Mrs. Gilman, the principal at the Silver Hill, the revised schedule has worked out well at the Silver Hill and the parents have been happy with it.

Sadly, with the new schedule, 15 music and art teachers are scheduled to be laid off.



Political Chess Game

John McCormack
VALLEY PATRIOT BOXFORD COLUMNIST

You never know what will happen at Town Meeting. A full house of 646 voters turned out on May 11, 2010 seeming determined to advance the new library and Haynes playing field projects.

Article 5 originally sought \$6,277,969 for a new Bofford Village Library. The Town would have to pass a Proposition 2½ debt exclusion and borrow \$3,493,969 for its share. The Library Trustees didn’t have a detailed plan, apparently just some sketches and a book of similar designs, Big House, Little House, Back House, Barn by Thomas Hubka. Despite this, the electricity in the air suggested there was a chance this wisp of a concept could command the needed ⅔ majority vote.

We never found out. The Massachusetts Board of Library Commissioners on May 6 extended the \$2.8 million construction grant from June 15 to November 17, 2010 allowing the Trustees to alter Article 5 to a mere \$40,000 request for design and cost estimates which passed. Full project funding will be requested at Fall Town Meeting.

The discussion of the article featured many of the staples which substitute for reasoned debate such as treacly praise for the hard work of committees and attempts to shame the town for the alleged parlous state of the current library.

A different species of obfuscation was on display in the discussion of Article 4, replacement of the Cole School roof. At an eye-popping, tax-overriding \$540,000 I expected some sharp questions. The Elementary School Committee came prepared with photos and an outside expert. His presentation mainly told us that it is a rubber roof; there is mold damage; some windows will be replaced. A breakdown of the size and type of the areas to be replaced would allow voters to rationally compare costs with the project extent but none was provided; more important, nobody was curious enough to ask. I suppose, though, that library and playing field supporters are a natural school roof constituency.

Sharp pencils greeted Article 6, purchase for \$350,000 of the Cole property near Lincoln Hall in West Bofford. Proponents were armed with \$13,000 in private pledges toward the purchase. The historic, or at least old, house, the danger of crossing Washington St to the church parking lot, proximity to the village, and the speculative danger of well or septic failure were mentioned. The Capital Budgeting and Finance Committees were strongly opposed and one former member pointed out that Lincoln Hall use had not increased since the \$750,000 renovation. The most common use is for Scout meetings. The purchase failed to garner

a ⅔ majority vote. The 511 votes cast suggested a significant drop in attendance following the library vote.

There is more to the story. I walked a 1.4 acre town-owned parcel on Washington St across from the Colby place. It is steep and has a lot of ledge. It looked difficult as a replacement well source for Lincoln Hall. Peter Delaney of the Land, Housing Partnership and CPA Committees said essentially that at a Conservation Commission meeting. Curiously, the BHP’s “Community Housing Plan” projects constructing six condominiums on that land. Sixteen condominiums are planned for a nearby parcel on Pine Plain Road which appears landlocked. The projections seem no better than a simple four units per acre, useable or not. I continue to marvel at the obeisance of Town officials to state bureaucrats and at the time and money wasted on these plans.

Delaney said there was no funding for a group home on the Colby property. The house needs tremendous reconstruction. Of course, if the CPA Committee undertook the project it would have emptied its housing reserve coffers and complicated whatever foolishness eventually resurfaces for the Haynes land in East Bofford. The CPAC was similarly resistant to spending money on the “Cargill Field” open space which delayed that purchase by six months.

Laura Grabski’s “Haynes Common” alternative to the controversial playing field and housing project never stood a chance. It would have been presented before the Haynes subdivision articles in a world where voter information came first. The selectmen placed it after those articles. Grabski’s attempt to reorder the warrant was lustily defeated and she moved to pass over her articles when they were brought up.

I’ll devote a future column to the current state of the Haynes project.

Town Meeting also voted to make the Town Clerk an appointed position. Arguments for the political independence of the clerk, who is responsible for voter registration, absentee voting, elections, initiative petitions and important town records were overcome by the view that this paid office is merely technical and that hiring should be by the Board of Selectmen based experience and qualifications. I think you have to be a political naïf to believe that. Someone behind me said “We give up our rights too easily.” Amen.




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

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Dr. Michael Provenzano

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TEEN TALK with TYLER



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May 2010: A Month of Inspiration... and Controversy

Tyler Dumont

VALLEY PATRIOT TEEN COLUMNIST

We kicked off the month of May on a very positive note on the show. I had been contacted by a local woman who was interested in getting her teen daughter, along with three of her friends, on the air to promote their newly organized community service group. So, we thought about it: A couple of teens doing something great for local people – plus, they were girls (that were also our age, for once)...how could we say no?

On Monday, May 10, “Four Friends For A Difference” joined Teen Talk. We talked about the numerous projects they have been involved in, and what they hope to do in the future. It amazed me how much these girls liked what they were doing. They don’t get a cent for all of their hard work – in fact, it even costs them some money to do everything they want to do – but yet, they have a drive to make a difference in people’s lives by participating in multiple fundraisers, walks for hunger and cancer, and even simply volunteering at nursing homes. Rachel, Lindsay, Taylor, and Amy are their names – and they’re all freshmen at Tyngsboro High School. To learn more about “Four Friends For A Difference,” check out their website at www.fourfriendsfordifference.com

A week later, however, the tables really turned. On Monday, May 17, we were supposed to have Matt Grimard on our weekly program. Now, if you follow local news at all – I’m sure you’ve heard about him. He was the quarterback for the Dracut High School football team back in 2008, and led them to win the superbowl. He also earned Massachusetts Gatorade Player of the Year, and was named one of only fifty students in the United States as an “Old Spice: Red Zone Player of the Year.” Because of his success, he earned a sports scholarship to attend Saint Anselm College in Manchester, New Hampshire. This kid basically had the world. But, just several months later, one night changed it all...

Reports claim that Matt was at a party one night, was possibly intoxicated, and got upset after seeing his girlfriend speaking to another male. He allegedly proceeded to punch his girlfriend in the jaw, after pouring beer all over her and pulling her

hair. Police were called, court dates were later set. His girlfriend ended up dropping all charges. However, he wasn’t let off the hook that easy. Matt lost his scholarship to play football, and decided not to attend college for his first year out of high school.

Talk about a complete turn in the other direction for this kid’s life, huh? Everyone in town seemed to be asking the same questions...“Why would he do it? How did it happen? Where were his parents?” But, nobody got answers...and to this day, we still don’t know the reasons why it happened. And, that’s exactly why we invited him on Teen Talk. Our show is committed to explaining both sides of issues for us teenagers, and we’ll admit it isn’t easy for us to discuss some of these topics. Especially after the more recent controversies surrounding him – including getting banned from the Dracut High Prom this year, as well as burglary charges – we knew that we were dealing with a very serious but exciting program. We were nervous about sending in a request to Matt to appear on our show, but we knew we had to do it. At first, he surprisingly said yes - even up until the time my producer called him to be put on hold to come on the air. However, when I went to speak with him just seconds before our opening theme kicked on, Matt had hung up....and never called back. So, instead, we spent the show talking about the many matters surrounding him; and welcomed the calls of local people who had some great opinions on the numerous issues. I was truly disappointed he didn’t end up coming on, though. I really wanted to hear his defense – and, as just another teenager, I simply want to know, “Who is the real Matt Grimard?” To this day, I’d absolutely welcome him to call in to my show anytime – I’d be more than happy to listen to what he has to say for himself.

Tyler Dumont is the host of “Teen Talk,” airing Monday nights at 7P.M. on AM 980 WCAP and at 980wcap.com. Visit their fan page at www.facebook.com/teentalkwithtylerdumont. You can also now voice your opinion 24/7 by calling the Teen TalkBack Hotline at 617-433-6174, and they just might play your message on the next show. We also welcome any topic suggestions by email at teentalk@980wcap.com

Remembering our veterans in Lowell

Joe Mendonca

VALLEY PATRIOT LOWELL COLUMNIST

Each year, we have at least two opportunities to honor our veterans. On Memorial Day we remember and honor those that have passed away – whether by making the supreme sacrifice while serving their country or after serving honorably in one our military services. On Veterans Day, we honor the Veterans that are still among us.

Lowell has many veterans groups. Most of the groups are members of the Lowell Veterans Council. Each year, the Lowell Veterans Council compiles a list of Memorial Day events sponsored by the member organizations. There are events spread through out the 3-day weekend. The list of events was published in the local newspaper and read on the local radio station (WCAP 980-AM). These are some of the events that occurred over the past weekend:

Saturday, May 29th - Franco-American War Veterans Memorial Day Service at St Joseph Cemetery in Chelmsford.

Lowell Veterans Council Memorial Day Service at the Ladd-Whitney Monument (in front of City Hall) with a reading of Deceased Members since the previous Memorial Day. The ceremony was followed by a program at the Lowell Memorial Auditorium.

Merrimack Valley Vietnam Veterans Memorial Day Service at Veterans Park in Chelmsford.

Sunday, May 30th - Greek American Legion Memorial Day Service @ post on Worthen St with a procession their Veterans Monument

Polish-American Veterans Memorial Day Service @ PAV post on Coburn St.

Korean War Veterans Memorial Day Service @ St Joseph’s Cemetery in Chelmsford.

Monday, May 31st - Veterans of St Louis Parish Memorial Day Service @

Centralville Veterans Memorial Park
Portuguese-American Veterans Memorial Day Service @ St Anthony’s Church with procession to Memorial at the corner of Charles and Central Sts.

Armenian American Veterans Memorial Day Service – breakfast at the Radison followed by a service at grave sites of past members.

These are just the events sponsored by veterans’ organizations with Lowell roots. There were several other events by other Veterans organizations in the greater-Lowell area.

All of these events are respectful and often moving. While no one is expected to attend all these events, the organizers of the events are very much appreciative of and hope for a large turnout of the general public. Yet, each year there are fewer veterans (because so many of our WWII and Korean War veterans are passing away each year) and less interest from the general public.

Your mission for the coming year is as follows. If you are a veteran and have not already done so, please join one of the Veterans’ organizations and help them to continue these events that honor our veterans that have passed away – every organization that I know of is in need of younger veterans to carry on the work. If you are not a veteran, please check with a veterans’ organization that is closest to you and offer some help or simply make an effort to attend at least one of the events next year. This veteran would be very grateful!



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.



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Art in the Orchard - AIGMV Members Art Show & Sale at Mann Orchards

Methuen - The Arts Institute Group of the Merrimack Valley will be celebrating at Mann Orchards with a Members Only Fine Art Show and Sale. Talented local artists from Southern New Hampshire and Massachusetts will join together to showcase their artwork in this distinctively themed show "Art in the Orchard".

The Art Show and Sale is being held on Saturday June 12th, 2010 from 8 am to 6 pm and Sunday June 13th, 2010 from 8 am to 4 pm at Mann Orchards, 27 Pleasant Valley Street

Methuen, MA 01844 in a unique tent style exhibit. Mann Orchards is the perfect setting to honor this event as we find joy in the apple art theme.

The art show is open to the public and free of charge. Local artists will be displaying their talent in live demonstrations throughout the art show. Visitors

will have an opportunity to enter a drawing to win fine art from a local artist. Come, participate and support "Art in the Orchard", a scholarship fundraiser. Enjoy the Arts in your community. Donations are greatly appreciated.

AIGMV welcomes new artists, who would like to join the Arts Institute Group of the Merrimack Valley and participate in the "Art in the Orchard" art show. A small artist entry fee is required.

The Arts Institute Group of the Merrimack Valley is a non-profit organization, dedicated to promoting the arts in the Merrimack Valley. For more information, please visit www.artsinstitute.org or www.Facebook.com/AIGMV - Arts Institute Group of the Merrimack Valley, Inc. or contact Gail Fuller 617-510-5742 or Lynn C. Vidler 978-361-5881.



PHOTO: COURTESY

Methuen Village Cleanup Volunteers

Methuen Village at Riverwalk Park participated in the Methuen city-wide clean-up on May 15. They cleaned up Gleason Street and along the Spicket River. Left to right front row: Pat Deeb, Elise Dubuque, Middle row: Noella Michaud, Isabella Hutchings, and Leonell Trudeau, Back row: Werner Sohn, Edith Galloway, and Deno Lombardi



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4th Annual Bike Run to raise money for Methuen VFW

Kate Cotnoir

VALLEY PATRIOT METHUEN REPORTER

On Sunday, July 18, the Methuen VFW Post 8349 26 River Street will be holding their 4th Annual Bike Run. Rain or shine. Registration will be from 9-11am and the cost is \$20 a motorcycle. Donations for passengers are welcome. The bike run will go through Northern Massachusetts and Southern New Hampshire. There will be a BQ after the run at the VFW and music by DJ Ebb Morris who has volunteered his time for the past three years.

The VFW is hoping to raise \$20,000 this year. The money raised will go towards improvements in the building and facilities and to preserve the club for future Veterans. T-shirt sponsorship is available for \$100 you can put your company name on the back of the shirt and \$200+ for larger print.

The bike run will be a little different this year. "It will be a memorial run. Ride for the one you have lost", said Dave Goulet 43 who started getting involved with the VFW seven years ago as a DJ. Over the years friendships ensued with Henry Dube, Quartermaster, Frank Shimko, Commander, and his wife Elsie Shimko who is the Ladies Auxiliary President. Goulet helped reassemble the VFW's Honor Guard. He started the first bike run in 2006 as a way to give back to the local veterans.

The money raised from the bike runs along with the Ladies Auxiliary's generous donations, has gone to many improvements at the VFW. These improvements include a new roof, A/C's, coolers and



new windows. Today, Goulet is the Assistant Bar Manager at the club. For more information regarding the bike run contact Dave Goulet at 978-994-7019

The VFW always welcomes new members. Membership is \$20 a year for Veterans who qualify.

Immediate family members of Veterans can join and support the VFW Ladies or newly formed Men's Auxiliary. The VFW also offers Club 8349 memberships. For information please call the Arnold Greenwood Veterans of Foreign War Post 8349 at 978-687-9465



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Relay for Life

Josie McCarthy

We all know or have known someone who has suffered from Cancer. Cancer has no bias against age, gender or ethnicity. It is an illness that if caught early, may be treated. Doctors have yet to find a cure to beat this illness, but do have hope to someday finding one.

On May 22, 2010, I attended a fundraiser at the Garibaldi Club in Haverhill, MA to raise money for the American Cancer Society. The Relay For Life Team called Pillars of Strength is dedicated to raising money to help fight Cancer and to keep the memories alive for those who are fighting and those who have lost their lives to this illness that has no cure. The fundraiser included a night of raffles, dinner and desert, amongst a friendly atmosphere. Located in the center of each table were white bags with a candle in each of them. Written on each bag were three empowering messages; "Celebrate", "Remember" and "Fight Back"! That night the Pillars of Strength Team raised over \$200. This team is going in its 5th year, although the Relay for Life has been around for a lot longer. The team walks to raise money and also has candle lighting ceremonies, which are held at the Northern Essex Community College, at the Haverhill campus. They light candles that are lined up around the

campus track.

The Relay for Life will hold the upcoming event on June 11th and 12th at the Northern Essex Community College campus, located in Haverhill, MA. During this event teams will gather at the school and take turns walking and running laps around the campus track to raise money, there will then be a candle lighting ceremony. People from all communities

are encouraged to attend and light candles in memory of someone who is fighting this illness or who have lost a loved one to this disease.

The Pillars of Strength team is always looking for new members. Their current team are Tonya Lwowski, Mookie and Laura Hansen, Kim DiVincenzo, Nate Lewit, Mary Peloquin, Toni Wedge, Kaillee David, Michelle Pehl, Amy Trecartin, Jenn Lwowski, Matt Steele, Mary & Kathy Joyce, Eric Marcoccio, Ann & George Hansen, Jessica Laursen, Brian Davis, Taryn Mirandette, Patrice Pennie, Cesar Acosta and Mary White. The team is always looking for new members. If you would like to join the team or help contribute to the cause you may use the following link www.relayforlife.org/haverhillma , or please contact Tonya Lwowski at tonva77seven@yahoo.com.



Methuen Author Vincent Spada has childrens
book released. "Said the Kitty to the Cat"

Vincent Spada, a Methuen resident has been writing professionally for the past 15 years. He is known mostly for his works of poetry and short stories. Many of which have been featured in a large variety of newspapers and magazines such as the San Antonio Express, Pittsburgh Quarterly News and Scroll and Poetic License magazines. His newest release was inspired by his two nieces while playing with them and their kitten. It is titled "Said the Kitty to the Cat" and is now available through Amazon. Published by Top That Publishing (UK). This one is sure to bring smiles to the faces of its young readers or makes a great book for reading to the little ones at story time. This beautifully written children's book has a gentle rhythm and flow to it that tells of a warm, loving relationship between a mother cat and her kitten.

Spada also has a poetry book titled “One Under the Sun”. This is published

by Brambleby Books (UK). Unlike his children's book his style of writing is much deeper and thought provoking with this wide collection of poems. Topics include a wide variety of human interests such as awareness, longings, loss, triumphs and failures as well as love and sex. Spada ventures into the world of nature in some of his poetry then crosses back to the subject of man. You will find poems that touch on the holocaust, slavery and catastrophic events such as an asteroid hitting the earth as well. "One Under the Sun" will definitely make you sit and think. This book is filled with over 60 poems that any poetry lover will enjoy. Spada also has a website that you can visit at poemsinthedark.com or you can purchase his books on Amazon. To contact him directly e-mail him at vinspada@yahoo.com with questions or comments.

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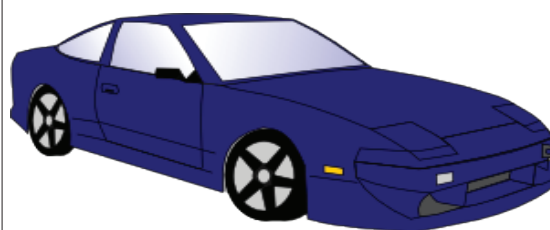


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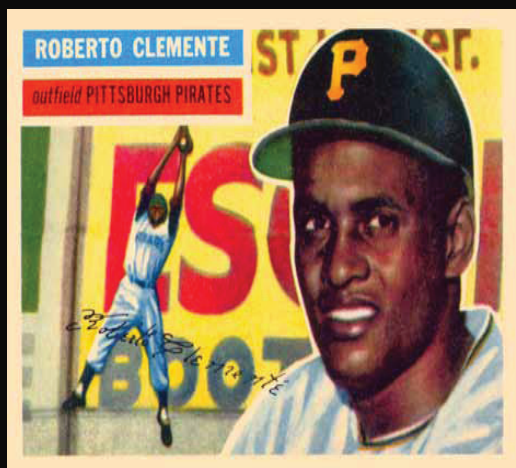
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POLITICALLY ACTIVE

Time is now for Methuen High School rennovation

Jamie Atkinson & George Scione

VALLEY PATRIOT METHUEN COLUMNISTS

Methuen Mayor Bill Manzi reported in late May that he has the votes to get Methuen High School renovated.

Prior to the May 26 Massachusetts School Building Authority hearing to present the finalized proposal, there were already four City Councilors vowing to vote yes – Jim Hajjar (West District), Steve Zanni (At-Large), Joyce Campagnone (At-Large) and Jennifer Kannan (At-Large).

Needing two more councilors to reach the six yes votes needed, that left East District councilors Larry Giordano and Pat Uliano, West District Councilor and vice chairwoman Jeanne Pappalardo, and the Central District duo of Phil Lahey and council chairman Jack Cronin to put the vote over the top.

The five holdouts were all concerned about how the city-side budget would be impacted by the renovation project. Would

this project take new revenue streams that could be applied to the budget and use it instead to fund the high school? Could funding this project cause city employees jobs for lack of funds for the budget?

The Mayor, City Councilors and school department were able to devise a plan to fund the project without increasing taxes on city residents.

Will there be layoffs? In this current economy - whether there was a high school renovation plan or not in the city of Methuen – layoffs seem inevitable.

The biggest concern has been the possibility of police and firefighters being laid off. Nobody wants to see firefighters and police lose their jobs. They risk their lives protecting us and our community.

What people need to realize is that the city budget and the high school project are most definitely two separate issues. The privatization of Holy Family Hospital is expected to create a little over \$1 million in new tax revenue, which is all slated to



PHOTO: COURTESY

go toward the city budget for the first year.

Instead of taking \$500,000 of that new revenue and applying it to the high school project as originally planned that portion of the renovation money will now come from the school department itself.

With that, if layoffs happen on the municipal side, blaming this high school project is no longer a valid claim. This high school project, which was one of just three chosen out of over 400 statewide this year, is separate from the city budget.

This high school project needs to be completed now before the MSBA contribution of 68.84 percent is no longer being offered. Every time somebody screams that it was 90 percent at one point is another wasted second at locking down the highest percentage available now. The 90 percent is long gone. If this is not done now, it's likely this 68 percent will disappear as well.

Then what? If we wait five or 10 years, will we hear whining that "it was 68 percent at one point. What happened to the 68 percent," when we are then only being offered 45 percent?

For those who don't believe Methuen High School needs to be renovated, you

are living in Mister Roger's Land of Make Believe. King Friday has some great news for you accreditation will be taken away from your public high school, families will leave the city to find a better school and property values will drop.

The sooner the City Council approves this plan, the more time it has to work with the mayor on the budget and finding ways to save as many police, fire and city-wide workers jobs as possible.

In the end, the main goal and best possible solution for all of Methuen is to get this high school renovation approved and to keep as many if not all of those working for this great city employed.

Jamie Atkinson and George Scione are hosts of Politically Active. Their TV show can be seen on MCTV (Comcast 22, Verizon 33) Mondays at 6 p.m. and Tuesdays at 9:30 a.m., while they can be heard live on the radio every Tuesday on WCCM 1110-AM from 10 a.m.-noon. They can be reached at politicallyactivebroadcasting@yahoo.com.





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They all played on the diamond on the banks of the Merrimack River. Under the lights baseball was the rage of the forties and fifties.

Ball games that would make your skin shiver with delight as you entered the gates to watch ballplayers that performed so outstanding they belonged in the pros and many ended up there. Crash Davis, Kissel, and yes North Andover’s own Tommy McAvoy were on the roster. The park was located where the Boys and Girls Club stands now.

I implore the City Council and his

honor the Mayor to erect some type of Flag, Banner and plaque to point out this historic location.

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You’d think the Politicos of all branches of government would try to cut things in terms of money by attrition. You know cutting jobs that you really don’t need. There are a lot of them you know. I am so infuriated at the threat of Losing Police, Fire and local workers that we need to run our government.

It looks as if the only way we can do it is adhere to that old expression “THROW THE BUM OUT”

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

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VALLEY PATRIOT GUEST COLUMNIST

THE BONFIRES OF IRELAND

Another Irish custom passes on to history. The annual community bonfire celebrated by the different communities through-out Ireland seems to have come to an end. When I first arrived in Ireland I could see the black smoke rising in spots all over the country. The particular bonfire that I attended, at a cross roads near Gurteen, County Sligo, was put together by the local lads using old wood and many used tires. The smoke from the flames was over powering and toxic but it didn’t seem to bother the folks that surrounded the spectacle. The midgies, (small flees) would eat you alive when stood in one place.

Sweet and melodious music could be heard as you approached the fire, the attendees were singing and playing different instruments and keeping in tune with the festivities of the evening. The beer was flowing like ice cream.

Since my first bonfire I was told that the European Union put a stop to the fires because of the dangers of the chemicals that might be burning in them. I can certainly respect their views, but then again. Nothing has happened since the first bonfire so many, many years ago.

*The evening of June 23, St John’s Eve, is the eve of celebration before the Feast Day of St John the Baptist. The Gospel of Luke (Luke 1:36, 56–57) states that John was born about six months before Jesus, therefore the feast of John the Baptist falls on June 24, six months before Christmas. This feast day is one of the very few saints’ days to mark the anniversary of the birth, rather than the death, of its name-sake.

The Feast of St John coincides with the June solstice also referred to as Midsummer’s. The Christian holy day is fixed at June 24, but, in the old way, festivities are celebrated the night before, on St John’s Eve. St John’s Eve (or Oíche Fheile Eoin (Bonfire Night)) is celebrated in many parts of rural Ireland with the lighting of bonfires. This ancient custom has its roots in pre-Christian Irish society when the Celts honored the Goddess Áine, the Celtic equivalent of Venus and Aphrodite.

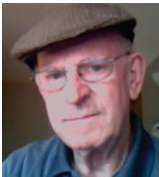
She was the Goddess Queen of Munster and Christianized rituals in her honor (as Naomh Áine) took place until the nineteenth century on Knockainy, (Cnoc Áine – the Hill of Áine) in County Limerick.

During the festival, people would say prayers, asking for God’s blessing upon their crops. They would also take ashes from the fire, and spread them over their land as a blessing for protection for their crops. It was also common to have music, singing, dancing, and games during the festival. The fire was used for destroying small objects of piety (rosary beads, statues, etc.) without disrespecting God. It was also common for people to jump through the flames of the bonfire for good luck.

In Thomas Flanagan’s The Year of the French, the ancient festival of St John’s Eve takes place. The book is set during the Irish rebellion of 1798. Here is an excerpt from The Year of the French:

Soon it would be Saint John’s Eve. Wood for the bonfire had already been piled high upon Steeple Hill, and when the night came there would be bonfires on every hill from there to Downpatrick Head. There would be dancing and games in the open air, and young men would try their bravery leaping through the flames. There would even be young girls leaping through, for it was helpful in the search of a husband to leap through a Saint John’s Eve fire, the fires of midsummer. The sun was at its highest then, and the fires spoke to it, calling it down upon the crops. It was the turning point of the year, and the air was vibrant with spirits. –The Year of the French

Some regions of Ireland follow a custom seemingly inspired by the activity from ocean and immerse themselves in its waters. In this, they imitate the original form of baptism practiced by St. John, as well as by the early Christians. http://en.wikipedia.org/wiki/St_John's_Eve (support Irish Craic by buying an advertisement in the Valley Patriot)



Jack Doyle is an author and has published two books: Echoes of My Past, and Medjugorje, Heaven on Earth. To sponsor Jack's Irish Craic" in The Valley Patriot contact: Jack5772@comcast.net

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Cassin retires as Gr. Lowell Tech Superintendent

D.J. Deeb

VALLEY PATRIOT DRACUT COLUMNIST

First off, congratulations to newly-elected Dracut Selectwoman Cathy Richardson. I believe that Cathy will serve the Town of Dracut well. Congratulations are in order as well to George Malliaros for being re-elected Selectman and Russ Taylor on his election to the Dracut Housing Authority. Although incumbent Selectman Jim O'Loughlin (who I wrote about in prior columns and did not support) lost his bid for re-election, he is to be commended for his 18+ years of service to the Town of Dracut. Serving in public office requires much personal sacrifice and all those who serve should be thus recognized. On the hand, voters chose to return Mike Miles to the Dracut School Committee and I believe (for reasons mentioned in prior columns) that this was a mistake. With Dracut's re-accreditation looming, the voters will have to live the consequences of their decision here.

This month's column will focus on the career and service of Greater Lowell Technical High School Superintendent Jim Cassin. Greater Lowell Technical High School serves students in the municipalities of Lowell, Dracut, Tyngsboro, and Dunstable. Cassin will retire from his post on June 30, 2010. I'm pleased to say that I was one of the 8

cal School Committee who supported and voted for Jim Cassin as Superintendent in 2003. This was by far one of my best and proudest votes in the 12 years that I served on the Gr. Lowell School Committee. Prior to his election as Superintendent, Jim Cassin had worked as a Social Studies teacher at Greater Lowell for 33 years. He also served as an officer and later President of the Greater Lowell Technical High School Teachers Association. He worked as Director of Adult Education for a time at Greater Lowell as well. In total, Jim has spent 40 years impacting the lives of young people as a professional educator. When Jim Cassin was elected Superin-



tendent in 2003, student performance on the MCAS tests had been improving, but still left much more to be desired. Under his leadership, student performance indicators in most areas far exceeded state averages. Greater Lowell Tech students are now passing the MCAS tests at a rate of 98%. In addition, Greater Lowell's graduation rate has increased from 79% to 93% compared to the state average of 81%. The dropout rate has also been reduced to 4% versus a state average of 10%. Jim Cassin is the first to share the credit with his leadership team and the outstanding staff at Greater Lowell Tech. Working with his leadership team, he developed new policies to address attendance and grading policies, classroom management, student discipline, teacher professional development, facility

management, crisis management, staff hiring, technology development, MCAS achievement, school safety, and fiscal issues. Thank you, Jim, for your outstanding service to our communities for the last 40 years at Greater Lowell, but especially for serving as Superintendent for the past 7 years. You are leaving Greater Lowell a much better place than it was when you took over. You and your leadership team, along with the superb faculty and staff at Greater Lowell, have made a great school better. Best wishes in your retirement. Finally, congratulations to Superintendent-Elect Mary Jo Santoro. Mary Jo has served at Jim's side as Assistant Superintendent/Principal for the past seven years. I have no doubt that she will hit the ground running and will do an excellent job at the helm of Greater Lowell Technical High School. More information on Dracut to follow next month.



D.J. Deeb is a of the Town of Dracut Committee on Government Rules and Regulations, served on the Dracut School Committee from 2005-2008 and the Gr. 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.

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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.



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TREE OF KNOWLEDGE: FROM PAGE 8

a psychological and spiritual one. Women often rightly sense they're being used rather than loved. It has contributed to the high pill-era divorce rate; yet, while 50% of marriages end in divorce only 1% that practice Natural Family Planning do. With its lingering effect of hormones polluting their body ecology, prolonged use of the pill has been a cause of heart wrenching sterility in women.

As mentioned above the popularization of contraception created the contraception mentality that separates sex from babies, love from life, and lays down the rationale not only for abortion but for the perverted use of the sexual faculty: if sex is essentially separated from baby-making then acts relating to homosexuality, masturbation, pedophilia, pornography, adultery, fornication, and even bestiality can be rationalized. And they have been - one by one. With the slippery slope that began with contraception all but two have become culturally accepted, so far.

Finally, the west is committing suicide. As the Russian Solzhenitsyn once said, "The west has lost its will to live." The contraception era has seen Europe and North America depopulate at an alarming rate, making demographers fear that both will lose their identities within a relatively short period. We see it already occurring with the great influx of Arab peoples into Europe and Hispanics into the U.S., necessary for keeping their economies afloat. It may not be too long before the U.S. speaks Spanish and Europe is under Sharia law, for both immigrant populations are still reproducing at pre-pill western rates.

So happy birthday to a pill that has denigrated marriage; promoted promiscuity,

a pornography industry second to oil companies in profit, a 50 % divorce rate, a rationale for same-sex marriage, a rapid depopulation, and a civilization that has lost its will to live. Like blind sheep we flocked to consume the new fruit of the tree of the knowledge of good and evil for the past 50 years in the name of women's

liberation and sexual freedom. With the original fruit God warned, "If you eat from it you are surely doomed to die." Out of the same prideful disobedience to be our own gods we are today bringing about the fulfillment of that end by consuming the new forbidden fruit of our age, the birth control pill.



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



Howard W. Smith D.D.S. & Joseph P. Beninato D.M.D., P.C.

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TOM DUGGAN'S NOTEBOOK

LAWRENCE - We've heard it over and over again. Lawrence Mayor Willie Lantigua (da chief) blaming former Mayor Mike Sullivan for the city's budget woes. "We inherited, I repeat, we inherited this \$24.5 million deficit," has been his mantra. But, what Lantigua doesn't tell you is that he has added nearly a million dollars to the payroll in new hires since taking over January 4th. He has also given raises to Lenny (De Da Dee) Degnan, Comptroller Dave Cumasso, Deputy Police Chief Melix Bonilla, Treasurer Patty Cook, and at least a dozen others... all the while Lantigua is laying off 45 rank and file police officers and 38 of firefighters. But, how much of this mess did Lantigua really "inherit" and how much of it is made of his own incompetence (or I should say Lenny Degnan's incompetence)? Well, Lantigua claims that the 2008 and 2009 city budgets had such massive deficits under Mayor Mike Sullivan that he has to use millions from this years budget to balance those previous years shortfalls. The problem is, according to the Mass. Department of Revenue, Robert Nunes and Jay Gonzales previously certified the 2008 and 2009 budgets as "balanced". What's more, Governor Deval Patrick and members of the Lantigua administration told the legislature that Lawrence needed to borrow \$35 Million (backed by state taxpayers) to prevent "massive" layoffs in the city. Yet, here we are a few short months later, and Lantigua has already borrowed \$24Mil... blown that \$24 Mil... and is now going

to lay off 190 city employees (including 75 layoffs from the school department) anyways. What a scam! And I called it back in February!

LAWRENCE - If only Lantigua could tell the truth about Lawrence's finances maybe he could move forward. But Lantigua doesn't know HOW to tell the truth. Remember when he campaigned last year saying he was the "Democrat" (he was elected as an Independent) and that his opponent Dave Abdoo was "the Republican" (which he wasn't). Then, in October he claimed Lawrence's budget



Last month RiverBank on Jackson Street in Methuen held a Shred Day Event where they shredded 5.13 tons of paper, responsible for the preservation of 85 trees, saved 35,910 gallons of water, eliminated 409 cubic feet of landfill space, and saved enough energy to power an average home for 31 months!!

shortfall was \$9Mil. But, suddenly, a few weeks later it was \$17.5 Mil and by the time he took office in January of this year he was telling the public that Lawrence's deficit was a \$24.5 Mil. Remember, this was all within the 2010 fiscal budget that the Department of revenue had already certified as "balanced"! At this point it's hard to believe anything Lantigua has to say. Given that he has yet to hire a budget director, is letting an insurance salesman (Lenny Degnan) manipulate... er, uh I mean "manage" the city budget, and has hired Patrick Blanchette in violation of state law. I suspect that Lantigua will be in his fourth year as mayor and still wont be able to balance a budget ...or tell the truth! That is, if the city isn't bankrupt before then

LAWRENCE - Hispanic Week! It's the most WONDERFUL time of the year, better than Christmas, better than Saint Patrick's day and even better than election day... (well, almost) is the annual Hispanic Week celebration in the city of Lawrence! Great food, great music and entertainment, shows and rides for the kids and an entire week of Latin culture to soak in and enjoy. Now, I know what some of you are thinking. Lawrence is not a safe place at night when it's NOT Hispanic week, why would we take the chance of going there during this festival? Well, I have gone to Hispanic Week every single year since it's inception and I can tell you that there is ZERO crime at Hispanic Week each year. Lawrence Police Chief John Romero

reports back to us year after year that, despite the hundred thousand or so people who attend these festivities, there is quite literally no crime! Come on down to Lawrence and see what Latino culture is all about, learn about Colombian heritage, eat great Dominican food, listen to infectious Puerto Rican music, watch the shows and learn about Latin culture. It is something you will be talking about all year long!

ANDOVER - N. ANDOVER - During those budget debates in Boston for Lawrence's \$35Mil bailout loan, guess who testified in favor of Willie Lantigua getting more of your state tax money while Willie Lantigua was spending \$10,000 on curtains for his office? That's right, North Andover State Rep. David (Where-is-he) Torrissi and Andover Rep. Barry Finegold. Torrissi is running for reelection in North Andover and will face either Kevin Begley or Stan Novak in November. Barry Finegold (who received illegal campaign material from the Wilfredo Laboy printing press) is running for State Senate to replace the outgoing Sue Tucker. Despite the fact that Lantigua has added another \$1Mil in new hires to his budget, Finegold and Torrissi continue to stand by their testimony that Lawrence needed to borrow the \$35 Million with no oversight board and no receiver to take over the city's finances. They both still contend that Lawrence needed to borrow \$35Mil to prevent layoffs.... even though Lantigua has blown \$24.5 Mil of that loan money and is laying off 190 city workers anyway. It just goes to show you that guys like Barry and Dave are not only clueless when it comes to representing their constituents but are also sell outs who do not care about the facts of Lawrence's finances, all they want to do is go along with their Pal Willie Lantigua to keep those "Latino" votes at election time.

NEWBURYPORT - This summer Newburyport will sizzle when the Latin sounds of Sol y Canto come to the Firehouse Center, Market Square, Newburyport on Saturday, June 19th at 8pm. Tickets are \$21 for Members, students and seniors; \$24 for adults, and may be

purchased at the Box Office, by calling 978/462-7336 or visiting the website at www.firehouse.org. Sol y Canto is the creative team of Brian and Rosi Amador who, together with other Latin American musicians, will bring the warmth of the Caribbean sun directly to the Firehouse stage. Treat yourself to one of life's necessities - come bask in the Sol y Canto sound at the Firehouse and take your soul on a little "Latino" vacation. Visit them online at www.firehouse.org

LAWRENCE - It is always interesting to hear Lawrence City Councilors crying poverty as the city goes through budget turmoil, wringing their hands about police and fire layoffs. Especially given that the city council, under president Patrick Blanchette gave themselves a raise from 5,000 per year (each) to \$15,000 per year (each), not to mention the council president's salary has been raised to \$17,000. Add in cell phones, out of state travel, blackberries, health insurance and other goodies and the city council alone has received more than 100,000 in raises at time when we are laying off cops and firefighters. Anyone reading this think that even one city councilor has proposed giving back their raises to save fire and police officers? If you do you'd be wrong! So the

next time the city council meets and cries about layoffs and the city's budget woes, ask them if they plan on giving back the \$100,000 in raises the council got. And for you fire and police

officers who will be negotiating with the Lantigua administration for your jobs, tell the mayor and the council you will not concede to one cut in pay or benefits till the part time Lawrence city council gives up their \$100,000 in raises. Seems like everyone is taking a cut in Lawrence except the city council, the mayor and his friends.

LAWRENCE - With all due respect to my good friend and Valley Patriot columnist Bob O'koniewski, I am getting pretty tired of his insulting and haranguing Lawrence City Councilor Sandy Almonte of (District A) Prospect Hill. Almonte may be a bit naïve as a new councilor (and her votes are certainly influenced by the likes of Patrick Blanchette and Grisel Silva). But, anyone who watches her on the council or in the community will see very quickly that; unlike most of her colleagues, she truly does care about her constituents and the city of Lawrence. Last month, O'Koniewski made a statement on the Paying Attention! Radio program criticizing Almonte for comforting victims of house fires in her district. Again, I love Bob and he is usually right on target with this stuff, but Councilor Almonte is a credit to elected officials everywhere for the way she reaches out to people in crisis when there are no cameras around and there is no glory to be had. I may not agree with her choice of political allies, and I am certainly not happy that she fails to show independence when she rubber-



2010 Hispanic Week schedule

LAWRENCE



VIP Dinner - June 11th - Wyndham Hotel, 123 Old River Rd, Andover
Haitian & Colombian Night - June 12th, (H) 1 Jackson St. (C) 60 Island St.
Peruvian & Mexican Night - June 13th, - (P) 9 Appleton St. (M) TBD
Salvadoran Night - June 15th, (TBD)
Dominican Night - June 16th, Marabu, 22 Union St.
Puerto Rican Night - June 17th, Roxy Night Club



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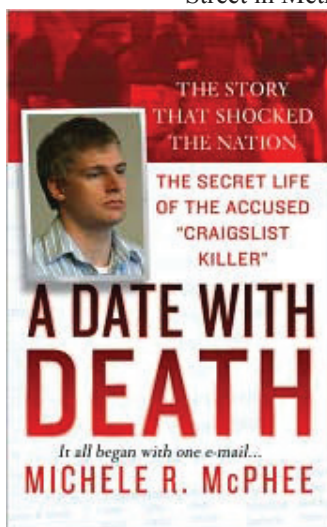
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stamps everything Willie Lantigua wants, but when a politician is doing something laudable they ought to be praised and given credit.

METHUEN – Rep. Linda Dean Campbell may be in a bit of trouble this election season if current trends continue in the direction they are going in. Campbell, a veteran and conservative Rep. on Beacon Hill faces two good challengers this year. The first is former mayoral candidate Al Dinuccio, a republican who came within whiskers of beating Billy Manzi last year. Then there's independent Phil Lahey who is a city councilor representing the Central District and is a former city council president. I say this one is tight right down to the wire as Lahey seems to be picking up steam among voters and DiNuccio is sure to siphon off hundreds of votes in this Anti-incumbent, anti-democrat election climate. If Lahey or DiNuccio ingratiate themselves with members of the Tea Party or can eat into Campbell's base, even a little, this three way race could be a big surprise on election day. As of right now Campbell is still the front runner and the candidate to beat, but my money says this is anyone's race!

SUMMER READING – If you want a good read this summer pick up Michele McPhee's new book "A Date with Death" the secret life of the Craig's List Killer, available at Barnes & Noble Books. McPhee is the brilliant investigative journalist who has blown the whistle on the mob and currently hosts her own talk show on 96.9FM TALK weeknights from 6-10pm. If you want to meet Michele, she will have a book signing on Saturday, June 12th at Ecco, 107 Porter Street East Boston from 5-7pm. If you've never read a book by McPhee, this one is a great place to start your obsession with one of the country's bravest investigative reporters! I guarantee that once you read "A Date With Death" you will be rushing back to the book store to get her other titles like her blockbuster, "Heartless: The True Story of Neil Entwistle and the Brutal Murder of his Wife and Child"

NORTH ANDOVER – Boston Coffee Cake, LLC, and Bake'n Joy Foods, Inc. are pleased to announce the opening of a new bakery at the manufacturing plant/headquarters of Bake'n Joy Foods, Thursday, June 17th, from 2—4 pm.. Establishing a strategic partnership with long-time supplier, Bake'n Joy, Boston Coffee Cake has moved their operation to the new baking facility in North Andover. The 11,300 square foot bakery boasts state of the art manufacturing and baking equipment to produce the high-quality, hand-finished cakes for which Boston Coffee Cake is famous. The new partnership will allow Boston Coffee Cake to expand beyond its current customer base to grow the business in foodservice operations, retail accounts and on the Internet at www.bostoncoffeeecake.com. The new bakery operation will provide 20 to 30 new jobs to the community in the coming year, adding to the 50-plus jobs currently held by Merrimack Valley residents working at Bake'n Joy. Boston Coffee Cake, LLC, operations



and production will be in North Andover, while Internet sales distribution will be housed at the Bake'n Joy distribution center in Georgetown, MA. As with any new structures and improvements made to the Bake'n Joy plant, the new bakery was designed to be energy efficient, reducing energy consumption significantly.

METHUEN – RiverBank on Jackson Street in Methuen shredded 3.02 tons of

paper at another one of their shred day events last month. We love RiverBank here at the Valley Patriot because not only are they locally owned but they reach out to the community to help fight identity theft. Because of their efforts last month, the RiverBank shredding event was responsible for the preservation of 51 trees, 21,140 gallons of water, the saving of 241 cubic feet of landfill space and saved enough energy to power an average

home for 18 months. For the 2 weekend event RiverBank shredded 5.13 tons of paper, responsible for the preservation of 85 trees, saved 35,910 gallons of water, eliminated 409 cubic feet of landfill space, and saved enough energy to power an average home for 31 months!!

Saturday, June 12th, West Parish Church YARD SALE, 129 Reservation Road, 8AM to 1PM. RAIN OR SHINE. This is one of the area's biggest and best

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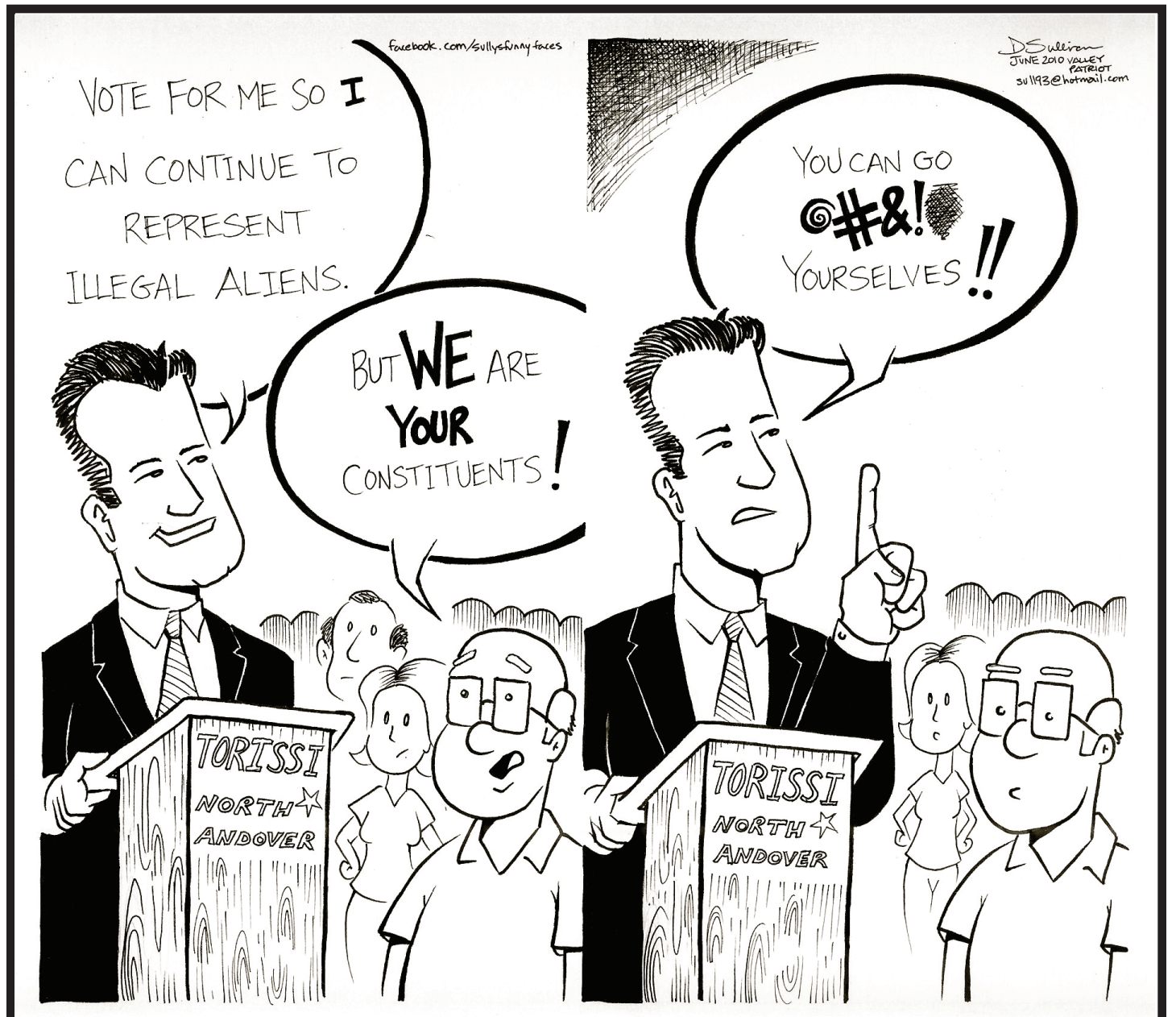
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NEWS ITEM: North Andover State Rep. Dave (Where-is-he) Torrisi voted against the Perry Amendment in the State Budget which would have cut all state funding for illegal aliens during this budget crisis. When 96.9FM talk show host Michael Graham tried to get him to defend his vote, he sent an e-mail telling him "go F**k yourself"

Voters point to way out of budget shortfall:

Raise insurance premiums to save public sector jobs

(BOSTON) – A new survey conducted by the Suffolk University Political Research Center for the Beacon Hill Institute shows that a plurality of voters prefer increasing public employee contributions to municipal health insurance plans over other alternatives as a way to meet budget gaps faced by cities and towns in Massachusetts.

Voters were asked to support four options: overriding Proposition 2 ½, cutting public employee pay by 5%, increasing health insurance contributions, or laying off police, fire and teachers.

Thirty-four percent (34%) of those surveyed supported higher co-insurance cost sharing while only 6% preferred public employee layoffs. Only 17% preferred Proposition 2 ½ overrides, while 25% favored an across the board 5% salary cut. About 17% offered no opinion.

"Voters, who are clearly tax-averse, think part of the solution to local budget cuts lies with reforming the unsustainable municipal health insurance system," said

Frank Conte, BHI's director of communications.

"Few voters support outright layoffs; they want to save jobs and they suggest that cutting pay and benefits may be the best way to save public sector jobs overall."

On the issue of municipal health insurance, the survey revealed a split between voters according to age. Support for this option begins to diminish with voters over 54 years of age. Voters between 35 and 44 expressed the strongest preference (46%) for raising insurance contributions while voters over 75 years of age were less enthusiastic, with only 23% in favor.

The statewide survey of 500 Massachusetts registered voters was conducted May 20-23, 2010. The margin of error is +/- 4.4 percent at a 95 percent level of confidence. The results summarized will be posted at www.beaconhill.org.

For more survey-related information, contact David Paleologos at 781-290-9310, dpaleolo@suffolk.edu.

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State Trooper Cashin, Officers Davey & Towner Honored in D.C. at National Police Memorial

Names of three Mass. police officers killed in 2009 added to National Monument, honored by president

Last month more than 25,000 police officers and families filled the grounds of the National Law Enforcement Officers Memorial in Washington DC for a candle light vigil honoring the 116 police officers who were killed in the line of duty in 2009.

Among the officers honored for making the ultimate sacrifice were: Massachusetts State Trooper Richard Cashin who was killed in a car accident on January 28, 2009, Weymouth Police Officer Michael Davey who was struck by a vehicle while directing traffic around a utility work site on August 24, 2009, and Worcester Sargeant Michael Towner who died on April 7, 2009 after a fall while struggling to arrest a violent suspect.

The names of all three of these heroes were read aloud as part of the roll call of honor and their names permanently etched into the walls of the memorial.

Director of Homeland Security Janet Napolitano, U.S. Attorney General Eric Holder, FBI Director Robert Mueller and several other members of the Obama White House spoke at the candle light vigil thanking the families of slain officers for the sacrifice of their loved ones.

“Tonight is testament to the indispensable role the Memorial Fund plays in honoring the service and sacrifice of our nation’s men and women in uniform – not only at this annual vigil but every day of the year,” Attorney General Holder told the crowd.

“It was 218 years ago this month, in 1792, that an American law enforcement officer – Deputy Sherriff Isaac Smith of Westchester, N.Y.,– was first killed in the line of duty. Since that day, approximately 20,000 law enforcement officers have also made the ultimate sacrifice. Tonight, we add 325 to this memorial. Two hundred and nine were men and women unknown to this wall until the Memorial Fund resurrected the details of their sacrifices. And 116 were killed in the line of duty this past year.”

“Although no memorial, no ceremony,

and no salute can ease your pain and special burden, there is something you must know. The gratitude that I, along with the many law enforcement professionals here tonight, feel for your loved ones is shared by the entire law enforcement community and an entire nation. We are all safer for their sacrifice. And we will always be inspired by their example of service.

Unspeakable tragedy may be what brings us here. But our unending appreciation – for the unsung work of law enforcement – is what binds us, and binds all Americans, together. These officers secured our neighborhoods and our nation. And they did so willingly, embracing their essential roles from day one. They were part of something greater than any one man or woman. They were part of one of America’s earliest, finest and most noble traditions. They define what is best about our country.

So, while we may grieve, we must not despair. The choice of these heroic men and women to live for their country was made with the understanding that they could die for it, too. Their choice reminds us of just how brave – and how remarkable – they were.”

Valley Patriot editor Tom Duggan Jr. was among those on stage during the event and read aloud from the roll call of fallen officers during the ceremony. Duggan’s father, Lawrence Police Officer Tom Duggan Sr. was beaten to death with a baseball bat on a busy downtown street in broad daylight in March of 1990. His name was added to the memorial in 1991.

Amesbury Police Officer Jason Kookan took part in Law Enforcement United’s bicycle run to Washington DC to raise money for the children of police officers killed in the line of duty. Kookan dedicated his ride to the memory of Duggan’s father and presented Duggan with a steel arm band with is father’s name on it at the memorial wall after the ceremony.

“It was a great honor to be up on stage with the director of Homeland Security, Janet Napolitano, Eric Holder and FBI



Director Bob Mueller not to mention Craig Floyd who has done an unbelievable job getting this memorial built,” Duggan said. “But, when officer Kookan handed me the wristband he wore during his ride down here, especially on this spot where my dad’s name is engraved on the wall, it left me speechless.”

Two days later, President Obama spoke at a memorial service held by the Fraternal Order of Police (FOP) on the lawn of the U.S. Capital where the family members and partners of slain officers placed a flower in the FOP wreath signifying the lost officer.

“Every day in America, families go about their lives,” President Obama told the thousands of attendees at the service. “They wake up, sit down for breakfast, send their kids off to school. Then they head into the office, or onto the factory floor. And after putting in a honest day’s

work, they return home, ready to do it all over again in the morning.

We often take it for granted, this cycle of life. We know, of course, that chance can change everything overnight. But we also rely on a certain order in our lives, a certain sense of security that lets us sleep safely in our beds and walk around our neighborhoods free from fear, and go about our daily lives without being the victims of crime.

That sense of security doesn’t come on its own. What makes it possible -- what makes freedom possible -- are the law enforcement officers that we honor today. It’s men and women like so many of you. It’s anyone who’s ever put on a uniform or worn a badge in the name of law, in the name of order, in the name of protecting and defending the United States of America.”



Photo 1) President Obama places the first flower in the Fraternal Order of Police Wreath signifying a fallen officer from 2009. 2) Chairman of the National Law Enforcement Officers Memorial, Craig Floyd (who is personally responsible for the building of the memorial in 1991 and the annual ceremony honoring slain officers) with Attorney General Eric Holder lighting the first candle during the vigil, 3) Valley Patriot President Tom Duggan, Jr. reads from the roll call of honor 4) A copy of The Valley Patriot’s tribute to Lawrence Police Officer Tom Duggan taped to the wall of the Police memorial at panel 36 West where Duggan’s name is engraved, 5) Tom Duggan with FBI Director Robert Mueller who read from the roll call of honor and has been a frequent attendee of the annual memorial service, 6) Tom Duggan with Director of Homeland Security, Janet Napolitano, 7) Amesbury Massachusetts Police Officer Jason Kookan touches the wall where the name of fallen Lawrence Police Officer Tom Duggan Sr. is engraved on the national memorial, 9) A blue lazer beam shoots over the crowd of 25,000 police officers and family members during the candle light vigil representing the thin blue line of law enforcement, 9) A police Survivor (family member of a fallen officer) bows down to read the names on the memorial amid personal effects and tributes left by partners and family members, 10) Police officers march on the lawn of the U.S. Capital among thousands of officers from across the country at the conclusion of the Peace Officers Memorial Service.

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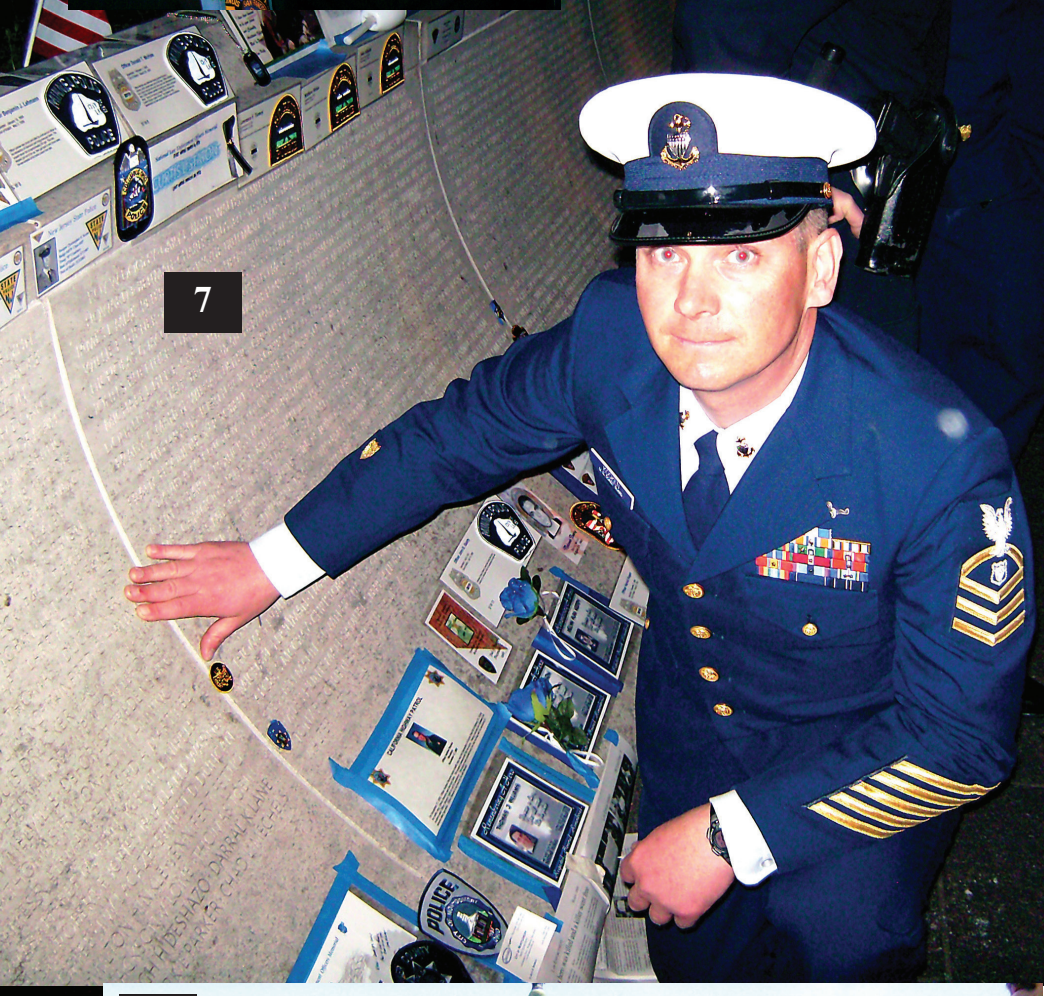


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ALL PHOTOS: TOM DUGGAN, (PHOTO 3: PAULA PORTEN , PHOTO 5 BY A.G. ERIC HOLDER, PHOTO 6 BY FBI DIRECTOR ROBERT MUELLER)

SHAWSHEEN: FROM PAGE 9

be anything from a city sewage pipe being illegally hooked into the drainage systems in that neighborhood, or it could be a leaking pipe that is somehow contaminating that line,” Harding said. “but we will not know the answer to that until they track back the source.”

The Shawsheen River runs through south Lawrence and into North Andover where it empties into the Merrimack River at Sal’s Riverwalk near Rt. 495.

Harding said that as far as he knows, town officials in North Andover were not notified by Frank McCann or the city of Lawrence that human wastewater was flowing into the Shawsheen, posing potential health hazards running through North Andover.

“It appears that one or more sewer connections might have been made to the drainage pipe which isn’t particularly uncommon in older cities, but we are requiring them to study it and find the source of the bacteria, e-coli and other chemicals going into the river from that pipe. It is



possible, it may be a cross connection with a city sewer line or it could even be coming from a single building or house in that neighborhood. Whatever the source is, they need to go up into system to find where this is coming from.”

Harding sent his letter to DPW director McCann on May 3rd of this year and the letter states that the issue must be resolved by May 28th. Harding says the city has not resolved the issue but even though the wastewater has been dumping into the Shawsheen for over two months, they did grant the city an extension to June 15th.

As of the time we went to print (June 8th) our reporters observed first hand that human waste water was still flowing into the Shawsheen (see photos).

N. Andover Officials Express Outrage

Chairman of the North Andover Board of Selectman Tracey Watson audibly gasped when she was asked for a comment on the water contamination. “Are you kidding?” she asked after a long pause. When told that the human wastewater has been flowing into the Shawsheen since at least April, Watson was speechless and then became emotional.

“If the date of that letter is May 3rd like you say,” Watson told our reporter, “we should have been notified that day. That river runs right through North Andover and by the way, it empties into the Merrimack. So, this waste is flowing right into that river that we worked so hard to clean up.”

Selectman Dan Lanen echoed Watson’s concerns. “I am shocked that nobody from Lawrence bothered to pick up the phone and let us know that we had contaminated water running through our town.”

“Town officials should have been noti-



PHOTO: TOM DUGGAN

The delta of the Shawsheen River on the border of North Andover and Lawrence where it empties into the Merrimack River (near Rt. 495). EPA officials say that untreated waste water is flowing from Lawrence into the Shawsheen upriver from this delta.

fied the next day. The hazardous waste on my border being dumped on the banks of the Shawsheen was one thing. They cleaned it up, but now they’re allowing this stuff to pollute our river and they don’t even tell us? I’m an environmentalist and I take pride in the clean rivers and streams in North Andover we work very hard to keep it this way.”

Danger to Public Health in Lawrence and North Andover

George Harding from EPA said that people need to be careful when coming into contact with contaminated water. “Anytime you have sewage discharge there are pathogens in the water, our prime concern is, if people are coming in contact with water, canoeing, wading, fishing, or coming in contact with pathogenic organisms, the public’s health is at risk. How much risk depends on how much is being discharged. We won’t know what that is until the engineering consulting find the

source.”

Selectman Watson said that she was very concerned about the people of North



Andover and added that had she known about the situation she would have taken steps to make sure the public was aware of the problem.

“When is the insanity [in Lawrence] going to stop,” she asked with desperation in her voice.

“We had the illegal dumping down there (last month) and now this? When is someone going to go into that city and put a stop this kind of stuff? All I want is for Lawrence to succeed and be a vibrant city, but I don’t see it happening. I see it going backwards, it’s frightening.”



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



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Hampton Beach Activities

Hobie Regatta - Annual Hampton Beach Catamaran Regatta

June 19-20, 2010. Hampton Beach Catamaran Regatta has become a highlight of the summer as champions and (relatively) new sailors alike converge on Hampton Beach for a weekend of sailing.

Hosting races throughout the day, and held close to the shores so that visitors and non-sailors can admire the spectacle of colorful sails. Bring your cameras! A truly magnificent site. Sailors contact www.sailnecsa.org Dave White 361-6692

10th Annual Sand Sculpting Competition, Sat., June 19, 2010 - Wed., June 30, 2010 - The now famous Sand Sculpting Competition. 12 Masters, that compete around the world, come and sculpt with the hopes of winning. Over \$15,000 in prize money. Awards Saturday night, June 26, 8 p.m. at the Seashell Stage. Fireworks shoot to follow, 9:30 PM

A weeks worth of artistry right in front of your eyes. Interested Master Sand Sculptors may contact event co-organizer: www.GregGrady.com The event is funded by the Hampton Beach Village District and Sponsors, in cooperation with The Hampton Area Chamber of Commerce and The NH Division of Parks. Interested sponsors or volunteers should contact the Hampton Chamber of Commerce at 603-926-8718, or www.hamptonbeach.org

Fireworks at Hampton Beach 14 Special Fireworks Displays. The Finest in Display Fireworks

Wednesdays and Holidays, at 9:30 PM, beginning Sun., May 30th (Memorial Day) - Oct., 10th (Columbus Day Weekend).

June 26th Sand Castle Fireworks
July 4th, Spectacular Shoot
July 7, 14, 21, 28
August 4, 11, 18, 25
Sept. 1st, Labor Day Weekend-Sept. 5th
October 9th, Harvest Festival weekend
New Years Eve, December 31 at 8 PM
Sat. September 11th - Annual Seafood Festival Special Shoot (at 8:15 pm)

Arts and Entertainment

Hampton Beach Casino - Ocean Blvd. Hampton, NH 603-335-5334. Where the Beach meets the Stars! Box Office Hours Mon-Fri 10 am - 5pm, call: 603-929-4100

LaBec Rouge - Live nightly entertainment featuring local bands. Rock, Blues, Jazz. Open Deck or lower level. Full Service Restaurant and Lounge. 73 Ocean Blvd., Hampton Beach, NH 603-926-5050

Boardwalk Inn & Cafe - Entertainment, Late night menu, Summer night on the patio. 139 Ocean Blvd. Hampton, NH 03842, call: 603-929-7400

Hampton Beach Seashell - Live entertainment weekly. View the summer live entertainment schedule.

Stacey Jane's - Hampton Beach's only multi-venue 365 day a year entertainment spot. Enjoy Karaoke 7 nights a week inside Stacey Jane's Bar & Restaurant. Inside the same building you can enjoy the all new Blarney Stone Food & Spirits, authentic Irish cuisine and Live entertainment. A quick walk upstairs will bring you to Club Madison, a city style dance experience on the beach. There's always something going on under our roof. Restaurant & Lounge. 9A Ocean Boulevard, 603-929-9005



PHOTO: COURTESY

COME SING WITH US ALL SUMMER LONG AT THE SINGING CHURCH!

The Hampton Beach Community Church is a Non-Denominational Church located at 49 Ashworth Avenue, Hampton Beach, NH, (behind McDonald's & the Water Slide, near the corner of D Street and Ashworth). The Singing Church holds Sunday services at 9:30AM each week in the summer time beginning June 20th and running for twelve weeks through September 5th.

Newburyport residents meet Joe Piscopo

"Hey, Joe!" -- Newburyport's Colleen Turner (center) and Donato Frattaroli (right) met SNL alum, Joe Piscopo, when he stopped by Lucia Ristorante in Boston to help kick-off the countdown until the 16th Annual "Taste of the North End," Friday, May 14, 2010, at the New England Aquarium, Boston. Food from 34 popular North End restaurants and libations from area wine vendors left guests thrilled and full! Food stations lined the large center tank inside the New England Aquarium, with dancing and desserts in the tent to round out the night. All Proceeds benefitted The North End Community Health Center, as well as children's and senior's programs in the North End.



"Sun, Fun & Families: Summer Sizzles in Salisbury 2010"

Summer-long free events return featuring the SAND & SEA FESTIVAL, 4TH OF JULY WEEKEND FESTIVITIES & SURFSIDE LIVE! CONCERT SERIES & FIREWORKS, plus THURSDAY NIGHT BONFIRES ON THE BEACH

"Salisbury Beach has even more to offer this summer," says Wayne Capolupo, Salisbury Beach Partnership president. "As this challenging economy continues, we are pleased to carry on the tradition of these free outdoor events for local residents and for the hundreds of thousands of people who travel to this beautiful coastline for their summer vacations."

"The success of these events would not be possible without the support of our local businesses," adds Maria Miles, Salisbury Chamber of Commerce president. "The Salisbury Chamber of Commerce is excited to be a part of this special summer line up and looks forward to welcoming visitors from near and far to Salisbury Beach."

The Summer Sizzles in Salisbury 2010 schedule of events includes: SAND & SEA FESTIVAL: "A-Pirating We Go!," Saturday and Sunday, June 26 & 27, 2010 - The fourth annual Sand & Sea Festival features a brand new theme, "A-Pirating We Go!" Back by popular demand from last year's Maritime Festival, the Pirates of the Dark Rose will stage "beach invasions" with cannons and sword fight demonstrations and set up their pirate encampment for visitors to tour and participate in hands-on activities. The Festival will again feature activities for

all ages including a spectacular fireworks show, day-long entertainment on a beachfront stage, the ever-popular Beach Pizza Eating contest and Pet Parade. Street performers, marine aquatic programs, beach sports demonstrations, booths at Beach Center, and more will be a part of this perfect summer kick off. The Festival is FREE with a small fee for some activities.

THE PIRATE'S BALL - A FUNDRAISER FOR SALISBURY BEACH PARTNERSHIP, June 25, 2010, 8pm - midnight - Kick off the summer festivities on Salisbury Beach and support the Salisbury Beach Partnership, Inc. Enjoy an evening of pirate-themed fun and live music at this waterfront cocktail reception at the Blue Ocean Music Hall. For tickets and more information please visit beachfests.org or call 978.462.7274.

4th of JULY WEEKEND SPECTACULAR, Thursday-Sunday, July 1 - 4, 2010 - Celebrate the Fourth of July with a weekend full of fun at Salisbury Beach! In addition to free beachfront concerts and fireworks, visitors are encouraged to enjoy the surf and sites of Salisbury Beach, play games of skill in an arcade, relax at deck side establishments overlooking the ocean, or enjoy a slice of "beach" pizza from popular eateries.

More activities to be announced soon.

SURFSIDE LIVE! CONCERT SERIES & FIREWORKS, every Saturday, June 27 - September 4, 2010 - FREE live music concerts and fireworks return to Salisbury Beach every Saturday night. Bring a beach chair or blanket for the beach and enjoy free live outdoor concerts performed by popular regional and nationally recognized bands followed by a spectacular fireworks display launched from a barge on the ocean.

NEW! BONFIRES ON THE BEACH, Thursdays 7pm, beginning July 1, 2010 - Why not enjoy the beach at night too? Bring a chair or blanket, and your family and friends for an old-fashion bonfire on the beach with marshmallow roasting and sing-a-longs. FREE.

DIRECTIONS AND MORE INFORMATION - One of the state's most popular summer destinations and pristine natural resources, Salisbury Beach is easily accessible from Routes 1, 95 and 495, and less than a tank of gas away from most major cities in New England. Salisbury Beach Summer Celebration 2010 event updates and schedules as well as sponsorship information can be found at www.beachfests.org. To contact Festival staff, please call (978) 462-SBPI (7274).

ABOUT THE SALISBURY BEACH PARTNERSHIP, INC. - Salisbury Beach Partnership, Inc. (SBP) is a non-profit organization dedicated to making Salisbury Beach Center a welcoming destination for the regional community and visitors. Working closely with the Town of Salisbury, Salisbury Chamber of Commerce, Salisbury Beach Betterment Association and the Massachusetts Department of Conservation and Recreation, SBP members include elected officials, local residents, community advocates and business leaders. They are active partners in fostering and promoting initiatives to revitalize Salisbury Beach Center and realize the vision of a new Salisbury waterfront slated to include a lively blend of residences, restaurants and retail offerings.

ABOUT THE SALISBURY CHAMBER OF COMMERCE - The Salisbury Chamber of Commerce is a non-profit membership based organization. With over 350 members, the Salisbury Chamber of Commerce works in conjunction and collaboration with civic, regional and business organizations to create and develop a strong business atmosphere and presence. For more information please visit www.salisburychamber.com.



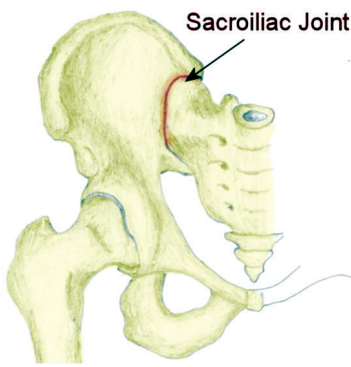
THE DOCTOR IS **IN**

Lower Back Pain: Sacroiliac Joint Dysfunction... Pt. 1

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Pain in the lower back or low back pain is a common concern, affecting up to 90% of Americans at some point in their lifetime. Up to 50% will have more than one episode. Low back pain is not a specific disease. Rather, it is a symptom that may occur from a variety of different processes. In up to 85% of people with low back pain, despite a thorough medical examination, no specific cause of the pain can be identified.

Chronic low back pain may be caused in 30% by dysfunction of or disease that affects the sacroiliac joint, which is commonly referred to as the "SI joint". Sometimes pain originating at the SI joint involves the low back, pelvic area (hips), buttocks, and thighs. In some cases, the pain may be described to be sciatic-like. The incidence of pelvic pain may make a proper diagnosis elusive. Therefore, patients with chronic low back and pelvic pain may find it wise to see a physician who specializes in pain



Sacroiliac Joint

management of spinal disorders.

What are the causes of sacroiliac joint dysfunction?

Like other joints, the SI joints have a cartilage layer covering the bone. The cartilage allows for some movement and acts as a shock absorber between the bones. When this cartilage is damaged or worn away the bones begin to rub on each other, and degenerative arthritis (osteoarthritis) occurs. This is the most common cause of SI joint dysfunction. Degenerative arthritis occurs commonly in the SI joints just like other weight bearing joints of the body.

Another common cause of SI joint dysfunction is pregnancy. During pregnancy hormones are released in the woman's body that allows ligaments to relax. This prepares the body for childbirth. Relaxation of the ligaments holding the SI joints together allows for increased motion in the joints and can lead to increased stresses and abnormal wear. The additional weight and walking pattern (altered gait) associated with pregnancy also places additional stress on the SI joints. This may explain why SI joint pain is more common in women

than men!

Any condition that alters the normal walking

pattern places increased stress on the SI joints. This could include a leg length discrepancy (one leg longer than the other), or pain in the hip, knee, ankle or foot. Patients with severe pain in the lower extremity often develop problems with either the lower back (lumbar spine) or SI joints. In most cases if the underlying problem is treated the associated lumbar spine or SI joint dysfunction will also improve.

There are many disorders that affect the joints of the body that can also cause inflammation in the SI joints. These include gout, rheumatoid arthritis, psoriasis, and ankylosing spondylitis. These are all various forms of arthritis that can affect all joints.

Symptoms of Sacroiliac Joint Dysfunction

Patients with sacroiliac joint pain may or may not have a history of trauma or torsional strain. Frequently, they complain that their symptoms have been present for a relatively long period of time. Pain may be located over the sacroiliac joint, or it may be referred, usually to the groin and the posterior thigh, and less often to the leg.

The pain often intensifies when the patient lies on the affected side. Leg pain may radiate over the lateral aspect of the greater trochanter and down the front of the thigh.

The distribution of pain is not consistent with a nerve root compression syndrome or radiculopathy. Sacroiliac pain is experienced as a dull ache in the bones above the buttock on one side. But because

the nerves in that region are not very specific, pain caused by the sacroiliac joint can also be experienced in the groin, back thigh, and lower abdomen.

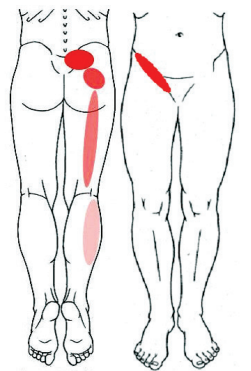
On physical examination, forward bending is limited and painful when the patient is standing, but improves when the patient is seated. The patient is most comfortable while sitting on the affected buttock. Tenderness is present over the involved sacroiliac joint and may also be found over the buttock or the posterior superior iliac spine. Muscle spasm is a prominent feature. Unlike sciatica, patients with sacroiliac joint pain do not have tenderness in the sciatic notch.

You will usually not need to have x-rays or an MRI immediately, unless you have a history of serious injury, infection or cancer.

Where does SIJ pain occur?

You may feel pain from the sacroiliac joint in many places:

1. In your low back, right over the joint (most common)
2. In your buttock, thigh, or groin (common)
3. In your lower leg (less common)



Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. For any questions or concerns, please

email Dr. Rustum at: ramirustum@comcast.net

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Whiplash?

DR. Jin Sung

VALLEY PATRIOT CHIROPRACTIC COLUMNIST

You are driving to work and stop for a red light. You're minding your own business and - bam! - your car rocks forward and backward, slammed in the rear by another car driven by some guy yacking on his cell phone. Or you're a passenger in a Boston taxi. The driver's cruising down Merrimack Street when a teenager suddenly dashes into the intersection, running across the street against the light. The cabbie slams on the brakes and your head rocks forcefully backward and forward.

Or for reasons known only to yourself you decide it's a good idea to go bungee jumping. You dive into space, the cord extends, and finally the cord is fully played out. Significant physical forces blast through your body as you helplessly bounce back and forth, dangling in the air like a gaffed flying fish.

The result of each of these demonstrations is Isaac Newton's First Law of Motion. Later that day, or possibly within several days, you begin to experience neck pain. You might also have shoulder pain, headache, nausea, dizziness, and pain or numbness traveling down one or both arms. You have whiplash - a traumatic injury to the muscles, ligaments, and spinal joints of your neck and upper back.^{1,2}

If you're lucky you'll get better in a few days. If the injuries are moderate or severe the various complaints will linger and may even get worse. As with any injury or illness, if you're not getting better right away you need to see your doctor. As you've suffered an injury to your head and neck, it may be a good idea to see your doctor as soon as you can, in any case, even if you think the injury is mild.

Your chiropractor is an excellent choice for examination and evaluation of injuries due to whiplash. He will be able to determine the nature and extent of the damage to muscle, ligament, and bone. Taking an x-ray series is a very important part of the evaluation of whiplash, as even seemingly modest forces can result in fracture of one or more vertebrae in your neck. Evaluation of nerve function, including both spinal nerves and cranial nerves, is critically important. Pain and/or numbness radiating into one or both arms suggests injury to a cervical nerve root and needs to be thoroughly assessed.

If no fractures have been identified, chiropractic treatment can begin immediately. Over time, chiropractic treatment helps reduce inflammation of injured muscles and ligaments. Over time, chiropractic treatment helps restore normal ranges of motion to your neck and upper back. With this natural form of healing you begin to make incremental, steady progress, recovering the ability to participate in all your daily activities with reduced levels of pain and discomfort.

Chiropractic treatment provides optimal therapy for whiplash injuries, allowing your



body to recover and return to normal by utilizing its own restorative powers.³

Developing Your Core

Core muscle strength helps reduce the impact of a whiplash injury. Your core muscle layer is the deepest layer of muscles in your body. Core muscles include very small muscles that connect two vertebrae, thin sheets of muscle that connect groups of vertebrae, the four muscle groups that comprise the abdominal muscles, and various small muscles that stabilize the pelvic floor.

Core muscles are trained during your regular strength-training routines. These muscles provide stabilization when you work any of the major large muscle groups. Pilates routines, yoga, and aerobic exercise such as biking, swimming, and running also help train the core. Additionally, specific core training exercises help maximize core muscle strength. All that's required to do a great specific core workout is an exercise mat.

When core muscles are toned and strengthened, their ability to withstand unusual physical forces is significantly increased. A whiplash injury will momentarily deform core spinal musculature, but the muscles will be able to better tolerate the physical stress and the degree of injury, if any, will be reduced.

1Kasch H, et al: Clinical assessment of prognostic factors for long-term pain and handicap after whiplash injury: a 1-year prospective study. Eur J Neurol 15(11):1222-1230, 2008. 2Chen HB, et al: Biomechanics of whiplash injury. Chin J Traumatol 12(5):305-314, 2009. 3Michaleff ZA, et al: A randomised clinical trial of a comprehensive exercise program for chronic whiplash: trial protocol. BMC Musculoskeletal Disord 10:149, 2009 (12/2/09). Dr. Jin Sung is the owner of Functional Chiropractic, Inc. Located at 126 Merrimack Street in Methuen, MA behind Heavenly Donuts. He can be reached at 978 688-6999.

Summer Allergies

Dr. Thomas Johson

VALLEY PATRIOT ALLERGY COLUMNIST

When we think of allergies many of us think of spring. The fact of the matter is many of the same allergens that can cause May misery can persist into June and the entire summer as well. July is also the mold season. When you add mold spore growth air pollution, heat and humidity into the mix you have the recipe for summer allergy misery.

The main causes of most summer allergy triggers are molds and pollen. Pollen is the microscopic grain that male trees, weeds, and grasses release in an effort to fertilize other plants. In people who carry an allergy gene, these pollens can turn on allergic symptoms when breathed in. Mold spores do the same thing.

When a person who has active allergy gene antibodies of the IgE class are produced and these mistakenly identify pollen and mold spore protein as unwelcome visitors. The immune system IgE antibodies then release histamine from MAST cells that attacks the pollen. Histamine causes runny nose, scratchy eyes, and a host



of other summer allergy symptoms.

Remember that pollen and mold spores can travel for miles. Also keep in mind that the higher the pollen and mold counts the greater the severity of the expected suffering. You can check the pollen count in your area by visiting our website at www.newengland-allergy.com. We update this crucial information daily to keep you updated and informed.

Please keep in mind that summer allergies can be controlled with regular visits to your allergist. The Allergist can provide you with the best treatment options for your individual needs.

SENIORS: FROM PAGE 4

6:30 a.m.

Supper Club: Thursday, June 17, The Hungry Traveler, Salisbury, MA order off the menu and depart senior center at 4:30 p.m. Transportation is available for \$3.00. Sign up at the reception desk.

ZUMBA: Three classes available: ZUMBA Basic on Mondays, 3:30-4:30 p.m. ZUMBA Fitness on Mondays 4:30 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.

ZUMBA SUMMER CLASS: Zumba Fitness Mondays 4:30 - 5:30 p.m. and Zumba Basic Wednesdays, 4:30 - 5:30 p.m. \$40 for 10 classes w/ punch card, \$6. for single class. Summer session starts June 28 thru August 16, no class on Monday July 5.

YOGA/PILATES: Tuesdays 3:30 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.

Please call to register.

BEGINNER BALLROOM DANCING CLASSES: Thursday evenings 7:30, 6 weeks. Learn the Salsa and the Waltz. This class is open to all ages. Each week has a review of the basic steps, so you can sign up anytime. Call Barbara at 978-688-9560 to sign up. This is not a difficult class, come and join the fun. You can miss a class and still catch up without any trouble. There is still time to sign up for this class!! The cost is \$90 per person or \$150 per couple for 6 weeks. Drop-ins welcome for \$30 a class. Next session begins Sunday, July 11 thru August 15 from 5:30 - 6:30 p.m. Fox Trot and Rumba will be taught in the summer session.

Support Services and Programs

Stress Reduction: Fridays, 12-2 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.

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Live the WOW!

YOUR LIFEMATTERS! It Matters to those around you. It Matters to your Family. Your Friends and Neighbors. It MATTERS to those in Your Community and to the Man Upstairs. And when You KNOW for Certain that Your LIFE Really DOES MATTER ... then You are finally Starting to Live the WOW!

Thomas Connors
VALLEY PATRIOT WOW! COLUMNIST

Phew! I know you are thinking that sometimes this **WOW!** stuff seems so deep and beyond comprehension. And sometimes it appears to require so much work to get where you want to be in life. At other times you probably ask yourself if it is all worth the time and effort you put into your life versus what it appears you get out of it.

Then, BANG! In an inexplicable instant you have a Eureka moment where many things actually sink in and make a whole lot of sense!

THAT's Living the **WOW!**

Stir up those embers within and awaken yourself to the knowledge and realization that Your LIFEMATTERS! There is NO other incentive or motivation that will move you to achieve more in Life.

Lack of self-esteem is a disease eating away at too many people in today's competitive and survival-of-the-fittest world in which we live. We get bombarded from the media and outside influences daily. From hints of not being rich enough ... to accusations of being too fat or too skinny. From suggesting plastic surgery to correct some, god-forbid, blemish to eye-rolling questioning of another person's intelligence or lack thereof. From insinuations about your background and heritage to purely personal attacks on a person's appearance and speech. All these things add up in the

course of a day to pure and vicious attacks on your self-esteem. They are attempts by selfish and self-absorbed malcontents to create misery at every turn. Regrettably, they succeed far too often.

You hear me say it over and over again. The **ONLY** person who can actually destroy your self-esteem is **YOU!** You have to be the one who lets those attacks get to you. **ONLY** You can take them to heart and convince yourself you are less than what you really are. The choice is yours! Always.

Nothing breaks my heart more than witnessing the slow erosion or complete destruction of a person's self-esteem. They convince themselves that Living the WOW! will never be possible for them.

GET WITH IT for Heaven's sake! And realize just how good you are.

Here is something amazing. At American Training I have worked for 30 years helping people reach their dreams. (Now, there's a **WOW!** Purpose in life!) Teaching people a skill is seldom, if ever, an issue. I don't care if you are a young mother in her teens with a two year old son, a 65 year old out of work man needing to work after losing his retirement savings, a person with a disability who has been deaf since birth or a recently laid off single woman trying to make a better life for her kids. We will teach you a marketable skill and by following our advice and with patience you will find a job and get started on a meaningful and rewarding career.

The **ONLY** thing stopping any of these

people is when they convince themselves they can't do it. They choose to believe the nay-sayers. They listen to people and things that don't want them to succeed in the first place. They forget **THEIR LIFEMATTERS.**

At American Training's StarWorks and LARE Training Center we have placed people with a total lack of hearing into jobs running highly sophisticated printing presses. We have placed people with memory loss on routes driving. We have had young kids work their way into management positions within a couple years. We have had young mothers in their mid-twenties with 5 children begin careers as federal employees and limited English speaking husbands get into major defense contractors and remain on-the-job for 25 years. These people took the risk. They took our advice. They knew more than anything else that their and their families' **LIFEMATTERS.**

THAT's Living the **WOW!** Knowing that Your **LIFEMATTERS** makes all the difference whether You get there or not!

It's time you face facts. It's time you fully realize Your LIFEMATTERS, too.

You've heard it before. "God don't make no junk!" Well, that means you, too. When you come go the realization that Your Life is Priceless and **YOU** are in fact an important part of this world in which we live, then all the pieces start to fall into place. Failing to realize and accept that leaves you lost in a desert of emptiness with a complete lack of fulfillment. Under those circumstances trying to Live the **WOW!** does become next to impossible.

All that changes when you know Your

LIFEMATTERS!

HERE IS A SPECIAL GIFT FOR YOU. And if you are too darn lazy to get off your fanny and write me, call me or otherwise get in touch with me ... shame on you. If you don't do it for yourself, do it for your family, your children, grandchildren, partner ... whomever. It is my Free Gift to you to remind you how important **YOU** are ... that Your **LIFEMATTERS.**

I have an oval sticker, fresh from the printer (this red, white and black sticker is **REALLY SHARP** ... trust me on it) on my car rear window that reminds me every day that **WOW! MY LIFEMATTERS!** And it reminds those close to me that their **LIFEMATTERS**, too! (By the way these stickers also look sharp on laptop lids, house windows, luggage, spiral notebooks, the list goes on.)

See my address/e-mail address below and get in touch with me to get YOUR **FREE Sticker.** If you call me, just dial 978-685-2151 and dial "0" for Edwin, who will take your info to get one right out to you. All you have to do is ask.

Now, that's a **WOW!**

*Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the **WOW!** a regular part of your personal, spiritual and working life. You can reach Tom at Tom@American-TrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2009*



Simple Wisdom

Straightening Shelves

Gail Van Kleeck
VALLEY PATRIOT COLUMNIST

One of us left the basement freezer door ajar. Parker said it wasn't him. Fortunately I discovered it in time to salvage the food. Unfortunately the inside of the freezer looked somewhat like a winter wonderland. I transferred its contents to plastic containers, left the door wide open and waited for the ice to melt. Later, as I put the food away, I discovered things I didn't know were there. That night we ate crab cakes, beans from a friend's garden and an apple pie from last year's harvest. I hadn't needed to go to the store. Everything we needed was already there in our freezer, just waiting to be discovered.

The experience reminded me of a dream I'd had many years ago. In the dream I was in a busy shopping mall with a long list of errands and a short amount of time. In that dream, I dodged traffic, looking for a parking space than ran frantically toward the grocery store, grabbing a cart as I rushed through its door. The grocery store was fully stocked, but the cookies, light bulbs, catsup and oatmeal were all combined helter-skelter on its shelves. When both my time and money were exhausted, many of the things I needed were still missing from my list.

I remember being haunted by that dream, and by the fear that no matter what I did in life, my needs might never be met. Then I realized that the dream was offering me a different way of seeing myself. I began to wonder if perhaps I was like

that grocery store. What if most of what I needed was already inside me, simply waiting for me to discover it by paying more attention to my inner shelves?

Sometimes in our busy, over scheduled lives, we forget to base our priorities on those things we truly value. We look in the wrong places for those things we think we need. We listen to too many experts. We run too fast. We deprive ourselves by taking on more than we can possibly do. Then we buy more than we need in an effort to reward ourselves for what seems to be missing in our life.

The Hawaiian's say that if it doesn't get done today, maybe its not important. What if we began this fresh, new month by slowing down just a little? What if we taught ourselves to say "No" to just one of life's demands each day? What if we stepped outside our door and breathed in night sounds, just for a moment before going to bed? How might our lives be different? What might we discover within us that we may not need to look beyond ourselves to see?

WHAT WE FOCUS ON IS TRULY WHAT WE SEE



To E-mail International inspirational author and motivational story teller, Gail Van Kleeck gail@

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Elderly Dehydration

Terri Crow Mercier
VALLEY PATRIOT HERO COLUMNIST

The summer heat is rolling in like only a true New Englander can understand. It hits fast and without much warning. Dehydration can happen year round especially within the elderly population, however it is most profound in the summer. The effects can take a devastating toll on them. This is one of the major causes for elderly admissions to our hospitals. Did you know that our elderly are at higher risk for dehydration due to less fluid content in their body? Elderly average about 10 percent less fluid than the typical adult body. Our elderly are also going through physiological changes that occur naturally with the human aging process. The reduced sense of thirst and hunger are just two examples of things that can trigger dehydration. These are usually more noticeable than other triggers. Side effects from many medications as well as certain medical conditions like high blood sugar, diarrhea, vomiting, heat exhaustion, infections and even at times exercising can all be causes of dehydration. All too often the symptoms are mild and vague. Family members, caregivers as well as health care providers should be continually aware of the risk factors, signs and symptoms of dehydration. Fever, confusion, muscle weakness, constipation, dizziness, urinary tract infections, tachycardia, weight loss, pneumonia, irritability and increased infections can all be tell tale conditions. Always consult your medical doctor if any of these occur or if you even suspect any degree of dehydration in your loved one. The faster it is diagnosed the quicker the response to help prevent further complications such as kidney failure, coma, electrolyte abnormalities, shock and other heat related illnesses We can all help prevent it to begin with by making sure those in our care are drinking plenty of fluids through-

out the day. Many of us are all too aware of how tricky it can be to get some elderly to drink enough fluids. Popsicles, Jell-O, slushies and Italian ice are usually eagerly accepted and provides variety. Continual fluids of one form or the other throughout the day are better than gulping down a glass of water with large periods of time between as well.



Access to fans and air conditioning can also help prevent the body from overheating.

Too often our elderly who live alone may not have access to these simple items and this puts them at even higher risk. Reach out to your neighbors that may have no one and

something as simple as putting in their air conditioner or checking in on them may make a world of difference in their lives. Sodium and potassium are also often lost with dehydration. Offering food and fluids that have these can help as well. You have heard the saying- an apple a day- but a banana and glass of juice a day just might be in order under these circumstances. Another way to watch for dehydration in the elderly is to check their weight daily. If a 2 percent body weight loss has occurred then they may have mild dehydration. If there is a 5 percent weight loss or greater then they may have severe dehydration. In either situation always notify their doctor as they are the only ones who can properly diagnose and start a plan of treatment. Keep in mind if you are the main caregiver for a loved one and plan to be away for a vacation this summer you may want to consider placing your loved one in a nursing home temporarily for what is referred to as respite care. Usually their stay is a week or two until your return. Most nursing homes will accept these very short term placements and you will be able to have some peace of mind while you are on vacation. I wish you all a healthy, happy and well hydrated summer.

Senator Tisei's on Superior Court's health insurance ruling

BOSTON – Senate Minority Leader Richard R. Tisei issued the following statement regarding last month's decision by the Massachusetts Superior Court not to grant injunctive relief to the state's health insurers on the setting of new policy rates:

"I'm pleased the courts have rendered an expedited decision in this matter. However, today's ruling only serves to underscore the needless chaos and unnecessary disruption that Governor Patrick's price controls have caused throughout our health care delivery network.

Governor Patrick's rate caps are a band-aid that does absolutely nothing to address the underlying factors that are driving the double-digit rate increases in health care costs. If anything, he's only made things worse for the hundreds of individu-

als and small business owners who have tried to purchase health insurance over the last couple of weeks, not to mention the 200,000 individuals in the small group market whose policies were up for renewal on April 1.

If the Governor is really serious about getting a handle on this problem, then he should toss out these rate caps and start working with the Legislature to formulate a comprehensive plan to reduce health care costs across the Commonwealth. A piecemeal approach won't work. The only way to achieve meaningful and long-lasting reform is not to single out insurers, but to also look at the hospitals, providers and pharmaceutical companies to see where they can increase efficiencies and cut costs."

ANTI-SEMITES:FROM PAGE 9

SUV during the matinee of "Next to Normal," Obama's allies were kind enough to remind us not to react too quickly to the obvious hypothesis.

But when Jews defend themselves from mobs hitting them with clubs and stabbing them with shivs, the president's on it like white on rice. He's there to allow anti-Israel resolutions through the U.N. He's there to comfort terrorist backers, such as Erdogan and Hamas, from the brutality of Israeli commandos armed with paintball guns. (Yes, you read that right; they were carrying paintball guns.)

There's only one world leader who was faster than Obama to the microphone: Mahmoud Ahmadinejad. And it wasn't by much. It didn't really matter, of course; no matter who got to the microphone first, an anti-Semite was going to issue the first

statement. Obama may not be on Ahmadinejad's genocidal level, but he clearly is willing to let those who would perpetrate genocide grab the upper hand in the Middle East.



Ben Shapiro, 26, is a graduate of UCLA and Harvard Law School. He is the author of three books including the national bestseller "Brainwashed: How Universities Indoctrinate America's Youth," and the host of "The Ben Shapiro Show" on 810 AM in Orlando, FL. To find out more about Ben Shapiro and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com. COPY-RIGHT 2010 CREATORS.COM.

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PAGE 29

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Jeff Ghaemaghany...I can't believe it... This new ageLOC product has just blown me away.. In September I had my skin analysed and they found 189 UV spots which are invisible today but will certainly become dark age spots as I grow older. They also have the potential to become cancer. Well today, after 90 days of using ageLOC I had my skin analysed again and it's hard to believe but my UV spots are now 13.

If you or someone you know honors the years you have lived and yet wishes to look and feel more youthful, I'd be happy to talk with you. You can reach me by phone at 781-769-1144 or by email at gail@simplewisdom.com

NOTEBOOK: FROM PAGE 23

yard sales. Sale includes clothes, household items, small furniture, sporting goods, electronics, books and many other items. Shop early for the best bargains. Lunch available. Proceeds will support local food; heating, homeless shelters in addition to "Shelter Box" a project that provides 1 year of housing for 10 people in Haiti and other countries that have a need due to some type of devastation.

NORTH ANDOVER - Smolak Farms Partners with Edible Boston and Wineconnection for Free Chef Series Featuring Fresh Summer Fare & Wines. Smolak Farms in partnership with Edible Boston and the Wineconnection are proud to present the 2010 Summer Chef Series, highlighting fresh local fare and wonderful summer wine pairings. Presented the last Wednesday of each month (June - August), Smolak Farms will host some of Greater-Boston's best chefs dedicated to

using in-season local fare. Each chef will demonstrate signature dishes using fresh Smolak Farms produce and provide tastes for all in attendance. Wines will be paired by the Wineconnection located in North Andover, MA, with the event presented on the picturesque grounds of Smolak Farms (Series held outside, no-rain date, if poor weather event will be moved indoors). The 21+ series is free to the public with RSVP to inform@smolakfarms.com. Chefs slated for the series are Chef Antonio Bettencourt, of Sixty2 on Wharf in Salem, MA, Chef Jason Bond of the Beacon Hill Hotel & Bistro in Boston, MA and Chef Samuel Hunt, of 15 Walnut in South Hamilton, MA. Smolak Farms, 315 South Bradford Street, North Andover, MA, Wednesday, June 30, 2010, 7PM - 8:30PM, Chef Antonio Bettencourt, Sixty2 on Wharf. Wednesday, July 28, 2010, 7PM - 8:30PM, Chef Jason Bond,

Beacon Hill Hotel & Bistro. Wednesday, August 30, 2010, 7:00PM - 8:30PM, Chef Samuel Hunt, 15 Walnut. Free to the Public, Free Parking, RSVP required to: inform@smolakfarms.com

DANVERS - June 11 - Blogging for business - Christa Terry, author of "iDo: Planning Your Wedding With Nothing But Net," will speak on June 11 at The North Shore Business Forum on how businesses can increase sales through blogging. The North Shore Business Forum meets at 7AM 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

DANVERS, June 18 - Market your business on the web. Kim Stone, of Stone Digital Productions, will speak on June 18 at The North Shore Business Forum on how to market your business with video on the web. The North Shore Business Forum meets at 7:00am 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

DANVERS - June 25th, Financial planning for small business. Liz Silva, of Hamilton Bookkeeping and Joe Princi, will speak on June 25 at the North Shore Business Forum on small business financial planning. The North Shore Business Forum meets at 7:00am 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

AMESBURY - The Whittier Home, 86 Friend Street, Amesbury, MA. Open June 5 - October 31 for guided tours on Saturdays, 10AM - 4PM (last tour begins at 3:30 PM). Otherwise, by appointment. Admission: Adults \$6; Seniors and Students \$5; Ages 7-17 \$3; and children (under 7) free. Group rates on request. Call Dawn Bennett at 978-465-5964 or, for more information, visit us at <http://www.whittierhome.org> for a virtual tour,

or stop by our online gift shop and check out our calendar of upcoming events.

LAWRENCE - St. Mary's High School in Lawrence, Class of 60, is planning their 50th reunion to be held on October 3rd at

the elegant Seaglass Restaurant at Salisbury Beach. We are looking for contact information on our classmates, so please email us at smhs1960@verizon.net or call us at 978.686.2115 so that we can send you further details about our reunion.

If you have any questions, please feel free to call me at

978.686.2115 or email me at librapatty@comcast.net

METHUEN VILLAGE AT RIVERWALK PARK - Country Western performer at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites the public to a performance of country western sweetheart Brenda Terry on Friday, June 18 at 7PM. Brenda makes country music come alive with her guitar and voice! Her music is a delightful presentation of everything from John Denver to Patsy Cline. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com. Broadway and Show Tunes at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites you to spend Father's Day evening with Diane Dexter playing the baby grand piano. She will sing many Broadway hits and show tunes on Sunday, June 20 at 7PM. This performance is brought to us by a grant from the Methuen Cultural Council. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com.

LAWRENCE - The LACE (Learn About Computers Everyday) of the Elder Services of the Merrimack Valley Inc. is offering a variety of computer workshops for the months of June and July. All Classes are based on the Windows Vista operating system and are held at 360 Merrimack St., in Lawrence. Do you have a



DON'T ASK: FROM PAGE 8

proximately \$363 million having been spent on 'separation travel', recruiting and retraining replacements.

President Obama promised that he would work towards repealing this law, but, like most of his promises, he is slow to move on this issue. Sen. Carl Levin (D-Mich), chairman of the Senate Armed Services Committee, who voted against the law in 1993 is still one of its strongest opponents. Other supporters are Senators. Joe Lieberman (I-Conn), Ron Wyden (D-Ore), Kirsten Gillibrand (D-N.Y.), Roland Burris (D-Ill.) and Congressman Moran.

On May 27 the House of Representatives voted to repeal the law by a 234 to 194 margin. The Senate Armed Services Committee followed suit. However, it still has to be repealed by Congress. The repeal is actually an amendment attached to a bill that will approve over \$700 billion for military operations. Many Republicans are threatening to vote against this bill if the amendment is still attached. This includes our center-fold Senator, Scott Brown. Really? They would deny the necessary funding to supply and support our troops because

those who are willing to lay down their lives for our country and its citizens want equal and fair treatment under the law? What kind of Americans are these Republicans?

The full Senate is expected to vote on the bill some time this summer. Even if it is repealed it would not become law until it is 'studied' to determine how it will impact the military and just how it would be carried out. Defense Secretary Robert Gates is asking Pentagon chief legal counsel Jeh Johnson and Gen. Carter Ham, commander of the US Army forces in Europe to report to him as late as December about their concerns. We all know that this December can turn into next December.

I'm asking Santa for an early Christmas present so that we can all don our gay apparel or better yet, uniforms.

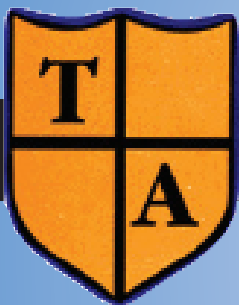


Dani Langevin is a teacher and has a Bachelors in Fine Art and Masters in Education. She has written four young adult novels, one of which is self-published. You can email Dani at DaniBLangevin@aol.com



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laptop computer, then what’s next?, June 16., pm., Maintaining your Computer, June 17, pm, The Many Joys of Clip Art, June 22, pm., Are you ready to smile and say digital, June 23, am., Is e-mail blind?, June 23, pm, Should we be fearful to “Facebook”, June 24, pm., Where’s my stuff, June 28,pm., Creating Greeting Cards, June 29,pm., Gizmo’s explained, June 30 am., Control Panel, June 30 pm., How to click right, July 20, pm., How to Do Web Stuff, July 21 am., Health information available on the Internet, July 26, Keyboard shortcuts, July 27, Internet Bargain shopping July 28,pm, Exploring Picasa, July 29 am, The Wonderful World of the World Wide Web, June 22 and June 29 am., Understanding E-Mail and E-mail Attachments, July 1 and July 8 am. The 2 hour one day workshops are \$15.00 and the 2 day workshops are \$30.00. Advanced registration is required by June 11. For more information, please call 800-892-0890 ext 1516 and leave a message or e-mail lace1050@yahoo.com. Visit online at <http://elderservices.tripod.com>.

LOWELL - (FROM DAVID MORRISON)The Lowell City Council voted this past month to increase the city’s meals tax to .75%. The move is designed to help close the city’s budget gap. Lowell City Manager Bernard Lynch claims that if the City Council did not vote in favor to raise the meals tax, then other services would be cut, and property taxes would go up. Lynch also pointed to other cities in New Hampshire that have increased their meals tax, with minimal negative impact. “The state of New Hampshire has a .9% meals tax, and there hasn’t been an exodus of people heading towards Mass.” Lynch, who insists that while the idea of raising taxes might be hard for some to swallow, there are very few options in closing the budget gap. “It is a tool. It is beneficial to raising our revenue stream.” The measure passed, with a four- to-three vote. Councilors Rita Mercier, Kevin Broderick, Patrick Murphy, and Bill Martin voted in favor of the increase, while Councilors Rodney Elliot, Edward, “Bud” Caufield, and Joseph Mendonca voted against the measure. Councilor Franky Descoteaux, who owns two Downtown Lowell restaurants, did not vote.

SALEM, MA - Thursday, June 24th, 4PM – 6PM, Location: The Salem Athenaeum, 337 Essex Street, Salem, MA 01970. As the Salem Athenaeum celebrates its 200th anniversary, you are invited to this special library and cultural center to learn about it as it exists today and throughout the past two centuries. Although its current home on Essex Street dates to 1907, the Athenaeum has a rich history that extends to 1760. As a result this institution has grown with the United States itself. Director Jean Marie Procious, and honorary curator, Elaine von Bruns, will walk us through the public

and private spaces filled with collections, including their current exhibition, “Delights and Curiosities. “ Discover the fascinating books and artifacts housed here and learn the importance of this resource for research and study as well as a gathering place for writers, readers, and life-long learners. Light refreshments will be served. Space is limited and reservations are required. Event is FREE to Essex Heritage and Salem Athenaeum Members; non-members \$15. Register online at www.HeritageExplorers.org. Proceeds generated from this event will be pooled and contributed to The Salem Athenaeum and the Essex Heritage Membership Program. For more information or to reserve a space, call the ENHC at 978-740-0444, email explorers@essexheritage.org or visit www.HeritageExplorers.org. Parking: Free street parking may be available on Essex Street. Metered municipal lots



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are located further along on Essex Street. Travel straight through the traffic light at North Street, and the lots are on either side of the next intersection. “The Salem Athenaeum: Celebrating 200 Years!” Presented by the Essex National Heritage Commission, 221 Essex Street, Suite 41, Salem, MA 01970, 978-740-0444

LAWRENCE - The Lawrence Public Library will begin its summer schedule on Monday June 14th. The summer operating schedule runs from Monday, June 14th through Monday, September 6th, 2010. The Main Library hours will be from 9:00am to 5:00pm Monday through Friday. For more information, please consult the library’s website at www.lawrence-freelibrary.org or by calling the Library at (978) 620-3600.

NORTH ANDOVER - The North Andover Merchants Association in conjunction with Matter of Trust (a non-profit ecological charity) is sponsoring the HAIR & MANE CAMPAIGN for the GULF! They are calling on all local hair salons, dog groomers and wool farmers to begin collecting their hair clippings to help with the oil spill cleanup in the Gulf of Mexico! Please help support this effort by saving and collecting hair clippings instead of just throwing them out! Right now most of that hair goes right into the waste stream but it could be made into hair mats or “booms” which are used to encircle and contain oil spills while also

keeping the oil from spreading! These “booms” and mats literally will protect fragile coves and habitats. Salons, dog groomers & wool farmers: Set aside a designated box and begin disposing of your hair clippings there instead of the garbage. Please line the box with a plastic garbage bag so that hair/fur does not slip out. Drop off your boxes to GroomTown Pet Boutique & Spa, 137 Main Street, North Andover By NO LATER than JUNE 12, 2010. For further information please feel free to contact: Tracey Zysk – Wiggles & Jiggles Pet Care 978.697.6571. wiggle-walk@comcast.net. The North Andover Merchants Association 978.965.2708, NorthAndoverMerchants@gmail.com

DANVERS - June 11th - Blogging for business - Christa Terry, author of “iDo: Planning Your Wedding With Nothing But Net,” will speak on June 11 at The North Shore Business Forum on how businesses

can increase sales through blogging. The North Shore Business Forum meets at 7:00am 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

DANVERS - June 18 - Market your business on the web. Kim Stone, of Stone Digital Productions, will speak on June 18 at The North Shore Business Forum on how to market your business with video on the web. The North Shore Business Forum meets at 7:00am 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


DANVERS - June 25 - Financial planning for small business. Liz Silva, of Hamilton Bookkeeping and Joe Princi, will speak on June 25 at the North Shore Business Forum on small business financial planning. The North Shore Business Forum meets at 7:00am 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

AMESBURY - The Whittier Home,

86 Friend Street, Amesbury, MA. Open June 5 – October 31 for guided tours on Saturdays, 10AM - 4PM (last tour begins at 3:30 PM). Otherwise, by appointment. Admission: Adults \$6; Seniors and Students \$5; Ages 7-17 \$3; and children (under 7) free. Group rates on request. Call Dawn Bennett at 978-465-5964 or, for more information, visit us at <http://www.whittierhome.org> for a virtual tour, or stop by our online gift shop and check out our calendar of upcoming events.

LAWRENCE - St. Mary’s High School in Lawrence, Class of 60, is planning their 50th reunion to be held on October 3rd at the elegant Seaglass Restaurant at Salisbury Beach. We are looking for contact information on our classmates, so please email us at smhs1960@verizon.net or call us at 978.686.2115 so that we can send you further details about our reunion. If you have any questions, please feel free to call me at 978.686.2115 or email me at librapatty@comcast.net

CHELMSFORD - It’s not too late to find summer fun at the Chelmsford Center for the Arts 1A North Road, Chelmsford. Come sign up, learn more and meet the teachers: June 9th, 6 - 8PM. ART CLASSES, July 12 - 15, 9:30 - 11:30AM. Tempera Painting with Amy Aker Grades 2 & 3, Tuition: \$130, materials included, bring smock. July 19 - 22, 9:30 - 11:30AM. Fabric Painting & Collage with Amy Aker Grades 4 & 5, Tuition: \$130, materials included, bring smock and snack. July 19 - 23, 3:00 - 5:00 p.m. Walking in the Footsteps of the Great Masters with Priti Lathia Middle and High School, Tuition: \$200. July 26 - 30, 9:30 - 11:30 a.m. Drawing in all Mediums with Jennifer Heater All Levels, Tuition: \$200, all materials included. MUSIC CLASSES - July 12 - 23, 9:00 a.m. - 3:00 p.m. Welcome to Broadway: Professional Music Theatre Coaching Instructors: Dr. Nancy Leinonen Howells, Mr. Rob Woodin, Mr. Joe Rondeau, Prof. Alisa Bucchiere 14 - 18 year olds, limited to 20 students for individualized instruction, Tuition: \$480. July 12 - 23, 7:00 - 9:00 p.m. The Art of the Art Song Instructors: Dr. Nancy Leinonen Howells and Thomas Dawkins High School and Adults, Tuition: \$180, 2 songs will be assigned by instructors. PARENT/CHILD YOGA CLASSES ages 4 and up Grandparents and siblings welcome to join the fun!



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



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Shawn Hansen’s Comedy Corner with Richard Anthony

Growing up in Wakefield, Richard Anthony became a hypnotist at the age of 19. His next-door neighbor, who was a psychologist, taught him the ins and outs of hypnotism, and ever since, he has been on stage.

Moving away from Massachusetts in the 1970s, Anthony was stationed at Nellis Air Force base in North Las Vegas as a missile electronics technician. In the service from 1968-1969, he loved the atmosphere in Casino World, and eventually moved out there again in 2003

Appearing on stage for the first time in 1970, Anthony said, “I learnt stage hypnosis from Ginger Corte, and as a matter of fact, she was appearing in Las Vegas, and my first on stage appearance was with her.”

Writing shows for Pat Collins, who was known as one of the best female hypnotists of her time, Anthony reflects about the time they worked together.

“Pat had four show time specials, and I wrote bits for her. Also, I had a theatrical agency in Los Angeles, and in Las Vegas, so I had two offices, myself and a partner, so I was also her agent for quite a while.”

Looking at material that Anthony wrote in the past that is imitated by other hypnotists, he said it doesn’t bother him at all, and that he comes up with new routines every year.

“A lot of the things that I wrote for Ginger, and a lot of the things I wrote for Pat Collins, I go on YouTube, and see either the exact same thing,” said Anthony, explaining that if it’s not the exact replica, it is similar in many ways. “It’s a compliment I guess. Some of the stuff I see, I probably haven’t seen for 20 years,” said Anthony.

A huge Star Trek fan, ever since the first episode, Anthony’s favorite character was Leonard Nimoy.

He said Nimoy is from Boston, and that they had a bit in common because they are from the same area.

Indulged in Star Trek from the first episode, Anthony put on a performance called, Star Trek – Hypnotrek.

“The whole show was based on Star Trek, Captain Kirk, all the way up through Captain Picard. We used to write bits in that fit in with Star Trek, and it was definitely a G-Rated show, because at the conventions, you would have five-year old kids

in the audience watching the shows,” said Anthony.

Meeting his hero Nimoy when they were on the circuit of Hypnotrek, Anthony described him as a pleasure to talk to, and a down to earth man.

At the Riviera – 6 days a week for 50 weeks a year. When he started working, he did two shows a night, an early & late show.

Performing around the Boston area, Anthony said he had shows in Brockton at a club called, “Brothers 4,” and did shows around Fenway Park; Comedian Johnny Joyce opened for Anthony a number of times.

“I have known Johnny Joyce since probably the first day he stepped on stage. Every summer for nine years, I was at Hampton Beach, and I always had comics open my show, and I always devoted one night to comedy,” said Anthony.

Casting the audience under a hypnotic spell, Anthony performed at the China Blossom at 946 Osgood Street on May 14, and 15.

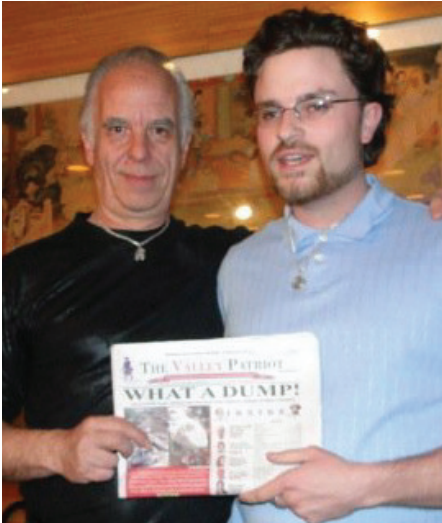
In his show, he starts off telling the crowd that anyone who would like to come up on stage can do so. Explaining what hypnotism is, Anthony said, “People have misconceptions of what this is. People think they’re going to pass out, and not know what’s going on.”

Encouraging people to go on stage, Anthony said, “One hour of hypnosis is equivalent to eight hours of sleep.” That certainly sounds like it could solve the trick, and make ones body escape from a tired some state. “If any of you are tired, I suggest that you get up here.”

With two rows filled with eight people, to get people to zonk out, Anthony had everyone relax, shut their eyes, and said multiple times, “Sleep, way down, and way down. Deeper, and deeper down, deeper, and deeper asleep.”

Under a hypnosis spell, Anthony had people believe they didn’t shower, were trying out for Playboy, and was dancing in front of celebrities such as Brad Pitt, and Will Smith for a cash prize of \$10 million.

Anthony’s show at the ‘Blossom packed a room filled with an audience, and people seemed to be in stitches, seeing what he could get them do, under a stage of hypnotism.



Sit, come , stay... its training time

Tracey Zysk
VALLEY PATRIOT ANIMAL COLUMNIST

One of the questions I am asked frequently is “when should I start training my dog” Honestly, as early as possible. The “Learning stage or also referred to as the Critical Socialization stage of a dog is between 7 weeks until 16 weeks. The habits a dog learns during these weeks are habits that will stay with him for his entire life. Therefore; if you can start him in a training program at this time, your dog will develop basic behavior patterns that will give him the foundation needed to become a well behaved and trained dog. Training puppies must include house training; chew training, over coming fear, aggressiveness control and all the basic commands. While introducing him to basic commands is also a wonderful time to start him on leash and collar training.

However not everyone adopts or rescues a dog during these early weeks. Which means training is even more important because behaviors have already been developed. In most cases they are not the types of behaviors we prefer our dogs to have. This doesn’t mean you are unable to train your dog, in fact it is even more critical. The approach may be a little different, some habits will need to be corrected but it is still something as a pet owner that is your responsibility to ensure you provide to your dog. Remember the old saying “A trained dog is a happy dog” For any of you that have ever been around an unruly dog you fully understand this statement.

Once you decide it is time to train and you are committed to this for your dog, you will need to find a trainer. There are several different options available. You can go to a training facility, or you can go to rescue group that offers training as part of their adoption process or you could even choose to have a trainer come to your home. All are effective but it comes

down to what works best for you and your dog’s lifestyle.

I have worked with many different trainers in my career. But for me the one that I have had the best results with has been a man by the name of Mike Wandell. When my clients ask me for a trainer recommendation or if it is a situation where I have to consult my client that it is time to train or re-train their dog, I refer Mike. Since September of 2009, Mike has trained seven of my clients. Of the seven only one was a puppy. The rest all had pre-existing behavior conditions that needed correction.

Reilly was an aggressive male lab/pit mix rescue dog. When he first came into Mike’s classes he had no obedience and was at the end of the leash ready to fight with anyone that would show interest.

Through Mike’s classes he was able to show the owners some signs and signals that Reilly would display when loading up on another dog just before he would lash out at that dog. Mike was also able to show the owners some cues that they were displaying that unknown to them were also allowing Reilly to get fired up on other dogs.

Reilly is now able to perform obedience at an intermediate level starting off leash in a room with several other dogs around and will not even give the other dogs a glimpse. Reilly has been in group classes in a position when other dogs have approached him without lashing out at all. Reilly is still aggressive towards other dogs but through his training he is able to understand what is expected of him and what unacceptable behavior is. Reilly is currently making great progress and his family has moved into a pet friendly apartment complex. Without Mike’s training this move would not have even been an option for this family.

Sasha is a female lab mix that was a res-

TRAINING, PAGE 42

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VALLEY PATRIOT TV REVIEW

Valley Patriot MOVIE REVIEW

The Best and Worst of Television

Beth Daigle

VALLEY PATRIOT ENTERTAINMENT REPORTER

It is that time of year again when I experience a touch of melancholy over the passing of the regular television season while simultaneously feeling a bit relieved that my evenings are, once again, open to other options.

Looking back on the viewing season thus far, I would be remiss if I did not give credit to what I like to call “Best in Show.” ABC’s “Modern Family” was an absolute breath of fresh air. It beat out all other possible candidates in my “Want to Watch” category by leaps and bounds. The comedic blend of characters was so well balanced and so entirely entertaining that I can’t imagine any viewer not getting 100% enjoyment from the show. The intertwining of uptight family members with their off the wall counterparts has proven ridiculously funny with each and every episode. Current day dynamics and lifestyles also keep the story line fresh and unexpected while talented actors like Ed O’Neill from “Married with Children” fame bring a gruff humor that is undeniably fitting. Each character is so entertaining that it would be hard to pick a favorite, but if I must, it would have to be Phil whose goofy mannerisms and amusing way of speaking just makes me laugh at the very sight of him. The effervescent, Cameron “Cam,” runs a close second.

“Modern Family” came out of the gate running and didn’t stop until it came out a winner. It was by far my favorite pick of the season.

Of course when there is a best, there

must be a worst and without a doubt that has to be the travesty brought forth by E! Television called “Pretty Wild.” I thought the ‘E’ in E! TV was supposed to stand for entertainment. If they call the likes of “Pretty Wild” entertainment then I know my viewing future with E! is in trouble. These whiny and obnoxious girls took to the airwaves with nothing but their brunette locks and good looks. There was not a brain cell to be detected and that goes for their spacey mother too. If the fact that these girls have no talent whatsoever wasn’t enough, to make matters worse the lead sister had been arrested for taking part in a series of robberies in the LA area which was covered far more than it should have been throughout the program. There is really so much wrong with this show that time and space could not possibly do a well deserved rant justice.

Here’s hoping E! cuts “Pretty Wild” loose and lets the original brunette sister trio, The Kardashians, continue to hold court. For more television reviews and other blog-worthy topics from Beth, visit 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

Shrek Forever After

Ben Flagg

VALLEY PATRIOT MOVIE REVIEWER

Why, Dreamworks? Why couldn’t you just leave Shrek alone? The first film was excellent, the second campy, the third awful. And now there’s this movie, one of the most annoying, lazy, poorly written animated films I’ve seen since Yu-Gi-Oh the Movie. The plot holes are annoying and pointlessness of the whole movie start to add together until it is officially broken. It’s just a rehashing of the 1st and 2nd movies, to the point where the end credits are just a bunch of clips from them.

The plot of this movie is long, stupid, and incredibly boring. Shrek is now a celebrity, for unexplained reasons. That is, unless you watched the other films. This would be fine, but the movie never again relies on you knowing information from the other movies.

Shrek is a big celebrity now, and he is starting to get sick of it. It’s here when he comes across Rumpelstiltskin, a con-man who wanders around trying to get people to sign deals with him. He promises Shrek that he can give him a day where he can “be an ogre again.” However, to do this Shrek has to give up one day of his childhood. Shrek agrees, and is teleported to another world. As it turns out Rumpelstiltskin took away the date of his birth, so nobody knows him and the world (for some reason) is destroyed. It also turns out that in this world, Rumpelstiltskin is king (again, something that is never explained), and he has an evil plot: TO KILL ALL THE OGRES! (...for some reason). Combating him is an underground Ogre resistance, a group which Shrek befriends. That is just the basic plot, and it took me an extremely bloated paragraph to describe it. Again, this would be okay, but the plot is very simple. Bad Guy

wants the Ogres gone. That’s it. But the film overcomplicates it to try to appeal to adults and mature teens which just doesn’t work. It comes across as overdone and seems as if it was too much for the writers to handle, leading to an amazing amount of plot holes, some of which I’ll explain in the next paragraph.

One of the many plot holes is the fact that Shrek is teleported to another world where he was never born so no one knows him, but Rumpelstiltskin, somehow does and talks to him about the contract he signed. Well, at least the voices swere cool. You have Mike Myers as Shrek doing the most overdone Scottish accent you’ve ever heard, Cody Cameron as Pinocchio doing the voice of a prepubescent boy with bronchitis. Cody also does the three little pigs’ voices who sound like Overweight German boys. And on top of all of that, you have Conrad Vernon doing the gingerbread man, who has the voice of Mickey Mouse if Mickey Mouse was getting nails shoved down his throat. Now picture all that going on for a two hour long movie. Yes, it’s that bad.

So there you go. The movie that every teen my age loved as a kid, destroyed by two sequels, and then ultimately annihilated by this one. I can’t even say that it’s good for young kids, because I had 4 young children sitting behind me while watching this and they never laughed once. So don’t go see it if you have children who want to see it, just chuckle, pat them on the head and send them to bed. And DEFINITELY don’t go see it as a date movie, a just for fun movie, a happy movie, or at all.



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 Music Corner with Natalia Aleykina

Growing up in Moscow, Russia, Natalia Aleykina had the dream to be in show business since she was a teenager. Starting her singing career in Russia professionally at the age of 18, Aleykina went to jazz college to get an education in music, and at the age of 21, she was picked to play the leading role of Scaramouche in the renowned musical, “We Will Rock You,” produced by Queen. She said performing in the lead role was one of the best times of her life.

After the musical, Aleykina had the opportunity to make it big in Russian show business, but she felt like she wanted something else.

“I didn’t really like the music, and didn’t really like what I was offered to do after the musical was over,” said Aleykina, explaining the members of Queen suggested she move to Los Angeles. “I was writing in English, so I was comfortable with English, so I moved here with nothing.”

Leaving Russia, her parents were shocked, and had no idea why she was leaving, but supported her.

“I went to Los Angeles with just two numbers that Brian gave me. He said, ‘You get there, you call these people, and they can help you. When I came here, I told my parents I’m going for a few months just to try, but I knew I’m going to stay,” said Aleykina.

Taken under the wing of Brian May of Queen, she said he is her mentor and friend even though they don’t see each other often.

“We email each other, and he helps me with my lyrics. He always helps me with advice,” said Aleykina, explaining he is her inspiration. “He always tells me to never give up.”

Starting a Pop band with Brazillian influences in Los Angeles a couple of years ago, Aleykina performs with percussionist Will Phillips, guitarist Daniel Carneiro, and bassist Evren Edler. Her producer is Daniel Garcia, who helped put together Christina Aguilera’s first album.

If playing in a club, Aleykina will call some of her friends to play saxophone, or trumpet. Experienced at playing the guitar, and piano, she is taking lessons to become better. When no one else is available to be in her band, she will be able to perform herself.

Working with the band, “New Cycle,” from New Zealand who sings in Portuguese, she joined them because they needed a vocalist. Since helping New Cycle out, the band helps her out.

Looking at the end of June, Aleykina hopes to release her first album, “Take Me, or Break Me.”

“It’s going to be eight songs, seven original,” said Aleykina. “I’m covering Brian May’s song, “No One but You.”

In her music, aside from the personal relationships, her songs are about life in general. She has a song called, “Just a Dreamer,” about dreaming, “It’s Been So Long,” and, “Keep Your Innocence,” to name a few. The song, “Keep Your Innocence,” she dedicated to her nephew, Vladimir Aleykin, who helped out with the lyrics.

When her album is released, Aleykina, who performs mostly in the South Bay of Los Angeles will book shows all over L.A., Santa Barbara, and San Diego.

In Aleykina’s career as a recording artist, some of her favorite memories include working with her producer, and getting ready for her first album to come out.

Looking up to Aguilera, when working



PHOTO: LUCIA VIANA

with Garcia, she keeps asking him what her progress was like when she was at her point in her career, to compare herself to one of her heroes.

“I’m working with really great musicians, and it’s my dream, because they’re so good, and finally I’m cutting my first album in a professional studio with great people,” said Aleykina. “I know I’m going through a lot of hardship, booking the gigs is hard, I’m not known, but I’m trying to enjoy every moment of that. I know that in the future looking back at this time, I will remember this as the most exciting time.”

Along with her beginning stages making it in the music industry, Aleykina has a charity called, “Self-Enlightenment Institute.” Roughly three times a year, her band raises money for the orphanage in Tijuana, Mexico.

“It’s a Brazilian-American charity it has a big social network in L.A. I’m planning to make the next show on June 6. All info regarding this charity will be on my website,” said Aleykina.

For more information about Natalia Aleykina, go to her Web site at www.aleykinamusic.com, and listen to her music. Aleykina is on Myspace at www.myspace.com/aleykinamusic, and has a fan page on Facebook. For more information about Brian May, go to www.brianmay.com.



“Shawn Hansen recently graduated from UMass Lowell. He has published work in eight different newspapers. He also has a television show called, “Shawn Hansen’s Comedy Corner,” which is based as a Late Night show with Jay Leno, or Jimmy Fallon. His show is at Burlington Cable Access TV. To get in touch with Shawn, email him at Shawn.Hansen.sportsentertainment@gmail.com.”

Lawrence Artist Billy Crayone is rising star!

Bylli Crayone (Pronounced: Billy Kray-OH-nay) is a singer, songwriter, & music producer among other things from Lawrence, MA. This guy has been in the music business since the early 90s and has released quite a few albums along with a few hit dance singles. There's more to Bylli Crayone than what most people may know. So here is an exclusive interview with Bylli Crayone.

Interview by: Susan Richards

Q: How old were you when you got into the music business and how did it start?

BC: I was young I started writing songs when I was in the 7th grade. Joined a band in high school but it was a 2 guy band. Kinda like the Pet Shop Boys type of thing. Keyboards and drum machines. We recorded a few demos called "Teen Power" and "Dance Control". My best friend at the time was Jose Aponte, he was the one who was with me in the band, or as I like to say "The Duo". He was my partner in dance music.

Q: When did you realize music was not just a hobby?

BC: Music has always been a way of life for me. It's my passion. When I was younger I used to collect records (45's and 12" Singles). I was and still am a huge fan of the Remix! Then in 1991, I was down in Miami, Florida and I recorded a song called "Girl Hang It Up!". This song was produced by Claudio Berella of Debonaire Productions. It was released on 200 cassette singles and I performed all over South Florida and back home here in MA (Roll-On America, Confetti's,

Narcisus, etc). With all the performances and the love I was getting from the public I knew that my hobby was on route to going professional.

Q: There's a big gap from 1991 to 1999. That is when your first full length album "Original/Unique" was released. Did you not focus on music in the 90s?

BC: Oh No! I was very much into music in the 90's. In fact, most of that decade I was just recording demos. There was no record label to release anything so I just had a bunch of songs piling up. It wasn't until 1999 that I launched my at the time record label LawTown Records. This is when "Original/Unique" was officially released.

Q: Why is it all your albums are available on CD and iTunes except for "Original/Unique"?

BC: At the time of its release, Digital releases were not popular like they are now. I am not even sure if iTunes existed yet. And the CD was printed in a limited quantity which has long sold out. I do

remember a fan of mine emailing me all excited that he found the CD on a website and paid almost \$300 for it. So I guess it's a rarity now.

Q: Speaking of fans, I noticed you have a huge fan following on all the major social networks from MySpace and FaceBook to Twitter and SayNow. Do you interact with your fans?

BC: Always, without a doubt. I am an independent artist with no major label support of any kind. So I appreciate my fans more than you could ever imagine. I am most active on FaceBook and Twitter and of course BylliCrayone.com

Q: What song would you say is the one that launched you?

BC: I would say "Touch Me All Over". That single was released on CD and 12" Single back in 2000 on LawTown Records. But it wasn't until my 2005 Self Titled album got released with that song included that it really exploded. The Freestyle music community was all over it. I would have to say that was the one that launched me.

Q: Is "Touch Me All Over" your biggest hit?

BC: In the Freestyle Community. Yes, but in general, no. My biggest dance hit is "Dizzy Boi".

"Dizzy Boi" went Top 10 on the club charts in the US, UK and Japan. Reaching # 1 in Japan. The song also landed on a few compilation albums. My song is on the same CD with artists like Rihanna, The Backstreet Boys and Jennifer Lopez. So yeah, That was an exciting hit.

Q: I understand you are connected with another local singer Domenic Marte. What's the connection?

BC: Domenic and I are long time friends since childhood. He used to sing freestyle until he got picked up by Sony. He now just sings Latin music but he hopes to crossover into the English market soon.

Q: I read Domenic's biography on Billboard.com and you have a mention in his bio. Can you tell us about that?

BC. Domenic album "Intimamente" was released in 2004, my self titled album was released in 2005. He produced a couple of the songs on my album and is featured on the song "Toyfriend". Also, for his first album I was his publicist and maintained his official website. I got him his first interviews.

Q: Amazing! So you say you do publicity. Have you worked with any other well known artists?

BC: Yes, many. I am currently doing publicity for 80's artists LISA LISA, THE JETS and SHANNON. I also own and maintain their official websites. LisaL-isaMusic.com, LetTheMusicPlayForever.com and TheJetsOnline.com

Q: Why 80's artists?

BC: Long story, lol. I own an 80's related website called 80sInYourFace.com and the site is dedicated to promoting the artists of the 80s but focusing on what they are doing today. I get phone calls and emails all the time from artists asking me for some sort of assistance. I've done good.

Q: Have you met and/or interviewed any artists from the 80s?

BC: Oh Yes! My 80s site launched in January of 2009. Within the first year I did 53 interviews. Everyone from LL Cool J and Debbie Gibson to Gloria Estefan and Boy George.

Q: Wow, Boy George!! What was that like?

BC: Actually, I was friends with George's brother on FaceBook and he

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Shawn Hansen's Comedy Corner remembers Kevin Knox

Leaving this world too early due to the tragic disease of cancer, Kevin Knox will be remembered not only as a legendary comedian, but as a great human being as well.

Sharing memories of their colleague, and friend in last months edition of The Valley Patriot wasn't enough. There wasn't enough room to fit all the comments everyone had about one of the most beloved comics in the business.

Mike Clarke, Knox's agent for nearly two decades said, "Kevin's going to be a big void in the Boston comedy scene. He was truly loved by everyone he worked with."

Being with Kevin for so long, Clarke saw dedication in his performance, and said he never forgot where he started comedy.

"He used to continuously support the younger kids. When he hosted his open mike night, if someone had a bad set, he

always had words of encouragement for them," said Clarke.

Meeting back in 1992 at Nick's Comedy Stop in Boston, Bill Burr remembers Knox as an extremely funny man with a mullet who wore a track suit, and annihilated when he was on stage.

"What I liked most about Kevin is he cared most about the crowd, and he really cared whether they had a good show. He wasn't just about himself," said Burr. "He was a great guy to hangout with."

Looking at the past 10 years, Danny Kelly, originally from Massachusetts said he lived in Los Angeles for roughly eight years. Returning to Boston, Knox was the first one Kelly worked with.

Kelly explained the Boston comedy group didn't like outsiders, and said, "Kevin wasn't like that, and he made me feel welcome, and was the nicest guy right

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PUPPY LOVE! with Kate Whitney

Summer Tips for your Dogs & Puppies

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

Well June is finally here!

By the time this paper goes to print, One Tail at a Time Rescue will have had two adoption days under wraps so far this year. I urge all of you to support any adoption days or doggie events that you hear about. Whether you have a dog or not, supporting these local events and local non-profits is a great thing to do. While I was traveling for work, I got a call from my mom that Honey had broken her toenail and she had to take her to the vet's office. I knew the break had to be pretty significant if it required a visit to the vet; considering I had just been there a week before with three animals getting their annual checkups, shots, and heartworm medication, which, needless to say, lead to a pretty hefty bill. When I finally returned home a few days later, I looked at Honey's toe in disbelief. The "quick" was exposed and her whole toenail was ripped off. The vet said this can sometimes happen if the dog runs around on a deck; the nail gets stuck between the boards and breaks. Luckily it was something that would heal just fine with a little ointment, rest, and TLC. With that said, I wanted to talk about dog's paws and toes.

Dog's paws provide traction, shock absorption and help with digging. Each foot has four pads on the ground, each with its own toenail. Dog toenails grow just like human fingernails and toenails. And just like humans (most humans) dogs need their nails cut. Nails should be trimmed regularly to a nice trimmed length, but not too short. Long nails can cause dogs to rock back on their paws which causes strain in the legs and interferes with the gait. You can find nail clippers at your local pet store or have the vet or professional groomer do it. I suggest having the vet do it once while you watch. This way you can see exactly how short you should be cutting.

Dog nails have something called a "quick" which is ultimately a blood supply in the nail. You want to avoid cutting the nail so short that you cut or expose the quick. The sharp ends of the nails are dead tissue and can be clopped without any pain. Ultimately you want to trim

as close to the quick as possible without actually cutting it and making it bleed. This takes practice. Sometimes even vets cut too close and the quick bleeds. I think it's better to leave the nail a little longer than cut it too short. Start with trimming the sharp, curved point and work back up the nail a little at a time, avoid cutting a large portion at one time. In light colored nails, the quick appears as a dark line and is usually seen easily. In darker nails, the quick is almost impossible to see. Honey has white nails and my other puppy, Dash, has dark nails, so I get a little of both. Before you cut, make sure you are in a well lit area so you can see what you are doing. Also make sure that your dog is comfortable and isn't going to jump and move when you trim.

Many dogs don't like to have their feet touched. So don't risk it if this is the case. You should bring your dog to the vet or groomer and have them do it. One way to start a dog off right with regard to touching its feet is to handle their feet daily once you get the dog. This is easy to do with puppies, but harder to do with older dogs. Dogs that have had their nails cut too short and had the quick bleed might be anxiety about their feet being touched. When the quick bleeds it's painful. Make this experience a happy positive one with lots of reassurance, treats, kisses, and petting.

Pay attention to paw licking. When dogs lick their paws it could be a grooming technique, a little OCD, or something could be causing them pain. It's easy for dog to get cuts on their paws. Think about how much they walk around, inside and outside, and for the most part they don't wear shoes (maybe some of you put shoes on your dog). I always make a conscious effort to look where my dogs are walking. Be aware of broken glass and other hazardous items. If a dog steps on something sharp and it penetrates the paw, the paw will bleed a lot. Don't panic. If you stay calm your dog will stay calm. Put a clean cloth over the wound to stop the bleeding. Do not take the foreign object out of the foot because it can cause more hemorrhaging. Instead, you must take the dog immediately to the vet's office. Your dog might require stitches and/or antibiotics.

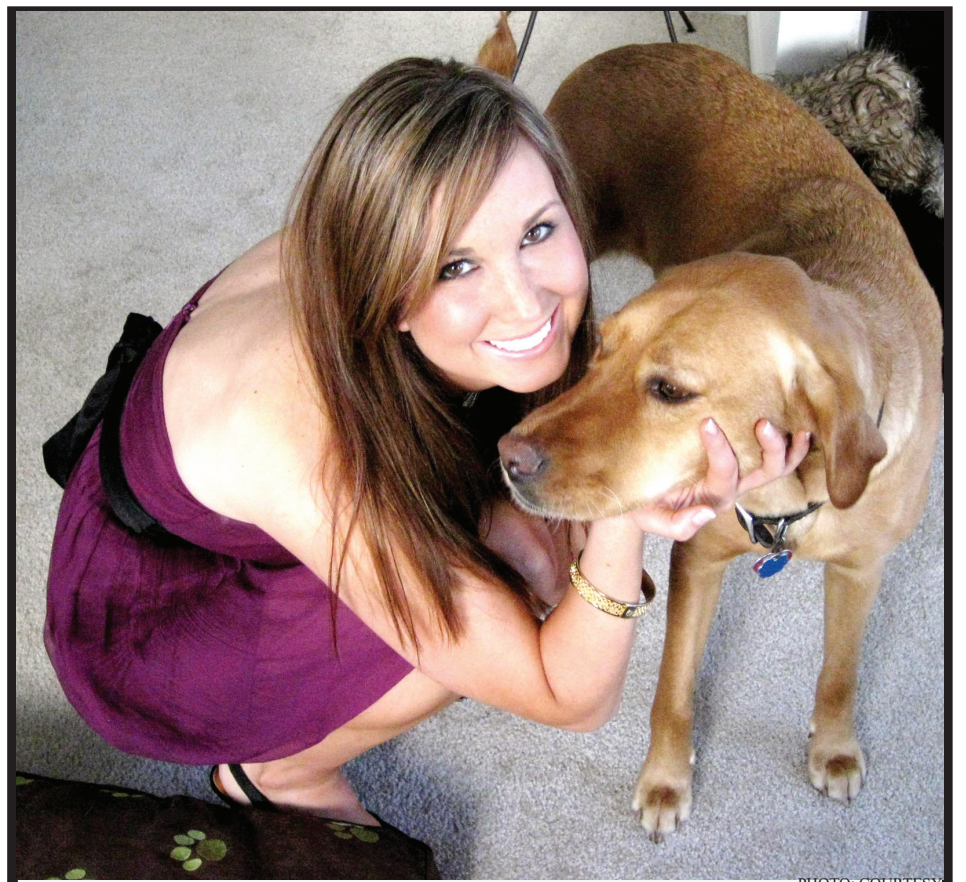


PHOTO: COURTESY

The Valley Patriot's PuppyGirl, Kate Whitney with Honey. Kate and Honey 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

It's critical to start your dog on antibiotics so they won't get an infection which could ultimately lead to a lot worse than just the cut. In addition to a cut on the foot, licking might be due to a broken nail. Study your dog's paws carefully so you can take note of any changes. As in Honey's case, the vet had to rip the toenail off (his quote "remember how you used to take off a Band-Aid?"). My mom said she didn't even flinch. I highly recommend having a professional do these types of things for you. I'm all for doing things myself, but something as serious as this, which could be painful if dealt with incorrectly, should be left to the pros.

A beauty regime for dog nails: (PLEASE do not paint your dog's nail with nail polish. The nail polish should be left for the humans). Clean your dog's

nails with a combo white vinegar baking soda. Rinse, pat dry, and trim nails. File the tips. Buff the surface with a file. Mix a few tablespoons of olive oil and vitamin E and rub on nails. Wipe off any excess. I hope you and your furry friends have a happy nail trimming experience!!

Be sure to stop by June 19th from 10-3pm for One Tail at a Time's 2nd Annual Adoption Day at the Saturn car dealership in Haverhill, MA. There will be many great dogs and puppies for adoption. Remember; adopt a dog, save a life.

Kate Whitney is a Boxford resident and owner of the Swingrite Corporation. If you are interested in adopting a puppy or becoming a foster parent to a puppy waiting for a home you can email Kate at Kwswingrite@aol.com

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Wildlife tragedy in the Gulf, where is our environmental President?

Tracey Zysk
VALLEY PATRIOT WILDLIFE COLUMNIST

As I am sitting here watching the news President Obama is touring a beach in the Gulf, surprisingly or NOT so surprisingly this beach was cleaned before our President arrived. Obama is strolling around this shore in a white nicely pressed shirt and pleated pants. Imagine that, the largest environmental disaster the United States has ever experienced, oil gushing into our ocean, and our President is still able to remain clean and crisp in his attire. Not one stain and not one spot of oil on that white shirt.

How is that?

If you were to drive to the very next beach you would witness the truth. No politics, no public relation ploy but the actual truth. You would be witnessing birds unable to fly because of the amount of oil in their feathers, fish dead on our shores and sea turtles beached and gasping for air! Our country's wildlife is on the verge of extinction. Not one breed or species but our entire wildlife population in the Gulf. This epidemic is spreading from Mexico to the shores of Florida. Hundreds of thousands of animal and wildlife will be lost, lost forever...

Each bird that will be bathed will



be placed in a tub with Dove soap and washed and rewashed until all the oil is out of their feathers. This treatment takes approximately 45 minutes for each bird. With thousands of birds in need of our help this will take many many hours. It is a extremely long process and needs to be

done very gently as most of these birds are traumatized and near death. Once cleaned they will be brought to the Eastern Florida shores and re introduced into the environment.

What about the sea turtles? This is the season they lay their eggs. Life will end

not with just that one turtle but with all the lives that turtle is carrying.

As I write this, many non profits and animal groups have started their rescue campaigns. Every volunteer that is working diligently to save these lives and are doing just that, a RESCUE...recovery is not an option. They will work endlessly to make this happen. That is the ultimate goal to make this a rescue mission and to save as many lives as possible. Birds, mammals, reptiles they will strive to help them all. These volunteers are our soldiers.. They will work to save our wildlife and defend our shores by cleaning this horrible mess. Isn't it ironic I am writing this on Memorial Day. Soldiers really are all around us, they really are our heroes !!

If you would like to help in the rescue of these animals the best way to do this would be to make a donation. The Gulf Coast Wildlife is accepting donations on their secure web site at www.gcwr.org

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

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<<<**Blaz-** I am a lovable guy with the softest fur, you just havetocomepetmetofindout!

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. For a full list of adoptable animals visit their website at www.lowellhumanesociety.org.

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CRAYONE: FROM PAGE 37

knew about my 80s site. When Boy George was released from prison, I was the first one he contacted to do an interview. I also introduced Boy George to Twitter! lol. Crazy moments we had. I was also lucky enough to get my own Culture Club CD / Record collection Autographed. 61 items! Can you believe that?!!

Q: That is Amazing! So what's next for you in the music business?

BC: I am currently recording a new album that should be ready for release this holiday season. The album will be called "PRESTO!". That was my nickname / tagup back in high school (The Breakdance days!). So thought it would be perfect for the album title.

Q: Since you did songs with Domenic in the past, do you plan on recording with him again?

BC: No. not now anyways, however I will be recording a song with his son Almost Adrian. He is new to the music scene and I recently signed him to my record label Funusual Records (Launched in 2005)

Q: Any other artists joining the new

album?

BC: lol, I am trying to keep it under my hat for now, but I will tell you this... Some of my friends who happen to be artists of the 80s are joining me on my new album. I won't say their names but if you are familiar with the following songs, take it as a hint... "I wonder if I take you home", "Roxanne Roxanne", and "Push it". Lets just leave it at that.

Q: Wow! I know those songs and the names attached! Can you talk about any of them? Please?

BC: lol, well, ok. This past weekend I was in the studio with UTFO, they are best known for the 1984 Rap hit "Roxanne Roxanne". We did a song together called "Talk Is Cheap". That's all I'm saying for now

Q: I also know you did the "Quincy Jones Thing" by getting a bunch of local artists together to record a charity single for Haiti. Can you tell us about that?

BC: It was the night of the Grammy Awards 2010. The last performance was of Mary J Blige and they said the song will go immediately on iTune after the show for download with proceeds going

to Haiti. Also that night, just like in 1985, all the artists went to the recording studio after the Awards to record the new "We Are The World". I told myself I wanted to help but was thinking of doing a song by myself. But then I thought about it and called Dramatik and asked him what he thought about doing a charity single with many artists from the city. He said "If anyone can pull this off, you can". That's all I needed to hear. I reached out to many artists and it came down to 20 local artists. We had a few meetings, all the artists wrote their own verses and we recorded the song "Trust And Believe". The group together is known as LawTown Voice. The CD Single is available now and the digital download will be on iTunes shortly. Just waiting for them to get it up there! All proceeds from the song are going to Haiti. We are working with Lawrence's "Community to help Haiti". More info at www.LawTownVoice.com.

There is also an official music video on site directed by Lorre Fritcher of Master Peace Productions.

Q: I understand you now hold the status of "Freestyle Legend". Can you tell us about that?

BC: Not too long ago I was contacted to do an interview on a music website.

I thought it was to promote the charity single. But I was wrong. It was to declare me as a Freestyle Legend. I didn't understand why as my song "Touch me All Over" is not even close to 20 years old. Then the person who talked to me reminded me of my 1991 song "Girl hang It Up!". Next year it makes it 20 years old and because of that and my continuous support to the genre I have been declared a Freestyle Legend. While the interview was happening I was getting phone calls from actual freestyle legends like Lisa Lisa, George Lamond, Giggles and others congratulating me. I was in shock. But when legends themselves are calling you, you got to believe it's the real deal.

Q: Congrats on that! So Lawrence, MA has a Freestyle Music Legend! Amazing!

BC: Yes, it sure does. Imagine that.

Q: You seem to have your hands full with many projects. I wish you nothing but success and I look forward to your upcoming album.

BC: Thanks. I appreciate all the support. ~Bylli

Links: BylliCrayone.com, FunusualRecords.com, 80sInYourFace.com, Law-TownVoice.com



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Gregory Loosigian
VALLEY PATRIOT FINACIAL COLUMNIST

Planning for retirement is probably a top priority for you. Do you know how much money you need to retire? Are you concerned that you may outlive your money? Are you concerned about the burden a chronic health care need could have on your family and finances? Your retirement is the dream for you and your family’s future. Proper planning and protection of that dream are crucial to help make it a reality.

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Begin your plan now - The sooner you begin your long-term care planning, the better. The cost of waiting can be expensive in several ways. The younger you are when you purchase long-term care insurance, the lower the premiums will cost. As you age, premiums are higher if you purchase an equivalent policy and you may qualify for a lesser class rating due to health changes. You could pay thousands more in premium over the life of the policy, just by waiting a few years to purchase. Or, you may not be able to qualify for coverage at all. The worst part about waiting is that you may not have coverage in place when you need it most.

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KNOX: FROM PAGE 37

off the bat.”

The type of comedy he had according to Kelly was fast paced where you didn’t have the chance to laugh because you might miss the next joke.

Joe Yannetty remembers Knox as the man that could cheer you up no matter what.

“One of the first most important lessons I learned about stand up comedy was to have fun,” said Joe. “You’re having fun, the audience sees you’re having fun, and it helps them to have more fun, and that’s all Kevin was all about.”

Performing stand up on Monday nights together, Pat McLoud said, “Every time I used to hangout with him, he’d always pat me on the shoulder, and used to always introduce me as the next rising star coming out of Boston, and ‘this kid’s going to go through the roof.’”

Defining Knox as one of the strongest and most uplifting people he has ever met, Tony V said he would light up a room.

“He never wanted anyone to feel badly for him, or sympathy, or anything. He wanted to put his best foot forward, and look at everything like it was going to be fine,” said V.

Working together on a number of shows, Dave Russo thinks of Knox as his teacher for Comedy 101.

“He taught me a lot about the industry,” said Russo, explaining that Knox got him the opportunity to perform at the Tropicana in Atlantic City, and Las Vegas. “He helped me get into the Comedy Stop. Once I got into the Comedy Stop, I ended

up getting my TV break because I was performing at that club.”

Looking at the way he performed on stage, Frank Santorelli said he was a good comic who everyone loved, and he had the energy of a 12 year old.

Starting comedy in 1999, Stacy Yannetty remembers Knox to be full of energy, and always on the ball. She said when comedians take breaks to switch topics there might be a moment where the audience gets really quiet.

“You never saw that with Kevin, he would just flow and he inspired all comedians of all different kinds,” said Stacy.

Salvatore Votano, comedian for three years said, “He was one of the best. He just hit it hard when he was up there. People loved working with him, the audience loved him. He was a great comic.”

To, Sharon Knox, I unfortunately never had the chance to meet your husband, but want to say I feel like I knew him through all the interviews I had about him. He seemed like a great man, and is an inspiration to me. My thoughts and prayers are with you. Keep smiling, that’s what Kevin would want.



KEVIN KNOX



Shawn Hansen is a graduate of UMass Lowell. He wrote for “The Campus Report,” and was sports editor. Hansen now writes for “The UMass Lowell Connector,” and the “Billerica Minute-man.” To get in touch with sports journalist Shawn Hansen of The Valley Patriot, email him at smharticle@gmail.com

LAWS? WE DON’T NEED NO STINKING LAWS: FROM PAGE 10

the current assessment system. Andover and North Andover have one each. Interestingly enough, the North Andover seat is presently occupied by a North Andover resident who happens to be the Lawrence mayor’s chief of staff, one Leonard “Len-ny” Degnan. Now riddle me this – when it comes time to vote on a matter, does Mr. Degnan vote the interest of his community of North Andover, for whom he is expected to protect on the Board – that’s why they appointed him presumably, or does he vote how his boss, the Lawrence mayor, tells him to vote. Not too much of a conflict of interest there. It must be nice to be able to serve two masters. But wait, there’s more. Since Mr. McCann, as the DPW head, is an employee of the City of Lawrence and must answer directly to the mayor and his chief of staff, how independent can Mr. McCann be when he votes knowing that his job may be on the line should he buck his bosses’ wishes?

While all these dramas play out, the mayor finally went before the city council on June 1st to present his (or I should say, the fiscal overseer’s) budget plan for FY

2011, which begins July 1. The mayor spent a considerable amount of time blaming the previous administration for the fiscal disaster he took over on January 4th, but interesting enough, I did not here him mention that every one of those past three budgets were signed off by the same person who is now watching the books for Lawrence as our overseer. The mayor did a commendable job going through the PowerPoint presentation the state put together for him and detailed just where he expects certain revenues to come from. However, what was completely lacking was any vision, any reforms, any consolidations that would demonstrate real savings and a real recognition of fixing what ails this city. What he has managed to do is pick a fight with the two most important departments in the city – police and fire. This isn’t backwoods western Massachusetts where police and fire personnel sit around playing checkers all day. The police are our last line of defense before the city becomes engulfed in total social breakdown, and the fire are there to at least put up a good fight against wayward

property owners taking there last bit of profit out of their underwater triple deckers. Laying off 35 police and a similar number of fire at a time of great societal disruption is not exactly ripping a page from the Mensa handbook.

If the mayor really wanted to regroup the community, he would have reduced city hall to three days a week – Monday, Wednesday, Friday – cut them all back to part timers, and expand the Internet capabilities for citizens to access their City Hall and municipal services. He should then expand the police personnel so that there are more patrols on the street and replenish the staffing at the five remaining fire houses so that the fire personnel can adequately protect our city like they have historically demonstrated since the city’s founding. But that would be too much outside the box. And when you have a governor depending on a mayor to game the system to ensure as many votes as possible for him in November, thinking outside the box and for what is best for our city is the last thing this mayor and his band of merry men at 200 Common want

to do.

Perhaps that is the plan. Create as much chaos as possible and exacerbate the systemic dysfunction that is Lawrence. The Texas panhandle circa 1860 does not seem like such a bad thing at this point afterall. Short rope, tall tree, and a shotgun by my side.

Summer Travel Tip: If you are planning on traveling outside the United States, remember that you cannot take more than \$10,000 in cash with you. Anything above that amount, you are going to have to declare it and demonstrate where it came from. Otherwise you will have it all confiscated, permanently. The wise, prepared traveler is a happy traveler.

Happy trails to you.



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

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TRAINING:FROM PAGE 34

cue dog with no training. When she first came to Mike's class she was very timid and not confident at all. She would not approach people that she did not know.

Through the classes not only has she become very obedient and eager to please her owners, but her confidence has come up. Although still a little timid, she will approach people she does not know to say "hello". I believe that through Mike's classes he was able to help boost her confidence and make her more comfortable around unfamiliar people. I walk Sasha three days a week and after Mike's training it is unbelievable how her demeanor changed. Now I walk her on a coupler with her brother Sammy and they walk parallel to each other with no problems. Sasha still loves to please ...and who can resist all those kisses she gives!!

Roxy is a female pit that the only way to describe her when I first met her was a free spirit. When the owners adopted her at a young age they were told by the shelter that she was a lab mix. After my first visit with Roxy it was apparent she was a black pit bull. Although a very nice loving and confident dog, she had no manners. The issue with dogs like this are they may approach people or dogs that do not want to interact with them. The owners did take her to a training group but it wasn't

effective for Roxy's behaviors. My client asked me who I knew that could develop a personalized training program for Roxy and I immediately got her enrolled with Mike.

Now after attending Mike's classes Roxy has become a very obedient dog. Roxy is a great dog that has excelled at intermediate/advanced obedience. She is a prime example of the breed that she is, and would be an excellent demo dog as she does not show any issues with people or dogs of any age. In fact, I walk Roxy 3-5 days a week and I am able to walk her down Main St North Andover and we visit all the merchants. She is a frequent at the fire department and most recently I took her to the Fox 25 ZipTown event at our Town Common. She was surrounded by a large crowd of people including children and a complete mobile TV and media station. Roxy was extremely polite and received several compliments on her perfect behavior.

Well, now you're asking who is Mike? Mike Wandell owns Mikes Training in Dracut MA. His program consists of both in home training, a cross training program with other dogs and training in several different environments. He has been involved with training dogs for the past six years. He has apprenticed under

two trainers for five years and has been involved with all aspects of training from pet obedience training, sport training, service dogs police K-9's as well as personal protection dogs.

Mike has been a member of the USPCA (United States Police Canine Association) for the past five years. He has decoyed regional trials for the in New Hampshire, Connecticut and has competed at the 2007 national event in Florida. He has attended as well as participated as the decoy at the following.

*K-9 bite development June/05 Reading MA.

*PSA decoy camp May/06 Martville N.Y.

*Protection Training Seminar April/07 Reading MA.

*Decoyed Protection Tournament Sept /07 Acton ME.

* Tried his female Brie at protection tournament winning the novice division 10/08 Acton ME.

Mike's philosophy on providing in home training was because of the most common question he was asked "Why does my dog do what he is supposed to here but never when I am at home or out with him?"

Mike's response "Simple answer is they know when they are in the school that they are not able to get away with unacceptable behavior. When they are there they are told to do something and they do it. When people get home they tend to take the leash off and be more laid back with their dog letting them get away with not listening and not enforcing the rules. So I figured what better way to help with these owners. Come to them and visit their problem areas and help fix them."

I asked Mike does he just train the dog or does he train the owner too? "I do spend time in my classes explaining why the dogs are doing what they do or why

they are not doing what they are supposed to do. I dedicate time in my classes not only to training the dogs but also training the people. People have a tendency to make things more confusing to their dogs. They add a lot of grey area; I tend to make training more black and white to the dogs. This helps take the confusion out of it for the dogs as well as the people. I help break people as well as the dogs of their bad habits that they have created. Once I explain and show them how they have conditioned their dogs to act the way they do, they often are amazed at how simple I make it for them to get what they want from there four legged companion. I like to break down each obedience command to make it as simple for the dogs as well as their owners to do. I do use different methods of training depending on what the dog needs. I do not believe in cookie-cutter methods of training, one method is not always the best method for every dog. I try to make it fun for the dog as well as the owners. I like to see dogs that are happy doing what they are doing it makes training a lot easier for the dog as well as removing the stress that comes from learning something new."

From the positive results of my seven clients, I recommend if you are interested in a consultation with Mike please visit his website at www.mikesdogtraining.com or email him at mikesdogtraining@verizon.net and schedule an appointment.

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



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Celebrating Flag Day

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

Let us not forget that June 14 is Flag Day. The Flag is a symbol of Freedom. Freedom to worship, free speech and the freedom to vote. It is the symbol of our nation. It flies high above the Capital building in Washington DC, as well as other federal, state and municipal buildings throughout our land. It flies at our embassies throughout the world. It is on Navy and Coast Guard vessels and flown at U.S. military installations. Our troops wear the flag on their uniforms. And it covers the caskets of our fallen heroes then given to a family member to honor their memory. When we salute the flag and sing the Star Spangled Banner or recite the Pledge of Allegiance it should have a special meaning. These are more than just action actions or words. They symbolize who we are as a nation. And why so many men and women have made sacrifices up to and including their lives for the flag. And why the flag has been a rallying cry to our troops and our country. Just think back to 2 occasions. One, the flag raising at Iwo Jima,

what that meant to the Marines still fighting on that island and to the masses back home. The other occasion to think about is when

a flag was raised at the World Trade Center after 9/11. Think about that photo and the great feeling we had about being Americans!

There is no greater symbol of freedom in the world than that of the Stars and Stripes. There are those who burn it, mock it, and destroy it, and would destroy our way of life. Thank God we have men and women willing to step forward and defend the flag, our country and yes, us.

In turn, we must do what we can to help them. Here are two citizens who do just that.

This last April, the American Legion



Department of Massachusetts Americanism Committee honored two individuals from Essex County. One is a familiar name

to those in the Greater Lawrence area – Jim Sereigo-Waring of Methuen. Jim established the New England Caring for our Military (NECFOM) organization several years ago. This group has sent thousands of packets overseas

to our troops. Rightfully so, Jim has received a number of civic awards. The American Legion named him the 2010 recipient of the American Born Citizen Award. With Jim on that April day was a close friend, Andy Jimenez, father of fallen hero Alex Jimenez of Lawrence. Andy also received a standing ovation in honor of his son.

The second award given that day was for

the 2010 Foreign Born Citizen Award. This was given to Kyriakos “Kary” Andrinopoulos of Danvers. He is co-owner of the New Brothers Restaurant in Danvers Square. He is dedicated to helping veterans and sponsors many youth groups, school activities and other fraternal organizations. He is a very worthy recipient of this award.

On this June 14th and on July 4th pause a moment to think about the great freedoms we have.

How many would and have died to enjoy these freedoms. Despite our economic problems, we are still fortunate to live in the greatest country on earth. And think about what you as an individual have done to give something back to the community, state and/or nation. At the least, support our troops, for they support us selfishly every day and all across the planet. May they all come home safe to their family and friends.



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

Chronic Care and Elder Care Health Benefits

Susan Piazza

VALLEY PATRIOT VETERAN COLUMNIST

Many families struggle with long-term health care issues. This month's article is an overview of programs the VA offers veterans' (and their families) with respect to chronic care and elder care health benefits.

The Veterans' Millennium Health Care and Benefits Act of 1999 improved long-term benefits for eligible veterans. By law this Act requires the VA to provide various extended care services such as: geriatric evaluation and management, nursing home care, long-term care, domiciliary care, adult health day care, and respite care amongst others. To access these benefits the veteran must be enrolled in the VA health care system.

The following benefits, like all those the VA provides, are complicated; these benefits have the added problem of also being uneven. Services offered at one VA Medical Center may not be offered at another. Unfortunately if you are in need of any of these services you may need to call individual medical centers, a VA representative, or a Veterans agent to find a facility that offers that which you need. The following is meant as a general outline. Websites are provided for further assistance.

GERIATRIC EVALUATION and MANAGEMENT: A geriatric evaluation determines the best plan of action for the older veteran. These reviews can be done on an inpatient or outpatient basis depending on the facility performing this review. An assessment is made of the veterans' physical, mental, and social abilities to determine whether the veteran can care for himself or herself, and to what extent. To learn more about geriatric and extended care go to: <http://www1.va.gov/GeriatricsSHG/>

For a listing of programs and services go to: http://www1.va.gov/GERIATRICS/Programs_and_Services.asp This site separates programs into three distinct classifications. They classifications are: 1) institutional care programs, 2) non-institutional care programs, and 3) geriatric programs (includes Alzheimer's and Dementia care).

NURSING HOME CARE: Nursing Home Care can be provided in either a state veterans home, a VA facility or in a facility contracted by the VA to care for veterans. The VA also has the ability to refer a veteran to a private (non VA contracted) facility. While the VA will not

pay for a private facility it will pay for veterans in places that have contracts with the VA though only about 10% of the nursing home facilities are contracted with the VA for the care of veterans.

ELIGIBILITY: Different facilities have different eligibility and admission requirements. For more info go to: <http://www1.va.gov/GeriatricsSHG/page.cfm?pg=63> Go to “VA Nursing Home Facility” to download a list of VA nursing facilities throughout the country. Go to the listing for “Community Nursing Home” to download “VHA Directive 2005-061”. This directive provides information on VA Nursing home care, admission criteria, discharge criteria, etc. While VHA Directive 2005-061 is a good place to begin it would be worth your while to contact a VA representative or a veterans' agent for details regarding your particular situation.

COMMUNITY LIVING CENTERS: Most Community Living Centers (CLC) are located on or near VA medical centers. The veteran needs to be in a “chronic stable medical condition”. These conditions can include, but are not limited to: dementias, rehabilitation needs, even conditions requiring respite or intravenous therapy are eligible for admission. CLC's are also designed to meet the needs of “those who need comfort and care at the end of life”. For more info go to: <http://www1.va.gov/GeriatricsSHG/page.cfm?pg=52> This link provides admission criteria as well as information for those in need of special consideration. A link at the bottom of this page will take you to “VHA Directive 2005-061”. Check this out for further information regarding VA Nursing home care, admission criteria, discharge criteria, etc.

LONG TERM CARE: Long-term care can be provided in either a VA facility or in a facility contracted by the VA to care for its veteran population. To learn the VA's specifics regarding Long Term care go to: <http://www1.va.gov/GeriatricsSHG/> At the bottom of the page you will find “Long Term Care Fast Facts” in either purple or red. Click this to download the VA's informational sheet. At the end of this informational sheet the VA provides a link

(http://www.va.gov/opa/pressrel/opalist_listserv.cfm) so you can subscribe and receive updates to this information.

Eligibility requirements for non-institutional long term and nursing home care are clearly defined in this fact sheet. In certain situations the veteran must show financial. VA Form 10-10EC, Application for Extended Care Services is used to evaluate the family's current income and assets. The outcome of this evaluation determines whether the veteran will or will not be financially liable. If you are thinking of applying for this service you may want to look over this form ahead of time. This application is quite comprehensive and covers all forms of income and assets. Go to: http://www.index.va.gov/search/va/va_search.jsp?SQ=&TT=1&QT=Form+10-10EC&searchbtn=Search for a listing of documents and related websites that help with this application.

DOMICILIARY CARE: For veterans not needing the round the clock help of a nursing care facility there is domiciliary care. This care consists of rehabilitative and long-term maintenance. The purpose of domiciliary care is to get the patient well enough so that the veteran can return to their community.

ADULT DAY CARE: Those who do not require a twenty-four hour inpatient facility may benefit from adult day care. Adult day care is a therapeutic daytime program. This program can provide medical and rehabilitative care. This service can be invaluable for working family members. For more info go to: http://www1.va.gov/GERIATRICS/Adult_Day_Health_Care.asp

RESPITE CARE: Caregivers inevitably need a break; the emotional and physical demands of caring for an ill person can become overwhelming. The VA offers short-term support to the veteran thereby giving the caregiver a well-needed rest. The VA does cover care given in the home. Generally information about caregivers can be found out: <http://www1.va.gov/health/caregiver/> For specific benefits and services the VA provides to caregivers check out: <http://www1.va.gov/health/caregiver/resources1.asp>

HOME CARE: The VA or those contracted by the VA provide home and community based skilled home care for housebound veterans with dementia or veterans with chronic illnesses. This care can include social services as well as nurs-

ing, physical and occupational therapy. For more info go to: <http://www1.va.gov/geriatrics/HCBC/>

HOSPICE/PALLIATIVE CARE: This program offers help with the control of ones symptoms as well as management of ones pain. These and other services are given to terminally ill veterans. Inpatient, outpatient, home and community-based services exist. For more info go to: http://www1.va.gov/GERIATRICS/Hospice_Palliative_Care2.asp

BEREAVEMENT COUNSELING: The VA even offers free help to the family after the death of a veteran or after the death of an active duty member. This service is usually provided at or near community based veteran centers. The following website lists several links to resources for those in need of this counseling. For more info go to:

http://www.index.va.gov/search/va/va_search.jsp?SQ=&TT=1&QT=Bereavement+counseling&searchbtn=Search

OTHER PROGRAMS: For a list of similar VA programs check out the “Long Term Care Fast Facts”. This document can be found at the bottom of <http://www1.va.gov/GeriatricsSHG/> in either purple or red. Download this comprehensive sheet for a detailed explanation of related VA programs. Remember, not all programs are offered at every location. For another listing of “Programs and Services” go to: <http://www1.va.gov/GeriatricsSHG/page.cfm?pg=63>

An additional resources that has links to sites such as the Administration on aging, Armed Forces retirement homes, Disabled American Veterans (D.A.V.) and others go to: <http://www1.va.gov/GeriatricsSHG/page.cfm?pg=53>

Government services and eligibility constantly change. As always check with your VA representative or your veterans' agent. Services and eligibility requirements can change depending on ones circumstances. Use this article as a guideline, not as an end all.



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

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HEROES IN OUR MIDST, THE CAMERONS: From page 1

Yoed and Carlos met in February of 1997. Yoed was working as a customer service representative for AMTEL of Puerto Rico and had recently enlisted in the United States Air Force. Carlos was hired to be her replacement at AMTEL. The two of them quickly hit it off and, as they spent more and more time together, Carlos says he "knew she was the one I had to marry". The only problem was that Carlos could not get up the nerve to ask Yoed out on a date. Indeed, the two might never have ended up the happily married couple they are now if fate hadn't decided to lend a helping hand. One day Yoed managed to lock herself out of her car with the keys inside. Carlos came to her rescue. He got into her car and shortly after, into her heart. It didn't take them long to know that they wanted to make a life together and Carlos knew the only way that was going to work was if he, too, joined the service.

His grandfather, Numenio Torres, was an Staff Sergeant in the U.S. Army in the 1940's, during WWII, so it seemed right to Carlos to follow in that tradition. They decided to get married before Carlos left for basic training in November 1997.

They did not attend basic training together; Carlos left for training two months after Yoed was done with both basic and technical training. Their first assignment was to the 66 Special Operations Wing, at Hurlburt Field, FL. Carlos served as a Health Services Manager and was an Honor Guard member. As a Health Service Manager, his main responsibility was to support all the clinical staff with accurate data management and reporting. Yoed was assigned as an Information Manager; her main role was to provide computer support for the members of the 16 Helicopter Generation Squadron. While serving at Hurlburt Field, Yoed earned a Good Conduct Medal, a Commendation Medal, an outstanding unit with a Valor device and she was selected multiple times as the Airman of the quarter.

After Yoed's first mobilization was completed, she joined the United States

Coast Guard and was transferred to Portsmouth, VA. She was then assigned to the Integrated Support Command. Carlos took an assignment not far away in Norfolk, VA and became a United States Air Force recruiter. In June of 2005, Yoed transferred out of the Integrated Support Command into an elite Port Security Unit as a Coast Guard Reserve member. One of the major events to take place in our country during this time was Hurricane Katrina. As a member of the Coast Guard, Yoed was mobilized in the relief efforts during the aftermath of that horrific event. Also in 2005, Carlos separated from United States Air Force active duty and became a United States Air Force Reserve member assigned as an Individual Mobilization Augmentee to the 1st Medical Group, Langley AFB, VA.

In late 2005 Carlos transferred out of the Individual Mobilization Augmentee Program and became a United States Air Force Reserve recruiter (back on Active Duty status). In the summer of 2006, Carlos transferred from Virginia to Manchester, NH to serve as the recruiter for both the state of NH and ME; Yoed was then transferred to serve at the USCG District 1 HQ, Boston, MA. Late in 2007, they both transferred one more time; Yoed was assigned to the Port Security Unit stationed at Cape Cod, MA and Carlos was assigned as the In-Service/Line Recruiter at Hanscom AFB, MA.

In June 2009, Yoed transferred to the USAF Reserve and is now serving as a member of the Commander Support staff for the 337 Airlift Squadron, Westover ARB, MA. She is currently serving an active duty tour. Carlos has been awarded the USAF Commendation Medal with 3 oak leaf clusters, the United States Air Force Achievement Medal, an outstanding Unit Ribbon with a valor device, a USAF Good Conduct medal with an oak leaf cluster, and the National Defense Service Medal amongst other awards.

Recently Yoed has learned that she will be called back to active duty for an assignment involving the resurgence in Afghanistan. Although she is now not



only a wife but also a full time mother, Yoed is very accepting of her new assignment. Her children Gabriel, 11, Daniella, 9, and Mitchell, 7, are very aware of what this assignment means but they are supportive of their mother. Carlos and Yoed have made it known to their children just what it means to have parents in the service. They have taught the children that not only are their parents serving their country, they themselves are also serving their country. They have grown up with this knowledge and, though they have the natural concerns of any young children in such a circumstance, they accept the situation with a quiet dignity. It takes a deep devotion and selflessness for any individual to give his or her life over in service to their country and to be willing to risk their lives, but for a parent to do so takes so much more. To have the

courage to put their love and their duty to their country above all else, to teach their children that they, too, have a part to play in this covenant takes an immeasurably deep dedication and determination. When we speak of the land of the free and the home of the brave, let us not forget that it is the quiet, daily sacrifice of the men, women and families like Yoed, Carlos and their three young children that make that freedom that we cherish possible. It's that sacrifice that makes someone a patriot. Yoed and Carlos make that sacrifice everyday and we are proud to honor them as our Valley Patriots of the Month.



Gary Manion is a former candidate for Lawrence City Council and a student at Merrimack College. You can email him at manniong@merrimack.edu


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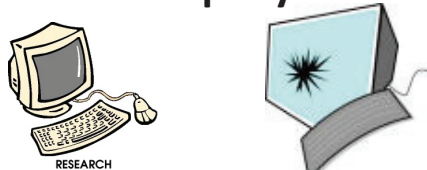
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