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SEPTEMBER, 2010
VOLUME 7, ISSUE 9

THE VALLEY PATRIOT

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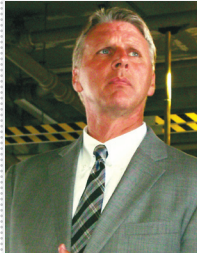
HERO COPS TRY TO SAVE MAN WHO TRIED TO KILL THEM



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PHOTO: TOM DUGGAN

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Cahill Charges State
DOR Officials with
Conflicts of Interest
with Lawrence Finances

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The Doc. is *IN*
Dr. Rami
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Live the WOW!

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VALLEY PATRIOT OF THE MONTH

Greg Page - War on Terror

Gary Mannion

VALLEY PATRIOT HERO COLUMNIST

LOWELL - Greg Page sat on his couch waiting to leave for Newark International Airport to catch his plane to San Francisco; he was about to embark on his senior year at Stanford University.

Whatever it was that seemed important to him as he sat there was, although he didn't know it yet, about to become insignificant. Most seniors heading off for their last year of college are worried about finding jobs and making their place in the real world. This senior in college was about to join the real world very fast and before he knew quite what had hap-

pened.

Greg was distractedly watching TV while he waited for the time to leave. Suddenly a news bulletin flashed across the screen; a plane had hit one of the towers of the World



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EDITORIAL

Mosque Supporters are a Disgrace

Next year marks the 10th Anniversary of 9-11 and the worst terrorist attack on U.S. soil.

And while the 'war on terror' is still going on and we are still fighting Al-Qaeda and Muslim Jihadist in Afghanistan, around the world and here at home, many have forgotten the terror of 3,000 Americans killed that fateful day on 9-11 by Islamic Extremists.

But, not only have people forgotten, what is even more upsetting, is that people are defending the building of a mosque around the corner from that fateful spot, at Ground Zero. A mosque where Sharia Law of Jihad and advocating terrorism and violence will be practiced. As President Clinton's White House Advisor states, "The proposed mosque near to ground zero is not really a religious institution. It would be — as many mosques throughout the nation are — a terrorist recruitment, indoctrination and training center. It is not the worship of Islam that is the problem. It is the efforts to advance Sharia Law with its requirement of Jihad and violence that is the nub of the issue."

We should never forget that Muslim terrorists flew planes into the Pentagon and took down the two World Trade Towers, killing 3000 Americans. And we should look to elect those leaders in November that also have not forgotten and understand what the 'war on terror' means. Elect candidates that are not afraid to call a terrorist a "terrorist" and use the words "Islamic Jihadist" and "Islamic Extremist". Elect those leaders that are opposed to the mosque being built near ground zero.

There are Islamic Jihadists that are trying to kill us and wipe the United States and Israel off the map. Just look to Iran's Ahmadinejad's latest speech during Ramadan calling on all Muslims to prepare for the final war on Israel.

Building a Mosque at Ground Zero is the biggest insult to those families who lost loved ones on that fateful day nine years ago. It is a total disgrace.

Elect leaders that understand that Guantanamo Bay needs to remain open to keep terrorists locked up. Elect those that understand treating terrorists on U.S. soil as enemy combatants and not common criminals with constitutional rights. We are still fighting a war on terror and the enemy is getting bolder with each weak move by this Democratic administration and its Democratic leaders.

The weakest move of course being the support of the Ground Zero Mosque. Voters, wake up or we will be blown up!

News tips

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

Letters to the editor, columns and op/eds

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

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

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

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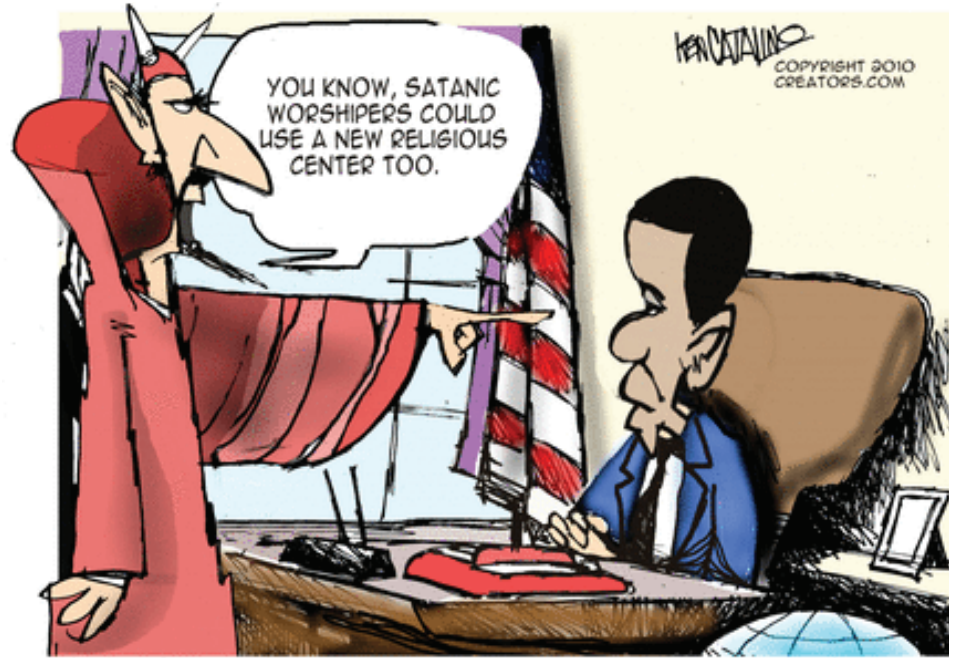
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Press Releases

From Congressional Candidate Tom Weaver: My Platform for the 5th District
EMPOWER THE CITIZEN, not the government.

Tom Weaver is trained in problem solving. He has the experience, the resume and the demonstrated leadership skills to build a team that will "EMPOWER THE CITIZEN, not the government."

Tom Weaver has been a resident of the 5th District for over 30 years. He has a strong voting record, has been a member of a Town Committee and has worked in many local, state and federal elections during those years. As an Eagle Scout, he remains committed to the training of our youth in the Scouting program.

National Debt – Stop spending money that is not there. Stop the bailouts. Stop unfunded liabilities. Serious discussions required to cut the size of the federal government and the entitlements of federal employees – including Congressmen.

Immigration -- Secure the borders, E-verify employment with severe penalties, establish a guest worker program and eliminate benefits to those that have not participated.

Jobs – As a small manufacturing business owner for 25 years, Tom has created jobs, met payroll and provided benefits. The strangling tax code, out-of-control spending, and the huge bureaucracy kill private sector jobs. Government needs to get out of the way, let freedom release the private sector.

Environment – Tom cleans industrial waste water and understands how dangerous cap

and trade would be.

Energy – Tom is a clean energy expert in the nuclear field. The country needs more energy from all sources so that the economy can grow and the dependence on foreign oil eliminated.

National Defense – Graduating from the Naval Academy, Tom served as an Officer in the US Navy. His son is currently serving as an Officer in the US Navy. The posture must focus on the War on Terror, missile shield and emerging nuclear threats from 3rd world countries.

Repeal Obamacare. Reform tort and commerce law to make health care affordable.

Stickers now available to write in James McKenna for Attorney General

Millbury - 50,000 stickers are now available to voters who would prefer to use a sticker versus manually writing in James McKenna for Attorney General during the Tuesday, September 14th primary election. Mr. McKenna announced his candidacy on August 1st and there has been a long waiting list of supporters anticipating the stickers to pass out to family and colleagues. "Momentum is truly building behind this campaign," said James McKenna, "and these stickers will only facilitate the message that the voters of Massachusetts want to have a candidate they can trust on the ballot in November. Martha Coakley believes that 'technically, it is not illegal to be illegal in Massachusetts.' On September 14, the people of this great state can finally put an

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Fibromyalgia? Chronic Fatigue?

Do you feel like every drop of energy is drained from your body and some days you just hurt all over? Does going to the bathroom feel like a ten-mile hike?

You are not alone. Six million Americans suffer from the effects of fibromyalgia. But the sad fact is most of them have been told they're crazy, lazy, or just depressed.

Do You Have Any of the Following Symptoms?

- * Aching all over
- * Disturbed sleep
- * Tender points in the neck, and spine

- * Recurring headaches
- * Fatigue & Stiffness

Maybe your doctor doesn't even think fibromyalgia is a real disease, but you know it is. You suffer with it every day.

Fibromyalgia is often called the invis-

ible disease. You look fine on the surface, but underneath you're often exhausted and in excruciating pain.

My name is Dr. Jin Sung a chiropractic physician and over the past thirteen years. I've used gentle treatments to help hundreds of fibromyalgia patients feel better and live healthier, more joyful lives.

The more patients I helped get better, the more I realized that...

No One Should Have To Suffer The Way You Do.

I've made it my mission in practice to help those suffering with chronic pain like you.

To help people with fibromyalgia and chronic fatigue, I'm running a special offer for people suffering from fibromyalgia.

For 15 days only, \$49 will get you all the services I normally charge new patients \$180 for! Just call by February 20th and you'll get...

An in-depth consultation about your health and well-being where I will listen... really listen... to the details of your case. A complete examination including a detailed consultation, orthopedic examination, neurological examination and a neuromuscular examination. A thorough analysis of your exam findings so we can start mapping out your plan to being pain free.

What Will Your Fibromyalgia Pain Feel Like 1 Month From Today?

One of the biggest myths about pain is that it goes away all by itself, without any treatment.

A May 1998 study in the British Medical Journal proved this myth false, showing that 75% of back pain sufferers who do nothing about it will have either pain or disability 12 months later.

Let's face it, if the pain hasn't gone away by now, it's not likely to disappear on its own.



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

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THINKING OUTSIDE THE BOX

Energize Our Economy and Your Family's Future

Reduce the Sales Tax to 3% -- Vote YES on Question 3

Dr. Charles Ormsby

VALLEY PATRIOT COLUMNIST

Why does unemployment in Massachusetts average 16% higher than unemployment in New Hampshire?

Why have so many large retail stores fled the Merrimack Valley just to be resurrected in Salem, Plaistow or Nashua? Why are the businesses that remain focused mainly on food, clothing or automobiles?

The answers are obvious as: The Massachusetts Sales Tax.

The symptoms did not just arise with the increase in the sales tax from 5% to 6.25%. These symptoms were evident before the increase, but this increase in the middle of a gut-wrenching economic downturn has seriously exacerbated the problem.

The effect of taxes on economic prosperity is not a mystery.

It is clearly visible when the economies of countries are compared. Countries that have historically low levels of taxation (if accompanied by a respect for property rights) are generally prosperous and have above average growth rates. Those with high tax rates (often accompanied by an onerous regulatory burden) typically are mired in poverty and despair with few prospects for a brighter future. When countries significantly alter tax levels, their economies respond rapidly: either expanding, if tax levies are reduced, or contracting if levies are raised.

The same effect is evident when comparing state economies. Just look at the dramatic differences in job creation when the highest tax states in the U.S. are compared to the lowest tax states. The nine states with the lowest taxes had over twice the job growth rate over the last decade as the nine states with the highest taxes.

Increasing taxes is not merely an indirect factor influencing some obscure economic statistic that somehow or other relates to the decisions of companies to close factories, to close retail outlets, or to lay off employees.

Higher taxes directly cause these results and directly impact our economic prosperity and security. Lowering taxes can reverse these effects.

Let's just look at one, local example: The Methuen Mall (now The Loop).

Do you remember when there was a Sears at the Methuen Mall? And a Jordan

Marsh? And Filene's Basement? And more than 50 other retail outlets? Of course, the Mall took a nose dive after Sears moved (1991) to the expanded Rockingham Mall. The Mall's final gasp high-lighted a "Sheds Unlimited" outlet; a fitting requiem for what was once a thriving retail complex.

But prosperity is a group activity. Success feeds on success. There is excitement in prosperity and commerce ... just as dullness and fear accompany decline and failure. Taxes discourage commerce and block prosperity, engendering failure.

Customers shop where there is convenient access to a wide variety of goods and services. Salem, Plaistow and Nashua are thriving because they lack the extra burden of a sales tax. Our 6.25% sales tax is a huge advantage for New Hampshire businesses and a major deterrent to anyone considering locating or expanding their business in Massachusetts.

The herd has moved to where the grazing is profitable. They have left the dry hole in Massachusetts.

Yes, after more than a decade, the Methuen Mall (The Loop) came back. Now, nearly 20 years later, we are back to where we were before the sales tax induced competition from Salem emerged. Salem has exploded to ten times its size in 1990 while once-dominant Methuen has barely managed to tread water. All thanks to a 5% sales tax.

But The Loop is not what it was in 1990. It is now dominated by enterprises that sell tax-free items (groceries, clothing), or low-cost/convenience items (less than \$100), or by businesses that are equivalently taxed in New Hampshire (e.g., restaurants). The Home Depot outlet in Methuen sells taxable items, but ask store management where people go for the high-ticket items - the Home Depot store in Salem.

Try to find a store on the Massachusetts side of the border that sells major appliances or 50" High Definition TVs. There are very few. Did you see the new Ultimate Electronics Store in Salem? Too bad it couldn't consider Methuen, Lowell, Haverhill, or Lawrence for its home.

You don't miss what you don't see. Not only are these stores gone, along with their jobs, but gone also is the secondary

economy that supports them: construction, maintenance, insurance, accounting, and on and on. Not to mention all the resultant spending from those employed that in turn supports real estate development, barbers, lawn services, painters, auto repair. All gone to New Hampshire.

More jobs lost. More opportunity stolen from your family. More prosperity denied. More economic risk and despair to deal with.

Of course, with less tax revenue derived from a growing and prosperous business community, the government beast still wants to be fed; well fed in fact. Welcome to even higher property and income tax demands.

That is why our brilliant legislators, with an excess of law degrees but no business experience, thought it wise to increase the sales tax from 5% to 6.25% and further disadvantage Massachusetts businesses and degrade the Massachusetts economy.

Their philosophy must be: If shooting yourself in the foot slows you down, try shooting yourself in the groin. Hey, why not go all in and try a shot between the eyes?

Of course, they are not that stupid. We all know that their idiocy is driven by self interest.

Taxes are the pump that transfers wealth from the private sector to the public sector. Those in the public sector like the pump; in fact, they love it. They love it so much that they promise to do everything in their power to keep those who will protect and enlarge the pump in power.

The politicians and the special interests have a deal: The politicians will work tirelessly (lying when needed) to keep the pump working and the special interests will work tirelessly (lying when needed) to keep them in office and campaigning to avoid any reduction in pumping operations.

Of course, they also agree to divvy up the loot in the form of wages, benefits, pensions, and special favors. Just like the Hole in the Wall Gang after a bank robbery, except, this time, the hole is in your wallet!

The last ballot initiative that attempted to reduce taxes (eliminate the income tax)

provided a classic example. The proponents were able to raise and spend approximately \$493,000 in support of the ballot initiative (100% from individual private donations; most under \$100). The opponents spent over \$7,575,000 (more than 15 times as much) to defeat the initiative (with 99.8% coming from special interest organizations; 60% of this from teachers' unions and the remainder from other government unions such as AFSCME and the SEIU).

The special interests can only continue this racket if we let them. They will outspend those trying to reduce our taxes again; almost certainly by more than ten-to-one. They will tell us that reducing the sales tax will cause a plague. Children will go hungry. Teachers, police and firefighters will be laid off. Life will come to an end.

They are lying. The proof is only a few miles to your north. If New Hampshire can prosper with NO sales tax and NO income tax, why will a reduction in the sales tax to 3% be a problem?

Not only will it NOT be a problem, it will re-invigorate the economy.

It is projected to create 33,000 new jobs.

Families like yours will retain \$500-\$1000 in earnings every year instead of losing these earnings to the state's bloated bureaucracy.

Businesses will have a fighting chance to compete and add jobs in the Merrimack Valley.

We can also emulate the successful New Hampshire strategy of attracting shoppers and businesses from contiguous states. With a 3% sales tax, shoppers will be attracted to Massachusetts businesses from Rhode Island (7%), Connecticut (6%), New York (7+ %), and Vermont (6%). That differential, if sustained over 5-10 years, will dramatically grow the Massachusetts economy.

State government merely needs to cut its out-of-control spending by a mere 4% with NO CUTS in local aid.

Don't fall for the lies of the special interests ... no matter how often they advertise.

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Jon

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Press Releases from Mass. 2010 political candidates

end to her flawed way of thinking.”

Republican and Independent voters can request stickers by sending an email to jim@jimforag.com. Please put “Stickers” as the subject heading. You can also receive stickers by completing the Volunteer Form at www.jimforag.com.

10,000 voters must write in: “James McKenna, Millbury, MA” for Attorney General on their Republican primary ballots on Tuesday, September 14th in order to get his name on the November ballot. Independent voters can request a republican ballot to write in James McKenna. Instructions on how to write in James McKenna are also available on www.jimforag.com.

Jim worked as a prosecutor for 10 years, gaining perspective and experience by serving in three different offices. He prosecuted public corruption and organized crime in Boston for three years while serving as an Assistant District Attorney in the Organized Crime Division of the Suffolk County District Attorney’s office. Jim also served for six years as an Assistant District Attorney in the Worcester County District Attorney’s office, which included two years as supervisor of the Grand Jury Unit. In addition, for the last 17 years, Jim has taught courses on law and ethics as an Adjunct Assistant Professor in the part-time MBA program at Worcester Polytechnic Institute’s Department of Management. Last year, BusinessWeek ranked that program 9th nationally. This year, BusinessWeek ranked that program 1st . For more information about James McKenna or if you would like to volunteer or donate to his campaign for Attorney General, please visit www.jimforag.com. Jim McKenna, Milbury, www.JimForAG.com, Jim@JimForAG.com

Bob Shapiro on the Issues:

What sets me apart from the other candidates, is that I identify the Economy as America’s biggest problem, and I recognize the magnitude of that problem. The US is in the deepest and longest Recession since the Great Depression, with 10% Unemployment, rising Foreclosures and Bankruptcies, and the start of a “Double Dip” downturn. Current policy is the exact opposite of what’s needed, with Tax Increases, higher federal Spending, a Deficit that’s almost half the Budget, a \$14 Trillion National Debt, \$200+ Trillion in Debt plus Unfunded Liabilities, and takeovers and over-regulation of businesses in the private, productive economy. Current Policy is Not OK. We need to reverse these wrong-headed policies before our economy is destroyed. I want to

- * Balance the Budget by cutting\$2 Trillion in Spending, not by raising Taxes
- * Stop crowding businesses out of the Capital and Credit Markets
- * Reduce the Over-Regulation of Businesses.

We need to foster a business environment where real, productive jobs can be created. Legislation I will introduce includes:

- * Balanced Budget Amendment
- * Line Item Veto Amendment
- * Dollar Cap on Federal Spending Amendment
- * Amendment Requiring Retiring of National Debt
- * Congressional Bill limit of 100 pages
- * Congressmen certification of reading Bill

before yes vote allowed

- * Constitution Committee showing where Bill is authorized in Constitution
- * Repeal of ObamaCare
- * Abolition of Federal Reserve and Return to Hard Money System
- * Governmental Zero Based Budgeting & Independent Audits
- * Market set interest rates on investments
- * Deregulation of businesses and US Citizens
- * Capitalism, not Socialism

While the Economy is my main focus, we should seal the Mexican border, fight Cap & Trade and the Global Warming Hoax, shift our efforts away from Iraq & Afghanistan so we can focus on the jihadist threat here at home.

Bob Shapiro, Republican Candidate for US Congress – 5th CD-MA, 978-688-5306 (H), 603-858-4300 www.Shapiro4Congress.org, 221 Haggetts Pond Rd, Andover, MA 01810

Guy Carbone Republican Candidate for Attorney General

Attorney Guy A. Carbone, a Belmont resident with a law office in Boston, has been engaged in a campaign for Attorney General since May 20, 2010. The Republican Party did not nominate a candidate for Attorney General at the April 17, 2010 convention. Thus no candidate will appear on the Republican primary ballot on September 14, 2010, the date for the statewide primary elections. After the convention a group of senior conservative members of the Republican State Committee asked Attorney Carbone to run for Attorney General against Martha Coakley via a sticker/write-in campaign. He must receive at least 10,000 sticker/write-ins on the Republican primary ballot so that his name will appear on the November 2 ballot. Attorney Carbone, who holds 3 engineering degrees from M.I.T. and a law degree from Suffolk University Law School, has been practicing law for 35 years, following a successful career as an engineer. He served as General Counsel of the state’s Department of Labor and Industries and as a Special Assistant District Attorney and a Special Assistant Attorney General. He has also served as a Master in the Superior Court. For Attorney Carbone’s resume, see his website at www.carboneforag.com.

Unlike the last 3 Democratic Attorneys General, Attorney Carbone believes that the Attorney General must foster a pro-business environment in Massachusetts to assure the creation of jobs. For Mr. Carbone’s position on issues, go to his website and click on the down arrow next to “Learn about Guy.” For information on how to vote for a write-in sticker candidate, go to his website and click on “Write-in Info,” or simply write in “Guy Carbone-Belmont” under the office of Attorney General. Then, you must fill in the oval, connect the arrows, or put an “x” next to the write-in.

Jim Bubba for Senate

Regarding the \$35M bailout for Lawrence, it will be a mixed bag. Having carried the mail in that city I do have some very good second-hand knowledge of what transpired. Add that to the first-hand commentary from the residents that would take the time to chat, when that luxury presented itself, and emerges a picture that deserves display in the

Louvre.

Term-limited, out-going Mayor Sullivan has a hand in the folly, seizing control of grant assets in order to accelerate capital expenditures. The alternative would have been to do fewer or none of them and thus muck up his legacy. As you know, the City Council did not raise property taxes in his last year, choosing to take a stand against having to do that again and again and knowing that it had been done enough already, leaving only the flurry of scandal(s) unfolding to sit squarely upon the shoulders of the infamous Willie Lantigua, who himself is fighting the tough battles while spending more time in the Dominican Republic than in his office in Lawrence City Hall.

We did well to rid the House of Lantigua, but that in itself is not a pill worth swallowing. Lawrence’s problems go way back to Mr. Feuerstein and the Malden Mills fire. I confess to lionizing him myself for trying to support his out-of-workforce, but more recently have seen and heard enough to speculate that he opted to do so because too many of them were un-documented, illegal aliens and thus would have nothing were they to attempt a collection of benefits. That was 1995.

This is 2010. I’m looking forward to meeting with you and moving the campaign discussion and debate away from what is wrong, towards solutions that will work.

Sincerely, James J. Buba, 130 Endicott St. Lowell, MA, GOP for State Senate, First Middlesex District.

Polito in Lawrence

LAWRENCE - Karyn Polito, Republican candidate for state treasurer, visited Lawrence on Wednesday, August 25, to tour the New Balance manufacturing facility on South Union Street.

“New Balance is a major employer in our state, and visiting their facility highlights how important it is for Massachusetts to provide a better climate to attract quality manufacturing and design jobs here,” Polito said. “As Treasurer, I would work hard to promote a more positive business environment through lower taxes and more commonsense business regulations. People in Lawrence, who face our state’s highest jobless rate of 17.1 percent, know all too well how essential it is for our state to grow jobs.”

After the tour, Polito spoke highly of New Balance, its employees and particularly its management style. “New Balance provides a unique working environment where each associate is valued and integral to the company overall,” said Polito. “I was proud to meet the hardworking people who contribute to the success of the operation. New Balance is an example of a company that really gets it right.”

Karyn Polito is the Republican candidate running for the office of state treasurer. A former selectman and lottery commissioner, she currently serves as a state representative for the 11th Worcester District. An attorney by trade, she helps run a century-old family business that specializes in commercial real estate development and resides in her hometown of Shrewsbury with husband Steve and two children ages 5 and 7.

Baker would issue series of executive orders to deal with fiscal crisis

BOSTON – Candidate for Governor Charlie Baker has announced five executive orders he would file during his first days in office as governor that would dramatically change the face of state government and get state spending and the state budget under control. Aimed at dealing with the impending fiscal crisis, Baker’s actions would institute bold changes to put an end to the reckless spending, cut costs and put Massachusetts on the right path.

As executive orders, these cost-savings measures do not need legislative approval and are real steps toward finally dealing with the budget crisis created by the mismanagement of Governor Patrick and Treasurer

Cahill. Baker’s executive orders include freezing state employee pay, instituting a hiring freeze, cracking down on state benefits for illegal immigrants, banning union-only construction projects, and reforming the red tape requirements that impede business growth.

After four years of eight tax increases, \$3 billion in higher spending and budget mismanagement, the next governor will be left to deal with a \$2.5 billion budget deficit. Massachusetts now has the second-highest debt in the nation, record unemployment, and recent news shows a more than \$600 million budget gap for the current fiscal year.

Baker’s cost-cutting actions are in direct contrast to one of Governor Patrick’s first actions when he took office – with Treasurer Cahill’s endorsement – which was to restore nearly \$400 million in emergency cuts made the previous year, setting Massachusetts on a dangerous path of higher spending and higher taxes. Both Governor Patrick and Treasurer Cahill have supported higher taxes throughout their tenure on Beacon Hill and refused to support the reforms that will save taxpayers money.

“I am the only candidate in this race who is willing to make the tough decisions that will save taxpayers money and stand up to the unions and special interests,” said Baker. “Governor Patrick and Treasurer Cahill think things are going just fine, but I don’t. I think we have to do better if we’re going to get people back to work and turn Massachusetts around, and we have to do it starting on day one.”

Executive Orders to be issued during Baker’s first week in office:

1. Freeze state employee pay

- a. Impose a salary freeze for all executive branch employees, b. Suspend all bonus pay and awards for state employees Patrick: Granted 7% raise for state unions. Cahill: Payroll at the Lottery rose by 24% between 2003 and 2008 under Treasurer Cahill.

Baker: Will order unions back to the bargaining table.

2. Impose a mandatory hiring freeze. a. Applies to all executive department employees

Patrick: Added nearly 3,000 state employees during first two years in office. Cahill: Administrative costs at Lottery increased \$33.4 million in first five years with Cahill as Treasurer. Baker: Will cut state’s workforce by 5,000

3. Ensure Massachusetts benefits only go to legal Massachusetts citizens Patrick: Refuses to support limiting taxpayer-funded benefits to legal citizens; supports in-state tuition for illegal immigrants; supports giving drivers’ licenses to illegal immigrants.

Cahill: Endorsed Patrick as a candidate in 2006 who supported providing benefits for illegal immigrants. Baker: Will require state agencies to request immigration status on all state benefit applications and verify legal status of all recipients.

4. Cut construction costs by banning union-only projects Patrick: Continues to provide union handouts and drive up costs through project-labor agreements, most recently supporting a \$750 million PLA for UMass-Boston. Cahill: Defends the use of PLAs and schools built under School Building Assistance program use project-labor agreements.

Baker: Will save taxpayers up to \$100 million by opening projects up to additional competition.


5. Establish the Red Tape Reform Project Patrick: Stifling business competition through regulatory maze and complicated system. Cahill: Remains silent on business regulations and has supported Beacon Hill status quo of no-reform.

Baker: Will impose immediate moratorium on new regulations and launch full regulatory reform initiative to be completed within 6 months.

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Stimulus or Waste? Obama's Scam Wow

Christine Morabito
MERRIMACK VALLEY TEA PARTY

In 1975 Sen. William Proxmire, D-WI, became the taxpayer's superhero when he began passing out Golden Fleece Awards, spotlighting pork-barrel projects that wasted taxpayer dollars. This infuriated some of his colleagues, who could no longer squander other people's money with impunity. Examples included: \$84,000 to study "why people fall in love," and \$27,000 to determine why inmates want to escape from prison. Turns out, these projects were amateur hour compared with today's government waste. The late senator's battle against pork is now being waged by the Tea Party and other conservatives.

18 months ago, President Obama implored us to support his \$787 billion stimulus package meant to avert financial disaster. Last week we had 473,000 first time jobless claims, with 4.46 million Americans collecting unemployment benefits. Meanwhile, Obama insists "we are on the right track," and Vice President Biden boasts "we have turned this economy around." It's no wonder Americans are scratching their heads, wondering if the American Recovery and Reinvestment Act has fulfilled its promise. In what parallel universe do 9.5% unemployment, (12.5% and rising in California) and a flatlined economy equal the "Summer of

Recovery"?

Let's explore some of those "reinvestment" projects funded with stimulus dollars, shall we? My personal favorite has to be the \$3.4 million awarded to the Florida Department of Transportation, to build fences and tunnels near State Road 63. But these structures are not for people; they're for turtles, that might otherwise end up as road kill. I love turtles as much as the next gal, but with crippling unemployment, the falling dollar, and a deficit the size of Mother Russia, it's not the welfare of cold-blooded reptiles that keeps me up at night.

There are wasteful spending projects, and then there are these: \$1 million to help smokers quit smoking by giving them Blackberry Smart Phones, \$2.6 million to teach Chinese prostitutes to drink responsibly, and \$225,238 to study how narwhals use their tusks. You can't make this stuff up! Or, what about the \$400,000 study entitled: "Malt Liquor and Marijuana: Factors in their Concurrent Versus Separate Use"? Conservative author, Stephen F. Hayes opines, "I tend to think that those who concurrently get drunk and high are also far more likely to believe the stimulus is working." (Reprinted by permission from Imprimis, a publication of Hillsdale College)

I seriously doubt that taxpayers would have chosen to fund these gems of their



own free will. Such projects are neither necessary, nor are they considered by most Americans to have any redeeming value. Instead, the government attaches value to things that have no value. Since the government has no money, funds for these projects must be provided by the people through confiscation (sometimes called taxes). But I guess that's the whole point of excessive taxation—so politicians can funnel money into pet projects and reward donors to their perpetual campaigns. Incumbency means never having to say "we can't afford it."

What I find infuriating is that despite their frittering away of our hard earned money, elite politicians preach that "we all have to make sacrifices." The second we utter a word about massive spending, they slap us down by threatening to cut police, firefighters and teachers. Really? That's the first thing you cut? I agree with Glenn Beck who says that when average citizens are forced to curb spending, "they don't shut off the electricity," but instead cut luxury items like cable and dining out. So, when The Heritage Foundation reports that congressional investigators received \$55,000 in federal student loan funding for a fictional college they created to test the Department of Education,

it just picks at the scab.

Primary election day is September 14th.

It's imperative that we elect conservative candidates, committed to spending cuts and limited government. According to Americans for Tax Reform, we spent the first 231 days of 2010 working to pay our debt to the government (eight days later than last year). That means we only get to keep for ourselves the equivalent of what we earn in the final 4½ months of this year. If we continue on this course, and if the Bush tax cuts are allowed to expire, taxation will only become more oppressive. The left's radical agenda is now clearly defined, its soft underbelly exposed. It's time we make our elected officials start acting like grownups, because right now we can't take our eyes off them for a second.

If you're tired of government pushing you down and taking your lunch money, please join the Tea Party!



Christine Morabito is a resident of Haverhill and a member of the Merrimack Valley Tea Party. You can email her at christine.morabito@hotmail.com

From the N. Andover Senior Center

In March the Massachusetts Senate passed a safe driving legislative package that bans texting while driving, requires elder drivers to submit to license testing, and prohibits junior operators from both texting and talking on a cell phone while driving. The registry of Motor Vehicles and its medical advisory board are developing an assessment form to be filled out by drivers between the ages of 75 and 80. The form is to be filled out by the individual's physician or health care provider. Based on that assessment, the Registrar would determine if the person can safely operate the vehicle. After a person turns 80, the form must be filed every three years. Those who are denied their license can request a road test in an effort to demonstrate that they have the skills necessary to keep their license and continue driving.

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. You can also drop off your used cell phone and ink cartridges for recycling.

The Friends of the North Andover Senior Center present the 6th Annual Fundraising Event, "A Matter of Taste" at the historic Stevens Estate, Friday evening September 24, 6:30 – 9 pm. Tickets: \$40 adults, \$30 seniors and \$50 for senior couples. Entertainment will be "Songs from the Seas" by Acting Out Theater Company. All funds raised by the Friends of the North Andover Senior Center Inc. are used to benefit the senior community of North Andover. The Friends provide assistance through scholarships, transportation discounts, emergency

funds, holiday breakfast and many other services. The next Friends of the North Andover

Senior Center board meeting will be held at the North Andover Senior Center on Tuesday evening September 28, at 4:30. Please stop by and get involved in issues and concerns that will help support the seniors of North Andover.

Foxwoods: Next scheduled trip, Tuesday, September 21, \$25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 6:30 am.

Mystery Lunch Ride: Thursday, September 16, cost and time to be announced.

ZUMBA with Tallie: Starting Monday, September 13, punch cards are \$40 for 10 classes. Mondays, 3:30 – 4:30 is Zumba Basic and Wednesdays, 3:30 – 4:30 is Zumba Fitness.

YOGA/PILATES: This class will resume in September!!! Tuesdays 3:35 with Cheryl Cronin. Blending both yoga and pilates in a 55-minute workout, we will strengthen and tone muscles while we increase flexibility & balance.

GENEALOGY CLASS: This 4-week class starts Wednesday, September 22 from 1- 2:30 pm. Start the outline of your family tree, develop 3 generations and discover the family's recorded census data. Please sign up by September 8, \$30 due at registration.

4-WEEK COMPUTER COURSE: Starting Thursday, September 23, 1 – 2:30 pm, \$25 per person, limited to 4 people per class. Please call for date and more information.

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N.ANDOVER, page 30

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- ★ Steve supported changes to create a more competitive auto insurance system that lowers rates and gives consumers greater choice.
- ★ Opposes granting driver's licenses to illegal immigrants and is leading the fight to prevent them from receiving public benefits.
- ★ Steve voted against giving the Governor the power to make a temporary appointment to the U.S. Senate.
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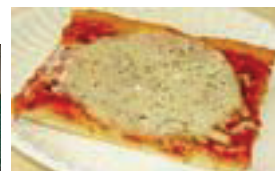
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Original Intent Part II

Peter Larocque
VALLEY PATRIOT COLUMNIST

Today's 21st century constitutionalists or progressives view our Founder's Constitution through the eyes of anachronism, meaning that it is just out dated. It was good back in the days of the revolution, but for the times in which we live today where equality and fairness have taken center stage and self reliance has been replaced by reliance of government for everything, for these reasons and more, they believe that the Founder's Constitution must be changed.

Which brings me to the question, why should we not want to be like the secular/socialistic European nations? They seem to have as much freedom and prosperity as America. While these Western nations are more free and prosperous than most other countries (and this is due to their being influenced by the same Christian principles that formed the foundation of the American Republic), there is still much difference between them and America (though as America becomes more socialistic this difference is diminishing). Also, according to Reverend Al Sharpton's most recent

comments on the topic of socialism dated March 22, 2010, "the American public voted for socialism when electing President Obama". With that being said, America is the most prosperous nation in history. Our standard of living is higher than the socialist nations of Europe, as well as the rest of the world. European governments control and regulate the lives of their citizens much more than the American government does its citizens. Consequently, there is less liberty and less prosperity in these nations. Socialistic European nations, as well as the European Union as a whole, have a "Caesar mentality". This view that civil government is the ultimate authority on earth has plagued most nations since the time of the tower of Babel. Those citizens

and rulers with this philosophy see, usually unconsciously, the government as God. It is their provider from cradle to grave, their savior in times of trouble, the solver of all their problems (if only the right people are in control); it is that which can bring peace and utopia. If something needs to be done or a problem needs to be fixed, then look to the government. It knows what is best for humans, with such things as socialized medicine, that assigns each citizen a doctor, sets the fees charged, and other detailed controls. There are other statist policies that have more serious consequences, especially to Christians. In recent years, many pastors and others have been jailed and punished for teaching the Bible.

LAROCQUE, page 29

Henry Nassar's Biggest Sale Yet

Jennifer Cooper
VALLEY PATRIOT GUEST COLUMNIST

With a wink of his eye and a pat on his wallet, Henry Nassar sat silent in the front row of the September Planning Board meeting held in the council chambers. A mere onlooker as the developers slated to buy the previous Nassar Ford property struggled to produce a cost benefit analysis that was requested in August by Planning Board Chair, Lesly Melendez. The Chair requested this report to ensure no one is trying to make an excessive profit at the expense of limited public services and quality of life in the neighborhood.

Frustrated Planning Board member, Norm Nimmo called the failure to produce this report "unacceptable" and as a result he could not cast a vote. The developers explained the difficulty in drafting a cost benefit analysis when "the current owner does not want us to discuss the purchase price." Mr. Nimmo's frustration seemed to be echoed throughout the Planning Board and the community after months of the developers cancelling scheduled presentations to the board followed by months of incomplete reports and presenting documents so close to meeting dates that there is no time for careful review.

The proposed project at the Nassar Ford site is a strip mall in front with approximately 250 units of assisted living, elderly and memory care in the back adjacent to the railroad tracks. It remains unclear if the city would see full tax benefits from this project. The Nassar redevelopment combined with the ongoing Saunders School and Sacred Heart redevelopment projects results in a cumulative 320 new housing units on a short section of South Broadway. The Nassar Ford developers are not accounting for the Saunders School and Sacred Heart projects in their traffic studies despite the fact that those projects were permitted first. The Nassar project developers presented a traffic study to the Planning Board on September 1st and despite a room full of residents with comments and questions, the board did not allow for a

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public response to the presentation. While the developers say there will not be a major increase in traffic, there are 140 workers slated to be employed in the housing portion of the project alone.

District E Councilor Eileen Bernal commented, "I was already concerned with the density at this site, but when the traffic engineer hired by the developer stated that they intend to put a curb cut onto Inman Street, creating an exit there to handle 50% of their traffic flow, my concerns were multiplied. That narrow side street is already over burdened. It cannot handle the traffic and parking created from the current apartments there, never mind what will be added to it with the residents, staff, administration and guests of an additional 228 units from this project."

Jeffrey Petrillo, a resident on South Broadway reflects on the parking congestion in the area, "In the wintertime even and odd parking turns South Broadway into a zoo. The new trash system is also a problem as cars block robotic trash trucks from picking up the blue trash bins."

Frank Incropera, President of the Mount Vernon Neighborhood Association, advised the Planning Board at a previous meeting this summer that Henry Nassar had opposed the 50 elderly housing units going into

Sacred Heart which is located just across the street from the Nassar Ford property. Mr. Incropera questioned Henry Nassar's reasoning why then a 250 unit building is appropriate for the neighborhood now?

Jamison Tomasek, candidate for state senate had this to say, "As a person who has sat in on a number of presentations on this project, and as a neighbor myself less than one mile away, I am struck by the vagueness with which this development is presented. Lack of transparency at the start of a process can mask negative long term consequences for the area."

Mark Gray, a resident on Groton street who is impacted by both the Sacred Heart and Nassar Ford redevelopments is concerned about the details of this project, "Once the city ensures, as it must, that the deed owners contribute to the city full revenue taxes we then need to look into protecting our new friends and neighbors by making sure their new home is safe, and protected from fire hazards. Therefore a deed clause must be written to have only the usage as stated, the revenue tax contribution (everyone pays their own way), and fire protection by keeping the height of the building at 5 levels, with a generator for high water pressure for the water sprinkler system."

The 320 South Broadway Trust readily

admits that they plan to develop this group housing community and then sell it off for profit. The developers stated they will present a cost benefit analysis at the planning board meeting in October. The question is where the developers will come up with the purchase price since they stated the seller (Mr. Nassar) does not want to disclose the price as it "is against his businesses practices." And, if the sale goes through, will the price presented to the Planning Board be the same number on the final bill of sale?

For over 70 years the Nassar family Ford dealership was a flagship business in Lawrence employing many residents of the city. Throughout the years, Henry Nassar has financially aided the community in times of need after large floods or fires. Mr. Nassar has a right to sell his property for a profit and enjoy his retirement. The concern being expressed throughout the community is that Henry Nassar's last big sale is going to sell out the people of Lawrence. A man with a legacy in the city should be concerned about the future of the neighborhood that will be left behind with the burden of many new housing units. Lawrence does not need more housing of any kind. Everyone agrees that the lot needs to be developed, but as City Councilor Danny Rivera said, "we don't have to sell ourselves in the process."

NASSAR, page 12

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Oh, how far we in Lawrence have sunk

Robert O’Koniewski

VALLEY PATRIOT COLUMNIST

The financial crisis plaguing our fair city is well documented and requires no re-hashing. You’d have to be living in a cave at this point not to know about the \$35 million state bailout of our community and the accompanying controversy. Surely a steady string of incompetence, commencing with the inception of the current charter in the mid-1980s, has delivered us to this shining moment.

Layer upon layer of structural deficits; unqualified and unchallenged elected and appointed public servants; uninspired “leadership”; widespread public apathy; an in-bred, governmental systemic dysfunction – all ingredients of the urban miasma plaguing us.

One would think that the current crisis would serve a wonderful opportunity to re-configure how government is structured, how it collects our tax dollars and then spends said dollars.

Given the chance to reform the provision of government, most professionals with vision would take advantage of the opportunity and strive for re-jiggering the same old-same old that just does not work – reorganize departments, hire actual professionals and experts in their fields, perhaps even reach out to the talent found in the great universities in and around Boston to confront urban planning needs for the next 5, or 10 or 20 years. One would think. But not here. Just what does the overseer do all day besides collecting a check?

Instead of a commitment to excellence, we get a commitment to cronyism. We get job postings to cover any legal questions to conceal the fact that a 10-year city councilor already has a particular job lined up as economic director for the city, regardless of the fact that he has absolutely no economic development experience.

He wasn’t even the highest scorer on three of the four interviewers tally sheets. His main qualification – he endorsed the current mayor in his election bid last year. One would think that a city of a shrinking tax base and 20% unemployment could find a true urban architect to prepare this city for the future. But if you don’t stick any worms in the water, you’re not going to catch that type of fish.

We get job postings to cover any legal questions to conceal the fact that we are saddled with a personnel director who does not even have a college education, much less any extensive professional experience in the field.

Brief stints under the last administration and in a federal agency do not a personnel director make. Real professionals spend years honing their trade before they attain a position of such importance – probably the most important administrative slot in any large-scale organization.

One would think with all the personnel issues we have faced over the last decade alone we need something more than a coat holder for the mayor in the last election.

We get a recycling coordinator who did not even meet the qualifications of the job as posted. When one tries to talk to said coordinator about the current recycling program, one should not receive a blank stare back as if Euclidian geometry was the topic of discussion.

We get board appointments who have no idea what the board does that they will be sitting on, but “they care about the community.”

And now we are on the threshold of another election cycle and one can only

wonder what problems will come up this year because of the feckless management of the process from the city clerk’s office and the disparate implementation of the rules throughout the city’s polling sites.

It is as if we are governed by a cabal of the ignorant. Sure, a mayor is entitled to appoint whom he wants. But at least make the effort to find experts in the field. And we have a city council, albeit for one member, that completely serves as the rubber stamp for the mayor’s cabal.

“Whatever you want, Mr. Mayor” should be printed on their letterhead. Any serious questioning, most often conducted singularly by District F Councilor Marc Laplante with an occasional assist by District C Councilor Modesto Maldonado, gets short-circuited and derailed by the hue and cry of the Lantiguaistas on the council, aided and abetted with the heavy gavel of council president Moran.

The kangaroo court in full force on the council prefers to demonize the legitimate inquiry proffered by Councilor Laplante, and you can almost hear them all saying, “We don’t care about what you have to say, let’s just get this over with.”

And now, as our elected officials strive for the lowest common denominator at all times, apparently swearing, name calling, personal insults, and general thuggery are acceptable behavior in the council chambers.

At which point will the mayor realize his unashamed and unapologetic use of profanity during a council meeting really does set a negative tone for himself, his administration, and our community? Must have made him feel like a real man to swear like a five year-old at Christmas dinner. It unfortunately also gives great cover for other politicians to push the envelope even further into the behavior realm. We see it already as certain councilors take their style of performance art to a whole new level.

Calling your fellow councilor an “idiot”, with no gavel rebuke from the council president, is probably not the best image we want to put out to the public. But when you have mayor’s swearing and a chief of staff verbally and physically trying to intimidate city councilors during their meetings, what else would you expect from the feeble minded that represent us.

Our city has alot to offer – great economic opportunities, affordable housing stock for young professionals, vibrant religious communities, active youth sports leagues, a varied cultural atmosphere, entrepreneurs striving to develop a viable middle class, citizens committed to making this place work, homeowners who actually pay their taxes and clean their property.

However, if our current crop of officials continue to extort and manipulate a system of governance for the worse through a style of dictatorial exuberance that in 2010 is just not a sustainable or acceptable model based on 80% state support, at what time do we achieve the tipping point when all the good is overwhelmed by the miasmatic dysfunction? With each passing mile post we seem to be getting closer to the finish line at the bottom and not at the top.



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

LaPlante Calls on Court to Impose Max. Sentence on Repeat Scofflaw Who is Back on the Street

Marc LaPlante

VALLEY PATRIOT GUEST CONTRIBUTOR

LAWRENCE, MA, August 14, 2010:

In an unprecedented action, Lawrence

City Councilor Marc L. Laplante calls on the Lawrence District Court to “throw the book” at Victor Delgado, who Lawrence Police call “Lawrence’s number one car breaker” in Delgado’s upcoming trial.

Delgado, 79 Haverhill Street, was released on \$500 bail this past Thursday for his August 2, 2010 arrest for willful destruction of property over \$250, receiving stolen property, daytime breaking and entering with the intent to commit a felony, and a July 22, 2010 arrest for larceny under \$250, malicious damage to a motor vehicle, and breaking and entering with intent to commit a misdemeanor. The trial date is continued to September 3 in Lawrence District Court.

“I informed the Lawrence Police Department that Delgado is back on the street, and they are incorporating that information as they conduct patrols,” said Laplante.

Delgado has had 24 arraignments since 2007, mostly for car breaks and property thefts. According to Lawrence Police, car breaks were up 70% immediately after Delgado was released from jail in 2009.

In an unusual request, Councilor Marc Laplante submitted a “Victim’s Impact Statement” urging the Court to consider not only the direct victims of the crimes, but the effect Delgado’s repeat crimes are having on local businesses, the Lawrence Police Department, and Lawrence citizens. Laplante’s letter is attached to this release.

“Lawrence has lost about a third of its police officers through recent budget cuts, and the citizens cannot afford lenient sentencing should Mr. Delgado be found guilty,” said Laplante. “Lawrence’s resources are so scarce that I am implor-

ing the Court to maximize Mr. Delgado’s sentence should he be found guilty.”

“How many more lives must be impacted before our justice system takes an aggressive stance against this repeat offender?” questioned Laplante.

Laplante also noted that Delgado’s crimes have impacted the business area near Lawrence City Hall. “Delgado’s larcenous activities near the eateries in the Lawrence City Hall area have impacted these businesses with customers fearful of parking in the vicinity,” wrote Laplante.

This chilling of commerce impacts the livelihood of these

small business owners and contributes to an unprofitable environment that jeopardizes their business. I represent a city that has high unemployment and considerable abandoned properties. A frequent criminal flyer like Mr. Delgado exasperates an already difficult business climate that leads to unemployment in my City.”

Delgado’s Partial Rap Sheet*

August 2, 2010 - willful destruction of property over \$250, receiving stolen property, daytime breaking and entering with the intent to commit a felony;

July 22, 2010 - larceny under \$250, malicious damage to a motor vehicle, and breaking and entering with intent to commit a misdemeanor;

November 25, 2009 – receiving stolen property and disorderly conduct;

August 1, 2009 – trespassing, possession of heroin, receiving stolen property over \$250;

February 21, 2008 – trespassing;

February 6, 2008 – breaking and entering in the daytime with intent to commit a felony, trespassing.

Laplante is in his third term on the Lawrence City Council. He is the Chairman of the Lawrence City Council Housing Committee, and also serves on the Lawrence City Council Personnel Committee.

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Cahill Charges DOR Officials with Conflict of Interest

Calls for Third Party Audit, and possible bankruptcy for Lawrence

Tom Duggan
VALLEY PATRIOT REPORTER

Massachusetts State Treasurer and candidate for Governor Tim Cahill is calling attention to the budget mismanagement in the City of Lawrence by urging Governor Patrick to issue an independent third party audit of the city's finances. Last March, the Governor approved legislation that allowed Lawrence officials to borrow millions from the state to address a \$24 million operating deficit.

Cahill was asked on the Paying Attention! Radio program with Tom Duggan last week why he has not called for an investigation and an audit of Lawrence Mayor Lantigua's spending of \$35 Mil in loan money while laying off police and firefighters. Cahill promised during the broadcast that he was in the process of doing that.

Cahill wrote the letter (below) to Governor Patrick last month expressing his "deep concern" that the City of Lawrence still does not have its finances in order after the Governor's office appointed a Financial Overseer nearly three months ago.

Patrick appointed Robert Nunez from the Department of Revenue to be the city's "overseer" after Nunez and his boss Jay Gonzalez certified Lawrence's 2007 and 2008 fiscal budgets as "balanced" but declared after Willie Lantigua's election that each of those budgets had deficits.

Cahill said he believes that Gonzalez, the Director of Administration and Finance for Governor Patrick has a "serious conflict of interest" telling the Valley Patriot that Gonzalez was the former Bond Counsel for the City of Lawrence the last time they borrowed money and that Gonzalez has made his living with Palmer and Dodge, selling the City of Lawrence as a "a good investment" before taking a job with the Patrick administration.

"The City of Lawrence can barely keep its head above water with borrowed money and instead of looking at ways to

address all city expenditures, it is cutting fire and police services. The reduction in personnel is compromising the ability of the fire department to adequately respond to emergencies, straining the budgets of neighboring communities and putting people's lives at risk," said Cahill.

Cahill is calling for a transparent and official review of Lawrence's budget expenditures and believes if things continue to spiral downward, placing the city into receivership should remain a possibility.

August 20, 2010
The Honorable Deval L. Patrick
Governor of Massachusetts
State House
Boston, MA 02133

Dear Governor Patrick,

I am writing to urge you to immediately demand an independent third party audit of the expenditures made from the proceeds of a recent \$24 million operating deficit borrowing by the City of Lawrence. Recent events have indicated that the city still does not have its finances in order - even after the state provided \$35 million and your office appointed a Financial Overseer. I believe a transparent and official review of the city's budget expenditures is necessary to re-evaluate the need for a fiscal control board.

As you know, one of the key provisions of the legislation that you signed into law in March requires the Financial Overseer to report to the Secretary of A&F every 30 days regarding progress in reducing the city's debt. Furthermore, the Overseer can have a control board put in place at any time simply by filing a letter with the Secretary of A&F. Solving budgetary problems through the use of an overseer has failed to work, and a fiscal control board should be established with strong management oversight by your office.



PHOTO: TOM DUGGAN

State Treasurer Tim Cahill (l), met with Lawrence Firefighters last month over what he called "mispending" that led to their layoffs. Cahill, shown here with Deputy Chief Bergeron (middle) says Rob Nunez and Jay Gonzalez of the State Department of Revenue have "serious conflicts of interest" with Lawrence's finances and said he believes bankruptcy should be "on the table".

As you are aware, state aid to Lawrence was cut by \$12 million for FY2010. Throughout the spring and summer of 2009, your administration worked with prior Lawrence leadership to close a budget deficit of \$6 to \$9 million on a baseline operating budget of approximately \$70 million. Suddenly, this deficit was reported to be \$24 million for the FY2010 budget with a projection of \$10 million in further deficits for the FY2011 budget - a staggering 33 percent deficit which apparently went unnoticed by the Department of Revenue all these years. In addition, the \$24 million deficit never took into account any funds that may have been received by the city after January, 2010. For example, as Chairman of the Massachusetts School Building Authority (MSBA), I know that the MSBA made a \$1 million payment in early February 2010 which should have reduced the stated deficit by at least that amount. The \$24 million deficit figure never reflected the influx of the MSBA's payment.

The absence of a long-term plan to restore Lawrence to stable financial footing is a serious issue. The situation in Lawrence pales in comparison to that in Springfield, where a combination of state and local executives comprised a control board that looked at all city expenditures and creatively developed ways for solving

problems. The control board was empowered with management tools that the current financial overseer in Lawrence does not possess.

Additionally, the most troubling outcome of not having the management structure of a receiver in Lawrence has been an alarming public safety crisis that is spreading to surrounding communities, with no solution forthcoming. After nearly three months with a Financial Overseer in place, budgetary decisions have not included a full-scale restructuring of city services and have instead relied too heavily on cuts to police and fire services. The personnel reductions have compromised the ability of the city's fire department to adequately respond to emergencies, strained neighboring communities' budgets, and have placed overall public safety at risk.

As you once said, there is tremendous opportunity in crisis, and the same opportunity for a permanent and improved budgetary stability exists in Lawrence. However, this will not happen at the current pace and with the current strategy. Now is the time to call for an official independent third party audit of the city's expenditures to determine what steps must be taken and to restore the public's confidence in their city and state.

Sincerely, Timothy P. Cahill



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TOM DUGGAN'S NOTEBOOK

VALLEY PATRIOT – The Valley Patriot will be publishing a brand new newspaper called Behind the Badge in October. Our new publication will focus on public safety issues, criminal justice, prisons, court cases and even a but of politics. Behind the Badge will debut as an insert in the October 7th Valley Patriot and will be a stand alone publication beginning in November.

LAWRENCE – What a disgrace it is that a tax cheat like former City Council President Patrick Blanchette has been confirmed by the city council to serve as Mayor Lantigua's Economic Development Director. Blanchette, who refused to pay his taxes and has a tax lien against him by the IRS also had his home foreclosed on last month, was personally responsible for the city's 2007-2009 budget deficits (as the city charter gives SOLE responsibility for the budget to the city council) and has been double dipping on the public dole for YEARS!

ATTENTION CHARLIE BAKER AND TIM CAHILL – One of our fact gatherers discovered last month that Bellmore Transportation in New Hampshire gets paid about \$3,000 month to transport a heroin addict (daily) to Boston from Lawrence (and back) for her methadone treatment. That's about \$36,000 per year for one person to travel to and from a Boston Methadone clinic when there is a methadone clinic IN LAWRENCE! That \$36,000 can be multiplied by THOUSANDS all over the state, making transportation companies rich on our tax dollars at a time critical services are being cut for law abiding citizens. Yet, Governor Deval Patrick can look into a camera with a straight face and actually say he is doing all he can to cut waste in state government. Now, I don't begrudge a company like Bellmore's sucking off the tit of government to get rich on services that should NEVER be provided. (That is, if they are actually providing all the transportation services to these druggies.) What does bother me is our elected "leaders" cutting cops and firefighters, services to the elderly, etc saying there isn't enough money and then wasting boat loads of cash on unneeded transportation services so criminals can keep taking Xanax while on their methadone. Memo to Charlie Baker and Tim Cahill: it's time to start looking at these transportation costs for drug addicts while cops are on the unemployment line. It's a matter of priority! Our priority ought to be services that are truly needed in this state, not funding programs that do nothing but make private, out of state transportation companies rich.

Lawrence Mayor Willie Lantigua is making no ones about who he is supporting in the State Senate or State Auditors race. A quick trip to Lantigua's Headquarters on Essex Street make it very clear...

That's right, Willie Lantigua is endorsing one of his biggest supporters Rep. Barry Finegold for Senate (who testified and voted for the \$35 MIL bailout loan for Lantigua). Also interesting that Lantigua is injecting himself into the AUDITORS race to make sure that when his books are audited he can influence the results. His candidate? Guy Glodis. As a side note, retired DPW Director Frank McCann and his wife (The ever-so stressed) Andrea Traficante are also supporting Glodis.



ing but make private, out of state transportation companies rich.

PREVAILING WAGE - Cahill Supports Prevailing Wage Law.

At last month's Merrimack Valley Tea party meeting, Gubernatorial candidate Tim Cahill announced that he supports the prevailing wage laws. During the question and answer segment, a North Andover Selectman asked Cahill about his views, explaining that the Town put out to bid for a new fire station roof. There were requests for bids under the prevailing wage law and without the prevailing wage. The lowest prevailing wage bid came back at \$30,000 while the non-prevailing wage bid came back at \$7,000. Cahill stated "I know you are not going to like my answer, but I support the prevailing wage law." There was a hush in the room and one could hear a pin drop. Sounds like a Democrat to me. Baker also spoke and the crowd of over 200 people was quite enthusiastic.

FLEECING THE TAXPAYERS - Four statewide candidates received \$525,163 of your tax money called "public campaign funds for primary." Three candidates for state auditor and one candidate for state treasurer have received a total of \$525,163 in matching public funds for their primary election campaigns, according to the Office of Campaign and Political Finance.

Auditor candidates Suzanne Bump and Mike Lake in the Democratic primary, and Mary Z. Connaughton in the Republican primary, submitted necessary qualifying contributions to receive funding. Treasurer candidate Stephen Murphy also qualified for public funds for the Democratic pri-

mary. Each candidate's campaign account received the taxpayer's money based on the amount of qualifying contributions they submitted. The campaigns received these totals for the primary: Stephen Murphy: \$160,018. Suzanne Bump: \$143,640. Mary Z. Connaughton: \$137,288. Mike Lake: \$84,217.

The State Election Campaign Fund, which is funded by a taxpayer check-off on state income tax returns, currently contains \$1,038,676 which could be used for police, fire, elder services and other critical services is being wasted on politicians. These funds will be distributed to eligible candidates in the state's general election too. Unenrolled gubernatorial candidates Timothy Cahill and Jill Stein filed statements agreeing to spending limits and are eligible for up to \$750,000 in matching funds for the general election, subject to submitting the necessary qualifying contributions and the availability of funds.

METHUEN – Latitude Sports Clubs are offering a free 5-week program to help introduce seniors to healthy exercise. This FREE program will run from 1-2 PM beginning Tuesday, September 7, 2010 and will continue for 5 consecutive Tuesdays from 1-2, concluding on Oct. 5th. The program is open to all seniors 62 years of age and over. Each week they will highlight a different type of exercise. It is designed to be fun for all fitness levels. Refreshments and give-a-ways will also be included. You do not have to be a member of Latitude Sports Club to join. The program is sponsored by Senior Whole Health and is hosted by Latitude Sports Club, Methuen. Registration is recommended please call: Sue Magaletta at Latitude Sports Club (978) 738-4653. www.latitudesportsclubs.com. sue@latitudesportsclubs.com

HEALTH –Join the American Cancer Society in the fight against breast cancer at its 18th annual Making Strides Against Breast Cancer 5.7 mile walk on Sunday, October 3, 2010 starting at the DCR Hatch Memorial Shell on the Charles River Esplanade in Boston. Registration and rolling start are set for 8:00 a.m. -10:00 a.m. This inspiring event unites the entire

community to honor and celebrate breast cancer survivors, save lives, and create more birthdays by helping people stay well and get well, by finding cures, and by fighting back against cancer. Every step you take lights more birthday candles. To form a team, register, or for more information, visit www.cancer.org/stridesonline, call 1-800-ACS-2345.

LAWRENCE - The Lawrence Chess Club will meet: Thursday, 9 September 2010 from 6-8pm at the Lawrence Public Library, on the corner of Lawrence and Haverhill Streets.

Also, on Friday, 17 September 2010 from 6-8pm at the Bashara Boathouse, One Eaton Street on the banks of the Mighty Merrimack River. All ages, all languages and all levels are welcome to play, learn and help teach. It takes about 20 minutes to learn and a lifetime to master. As always, it is FREE. If possible, please bring a chess set and a friend. Feel free to share this invitation with anyone. Remember, you really do not know how to play chess until you have lost 500 games.

LOWELL – The Westford Patrolmen's Association has endorsed Chris Doherty for State Senate. The Westford Patrolmen's Association represents the town's law enforcement officials. "As an Assistant District Attorney, I worked closely with local law enforcement to prosecute criminal offenders and develop crime prevention programs. I am proud have the support of the



brave men and women who keep our communities safe day in and day out," said Doherty.

Doherty recently received the endorsement of the Lowell Police Association, the largest police department in the 1st Middlesex District. He has also received the backing of the Massachusetts Teachers Association, Massachusetts's largest organized labor organization with a membership of over 170,000.

HAVERHILL – Haverhill Mayor Jim Fiorentini appeared in court last month for the arraignment of Mr. Matt Amorello. "I appeared to show support for the Haverhill police officers and to make a statement: our police officers are professionals who did their job in this case and acted professionally," Fiorentini told The Valley Patriot. "Our police officers have been subject to a great deal of public criticism in the Amorello case. That criticism was unfounded. They acted professionally and I stand with them." Amorello was so drunk when police officers arrested him they had to hold his head up to take his mug shot. Amorello made outrageous claims against the Haverhill police who were simply doing their jobs when they arrested him. I want to applaud Mayor Fiorentini for standing up for his officers and not sitting on the sidelines as so many other politicians do when accusations are made against police officers by scum bag criminals.

HAVERHILL – The Haverhill Recreation Department is offering Zumba Gold classes geared toward active Baby Boomers and seniors. Instructor will be Stephanie Smith, a certified Zumba Gold instructor. This class will be held on Thursdays at 9:30 a.m. in the Recreation Call at the

NEXT PAGE

96.9's Crime Author Michele McPhee to Open the White Fund Lecture Series

Lecture Titled: Crime & Politics in MA, sometimes one in the same!

The Lawrence White Fund Lecture Series at Northern Essex Community College will open their Fall series with a presentation featuring Michele McPhee who will share her thoughts on crime and politics in Massachusetts. This presentation is free and open to the public.

The presentation titled, "Crime & Politics in Massachusetts: Sometimes One in the Same!," will encompass Michele McPhee's observations from her experience as a best-selling true crime author, reporter and columnist who has covered police and politics for twenty years. McPhee theorizes that sometimes killers and elected officials have the same narcissistic streaks channeled in completely different ways. She will discuss the personalities of murderers and politicians, her upcoming book on the Amy Bishop

case, titled "A Professor's Rage", and take questions on the November elections.

The author of five true crime books, McPhee is the host of The Michele McPhee Show on 96.9 FM WTKK Boston Talks and a weekly commentator on Boston's Fox 25. She is also a New England correspondent for ABC News and a contributing reporter to the Boston Herald, where she held the title of Police Bureau Chief for three years.

The lecture will take place, Sunday, September 12, 2010 at 2:00 PM in the White Fund Room at the Louise Haffner Fournier Education Center 78 Amesbury St. in Lawrence.

The authors five books will be available for purchase before and after the event.

Directions can be found at www.necc.mass.edu/directions/.



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DANVERS, MA, September 10th – David Manley, of Gloucester, will speak on September 10 at the North Shore Business Forum on how to create a business plan. Manley will describe what a business plan is, how it is constructed and how it can be used to manage the business to achieve greater success or secure financing.

CUSTOMER SURVEYS TO IMPROVE BUSINESS September 17 - Jeff Bard, of Newburyport, will speak on September 17 at the North Shore Business Forum on how to use customer surveys to stay in touch and one step ahead of your customers.

PANEL DISCUSSION: HOME VS. OUTSIDE OFFICE September 24 - There will be panel discussion, hosted by Attorney Marianne Pantelakis, of Salem, and Nancy Black, of Beverly's Organization Plus, at the North Shore Business Forum on September 24. The North Shore Business Forum meets at 7:15am 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

LAWRENCE - PUBLIC LIBRARY FALL SCHEDULE - Main library: Monday through Thursday: 9:00 am-9:00 pm.

Friday: 9:00-5:00 – Saturday: Closed, Sunday: Closed, Branch Library Monday: 10:00-5:00, Tuesday: Closed

Wednesday: 10:00-5:00, Thursday Closed, Friday: Closed

Saturday: 10:00-5:00, Sunday: Closed.

ANDOVER - Communities Together, Inc., formerly The Greater Lawrence Council of Churches, will sponsor the 7th Annual Interfaith Prayer Shawl Tea at St. Augustine's Parish, Center for Education and Ministry, 35 Essex Street, Andover on Tuesday, September 21, 2010 from 2:00 to 3:30 p.m. Please join us for tea and pastry as we celebrate the Prayer Shawl Ministry in this area, offer shawls for a blessing by clergy, honor knitting groups, and share stories of how the shawls touch lives. Knitters, crocheters, clergy, shawl recipients, supporters, and those interested in learning more are welcome. This event is free and open to the public. Please RSVP (if possible) by Friday morning, September 17, to the Communities Together office: (978) 686-4012 or ctstaff276@comcast.net.

VALLEY PATRIOT NOTICE - Veteran Columnist Susan Piazza is unable to continue with her monthly column on Disabled American Veterans right now due to family health issues. Sue says she hopes to return sometime in the near future. "I really do not want people to think that I just abandoned doing my column and helping out our disabled veterans," Piazza said. Sue Piazza is past Commander of the DAV, Chapter 2 Queen City.

METHUEN - Elvis Performance at



NEWS ITEM: While Lawrence Mayor Willie Lantigua is giving pay raises to Chief of Staff Lenny Degnan and other city hall hacks, the Lawrence Police Department is working on a skeleton staff and had their budget cut.

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 "Stan, Jr. as Elvis" on Thursday, September 16 at 2:00 p.m.

* Barbershop Music 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 The

Merrimack Valley Townsmen on Monday, September 20 at 7:00 p.m. Join us for some great barber-shop music!

* Second

Annual Casino Night 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 their second annual Casino Night on Friday, October 1 at 6:00 p.m. Come play your favorite Vegas games, enter to win fabulous prizes, and help to raise money for the Boston University Alzheimer's Disease Center. Roll the dice for a great cause! 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.

MERRIMAC - The Merrimac Old Home Days Committee thanks all who participated in last month's festivities.

This year's Old Home Day Kickball game took place on Saturday, August 14th with over thirty children participating in the event. This year's game was won by the green team 9-8. Everyone who participated walked away with a t-shirt courtesy of the game's sponsors: Merrimac Softball League, Merrimac Soccer Club, and the Law Office of Alexander Cain. Another very successful Old Home Days Softball Tournament wrapped up on Sunday, August 15th with Sloban Auto body's "Island of Misfit Toys" beating out the Big Dawgs to take home the 2010 Championship t-shirts. Thanks to all the players and everyone who attended for helping make the day so enjoyable for all. Special thanks go out to the Black Dog Howl Band for entertaining us during the afternoon and to Skips Snack Bar for once again sponsoring the event!

MERRIMAC - The Merrimac Old Home Days Committee would like to extend our sincere thanks to Skips Snack Bar! For two years running they've sponsored our softball tournament, providing t-shirts for the event. In addition, this past weekend they took up a voluntary toll at their car show and split the proceeds

of their 50/50 raffle with Merrimac Old Home Days. They've donated t-shirts and gift certificates for our Block Dance and continue to support us in countless other ways! Thank you to Skips for being a valued supporter of Merrimac Old Home Days!!!

LAWRENCE - The Lawrence General Hospital Thrift Shop is open for business beginning Wednesday, Sept 8th, 2010. Stop in to see our wonderful merchandise and our great deals. We welcome donations such as gently used clothing, and small household goods. (No appliances, furniture or electronics, please) All donations are tax deductible. The Thrift Shop is located across the street from the hospital - enter by lot 2. The Thrift Shop hours are Tuesdays – Thursdays 10am to 2pm, and Fridays 10 am to 3 pm.

All proceeds benefit the Lawrence General Hospital Auxiliary's pledge to support Breast Care Services.

LAWRENCE - The Lace (Learn about Computers everyday) of the Elder Services of the Merrimack Valley Inc. is offering computer classes for the months

NOTEBOOK: PAGE 30



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- * Apathy toward the Constitution & Voters
- * Sleepwalking toward Socialism

My Prescriptions

- * Balanced Budget Amendment
- * Major Spending Cuts
- * Stop the Bailouts & Industry Takeovers
- * Set 100 page maximum for Bills in Congress
- * Require that Bills be read before a Yes vote
- * Must show Bill's Constitutional authority

Republican Primary - Sept. 14

Note: Unenrolled Voters (Independents) are eligible to vote.
Ask for a Republican Primary Ballot at the polls.

Paid for by: Shapiro for Congress, Rosemary Barnett Treasurer, Box 1900, Andover MA 01810



Valley Patriot editor Paula Porten went to Ground Zero in New York City to cover the 9-11 Mosque protest and ended up joining in.

1) Ground Zero 2) The site of the 9-11 Memorial where the Twin Towers once stood in downtown Manhattan 3) Valley Patriot editor Paula Porten protesting at the proposed site of the Muslim Mosque 4) Protesters object to a Muslim Mosque being built near Ground Zero where Muslim terrorists attacked the United States and killed 3,000 people. See Editorial: Page 2.

Fighting for Small Businesses on Beacon Hill

STEVEN BADDLOUR

- ★ Led the fight to reduce excessive health care costs on small businesses.
- ★ Voted against the increase in the sales tax.
- ★ Voted against a proposed increase in the income tax.
- ★ Steve voted against a 19 cent increase in the gas tax.
- ★ Steve voted for economic development legislation that allows for small business group purchasing, requires insurers to offer affordable health plans, reduces premium fluctuations, and promotes wellness programs for small businesses.



“This is the most important reform small businesses have seen in 20 years designed to give them and their employees’ health insurance premium relief and equal rights under the law and in the marketplace.

*Thank you Senator Baddour for your leadership on this vital issue.
Keep up your fight for small businesses, consumers, working families,
and for a growing economy!”*

– Jon Hurst, President of the Retailers Association of Massachusetts

Paid for an Authorized by the Committee to Elect Steve Baddour,
Michael O’Connell, Treasurer PO Box 959 Methuen, MA 01844

www.stevenbaddour.com | www.facebook.com/stevenbaddour



Royal House of Pizza and Roast Beef

Barry Erickson

VALLEY PATRIOT GUEST CONTRIBUTOR

Did someone tell you to try Royal Roast Beef at 464 Lowell St Rt. 110 in Methuen? Did they said, "It was good." It's not good, it's great! Royal roast beef is tender, juicy, and lean. Browse the web as I did and you'll find it proclaimed, "The Best Roast Beef north of Boston."

There are hundreds of places that stuff roast beef in a roll and pass it over the counter, but that's not the Royal way. The moment you step through the door and smell the beef cooking, you're hooked. Take a bite and you'll agree – The Best Beef North of Boston!

There's a reason for that title and it starts with The Royal Family. Peggy may greet you at the counter or her daughter Elaine. Elaine's husband Sarandis may get your fries, Chris or Thamos, her brothers will make your sandwich while Zeno, father, husband, founder, and master chef prepares the roast beef. It's a family business in every sense of the word.

Zeno Markos is fussy. "I buy only the best. Top choice cuts," he says proudly showing sides of beef in the freezer. "Every other day we get fresh deliveries." His cuts are better than I buy at the supermarket, but not good enough for him. He trims and cleans it, cooks it, trims again, cooks more, and doesn't slice it until your order hits the back counter. Your sandwich isn't warmed for you, it's oven fresh! The sauce? – made fresh – a Royal recipe. Fresh vegetables sliced minutes before you eat them. Everything is a royal recipe and prepared fresh.

"People are smart today," Zeno says, "Americans eat out a lot and you can't fool them. They know when they're getting the best. That's what we do here. We give them the best and they come back. That's all."

Does that philosophy work? Absolutely, in a driving rain faithful customers poured in as they have since 1990 when Zeno and Peggy opened here in Methuen. "I wanted only the best here," Zeno says again. "So I put up the walls, built the counters, laid the granite counter tops, tiled the floor, and brought in all stainless steel appliances."

No general contractor – Zeno did all the work.

Tour the sparkling kitchen and frig and you see the Markos philosophy repeatedly, "These fries are top of the line! I buy chicken, top of the line. We boil our own chicken and make our own chicken salad, our recipe. We marinate our chicken, our own recipe! We bread our own chicken."

Salads are prepared fresh daily complemented by their own salad dressing. Seafood delivered every other day. "When we say haddock there are no substitutes," Zeno bellows. In many restaurants slipping in cheaper pollock for haddock is a common trick. Not here and everything is prepared royally and served with their own tartar sauce. Fried clams - coming soon while Zeno still tweaks the recipe.

The Markos family knows food. There's a hundred years of experience behind that counter, thirty-eight of which belong to Zeno alone. He began as a dishwasher working for Jimmy's Harborside in Boston. "Some nights I'd work late and miss the train so I walked home to Lynn," he says with a smile. That's fourteen miles according to MapQuest!

Zeno is one of eight children all of whom own and operate roast beef, pizza, seafood and sub shops! It started with Nick's Roast Beef in Beverly in 1968. It spanned out from there when Zeno opened Buffalo Bills in Beverly shortly after. In the mid seventies Zeno hired Peggy and in 1978, they married. In 1990 they brought the business to the rotary here in Methuen where Routes 93, 110 and 113 all come together.

Royal found a home in Methuen and Methuen found a friend. Every Thanksgiving and Christmas Royal brings holiday food to St. Ann's in Methuen a church that runs a wonderful residential program and helps with special education to children. They're also big supporters of the ALS Foundation, so when you tip at Royal, ALS gets the tips.

The Royal House of Pizza and Roast Beef - great food, great family, great customers – come and enjoy. Watch for their seafood menu coming in October!



Festival of Trees donates \$18,750.00 matching grant for Memorial Music Hall Restoration

Methuen, MA, August 16, 2010 – The Methuen Festival of Trees has awarded a matching grant of \$18,750.00 to the Methuen Memorial Music Hall, Inc. to assist in their preservation efforts of this famed historical building. The Music Hall had been experiencing water damage on the interior wall of the east transept. A report provided by its structural engineer concluded that the copper flashing at the northeast valley of the roof and the stone construction and masonry at the tops of the transept gables were in desperate need of repair in order to keep the integrity of this monumental structure. Seeing the importance of this project, the Music Hall Board of Trustees submitted a proposal to the Festival of Trees to be considered for its Historic Preservation Grant to help fund this timely repair project.

"Our goal has always been to be a catalyst for historic preservation in our community," said Ann Guastafarro, president of the Methuen Festival of Trees. "We are thrilled to be able to assist in preserving such an important historical building as the Methuen Memorial Music Hall."

The restoration project is nearing completion at a cost of \$37,500. The restoration elements of the Music

Hall project included the following:

- Repair of the flashing on both sides of the east transept gable at the junctions with the slate roof.
- Repointing failed mortar joints of the brick on the back side of the gable wall and the sandstone trim elements.
- Repairing the sandstone corners on the backside of the parapet wall.
- Cleaning all sandstone bands, caps and window trim on the front gable wall.

"We are very appreciative of the contribution made by the Festival of Trees toward the total cost of our recent east tran-

sept repair and restoration project. Both of our organizations aspire to be good stewards of Methuen's heritage," said Ed Sampson, President of the Music Hall's Board of Trustees. "The repair project was undertaken to correct a long-standing problem of water infiltration at the roofing slates, valley flashing, and deterioration of brick and sandstone trim masonry joints. We thank the Festival of Trees for helping us to ensure the integrity of the building, and to preserve this legacy of Edward F. Searles for future generations."

The hall, initially named Serlo Organ Hall, was built by Searles to house the "Great Organ", an 1863 instrument that had been built in Germany for the Boston Music Hall, and at the time was believed to be the largest pipe organ in the United States. He purchased it at auction in 1897 for \$1,500 and began construction of the Music Hall, designed by the noted church architect Henry Vaughan, which was completed in 1909.

About the Festival of Trees

The Festival of Trees began to fund the restoration of the Tenney Gatehouse in Methuen, MA in 1994. It is a magical event held annually by The Festival of Trees, Inc. to celebrate the spirit of the holiday season.

The Festival of Trees is dedicated to the preservation and history of the communities of the Merrimack Valley and develops partnerships with the Commonwealth of Massachusetts, historic groups and other non-profit organizations to preserve the heritage which make the Merrimack Valley so unique. The Festival of Trees has been a catalyst for historic preservation and in 2010 will celebrate the major milestone of contributing \$1 million to more than 60 projects in the Merrimack Valley.

Howard W. Smith D.D.S.

& Joseph P. Beninato D.M.D., P.C.

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RONNIE’S RANTS

Random Thoughts

Ronnie Ford
VALLEY PATRIOT COLUMNIST

My sainted Mother used to have a saying that she heard as a youngster and transferred it onto my siblings and me.

“It’s not the cough that will carry you off, it’s the coffin they carry you off in”.

I never knew quite what that meant, but as near as I can figure it meant, if you do too many things wrong, eventually your going to get sunk.

That is what our political system is going to experience this year. There are so many unethical activities occurring in todays world it is pitiful! You know it is not so much what they do to spit in your eye, it’s the flagrant and obvious way they do it. Their philosophy seems to be, “I’ll do what I want and you, well, it’s all mind over matter: they don’t mind and we don’t matter”.

There is only one way to insure our survival, and that is to throw the bums out! Replace them.

NO LOBBYISTS, YES TO TERM LIMITS!

Yes it is the only way. The tri lateral commission and the like can’t be overthrown yet. Too much money. But, we can replace the bought and paid for Congress and the senate. at least we will be able to get along a while until we have to change the dirty water again. Let us wake up or things will get worse. We are Mad today!!

What is happening to us in the USA? We have Tylenol, Motrim, and Benadryl, recalled because of a potential bacterium in the making process. We have lead and other unsavory substances found in our children’s toys. One reason, we have them made in China! (Who, by the way, probably owns us lock stock and barrel) because of the money WE owe them! You cannot buy a car, a stick of furniture, a TV, or clothing, without it being stamped made in China, Japan, or India.

They use inferior material and we the dopes buy them. Look at Toyota, all the recalls for safety!! What ever happened to proudly made in the USA?

No wonder we have few jobs here. Even in the telephone and Internet industry, try to

get someone who speaks English when you have a problem. After pushing this button for this and another for that you wind up talking to someone in India! And still nothing gets resolved.

AND what about our food? Meat is being recalled, eggs are disgusting, with maggots, flies, feces and who knows what where the poor chickens are kept. Our bottled water is suspect. Our cattle and cows are being fed God knows what. Where is the Food and Drug Administration in all of this? Sitting on their collective fat behinds doing nothing! Look what happned to Lucent, AKA Western Electric.

They out sourced themselves out of existence; along with a few more business I might add. What do we do? NOTHING! Where is the outrage? Why are we not calling the FDA on the carpet? Are we all dead? Wake up people! Hound your elected officials into action! Make them work for their pay, instead of vacationing here there and everywhere.

Or if challenged, saying I miss spoke, or my words were taken out of context? Right!. Throw the bums out this coming election. From the local yokels, to state, to congress, if you are an incumbent, OUT You Go! You had your chance and did nothing, see you later! And we need term limits on everything!!

If we do not change the elected, it is only going to get much worse. Remember, they walk and talk among us, and are in high places, and worst of all, they breed!

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

Ronnie may be reached at radiotalk@comcast .net



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

The Merrimack Valley Irish Connection

Jack’s Irish Craic

A wee bit of Irish history, the four altars

Jack Doyle, County Sligo
VALLEY PATRIOT GUEST COLUMNIST

“I was born in the shadow of the Four Altars, which stands proudly on a hill overlooking the present or ‘new’ road from Bal-laghaderreen to Monasteraden.



This monument is located in the townland of Creggane, which in the past was called Creggane-na-gcrann because of all the trees in the area.

During the Penal times priests risked their lives saying Mass in people’s houses, on the hills and behind fences. The Four Altars offered protection to the priest from the wind and rain while saying Mass. For example when the wind came from the north, the priest would say Mass at the alter facing south. From the beginning of the 18th Century places were named after the local Mass hill or Mass rock.

The priest who read Mass at Ateen-taggart in Bockagh also read Mass here when circumstances permitted and usually resided with the Costello family in Creggane. It is believed that Mass was said at least once in the 19th century, about 1820 when Father Farrell lived in the district.

The penal laws were not rigorously enforced as regards worship in many parts of the country, especially the west, after 1700. The rigour of the laws depended to a large extent on the landlord. Orlaur Abbey, for example, survived right through the penal laws. There is no evidence that Mass was said at the ‘Four Altars’ in more recent times. We know that about the year 1897, Father O’Connor, a curate in Ballaghaderreen, gathered the neighbours together to recite the rosary one October evening. I remember an elderly neighbour of mine proudly showing me a photograph of the occasion.

It is said that Myles Costello who lived in Creggane (Creggane-na-gCrann) erected the building sometime between 1720 and 1750. He was a descendant of the Costello’s of Castlemore. This family is now extinct. It was built as a monument to the faith and sufferings of the Irish.

Castlemore was the ancient seat of the family who were originally Norman settlers in Meath, called de Angulos or Nangles but later adopted the name Mac Costello or Costello. After getting

the O’Gara lands they set up their headquarters at Castlemore about 1300 and prospered until ousted by Sir Theobald Dillon in 1587. In 1595

Castlemore castle was destroyed by Hugh O’Donnell.

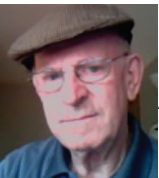
The Costello’s of Tallaghanmore or Edmondstown were another family. The last member of this family was Captain Costello who built the residence of the present bishop of Achonry. This latter family became Protestants somewhere about, the beginning of the 19th Century. It was said that Sir Robert Peel, who was British Home Secretary from 1812 to1818, the man who established the Royal Irish constabulary (the Peelers), regularly visited this family of Tallaghanmore for the shooting season.

On 10th November 1967 the Roscommon Herald published a letter from a Rev. P. Kilgarrieff who resided in Sidmouth, Devon. The writer provided additional information about Rev. Thomas Costello whose family built the Four Altars. The letter mentions that a biographical account of his life is contained in a ‘History of the Catholic Religion in the counties of Cornwall, Devon, Dorset, Somerset, Wilts and Gloucester’ by the very Rev George Oliver a noted historian and friend and contemporary of Rev. T. Costello.

This account states that in the spring of 1821 Father Costello took up a post in Plymouth where he ministered for thirteen years. On the 25th April 1834, he was transferred to Cannington and on 29th January 1837, he moved to Calverleigh Court where he remained until the establishment of St. John’s near Tiverton on 19th May 1839.

He died on 21st March 1846 at the age of 77 years and is buried beside the St John’s Church in Tiverton. “

(Posted by Ballinloughane Blogger)



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

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From the Desk of Mayor William Manzi

Theresa Robinson Wins Service to Seniors Award

The Methuen Exchange Club recently held their "Service to Seniors" banquet at the Methuen Senior Center. This year's recognition went to Theresa Robinson, who has done a great job at Methuen's Senior Center. Congratulations Theresa, who embodies the spirit of giving that makes our Senior Center the great place that it is.

"Rene J. Morissette"
SERVICE TO SENIORS AWARD

The Methuen Exchange Club and Methuen Council on Aging proudly present this year's "Rene J. Morissette Service to Seniors Award" to...

THERESA ROBINSON

Theresa officially began volunteering at the Methuen Senior Activity Center ten years ago and became a Methuen Senior Activity Center Trustee last year.

Starting out small with just a project or two, today you'll find Theresa involved on a daily basis in nearly every event and program including the annual HolidayCraft Fair, Arts, Crafts and Music Festival, health fairs, informational talks, the daily lunch program, TRIAD Senior Safety Program and more! Intergenera-

tional programs are particularly dear to Theresa and she participates weekly in the Adopt-A-Grandparent program with Methuen High students and year after year in the Pen Pals Project with 3rd graders at the CGS Grammar school.

Theresa also volunteers her time helping with the Happy Hearts Choral Group ever week, on occasion in the Thrift Shop or as a trip monitor for one of the many tours offered through the senior center and is always one of the first to help out with the big newsletter mailing twice a year! Theresa's commitment to helping others doesn't end with the senior center. You might see her helping with fundraising and awareness efforts for our US Military, Elder Services of the Merrimack Valley, the American Cancer Society and more!

No matter the task, Theresa jumps right in! Don't let her quiet demeanor fool you... She's an absolute powerhouse of versatility and volunteerism and her participation and unwavering support Methuen's Senior Center is nothing short of amazing!



Statement on Civil Service Decision to Return Chief Solomon

The decision of the Massachusetts Civil Service Commission yesterday on the case of Joseph Solomon v. the City of Methuen is a lengthy one and is under review by the legal counsel for the City of Methuen. And while we are disappointed at the civil service finding restoring Joseph Solomon to the position of Chief of Police two important points need to be emphasized.

1) The Commission fully upheld my initial suspension of Mr. Solomon for three days over the misallocation of the COPS Grant, which resulted in a back charge to taxpayers of the City of Methuen of over \$20,000.

2) The Commission, on the second and more substantive matter, overturned the

City sanction of termination. They found sufficient wrongdoing however to impose a penalty of a one year unpaid suspension on Mr. Solomon. That is a severe penalty, although it is less than we sought. The finding of mismanagement of grant funds by the Methuen Police Department has resulted in a back charge to the taxpayers of the City of Methuen of over \$170,000.

I will have additional comment in the coming days on the political diatribe that constituted a large portion of the 125 page opinion issued by Commissioner Stein. I would like to return the "compliment" of the Commissioner and say that he has demonstrated great skill at "verbal gymnastics".

James Angelone III is September Artist of Month

Methuen Artist's Work on Display in the Mayor's Office

Born and raised in Methuen, James grew up in a family filled with a respect for the arts. Various family members have displayed talents ranging from performing in Vaudeville to apprenticing with Bill Alexander. Once James had begun to show interest as a child, his family proudly encouraged involvement in art.

James received a BFA from Montserrat College of Art in 2004. He is currently

working on a freelance basis. He can be contacted through his website www.dream2create.net.

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



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Valley Monuments; Carving a Tradition

Barry Erickson
VALLEY PATRIOT BUSINESS REPORTER

When This Old House with Roger Cook went looking for someone to do sophisticated lettering cut into granite they tried six companies. Each company referred Roger to the same man. When Mark Shea decided he wanted to get into carving monuments as a profession he found the same man Roger did. The man is Kevin Shea, Mark’s Dad. That’s part of the story behind Valley Monuments in Methuen.

Valley Monuments has been serving the Merrimack Valley for about five months at 1111 Riverside Drive in Methuen but their roots go much deeper. The Shea family has been practicing their craft for five generations beginning with Mark’s great, great grandfather who owned a stone shed near the quarries in Quincy, Mass back at the start of the 20th century.

“Our job is to match the stone,” Kevin recalled his great, grandfather’s mantra. Lettering on stone is becoming a lost art. Often a person will be buried in a family plot with an old headstone. Today’s computerized machines may not have the font, but it’s important to the families who have lost someone to have their loved one’s name added to the stone. It’s very important to match the lettering and you only get one shot and it stays there forever.

“We have family members who come back and thank us all the time,” Mark says. “They come back just to say hello.” Valley Monuments does what could only be done by a father-son operation. “We do all our own work in our shop. That way we can keep our prices down and we keep them there. With the Internet everything gets shopped around for and we don’t start high and drop down. After people finish their shopping they come back to us surprised.”

The monument business has changed over the past century and Valley Monu-

ments is part of that change. Once, most stone came from Barre, VT. Now, exotic granite comes through Barre from everywhere in the world. Valley Monuments can give the customer whatever they want, but it’s the care and attention they give that matters most. They’re open Monday-Friday: 9:00-5:00 pm, Saturday: 8:00-12:00 pm or any time by appointment at 978-685-8500. On the web at [www. Valley-Monuments.com](http://www.Valley-Monuments.com).

Mark had the desire to come into the family profession by choice as an adult. Kevin grew up in the trade. His father and uncles owned their own stores and shops, as did his grandfather. Kevin preferred being the craftsman others called in to do the special jobs and has made his living that way for years. Valley Monuments represents the perfect blend of tradition and today. When they began, their business plan was to make themselves known to funeral homes and cemeteries around the Merrimack Valley. “They took a shine to us,” Kevin says. The personal approach, upfront prices and fast turnaround is what they’re about, typically 4-8 weeks, but they can be faster than that.

Once a customer came in who was flying out of the country and needed name added. She sat in the office telling Mark the story while Kevin took the information and went out to the cemetery to look at the stone. When he returned to inform her they could do it, it was already done. That’s because Kevin can hand chisel with a pneumatic air powered chisel. The customer got to see it before she left, something she never expected. She left grateful and in tears.

The business isn’t always so emotionally intense. Asked what is the most unusual or memorable line you have ever placed on a head stone and Kevin replies, “You know I like to travel, but this is ridiculous!”

An American WOW! Story, Meet Alvin Rodriguez

Denise Michaud & Tom Connors
VALLEY PATRIOT CONTRIBUTORS

How do you get ahead in a busted economy where jobs are few and far between? How do you stand out in a crowd where whatever openings there are draw literally hundreds of applicants? Most important, how do you maintain a positive attitude through it all?

If you are Alvin Rodriguez you decide you want to Live the WOW! and are willing to pay the price of hard work and keep plugging away despite temporary setbacks. And you go to the source that can best help you; a little company called StarWorks which partners with the Massachusetts Rehabilitation Commission.

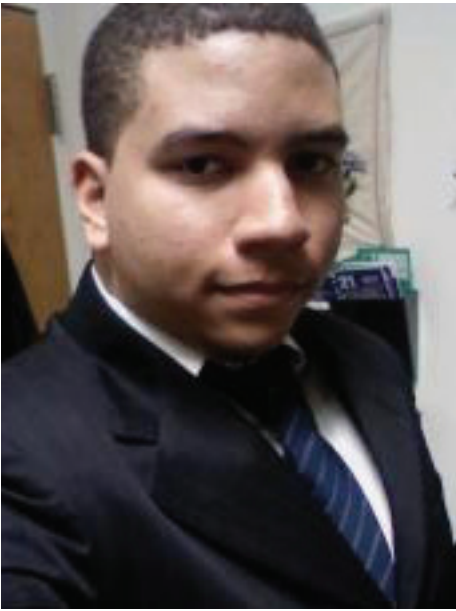
With the knowledge of Diane Shawan of MRC and Carol Smith of StarWorks, Alvin’s road to finally Living the WOW! began in earnest.

Alvin came to StarWorks with limited work experience, but some valuable and marketable work skills. He also brought with him an even greater attribute for success; a strong desire to work in the computer field. That desire was unwavering and powerful. When other options were presented to him, Alvin insisted he wanted to work in an office and with computers.

Alvin brushed up on his skills while at StarWorks; adding to his base of knowledge. He took his learning seriously and never missed an opportunity to learn new things that would make him more attractive to a potential employer. True to the lessons taught at StarWorks, he wanted to prepare and be ready for whatever opportunity may come his way. Sure enough, that is exactly what happened.

Because of StarWorks’ extensive network within the business community, a representative from a company called KDSA contacted another colleague at one of our affiliates and set in motion Alvin’s start to a new career.

KDSA, looking to get into new areas of business, was searching for just the right person to scan documents for existing and potentially new customers. When Carol Smith, Alvin’s Career Counselor at StarWorks, was asked if she had any guests who could do that type of work, she knew she had the perfect candidate. She arranged an interview for Alvin.



Carol immediately went to work prepping Alvin for his upcoming interview. Two hours a day they practiced interviewing skills and did research on KDSA. They even practiced driving the route to KDSA so no time would be lost trying to figure out where to go when the time came. Alvin was determined to be prepared because he knew how important it was to be familiar with the company prior to his interview.

Alvin showed up for his meeting with Susan Walko of KDSA dressed in shirt, tie, jacket and dress shoes. Ms. Walko was very impressed. In fact, Alvin WOWed! her so much with his appearance, his enthusiasm and his skills that she offered him the job right on the spot.

Alvin began his part-time position and after 30 days, performed so well, he went to full-time. He is excited about his new job and his new life Living the WOW! He knows for certain how much his Life Matters. He continues to visit his “family” at StarWorks when he can.

Alvin’s story and others like his, is what drives StarWorks, a Division of American Training, to be one of the Merrimack Valley’s most successful companies providing customized services to people referred by the Massachusetts Rehabilitation Commission; the State agency helping residents of the Commonwealth with disabilities.

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Haverhill’s Council on Aging

Haverhill Council on Aging is hosting a trip to the Holiday Pops at Symphony Hall in Boston on Monday, December 13, for the 4:00 matinee.

Seats are located in first row of the first balcony, and motorcoach transportation will be provided. Tickets are \$80 per person.

Haverhill COA hosting a trip to The Beacon Resort on Saturday, October 16. Trip includes lunch at the Beacon and an escorted scenic tour of the White Mountain area. Cost is \$55 per person.

The Council on Aging is hosting an encore trip to the ever-popular White Mountain Hotel in North Conway, NH, October 14-15, 2010. Trip includes one night hotel accommodation, 1 breakfast, 1 lunch, and 1 dinner. Travelers will enjoy an evening of entertainment, a guided sight-seeing tour of Mt. Washington Valley and the Notches, a visit to Weston’s Farm in Fryeburg, Maine, and admission and tour of the Castle in the Clouds. Cost of this trip is \$275 per person, double occupancy.

Also offering a Caribbean cruise to St. Maarrten’s, St. Thomas, and Nassau aboard the Norwegian Epic October 23-30. Special rates for for single room is \$1,199. Double rates begin at \$1,099 per person. Round trip air fare included.

Oct. 18-22: San Antonio get-away; \$1,499 pp. Nov. 30-Dec. 7: Alpine Christmas, \$2,199 pp.

April 7-14 (2011; London and Paris, \$2,799 pp.

Sept. 13-19: South Dakota Black Hills and Badlands, \$1,899.

Passports are required for some trips. Contact Kathy or Rita at the COA 978-374-2390or kbresnahan@cityofhaverhill.com to make reservation or obtain details.

Trip to Symphony Hall for the Holiday Pops on Monday, December 13, for 4:00 p.m. show. Cost of tickets and motor coach transportation is \$80.00.

“These Three Tenors” perform at Venus de Milo in Swansea, MA on Tuesday, September 21. They provide a performance

with both the elegance of a concert and the excitement of a staged show. Tickets are \$70 and include lunch, show and transportation.

Oct. 14-15: Encore Trip!! Fall foliage trip to the luxurious White Mountain Hotel and Resort, \$279 pp. Three fabulous meals, admission to Castle in the Clouds, sightseeing tour of Mt. Washington Valley and the Notches and more.

Attention single travelers! Council on Aging is pleased to announce a AAA Merrimack Valley Caribbean cruise the new “Norwegian Epic.” Norwegian Cruise Line is breaking the mold of traditional cruising once again with the innovative studio accommodations. Contemporary staterooms are specifically designed and priced for the single traveler with no surcharges. The Norwegian Epic departs from Miami on October 23 and returns on October 30, 2010. The itinerary for this cruise includes St. Martin, St. Thomas and Nassau. A valid passport is required. Special single stateroom rate is \$1,199 per person. Double occupancy room rates begin at \$1,149. \$250 per person deposit is required and travel insurance is available.

COA and Best of Times are offering an 11 day, 10 night Hawaiian Inter-Island Cruise from November 4 to 14. This trip includes 3 days in San Francisco. Price is \$2949. Contact COA for details. No passport required.

The Council on Aging is also planning the following Collette overnight trips:

Oct. 18-22: San Antonio get-away; \$1,499 pp.

Nov. 30-Dec. 7: Alpine Christmas, \$2,199 pp.

April 7-14 (2011; London and Paris, \$2,799 pp.

Sept. 13-19: South Dakota Black Hills and Badlands, \$1,899.

Passports are required for all Collette trips. All prices are based on double occupancy. More information is available by contacting Kathy Bresnahan at 978-374-2390 (ext. 11) or kbresnahan@cityofhaverhill



MOVING HAVERHILL FORWARD

with Mayor Jim Fiorentini

Hayes Building and New Parking Garage Mark Next Phase of Haverhill Renaissance

This month, there are two important new developments in the revitalization of downtown.

The first is the opening of the Hayes building on Granite Street on September 21. Those who have been in Haverhill for many years will we call that the long vacant building on Granite Street was once used by AT&T. More recently, except for a karate studio, it has been largely vacant over the past 50 years.

As part of our efforts to revitalize downtown, a year and a half ago we met with people from the “Planning Office for Urban Affairs”. The Planning Office, as it is called, is an arm of the Archdiocese of Boston and builds what is known as “workforce housing.” Workforce housing is housing for working men and woman, including new school teachers, starting police officers, new firefighters and young people starting out in life who cannot afford to buy their own home. The planning office was seeking the build some workforce housing in the city of Haverhill. They became interested in the long Hayes building.

Like many old factory buildings in downtown Haverhill, the Hayes building lacked adequate parking. This presented us with an opportunity to revitalize an old building and to have a parking garage built at the same time.

Over the last year and a half, we worked closely with the developers of the building and with the MVRTA, which was building a new parking garage for the city of Haverhill. We were able to persuade the

developers to pay money to lease parking spaces in the new parking garage. We were able to persuade the MVRTA to lease some spaces to the tenants in the new building.

The result? The new development helped to fund the parking garage and the parking garage would not have been possible without it. The parking garage help to provide parking for the tenants at Hayes building and the redevelopment of the Hayes building would not have been possible without the parking garage.

All in all, the Hayes building and the new parking garage is a partnership that worked well for the developer, the parking garage and the people of Haverhill.

The Hayes building opens on September 21 and we are expecting Cardinal O’Malley to join in the celebration. The very next day, September 22, Governor Deval Patrick will be in Haverhill for the groundbreaking on the new \$11 million parking garage right across the street from the Hayes building.

These two buildings are part of \$130 million reinvestment in our downtown. That reinvestment has added hundreds of thousands of dollars to a tax rolls, provided hundreds of temporary construction jobs, and provides customers for the downtown restaurants. It is part of the remake of downtown that has given us national publicity and which caused yahoo.com recently to say that downtown Haverhill had one of the best restaurant districts in the entire country.

Please join me on September 21 and 22nd, as we celebrate the next phase of our downtown revitalization. It will be two exciting days for our city.



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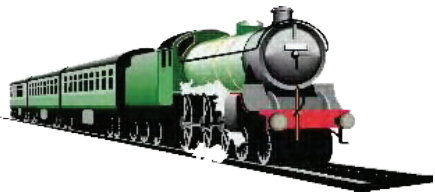
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Lawrence "Lonnie" Brennan
VALLEY PATRIOT GEORGETOWN COLUMNIST

The truck is paid off!

Five simple words have never meant so much to so many of our Georgetown neighbors, and the members of Erie 4, the oldest privately owned fire company in the United States of America. Let me explain.

Beginning in 1854, Georgetown residents and neighbors from surrounding towns stepped forth to form a privately owned fire company, for the mutual protection of all in our community. Since that time, our friends and neighbors answering to the Erie 4 motto of "Warm Hearts, Willing Hands" have volunteered their time, sweat, and humble earnings to support Erie Fire Association No. 4, Inc.

With its fire station on North Street, Erie 4 serves the Town of Georgetown, MA as one of the Georgetown Fire Department's two Fire Companies. "Although privately owned Fire Companies were common in the mid-eighteen hundreds, most of them have become owned by the Taxpayers. Through pride, stubbornness, and the support of many, Erie 4 has survived and matured into a fully modern, well trained Fire Company," Erie relates on their website.

Stepping forward to 2010, with little fanfare, a few officers and members of Erie 4, gathered in front of 'Engine 4' at our regular monthly meeting to pose for a quick photograph to mark a milestone: the retirement of a six-figure FDA loan, (early mind you) that was secured in 2004 to purchase Engine 4.

While 2009 was challenging, and our nation and community continues to struggle in 2010, the 'Friends of Erie' fundraising program has provided the funds necessary to fully retire the truck loan, early, and at a savings of hundreds of dollars in interest that would have been

charged.

Every little bit helps, and the more than 1,016 different people who donated to the Friends of Erie deserve a great thank-you for their commitment and community spirit.

Established in 2001, the Friends of Erie program began the process to raise funds to bridge the financial gap needed to secure modern equipment for the firefighters and Town that Erie 4 supports.

Over the years, the 'Friends of Erie' has become the company's largest yearly fundraiser. There are many who have contributed, and a lot of hard work over the years by many association members. I know if I mention one or two now, someone will be slighted, so let's save that for another day.

I urge you to visit the Erie 4 website at www.ErieFour.org, and learn more about your community fire company, and the many neighbors who support our firefighters. Please attend a fundraising dinner this Fall, or check out Erie 4 at Georgetown Days on Sept. 25th-26th. Updates always at www.GeorgetownToday.com.

Members in photo, left to right rear row: Jill Godin, Rock Dower, Herb MacDonald, Rick Palardy, Brad Legere, Steve Romano, Sean Maguire, Lt. Matt McKay, Donna Clough, Nancy Clough, Al Belisle, Alicia Belisle. Front row: George Perkins, Joan Maguire, Stewart Barret, Megan McGuire whose dad-Shawn is with the Massachusetts National Guard and deployed, V.P. Brad Barrett, President Dan Brodie.



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



YES on Question 2

John McCormack
VALLEY PATRIOT BOXFORD COLUMNIST

The Tuesday, November 2, 2010 State Election ballot will include three binding ballot questions. These questions were put on the ballot by initiative petition, which means proponents collected upwards of 80,000 signatures of registered voters at supermarkets, sporting events and town meetings.

Question 1 would remove the state sales tax on alcoholic beverages. Question 3 would reduce the state sales tax rate from 6.25% to 3%. These questions are brief and easy to understand. Question 2, on the other hand, is obtusely titled "Comprehensive Permits for Low- or Moderate- Income Housing" and includes an eye-glazing 591 word "Summary."

Real estate development projects must conform to the regulations adopted by your city or town's locally elected planning and zoning boards. A state law commonly known as "40B" allows developers to bypass many of those regulations by appealing project denials to a panel of unelected state bureaucrats called the Housing Appeals Committee or HAC. A 40B project can radically transform your quiet, safe neighborhood by drastically increasing housing density (units per acre), aggravating traffic and drainage problems and overcrowding schools.

Question 2 repeals the 40B law leaving the character and density of each town's development in the hands of its voters, not real estate developers. Simple enough.

The philosopher Eric Hoffer wrote "What starts out [in America] as a mass movement ends up as a racket, a cult, or a corporation." The 40B law grew from the radical egalitarianism of the 1960's New Left movement. Tens of thousands of multiple family dwellings built in Massachusetts in the first half of the twentieth century provided affordable, comfortable homes for working class immigrants and natives alike. The median single home sold for only twice the median household income. Despite this, our populist Democrat and country club Republican legislature looked out and imagined homogeneous exclusionary neighborhoods everywhere and determined to reform them despite the dangers to civic health.

Is 40B a racket? The law's incentives promote deception. Landowners aren't allowed to profit from the more intensive use of their land and are tempted to collude with developers over the purchase price. "Excess" profits are confiscated so developers are tempted to inflate costs and kite sale prices through straw buyers. Town officials want to increase their subsidized "affordable" housing count and are tempted to overlook the developers' activities until the Inspector General audits them and they vilify and sue the developers. Subsidized purchasers are tempted to reduce or hide income sources and purchase units as individuals. Once

the sale is complete, domestic partners may move in and income increase without repercussion.

Is 40B a cult? Most of Boxford's elected and appointed officials are volunteers. Back in the good old days such people sacrificed some of their time and energy to maintain and improve Boxford's infrastructure. But today, laws like 40B and the inaptly named "Community Preservation Act" have given rise to what Northwestern's Joseph Epstein calls the "virtucrat" who is "any man or woman who is certain that his or her political views are not merely correct but deeply, morally right in the bargain ... He is a moral snob." So today we have officials who pat themselves on the back for their enlightened concern as they propose spending millions of other peoples' dollars on unneeded, intrusive condominium developments. Ironically, 40B is sometimes called the "anti-snob zoning law," the presumed snobs being the poor yokels trying to pay taxes, keep the grass cut and raise a family in a good neighborhood. The real snobs are their sanctimonious tormentors.

We are told we have various housing needs which suggest Boxford is a nineteenth century farming village. It is not.

We are told we need to house town employees who already have housing. Why? Mutually beneficial arrangements between politicians and employees are the mother's milk of political corruption. We create "house lock" situations where people don't pursue better opportunities because they would have to move to market rate housing.

We are told we need elderly housing when most of our elders have too many assets to qualify for these developments. Non-40B affordable cooperatives such as Boxford's 4 Mile Village and Wenham's The Maples meanwhile go begging.

We are told we need young adult housing when Boxford isn't the urban, career-oriented location such people need.

Is 40B a corporation? The law has created a cottage industry dependent on it and the likely source of most of the opposition to repeal. Aggressive attorneys are well paid to beat towns over the head with 40B propaganda. Consultants are paid thousands to package affordable housing nostrums with inventories of public land and propose developments. "Non-profit" corporations pay their principals handsomely to package donations of public land and money with bank loans to build multi-million dollar condominium projects with 20% profit margins. They say the banks require such margins.



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

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An interview with Senate Candidate Barry Finegold

State Representative Barry Finegold is a candidate for State Senate. Valley Patriot editor Tom Duggan interviewed him last month on the Paying Attention! Radio Program on WCAP in Lowell. Duggan asked Finegold about his vote in favor of a \$35 million loan for Lawrence with no financial oversight. To see where the other candidates in this race stand on the Lawrence situation see page 11.

TD: Barry Finegold represents Andover, parts of Lawrence and a section in Tewksbury. Give people kind of a snapshot of who you are.

BF: I have been the State Rep for the last 6 terms. I've been running for State Senate to bring a common sense approach. I've been an independent voice in my time as a State Rep. I've been a relentless advocate for people that I represent. I'm married, wife, 2 kids, own a law firm, and my wife owns a small business as well. I do believe I understand the issues that matter for people of the district. How was that, Tom, was that all right?

TD: There's this \$35 million... You, not only voted for the \$35 million dollar bailout loan for Lawrence...

BF: I don't call it a bailout, though.

TD: You don't? What would you call it?

BF: I think it was deficit borrowing. Other communities have done it throughout the state. Haverhill has done it. Methuen has done it. Southbridge has done it. Unfortunately, we just got to a situation where the city was going to run out of cash and they needed to make this a loan to provide for services. I think what gets disappointing is that people compare this to what happened with the Auto Dealers and manufacturers. This is something that has happened many times before and

Lawrence wasn't the first to use deficit borrowing. Methuen used deficit borrowing just recently, Haverhill did deficit borrowing.

TD: So, having said all of that, we've got this situation where the legislators were told that this \$35 million loan for Lawrence was needed or there would be layoffs in Lawrence. Cops and firefighters were going to get laid off. We were going to have mayhem in the city of Lawrence. But, since that time Willie Lantigua has taken receipt of at least \$24 million of that loan money. He then spent \$24 million in 3 weeks... then he laid off 25 cops and 24 firefighters anyway. Can you address any of that?

BF: I think, first of all, it's fair to say that this also had a vote of 8 to 1 on the city council.

TD: When they come in here I will beat them up. But you're here and you voted for this.

BF: Understand, that if we did not do that, you talk about chaos, literally there would be no city, no city functions, there would be nobody getting paid. This was years and years of mismanagement and bad decisions being made, when other communities were making cutbacks. The city was not doing that. I am not here to point fingers, that's not what I am here to do. The bottom line is that when this new administration came in, they were faced with an incredible deficit. It's almost like having a credit card bill that had to be paid. We had to balance the books. For the first time in 8 years, the city of Lawrence has a balanced budget and it's very difficult, very tough. Believe me, I don't like the layoffs that have happened, but it is a

very difficult situation and Lawrence does have to have a balanced budget and now they do.

TD: I have documents signed by the Department of Revenue. They certified Mike Sullivan's budgets as "balanced" for seven of his eight years he was mayor. So, you say there was 8 years of budgets not being balanced. But, Bob Nunez and Jay Gonzalez at the Department of Revenue certified Lawrence's budget as balanced for the 7 years prior including the 2007 & 2008 budgets. So that's just wrong.

BF: Well, I mean, there were things that just weren't done, as I mentioned before, there were 9C cuts, they weren't starting to pull back...

TD: 9C cuts are cuts by the government for local aid.

BF: Basically, a lot of communities had to pull back. So there were things over the years that the city should have been doing that they weren't doing. The bottom line is that the city was in a hole, a major hole and they were literally going to run out of cash. That's why we had to do that (give Lawrence a \$35 million loan).

TD: How do you feel? Having been told... and by the way, having testified, Mr. Barry Finegold for the \$35 million dollar loan for Lawrence, that this was needed to protect public safety. And then after you take your vote, firefighters and cops get laid off. That money didn't go to protecting those jobs as the legislature was told when the vote was coming up. How do you feel about that, now?

BF: There really isn't an alternative. I mean the alternative is, we'll just let the city go bankrupt and that just doesn't happen and then, we'll basically have to lay off everyone. That is something we couldn't let happen. Honestly, the city is in a difficult shape, there is no question. No one feels great about the people that have been laid off, but I'm still bullish on the city...

(EDITORS NOTE: The alternative before the legislature was to allow Lawrence to borrow the \$35 million with a state appointed finance control board to manage how the money was spent. Rep., Barry Finegold voted against those fiscal controls.)

TD: If the mayor had decided to take a furlough, closed City Hall one day a week, cut, the \$150,000 in raises that went to the city council under Patrick Blanchette instead of laying off cops and firefighters... he could have gotten that \$35 million and NOT laid off cops and firefighters. How do you feel about the fact that there was outright lying going on? People were being told that we needed this money to stop layoffs for cops and firefighters.

BF: See, one thing Tom, is that you know numbers. You know that if all of those things you mentioned happened, it still wouldn't have made that much of a difference. I believe it's 72 million dollars that goes to non schools and the whole was great and they had to make some very dif-



PHOTO: TOM DUGGAN

State Rep. Barry Finegold (D) Andover, endorsed Israel Reyes for mayor of Lawrence last year.

ficult decisions and that's what happened.

TD: Do you agree with the spending that the current mayor has done with the \$24 million he has already received? He gave raises to people in city hall. Hired people in other departments and laid off cops right out of the gate?

BF: No, I don't think the way you are categorizing it is correct. I think that the overseer, with the city council and mayor, had to make very difficult decisions and they made those decisions. And I think that anybody, including the mayor and the city council, is open to any other suggestions right now. Money is not going to come out of thin air. It's just very difficult and..

TD: Are you just not hearing what I am saying? There were other ways for the mayor to spend that money there were other places to cut, and he was telling people 'we need the money for public safety.' When he got it, he didn't spend it on public safety. Why is that ok?

BF: Your premise is wrong. That money went to pay old bills. They used some of the money, I think it was like \$3 or \$4 million for this year's budget. But, basically this was to pay off the ongoing deficit and it wasn't going to be allowed to be put off.

TD: Do you feel lied to because what was told to us was, 'we need the money to stop cuts in public safety,' NOT 'we need this money to lay off public safety officers and use the \$35 million for prior debt.'

BF: I mean, if that money didn't come, this would be ten times worse than what they are now.

Paul: Well, I'm just not crystal clear, Tom, with Barry Finegold's answer on the Lawrence situation. Let me just ask it this way, A). You don't regret your vote to give Lawrence the \$35 million and B).

FINEGOLD: PAGE 29

Dracut Town Government will not be the same without Marsella

Joe Mendonca

VALLEY PATRIOT LOWELL COLUMNIST

On August 4, 2010, Dracut lost one of its most vocal and dedicated Town leaders when Gary Marsella passed away suddenly at age 54 following a heart attack at Saints Memorial Medical Center. Marsella was an active member of the Dracut Town community and his untimely passing has left many of his closest friends and members of the community shocked and saddened. Dracut will not be the same without Marsella and deepest sympathies go out to his wife, Deborah, and their family.

Anyone who has been involved in the Town of Dracut has encountered Gary Marsella at some point along the way. He was active and visible at most Town activities and events. After moving to Dracut in 1986, Gary became a member of the Finance Committee and shortly after became Chairman, a post he held right up until his passing. Gary was always visible and vocal at every Town Meeting and developed the reputation as a fiscal watchdog in Dracut. Gary was also a member of the Democratic Town Committee in Dracut and worked as an Information Technology Officer at NorthMark Bank in North Andover.

As Chairman of the Dracut Finance Committee, Gary would always question budgets and expenditures that the Town of Dracut was asked to pay. Every year he asked that Dracut's representatives to the Greater Lowell Technical School Committee, members of the Dracut School Committee, and Dracut Selectmen, among others, to appear before the Finance Committee and explain their requested budgets. As a member of the Greater Lowell



Technical School Committee for 12 years, I recall getting aggravated with having to always go and help explain the budget for Greater Lowell Technical High School to the Finance Committee since the minimum contributions (which we always assessed when I was on the Board) were mandated by state law. I know though that Gary was just trying to keep us all honest and on our toes! He did his job and he did it well.

Gary was one of the most honest and straightforward leaders of the community. When you asked Gary a question, he would give you the honest answer, not always the one you wanted to hear. You could also agree to disagree with Gary without ever being disagreeable. His closest friends will attest to his loyalty and impeccable character. Gary Marsella will be sorely missed. The Town of Dracut will mourn his loss for years to come.

Farewell, Good Friend.

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Ye Gay Ol' Valley

In the Name of Patriotism

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

What is patriotism today? From what I can see it is fear, bigotry and ignorance. This came to my attention when someone on Face book, in a discussion about the Muslim Mosque possibly being erected at the 9/11 site, said, "Can anyone imagine AMERICANS defending a Nazi Hitler headquarters in downtown DC during WWII because 'Not all Germans are Nazis'!" To compare a place of worship to the central workings of a regime that wanted to take over the world and exterminate any one they viewed as a threat to their perfect race is unconscionable.

There are so many Americans paranoid of Muslims because of the acts of terrorists who hide behind the Muslim religion that they are losing sight of reality. There are an estimated 2 million Muslims in America. It is the second largest religion in the world. If all Muslims were terrorists, they would have conquered the world decades ago simply by sheer numbers. Muslims are not the enemy of America, terrorists are. Remember Timothy McVeigh? He was a terrorist. And what was he? Oh, yes, a white, American man. Even the colonists (white Americans) were terrorists. They refused to pay taxes, boycotted their mother country's goods, threw millions of dollars of tea into the sea and attacked their own army. And yet we owe it to those terrorists to lay the foundation for the very country we all love and live in today.

Before that there were the puritans,

who left England to escape religious persecution. They came here and brought an onslaught of other immigrants looking for the same thing along with wealth and land. And what did they do when they got here? They slaughtered the Native Americans who had been here for thousands of years. Perhaps the Native Americans should have had stronger immigration laws and better racial profiling to prevent European racists from coming into their country and annihilating their people. If they had, maybe our president would be Dances With Wolves or Kills On Sight.

America was built on embracing diversity. We pride ourselves on that fact. Have we lost sight of the inscription on the Statue of Liberty, "Give me your tired, your poor, your huddled, masses . . ." Should we add on, "As long as they're not Muslim or even Mexican"?

Fear and bigotry are born out of ignorance and it's very easy to induce all of those things into the masses under the guise of patriotism. Hermann Goering, Hitler's Minister of Propaganda himself said, "All you have to do is tell the people they are being attacked, and denounce the pacifists for lack of patriotism, and exposing the country to greater danger." The Nazi's were experts at that. They chose an enemy, spread fear in order to create political loyalty and made it clear that if you were a German and did not support the cause or the war, you were not a patriot. It worked like a charm

GAY WRITERS, page 49

Islam and the Cultural Left, strange bedfellows

Paul Murano

VALLEY PATRIOT CULTURE COLUMNIST

Why people think the way they do is fascinating. Who would have thought the issue of an Islamic cultural center being built near ground zero would have so neatly divided people by ideologically lines? And who would have guessed that the left would be for it and the right against? Aren't liberals supposed to be the sensitive and compassionate ones and conservatives for basic freedoms such as religion? Would it not make more sense in this debate for the left to favor the 9-11 victims' families and the right to favor the building of a religious establishment on public grounds? Yet, we find just the opposite. Why, then, aren't liberals lining up on the side of sensitivity and conservatives on the side of liberty - as is usually the case?

There is something unspoken here that transcends the issue at hand, a substratum that underlies the political debates, a hidden agenda that defines the culture war. This end goal, always unspoken and often unrecognized, is being carried out by the foot soldiers - the talking-heads and typing hands of the media and academia.

So let's take a closer look at what is really going on. There are three main ideologies posturing for position in the world today: Judeo-Christian, Islamic-Muslim, and Secular-Humanist. They can be largely defined by their central figure of authority, which are Christ, Allah, and Man respectively. Communism and socialism are varying morphologies of the more subtle secular humanist movement of today, all being the wayward and rebel-

lous children of Christian civilization, and each seeing man as his own god, having the right to redefine reality and create its own code of morality. The meaning of sex, the beginning of human life, and the definition of marriage are just examples. Judaism, interestingly, is split; the more agnostic and liberal Jews fall into the humanist camp while the more culturally conservative fall into the Christian. The latter, popularly known as the Judeo-Christian tradition, has been continuously attacked for decades in an all-out assault from the culture-molding establishments of the left, the media and academia, both hijacked by secular humanism since the early 1970's when the post-Lockean belief that man is the end and the measure of all things became solidified in American society. Because of the ultimate aim to bring down the Judeo-Christian west, Islam and Secular humanism, two ideologies that couldn't be more diametrically opposed to each other in philosophy and way of life, are temporary allies in the great, yet largely hidden, spiritual and cultural war.

This is the underlying reason the humanist left supports the building of this Islamic center over the wishes of those still grieving from the 9-11 attacks. This is why MSNBC and the liberal establishment all line up to support the mosque, leaving conservatives to be the "compassionate" ones. But once their common end is finally accomplished you can bet these two camps will become instant enemies; and people will long for the day when respect for human rights born out of Natural Law promulgated by Christian philosophy was again the norm; when

MURANO, page 48

ABC, NPR and PBS Hosts Equate Christian and Muslim Violence

Dennis Prager

VALLEY PATRIOT SYNDICATED COLUMNIST

There was one thing more than any other that turned this New York, liberal, Jewish, Columbia University graduate student from modern liberalism. It was its use of moral equivalence to avoid confronting evil during the Cold War.

There was a time when liberalism was identified with anti-Communism; the liberal-led Korean and Vietnam Wars were examples. But the Vietnam War led liberals into the arms of the left, which had been morally confused about communism since its inception and had become essentially pacifist following the carnage of World War I.

After the Vietnam War, even liberals who continued to describe communism as evil were labeled "right-wingers" and "Cold Warriors." And the United States, with its moral flaws, was often likened to the Soviet Union. I recall asking the pre-eminent liberal historian Arthur Schlesinger Jr., in a public forum in Los Angeles in the late 1970s, if he would say that the United States was a morally superior society to that of the Soviet Union. He would not.

Little has changed regarding the Left's inability to identify and confront evil. And its moral equation of good guys and bad guys was made evident again in recent

weeks by hosts on three major liberal networks — ABC, NPR and PBS.

First, on May 25, PBS host Tavis Smiley interviewed Ayaan Hirsi Ali, the ex-Muslim Somali writer and activist for human, especially women's, rights in Islamic countries. After mentioning American Muslim terrorists Maj. Nidal Hasan (who murdered 13 and injured 30 fellow soldiers at Fort Hood) and Faisal Shahzad (who attempted to murder hundreds in Times Square), this dialogue ensued:

Ali: "Somehow, the idea got into their (Hasan's and Shahzad's) minds that to kill other people is a great thing to do and that they would be rewarded in the hereafter."

Smiley: "But Christians do that every single day in this country."

Ali: "Do they blow people up?"

Smiley: "Yes. Oh, Christians, every day, people walk into post offices, they walk into schools, that's what Columbine is — I could do this all day long. There are so many more examples of Christians — and I happen to be a Christian.

"There are so many more examples, Ayaan, of Christians who do that than you could ever give me examples of Muslims who have done that inside this country, where you live and work."

Then, on Aug. 22, Michel Martin, host of NPR's "Tell Me More," in discussing whether the Islamic Center and mosque planned for near ground zero should be



moved, said this on CNN's "Reliable Sources" with Howard Kurtz:

"Should anybody move a Catholic church? Did anybody move a Christian church after Timothy McVeigh, who adhered to a cultic white supremacist cultic version of Christianity, bombed (the Murrah Federal Building in Oklahoma City)?"

And third, on Aug. 26, ABC "20/20" anchor Chris Cuomo tweeted this to his nearly one million followers:

"To all my christian brothers and sisters, especially catholics — before u condemn muslims for violence, remember the crusades....study them."

I have known Smiley since the 1980s when we both worked at the same radio station in Los Angeles.

He is smart, and he is a gentleman who has accorded me great respect both on his television show and off air.

How, then, does such a man equate Muslims who murder in the name of Islam with Americans who "murder every day," none one of whom commit their murders

in the name of Christianity?

How does Martin equate the thousands of Islamic terrorists around the world, all of whom are devout Muslims, with a single American — one who, in any case, professed no religion, let alone Christianity?

And how does Cuomo claim that Christians cannot condemn Muslims for violence because of the Christian Crusades?

First of all, the Crusades occurred a thousand years ago. One might as well argue that Jews cannot condemn Christian and secular anti-Semitic violence because Jews destroyed Canaanite communities 3,200 years ago.

Second, it is hardly a defense of Muslims to have to go back a thousand years to find comparable Christian conduct.

Third, even then there is little moral equivalence. The Crusades were waged in order to recapture lands that had been Christian for centuries until Muslim armies attacked them and destroyed most

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Lowell Bank Robber Kills Self, Does Society a Favor

Tom Duggan
VALLEY PATRIOT EDITOR

Last month, a man walked into a downtown bank in Lowell brandishing a weapon and took the bank occupants hostage as he filled a bag full of other people’s money.

He didn’t care that he was disrupting the lives of those people in the bank just trying to do business. He didn’t care that he was threatening the lives of the bank employees who were working to support their families on a hot summer afternoon instead of going to the beach.

He willingly and wantonly violated the lives of every single person he had come into contact with from the minute he entered that bank.

And as he tried to get away, the brave men of the Lowell Police Department sprung into action, and descended upon the bank to protect those very bank employees and patrons who had done nothing to deserve the hell this cretin had just exposed them to.

That’s when he began shooting at police as he ran through the streets, and put the lives of everyone around him in danger; men, women, children, and in particular the police officers who were responding to the silent alarm.

It was a bright Saturday afternoon around 1pm in the middle of August and because it was the weekend of a sales tax holiday in Massachusetts, the streets of downtown Lowell were crowded with shoppers as the end of summer drew near.

Dodging bullets, Lowell Police Officers chased this guy through the streets, around civilians, and made their way through traffic as he ran towards the alleyway behind

Central Street. Eventually, the man ran up the fire escape of the WCAP building where swat teams, armed with automatic weapons cornered him like a caged rat, directly at eye level from the office windows of 980AM WCAP radio.

The police had no idea I was there, just two or three feet from where this man had made his final stand. AS far as they knew they were in a secluded alley, surrounded by fellow officers who had moved members of the public away from the action.

I had just finished doing my radio show and seeing the Lowell Swat Team climbing slowly up the fire escape towards the well dressed man, he did what every bank robber faced with that situation should do... instead of shooting at police, instead of trying to negotiate, he did society the biggest favor anyone in that position could do for his fellow man he turned the gun on himself and put a bullet in his own head.

Now, I know that sounds harsh to those who are naïve to the reality of street violence that police officers deal with every day. But, just think of the burden to society this selfish S.O.B. spared all of us by turning the gun on himself instead of someone else.

What was most remarkable though, was watching with my own eyes as these same Lowell Police Officers (whom he had tried to kill just seconds before) spruinging into action and immediately begin performing CPR on their own would be killer.

It takes a special human being to do that. I mean, these guys didn’t just make a half hearted attempt on the seemingly isolated fire escape of the WCAP building where they thought nobody was watching.



PHOTOS: TOM DUGGAN

They spent every ounce of energy they had to try and save him and even brought him back to life at least twice.

Just imagine. A man shoots at you and makes every attempt to make sure your family never sees you again, and the minute he tried to take his own life, you put all of that aside and instinctively leap to his defense and provide him medical treatment.

As blood ran down the side of the roof and into the alleyway next to the station, these heroic medics and police offices collected the bag filled with other people’s money, put him on a back board and lowered him down to a waiting ambulance.

Now just imagine the treatment these officers would have received by the press, the courts and even members of the public had they shot and killed this guy in self defense. Imagine the Monday morning quarterbacks who would be calling for internal investigations, and judging the cops guilty from the get go. Their lives would have been turned upside down and maybe even faced jail time for simply doing their jobs, for just doing what they were trained to do... because they wear a badge and a gun.

Yes, as difficult as it was to watch all this, I couldn’t help but sigh in relief when I learned that the bank robber who shot at these cops on a busy downtown Lowell street had died from his own hand.

The anguish these hero officers were spared by that very act alone is immeasurable. By taking his own life he spared the witnesses from enduring a long drawn out trial, time out of work and even their own actions and motives being called into question.

Think of the expense alone that we will not have to be burdened with now that he is gone.

No free lawyers, paid for by the taxpay-


ers. No endless hearings and trials where we pay for the prosecutor, the judges, and the court officers. Had he lived we all know that this animal would be coddled with free food, clothing, shelter, cable TV, a weight room, and most likely psychological and drug and alcohol treatment.

By the time this guy even made it to trial (if he even made it that far in our liberal court system) hundreds of thousands of dollars better spent on services for law abiding citizens would have been wasted.

Instead, no book deals. No appearances on talk shows. No blaming his childhood because he didn’t get a Cap’n Crunch decoder spy ring wen he was a kid. And even more importantly, he will never, ever terrorize another human being again ... not in jail, not on furlough, not on work release and not walking the streets after some ivory tower liberal parole board lets him out.

The heroes of the Lowell Police Department deserve a medal for what they did last month on that fire escape. They showed what dedicated professionals they truly are by keeping the public safe, reacting as they were trained and putting aside their personal feelings to do what we hired them to do ... protect and serve.

Overall, despite the myriad of possible catastrophe scenarios that could have resulted from the actions of this animal, it turned out to be a pretty good day for the people of the Commonwealth of Massachusetts.

 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 .

FINEGOLD: FROM PAGE 27

You don’t feel lied to even though what they said was “We are going to use this \$35 million loan money for police and fire and then they didn’t. You don’t feel lied to?”

BF: No, but that’s not true, because if that money didn’t come down, we would not even have our fire department or our police department. I mean, literally, the city did not have the money to pay its bills. So, there would have been no money to pay for any police officers or any fire-fighters and that’s why it was a situation where there really was no other solution for the city.

(EDITORS NOTE: There were three other solutions before the legislature, including a finance control board, a financial receiver, and a state takeover of the city of Lawrence’s finances. Mr. Finegold NEVER once mentioned the other alternatives, in fact he repeated, over and over that there was “no other alternative” to giving Lawrence \$35 million with no

restrictions.)

TD: But you don’t disagree or you won’t say you agree with Willie’s decisions to take that money and to fully staff other stuff first, before public safety? I mean, every candidate who runs for office says “public safety is #1” and to Willie Lantigua it’s number: last. Yet I can’t get any Democrat who voted for this \$35 million bill to say they disagree with that except for Senator Pangiotokos.

BF: The point is, I have fought hard for community policing dollars. I’ve been a strong supporter of fire fighters. But the bottom line is that a budget had to get balanced and that’s what they had to do.

TD: But, we know that. I wanted you to address how he spent the money.

BF: This is for a mayor and a city counsel.... They make these decisions.

TD: It’s the state taxpayer’s money they ought to have a say don’t you think?

BF: no answer.

LAROCQUE: FROM PAGE 11

True liberty exists where individuals and the divine institutions of family, church, and state are free to fulfill their Biblical purpose and responsibilities. If the civil government suppresses or usurps the authority of the individual, or family, or church, then liberty is diminished or lost. In much of socialistic Europe (as well as most of the world), the state usurps much of the control of education and property that God says belongs to the family. The result is loss of liberty. This has also been occurring more in the United States in recent times, which brings us back to today and the 21st constitutionalist and the due process and privileges or immunities clauses and the requirement of STATE ACTION as a precondition for the enforcement of rights. For the advocates of 21st

century constitutionalism, if fairness and equity are to be achieved, the Constitution must become more like a general legal code- applicable to both public and private institutions. For example, Private colleges where government officials have sought to justify the imposition of federal rules and regulations by characterizing them as equivalent to State colleges on the grounds that they receive public grants-in aid. When in response to this rationale, and in order to retain their independence, reject grants, the government then sought to justify its rules and regulations on the grounds that they are INDIRECTLY beneficiary of grants-in-aid going to individual students, such as GI Bill benefits. Some private colleges have even barred it students from receiving public grants, even if they are GI ben-

efits and have bolstered their own private scholarship resources. So it is clear that there is a more steadily aggressive effort by governmental regulators to treat private institutions as the equivalent of the state, and thereby to extend public oversight. If the progressive get their way, policies concerning such things as tuition, admissions, faculty hiring, curriculum, and discipline will each have to pass the scrutiny, and receive the imprimatur, of judges.

In conclusion of this installment of Original Intent Part 2, as we approach November, stand up and vote for candidates who will reject this progressive movement to change our “Founder’s Constitution” into a “living constitution” or “21st century constitution”!

Acknowledgments: Material for Part

1 and Part 2 of this series of articles was taken from a speech delivered in Washington, D.C. on Feb.25, 2010, at Hillsdale College’s Allan P. Kirby, Jr. Center for Constitutional Studies and Citizenship by Stephen J. Markman, Justice, Michigan Supreme Court. Additional information came from The American Dream, Jamestown and the Planting of the American Christian Republic. By Stephen McDowell and Mark Beliles. Published by Providence Foundation. 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

MUSLIM VIOLENCE: FROM 28

of September and October. All Classes are based on the Windows Vista operating system and are held at 360 Merrimack St., Lawrence. They are: Intro to Computers, Mon. Sept 13 to Oct 18, 12:30 to 3:00 pm., Internet & E-Mail, Tues. Sept. 14 to Oct. 19, 9:00 to 11:30 am., Holiday Cards, Tues. Sept. 14 to Oct 19 12:30 to 3:00 p.m., Digital Camera, Wed: Sept 15 to Oct 20 9:00, to 11:30 am , Beginners Word 2007 Wed, Sept 15 to Oct. 20, 12:30 to 3:00 p.m., and Intermediate Computer Class, Thursday, Sept 16 to Oct 21, 9:00 to 11:30 am. The 6 week classes are \$60. Advanced registration is required by Sept 8. For more information call 800-892-0890 ext. 1516 and leave a message or e-mail lace1050@yahoo.com . Visit elderservices.tripod.com

METHUEN - Animal Rescue Merrimack Valley will be holding their 2nd annual Black

Cat Bash Benefit Thursday, October 15, 2010 at the Nevins Memorial Library, Methuen Mass. The event will run from 6:00 pm to 9:00 pm.

The evening will include silent auction, raffles, psychic readings for a donation of \$10.00, a buffet, lots of fun and entertainment.

Animal Rescue Merrimack Valley is an all volunteer non-profit animal rescue organization serving the Merrimack Valley. It serves Lawrence, Haverhill, Methuen, Andover, North Andover, Groveland,

Merrimack and Plaistow NH. Animal Rescue Merrimack Valley, PO BOX 8006 Bradford MA 01835, 978-374-SAFE (7233), www.armv.armv.org

LOWELL - The Merrimack Valley Housing Partnership is pleased to announce that we are offering the Project Genesis Home Buyer Training Seminars in Lowell in Spanish. The classes will be held at 10 Kirk St., Lowell. The next series will be held on Saturday mornings, September 25 and October 2, 2010 from 8:00 a.m. to 12:30 p.m. Participants must attend all sessions to receive a certificate of completion. \$60.00 per household. Topics include: Overview of the Home Buying Process, Bank Mortgage Guidelines, Legal Aspects, Home Inspections, Down Payment Assistance Programs, Information on Credit, Please call the office at 978-459-8490 to register. www.mvhp.org.

(El Merrimack Valley Housing Partnership se complace en anunciar que estamos ofreciendo en Lowell el Proyecto Génesis, Seminarios para Prim-

eros Compradores de Casa en Español. Las clases se llevarán a cabo en el #10 de la calle Kirk en Lowell. Las próximas clases serán Sábados, Septiembre 25 y Octubre 2, 2010 de 8:00 a.m. a 12:30 pm. Se requiere asistir a las dos clases para



The Merrimack Valley Tea Party held a "Restoring Honor Rally" in downtown Andover to honor our military. Pictured are: N. Andover Selectman Dan Lanen and his son, Mike Mosca, Tom Weaver, and Tedd Tripp.

PHOTO: Paula Porten



recibir el certificado del Proyecto Génesis. Costo \$60 por familia.)

METHUEN - From Forest St. Union Church - Summer is almost over and FSU needs your help to make this Fall's Penny Social a success! The event is Saturday, October 23rd - at the VFW Hall at 4PM. Ticket sales start 6:00 PM - Drawing begins. How you can help: Collect new or handmade items. They should be at least \$10.00 in value. You can start bringing them to church on Sunday, September 26th. Please put your name and description of the item on the list located in the vestry. Check out the clearance items in stores like Kohl's or Target or you could also create something such as ceramics, knitted, or painted items. We will also be looking for a few big ticket items for the raffle. Spread the word to family and friends to come to the Penny Social. The more people there are the more money they make. Similar to last year, we will have special collections each week for theme baskets starting on September 20th. These items should be small and inexpensive. There will be a basket at the front of the sanctuary each week to place the items in. September 19th - Pet Items (dogs or cats). September 26th - Kitchen gadgets and towels/placemats.

October 3rd - Children's games and activities. October 10th - Scrapbooking items. October 17th - Movie night. Pick something up in the grocery store or wherever you shop. It will be fun to see what everyone brings to the table. If you have never been to a Penny Social here is a description. What is a Penny Social? The Penny Social is a fun experience for the entire family. The church collects donated items from the congregation and friends,

including an array of gift certificates.

On the scheduled Saturday night, we all gather at the VFW Hall. Each of the donated items is placed on tables with a can next to it. Participants purchase card(s) of 25 tickets for \$1.00, then take the tickets and put them in the can next to the item(s) of their choice. This is especially fun for kids. At 6:00 PM we start drawing for each of the items. The person whose ticket is drawn, wins the item. Some people may win several items and some people may win nothing, but either way it's a lot of fun. We sell pizza slices, hotdogs, drinks, and other munchies to keep everyone happy. We usually wrap up about 8:00 PM. Of course large numbers of items and a good showing of participants always equal more fun and a successful fundraising event. We hope to see you all on the 23rd!

LAWRENCE - Karyn Polito, Republican candidate for state treasurer, visited Lawrence on Wednesday, August 25, to tour the New Balance manufacturing facility on South Union Street.

"New Balance is a major employer in our state, and visiting their facility highlights how important it is for Massachusetts to provide a better climate to attract quality manufacturing and design jobs here," Polito said. "As Treasurer, I would work hard to promote a more positive business environment through lower taxes and more commonsense business regulations. People in Lawrence, who face our state's highest jobless rate of 17.1 percent, know all too well how essential it is for our state to grow jobs."

After the tour, Polito spoke highly of New Balance, its employees and particu-

N. ANDOVER: FROM 6

day mornings, 45 minute appointments for \$4. Learn to set up e-mail, search the internet and use Microsoft Word. Call 978-688-9560 for an appointment.

Wii Sport Bowling: Stop by the Senior Center on any Thursday morning between 9 and 10 am and try your luck at Bowling with the Wii System. It's fun, good exercise and easier than you think. A volunteer will be on hand to show you the basics.

WALKING GROUP: Wednesday mornings at 9. Meet at the Old Center Common and walk for an hour at your own pace. Inclement weather at Youth Center.

SUPPORT SERVICES AND PROGRAMS: Fall series will start September 13 with Chief Richard Stanley discussing

the new police station.

LOW VISION SUPPORT GROUP: Starting Monday, September 13 thru October 25, 12:30 - 2 pm. This free 6-week support group will be facilitated by Lu Bonanno, Beacon Hospice. Please sign up in advance at the reception desk or by calling 978-688-9560.

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

SHINE Counseling: (Serving Health Insurance Needs of Elders) 1st, 3rd and 4th Tuesdays from 12 - 3 pm. Call the Senior Center to make an appointment.

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larly its management style. "New Balance provides a unique working environment where each associate is valued and integral to the company overall," said Polito. "I was proud to meet the hardworking people who contribute to the success of the operation. New Balance is an example of a company that really gets it right."

Karyn Polito is the Republican candidate running for the office of state treasurer. A former selectman and lottery commissioner, she currently serves as a state representative for the 11th Worcester District. An attorney by trade, she helps run a century-old family business that specializes in commercial real estate development and resides in her hometown of Shrewsbury with husband Steve and two children ages 5 and 7.

CHELMSFORD - The Paul Center for Learning and Recreation will host its annual gala honoring generous supporters for their continued dedication to The Paul Center mission. The occasion this year, a “Celebration of Giving/Taste Extravaganza”, will feature Food Samplings from local restaurants and food establishments, a silent auction, award presentations to outstanding supporters, student art exhibits, raffle, entertainment by jazz vocalist Wendee Glick and her ensemble, dancing, and a cash bar. An exciting evening is anticipated!

The event will be held Friday evening, September 24th, at the Chelmsford Elks Club, 300 Littleton Road (Rte 110), Chelmsford, from 7-11 pm. Tickets are \$35.00 in advance, and \$40.00 at the door (providing space is available). For reservations or further information, please call The Center, 978-256-4396, or email, jhoell@thepaulcenter.org.

Food samplings will be provided by The Java Room, Moe's Southwest Grill, Café Madrid, The Meat House, Vincenzo's Ristorante, Hannaford, Moonstones, Amici's Trattoria, Feng Shui, Sichuan Palace, Brickhouse Pizza, Centre Deli, Aprile's European Restaurant, Omega Pizzeria and Grille, Nashoba Tech Culinary Students, and Starbucks.

Awards to be presented this year include the Foundation Award, to be presented to the Boston Center for Blind Children; the Corporate Award, to Goodrich Aerospace of Chelmsford; the Service Award, to the West District Yankee Clipper Council of the Boy Scouts; the Partnership Award, to Summer Experience in Greater Lowell; and, new this year, the Gordon C. Estabrooks Award for Volunteerism, to Chelmsford resident and member of The Paul Center Board of Directors, Mr. Brian Reidy. Entertainment will be provided

by jazz vocalist Wendee Glick, who has graced the stages of many a New England jazz club including large venues such as Boston's Fleet Center and the Hatch Shell, and more locally, Michael Timothy's, The Colonial Inn, The Sahara Club, The Black Olive, and The Acton Jazz Cafe.

BILLERICA - Ethics Commission's Enforcement Division Alleges that Billerica Cemetery Foreman Joseph Turner Violated the Conflict of Interest Law, Sold cemetery plots to his parents in violation of town cemetery policy.

The Enforcement Division of the State Ethics Commission today issued an Order to Show Cause ("OTSC") alleging that Billerica Cemetery Foreman Joseph Turner ("Turner") violated G.L. c. 268A, the conflict of interest law, by selling cemetery plots to family members in violation of town rules regarding the sale of plots.

According to the OTSC, town regulations require that the cemetery plots at the town's five cemeteries be purchased on behalf of town residents only as needed, and then up to six plots may be purchased. On May 22, 2008, Turner sold four plots in the town-owned Fox Hill Cemetery to his parents for \$1,560, although no need existed at the time. Turner directed that a subordinate prepare the deed paperwork, and a deed for the plots was issued to Turner's parents on June 5, 2008. On July 1, 2008, a planned price increase for plots took effect. Purchasing plots prior to the increase saved Turner's parents \$440.

Section 19 of the conflict of interest law prohibits a municipal employee from participating as such an employee in a particular matter in which, to his knowledge, he or an immediate family member has a financial interest. The OTSC alleges that Turner violated section 19 by selling the plots to his parents and by directing that a subordinate prepare the deed paperwork.

Section 23(b)(2) prohibits a municipal employee from knowingly, or with reason to know, using or attempting to use his official position to secure for himself or others unwarranted privileges or exemptions which are of substantial value and which are not properly available to similarly situated individuals. The OTSC alleges that Turner violated section 23(b)(2) by selling cemetery plots to his parents pre-need, in violation of the town policy, and by selling the plots just prior to a planned price increase, thereby saving his parents \$440.

Section 23(b)(3) prohibits a municipal employee from knowingly, or with reason to know, acting in a manner which would cause a reasonable person, having knowledge of the relevant circumstances, to conclude that any person can improv-



BURLINGTON - Valley Patriot comedy writer (and entertainment reporter, and sports writer) Shawn Hansen celebrated the taping of his 50th comedy television program in Burlington last month and what a milestone it was! Hansen got his start writing comedy right here at the Valley Patriot and we were honored to be invited to the taping of his 50th comedy show. To celebrate, Hansen hosted national comedian Bob Seibel for the monumental program (pictured above). Congratulations Shawn! We will take all the credit for your success but we all know the hard work and innovation was yours! Just remember us little people when you take over the Tonight Show!

erly influence or unduly enjoy his favor in the performance of his official duties, or that he is likely to act or fail to act as a result of kinship, rank, position, or undue influence of any party or person. The section further provides that it shall be unreasonable to so conclude if such officer or employee has disclosed in writing to his appointing authority the facts which would otherwise lead to such a conclusion. The OTSC alleges that Turner violated section 23(b)(3) by selling cemetery plots to his parents

and not filing a written disclosure with his appointing authority to dispel the appearance of impropriety.

The Commission will schedule the matter for a public hearing within 90 days.

ELECTION 2010 – Candidate for Governor Charlie Baker addressed the tea party meeting in North Andover last month and spent a great deal of time talking about Lawrence. He chided Lawrence mayor Willie Lantigua for trying to keep his job as a State Rep back in January when took office as mayor. Lantigua said back then that he could do both jobs well and refused to resign his Rep. Job until Governor Patrick and the forces on Beacon Hill pressured him to resign (we hear that deal came complete with a promise of \$35 Million in loans). Baker said Lantigua was “clueless” and that his claim that he could do both jobs should have been the first indication that he had no idea what the job of running a city like Lawrence entailed. Baker said he initially favored a finance control board for Lawrence, but is now much more interested in receivership (a state takeover) of the city’s finances. My problem is that if we have a control board, the mayor gets to sit on that five-member board. The president of the Lawrence city council will also sit on that board. “It makes no sense to give more

power to people who have clearly shown they do not have the ability to tackle the problems of a city like Lawrence. A few days later, State Treasurer Tim Cahill (also

a candidate for Governor) tried to one-up Baker and said on the Paying Attention Radio program on WCAP that he would go so far as to put bankruptcy on the table for the city of Lawrence. It seems the only person who does not think Lawrence needs state

intervention and financial controls are Governor Deval Patrick, and State Reps. Barry Finegold and David Torrisi.

PUPPIES - We are looking for effective ways to get the word out to the public about our program and our wonderful volunteer opportunities. With this in mind, volunteers are the lifeblood and a crucial component of this amazing organization! Would you be able to publish this brief story about one of our guide dogs that was raised in Bedford, NH just graduated to become half of a Guiding Eyes team!

Guiding Eyes encourages families, couples or individuals to join us in raising future guide dogs. For more information on the Guiding Eyes for the Blind volunteer puppy raising program please visit our Web site: www.volunteer.guidingeyes.org or call 1-866-GEB-LABS.



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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THE DOCTOR IS **IN**

Osteoporosis... Part I

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. Osteoporosis literally leads to abnormally porous bone that is compressible, like a sponge. This disorder of the skeleton weakens the bone and results in frequent fractures (breaks) in the bones.

Normal bone has the appearance of a honeycomb matrix (left). Under a microscope, osteoporotic bone (right) looks more porous

Normal bone is composed of protein, collagen, and calcium all of which give bone its strength. Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture. The fracture can be either in the form of cracking (as in a hip fracture) or collapsing (as in a compression fracture of the vertebrae of the spine). The spine, hips, ribs, and wrists are common areas of bone fractures from osteoporosis although osteoporosis-related fractures can occur in almost any skeletal bone.

Osteoporosis Causes

Osteoporosis occurs when there is an



imbalance between new bone formation and old bone resorption. The body may fail to form enough new bone, or too much old bone may be reabsorbed, or both. Two essential minerals for normal bone formation are calcium and phosphate. Throughout youth, the body uses these minerals to produce bones. Calcium is essential for proper functioning of the heart, brain, and other organs. To keep those critical organs functioning, the body reabsorbs calcium that is stored in the bones to maintain blood calcium levels. If calcium intake is not sufficient or if the body does not absorb enough calcium

from the diet, bone production and bone tissue may suffer. Thus, the bones may become weaker, resulting in brittle and fragile bones that can break easily.

Usually, the loss of bone occurs over an extended period of years. Often, a person will sustain a fracture before becoming aware that the disease is present. By then, the disease may be in its advanced

stages and damage may be serious. The leading cause of osteoporosis is a lack of certain hormones, particularly

estrogen in women and androgen in men. Women, especially those older than 60 years of age, are frequently diagnosed with the disease. Menopause is accompanied by lower estrogen levels and increases a woman's risk for osteoporosis. Other factors that may contribute to bone loss in this age group include inadequate intake of calcium and vitamin D, lack of weight-bearing exercise, and other age-related changes in endocrine functions (in addition to lack of estrogen).

Other conditions that may lead to osteoporosis include overuse of corticosteroids (Cushing syndrome), thyroid problems, lack of muscle use, bone cancer, certain genetic disorders, use of certain medications, and problems such as low calcium in the diet.

The following are risk factors for osteoporosis:

1) - Women are at a greater risk than men, especially women who are thin or have a small frame, as are those of advanced age.

2) - Women who are white or Asian, especially those with a family member with osteoporosis, have a greater risk of developing osteoporosis than other women.

3) - Women who are postmenopausal, including those who have had early or surgically induced menopause, or

RUSTUM, page 49

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DR. Jin Sung

VALLEY PATRIOT CHIROPRACTIC COLUMNIST

Discs do not actually “slip”. Rather, they may herniate or bulge outward. A herniation is a displaced fragment of the center part of the disc.

You may have heard the term “slipped disc” used to describe a low back injury. Discs do not actually “slip”. Rather, they may herniate or bulge out from between the bones. A herniation is a displaced fragment of the center part or nucleus of the disc that is pushed through a tear in the outer layer or annulus of the disc. Pain results when irritating substances are released from this tear and also if the fragment touches or compresses a nearby nerve. Disc herniation has some similarities to degenerative disc disease and discs that herniate are often in an early stage of degeneration. Herniated discs are common in the low back or lumbar spine.

What causes discs to herniate?

Many factors decrease the strength and resiliency of the disc and increase the risk of disc herniation. Life style choices such as smoking, lack of regular exercise, and inadequate nutrition contribute to poor disc health. Poor posture, daily wear and tear, injury or trauma, and incorrect lifting or twisting further stress the disc. If the disc is already weakened, it may herniate with a single movement or strain such as coughing or bending to pick up a pencil.

How do I know if I have a disc herniation?

Herniated discs are most likely to affect people between the ages of 30 and 50. Disc herniations may be present without causing pain. The most common symptom will be pain in the area of the herniation that may radiate across the hips or into the buttocks. You may also experience numbness or pain radiating down your leg to the ankle or foot. If the herniation is large enough, you may notice weakness with extension of your big toe and you may

be unable to walk on your toes or heels. In severe cases of lumbar disc herniation, you may experience changes in your bowel or bladder function and may have difficulty with sexual function.

How is a disc herniation treated?

Mild to moderate disc herniations can usually be treated conservatively with stretching, exercise therapy and chiropractic care. More advanced cases will often require some form of spinal decompression or mechanical decompression, in conjunction with chiropractic care. Spinal decompression is a non-invasive

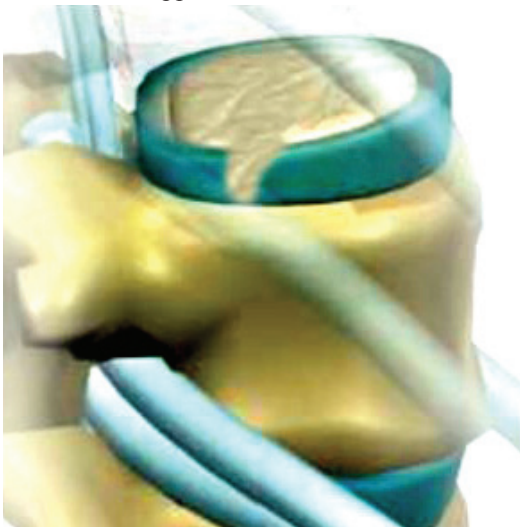
and non-surgical treatment option for sciatica, disc herniations, degenerative discs and chronic lower back pain. It works by decreasing intradiscal pressure. The therapy decreases pressure inside the discs and that, in turn, allows healing fluids, nutrients and oxygen back into the discs. This reduction in pressure also allows bulging or herniated discs to retract, and it often relieves pressure on the nerve roots. Re-introducing nutrients into the disc can reverse degeneration and allow healing to take place. Decompression therapy is highly effective in the management of degenerative discs, bulging discs, particularly when other treatments have failed.

Occasionally, a herniation may be severe enough to warrant surgical intervention. These cases are usually reserved as a last resort when other forms of therapy have failed to relieve pain, or if there is significant compression of the spinal cord or nerves.



Dr. Jin Sung is the owner and treating physician at Functional Chiropractic, Inc. The office is located at 126 Merrimack Street in Methuen MA behind Heavenly Donuts. Dr. Sung can

be reached at 978 688-6999 or you can get more information about the practice at www.DrJinSung.com



Merrimack Valley Hospice Offers Free Volunteer Course at NECC

HAVERHIL/LAWRENCE – Learn how to make a profound difference in someone’s life in just 2 hours a week! Merrimack Valley Hospice will be offering an 8 week, free Hospice Volunteer Training through Northern Essex Community College on Mondays 9:00 – 11:00 a.m. beginning on September 27, 2010 through November 22, 2010.

Using lecture, real life stories and small group exercises you will learn how to provide practical help and emotional support to those with life limiting illnesses and their loved ones. At the end of this in depth comprehensive 8 week training, you will not only receive your certificate but you will become a part of a very special group – ordinary people making an extraordinary difference!

All training provided by professionals from Merrimack Valley Hospice.

Classes are held at Northern Essex

Community College Riverwalk Center, 360 Merrimack St., Lawrence, MA, 01843.

Even though the class is free of charge, the college has requested that all registration be completed through their offices. Please call Enrollment Services at Northern Essex Community College 978.556.3700 to register.

Merrimack Valley Hospice, the trusted name in end of life care for more than 30 years, is affiliated with Home Health VNA and HomeCare, Inc. Together, the three agencies serve more than 90 communities throughout the Merrimack Valley, Northeastern Massachusetts and Southern New Hampshire. In June 2009, they opened the Merrimack Valley Hospice House located at 360 North Avenue in Haverhill.

For more information on Merrimack Valley Hospice, visit www.MerrimackValleyHospice.org.

Peanuts Are Everywhere!!!

Dr. Thomas Johnson

VALLEY PATRIOT ALLERGY COLUMNIST

Peanut allergies on the rise! And to make matters worse, they are being found everywhere and in every thing.

Whether the allergen is found in peanut butter, peanut oil, or in peanut shells is seems as if we are hearing more and more about this usually innocent but sometimes deadly nut. Peanut allergies, unlike other food allergies, is seldom outgrown and is one of the most dangerous food allergies.

One theory for the peanut allergy rise suggests that people are using more and more medications and over the counter prescriptions. This medication use leaves immune systems in a condition that is more prone to attack harmless proteins, such as those in foods, pollens, and animal dander.

The increase could also be related to the way peanuts are being processed. Most peanuts are roasted, and roasting makes a more allergenic food out of nuts. Roasting peanuts changes the sugar and makes the protein more stable to digestion and easier for the immune system to attack.

Whatever the reason for the rise in peanut allergies, and the severity of people’s reaction to the allergens within the nut, they can still be dealt with if we use a little preparation.

This season is the time to be proactive



and prepared for an allergic reaction to peanuts. The state of Massachusetts has recently jumped on board with this line of thought. Concerned by a rise in food allergies, Massachusetts’s health authorities plan to start requiring that restaurant staff and their menus address diners’ potential adverse reactions to nuts, and other ingredients that can make pulses race and lungs tighten.

Under the state Department of Public Health’s latest regulations, thousands of

DR. JOHNSON, page 36

American Cancer Society Prepares to Make Strides on October 3rd

Nearly 40,000 walkers hope to raise about \$3 million

(Boston, MA) – Nearly 40,000 breast cancer survivors, their families, and volunteers from around the state will converge along the Charles River Esplanade in Boston hoping to raise approximately \$3 million for the 18th annual American Cancer Society Making Strides Against Breast Cancer five-mile walk on Sunday, October 3. Registration and rolling start are set for 8pm – 10am. Boston’s Making Strides is the nation’s oldest and largest one-day walk, raising more than \$42 million for the fight against breast cancer since its inception in 1993. Participants will have the opportunity to help the American Cancer Society create a world with less breast cancer and more birthdays by participating in this year’s walk.

This year, Boston is one of 22 Making Strides walks being held this October in New England, and one of more than 160 Strides events that will be held throughout the nation. According to American Cancer Society statistics, every three minutes a woman in the United States learns she has breast cancer. In addition:

* Breast cancer accounts for nearly

one out of three cancer diagnoses among women in the U.S.

* An estimated 207,090 U.S. women will develop breast cancer this year and 40,230 will die

* In Massachusetts, 5,320 women will develop breast cancer this year and sadly 780 will die

* Progress in both early detection and treatment of breast cancer has resulted in decreasing mortality rates since 1990. Breast cancer caught early before it has spread has a 98% five-year relative survival rate. 61% of breast cancers are found at this early stage.

“As the Official Sponsor of Birthdays, the American Cancer Society wants women to see the real tangible benefits of taking care of themselves,” said Janet McGrail, state vice president for health initiatives at the Society.

Making Strides Against Breast Cancer supports the American Cancer Society’s unique mission to save lives and create a world with less cancer and more birthdays by helping people stay well by preventing

CANCER, page 49

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Thomas Connors
VALLEY PATRIOT WOW! COLUMNIST

Hey, there are many ways to "pay the price" to get what you ultimately want. Some are legitimate and some are really questionable. Some leave us with lasting feelings of accomplishment like Living the WOW! and some leave us empty and still wanting.

Heck, we could all go out and sue somebody. If we got good at it we could actually do quite well financially. Eventually though, we'd still be asking, "Is that all there is?"

Then again, we could sit around in a circle and pray as hard as we can to have a miracle happen and expect dollar bills to fall from the sky right in our lap. Ok, so maybe that would be a bit unrealistic.

Finding the Easy way to success has become so accepted that it's not surprising people come up with all kinds of schemes to Live the WOW!

Accept this fact. It's no Secret. You get what you give. You reap what you sow. The Price you are willing to pay determines your level of success.

It's as old as time. Everything has its price. From the time of Adam and Eve to the present. Sure, everything Adam and Eve could ever hope for and dream of was theirs for the taking. And what an easy, small price to pay. Just one bite of the apple. Well, that turned out not to be such a good deal. We have been paying for it ever

since!

Compare that to the genuine sacrifice of our Lord Jesus? He paid the Greatest Price ever paid ... His own Life. Thank God He doesn't ask for the same in return. We can earn our opportunity to Live the WOW! for a much lesser price.

And how about those overnight success stories? Those who seemingly come out of nowhere to achieve incredible success. Until we learn they paid the price by studying long hours and practicing their skill for years before beginning to Live the WOW!

So, stop kidding yourself. There is no easy way out. The vast majority of successful people Living the WOW! earned it the old fashioned way; they worked for it!

People Living the WOW! methodically plod along until their opportunity hits. Then, all their hard work comes to fruition and their Dreams come true. Why? Because they prepared and they were ready for whenever and whatever solid opportunities came their way. They never doubted their eventual success. They know that is how Life works.

Roll up your sleeves. Put in the time and effort. Get ready to Live the WOW! with an enthusiasm and excitement, the likes of which you have never felt!

I remember as a kid I had the responsibility of taking care of the outside of our home. Cutting the grass and watering the flowers seemed like an eternity to a 10 year

old.

Mom instilled in me the attitude that if you put in the effort, the results will always leave you feeling a sense of accomplishment; even if they were not quite what you hoped for. The lesson was very clear. The effort in itself presents a sense of reward. The process of the actual work builds strength of character and a feeling of achievement in and of itself.

In case you are wondering ... our lawn was green without a single weed, always perfectly trimmed and framed by the biggest and most colorful zinnias and marigolds.

Imagine putting in that kind of effort with your children, spouse, hobby, job and spiritual life!

It's really a simple formula. If you refuse to put your time in and do the grunt work that is necessary, you will never Live the WOW! It is as simple as that.

Don't just take your son or daughter to soccer practice and drop them off. Stay and watch them. Then, next Saturday, go to the nearest field, just the two of you, and practice passing the ball around. Really WOW! him or her and go together, as a family, to see a movie another night. Take the time. No, MAKE the time to show your child how special he or she is to you!

You want to earn more money and impress your supervisors? Register for a class that will give you the knowledge you need to make your next career move. Do it now.

You will be Living the WOW! sooner than you think.

Living the WOW! doesn't come cheap. Nothing worth having ever is. Start Banking your down payment NOW to ensure a great return on your investment tomorrow.

Our Graduates at American Training's LARE Training Center learn right from day one. If you want to learn a skill and get a job, you have to work at it. No one is going to drop success in your lap. You are not going to become an expert by simply wishing it.

Alvin in our StarWorks Program is a shining example of the WOW! in action. After working hard and proving himself he took it one step further. During his interview process at a company, he WOWed! them with a suit, tie and a great attitude. He not only got the job, but an office and the makings of a rewarding career. ...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 © 2010

Simple Wisdom

Asking for Grapes

Gail Van Kleeck
VALLEY PATRIOT COLUMNIST

The other day I dreamed I'd gone to a women's luncheon. When the luncheon was over I saw a long, white limousine waiting outside. Although there was clearly room for me and I truly wanted a ride, I didn't want to seem presumptuous or to impose myself on the other women. Instead of speaking truthfully, I was inauthentic. Rather than asking for the ride I wanted, I asked for directions. Then I smiled and waved as the limousine and its passengers slowly passed me by.

The dream reminded me of a story a friend once told me about a cross-country train trip she had taken with her grandmother. She said one night the dining car had been mistakenly switched from the rest of the train so there was no breakfast for anyone the next morning. She told me about the woman who sat across the aisle and was slowly eating the grapes she's brought with her on the trip. When my friend leaned forward to ask the woman for some of the grapes her grandmother stopped her. "She will see that you are a hungry child and offer them to you," she said. "What if she doesn't?" my friend persisted. "Grapes you need to ask for" her grandmother replied knowingly, "never taste as sweet."

What if my friend's grandmother was

wrong? What if being courageous enough and authentic enough to ask for what we need is actually the first step in receiving it? How many times has each of us walked or gone hungry in our own lives because we have mistakenly believed that the people around us will have both the ability and the desire to read our minds?

Asking for what we need does not automatically guarantee that we will get it. Somehow though, the act of honoring ourselves enough to speak our needs aloud increases the possibility that our request will be answered ... although not necessarily in the way we expect.

Being authentic enough and vulnerable enough to ask for what we need is one of the most empowering things we can do for ourselves. It helps us to grow in self respect and to honor what is truly important and essential in our lives.

WHAT WE FOCUS ON IS TRULY WHAT WE SEE



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

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Please See our Ad on Page 33

Caring for elderly loved ones with disease

Terri Mercier
VALLEY PATRIOT SENIOR COLUMNIST

Taking care of an elderly loved one is no easy task. When disease is involved, it becomes even more challenging. People who care for an elderly loved one make up almost one quarter of adults in most states in America, and the numbers are growing. Family caregivers provide almost \$310 billion dollars in free services to the elderly in this country alone. “Caregiver” or “care giving” are terms that many have not heard before. Basically the term refers to a person who is responsible for or attending to the needs of an adult loved one. A spouse, son, daughter, grandchild, or even a friend may be the caregiver. Sometimes it may be a collaboration of several members all doing a different task to help accomplish all the needs of the individual. Collaborating is an ideal situation, because it helps prevent burnout. All too often, however, the task of care giving falls on the shoulders of a single person. Many who provide this service make big life style changes in order to provide for their elderly loved one. Many take on this task with little or no experience, and there are many tasks to undertake.

An elderly person may need assistance with getting dressed, hygiene and toileting. Providing transport to doctor visits, cooking meals, monitoring proper nutrition, making sure they take medications properly are other tasks provided by the caregiver. The elderly person may also need assistance with finances, making sure the bills are paid, balancing their accounts, and providing for the upkeep of their homes. Care givers are most often people with the biggest hearts and deserve to be recognized for the monumental service they give to others. The role they take on can quickly lead to burnout, and they often forget to take care of themselves. All too often they go unrecognized or unappreciated by other family members who lack the full understanding of the sacrifice they are making to be able to care for someone. Perhaps you are not the primary caregiver of your loved one, but you can help by offering to fill in occasionally, or you might offer to take the caregiver out to lunch or to a movie. Being there as a good listener gives emotional support as they vent and release their stress.

Caring for an elderly loved one is challenging enough in itself; add a common disease that often affects elderly, and you’ve got a big responsibility on your hands. There are several common diseases which afflict the elderly. Arthritis is probably the most common. Basically it is the inflammation of the joints in the body. While arthritis can include more than 100

conditions, there are two basic types of arthritis: rheumatoid and osteoarthritis. Rheumatoid starts at a young age, while osteoarthritis tends to affect people age 50 and over. Often rheumatoid arthritis will come and go, while the pain and stiffness from osteoarthritis will gradually worsen over time. Arthritis can affect any joint in the body, but typically rheumatoid begins in the upper body such as finger joints, while osteoarthritis might begin in the knees, hips or lower body. Arthritis can begin and present itself differently for every individual. It is the leading cause of disability in American over the age of 15. The exact cause of arthritis is unknown.

Dementia is the progressive deterioration of the cognitive function of the brain due to the degeneration of the nerve endings that send impulses to the brain. Dementia describes a specific group of symptoms. These can include confusion, impaired memory, disorientation, personality changes, and the inability to make appropriate decisions. All too often someone with dementia knows that something is not right and they will do their best to hide this from others. It is frightening for them, and they will need you to be emotionally supportive during this stage of illness. Caregivers must be very observant and keep their loved one’s doctor aware of these changes. Moving someone with dementia can also make their confusion a lot worse, so it is important to keep changes to a minimum. When changes must take place, their dementia will often become worse, and they will need much support in adapting to these new changes. There are many types of dementia, but Alzheimers is the most well known form of dementia. Although it cannot be truly diagnosed until after a person’s death with a study of the brain in an autopsy, there are many symptoms that can lead a doctor to conclude Alzheimers in a patient. Caring for someone with dementia can be very stressful and at times overwhelming. Do not be afraid to speak up and ask for and accept help. Talk to your loved one’s doctor who may be able to provide treatment for problematic behaviors. There are also many different support groups available to help those that care for others. Unfortunately, there is little that can be done to treat dementia.

Diabetes in the elderly is often due to poor dietary choices. They consume too many sugars and fats. With the elderly their bodies have a much harder time secreting the right amount of insulin to keep the blood sugars down. Diabetes in elderly is incurable and can only be kept under control through medication and diet. This can be difficult to encourage and you will

ELDERS, page 45

Being the candidates son!

Zeke Golnik
VALLEY PATRIOT KID COLUMNIST

Hi my name is Zeke Golnik and my dad, Jon Golnik is running for Congress in the 5th district of Massachusetts. My dad is a hard working man who is unhappy about our country right now and wants to make it a better place for me and my sister Tillie when we grow up. But to do that my dad has to be gone a lot. Sometimes I get a little sad when he is gone but when that happens I always think about why he is doing it... for me and my sister!

My dad usually leaves around 7am and comes back at 10pm. That is a long time but throughout the day he calls and asks how we’re doing like a loving and caring dad does when they are away. Sometimes on special occasions we get to come to his office and hang out there! There is a big space in the back of my dad’s office for

me to practice my hockey shot. The wall is brick so the hockey pucks come right back to me after I shoot them. I also hang out with my dads’ staff, but not too much because I don’t want to distract them from their work.

During my dad’s campaign I have been able to meet a lot of interesting people, learn a ton about politics and become a nicer person. I think my dad is doing a wonderful job in the race and if somebody says something mean about him

he just ignores them and keeps plugging along. My dad is doing the right thing and even though he is gone a lot he still finds some time to spend with his family. So vote for my dad on September 14th and November 2nd. And remember what my dad says “Congress isn’t listening. Jon Golnik will.” So remember... VOTE FOR MY DAD!

E-mail Zeke at Zeke@jongolnik.com



SILLY BANDS!

How many Silly Bands do YOU have? I own 478 and I will be getting more soon. They are popular in schools. Think Silly Bands are only for girls? Wrong. Lots of boys wear them too! So do adults. But don’t give them to babies that can be dangerous. They’re a choking hazard. Are Silly Bands banned in your school? They are in mine. At the end of the last school year, some kids started getting distracted in class because of them. And, finally, the teachers had had enough! One by one, the teachers started banning Silly Bands. It was a shock to my best friend and me. Are you having a competition with a friend to see how who can collect more Silly Bands? My bff and I are! Whenever she gets more, she tells me. Whenever I get more, I tell her. It’s fun! But we don’t get too competitive. I have fun with my Silly Bands! I hope you do too!

Emily, Methuen resident, Junior Reporter for the Valley Patriot

Dr. JOHNSON: FROM PAGE 34

restaurant workers must undergo training and then return to their kitchens, sharing lessons on how to prevent dishes from being contaminated with allergy-inducing ingredients, such as peanuts. Schools and government officials are creating rules and regulations to help prevent allergic reactions to peanuts, but it is the responsibility of everyone to be prepared. If you are allergic to peanuts, make your best effort to avoid peanuts and carefully read labels. Keep an EpiPen nearby and know how to use it. If your child has peanut allergies, be sure that the school and school nurse are notified of this allergy and that they have an EpiPen on hand incase of an allergic reaction. Consult your local physician for more on how to prevent an allergic reaction to peanuts and how to be prepared for one.

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* dispensers * paper plates * napkins * facial tissue

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* foil * hairnets * aprons * straws * bowls

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Tyler Dumont

VALLEY PATRIOT TEEN COLUMNIST

Wake Me Up When September Ends!
Okay, so maybe it's not just a great song by Green Day. For me, it's a saying that keeps racing through my head. I have so much going on, it is insane. From college visits, to starting my last year of high school, to planning the come back of Teen Talk, it has been non-stop for quite awhile. But anyway, enough complaining.
As I just mentioned, Teen Talk is finally returning this month! (Yes, I know you're pumped). After a schedule mix up, I learned we're definitely back on for the 13th. As far as what you can expect to hear, all I can tell you is you will not be disappointed! We have a lot of new things planned for you, including some great guests and new topics. Most importantly, one of my goals is to really get our listeners involved with the show. After all, you guys are the only reason I am on the air. I am allowed to have a public voice thanks to you: our advertisers, and buyers who shop at those advertisers. I need you in order to keep doing my show and to bring you the latest in information and issues that are affecting teens. I really want to know what's on your mind, so

please call in live at 978-454-4980 or call the Teen Talk Hotline at 617-433-6174 at anytime to let us know what you're most concerned with in life.
I also really want to reach out to parents. As we broadcast live every Monday evening from 7-9 P.M., I invite you to get involved with the program. Even if it's just simply listening to what we teens have to say, you never know what you may learn or take away from listening to Teen Talk. If you feel up to it, I invite you to also call in to our on-air lines. Parents are often some of our best callers. You offer great questions, concerns and comments – and for that I am grateful and truly thankful!
On another note, next month is Halloween, and that means only one thing for me...haunted houses! It's probably my most favorite time of the year. There's so many places to go to around the Merrimack Valley, including Witch's Woods, Fright Kingdom, Nightmare New England, Trails of Terror, Livingston Street Terror, and some other smaller guys. The producers of Teen Talk, along with myself, would be honored to tour your haunted house and give it a rating on air, as we have done in the past. Please email



PHOTO: COURTESY

us if you are interested!
Lastly, it's election season. If you have turned eighteen and have not yet registered to vote, please do. As a teenager who used to pay little attention to big political issues, I've learned how important it is to pay attention. By working in the media, one must report and consider many issues across the table. It's important to form your own individual decisions and thoughts, and the only way to do that is to start getting involved at a young age. Now, I'm not saying get ready to go sign up to run for selectman, but I do recom-

mend listening to a debate or two on WCAP and reading The Valley Patriot so you can at least learn about what's happening. Even if you're not eighteen, consider taking the time to investigate what politics is all about. You might be surprised in what you find.
Thanks for taking the time to read my column, and please, give us a listen and tune in to Teen Talk, every Monday evening from 7-9 P.M. on 980 WCAP! Good luck to all of my friends and other students as they return to 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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-Mike Gagliardi,
Local 175 Laborers' Union of North America



Governor Deval Patrick with Lawrence Mayor Willie Lantigua, State Rep. Barry Finegold, State Rep. David Torrisi and Robert Nunez of the Department of Revenue last year announcing his plan to help Lawrence out of its financial crisis.

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Hiring a Pet Care Professional may save your Pet's Life

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

In the last forty eight hours of writing this I have heard of four preventable animal tragedies. On 495 in Methuen a dog was running along the guard rail and became frazzled. The dog ran into on coming traffic, got struck by a car and died.

On Main St. in North Andover a puppy got loose from a house, ran into the middle of the road and was hit by a car receiving injuries to its front leg. In Andover a cat escaped from its home and has never been seen again.

In all three of these incidents, the pet owners were out of town and relied on a family friend or relative to take care of their loved ones.

After hearing about all of these situations I was floored to have heard one more. A family went out of town and let a neighbor's 17yrs old child stay at their home to take care of their pets. The unthinkable happened.

This teenager, with way to much freedom and lack of maturity, decided to have a home party with alcohol and minors. The police came and broke up the party and sent everyone home. Not only did this family let a minor take care of their pets,

they put themselves in a situation where a house party of drinking could have gotten out of control, the animals may have been hurt or neglected and their home could have been destroyed. Or worse, a teen may've drove drunk and killed someone.

Was all of this necessary? No... Was this fair to your family pet? No... so I must ask WHY do it? As a pet owner you were not responsible to the wellbeing, safety and health of your pet. This is your loved one, this is your family companion, this is your loyal defender and this is how you show your love and respect for them. That is simply irresponsible

Understanding the economic times, people are cutting back in certain areas to still have enough money to do the things that they want to do. However, caring for your animals is not an area that should be taken lightly.

There are options available and some are very affordable. But as a pet owner it is still your responsibility to plan ahead and include your animal care in your travel budgets.

Hire a professional!

We are out there! This allows you to go on your long weekend, go to that family wedding or take that 10 day vacation without any worries.

Professionals all carry insurance and are bonded. Professionals all are CPR and animal first aid trained and a professional will know how to handle your animal's anxieties, stress, and change in behavior while you are away.

A website I recommend to help find a pet care provider in your town would be www.petsit.com every company on this site does carry the required insurances needed.

However, always remember to interview the pet care provider before your hire them to make sure you are comfortable with this person taking care of your pets and being in your home.

School is starting and having someone available to help you with your pets as

you are attending those after school activities, going away on weekends and holiday vacations is something you may want to start looking into today.

Isn't your pet worth it? Mine is!

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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My Sweet Lani

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

On August 28, 2010 my life changed forever...my sweet Lani arrived! At 2:15 pm on this beautiful Saturday afternoon there were approximately fifteen cars lined up along the side of the road waiting for the transport bus to pull in.

Anxiously waiting we were all standing around asking each other, who are you picking up, are you a foster or are you adopting? Have you used this rescue before? Will they be on time? The nerves

were in the air and we all had them. Not knowing what to expect but ready for the arrival, we all couldn't wait for that bus to arrive from Texas.

Then around the corner she came...the white transport bus we had all been waiting for had just arrived. It drove by and turned around to be next to us. I couldn't believe it. My dog was here. My life was about to forever change. Single, come and go as I please, do as I want, be responsible for nobody but me, all that was no longer with the simple turn of the truck. And I couldn't have been happier!

A month prior I had been looking at the rescues on line. I had been telling myself when the time was right I would adopt. But it seemed like that time was never right, it was never going to happen, there was always something. But then I saw Lani's picture. I couldn't believe my eyes; I couldn't believe I was seeing what I was seeing. No way I thought. I looked at a few more pictures of other dogs and came right back to Lani. I pulled up her profile and was in even more shock as I read. Everything I was hoping for in an adoption was listing on her bio sheet. I literally got up and walked away from my computer because I couldn't believe what I was seeing. When I returned I read it again...the words were the same. It was true; everything I was hoping for was Lani. I then



knew it was now time!

I began the adoption process and filled out all the paperwork. Days later I was scheduled for my home visit. Passing that with no problem, I started buying all the necessities needed for my new dog. I was prepared. I was ready. But I had no idea.

As the dogs were coming off the bus, I still had no idea. I was ready, I was prepared, I did everything right. I want my dog but I still had no idea.

Then I saw her, the most beautiful Boston Terrier I had ever seen in my life. The care taker was holding this

20lb nervous petite little black and white canine. She was scared, she was being relocated again and she knew it. The obviously frightened dog didn't know what was going on. She was tired, she was hungry and she was shaking. The care taker handed Lani to me and I knew, I knew that was my baby, my girl, and I couldn't have been happier. I was that person taking all the pictures, I was that person saying she is so precious, she so sweet ...but I still had no idea.

When we got home and started to get settled in, she knew I was going to be the person taking care of her, she knew she was in a new location, but she had no idea. I put her in the tub to give her a bath. As I was rubbing shampoo down her back, and splashing the water on her to get the dirt off her, Lani stood up and turned around and faced me. She so gently climbed up me and leaned over and starting kissing me.

At that point we both knew...Lani was forever home!



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



Pet-Sitter gives back to MSPCA/Nevins Farm

NORTH ANDOVER – As a life-long dog owner and current “mom” to two MSPCA rescue cats, Theresa Fritzler, owner of Up A Tree Pet Care of North Andover, wanted to give back to the local animal shelter. Becoming a volunteer animal caregiver at the Methuen MSPCA/Nevins Farm was a perfect fit and the dog area is where she decided to focus her attention.

During the two mornings she volunteers every week, Theresa spends her time walking the dogs and assisting with feeding and other duties. “At first”, Theresa said, “it was heartbreaking and shocking to see such a large number of dogs, cats, birds, rabbits and other furry and scaly critters in need of homes, not to mention beautiful horses and other farm animals.” She went on to say that, “It is continually inspiring to see how dedicated the staff and volunteers are there, and how loving the animals are given their homeless situation.” Theresa said, “The real reward is coming in each week and seeing signs around the kennels with ‘I’ve Been Adopted’. Seeing those signs is uplifting and makes my day happier.”

Volunteering just wasn't enough for Theresa though, so she decided to involve her pet care business as a means to donate money to the Methuen MSPCA/Nevins Farm. After giving it much thought, Theresa had a eureka moment. Up A Tree Pet Care is reaching out to pet owners to partake in her donation effort. Up A Tree Pet Care is donating \$1 of every pet sitting or dog walking visit to the Methuen MSPCA/Nevins Farm. In time, Theresa hopes that with increased pet care visits, Up A Tree Pet Care will contribute a significant amount with the help of caring pet owners.

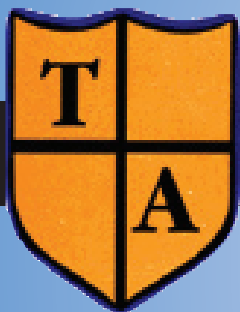
One more opportunity to support the Methuen MSPCA/Nevins Farm is by participating in their 2010 Walk for Animals on Sunday, September 12 at Spencer Peirce Little Farm in Newbury, MA. Up A Tree Pet Care will be at the Walk in the exhibitor section with a table and lots of pet and people treats, along with opportunities to win pet care services.

For more information about Up A Tree Pet Care, visit www.upatreepets.com, or call Theresa Fritzler at (617) 413-9617, or email info@upatreepets.com.



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PUPPY LOVE! with Kate Whitney

Kate Whitney

VALLEY PATRIOT PUPPY COLUMNIST

Happy fall!

Where did the summer go? I don't know about you, but I am really sad that summer is almost over; I'm not ready for cold weather just yet! I am, however, ready for the Patriots to get going and kick some butt! Fall is a great time of year, and with the changing of the seasons it's a good idea to check your pet's records and make sure they are up to date on all vaccines, heartworm pills, and flea/tick preventative.

For this month's column, I'm changing it up a little bit. What I have decided to share with you isn't a "column" at all; it's a pet's eleven commandments. The animal control officer for Ipswich, Matthew Antczak, shared this with me and I wanted to share it with all of you. He wasn't sure who the author for numbers 1-10 is, but the purpose of it being sent to him was to keep it circulating. If anyone knows who wrote it don't hesitate to email me so I can give credit to the author. Matthew added number 11 to the list. These are just so good I wanted to share them with you all.

A Pet's 11 Commandments:

1.) My life is likely to last 10-15 years. Any separation from you is likely to be painful.

2.) Give me time to understand what you want of me.

3.) Place your trust in me. It is crucial for my well being.

4.) Don't be angry with me for long

and don't lock me up as punishment. You have your work, your friends, your entertainment, but I have only you.

5.) Talk to me. Even though I may not understand your words, I understand your voice.

6.) Be aware that however you treat me, I will never forget it.

7.) Before you hit me, before you strike me, remember that I could hurt you, yet I choose not to scratch or bite you.

8.) Before you scold me for being lazy or uncooperative, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, or I've been in the sun too long, or my heart might be getting old or weak.

9.) Please take care of me when I grow old. You too will grow old.

10.) On the ultimate difficult journey, go with me please. Never say you can't bear to watch. Don't make me face this alone. Every thing is easier with you there, because I love you so.

11.) Please don't take me shopping with you, especially on those hot days, and leave me in the car for a "MINUTE" while you run in. It gets very hot and uncomfortable. I'd rather be left at home and come running to greet you at the door when you return.

Take a moment to let those thoughts sink in. They are all very important, don't ever forget them. Print them out and hang them on your refrigerator or someplace where you can see them every day, so you can be reminded of

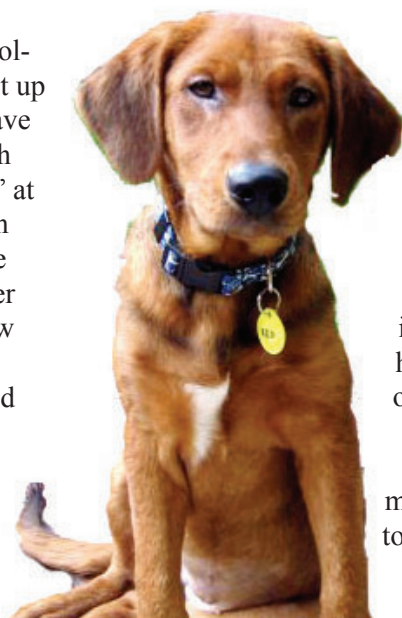


PHOTO: COURTESY

The Valley Patriot's PuppyGirl, Kate Whitney getting a kiss from Dash while she holds two foster puppies waiting to be adopted through One Tail at a Time. 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

how your pet wants to be treated. A pet is a special thing and should never be thought of as "just an animal." Responsible pet ownership is something you should take very seriously.

On another note...I want to tell you about a really exciting opportunity that was presented to me. A good friend of mine, who also happens to own the restaurant in Andover called "Glory" emailed me to let me know about a really great thing she is doing. She is having currently "celebrity bartending" every Tuesday and Thursday through November. From 6-8pm at the bar, 10% of sales and a percentage of tips will go towards the "celebrity's"

charity of choice. So hang on to your hats...I, along with my best friend, Dana, will be bartending at Glory on Thursday October 7th from 6-8pm and donating the money to One Tail at a Time Rescue (obviously). There will be a fashion show put on by Intermix immediately following our "debut" as bartenders. So please come out, enjoy some great food and company, and help out a really great cause!

Let's save some dogs!!!

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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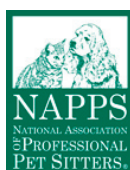
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Everything Does Not Sparkle in Hollywood: Ten & Out not Living up to their Name

Introducing Ruben Gonzalez

Dairon Sky

VALLEY VIBE CONTRIBUTOR

It is so rare to come across people these days that can easily light up a room with their positive outlook on life, but Ruben Gonzalez is not your average person. Residing in the North Shore area, this multi talented dancer reminisces on days when he had no shelter and his means of survival was only an eight count of music. Now in a better stage of his life, he is comfortable to share his story with others to help inspire those who feel that there isn't a way out of the poverty.

Ruben's story can be played out in Hollywood as he has survived things that I could not image doing; sleeping on park benches, only having enough belongings to fit in a garbage bag, dropping out of high school, etc. A pure comedian by no doubt, but his rebel persona is hidden under the jokes and the laughter – one would never think about the pain Ruben has underwent to become who he is today.

It all began on a fourth grade field trip where he witnessed girl group 3LW rehearsing for one of the group's first live performances – he was exposed to the work ethic that was back bone to the industry and simply fell in love. Ruben soon drove himself into writing poetry, songs and short stories as dancing came along later in life.

Hiding his talents for years to come, Ruben had finally exploded on the scene when he first emerged with his dance group M.O.V.E. (Most Outrageous Vibe Ever) in 2005, after trying to become one with several groups in his area and failing to break into their comfort zone. Starting his group was his way of not only making a statement but always to prove to others that he too could make his dreams a reality. With his "I can" attitude, M.O.V.E. grew rapid popularity and Ruben's talents were set on fire as other dance troupe's had a new competitor on the horizon. Sadly, M.O.V.E.'s reign had ended since Ruben was so young and had never experienced managing a group of individuals with growing egos of the talent that he created.

Deciding to focus on his aspirations, Ruben had decided to take after his musical inspiration; the late Lisa "Left Eye" Lopes of the girl group TLC. "It is just her persona that attracted me. She was self-driven and did not care what the industry thought of her and I wanted to be like that by not only having goals, but achieving them as well."

Now at the age of twenty-one, Ruben has many accomplishments to look back



upon and smile. Such highlights of his young career would include; opening and operating E.G.D.E Dance Company, joined Boston's very own Static Noise and is currently working very closely with independent artist Dairon Skye in creating the ultimate stage presence.

"Working with an artist has been the biggest transition for myself as I have always dealt with other dancers and creating stage visuals as a group. Now, I have to use the dancers to highlight another's talent but I must say that it is fairly easy working with Dairon since he also has a dancer background. We discuss costuming, stage coordination, lighting and every element to create the most professional experience for the audience."

When asking Ruben to look back on his journey in life and what advice he could offer to others. "I am a rebel – a hard head, my mother would say. I have done several things to survive and to prove to others that I can make it on my own terms. I'm happy now, as I have learned to seek the positive things in life and how to be a responsible adult. I am finally returning back to school this fall and getting my life in order."

For bookings contact: Ruben Gonzalez, Dancer, Choreographer. (978) 973 - 2968, Rueboyboy@hotmail.com

When people see the name Ten and Out, there are immediate questions about the name of the band and where it came from. Most people have their own ideas but are way off base and are humored when they find out where the name really came from.

"The name Ten and Out came from the lack of songs we could play," says founding member and bassist Mike Rees.

"It seemed like, for the longest time, all we could seem to bang out were 10 songs. Nobody wanted to put more time and effort into the band. So, I always thought; if we got onstage, we'd do ten songs, and we'd be out!"

For the band, this was the case for many years, as Mike and Leo Muise started to get serious. Muise, who plays primarily keyboards and rhythm guitar, started Ten and Out with Rees, as these two were in a band together, called 5 Car Pile Up.

The band seemed to always start heading in the right direction, but as fate would intervene, family issues, work, or conflicting egos always got in the way of a complete, functional lineup.

That was, until 2009, when lead guitarist Norm Mendeita and drummer Rob Bowes, saw the band was auditioning guitarists and drummers, and these 2 friends, (who played together in Under-Cover), went in for the audition.

Rees and Muise liked what they saw from these two seasoned musicians, and things were looking good. Now just to nail down a front man who had stage presence and can sing. As luck would have it, lead vocalist Joseph Costa just became expendable.

Costa was the front man the cover band

Jammed. Things were fairing well for the band, but in time, artist differences and unjust politics turned Costa into a scape-goat and upon returning from a vacation, parted ways with Jammed.

Fortunately, Ace Yates, the lead guitarist from Jammed, felt Costa was treated unfairly, and sent his bio over to Rees. Rees liked what he heard, called Costa in for an audition, and as of November, 2009 Ten and Out had a stable lineup.

The band, which now covers songs from multiple decades, is quite happy and continue to grow a steady fan base in the Merrimack Valley and Southern New Hampshire. Many who come to the shows are surprised by the songs they cover. Their first show was this past January at Slammers in Bedford, NH and their list of ever growing gigs show that this cover band is serious.

"The energy and the interaction the band had with their audience was remarkable!" says Tina Buonanno. "The band was playing songs by bands like Styx, Foreigner, Journey and others that many bands couldn't do nor would put the time in to learn them."

Ten and Out doesn't want to fall into the typical cover band category, so they continue to work on newer songs, as well as perfect older dance songs, and this shows when the dance floor is hopping."

Ten and Out has solidified themselves as a cover band that will not go unnoticed. Playing publicly only since this past January, they already have a good following and club owners know when Ten and Out play at their establishment, well, they're bound to get more this time around then what their name originally indicated.



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VALLEY PATRIOT TV REVIEW

A Good Fall Back – “Rules of Engagement” CBS Mondays, 8:30 pm

Beth Daigle

VALLEY PATRIOT ENTERTAINMENT REPORTER

What a glorious summer it has been! The weather has been amazing but as far as TV goes, the options have not been so splendid. In typical summer fashion, I have been gravely limited to reruns and reality shows. While I will openly admit to watching many of the raunchy reality shows that have hit the airwaves; I feel that most are not worthy of review. But “real” shows are few and far between these days and I am not much of a crime show watcher so what exactly have I been watching?

One show that has slipped under my radar over the years is “Rules of Engagement.” It’s not been for lack of interest, it just never seemed to fit the schedule. Well, this summer has afforded me the opportunity to catch it regularly on Monday nights and I must say it has been a good fall back.

The hilariously dry humor of Patrick Warburton (Puddy from Seinfeld) who plays Jeff, the veteran married guy, undoubtedly steals the show. His all-knowing, quick wit is priceless. Opposite Jeff is his wife, Audrey, who honestly doesn’t add a lot to the ensemble. The same is true for the soon to be married, Jennifer, who lives across the hall. While the ladies of the cast aren’t independently valuable, they do provide the ammunition to fuel the men’s fire. Jennifer’s fiancé, Adam, is played by Oliver Hudson, son of Goldie Hawn and brother of Kate Hudson, and while so many of my fellow TV fans find him theatrically challenged, I actually like his simple, dimwitted role

and talent. Adam’s admiration for Jeff’s guy’s guy persona, challenged by his puppy dog desire to please his fiancé presents a comical conundrum that elicits a good chuckle now and again. David Spade rounds out the cast by balancing the couple drama with the freedom of a single, self-absorbed dirt bag whose total lack of respect defines him and his solo lifestyle. Interestingly, Russell’s lewd loner routine alone didn’t cut the mustard because he was given a recurring counterpart in his assistant, Timmy. I appreciate some of the humor offered through this dysfunctional business relationship, but truth be told, they could have easily done without the additional storyline.

I am glad to have been reacquainted with “Rules of Engagement.” It is a decent watch and allows men and women alike the opportunity to connect with the plot on some level or another. I look forward to continuing to watch it in the fall along with the returning and new programs that will premiere in September.

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

Shawn Hansen’s Music Corner with Willie J. Laws Jr.

Thinking of blues music, the names Kenny Neal, Lucky Peterson, Micheal Burkes, Ronnie Baker Brooks, Bobby Rush, Joe Trevino at Blue Cat in San Antonio, House of Blues in Las Vegas, Phillip Walker, B.B. King, Buddy Guy, Taj Mahal, and Robert Cray might come to mind.

These are some names listed of talented blues players from Willie J. Laws Jr., a musician who has been in the industry for 25 years.

Teaching himself how to play the guitar, Laws would listen to 45s, and some old albums he had.

“I was working offshore drilling rigs in the mid 80s after I got out of the Navy. Everybody got laid off, and there were no jobs at the time, just like it is right now,” said Laws.

Buying his first electric guitar at the time, he barricaded himself in the apartment with these records to try and emulate them. After about four months of practicing,

he started to go out, and sit in with different bands.



“The first guy to really ever give me a chance to play was Phillip Walker in 1986,” said Laws. At the time, a local drummer that Phillip knew for years pointed to Laws, and said he could play the guitar.

The Willie J. Laws Band is comprised of whatever detriment he is feeling. Laws said that basing his music on an interpretation of what makes everything feel good, it’s all about blues as a root.

On stage, Laws sometimes has what he calls guitar trickeries, where he said they have been a part of the blues man repertoire since Charley Patton.

“It just goes back to Charley Patton days when they get full with that corn liquor, they just go playing behind their backs, or between their legs, or even with their teeth,” said Laws.

The first few times Laws tried playing, **LAWS, page 49**

Valley Patriot MOVIE REVIEW

Scott Pilgrim vs The World

Ben Flagg

VALLEY PATRIOT MOVIE REVIEWER

When I first heard the idea for this movie, I thought it was ridiculous. When I saw Michael Cera was the lead role, I almost cringed. But when I saw that Edgar Wright was directing it, I couldn’t wait. He is without a doubt one of the best directors working today. The only other two movies he’s directed are two of my favorite movies of all time, Shaun of the Dead and Hot Fuzz. Both are brilliantly written, clever comedies. Scott Pilgrim vs The World is no different. But while his other two movies are almost subtle, this movie just goes all out without stopping to let you breath for even a second.

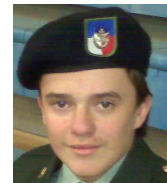
The first thing you’ll notice is the onomatopoeia going on everywhere. For instance, if the phone rings, you’ll see the words RIIIIINGGGG, comic book style. That leads me to one of the biggest points of this movie. If you’ve ever seen Ang Lee’s Hulk movie, you’ll know that it was just slamming the fact that it’s a comic book movie. It was almost like having someone sitting behind you in the theater screaming into your ear “IT’S A COMIC BOOK IT’S A COMIC BOOK IT’S A COMIC BOOK!” This movie somehow manages to make it seem like all that stuff belongs in there, like it would be weird without it there.

The story may sound ridiculous at first, but stay with me. Scott Pilgrim is a deadbeat boy, in a deadbeat band, but somehow with an amazing girlfriend. He thinks she’s the one, until he meets Ramona Flowers. She amazes him in every way, so he breaks up with his girlfriend for her. It turns out she really is the one, but to continue dating her,

he must defeat her seven evil exes. What ensues is some of the most fun I’ve had in a movie in recent memory. It never relents its assault on the senses, and it’s always mixing up the ways it does it. From jokes, to videogame style fights, to chases, it just doesn’t stop.

Edgar Wright described this movie in the best way, that I never even thought of. “In musicals, people will just break into song randomly, and no one thinks anything is weird about it. This movie is the same thing, except instead of breaking into song, people randomly start fighting.” I couldn’t have explained it any better than that. It’s an example like that that shows you just how insane this movie is. But it still stays funny all the way through. Most of the jokes come from pop culture and/or videogame and comic references. Even if you don’t understand half (or all) of the references, it’s still wildly funny. A lot of the comedy comes from Scott’s gay roommate (played by Kieran Culkin) who is so funny, I was literally crying at some points.

No matter what you like, you will like this movie (unless you dislike AWE-SOME!) It’s fun, dramatic, exciting, and just plain hilarious. This is the movie you must go see fall. Don’t listen to people if they say “ewww it looks stupid.” Take it from me, and from all the other critics and anyone who’s seen the movie, it’s some of the most fun I’ve had in a long, long time.



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

Shawn Hansen’s Comedy Corner: Comics for a Cure

Founded on January 9, 2009 by Tracy Harding, Comics for a Cure is comprised with Vice President Liz Morris Tolini, and Chief Technical Officer Robert Pehlke.

Conducting their first show at the Cutler Majestic Theater, over 500 people attended the event last year. On Sunday, Sept. 19, the second annual CFAC will be at the Royale at 279 Tremont Street in Boston, and plans on a full venue of 600. There will be a silent auction and raffle that will take place from 6-7 p.m., as the show itself will start after the raffle.

With the first show benefiting the Children’s Neuroblastoma Cancer Foundation, Harding talked to some parents in the Greater Boston area with a child fighting this disease.

“I was so touched by their heart-wrenching stories,” said Harding. “It was very important for me to raise money specifically for them.”

Some of the expenses these families face include parking garage fees each day of treatment at local hospitals which averages \$20 per day, prescription co pays, deductibles from inpatient stays, tests, surgeries, and home nurses, time off work during treatments and especially during procedures that require a large amount of inpatient recovery time like stem cell transplants.

“I’m not a nurse, doctor, therapist, or wealthy, so the way I decided I could help was to create an opportunity for



“Nick Defelice of Dracut.”

our community to come together and enjoy an amazing line up of comedians to support these families,” said Harding. “It could just as easily be our own, and in different ways we all have the means to help whether it’s time, money, or services.”

Started in 2009 to provide parents of children fighting this unfortunate disease, Harding wanted everyone to have a night of entertainment.

“My niece and hero, Reese Addison Harding (Dallas, Texas) was diagnosed with Neuroblastoma at only 2 months old,” said Harding.

Gaining interest in the comedy scene **CURE, page 49**

Lucky charm comes to town

Shawn Hansen

SPORTS COLUMNIST

The Boston Celtics just missed winning their 18th championship last year as they fell in Game 7 to the Los Angeles Lakers 83-79.

One of the huge reasons why the Celtics didn't win the NBA Finals last year was the absence of Kendrick Perkins who was out due to a knee injury.

Missing a big man at center could have been the reason for losing the last game of the series. This off-season, the Celtics solved their problem by signing the Hall of Fame caliber Shaquille O'Neal to a two-year deal reported to be \$3 million.

O'Neal's press conference was held on Aug. 10 at Health Point, the Celtics training facility in Waltham.

Before the floor was opened up to questions, the traditional presentation of the jersey took place. At this time, there was someone from another media outlet talking into his recorder saying, "Shaq holding the jersey, he's got on a bow tie, wearing number 36." In response, Head Coach of the Celtics Doc Rivers said, "What are you doing play by play down there?"

As O'Neal was introduced to the Celtics, Rivers said they signed him because they felt he would be the next piece to the puzzle.

"That is why Shaq is playing," said Rivers. "That's why he wants to be here, and I'm happy that he is here."

Rivers said at the point of a players career when winning is the only thing, then there is a chance of making it work. Getting a collection of guys who are worried about winning, then it usually doesn't work.

Signing to the veteran's minimum, O'Neal brings a huge resume to the table that includes four championships. In his 18 year career, O'Neal has been a 15-Time NBA All-Star, 4-Time NBA Champion, 3-Time NBA Finals MVP, 2-Time NBA Scoring Champion, 1990-00 NBA MVP, 1992-93 NBA Rookie of the Year, 3-Time NBA All-Star Game MVP, 8-Time All-NBA First Team, 2-Time All-NBA Second Team, 4-Time All-NBA Third Team, and 3-Time All Defensive Second Team.

He spent four years with the Orlando Magic, eight years with the Los Angeles Lakers, 2.5 years with the Miami Heat, 1.5 years with the Phoenix Suns, and a year with the Cleveland Cavaliers.

Playing for five teams over the course of his career, O'Neal has averaged 24.1 points per game, 11.0 rebounds per game, has a 5.81 field goal percentage, 52.7 free throw percentage, 2.3 blocks per game, and 35.2 minutes per game.

He won championships with the Lakers in 2000, 2001, and 2002, along with the Miami Heat in 2006. These statistics were compiled off csn.com.

"Since 1992 all I've wanted to do is leave my mark, and win championships," said O'Neal. He concluded his statement saying he would have loved to compete with Bill Russell's 11 championship rings, but doesn't think it would happen now that he is 38.



With the Celtics, O'Neal will be the first to wear #36 in Boston Celtics history. The 7'1, 345 pound big man from Louisiana State University said he was honored to be in Boston.

"As rich in tradition, one of the first names I heard growing up in Northern New Jersey, my father took me to the park, he's like, 'You got to be a shot blocker like Bill Russell, you got to be dominant like Wilt Chamberlain, you have to be a scorer like Kareem Abdul Jabbar.' This is when I was five, six years old, my father used to scream these names. I'm looking at him like, who are those people?"

O'Neal said Russell called him to give him the advice he needed to make his decision to get to the next level.

In his career, besides being one of the most dominant players in the game, O'Neal is also known for his sense of humor. He has had the nicknames of Shaq Daddy, Shaq Fu, Diesel, The Big Aristotle, The Big Cactus, Shaqtus, and Witness Protection.

With a handful of nicknames in mind for O'Neal to have as a member of the Green team, he liked The Big Shamrock the best. Governor Deval Patrick jokingly declared the state as Shaquachusetts.

Eager to get his fifth championship, O'Neal said, "I don't really look at it as I have four, because I don't really have four, all my rings belong to my father. For this one, it's just all of us trying to get one. I don't really look at all the titles I have, it's just us trying to get one."

In his career, The Big Shamrock has played with stars such as Kobe Bryant, Dwayne Wade, and LeBron James. He feels that playing with the Northeast Big Three will be a good thing.

"In my opinion, first ballot Hall of Famers, they've always been great players, great competitors," said O'Neal.



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

MUSLIM VIOLENCE: FROM 28

Christian communities in the Middle East. (Some Crusaders also massacred whole Jewish communities in Germany on the way to the Holy Land, and that was a grotesque evil — which Church officials condemned at the time.) As the dean of Western Islamic scholars, Princeton Professor Bernard Lewis, has written, "The Crusades could more accurately be described as a limited, belated and, in the last analysis, ineffectual response to the jihad — a failed attempt to recover by a Christian holy war what had been lost to a Muslim holy war."

So how did Smiley, Martin and Cuomo make such morally egregious statements?

The answer is not that these are bad people, let alone that they are not repulsed by terrorist violence.

The answer is leftism, the way of looking at the world that permeates high schools, universities, news and entertainment media. Those indoctrinated by leftist thinking become largely incapable of accurate moral judgments: They regarded America and the Soviet Union as morally similar. And today, they claim that people they call "extremists" within Christianity (who are they?) and Islamist terrorists and their supporters pose equal threats to America and the world.

That is how bright and decent people become moral relativists and thereby

undermine the battles against the greatest evils — communist totalitarianism in its time and Islamic totalitarianism in ours.

The only solution is to keep exposing leftist moral confusion. One problem, however, is that in countries without talk radio, an equivalent to the Wall Street Journal editorial page, conservative columnists and a vigorous anti-left political party, this is largely impossible.

The other major problem is that the media that dominate American life have little problem, indeed largely concur, with the foolish and dangerous comments made by their mainstream media colleagues. That is why these comments, worthy of universal moral condemnation, were ignored by the mainstream (i.e., leftwing) media. Instead, they directed mind-numbing attention and waves of opprobrium toward Dr. Laura.

Those who don't fight real evils fight imaginary ones.

Dennis Prager hosts a nationally syndicated radio talk show and is a visiting fellow at the Hoover Institution at Stanford University. He is the author of four books, most recently "Happiness Is a Serious Problem" (Harper-Collins). His website is www.dennisprager.com. COPYRIGHT 2010 CREATORS.COM



ELDERS: FROM 36

find much resistance to change. All too often they are set in their ways and want to continue with their normal ways of life.

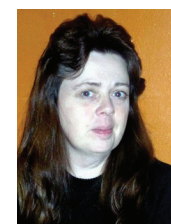
Parkinsons disease affects the nerve cells that go to the brain. Why it occurs remains a mystery. Parkinsons is a disease that can afflict the elderly and it is most known for the uncontrollable tremors and involuntary shaking. As the disease progresses, it will affect the brain. Elderly fall risks are high with this disease so it is of most important to make sure their surroundings are clear of clutter and safe. Making sure that furniture corners are padded will help as well in case of falls. Anything that may cause tripping such as small area rugs and electrical cords should be removed. As the symptoms get worse they may have trouble with talking, walking or doing the simple tasks of life. They can have difficulty with sleeping, chewing or swallowing. Depression will often set in with someone suffering from Parkinsons as the disease progresses. This disease tends to affect more men than women and usually starts in their fifties. However, it can start earlier in life for some.

Heart disease is America's leading cause of death. It is also referred to as cardiovascular disease. This includes all disease that affects the heart including heart attack, congestive heart failure, coronary artery disease and congenital heart disease. Symptoms and the severity of heart disease can vary greatly and should always be followed by a doctor. Heaviness in chest, discomfort, pain or aching in chest, arm or below the breastbone is very common. Shortness of breath, weakness, fatigue, and dizziness are among some of the symptoms as well. Eating well, exercising, not smoking, and taking prescribed

medications, are all ways to help promote healthier lifestyles and reduce the risks of heart disease.

Kidney disease is a growing concern with the elderly in America. There are multiple reasons for this. Elderly get kidney disease sometimes because of diabetes, but aging and hypertension along with many other factors can bring on kidney problems. Chronic Kidney disease is all too often diagnosed too late with the elderly as they are not usually sent to a nephrologist in time. Treatment at this late stage is not always given because of fears that they might not be able to withstand it.

The important thing for caregivers to remember is that they are not alone. It can be a very demanding and draining role for them. Seek out support in your community, get all the information and education pertaining to your loved one's specific problems, communicate well with the doctors involved, and have back up support from other family members or special services. Do not ever feel that you failed your loved one if you come to the conclusion that it is time to place them in a nursing home. This is a reality for many and can be the best decision, although often the hardest to make. Remember you will be no good to them or yourself if you are burnt out and exhausted. Best wishes to all the caregivers out there in the world...You are very special people, and not everyone can do what you do!



Terri Crow Mercier is the Director of Activities At Colonial Heights Care and Rehab-where she has worked for many years. You can email Terry at mike3433@msn.com


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HEROES IN OUR MIDST: From page 1

Trade Center in New York. Greg called his mother to warn her that she would be hearing the news, but not to worry because it was not Dad's tower.

In 1993, when the World Trade Center was bombed, Greg's father made it all the way down the stairs -- covered in soot but, thankfully, all in one piece. So, Greg figured that this was just like that last time and he decided to believe that he had nothing to worry about. Like so many watching, he assumed that this was some sort of horrible accident and that, like last time, his father would escape unharmed.

But mere moments later he and the rest of the world witnessed actions that made it clear that this was no fluke; this was a part of a deliberate attack on the United States of America. More importantly to Greg, a plane had just crashed into his father's building. In fact, the plane seemed close to his father's office on the 72nd floor. For Greg the next few hours were, as they were for a lot of Americans, very long hours indeed. Terrified and confused, Greg had no idea if his father was dead or alive.

Greg was one of the lucky ones waiting for news of a loved one that day. For some reason unknown to him, his father had taken a later train that morning and had only just arrived in the lobby of his building when the first plane hit.

Horried and confused, his father decided not to attend work that day. Not

sure just what was happening, he left the tower and headed for St. Paul's Episcopal chapel, which is where he was when each of the towers collapsed. He called Greg to let him know that he was alright and Greg spread the word throughout the family.

Greg felt like he had just survived a game of Russian roulette. His father escaped an unimaginably horrific death thanks to the happy accident of taking a later train than usual. And Greg, by not choosing Flight 93 to San Francisco, had avoided being aboard the flight now famous for those heroic passengers who overpowered their hijackers and diverted an intended attack on the Capitol or White House. Naturally, all of this had a huge impact on Greg. He remembers sitting there in shock that night, thankful that his and his father's lives had been spared, grieving for all those innocent lives that had been lost and, beyond that, not really knowing what to think.

Not knowing when air travel would resume, Greg decided to take a cross-country bus from Newark to San Francisco. He noticed, to his surprise, that as he traveled further west people seemed less affected by the recent events. When he finally got to Stanford, he had begun to feel like he was experiencing 9/11 and its aftermath in a very different way from many of his peers.

While the demonstrations and discussions around him seemed very critical of

the U.S., implying, if not saying straight out, that the United States had no right to invade Afghanistan, Greg felt quite differently. He, along with many Americans, felt that nothing could justify the attacks of 9/11.

When he thinks back on this time, Greg recalls: "I could see a double standard that some people were applying to domestic versus foreign terrorists. In some people's eyes, it was okay to label a Timothy McVeigh or a Ted Kaczinski a "wacko" and dismiss them outright, but if a group of people from another country attacked us, then there must be some justification. I personally felt pretty strongly against all terrorists."

During that year, Greg was the Opinions Editor of the Stanford Daily and wrote several editorials stating his belief that the military incursion in Afghanistan was the right course of action, and that the attacks could never be justified. He then followed through on his original post-college plan to get a Master's in Education and get into teaching. He enrolled at the Harvard Graduate School of Education, doing his student teaching in 9th and 10th grade history in Cambridge.

With the Afghanistan War going on and the Iraq War starting, Greg began to feel a tug towards the military. He decided that it wasn't enough for him to just teach about history or write about what others did; he felt compelled to be a doer, to take part in history. Greg followed his heart and decided to enlist in either the Army or Navy Reserve while still pursuing full-time teaching.

In 2004, he began Officer Candidate School in Pensacola, FL. After being commissioned he then moved on to the Naval Intelligence Officer basic course. He soon graduated in 2005, winning the Admiral Porterfield prize as the #1 overall Excellent student in his graduating class.

From 2006-2008 Greg did some work overseas, due to security purposes we have chosen not to describe exactly what he was involved in.

The time that Greg spent in Iraq working made him want to transfer over to one of the ground services, where he could have a more direct, long-term role in the Global War on Terror.

He knew he wanted to get back to Massachusetts, where he attended graduate school so he contacted the Mass Guard, where he would later take employment at the end of his stint in the Navy. He found an opportunity in Groton, CT as the Intel Officer for the Admi-



ral's staff at Submarine Group TWO.

Greg would soon meet his future wife, Ratriey, in July of 2008 they were soon engaged in August of 2009, and just got married this past July.

He is currently serving in a full-time capacity with the Mass Army Guard. He is now serving as the Brigade Assistant Intelligence Officer. He was part of those mobilized to support two State Active Duty missions: Operation RISING WATER and Operation BROKEN PIPE. The first was flood related, the second was after the pipe burst in Weston. Although in both cases, he was restricted to administrative work he did have a hand in the operations.

Like the dedicated military man he is Greg is dedicated to improving his community and staying involved as much as he can. He is a life member of Walker-Rogers VFW post in Lowell, Treasurer of Lowell Downtown Neighborhood Association, Senior Vice Chair of Lowell Global War Veterans. Member of Lowell Mission Church on Andover St and recently has volunteered with the Sam Meas campaign.

Greg is a prime example of an American hero. From that day on his couch in 2001 to his recent work with the National Guard Greg has always kept his country close to his heart.

Although he may not of known it that day but the attacks he and the rest of the world witnessed inspired him to take action and to stand up for his country.

We as Americans can be thankful that we have people like Greg willing to answer the call of courage and be that hero. We are proud to name him our Valley Patriot 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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John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

In a report on the American Legion web-site, I found the following information: Calling the current administration's efforts to address their issues "unprecedented", the executive director of The American Legion D.C. Office, Peter Gaytan, visited The White House this month for a discussion of the challenges facing military veterans. The hour-long session, joined by President Barack Obama, was led by National Security Advisor James Jones and Secretary of Veterans Affairs Eric Shinseki. Both emphasized the importance of attending to veterans affairs in the context of national security.

Gaytan echoed the president's expressed concern about unemployment among young returnees from the wars in Afghanistan and Iraq. Gaytan pointed to the obstacles to quickly and successfully transitioning from military service to the workforce caused by civilian licensing and certification requirements. These requisites, said Gaytan, are often met easily by the completion of military training and subsequent service, but credit for such schooling and experience is not awarded by licensing and certification authorities. According to Gaytan, understanding and recognition of the nature and value of military occupational training and service, and its transferability to civilian requirements, would greatly benefit both veterans and employers.

The White House discussion was attended by members of the administration's domestic policy, national security and cabinet affairs staffs. Besides Gaytan, representatives of several other veterans' service organizations joined the group.

Gaytan notes that The White House employs seven staff members devoted to the study of veterans issues. This attention, he says, is "unprecedented."

Also noted on the web-site is another area of progress. At the American Legion convention last year in Louisville, KY, Secretary of Homeland Security Janet Napolitano assured The American Legion that hiring veterans was among her agency's top priorities. "We anticipate many openings for border patrol agents," she said. "Young veterans would be perfect for that job."

True to her words, the Department of Homeland Security's U.S. Customs and Border Protection (CBP) agency is now actively recruiting veterans returning from tours in Iraq and Afghanistan. Accordingly, CBP is conducting a dedicated hiring event during The American Legion's 92nd Annual National Convention in Milwaukee.

The border patrol hiring event is part of a four-day veterans' employment promotion by The American Legion. Many potential employers were at a day-long veterans job fair on Aug. 28. A two-day small business development workshop followed on Aug. 31 and Sept. 1st. However, in another major area, the government is falling short on its promises. Despite a law passed more than a decade ago, federal agencies are still failing to comply with a key mandate: make sure that small businesses owned by service-disabled veterans get at least 3 percent of all federal contracting dollars.

Testifying April 29 before the House Veterans' Affairs Subcommittee on Economic Opportunity, Joe Sharpe of The American Legion said, "The very men and women who served in uniform, stood ready to fight and - if necessary - die in order to protect and preserve America's free enterprise system, are summarily ignored by the federal agencies responsible for meeting their small business needs."

Sharpe, director of the Legion's Economic Division, has criticized for some time the inability of federal agencies to meet the congressionally mandated goal of award-

ing 3 percent of their contracts to service-disabled veteran-owned small businesses (SDVOSBs).

"The Department of Defense, who will have the responsibility of directing more than \$6.5 billion of stimulus infrastructure, continues to be satisfied with an embarrassing, less-than-1-percent achievement of the federally mandated 3 percent SDVOSB contracting goal," Sharpe told the subcommittee.

Especially important to note, Sharpe explained, is that the stimulus money has been earmarked for construction and infrastructure improvement - two strong suits among SDVOSBs, according to the Federal Central Contractors Registry.

Additional funding from the Army Corps of Engineers and other sources brings the total for military or VA projects to more than \$20 billion, according to Sharpe. "The American Legion finds it unconscionable that businesses owned by veterans remain at the back of the line when competing for federal contracts," he told the subcommittee. "Last year, The American Legion pointed out that, although the stimulus package included a number of economic development and small business outreach programs, not a dime was specifically targeted toward the development of veteran-owned businesses."

Further emphasizing his point that federal contractors are still dropping the ball when it comes to hiring veteran-owned small businesses, Sharpe quoted from the remarks of Rep. Nydia Velazquez, D-N.Y., at a congressional hearing last March: "Federal agencies missed their small business contracting goals by 2 percent. Procurement officers will tell you that number is negligible, and no big deal. But while a 2-percent shortfall may not sound like a lot, it ultimately cost entrepreneurs \$10 billion in missed opportunity."

While The American Legion welcomed the Small Business Administration's decision last March to spend about \$1 million in grants to help veterans with their businesses,

Sharpe pointed out that SBA has \$10 million in discretionary spending. "The American Legion believes a portion of that money needs to be directed toward the (SBA's) Office of Veterans Business Development" Sharpe said, noting that the office "remains crippled and ineffective due to inadequate funding."

In his testimony, Sharpe listed several recommendations from The American Legion, including:

- Implementation of a coordinated, standardized training program for procurement staff that focuses on SDVOSB procurement strategies in their respective agency.
- Reissue by President Obama of Executive Order 13-360, "Providing Opportunities for Service-Disabled Veteran Businesses" to increase federal contracting and subcontracting opportunities for veterans, and make it part of SBA's regulations.
- Hold agency leadership responsible for meeting the 3-percent congressionally mandated goal.

The American Legion Small Business Task Force has developed an initiative to challenge the leadership of DoD service components that are not meeting the 3-percent goal.

The American Legion and veterans in general are only asking that the government live up to its promises. Veterans (including the men and women in uniform today) have and are living up to their oath of enlistment. To defend America and our way of life. They ask for no more or no less than the Administration and Congress to live up to its end of the bargain.

If you believe in this, I hope you will contact your Congressional Legislators in the House and Senate. Our voices need to be heard.



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

MURANO: FROM PAGE 28

human life was recognized as inviolable in law and in culture as before the influence of Roe v. Wade and Griswold v. Connecticut set in. This will take a large dose of humility from the humanist left since they would have to renounce their god, which is themselves, for a far higher and more intelligent power.

Of course any religion has a right to build a building, and yes there are wonderful people of the Muslim faith and sincere secular humanists ignorant of the lies their ideology is based on and the end it seeks. However, on this issue in lower Manhattan the left's stand has little to do with concern for religious freedom. If that were the case there would be a groundswell of support for the rebuilding of St. Nicholas Church destroyed on 9/11 two blocks from ground zero. Their true motive can be found in the detestation for

that standard which keeps man subjected to objective truth and goodness; something higher than himself. Boiled down it is a motive that seeks to keep Christ crucified rather than see His risen body continue to shape civilization keeping it from slavery to the selfish and prideful tendencies of human nature that bring about lack of freedom and a culture of death.

While we continue to watch in the name of religious freedom the cultural left bend over backwards for Islam while tearing down Christianity, it is time to expose it for what it really is.



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

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CURE: FROM PAGE 44

when turning 18 a few years ago, Harding felt her favorite comedian was Gary Gulman.

From first being introduced to comedy, Harding feels lucky to have had Gulman in both Comics for a Cure shows.

"My family couldn't fly in for the first show in January 2009 from Texas, because my niece relapsed over Christmas," said Harding. "This past May, a week before her third birthday, Reese had another tumor removed, this time an entirely secondary cancer that doctors believe was most likely the cause by chemotherapy during infancy."

The show on Sept. 19 will benefit three greater Boston families battling incurable pediatric cancer.

Harding said the event this year will be to raise money for the families of 7-year old Nicholas Defelice of Dracut, 3-year old Christopher Mullen of Canton, and 3-year old Charlotte Kelly of Braintree.

"Nicholas Defelice's father also needs a kidney transplant right now, so we are double honored to help this well deserving family with their medical expenses this year," said Harding.

In order to legally write a check to each family, and to offer sponsorship opportunities to local businesses, Comics For a Cure was turned into Comics For A Cure Inc this past spring, which is a non-profit organization. There are plans to hold annual comedy benefits, as well as a few smaller events throughout the year as the cause grows.

To make this event a success, there is a range of corporate sponsorship levels still available, with huge advertising incentives. Interested companies can contact Harding by email at tracy@comicsforacure.org. For more information about Comics for a Cure, go to www.ComicsForACure.com. Tickets are available online, or through a donation.



"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."

LAWS: FROM PAGE 44

ing with his teeth, he felt everything was going smooth until an amp that plugged into the switch in the back messed up the polarity as he went to go bite into that guitar, it lit up.

"You talk about the blues, I had blue flames coming out of my mouth, everything was blue," said Laws. "I saw blue light, I started walking towards it, somebody said, don't walk towards the light, come back."

Playing with his Godfather, Phillip Walker, they would both have wireless instruments, including the drummer.

"We all would jump off the stage, and walk out. Phillip, and I would do the whole teeth thing getting everybody all railed up," said Laws.

Passing away this past July, Laws said he is going to miss Walker.

In his quarter century career, Laws had the pleasure of meeting Willie Nelson a few times as well as playing over seas for the troops.

"First one was 1996, Willie Nelson Fourth of July Picnic. I got a personal invite from Willie Nelson to do that show, and that was a blast," said Laws, explaining there was an estimated 15,000 people in attendance.

Being neighbors with Nelson's ex-wife Connie just North of San Diego, Laws met the Country singer in 1993.

"I got to know Connie really good, and she could pop by my house anytime. One day she pops by the house, and she

has Willie with her, and it was like, Willie meet Willie kind of thing. It was very cool," said Laws.

Wearing multiple hats on stage singing, and playing the guitar, Laws has an Open Road Stetson that he bought with a few friends after partying down in Texas.

"The other hat I wear is a straw hat. It's called the Atwood style. I wear a lot of different style hats. I've always had throughout my career, and it's always been cowboy hats because I always keep that Texas thing with me, and I'm not too bad at riding horses," said Laws. "I'm a cowboy at heart, I grew up around farms, and ranches."

Making an appearance on Rick Heneghan's Common Sense HD television program on Burlington Cable Access this past month, Laws loved being on the show. He said he does not shy away from cameras, and has been involved around TV quite a bit.

"Anytime I can get a chance to go into the TV studio, or recording studio, I'm all game," said Laws. Other access television stations he has appeared on has been in San Diego, Texas, Germany, and Italy.

Heneghan said, "He is a showman, and it was great to have him on Common Sense HD."

To get in touch with Laws, go to www.facebook.com/williejlawsjr, or check his YouTube account out at Willie J. Laws Band. Laws will be getting married this fall to Debra, so congratulations!

GAY WRITERS: FROM PAGE 28

resulting in mass murder.

But that's not America, right? Need I remind you of the Japanese-American internment camps during WWII? In February 1942, President Roosevelt signed the Executive order to round up over 120,000 American citizens who were of Japanese descent and place them into 'internment camps' with deplorable conditions. No trials were held, none of these people, half of whom were children, had ever exhibited any anti-American activities, yet they were called a threat to national security and basically imprisoned for years. This embarrassing stain on American history came out of fear, ignorance and bigotry all wrapped up in an American flag called patriotism.

The internment of Japanese-Americans was coupled with McCarthyism. During the cold war Americans were so fearful of the spread of Communism that our government created a modern day witch hunt. In June of 1940, Congress passed the Alien Registration Act making it a law that all residents over 14 years old had to divulge their occupation and political affiliations. A list of 100's of U.S. citizens with possible communist connections was compiled. They were rounded up and questioned. If they chose to exercise the 1st Amendment because it was their right to do so, the courts said that they could not and they were jailed without a trial. Even the KKK backed these actions up in a telegram stating, "Every true American, and that

includes every Klansman, is behind you and your committee in its efforts, to turn the country back to the honest, freedom-loving, God-fearing American to whom it belongs." Wow!

Now, we are targeting Muslims and associating their entire population with terrorism. We are using the same language to justify our actions as we have throughout history, "They are a threat to national security, unpatriotic behavior, vehicles to overthrow the government, members of left-wing groups, conspiracy, un-American," and so on. I do not want fear to govern my patriotism or my life. That would mean that the real terrorists have won. A Muslim is not just a Muslim. How many Americans have actually spoken with a Muslim and gotten to know them as a living, breathing human being? Why are they defined by their religious affiliation only? It would not be fair to allow one aspect of a person to define all of who and what they are. For instance, I am an American, a woman, wife, lesbian, ex-Catholic, teacher, sister, aunt, writer, nature lover and Unitarian. Which one defines me? Which one do you fear the most?



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

DR. RUSTUM: FROM PAGE 33

abnormal or absence of menstrual periods are at greater risk.

4) - Cigarette smoking, eating disorders such as anorexia nervosa or bulimia, low amounts of calcium in the diet, heavy alcohol consumption, inactive lifestyle, and use of certain medications, such as corticosteroids and anticonvulsants, are also risk factors.

5) - Having a parent that has/had osteoporosis is a risk factor for the offspring.

Symptoms

Many people confuse osteoporosis with arthritis and mistakenly believe it is safe to wait for symptoms such as swelling and joint pain to occur before seeing a doctor. However, arthritis is entirely different from osteoporosis. Osteoporosis is quite advanced before symptoms appear.

Very often, osteoporosis becomes apparent in dramatic fashion: A fracture of a vertebra, hip, forearm, or any bony site if sufficient bone mass is lost. These

fractures frequently occur after apparently minor trauma, such as bending over, lifting, jumping, or falling from the standing position.

Pain, disfigurement, and debilitation are common in the latter stages of the disease. Early spinal compression fractures may go undetected for a long time, but after a large percentage of calcium has been lost, the vertebrae in the spine start to collapse, gradually causing a stooped posture called kyphosis, or a "dowager's hump."

Although this is usually painless, patients may lose as much as 6 inches in height.

Next month, we will continue this discussion by presenting the appropriate testings, available treatment and prevention.



Rami R. Rustum, M.D. is the Director of Merri-mack Pain Associates at 50 Prospect St. in Lawrence. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net

AMERICAN CANCER SOCIETY: FROM PAGE 34

cancer or finding it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking research and by fighting back by encouraging lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight.

Funds raised through Making Strides are critical in meeting the needs of breast cancer in the community through:

* Stay Well – We provide answers to questions day and night through 1.800.227.2345 and cancer.org. Breast cancer is the number one reason people call us.

* Get Well – Because breast cancer patients, survivors, and families need emotional and physical support, the ACS offers Reach to Recovery®, a one-on-one program that pairs patients with trained survivors for support and advice. Our Look Good...Feel Better® workshops teach ways to help with appearance-related side effects from chemotherapy or radiation treatments.

* Finding Cures – The American Cancer Society has invested over \$388 million in breast cancer grants since 1971; more than any other voluntary health organization. As a result, more than 2.5 million breast

cancer survivors will celebrate a birthday this year. In Massachusetts, the Society has a current investment of \$10.4 million in breast cancer research grants.

* Fighting Back – American Cancer Society advocacy efforts have played a role in ensuring access to quality, affordable health care for nearly every resident of Massachusetts. Between this and continued funding for the breast and cervical cancer early detection program, women across the Commonwealth are able to receive life-saving mammograms.

Flagship sponsors for the 2010 Making Strides Against Breast Cancer walk in

Boston are al fresco All Natural, Astra-Zeneca, BJ's Wholesale Club, Blue Cross Blue Shield of Massachusetts, Boston Teacher's Union, The Cumberland Gulf Group of Companies, and WeGotSoccer. Media partners are MAGIC 106.7 and 7News on 7NBC on &NBC and CW56. Additionally, hundreds of teams from businesses, schools, and community groups from around the region will participate. For more information, or to sign up for the American Cancer Society Making Strides Against Breast Cancer in Boston, please call 1-800-227-2345 or visit cancer.org/stridesonline.



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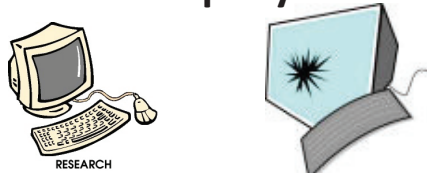
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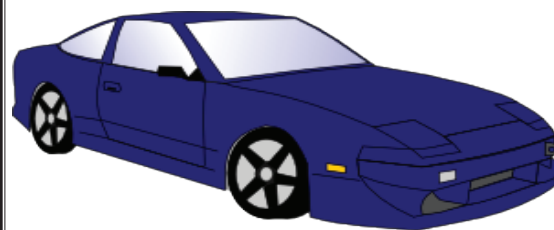
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