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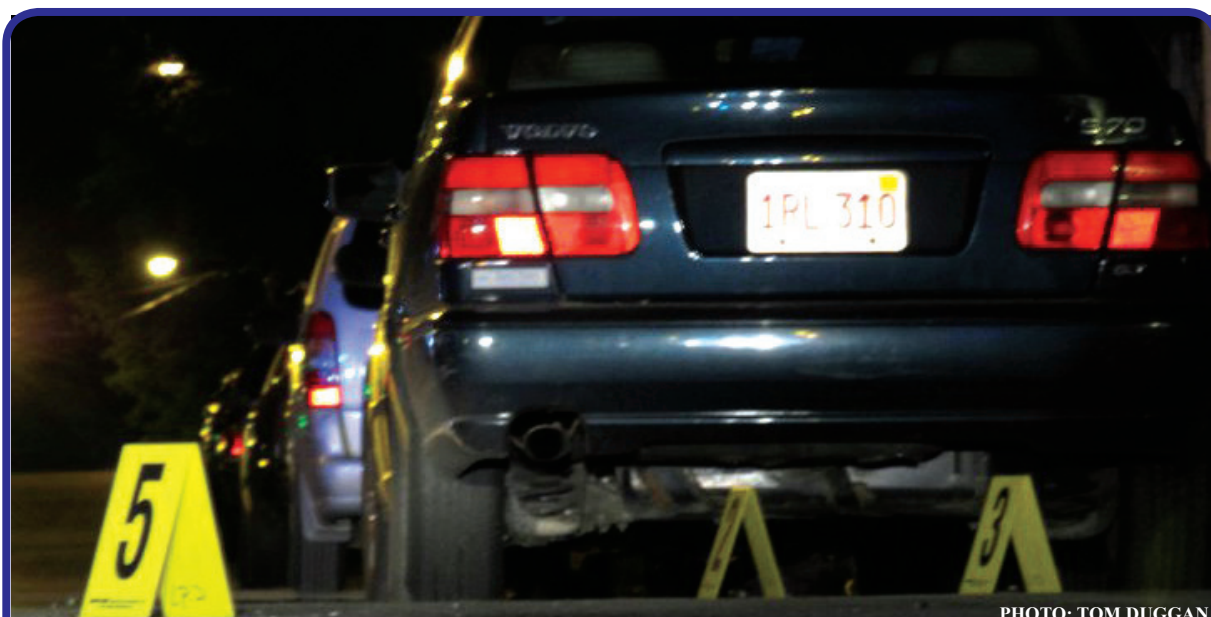


PHOTO: TOM DUGGAN

Evidence markers placed by Lawrence Police over AK-47 shell casings on Tremont Street in Lawrence after a spray of bullets were shot at a home and car in that neighborhood last month. Police are still looking for the suspects.

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VALLEY PATRIOT OF THE MONTH

Hero In Our Midst: Col. Van T. Barfoot

Helen Mooradkanian
VALLEY PATRIOT VETERAN COLUMNIST

In May 1944 during World War II, near Carano, Italy, 24-year old Sergeant Van T. Barfoot risked his life in extraordinary heroism. Single-handedly, he killed seven German soldiers, destroyed three machinegun nests, faced down three armored tanks, and captured 17 German prisoners!

For his valor, he was commissioned

a Second Lieutenant and awarded the Congressional Medal of Honor. Today at 92, Barfoot is one of our oldest living Medal of Honor recipients.

Combat service in three wars—World War II, the Korean War, and the Vietnam War—earned him twenty medals including the Silver Star, Bronze Star, and three Purple Hearts.

In December 2009, outside Richmond, Virginia, at the age of 90, Colonel (retired) Barfoot, engaged in warfare of another

kind.

This time it required standing fast. He refused to remove the American flag from the 21-foot flagpole he put up in his front yard, on his property. The homeowners' association harassed him. Their lawyers threatened legal action.

Barfoot stood firm. He would fight them in court.

No surrender.

Where does such courage come from?

Who is the source of his strength?

When your back is against the wall

Born on June 15, 1919, on a farm in Edinburg, Mississippi, Colonel Barfoot says, "I'm just a country boy who grew up at Rye's Creek and was very fortunate that God has been very good to me," he told WLBT-Jacksonville.

In 1940, before the draft, Barfoot enlisted in the U.S. Army and was promoted to Sergeant in December 1941. In 1943 he was reassigned to the 157th Infantry, the 45th Division. He took part

BARFOOT: PAGE 40

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Col. (ret.) Van T. Barfoot, WWII hero and Congressional Medal of Honor recipient, showed courage under fire—both on the battlefield in three wars (WWII, Korea, Vietnam) and, at the age of 90, on American soil for his right to display the American flag.



EDITORIAL

Despicable

The number of underhanded tactics employed by Lawrence Mayor Willie Lantigua and his supporters against the efforts to gather signatures for his recall were staggering. And they weren't shy about it. They even bragged about it on Facebook.

On the pro- Lantigua webpage Yo No Firma (which means DO NOT SIGN), Lantigua supporters attacked the personal lives of those who supported the recall. They made up quotes of recall supporters, posting

"Edwin Rodriguez, Javier Negron and Wayne Hayes said, "This is the week, we hide, shut the lights off, lock the doors and start signing names....we will get enough signatures this way".

What was really amusing to us was the denigrating post about a city council candidate who was arrested a few years ago, apparently making him unfit for office in their eyes.

What they didn't post was that Lantigua himself did a stint in the Middleton jail because he was a deadbeat dad who refused to pay child support for his own kid. Then, he got his ex-wife a job working for the city, saying that his efforts should exempt him from paying his child support.

There were physical threats of violence against recall organizer Edwin Rodriguez by Antonio Bueno who has been criminally charged in the assault. He was greeted with a hero's welcome at a recent Lantigua party.

To make matters worse, the Valley Patriot got word that Lantigua supporters themselves were posing as recall supporters and were signing "other people's names" on the recall so they could use those forged names to invalidate the recall later on. In fact, Lantigua's plan is to try and use alleged forgeries to invalidate the entire recall in court after signatures are certified by HIS board of registrars.

(EDITORS NOTE: The Valley Patriot published one day prior to the deadline for turning in recall signatures)

We've also heard Lantigua supporters will be trying to find people who signed the recall and "convince" them to say they were tricked into signing it.

On top of all that, Lantigua and his minions have been on Spanish Language radio making sure to mention that if they sign the recall petition, everyone will know who they are because the recall list is a public document.

What we find most telling is that, at no time during this recall process did Pro Lantigua forces bother to list his accomplishments or his record as a reason not to throw him out of office.

If there is any wonder why such a massive effort was undertaken to remove Willie Lantigua from the mayor's office in Lawrence, his own behavior (and the behavior of his supporters) during the recall process has made that pretty clear.

Intimidation, threats, assault, personal attacks, lies, and slander have all been part of the Lantigua machine's rise to power.

We only hope it will lead to his downfall.

News tips

Phone in news tips to (978) 771-4091, 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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To The Editor:

There has been much written lately regarding Gayle Williams and her tenure at the Greater Lawrence Community Action Council. As a long-time Lawrence Public School System educator (34 plus years), I am writing to inform your readers about the Gayle Williams I know: an educator I have worked for and with for many years.

In 2001, when I came "onboard" at the Hennessey Early Childhood Center (ECC), I became a small part of the big picture. Ms Williams' insight, vision, and tireless advocacy for our youngest Lawrence students translated into a curriculum, staff and materials that produced many success stories. Our kindergarten children benefited from her grant writing expertise in many ways. Someone once said that she was the "Mother Teresa" of grant writers! I wish I had coined the expression; I did not, but I wholeheartedly agree. Thank you, Gayle Williams!

Still at the Hennessey ECC, Gayle offered me a change of position to a pre-school classroom in the integrated program. I worked my last three years in the Lawrence Public Schools (LPS) teaching three, four and five year old children. Those years were truly some of my best teaching years. Thank you, Gayle Williams!

In March of 2007, as a retired LPS early childhood teacher, Gayle hired me for a short period (7 weeks) with

educational grant money to support staff and students at the YWCA/ Lawrence. My assignment was to mentor teachers and work with pre-school students who were entering kindergarten. Although the time spent there was brief, the students and teachers embraced the literacy-based activities I was able to share. Thank you, Gayle Williams!

Lastly, in 2008, thanks to Gayle's determination and grant writing expertise, a much acclaimed Early Reading First (ERF) grant was awarded to 11 local pre-school classrooms. A 12th classroom was funded in 2009. Who else but Gayle, with her knowledge, experience, and expertise could have possibly orchestrated and managed such a comprehensive undertaking? Thank you, Gayle Williams!

I affirm my support for Gayle and thank her for securing the three-year ERF literacy grant. Because of her positive impact, the at-risk children who are so fortunate to be a part of this grant have, in some cases, surpassed federal goals and benchmarks. I know that when I visit those classrooms, children are immersed in literacy-based activities and learning through play! Studies have proven that early literacy education using scientifically based reading research is a cornerstone for life- long learning.

In an early June letter to all of the ERF staff, Gayle thanked the entire ERF team of professionals for our hard work.

GAYLE WILLIAMS, PAGE 30

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Amy Winehouse and hero worship today

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

They tried to make her go to rehab, but she said no, no, no. It looks like she should have said yes, yes, yes. Amy Winehouse has become the latest member of the so-called 27 Club, singers who died at the age of twenty seven. The late Miss Winehouse joins Janis Joplin, Jim Morrison, Jimi Hendrix and Curt Kobain. She is simply the latest member, but we all know that she will not be the last.

There are times that we envy celebrities. Sometimes that envy is understood and indeed well deserved. Who wouldn't want to play guitar or drums like some of those who make music day in and day out? How many American Idol wannabes would have given their left arms to be able to sing like Amy Winehouse? So why is it that so many gifted, talented performers have assumed room temperature prematurely?

Some degree of excess has always been associated with performers of all genres. For some the travel provides an opportunity to indulge in all types of hedonistic behaviors without ever

being held really accountable, since they are on the road again just a few hours after their partying. We've all heard the tales of rock stars and athletes and the hot and cold running groupies. Making music in a bar until the early morning hours does not seem to provide the best atmosphere for a lot of clean living. Jocks that are coddled from elementary school on because they know how to throw a ball. The ego grows and the belief that they are above everything takes root. For many the sense of invincibility leads them to take part in activities that are not only wrong but injurious. For others, the internal low self-esteem comes into play. The so-called imposter complex takes over and people with huge voices



VALLEY PATRIOT EXCLUSIVE

Jeff Katz, a former police officer, is heard daily from 5AM to 10AM on WXKS-AM TALK-1200 in Boston.



and small feelings of worth take to stages and beg complete strangers to provide approval and validation.

I remember as a kid, about ten years old, being a huge fan of Evel Kneivel. If you remember he dressed in red, white and blue leather jumpsuits and jumped Harley Davidson's over cars and buses. I was Evel's biggest fan in the city of my birth, Philadelphia. I was pumped to watch his jump in the so-called Sky Cycle over the Snake River Canyon. During the course of granting an interview Evel announced that

he hated three types of people...New Yorkers, lawyers and Jews. I was crushed. I was Jewish and I planned to be an attorney. How could he simply

trash me like that I wondered? I wrote a letter to the best newspaper columnist in town at that time Larry McMullen of the Philadelphia Daily News. My Dad regularly read Larry and I did too. He seemed to me to be wiser than Solomon. Much to my surprise, Larry McMullen published my letter to him in his next column and proceeded to offer some sage advice to me. He cautioned me not to place too much stock and admiration in celebrities. I will never be half the writer that Larry McMullen was, so I will simply repeat his advice from 1974 which is as valid today as it was then. Beware of hero worship when those we worship are simply famous and not really heroic.

Make sure that your children know, that plenty of cops and firefighters and military personnel really are heroes and many are also members of the 27 Club and the 22 Club and the 18 Club.

Worship God, salute heroes and pray for all of us who are indeed flawed creatures. Remember that some demonstrate those flaws somewhat more publicly than others.

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"It's like a modern miracle", says PGA golf professional Frank Nobilo. "I was in agony. I can actually have a normal life that I never thought was possible." Those with chronic back and neck pain can breathe a sigh of relief thanks to Dr. Sung and his **non-surgical technology, a non-surgical spinal decompression system.** Non surgical decompression is quickly becoming the treatment of choice for herniated and bulging disc, sciatica, facet syndrome, failed back surgery and degenerative disc disease. The doctors explain that "This technology works by creating a vacuum. The vacuum effect repositions the disc and allows nutrients, oxygen and water to re-enter the disc. That's what makes this a lasting treatment."

Hear what patients had to say about their treatments with Dr. Sung.

1. Dr. Sung, after all these months, I am still pain free! (It's great!)
-Huguette G. Nashua, NH
2. I drove 900 miles on a trip, pain free. Imagine sitting for that long with back pain...I don't have that pain anymore-Blair P. Marblehead, MA
3. I have no reservations in recommending this treatment to anyone that is suffering from chronic back pain-Mark S. Winchester, MA
4. You were especially sympathetic to my pain when I first came in
- Thank you!-Sara B, Winchester MA

A study in the Journal of Pain Management showed that up to 70-86% of those treated for ruptured discs reported significant improvement using this technology. The doctor further state, "I administered thousands of treatments to patients with chronic pain who thought there was no hope, some even had prior surgery."

Treatment for the patient is extremely comfortable and most patients fall asleep during their 45-minute treatment session. In many cases, the pain resolves after the first few minutes of being on the machine. This same technology is now being used to treat disc problems in the neck. The doctor further explains that, "Thanks to this technology, we are able to offer people a lasting solution without any risk of surgery." See if you qualify for this treatment. Until October 15, 2010 you can receive a comprehensive consultation and examination for \$49.

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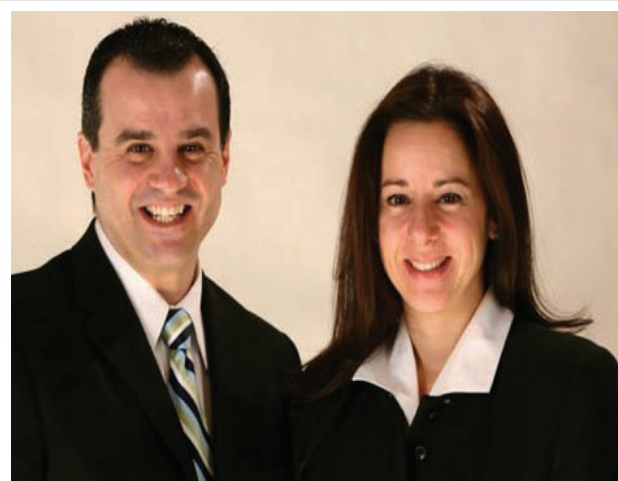
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The Parasitic Left Says “FEED ME!”

Charles Ormsby
VALLEY PATRIOT EDITOR/COLUMNIST

It is frequently remarked that the number one objective of any organization is its own survival and growth. Often, little else matters.

Those who run organizations enjoy the power, prestige and perks of their offices. An organization’s employees seek job security while enhancing their positions and increasing their pay and benefits. The constituencies of an organization, those who benefit from the organization’s services, seek to ensure the continuity and enhancement of their benefits.

None of these objectives can be achieved unless the organization survives and, preferably, expands. The parasites need to eat and the more they multiply the more they consume and demand.

It doesn’t matter if others - those who receive few if any benefits, but who get stuck with the bill - are made to suffer to ensure such growth. The beast is growing and it needs its daily feast.

Our federal government represents the worst case of obesity in our society. It is America’s Jabba the Hutt. It is insatiable. It is morbidly obese. It will eventually destroy itself and everything around it.

When our federal government was conceived by our Founding Fathers, its diet was strictly circumscribed ... I mean circumscribed. Too bad it wasn’t castrated!

Our federal government’s financial nutrition was strictly limited by our Constitution as originally written (see nearby text box). The framers ensured that tax levels would remain moderate because they could only be levied in proportion

to the census and thus a bullying majority could not target a defenseless minority.

In *Pollock v. Farmers’ Loan & Trust Co.* (1895), the Supreme Court declared that income taxes were direct taxes and thus unconstitutional. Because of this ruling, the big-government statist needed to remove the constitutional constraints on the feds ability to target the property of individual citizens. It needed a constitutional amendment to legalize government-organized theft.

Today, thanks to the Sixteenth Amendment (1913) which eliminates these restrictions and allows an income tax, we have half the population piling over 97% of the burden of funding our federal government on the other half of the population. Worse than that, it has eliminated any effective restrictions on the growth of government.

The result: Our federal government now commands 25% of the nation’s economy. Economic growth is nearly non-existent. The real unemployment rate is nearly 20%. The lowest taxed 50% of our population pays less than 3% of our income taxes. The highest taxed 10% pays 70% and the top 1% pays 38% of income taxes. The government’s daily “on-budget” spending has increased from \$3.6 billion each day under President Clinton to a present daily spending rate of over \$10.4 billion.

The deficit spending picture is even worse ... much worse. Clinton ran average daily deficits of \$250 million. We are currently spending \$4.66 billion of borrowed funds every day (that is over \$3 million each minute, day and night).

Today, government at all levels spends over 40% of our Gross Domestic



“There will be no bargain, young Jedi. I shall enjoy watching you die.”
Jabba the Hutt, *Star Wars: Episode VI - Return of the Jedi*

Product (\$6.16 trillion out of a GDP of \$15.08 trillion). In the era just before the Sixteenth Amendment passed in 1913, government spent approximately 7% of our GDP each year and only 2.3% at the federal level.

Jabba the Hutt is rubbing his tummy. More! More!! MORE!!!

Our federal government has morphed into a rapacious beast that makes the movie character Jabba the Hutt look like a fantastic blind date.

Date rape is an horrific crime. When you say “NO!” your date should keep their hands off. Jabba the Hutt’s hands are all over us.

What does the left think the meaning of “NO” is? When will our pathetic, parasitic neighbors gain some self respect and quit sponging off the rest of society? When will their leaders stop sending them into the streets with a tin cup while pointing a gun at the heads of prospective “contributors”?

Keeping the parasites fed while feathering the nest of the liberal elite is the name of the game in Washington. Grow the parasite class and grow the ranks of the arrogant elite that serve them. Target a minority that has insufficient voting power to protect itself. Steal and then steal some more.

But all good things must come to an end. And the end is in sight.

Reality is imposing its will. The debt crisis “solution” just passed by Congress only addresses a very small fraction of our long standing spending problem. Consequently, our fiscal situation will continue to deteriorate.

Jabba the Hutt’s weight gain will be barely slowed. He will still gain \$7 to \$8 trillion in debt over the next five to ten years. All of these plans maintain a trajectory headed straight for disaster ... only the speed is slightly diminished.

What is astounding is that our president never presented or offered an actionable

proposal. This is incredibly irresponsible. It begs the same question posed two months ago in this column: Is it ignorance, incompetence, or malicious?

Does Obama want the good faith and credit of the U.S. destroyed? Or, is that threat merely being used as a lever to further his agenda of transforming us into a socialist state?

There is hard work to be done. A very nasty pill must be swallowed. Getting a majority of voters to swallow this pill will not be easy as long as our economy is not in a state of calamity.

If it will take an economic calamity to make us swallow the pill, one is surely on the way.

Chickens do come home to roost. Reality always wins in the end.

Looking back over the recent political battles, I believe the Tea Party Republicans in the House deserve the praise of their supporters for fighting the good fight. They do not control both houses of Congress or the presidency and therefore they only have so much leverage.

We owe them our support and we must add to their ranks in 2012; especially in the Senate and at 1600 Pennsylvania Avenue.

What has emerged from the current fight may keep us from a meltdown (although it is not a sure thing) until the next election. The focus now must be on winning a clean sweep in 2012.

If we fail to win, Jabba the Hutt’s voracious appetite will expand unchecked and the American dream may be permanently destroyed.

None of us can afford to sit this one out. There is too much at stake.



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

Revenue Limitations in the Original Constitution

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Article I, Section 8 – Powers of Congress: The Congress shall have Power To lay and collect Taxes, Duties, Imposts and Excises, to pay the Debts and provide for the common Defense and general Welfare of the United States; but all Duties, Imposts and Excises shall be uniform throughout the United States; ...

Article I, Section 9 – Limits on Congress: No capitation, or other direct, Tax shall be laid, unless in Proportion to the Census or Enumeration ...

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An Interview with New Police Chief Paul Gallagher

Tom Duggan

VALLEY PATRIOT REPORTER

How long have you been a police officer?

CHIEF: Since 1975. I was a Baltimore Police Officer then. I graduated Northeastern University in the Criminal Justice Program, the graduates were recruited by the Baltimore Police to become Police Agents, which is a college degree police officer and after one year, you get the same rate of pay close to a sergeant. They put us in specialized units. I stayed there for close to 5 years. I grew up in No. Andover, St. Michael's High School, then off to college at Northeastern University. I was recruited by Northeastern; I worked for DEA in technical support/communications.

So, what brought you back?

CHIEF: I live in No. Andover, since I was a kid and I went to Baltimore, had a child, my wife and I, my college sweetheart, and at that point, I was offered a job in No. Andover,

When did you become a sergeant?

CHIEF: 1983, it was 1979 when I came back, and in 1983 I became a sergeant. In 1988 I became a detective sergeant and in 1989, a detective.

How has the Department and the Town changed as far as Policing, since you came on, looking back since you first came on, what it was like then? What were the Police men were faced with then as opposed to what they are faced with now?

CHIEF: We only had two, two-man cars back in the 70's. One guy did the downtown area and the other officers did

the rest of the town, about three quarters of it. Then, as years go on, the technology and the growing of the out-country, at that point, there was a residential "boom". The department started growing.

Do you know how many guys you had back then?

CHIEF: I don't, we have 40 now.

What was the difference in the types of stuff you guys responded to, I imagine then, it was probably horse and buggies being stolen...

CHIEF: (laughing) No, it was stolen cars, a lot of domestics in those days. A lot of protective custody, because we didn't have the Domestic Violence laws like we have now... usually, taking Mr. "Smith" to his mom's house or to a Detox center. Now, we arrest, but generally in those days



we knew most of the people by name as a regular. Now a days, the town has grown so much, commuting, industries and we have mandatory arrest policies.

So, now you have a different kind of crime rate. A lot of the spillover from Lawrence, shootings... so how is that?

CHIEF: The drug trafficking causes a lot of issues, a lot of thefts, larcenies; we had a big problem in the North Andover

mall for a while and then we worked down there quite often with the detectives, plain clothes and undercover officers. At that point it was well known that we were down there. That became a very safe area to be, it was good preventative policing.

How has the training changed since you became a police officer?

CHIEF: Before then, all you had to do is go to a Police Academy. I went to the Baltimore Academy, so I just had to get re certified, take a test for the Mass Laws and that was it. After the Academy, there wasn't much training for officers, firearms, or you know, the in-service training. Now, everything is mandatory, the officers are trained several times a year with their weapons and different conditions like during the day, during the night, tactical shooting, and working with the dogs which are great police tools.

How are the dogs working out?

CHIEF: We have a German Shepard, Kyzer that's a drug dog and a search dog. We have a bomb dog, ATF trained. The officer works with the ATF, US Marshall Service, they provide the dog, we just provide the officer and they provide the training.

So, now I am sure that the chief's job, compared to back then, is a lot different. What are the differences that you see from then to now, as far as the chief's position itself?

CHIEF: The Chief now, really, is administrator. As far as the budget, it's a lot larger. Now a days, you have a chain of command. You have several sergeants on the shifts; you have a command staff, lieutenants doing operations, doing detective investigations. Before, we had an all purpose chief, he did everything. He did the budget, he'd do the payroll but he also went out on patrol and other things now we are mainly administrators.

Is the job what you thought it was going to be like when you were just a lieutenant, now that you are in it?

CHIEF, PAGE 10

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New schedule for TAI CHI: Tuesday mornings, Intermediate class 9:00-10:00, Beginner Class 10:10 – 11:10. Please call to register or sign up on Tuesday morning. Wii Sport Bowling: Stop by the Senior Center on any Thursday morning between 9 and 10 to try your luck at Bowling with the Wii System. It's fun, good exercise.

WALKING GROUP: Monday, Wednesday and Friday mornings at 9. Meet at the Youth Center and walk for an hour at your own pace. As the weather warms up we will be walking the Old Town Common.

Harvest Dinner Fundraiser - October 23, Sunday from 1 - 4 p.m. Tickets: \$15, Children under 12: \$6. Menu: 1/2 Roasted Chicken, Mashed Potatoes, green beans, cranberry sauce, apple crisp

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Thousands Attend National Night Out



PHOTOS: TOM DUGGAN

Top Row: The Girls of “Just Dance”, North Andover Police Officer gives a mom and her son a ride on the new ATV police vehicle. High School girl from olympic team. 2nd Row: Tracey Zysk of Wiggles & Jiggles Pet Care with her assistant Joy Bohenko of North Andover. Volunteers help parents with free ID’s and fingerprint kits. North Andover dad tries the Meat House’s free BBQChicken. Bottom Row: Tallie Veras’ ZUMBA team does a demonstration, Little girl getting her hair done, John Koutrobis of Envoy Mortgage with Cheryl Hajjar of Coco Early. State Rep. Jim Lyons (R) Andover with his aide CJ Gangi, North Andover Selectman Dan Lanen (with his son) and Tea Party member Ted Trip.

Sick and Tired, What Can You Do?

Peter Larocque
VALLEY PATRIOT COLUMNIST

For those of us who live and breathe in the City of Lawrence and have no immediate plans of leaving, aren’t you sick and tired of all that is going on politically and otherwise in the city?

As a super voter (one who votes in every election, without exemption), and I am almost positive that most readers of the Valley Patriot are also, why does it seem like our vote just doesn’t count?

Why should we even bother to take the time to vote? What can we do to bring about good systemic change in the City of Lawrence? What is missing? We communicate with our City Councilors, we speak up at public participation at Council Meetings, why then are we not seeing substantial, long lasting change? Some individuals volunteer to help clean the city, put flags on veteran’s graves for Memorial Day. Some even give of their time and finances when they can to help those who can’t help themselves. Why after all this, why does Lawrence still seem to be missing something? What more can I do to bring about the change

that is really needed in our city?

Well when all is exhausted, what do you think about prayer?

The Bible says in 1Timothy 2: 1-3, “I exhort therefore, that first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that (the purpose being) we may lead a quiet and peaceable life in all godliness and honesty.

For this is good and acceptable in the sight of God our Saviour;”

Isn’t this what we are looking for, to be able to live a quiet and peaceable life? God says it’s available!

The Bible also says in Psalm 66:19-29, “But verily God hath heard me; he hath attended to the voice of my prayer. Blessed be God, which hath not turned away my prayer, nor his mercy from me.”

Psalm 46:1, “God is our refuge and strength, a very present help in trouble.”

I realize the conventional thinking is don’t mix religion and politics! Well I’m not talking about religion. I’m talking about asking God for help with our city because everything else we have done just isn’t working.

There is another scripture that I would like to bring to your attention which is found in Matthew 18:19, “Again I say unto you, That if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.” If two or more of us agree to pray for God’s help, what do you think the results would be? At the very least we could have a quiet and peaceable life with all Godliness and honesty, now wouldn’t that be wonderful?

For all Lawrencians who are interested, who believe in prayer and the power of prayer, (I realize this may not be for everyone and that is okay), how about getting together for a “Season of Prayer”?

Throughout the city there are many other groups of individuals who get together for numerous reasons, so why not this?

During this time of prayer, (a non-political event), we can pray for ourselves, our families and friends. We could also pray for God’s help for the City of Lawrence. Pray for our Police Officers, for our Firefighters, for less crime and fewer fires in our city. There we could also pray for our elected officials, that they

make RIGHT decisions that affect our quality of life in Lawrence.

There is one more verse that I would like to share with you and it is, Matthew 3:25, “And if a house be divided against itself, that house cannot stand.” Would you agree that Lawrence seems to be a little divided right now? Could prayer be part of the solution? What do you think? Please feel free to let me know what you think about this.

Folks, we have nothing to lose by doing this and everything to gain! We do have a lot to lose for doing the same old thing and how is that working?

More details will be forthcoming, Date, Time and Location.

Once details are finalized, I will post the event on facebook and also communicate by way of Neighborhood Associations and the Valley Patriot.

God Bless you all!



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

A Typical Night of Violence in Lawrence

Short Handed and Under Siege, Cops Get Little Support At City Hall

Tom Duggan

VALLEY PATRIOT REPORTER

(July 30, 2011) It was a busy Saturday night in Lawrence as the men of the Lawrence Police Force were once again under siege and short handed as they tried to bring order to a city plagued with violence and crime.

Dozens of 911 calls flooded police dispatchers on the early night shift of Saturday, July 30th, and from the minute they went on duty at 5pm, (until long after their shift ended at 1am) the cops in Lawrence had no break in the action.

Patrolling the mill city of about 80,000 people that night were seven police officers who had to answer calls for help in the sweltering heat of summer. It was a night where tensions ran high in city neighborhoods and loud parties with drunken partygoers kept the men in blue very busy.

"We have 7 guys on tonight," one police officer told the Valley Patriot. "It's only 9:30 and the calls are backing up faster than we can respond to them. It's not good. It's not good at all. We've been doing this since last year and I'm surprised that none of us have been seriously hurt." The officer asked not to be identified for fear of retaliation from the Lantigua administration.

On this night, the seven Lawrence police officers assigned to serve and protect the people of Lawrence were riding in one man cars. They raced from one end of the city to another, answering cries for help from women being beaten in domestic disputes, noise complaints, responding to calls for medical assistance, car accidents and the usual quality of life complaints that come with patrolling any big urban area.

"The problem isn't the nature of the calls, it's the volume. When it's like this and something serious happens it ties up at least four or five cars leaving only two or three cars to handle everything else. It's not safe for us and it's not safe for

civilians. When our response time slows more people get hurt, that's just the way it is."

And it wasn't long before the serious calls began to come in.

"Shots fired, Broadway" the call went out over the police radio, sending all available patrol cars to the VIP Lounge on Broadway. The VIP is a troubled night club owned by Lawrence City Councilor Onaida Aquino and was the scene of the famous Cotnoir shooting a few years ago, as well as the scene of many stabbings and shootings in the past year.

As each available car rushed to the scene of the shooting, more calls came into the station's 911 dispatch center. "You are looking for a red motorcycle, metal plates..." the dispatcher warned the responding officers as he apologized to other officers for sending them out of their sector to answer other calls.

"I'm sorry to have to do this to you, but I have nobody clear on the north side" the dispatcher apologized as he sent a car from the area of the Veterans Stadium in South Lawrence to the opposite corner of the city for a domestic dispute where the caller said he had been assaulted by her boyfriend and wanted him removed from the property.

Within minutes, more cries for help,



PHOTO: TOM DUGGAN

Lawrence Police Sergeant Guaglietta holds suspects in the shooting at the VIP Lounge when the witnesses in a patrol car looked at the lineup on Broadway and told police that none of the men were involved. Police apologized to the men and sent them on their way.

"We're getting backed up in here, we have calls hanging" the dispatcher pleaded over the police radio.

Not long after the gun call was dispatched, Lawrence police were sent rallying to Lawrence Street where a man who had purchased beer at a liquor store had been attacked with a machete. The victim called the station on his way to the hospital and the attackers were long gone. Still, Lawrence police rushed to Lawrence Street to see if they could find witnesses

who could give them a description of the attackers and search for evidence.

While uniformed officers rushed to the scene, detectives rushed to Lawrence General Hospital where the victim was being treated for a large gash on his head and arms. "We're never gonna find these guys, we can barely keep up with the calls how are we supposed to find these guys?" one officer asked discouragingly.

While some officers were still trying to

VIOLENCE, NEXT PAGE

Howard W. Smith D.D.S.

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Lawrence Sixth Graders Attend College

Sixth graders from the Lawrence Family Development Charter School attended college one day a month this past academic year, thanks to a grant from the Stevens Foundations of North Andover.

The 60 pre-teens visited science and technology labs on Northern Essex Community College's Haverhill Campus one Friday each month to do activities conducted by Northern Essex professors. The curriculum was designed to improve scores on the science and technology sections of the Massachusetts Comprehensive Assessment System (MCAS) tests.

Topics covered included astronomy, measurement, introduction to engineering, chemistry in phases, landscapes, and geology, according to Northern Essex Professor Marc Reinhold, and activities ranged from building bottle rockets to demonstrate chemical processes to racing cockroaches to determine how to measure speed, velocity, and force.

"Every lesson included fun, hands-on activities," explained Reinhold. "We

believe this is what gets kids excited about science and helps to improve comprehension."

"The goal was to improve their understanding of science, technology, engineering, and math, what we call the STEM fields," said Dr. William Heineman, Northern Essex's vice president of academic affairs. "There is a wealth of evidence that insufficient numbers of students in the United States are meeting high standards of academic achievement in these fields. By reaching them at a young age and getting them excited about these fields we hope to help turn this around."

Students were tested on a subject before the lesson and then again after to determine whether they grasped the subject matter. Initial findings are positive, according to Reinhold, who hopes that the partnership will continue this coming year.

In addition to the 6th grade visits, professors from Northern Essex visited 5th graders at the charter school five times this past year and provided additional



instruction in science and technology in preparation for the Massachusetts Comprehensive Assessment System (MCAS) tests.

For more information, contact Reinhold at mreinhold@necc.mass.edu.

A TYPICAL NIGHT OF VIOLENCE IN LAWRENCE: FROM PAGE 8

piece together the details of the machete attack and track down the shooter from the Broadway incident, other officers continued responding to lesser important calls, one after another as more calls came in.

"We have a home invasion at (street # withheld) Saunders Street," the dispatcher said over the radio. He told his officers that it was still in progress and he had one of the occupants on the phone.

"Caller states they showed a gun and were pushed out the door, they just left" the dispatcher warned. With cops heading in that direction and the gunmen heading away from the house there was a chance that they may run into each other which could be deadly. When officers arrived there was no sign of the home invaders but the victims had video tape of the men with guns trying to enter their home.

"Suspects meeting the description are walking down Avon Street," the dispatcher said. Within less than a minute, four, one-man cruisers pulled up and questioned two men who fit the description, but after a few minutes determined they were not the suspects and let them go.

As the calls backed up, officers were inundated with complaints about response time, crime victims pleading for help and asking when an officer could respond to their emergency.

While officers were able to make several arrests on a myriad of charges that night, none of the suspects in the major criminal cases they dealt with that night were taken into custody.

"All this means", one of the early night officers said as he was ending his shift, "is that the people we didn't catch tonight are still out on the streets and we will be dealing with them again. Tonight, tomorrow night, the night after. The criminals know we are short handed. Short handed and outnumbered and it doesn't seem like we are getting much support from City Hall.

"We have calls backed up about 30-45 minutes" one officer said as he started his shift on midnight patrol. As the seven cops working early nights were going home at 1AM, they were being replaced with six officers to handle the emergency calls.

"We have six guys on right now and we can't even get to the calls coming in because we have a full board at the station from the early nights," one frustrated officer lamented.

Little Support from City Leaders

Last year Lawrence Mayor Willie Lantigua (with a vote of the majority of the Lawrence City Council) laid off 25 police officers, disbanded the auto theft task force, depleted the detectives division and the drug task force and Lamtigua

attacked the cops calling them lazy and racist. This was after borrowing \$35 million dollars to balance the budget.

One city councilor who did not support the budget that laid off 25 police officers (and 24 firefighters) was Marc LaPlante.

"These guys do an amazing job given the restraints they have foisted upon them," he said. "They are working short handed every night. They are working with outdated equipment that is in serious disrepair, cruisers that need major work and I have to say, after doing a few of these ride-alongs with police, that I don't know how they do it."

"I have to say they are real professionals," LaPlante said. "If you look at the volume of calls they are handling and how serious they are, really the serious danger of the issues they are faced with, it's amazing to me that they are able to go out there and operate so professionally under these conditions. It's unfortunate to say but eventually something's got to break."

On top of being short handed on the streets, officers tell the Valley Patriot that currently there is no one in the department assigned to do fingerprint analysis. That means when major crimes happen in the city, detectives are not taking nor are they processing fingerprints leaving many cases unresolved.

"We have at least two officers certified

to do fingerprint analysis but with the cuts Lantigua made neither of those officers are doing it because they have both been reassigned to patrol," one officer said.

With the explosion of crime and violence in the city, sources say the state police have a backlog of cases that have been done for Lawrence that are just "sitting there waiting to be picked up."

Sources in Lawrence say that because they have no one to pick up or process those files, serious cases like rape and murder are not being worked on.

Lawrence resident Lee Fickenworth told the Valley Patriot last month that there is a lot of evidence in the case of her murdered son, Gabriel "but there's nobody working on it. It's frustrating, someone murdered my son and there aren't any police officers really working the case."

Last month the Mayor and the Lawrence City Council approved a new budget plan for 2011 -2012, which did not restore any of the 25 police positions eliminated last year nor the 11 officers laid off in previous years.

According to Lawrence Police Chief John Romero the Lawrence Police Department is short 41 officers in total leaving not only a backlog of cases for patrol cars on each shift but also in a backlog of unsolved cases.

You can email Tom Duggan at valleypatriot@aol.com

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Voter Fraud Discovered in Lawrence

Jamison Tomasek

VALLEY PATRIOT COLUMNIST

When the discussion turns to voting in Lawrence, there are many stories of irregularities. Some are firsthand, many are secondhand and some are just speculation. This is a story of hard evidence. This article will show you that the Election Division of the City Clerk’s Office in Lawrence has not been diligent in their basic responsibilities, which calls into question their oversight of any election. At the heart of what the Election Department needs to do is maintain an accurate voter list, and this is something that the facts indicate they have failed to do. Without a good voter list, how can we expect a fair accounting of the vote at the polls?

Many discoveries occur as the result of a fluke and this one is no different. It began when I met a person from Lawrence. I

was a candidate for State Senate last fall, and this is how I have in my possession a Microsoft Excel file produced by the Lawrence election department. This file was given to me just prior to the election of November 2, 2010. I was told this represented a list of all registered voters eligible to vote in that election. Multiple candidates used that same list of voters to observe the polls. According to this list there were 36,789 registered voters in Lawrence on that date.

Now back to that person from Lawrence. When I have contact with new people I often check my voter list to see where they live, what their party affiliation is, etc. This person’s name was “Tony.” Imagine my surprise when I noticed right above him on the list, was a record with the same address, same last name, same birth date, but “Anthony.” Now I will confess that I am all about data, and I am

not afraid of some grueling tasks, like scanning almost 37,000 names to see what I could find. I set about my task beginning with sorting the file by birth date, and then by last and first names.

The first thing I noticed was there are dozens of people over 100 years old, and also that there are a lot of the same last names like Rivera or Gonzalez. After only a few hundred names the first questionable names pop up. It’s possible that there are three triplets with very similar names still living together at 80 years old, but that seems unlikely. Working my way down the list much of what I saw was similar to this. Meghan and Meaghan, Israel and Israel, Fanstina and Faustina, with the same last name, same birth date, mostly the same address. It doesn’t stop with first names Woodward/Woodlard, Loskowski/Lozkowski, Hernadez/ Hernandez. McDermott/MccDermott,

and Rodriquez/Rodriques are on the list, and again with the same first name and birth date, and often the same address. Then there the clear jumbles, Ernesto and Nestor, Diazgonzalez and Diaz-Gonzalez, again same birth dates, same other name, often same address. You would think the Election Division would understand the hyphenation of Latino names (which could be men or women), but often right below a person was clearly the same person, but with a hyphenated name. Ms. U. Garcia-Reyes is obviously the same person as Ms. U. Reyes, especially as they live at the same address

Some people just have the same name twice, except on one of the voter records there is a middle name. Those who have anglicized their Latino name, like George for Jorge, should not be registered under both, but they are. Let’s not forget married

VOTER FRAUD, PAGE 39

CHIEF GALLAGHER: From Page 6

CHIEF: It is different, I have to admit. I was the chief’s backup when he was on vacation and away at conferences, but at that point, I was still mainly detective commander, which I fully enjoyed. This type of work, most officers would love to do. I had a great chance to do it. Fighting crime and doing undercover work for Federal Authorities. But, now, it’s a lot of desk work, working with the public. More on the phone and on the internet, making means, the budget, working with the Unions. I still enjoy it and I know all of the officers, but it’s very different and I want to put some people in training to become command staff.

What are your goals, how is the North Andover Police going to be different with you here rather than Chief Stanley. How is the North Andover Police Department going to operate differently?

CHIEF: One of the biggest tributes to follow Chief Stanley is we are an accredited agency. His policies and procedures worked great for quite a few things that we do, each officer knows it. Our rules and regulations book was probably an inch thick back then. Now, it’s probably 4 inches thick. So, there is a policy for practically everything, and that makes it a little easier to get things done in the department and do them right.

When you came in, you must have had some goals in mind. What kind of changes are your officers and the people on the street going to see in the North Andover Police Department, your goals for the next year, the next two years?

CHIEF: To supervise the staff, to get them more trained to be administrators, to be the managers of the future for this department. I won’t be around forever and one of my first goals is to bring each officer in and ask them what they are looking for in the department. What goals are they looking for? What kind of training are they looking for? Generally, if an officer is interested in something, they will achieve that goal with support from the chief and I intend on giving them that support.

What kind of citizen feedback do you get?

CHIEF: Our officers are unsung heroes. That huge snow storm last year, a guy told me that he was stuck in his house and an officer, even though the driveway was a

sheet of ice, walked the whole way up the driveway to make sure I was alright. He wasn’t plowed out yet. The snow had to be two feet deep. It’s great because you hear stories about them, how they save people’s lives, they rescued them, how they did CPR. You don’t often read those stories in the paper.... well yours is different but you know what I mean.

What are you going to need as chief going forward to run the department?

CHIEF: Well first I want to increase community policing. We are having a staff meeting shortly with the supervisors to see how we can reach out to the community more. We want to let the public know they can come to us with anything. So we go to clubhouses, community meetings, we hold the neighborhood crime watch, we go to homes, auditoriums, we’ve spoken to thousands of people in the last couple of years. Before, there was a team that was doing that, but now we are going to get all the supervisors involved doing it. So if something happens on their shift, they can deal with it and let the next supervisors know. We are trying to get the officers up to par so the command staff can step right in no matter who the supervisor is. As far as what I need, I would say just more training. You can never have a force that is trained too much. Say we are going to have tasers, we want them all to be training in that. We want them trained as much as we can.

One of the things we are going to be unveiling next week is an app for people’s smart phones, so people can contact us directly and immediately.

How’s that going to work?

CHIEF: We’ll find out. (laughs). Seriously, if you download the app on your smart phone and there’s something going on in town, you can communicate directly with us. And it’s not just for emergencies, if you want to leave a tip or commend an officer, or you just have a general complaint you can be put right through to a supervisor. Just last night at national night out I had so many compliments about our officers. These are things we’d like to have documented. You know people always tell me we are so lucky to have home-grown police officers. They know the people in town and they have an ownership of the town. And that’s one of the reason I came back from Baltimore. There I was a badge number,

here everyone has a name and most people know us by name that makes policing easier.

Was this your lifelong dream to be a police chief?

CHIEF: Yes. My brother was in the FBI and he was one of my heroes. He graduated Northeastern University in ROTC, was a captain in Vietnam, came back and joined the FBI and J Edgar Hoover swore him in. He helped me pay for college and he was an inspiration. That’s what steered me to policing, but did I want to be a chief, yes of course. I think that is any officer’s dream. When Selectman Don Stewart asked officers ten years ago during their initial interview “what are you going to be in ten years”. Some guys say sergeant or lieutenant, most of them said they want to be chief. These guys are the future of the department and they are very proactive, they have already approached me about more training and ideas for moving the department forward and they are a credit to the town.

Training costs money.

CHIEF: The town gave us what we need, and let me say the town leaders in North Andover are fantastic. They are behind us 100%. They really want the men to be safe and the citizens to be safe. So we have a new police station and a new community training room that is being outfitted through grants with flat screen TV’s and equipment so that experts can come in here and teach our officers. But if we go and ask other dept’s they may pay for their officers to come here and that defrays the cost. We do have other training opportunities too, we have training officer Sgt. Gray trying to get schools in the area for the men to train. Sometimes the state police or the FBI offer free training and if there are other classes that the officers may need we can always use the drug forfeiture

fund. If we do a drug seizure where we seize someone’s cash or property it will go the district attorney’s office, go through the courts and eventually we will get back 5% to 50% of what we seized. We can use that money for training. So I know training is expensive and it’s critical but there are ways to make that happen and keep the force well trained when there are budget constraints.

Do You see a lot of drug issues in North Andover?

CHIEF: We have a lot of investigations going on where they (drug dealers) use a home or an apartment in the area, they will use rented cars so we can’t seize them. In the past, we’ve gotten the Mercedes’, but they are getting smarter and more economical. I wouldn’t say it’s as bad as other places but we work with the DEA quite a bit. When we get drug forfeiture money we can use it for training and things like that you can’t use it to augment your budget, there are restrictions to what you can use it for. For example if you need overtime for an investigation we can use that. We don’t get a lot but what we get helps.

Other communities have had to lay off police officers, North Andover hasn’t. Why is that?

CHIEF: Well the officers have given up a lot. They have given up their raises in the last several years. But I would say the town leaders always put public safety first. They have always been there for us. We have recommended staffing, four officers on the road at all times. Last year the ice and snow budget hurt us we had to cut the budget we had to take our traffic officers and school resource officers and put them back to patrol. But I would say having the selectmen really understand the importance of public safety and backing us up is the main reason.

TRANSCRIBED BY DAWN BRANTMULLER

Sean Fountain

Methuen West End Council

Change is GOOD!

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Wednesday, August 17 · 6:00pm - 9:00pm

American Legion Rt.28 Broadway. Methuen, MA

Paid for by the committee to elect Sean Fountain

From the desk of Methuen Mayor Bill Manzi

Manzi Signs Letter on Debt

A Letter to the President and Congress was signed by Methuen Mayor Bill Manzi and other area mayors here is that letter:

Dear President Obama, Senate Majority Leader Reid, House Speaker Boehner, Senate Minority Leader McConnell, and House Minority Leader Pelosi:

Now that the debt ceiling has been temporarily resolved, we urge you to focus intently on the real solution to the federal deficit issue: economic growth and job creation for the American people. While the debt ceiling compromise is to be applauded for averting immediate economic chaos and for ensuring that the United States can meet its obligations to its soldiers and the elderly, it unfortunately does nothing to bolster the nation's fragile economic recovery. In fact, this compromise may even jeopardize it.

The way to resurrect the United States economy is not simply by cutting government spending and pledging no tax increases, but rather by designing programs that work in partnership with the private sector to increase economic growth. Such programs will simultaneously create jobs and reduce the deficit through increased revenue. Throughout our history, economic growth, as opposed to spending cuts, has proven to reduce the country's deficit. Most recently, during the Clinton Administration, sustained economic growth, which averaged 4.0% per year, resulted in 22.5 million new jobs being created and generated a \$237 billion surplus, the largest in our nation's history.

The current level of economic growth will not lead to a real recovery. There are at least 14.1 million unemployed Americans and millions more who are underemployed. In American cities, unemployment has been in the double digits for at least the past three years. Economists believe that a sustained growth rate of over 3.0% is necessary to meaningfully reduce unemployment but the Commerce Department reported last week that the GDP grew at the annual rates of .4% and 1.3% for the first and second quarters of this year, respectively - hardly growth that will drive an economic recovery.

The challenge to create jobs and enhance revenue must be approached with a sense of urgency and renewed commitment. The operative word for the past week was "compromise," but the only thing "compromised" was the economic viability of the American family. To foster



the economic growth that is so critical to our nation's recovery, we urge you to add to the mandate of the Joint Select Committee on Deficit Reduction the responsibilities of identifying the factors that led to the current era of low economic growth and creating programs to bring economic growth back to the robust and sustainable levels.

Restoring our nation's economic health will not happen by fiddling with the status quo or taking doctrinaire positions on taxes or entitlement programs. The Joint Select Committee on Deficit Reduction should be explicitly instructed to recommend wholesale policy changes where necessary. These could include revisiting trade agreements and tax rates and loopholes, reviewing entitlement programs, and launching major new economic and educational investments to spur growth in the private sector.

The United States is the only country that exports jobs, only to then import the products that the exported jobs produce. The United States is also the only country that dismantled its manufacturing capabilities for pure profit with complete disregard for the American worker and the strength of the country. As mayors, we have witnessed firsthand the effects of these policies, and this "compromise" bill will do nothing to restore economic growth in cities across America.

We also challenge you to reclaim the parameters of the country's economic debate. This is not 1776, this is a modern, complex economy for the #1 superpower of the world. The common goal of economic growth should not be a partisan one; rather it is the key to shared American prosperity and American Leadership. For the United States to be strong abroad, it must also be strong at home and provide opportunity for all of its citizens. The partisan bickering that occurred in the days and weeks leading up to this vote has done nothing to address the real problems with our economy or to propose solutions for resolving them. This week we averted economic chaos, but we certainly did not inspire confidence about the prospect of future economic growth in America. Rather than continue to debate ideological strains, the Administration and Congress must meaningfully address job creation and revenue growth through long-lasting economic recovery.

Sincerely,
Scott W. Lang, Mayor, New Bedford
President, Massachusetts Mayors Assn.

Methuen Resident is Peer Leader at Youth Leadership Forum

Methuen, MA – Jaklyn MacDonald of Methuen recently served as a Peer Leader at the 2011 Massachusetts Youth Leadership Forum, a program for teenagers with disabilities who show the promise of one day becoming leaders in their communities.

MacDonald was one of 13 peer leaders, who helped plan the forum, served as mentors and assisted the delegates. The 31 delegates came from communities across Massachusetts and were selected to take part in the event, held July 13 through 15 at Bridgewater State University.

The forum helps students make the transition from high school to higher education or work and provides resources that will be helpful to them as adults.

Participants attended workshops and discussions on a wide range of subjects, including technology, independent living, employment, college and higher education, advocacy and community leadership.

The forum is an annual event organized

by Easter Seals in collaboration with the Boston Center for Independent Living, Partners for Youth with Disabilities and the Center for Human Development. The Massachusetts Rehabilitation Commission provides funding.

To learn more about the Easter Seals programs for youths with disabilities, contact Colleen Flanagan at cflanagan@eastersealsma.org or 508-751-6410.

Easter Seals Massachusetts provides services to ensure that children and adults with disabilities have equal opportunities to live, learn, work and play. A nonprofit, nonsectarian organization, Easter Seals offers technological assistance, job training and employment services, recreational and youth leadership activities, veterans' services, rehabilitation services and public awareness programs. Offices are located in Boston, Worcester and New Bedford. For more information, call 800 244-2756 or go to www.EasterSealsMa.org.

WILLETTE: FROM PAGE 11

face-to-face with Methuen residents.

They are Social Security recipients, retirees, widows, unemployed individuals almost out of unemployment benefits, single parents, working class and middle class families, and young professionals. Many conversations have revolved around the very inopportune time for a tax increase of any kind, a call for sacrifice in town government, and an understanding that the economy could take five years to fully recover.

As I campaign and present my conservative ideas across Methuen, I carry with me the underlying fact that I am not personally immune to the hardships and tribulations of my neighbors and the voters of Methuen.

My wife has only been able to secure part-time employment after the Great

Recession. I have not experienced any cost-of-living increase for at least five years. I have faced furloughs. I have had to work two or three jobs just to make ends meet.

That we sacrifice vacations and other luxuries to ensure that the kids are well-fed, clothed properly, given learning opportunities and receive proper medical care. That we are doing everything possible to pay our bills responsibly, pay down debt, and put money aside for future savings.

In so many tangible ways, the Methuen City government has got to start operating the same way. Please vote on Tuesday, September 20th! Thank you for welcoming me to your homes and for voicing your concerns to me.

Sean Fountain

Methuen West End Council
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RONNIE’S RANTS

Random Thoughts

Ronnie Ford
 VALLEY PATRIOT COLUMNIST

Depending on the way you look at this; a bright change has occurred in the mayoralty race of Methuen. Jack Cronin, a Navy Veteran, Businessman, a City Council Chairman, with enough administrative experience to be CEO of any large company, has jumped headlong into the Top Gun Race. Cronin will face Denuncio, Zanni and Willette for the nomination.

Willette, it is reported, has the support of Larry Giordano. Zanni it seems has the push of Sharon Pollard’s old team of organizers including Toodie, or whatever her name is. Denuncio, has a well versed pool of old, Bob Leblanc, former Manager of Methuen, City Councilor, and all around political brain. Jack Cronin has to bank on his long time service to the City of Methuen and old friends. Friends who are looking at Medicare and pensions. Jack Cronin is well liked and has a multitude of friends. He spouts his vast experience and energy. This will be a great fight. Stay Tuned for CHAPTER TWO!

By the time this Monthly goes to press, we will know the outcome of the bickering taking place in Washington. I don’t know how you feel, but I am

certainly disgusted with the whole lot of them. Congress is the only body who can make laws, not the President, not the Supreme Court, not the Joint Chiefs, CONGRESS!

They are the ones who got us into this mess, and they have the power to do anything to get us out. Instead they are looking out for their own interests and greedy hands, and paying homage to lobbyists, and any other Gods of money! People are angry, we want results.

We want an end to all this nonsense, and put in term limits and stop these clowns from becoming multi-millionaires on our dime! I don’t think the lot of them have an original thought of their own! They just follow the leader of their political party! END IT!

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



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

The Merrimack Valley Irish Connection

Riverstown Forge

Jack Doyle, County Sligo
 VALLEY PATRIOT IRISH COLUMNIST

Situated 15 miles south of Sligotown, in the county of Sligo, Ireland is a forge that my mother’s 1st cousin worked his trade. I remember my mother telling me that there was a blacksmith’s in our family, but like most stories told to me back in my pre-teen years, I didn’t pay much attention to them. While I was searching my family history and talking to the “natives” of the area in which my relatives came from, I was told that there were three members of the “Crann” family that were blacksmiths. During my escapades I ran across a book titled, “The Riverstown Story” in which there was a story about the Forge of the village. I have included this article to give you a sense of how things were during the early 20th century in Ireland, and also to tell the story of my second cousin, Tom Crann, so well expressed in the article by Hugh Kelly of Riverstown.

*Every Saturday morning and during the school holidays I awoke to the sounds of Tom Crann’s anvil. The people of my generation saw the end of the horse and donkey era and the beginning of the tractor age. In the springtime and during the summer each year the Forge street would be packed with horses and donkeys. Every young lad in the village visited the forge, where they collected the old horse and donkeys shoes and nailed them to doors, etc.

Tom could lift the leg of the heaviest Clydesdales and shoe them. He could sledge when he was not shoeing horses. He could make gates, repair tongs and make implements for the farming community. John Jinks, known locally as “the Mayor” (after a Mayor of Sligotown who had the same name). “The Mayo” was a character. He and Johnny Ellis would keep the customers entertained with the debates of the day. Sounds familiar.

The forge appeared dark as you entered it. Facing you on the right was the anvil and the water trough used for cooling the iron. Underneath the water trough was a large selection of scraps of iron. Next was the workbench with the vice and drill. Smoke billowed from the open door and there was an underlying smell of burning hooves.

The shoeing of the horses and donkeys was carried out just inside the door on wet days and outside on the front street on dry days. The procedure commenced with the removing of the old shoes. Then the hooves were paired and filed with the rasp. The new shoe was placed in the fire and heated was taken while hot and used to burn an impression on the hoof. Tom, who wore a leather apron, would blow the smoke out of his way at intervals as the smoke from the hoof reached his face.* “The Riverstown Story” The Village Forge, Hugh Kelly pp.189. To be continued next month.....



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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Union Thuggery: Coming to a Town Near You!

Eric Fisher

VALLEY PATRIOT GUEST OPINION COLUMNIST

If it can happen to Newburyport, it can happen to YOU. Notice it says, “to Newburyport” because Electrician’s Union IBEW Local 103 has decided that since it lost a bid to work on Newburyport’s Anna Jaques Hospital, that it’s going to make not only the hospital but also the whole town of Newburyport suffer for it – that’s right, Union Bullying 101.

On any given day, one can find up to a dozen IBEW 103 members in Newburyport, allegedly being paid \$100+ per day, sitting on downtown benches, tossing spent cigarette butts in every direction, passing out fliers full of malicious, questionably accurate information and, as of late, accompanied by a 15ft inflatable rat which, not so ironically, represents the union’s behavior more so than that of their intended target. In fact, a few days ago, the rat’s air compressor was pouring exhaust fumes directly into the front door of a local ice cream store. Locals and store employees had previously asked nicely for the union to move the compressor but their pleas were refused until the fire chief arrived and demanded it. To add insult to injury, IBEW Local 103 has a plane buzzing over the town each weekend with a banner in tow, advertising the web address of their attack site, and with complete disregard for any outdoor events (graduations, weddings, etc.) that might be taking place. Allegedly, they have a year-long permit to continue pulling these stunts and they’re on record as saying they’re in it for the long haul.

Local residents have also witnessed members of IBEW Local 103 outside the Anna Jaques Hospital harassing both workers and patients as they arrive -- to one doctor, “Is your car big enough, Doc?”, and to an arriving patient, “You know you’re coming here to die, right?” Some were even seen crowding a female supporter who was in her wheelchair... crowding a wheelchair! In all fairness, not every single union member is engaging in these behaviors. But that’s because they just need enough bullies to get their message across to any, and all, potential employers – if you’re not careful, you,

too, could be “Newburyported”.

The locals, however, are not taking this lightly and they’ve formed a movement in support of the hospital that is steadily growing. They’re careful to note that they are not anti-union but rather anti-bullying, as well as pro-Anna Jaques. Signs in support of Anna Jaques are popping up all over the place – in store windows, yards, and car bumpers, to name a few. Websites and blogs, such as “Citizens Supporting Anna Jaques Hospital”, are helping to set the record straight, exposing IBEW Local 103’s bullying tactics and correcting what they see as union disseminated misinformation.

If IBEW Local 103’s attack site, “Anna Jaques Exposed”, has any information regarding their gripe over losing the bid, it sure isn’t obvious to this writer. The bulk of their information consists of a list of malpractice payments made by a handful of the hospital’s doctors (which, in no way, is proof of guilt) and these are preceded by cartoon drawings suggesting AJH doctors as some kind of gross, evil, mad scientist types one might expect to find in a sci-fi horror film. Add in a dash of “toe tags” and a pinch of “crying seniors” and, in a mad twist of irony, you have a self-portrait of IBEW Local 103 when it’s engaged in these behaviors. Or, maybe scaring seniors, maligning health care workers and assaulting a town with buzzing airplanes, inflatable rats, character assassination websites and grotesque attack leaflets are the “new good?”

Not likely.

But, the main point is that this isn’t just Anna Jaques’ problem. And, neither is it only Newburyport’s problem. Nor was it just Beverly’s problem when IBEW Local 103 did the very same thing to Beverly Hospital back in 2007. And it surely wasn’t just the problem of Forks Township, NJ when IBEW Local 827 did it, as well. You could say IBEW has yet to develop a more modern, civilized approach to problem solving. The thing to remember, however, is that this is everyone’s problem. And, you can rest assured it’ll be coming soon to a town near you. Maybe even yours. So, please, take a moment now to show the town of Newburyport and supporters of Anna

We Support ANNA JAKUES HOSPITAL

Recent fliers distributed by the IBEW 103 contain nothing but misleading quotes, links to web pages which do not exist, and Orwellian stretches of truth.

Who is the real rat? Let’s find out!

Fact: Anna Jaques Hospital has a far lower error rate than the national average for falls and trauma. In fact, the very website the IBEW 103 cite supports Anna Jaques Hospital in their care of Medicare patients.*

If this is the kind of work IBEW 103 chooses to publish, who is to know what kind of shoddy work they will provide in a critical hospital environment. Should your loved one depend on the electrical work of an organization so devoid of integrity and attention to detail?

Why should anyone rely on an organization which cannot cite correct sources**, cannot source web pages which actually exist**, not to mention comprehend what their fliers actually say***.



Find us and learn more about the abusive tactics used by IBEW 103 on Facebook at Citizens Supporting Anna Jaques Hospital

PHOTO: COURTESY SUPPORTAJH.BLOGSPOT.COM



*IBEW 103’s flier states that Anna Jaques Hospital has a fall and trauma error rate of .0528 per 1000 patients. The national average is higher, 0.564.

** The “Hospital Falls and Trauma section is linked to both “nursinghomeabuseblog.com” which does not exist, and a link to a completely unrelated article which never mentions Anna Jaques Hospital

*** If you pick up a flier, you’ll note that the sidebar focuses on vascular catheter-associated infections. Neither listing the names of the Board of Directors, nor the fear-mongering stories which lead to nowhere, address any of IBEW 103 arguments.

We did the research and it turns out that The Boston Business Journal examined only 8 cases for potential error, a statistically shameful level of journalism.

Jaques Hospital your support – visit their website, make a donation, offer to stand out with them, hold a sign, comment on their blog and relevant online news articles, tell your friends, or just contact the group via their site and ask them what they need the most. I did, even though I live over 30 minutes away. Do you know why?

Because, IBEW Local 103, with their bullying tactics and inflatable rat, came to a town near me.

Citizens Supporting Anna Jaques Hospital
www.citizenssupportingannajaqueshospital.com

tal.com/supportajh.blogspot.com/2011/07/another-point-of-view.html

www.salemnews.com/opinion/x1019713525/Our-View-Unions-ugly-protest-serves-no-one

Article about IBEW harassing Beverly hospital

http://www.wickedlocal.com/danvers/news/x449721755#axzz1TrYYkNfP

IBEW Local 827 does it as well... it’s a union wide tactic:

http://www.lehighvalleylive.com/easton/index.ssf/2011/05/forks_township_police_on_alert.html

WNBP’s 3rd Annual Jazz Cruise to Feature “Swing Band of the Year”

WNBP presents their 3rd Annual End of Summer Jazz Cruise as a benefit for the Firehouse Center of the Arts. Featured performer will be Rico & the Jump 'n' Jive Review, nominated as "Swing Band of the Year" by the National Swing Awards. The host of WNBP's show “American Standards by the Sea” DICK ROBERTSON will be the special guest MC this year.

Board the Captain's Lady III at Plum Island Point (see the Captain's Fishing Parties office) and cruise up the Merrimac River as you listen to live music. Delicious hors d'oeuvres will be provided by Chefs of the Old World (cash bar).

Rico Barr and the Jump 'n' Jive Review are New England's premier dance band. The Band was nominated as "Swing Band of The Year" by the National Swing Awards, but their repertoire includes the history of dance music from the jazz and rock decades. They can be seen on the concert stage with their original compositions and arrangements and are in demand for ballroom dances throughout New England and beyond. Individual band members have performed with legends such as Chuck Berry,

Herb Pomeroy, Gene Krupa and have performed at the White House for two Presidents. Musicians include: Rico Barr - Lead singer and drums, Dave "The Lip" Dubinsky - Trumpet, Carl Reppucci Jr. - Piano, Peter Mundt - Bass and lead vocals, Bob Holfelder - Trombone, Paul Hansen - Guitar and lead vocals, Doug Leaffer - Tenor saxophone, and Paul Ahlstrand - Tenor saxophone.

Save the date and get your tickets early! Now in its third year, this event represents a very successful partnership between the Firehouse and WNBP. Always a sell-out, this cruise has quickly become a favorite summer event. Don't miss it -- you'll be sorry!

Calendar Listing: WHAT: WNBP Annual Jazz Cruise with Rico and the Jump ‘n’ Jive Review

WHEN: Sunday, August 28; 5- 8 pm (Rain or shine!)

WHERE: Board the Captain's Lady III at Plum Island Point (see the Captain's Fishing Parties office), Newburyport, MA

TICKETS: All tickets \$35 per person.

For more info please call the

Box Office at 978/462-7336 or visit online at www.firehouse.org .

The Newburyport GOP Committee is in full action this summer

Mark your calendars and e-mail Colleen Fallon for tickets to the 1st annual NRC Beach Party. What a beautiful Beach side setting to gather with friends and neighbors, enjoy the fabulous entertainment, and summer evening!

Surf, Sand & Song

The Newburyport Republican Committee Invites you to a fun evening at the beach to enjoy the cool sounds of New England's entertainment legend and incomparable jazz vocalist, Rebecca Parris accompanied by a four-piece jazz/blues/swing ensemble.

Come enjoy the great music in this

casual, intimate oceanside setting.

Tickets now available!

Friday, Aug.12,2011 6:30-10:00 rain or shine

The pavilion. Salisbury Beach State Reservation

Donation \$45 per person.
Beer,wine,soft drinks,finger foods
For tickets please send check made payable to Newburyport Republican Committee #195 25 Storey Avenue Newburyport, MA 01950 or email us at cfallon@newburyportgop.com



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Partisan Politics hits non-partisan City Council Race

Gerry Nutter

VALLEY PATRIOT LOWELL COLUMNIST

“Before we go too far down this road, let me be clear. The Republican Party are mostly no good bastards that regularly lie to America, so as to ensure a steady migration of wealth from the middle class to the upper-upper class. They pose on principles, but their God is money and greed is their holy ghost. ~ Jack Mitchell Left in Lowell BLOG

The US House and Senate battle over politics instead of what is best for the Country the ugly Partisanship that is tearing apart the country and putting us on the brink of not being able to pay our bills is coming to Lowell and the non-partisan City Council Election.

Left in Lowell a well known Democratic “progressive” Blog whose front page “Posters” are all leading Democratic proponents are also all part of a Political Action Committee named Move Lowell Forward who state that they are a “non-partisan local political action committee of citizens who work for transparency and accountability in city government, and for increased voter interest and participation.

So how can you be a leading Proponent of the Democrats and be part of a supposed non-partisan local political action committee? They want the citizens of Lowell to believe they can yet their

actions consistently show otherwise. Jack’s post attacking the Republicans clearly shows his bias, Lynne Lupien the founder of LIL has held fundraisers for Gov. Patrick and was the co-President and is now the treasurer for Move Lowell Forward. These actions clearly indicate a clear partisan leaning.

Jack Mitchell an outspoken advocate for Move Lowell Forward while at the same time being a front page poster for Left in Lowell has decided that City Council challenger John MacDonald should be painted as a Republican and therefore attacked.

So much for non-partisan. Jack was upset that I and the Sun posted comments that stated many have spread a rumor that Lowell City Manager Bernie Lynch was a supporter of MacDonald and that MacDonald was Lynch’s person in the race. So he used this excuse to try and downplay that while attacking John MacDonald for being supported by some outstanding people who happen to be Republicans

Lowell City Council candidate John MacDonald lives in Lowell and works in Lowell is a Vice-President in the Lupoli Companies and has some pretty solid and upstanding people working on his campaign. Included on that list is Sal Lupoli President/CEO Lupoli Companies, Mike Sullivan former Mayor of the City

of Lawrence and former Lowell Asst. City Manager Matthew Coggins.

Jack Mitchell doesn’t like that so many Republicans are working for Mr. MacDonald and posted an article on Left in Lowell titled “Thou Shalt Not Make Local Elections Partisan” which states: Let’s start at square one. John MacDonald is a Republican. That doesn’t make him a bad egg. I voted for Joe Mendonca, a Republican, in 2009 However, for those pulling for the MAGOP, the effort to build a farm team is paramount. Thus, Republican State Committeeman Jeff Wilson is bent on making his play...

There are those, me being one, that think John MacDonald is running for City Council with the intent of quickly jumping up the political ladder. A quick stint will segway into a run for higher office. Now, you can care little about my opinion, but don’t dare state that it is poorly formed. MacDonald is running a campaign that is head and shoulders beyond the realm of the typical city council race. He is effectively running the caliber of campaign seen in US Congressional races. I surmise the intent is to demonstrate that “grassroots” folks can be trusted with running effective high level campaigns. Some may remember the rift created when monied GOPers lined up behind Jon Golnik, as opposed to the local activists’ fave, Sam Meas. It sure don’t hurt to prove to the MAGOP that the locals ain’t yokels.

But, why tie Lynch and MacDonald together?... This is dirty pool”

It’s “Dirty Pool” to tie a candidate to a successful City Manager yet Jack the outspoken voice for the non-partisan Move Lowell Forward has no problem labeling a City Council Candidate in a

MacDonald is running a campaign that is head and shoulders beyond the realm of the typical city council race. He is effectively running the caliber of campaign seen in US Congressional races. I surmise the intent is to demonstrate that “grassroots” folks can be trusted with running effective high level campaigns.

non-partisan election has a Republican who is only interested in using the seat has a stepping stone and is just a farm team player for the Republican Party?

This is the problem that I have had with this “PAC” they claim to be non-partisan and claim to be just a group of concerned citizens yet it is clear they are a Democratic tool with 1 or 2 token Republican members who raise funds for their candidates who push only their agenda and are trying to hurt a particular candidate because the people who support them are Republicans even though it is not a partisan race.

John MacDonald should be allowed to run his campaign without getting attacked because he is either Republican or Democrat. Keep the nonsense of partisan politics in Washington and don’t bring it to the Lowell City Council race.



Read Gerry Nutter’s Blog at gerrynutterslowell.com or email him at GNutter@docuserve.com

Dracut and Changes to the CPA

Cathy Richardson

DRACUT SELECTMAN

To those who know Dracut, it brings to mind beautiful farms, rock walls, a rich Yankee heritage and a community that stood tall and strong after the tragedy of 9/11.

Dracut is a strong and generous town which holds its rural character dear. The history of this farming community contains stories of great sacrifice, perseverance and service to our nation.



Recently in Dracut the Community Preservation Act, which was adopted by residents ten year ago, has come under some scrutiny and the residents have been asked by some to reconsider the town’s participation in the CPA. Dracut levies 2% of the total annual tax bill towards the CPA fund which is then administered by the Community Preservation Committee. Dracut adopted the CPA tax with the understanding that the majority of funds would be earmarked for open space preservation.

There are benefits to retaining open space in a town like Dracut where 90% of the tax base is residential. Open space preserves areas for wildlife to retreat to, lessening their impact on residential neighborhoods. “Wildlife corridors” can be retained which allows safe migration and movement of wild animals. There is a positive environmental effect from trees that can cool us and protect the soil from excessive runoff. There is also a benefit in that less development equals less money required to support the infrastructure required by that development.

Dracut has successfully run as a town meeting form of government. In June, Dracut held its annual town meeting. For consideration was an article requiring that the CPA tax be eliminated in FY 2013. Close to 300 residents

attended and the article was defeated by an amendment that passed by ballot vote (the amendment maintained the current CPA tax). After this meeting, criticisms were heard in regards to the meeting being confusing, unfair, and town officials were characterized as not having listened to the people. In contrast,

a special town meeting was held in May to approve putting an override on the ballot for a new Dracut High School. Over 1000 residents attended. The article for the “debt exclusion” was unanimously supported and placed on the town election

ballot, and ultimately passed, paving the way for a new DHS. This meeting was heralded as successful, productive and a demonstration of how wonderful the town meeting form of government reflects the needs of Dracut. One might wonder why, those two similar processes with equally important agenda items were seen with such contrast.

Additionally, the state legislature is looking at ways that they can change the initial CPA legislation, as they do every year. The overwhelming fear is that the there will be an expansion of the application of CPA funds towards affordable housing. Our legislature should be aware that the original pact with cities and towns was about open space preservation as a priority. Many residents and tax payers are carefully watching the legislature’s manipulation of intended uses of these funds and will push their town to cease their participation in the CPA if the funds are used for housing options.

Dracut will continue to be watchful of the CPA legislation and hopefully will continue to support open space preservation. The current Community Preservation Committee is committed to open space as their priority. There is a place for development in towns, however the existence of CPA funds as currently

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Rape Crisis Counselor Training

If you are interested in volunteering at the Center for Hope & Healing this training is for you!

- Answer calls on the hotline
- Respond to Medical Calls at Lowell General Hospital and Saints Medical Center
- Give Presentations about Sexual Violence in the Community
- Utilize your skills to support survivors

36-Hour Training
August 22 – 26, Monday – Friday 9am-5pm
Topics Covered Include:

Sexual Assault, Diversity, Counseling Theory & Practice, Childhood Sexual Abuse, Trauma, Medical Advocacy, Legal Advocacy, Suicide, Confidentiality, Self-care, Prevention, and much more.

About Center for Hope & Healing (Agency of Rape Crisis Services of Greater Lowell, Inc.)

Center for Hope & Healing (CHH) is dedicated to the healing and empowerment of survivors of rape and sexual assault through counseling, advocacy and education.

CHH is committed to creating an environment that is not racist, sexist, classist, homophobic and where sexual violence and other forms of oppression are eradicated.

CHH is committed to creating a community where individuals and society can break the silence that surrounds the issue of sexual assault.

CHH philosophy is reflected in our service for survivors, their families and friends

To Register, or for more information Contact: van@centerforhopehealing.org or call 978-452-7721

Funding for Services provided by: MA Department of Public Health, MA Office for Victim Assistance, Lowell Community Development Block Grant, Individuals, Foundations, and Corporate Donations.

THEATRE IN GEORGETOWN?

Turner & Nason: Together Again!

Lawrence “Lonnie” Brennan
VALLEY PATRIOT GEORGETOWN COLUMNIST

What exactly is Moonlight Productions and how did they ever produce such a moving theatrical production in Georgetown this summer? Impossible to answer in just a few paragraphs. . .

Director and lead actor JT Turner, together again with music director Sandi Nason guided 42 actors and actresses (children, teens and adults), in their Georgetown production of Annie. A play you say? A play review? It’s been nearly two decades since I’ve been so moved by a theatrical group to dedicate a column to their masterpiece.

Let’s start with JT Turner. To be honest, he wasn’t at all what I expected when he walked onto stage: he was much better. Tremendous. I can’t say what I did expect (perhaps Albert Finney as bald-capped Oliver Warbucks in the early 80s film with co-star Carol Burnett?) but JT Turner was better. Much better. After uttering just a few lines, he set a new touchstone for the Daddy Warbucks character. I was sold and entranced as he kept surprising and building on the role. Words fail to describe

the power and compassion equally doled out onstage. All I could think was ‘wow, in little Georgetown, we have actors like this?’ this is amazing. I’ve been to hundreds of productions, and here I find this?’

But it takes more than one powerful actor to make a production, it takes a complementary cast, a musical performance that rivals the best (yes, I felt like I was behind the orchestra pit at North Shore Music Theatre they were that stunning), and it takes an special type of director and staff to make a play work with 43 actors ranging from knee high to basketball dunker. I should add, watching Sandi Nason lip sing some of the songs as she played keyboard and was truly so into the music score, well, you could feel the emotion being transmitted to the music. (I can see her blushing while reading that now. What a nice lady.) (And the published list of musicians filling the performance with empowering and inspiring music made the show tremendous: Bob Knapp, Pam Moline, Steve LeBlanc, Tyler Hall, Aiden Kelly, Kim Knapp, and Catarina Bongiorno.)

Did I mention how Amy Sheridan was just too good as Miss Hannigan, the tormentor of Annie (nice performance by Bailey Amazeen) and the orphans? Yes, I mean, she was despicable. I hated her. Still do. Her rendition of ‘Little Girls’ (‘dripping with diamonds... dripping with pearls... lucky me., lucky me...’) and when she screeched ‘will surely get an acquittal’, well, she played the role so well at times that I think if I saw her on the street I would cross to the other side. Wow. Talk about being able to bring a character to life. I give Sheridan thumbs up, with both hands.

In contrast, I think everyone fell in love with Kerry Anne Kilkelly (executive secretary Grace Farrell), who earned our respect for her quick, expressive interactions with Sheridan, and who stole our hearts with her love for Annie and Oliver, and her ‘fainting’ when being complimented by JT, and there’s not enough room in a simple column to compliment her singing. Classy lady.

Morgan Robertson (a show-stealing too cute performance, really owned her orphan role), Hanna Sotknek, Rowan Philpott, Carly Richards, Phoebe Lawe, Alicia D’Olimpio, Ava D’Ambrosio, Maddie Canelli, Lia Fitsimmons, Jenna Allen, Julia Budd, Ryan Bud, Aisling Callahan, Taylor Hussey, Aidan Ezpeleta, Emma Johnson, Anna Koken, Piper Lieto, Kayla Marino, Genevieve Roy, Noah Greenstein, Sophie Schell, Catherine Benjamin, Merrick Bilodeau, Allie Adam, Alex Nolan, Laura Patrie, Rachel Tammaro, Erin Winship, Molly Winship, and Charlotte Wallace...gosh, talk about a tremendous group. Each showed such style and grace and commitment. I would expect to see their futures bright. For disclosure, my first-time actress daughter Kinsey Brennan was graced to join the orphan ensemble where she had great fun!

It was the Hooverville residents, however, who sold the show including Patrie, D’Olimpio, Law, and Schell. Janice Hagerman deserves a special shout-out for her singing and facial expressions throughout. This is something you just had to see. This actress was 100% into her character and made us ready to lynch Herbert Hoover. Stunning is a word too often used, but if the word fits, we use it. Hagerman was stunning.

Dan Bruns I had to save to the near end of this little write-up. Still thinking of the words to describe his key performances as a servant, a Hooverville resident, and as President Roosevelt. “Comfortable” keeps coming to mind. I’ve never seen an actor who just seamlessly went from role to role and just seemed so comfortable on-stage. You quickly get the feeling that he’s been on stage and screen every day, a part of your ‘TV family’, as comfortable as your favorite sweater. He just fit. And seemed to have fun!

It was great to see Bob Pitts in so many roles. He added that spark of humor and fun to the evening. Impressive. Chris Pitts gets the unsung hero award for his brief role as Bert Healy in the NBC Radio studio. Versatile, fun. Dazzling.

Alex (‘A’-lex) Bookstein as the conniving Rooster should make his living in theatre. I need not elaborate further. Jenny Donovan (where did she find that Jersey accent? Amazing!) please tell me she’ll be pursuing theatre as a profession!

Looking forward to the 16th season of Moonlight Productions (a non-profit theater company). For info, see www.moonlightproductions.org.



Lonnie Brennan is a former Georgetown Selectmen. He can be reached at Lonnie@justlonnie.com.



(L-R) Lieutenant Robert P. Pistone, Haverhill Mayor James J. Fiorentini, Lieutenant John D. Barbieri and Police Chief Alan DeNaro

Mayor Promotes Police Sgts. to Rank of Lieutenant

Mayor James J. Fiorentini promoted two police officers from the rank of Sergeant to the rank of Lieutenant. John D. Barbieri was first appointed a Patrolman in 1995 and Robert P. Pistone was first appointed a Patrolman in 2000, both men have risen through the ranks. “I am honored to promote both Sergeants to the position of Lieutenant, we are fortunate to have two Lieutenants to add to our dedicated police department,” Mayor Fiorentini said.

Haverhill Council on Aging 2011 Trip

- July 20 – Zorvino –\$50 w/trans, \$40 w/o trans
- August 12-22 – Alaskan Cruise and Seattle Red Sox –Start at \$2699
- August 18 – Cabbage Island - \$95
- August 25 - NECCO Lobster Lunch - \$25
- August 29 – Sept. 5 – Pacific Northwest & California - \$2,299
- September 7- Foxwoods - \$25
- September 13 – Road to the Scottish Highlands - \$80.00
- Sept 13-19 South Dakota/The Badlands and The Black Hills – \$1,899
- Sept 24-26 – Patriots vs Buffalo Bills with

- Niagara Falls and peak foliage – \$499 pp
- September 30 – Fall Foliage Train Ride – \$100
- October 13 – Miss Saigon @ Ogunquit Playhouse & lunch at Warrens – \$128
- October 13-21 – Southern California & Las Vegas — \$2,399
- October 22 – Portland Food and Wine Festival – \$90
- Nov 8 – Neil Diamond Tribute Show at Three Rivers – \$60.00
- Nov 15 – Andrews Sisters Tribute Show at Newport Grand Casino – \$64
- Nov 17 – 2011 – Pre-Holiday Bingo Marathon at Whites of Westport – \$55

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What's MA's Job-Growth Strategy: Hoping, Hunting, or Helping?

Mike Hruby

PRESIDENT, NEW JOBS FOR MASS. INC

On Thursday, July 21st, the Massachusetts Executive Office of Labor and Workforce Development (EOLWD) announced that our state unemployment measure stayed at 7.6% for another month. This signaled no improvement for 263,800 unemployed individuals, more than seven full Fenway Parks.

By definition the 7.6% figure does not include discouraged workers, nor workers who want to work but face a temporary barrier such as transportation or health. Nor does the 7.6% unemployment figure include those working part time who want to work full time, nor those working well below their capabilities, nor those missed by statistical methodology, nor those who just graduated from college or high school and want work. The 7.6% measure counts none of these individuals. Massachusetts has a lot more job seekers than publicly acknowledged.

New Jobs for Massachusetts, Inc., the pro-job-growth advocacy group I lead (website www.newmassjobs.com), estimates that one million people in Massachusetts are looking for work, or looking for more work, or looking for significantly better work. One million people out of a workforce of 3.5 million is a job-seeking rate of 28%. This one million number is what our state leaders

should pay attention to.

The million people add up this way: 300,000 want work and have none. 600,000 are working but want more work (switching from part time to full time) or better work (moving back to the level they were at before 2009) or are working in the grey market (unreported work). We graduated 92,000 college seniors in June, along with 10,000 high school students who plan not to go to college. Add up those four categories, and you get more than a million people who want new jobs.

What are our state leaders doing about these million new jobs?

As reported in the July 21st State House News article, Joanne Goldstein, head of the EOLWD, expressed that she's "hopeful" that large employers State Street and Baystate Health, whose major layoffs she referenced, will recover. She must know that large employers in finance and health care are facing massive cost-reduction pressures flowing from the national-level restructurings of

ObamaCare and the Dodd-Frank bill.

Healthcare and finance giants will not be growing organically any time soon. Is our job-growth strategy one of hoping?

Back in March, Governor Patrick

traveled to Israel and the UK looking to bring back jobs. He got promises of 50. In April, Senate President Therese Murray headed for Scandinavia, looking to bring back

jobs. Is our strategy one of hunting for jobs to bring home?

It's hard to tell what our leaders' job-growth strategy is since they don't go out every week in search of new jobs.

Actually, it's wise that they don't go job hunting. Massachusetts compares poorly with other states as a place to start or grow a business. As detailed on our website, newmassjobs.com, Massachusetts is 43rd most friendly to business, has the 5th highest corporate tax rate, the 2nd highest level of state regulation, the 6th or 7th highest electricity costs, ranks 47th in personal freedom, and has the 6th highest

level of taxpayer burden. We're not a new-jobs magnet.

Dragging companies in from out-of-state produces small-scale results. A 2010 study by Boston's Pioneer Institute looked in detail at the sources of jobs in Mass from 1990 to 2007. Pioneer's economists studied the birth, growth, decline, and death of firms. The study also looked at in- and out-migration of companies, those moving into and out of the Bay State.

Pioneer showed that in- and out-migration affect job growth and job loss by 1%. State leaders should discard the hunting strategy.

Pioneer stated the job-growth challenge very clearly. "An environment that improves the health of our 'homegrown' businesses' will have a much greater impact than policies that are designed to get companies to relocate to Massachusetts." The primary mechanisms for job growth in Massachusetts, Pioneer said, are the rate new companies start up, their size at start up, the rate they grow, and the rate they encounter difficulties, decline and die.

In-migration makes nice headlines, like Wegman's recent announcement of its new store in Northborough, but such movements will not provide a million new jobs. Instead, start-ups by entrepreneurs, innovation-based expansion, and fewer businesses closing will be the three

JOBS, PAGE 36

Al Zappala's New Book On Italy: "Gaetano's Trunk"

Local attorney Alfred M. Zappala of Methuen is pleased to announce the imminent release of his second book on Sicily, "Gaetano's Trunk".

The book, which will be released in mid-September, takes a humorous and serious look at every day life in Sicily. Mr. Zappala's first book about Sicily, "The Reverse Immigrant" which was released last year, was well received by the public and "Gaetano's Trunk" is a continuation of his adventures in Sicily.

Al plans on re-locating there in 2012, while returning frequently to America for family and professional obligations.

Mr. Zappala speaks publicly on Sicily and has traveled extensively this past year locally educating the public about Sicilian culture.

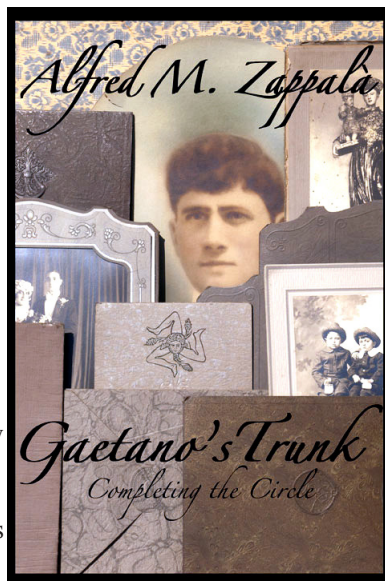
This past June, he was the featured speaker at the Sicilian American Cultural Association (SACA) in Chicago, Illinois and he has addressed many local gatherings in Massachusetts.

Attorney Zappala currently splits his time between America and Sicily. Attorney

Zappala has taught for many years at both Suffolk Law School and Northeastern Law School and is considered an expert on the bar examination.

Thousands of Massachusetts lawyers have heard him lecture on the bar exam over the years. He also has taught at New England Law School and Southern New England Law School. Attorney Zappala limits his law practice to matters pertaining to Italy and Sicily through affiliation with Italian counsel there. In May of 2010, The Italian Government awarded him The Distinguished Service Award through the Italian Trade Commission for work he has done with Sicilian companies. He is a dual American and Italian citizen.

Back Cover: The Reverse Immigrant:



Return to My Sicilian Roots

by Alfred M. Zappala
This book is a love story. The object of the author's love, however, is not a person.

He loves an island, Sicily, or perhaps better his idea of the island: He was not born there. His connections to the island come by way of both grandparents who hailed from Trecastagni, a village on the slopes of Mt. Etna, as well as by an affinity for everything Sicilian.

Yet his love for the island is such that in his maturity he has decided to leave his native Lawrence, MA and become a reverse immigrant by moving to Sicily on the slopes of majestic Mt. Etna

Alfred M. Zappala is a father of three and a grandfather of four. His view on life

is that everything else after that is pretty much gravy.

He holds a law degree and teaches at prominent law schools in Boston. Considered an expert on the bar examination, he has trained thousands of aspiring lawyers to successfully become lawyers.

He has authored several books on the bar examination and a screenplay. He also is a dual American-Italian citizen. He introduced thousands to the wonders of Sicily by importing various products from Sicily, including one that was deemed the best in its category at the nation's premier food event, The Fancy Food Show.

He has posted thousands of times on his popular blog and continues to write of his adventures in Sicily.

Alfred M. Zappala

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Local Home Sales Declined in June vs. Last Year

Single Family Median Price Down from Last June, But up from May

(MERRIMACK & NASHOBA VALLEYS) — The Northeast Association of Realtors (NEAR) — which represents more than 1,200 Realtors in the Merrimack and Nashoba valleys — reported today that the number of closed sales during the month of June was lower than last June for single family homes, condominiums, and multi-family properties. Meanwhile, although median prices of single family homes sold in June were down compared with last June, median prices were up for both condos and multi-family homes compared with June of 2010, and prices for all three types were up versus last month. NEAR's

report is based on data from MLS Property Information Network based in Shrewsbury.

The median sales price for single family homes sold locally in June was \$320,000, down 7.2 percent from last June's \$345,000, but up from \$310,000 in May — an increase of 3.2 percent. The median price for condominiums sold locally in June rose by 14.3 percent compared with last June, to \$211,500, which also represents a 23 percent increase from May's \$172,000 median. Additionally, the median price for multi-family properties sold locally in June rose by 15.4 percent versus last June, to

\$198,500, also an increase of 15.7 percent from May's median of \$171,500. The median price is the point at which half the properties sold cost more, and half cost less.

NEAR President Tom Courtney stated that the sales volume figures continue to be skewed by comparison with last spring's federal homebuyer tax credit, which he said had "front-end loaded" home sales in early 2010. He also said, "Financing hurdles continue to keep some homebuyers on the sidelines, since the pendulum has swung so far from the days of Wall Street-fueled subprime mortgages to the point where some seemingly

well-qualified buyers are having trouble meeting now super-strict guidelines to qualify for a mortgage." He added that continuing historically low mortgage interest rates and moderated home prices make this a "time of unprecedented opportunity" for area homebuyers.

The report also reflected that as of July 15, the inventory of homes for sale in the local area rose for single family homes and condominiums versus the same date last year — up to 1,778 single family homes and 685 condominiums, compared with 1,583 singles and 669 condos

LOCAL HOME PRICES, page 30

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MEAT & MUSHROOM & PEPPERONI	10.94	18.94	Meat Combo	6.25	10.95				
MEAT & MUSHROOM & PEPPERONI	10.94	18.94	Meat & Veg	6.25	10.95				
MEAT & MUSHROOM & PEPPERONI	10.94	18.94	Meat & Veg	6.25	10.95				
MEAT & MUSHROOM & PEPPERONI	10.94	18.94	Sausage	6.25	10.95				
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TOM DUGGAN'S NOTEBOOK

THE BEST OF FACEBOOK: “If you voted for our current president in 2008 to prove you are not a racist, please vote for someone else in 2012 to prove you’re not an IDIOT! ~billboard sign by Concerned Citizens of America.

HEROES AND BOZOS
BOZO: Mass. Governor Deval Patrick testified last month in favor of giving in-state tuition to illegal aliens living in Massachusetts. He warned legislators against the “hyperbole of immigration” to make it look as though there is no valid point on this issue against granting tuition breaks to illegals, only the voices of malicious partisans or racists. With all due respect to the governor (and maybe some that’s not due), he is the one who campaigned on a message of “fairness”. It’s hardly fair (for one example) to New Hampshire residents who are the children of military men and women (serving in the middle east) to pay more for college, than people who are not even supposed to be in the country in the first place. Granted, most kids going into college who are here illegally were brought here by their parents. It is no fault of their own, and I agree we need an easier path to citizenship for them as the result of their own lack of culpability in the matter. But if fairness is the standard for Governor Patrick then he has failed miserably to live up to his own standard. Compassion for one group, resulting in unfair treatment of another groups is something I always thought called “discrimination”, something I thought our governor was against. At least he said he was against that. It seems there’s a caveat to his views on fairness and discrimination: it just depends upon which group is being treated unfairly that warrants his action.

BOZO: State Senator Barry Finegold recently wrote a letter to a local magazine complaining about one of their writers who cited Lawrence as having a lack of leadership. While Finegold is correct that there are many good things going on in Lawrence and many good people are working to make Lawrence better, it is delusional for Senator Finegold to argue that Lawrence does not have a lack of leadership. Especially given that much of that lack of leadership comes from my good friend Barry Finegold himself. When Northern Essex Community College was fighting the Lawrence City Council (and Willie Lantigua) to purchase the Intown Mall on Common Street for a multi million dollar health and technology center a few short years ago, Finegold and the rest of the state delegation were nowhere to be found! When Willie Lantigua asked the legislature to borrow \$35 million dollars to stop police and fire layoffs, Finegold and his colleagues in the legislature voted to give him the money did nothing to make sure that this money was going to save police and fire positions. And when Mayor Lantigua borrowed the \$35 million (claiming there was a \$24 million debt) and spent every single dime... and then laid off 25 cops and 24 firefighters anyway, Barry Finegold had noting to say at all. Yes, Barry, with all due respect there IS a lack of



ROYAL House of ROAST BEEF

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leadership in Lawrence from the Mayor to the city council to the school committee, to the state delegation on Beacon Hill. As someone who spends more time in Lawrence than I do in my home town of North Andover, I can tell you that the violence is up, stolen cars are up, and almost every crime in the city is up. This is a stark contrast to Finegold’s claim in his letter to the magazine claiming that Lawrence has plenty of adequate leadership and crime is down. Maybe if my friend, the Senator spent a little more time in Lawrence, rather than blindly accepting his friend Willie Lantigua’s party line, he would know that.

HERO: Joe Edward Smith a hero veteran and consistent candidate for public office has officially changed his party affiliation and become a Republican. Smith says he is most likely going to be a candidate for the Board of Selectman next year and I hope he runs. Smith has a breadth of experience as a veteran, a

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member of several boards and charities and has a no-nonsense approach to town government.

BOZO: Lawrence City Councilor Onaida Aquino. Last month during a discussion about granting a permit for the much beloved (at least by me) Dominican festival, Onaida Aquino insinuated that concerns by fellow councilors about loud music late at night were motivated by racism. It’s tired and old Onaida. Are you really that naive to think that concerns about the noise level at a festival or the hours of operation are motivated by race? Or are you just stoking the flames of resentment and distrust among some Latinos in Lawrence to shore up your base for your re-election bid? I am so tired of false claims of racism and the perpetual victim mentality that Latino leaders in Lawrence portray to Spanish speaking citizens in the city. I see far more racism and bigotry among Latino councilors than I do anywhere else in the city. Using racial resentment to score political points or demean your colleagues for a headline is a bit disgraceful and for that reason you have made the Bozo list this month.

BOZO: State Rep. David Torissi. You never see him in Lawrence or North Andover when there’s an important issue going on at selectman or school committee meetings. And you never see David “where-is-he” when Lawrence community meetings take place to resolve quality of life issues. But whenever there is an opportunity to get into a photo at a ribbon cutting Dave crawls out from under his rock and mugs for the camera as best he can. Last month he was glued to Governor Deval Patrick at Jessica’s Bakery during their ribbon cutting ceremony to make sure that every camera taking photos of the governor also had his face in the picture. While it has been forever since Torissi did anything of substance (anything good that is) at the state house, if you are looking to find David just call Joe Bevelacqua at the Chamber of Commerce and find out when the next ribbon cutting ceremony is in North Andover (he doesn’t come to Lawrence

unless it’s to help his pal Willie Lantigua) and then go to that event. I assure you that Torissi will be there.

BOZO: Vice President Joe Biden and the Democrat Leaders in Congress who called members of the tea party “terrorists” last month leaving me puzzled. Biden and the democrats at the national level refuse to call Islamic terrorists, “terrorists” for fear of hurting the terrorist’s feelings. They bend over backwards to use flowery language to describe criminals, crazy people and even America’s enemies around the world. But when it comes to the language they choose to describe their fellow Americans who simply hold a different view than they do, apparently the gloves come off. Apparently all that “civility” they preached about when Congressman Giffords was shot (remember when they blamed Sarah Palin saying conservatives “rhetoric” was “dangerous and over the line”?) is something they expect conservatives to follow, all the while they engage in despicable name calling and “dangerous rhetoric”. I am sure the Islamic terrorists are laughing their asses off hearing how the democrats

liken conservative Americans to Islamic murderers. Way to go Bozos!
HEROS: The Tea Party. If not for the Tea Party pressuring congress last month and demanding spending cuts, the congress would have raised the debt ceiling, raised taxes and not made any cuts at all to government spending as they have so many times in the past. Special kudos go to Christen Varley (of the Greater Boston Tea Party) and Christine Morabito (of the Merrimack Valley Tea Party) who went to DC last month to meet with congressmen and senators and demand they hold their ground on taxes and spending.

HERO: Salisbury fire Lt. Timothy Oliveir who was laid to rest last month after dying from job related injuries. Another hero gone... but still a hero!

HERO: Newburyport Superior Court Judge Elizabeth Fahey who ruled for the town of Groveland last month upholding the firing of Groveland Police Officer Aaron Yeo who was caught sleeping in his cruiser, lying about his location and inappropriately using town computers. While I am pro-cop 100% I am not pro-BAD cops as guys like Yeo give a bad name to the rest of the officers who do heroic work. Also listed in the HERO category this month are the town officials who fired Yeo.

HEROS: Octavio Frietas of Billerica, Ascenio Frietas of Dracut, his son and Brady Howard of Wheelabrator in North Andover recently split a \$1MIL reward for being whistle blowers, taking photos and videos of environmental dangers at Wheelabrator plants. This is real environmental activism, not holding signs for global warming or trying to pass crippling legislation that hurts businesses. If we had more people like these guys working in government and private industry our environment would be a lot safer.

BOZO: There is a Lawrence city councilor running for reelection this year whose wife is running around telling people that her husband needs to get reelected for one more term “so he can get his pension from the city.” I’m not even going to elaborate on this all I am going to say is BOZO!!!!!!

HERO: North Andover High School student Nate Richards is our new teen columnist (page 32). Nate is a hero in the community for so many reasons it really would take an entire column to list them all (which I may do in the future) but let me give you snapshot of Nate Richards. Nate is young man who has lived most of his childhood with physical disabilities.

When I first met him he was a student at the Thomson School (he was a schoolmate of my girls) he was working on the school newspaper “Tiger Prints.” Since that time Nathan has overcome some very tough hurdles not just physically, but emotionally and socially as well. He has dealt with bullying and discrimination at a very young age but as a result, Nathan is now an activist teen who runs (and attends) awareness programs about kids with disabilities, not just in North Andover but across the country. I urge you to give his column a read and follow his stories from month to month. I think you will agree he is an amazing young man with inspiring stories and insight to share with you. This might be the best get since

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Puppy Girl came on board four years ago! DEVERS PLEDGES SUPPORT FOR LINSKY'S CHILD PROTECTION LEGISLATION

Legislation Based on Caylee's Law
BOSTON- State Representative Marcos Devers (D-Lawrence) announced last month that he supports legislation filed by Representative David P. Linsky (D-Natick) based on "Caylee's Law" to protect children and require parents and legal guardians to report the death of a child. "The death of Caylee Anthony exposed a large flaw in our judicial system and this bill will close that loophole," said Representative Linsky. "This is a common sense bill. Not reporting the death of a child should be a prosecutable offense. I greatly appreciate the support of my colleague, Representative Devers with this initiative."

An Act Protecting Children would mandate that any parent, legal guardian, or caretaker of a minor child, and who has knowledge of the death of said minor child, and who fails to notify law enforcement or emergency medical personnel of the death of said minor child, shall be punished by imprisonment in the state prison for not more than five years or by a fine of not more than ten thousand dollars and imprisonment in jail or a house of correction for not more than two and one half years.

NORTH ANDOVER SCHOOLS CALL MARINES LIARS- Two months ago we wrote a story about how U.S. Marine recruiters had been treated badly by a small group of the staff at North Andover High School. Superintendent Hottle and the principal of the school adamantly denied that any Marine had ever been treated badly in their building and we, of course printed their side of the story as well.

Since then, there have been a number of Valley Patriot readers calling or emailing us (some grabbing me in the supermarket) to let me know they called the school to express their disapproval. Each of them said that they were told by administrators at North Andover High that the story "just wasn't true." One reader asked me recently at a Tea Party meeting, "I don't know what to believe now. The School says it just never happened." So here is something to think about for all of you who have read the story (posted on valleypatriot.com) and are confused by the North Andover High School response: #1) it is impossible for a principal or a superintendent of schools to know everything that goes on within a school building. How they can say it "just didn't happen" is puzzling given this fact. #2) Given the choice between believing Sgt. Cardona of the US Marines (and the other recruiters we talked to including the Air



NEWS ITEM: North Andover High School Principal and Superintendent Hottle say Marine recruiters are lying about the treatment they receive at NAHS. The Valley Patriot reported in June that recruiters complained about faculty at NAHS obstructing their recruiting efforts.

Force) or educators in our great public school system... I respectfully give the benefit of that doubt to the US Marines. I applaud the amazing work being done by the teachers and staff at NAHS and having gone to many high school events I have never witnessed any disrespectful behavior at the school against anyone. But again, I will take the word of US Marines over the superintendent and principal of the high school and am very happy that Superintendent Hottle and Principal Scuzziarella have addressed the issue. I am just puzzled as to why they would continue to disrespect our military men by calling them liars.

CHAMBER ANNOUNCES WINNERS OF 2011 'SMALL BUSINESS OF THE YEAR' AWARDS

The Greater Boston Chamber of Commerce has announced the winners of its 2011 Small Business of the Year Awards. This year's awards will honor the 'Top 10' small and high-growth businesses in the Greater Boston region, with Little Sprouts, a leader in early childhood education, recognized as the 'Small Business of the Year.' An awards luncheon for all the honorees will be held

New to the Valley Patriot Family!

Bryan Sullivan was born July 11, tipping the scales at 8 lbs. 9 oz. and 21 1/4" long. His mom and dad Dave and Rebecca Sullivan of Dracut (our Valley Patriot cartoonist) and his big sister Julia are doing well and as happy as can be!



at the Colonnade Hotel on Thursday, October 13, at 12 p.m. Now in its 27th year, the Chamber's Small Business of the Year Awards recognize the achievements of Greater Boston's small and growing for-profit companies with gross revenues of more than \$1 million who display strong financial performance, achievement in management, workplace excellence, product innovation, and community or social responsibility.

The 2011 Small Business of the Year, Little Sprouts, is dedicated to improving early childhood literacy rates and closing the education achievement gap to help ensure a better future for children in

Massachusetts. Founded 28 years ago in the Merrimack Valley, Little Sprouts now serves over 1,500 children in 13 locations across the state—with plans to open a 14th location in Brighton later this year.

The organization supports families across 56 cultures, 23 languages, and a wide range of social, economic, religious, and ethnic backgrounds. It has established itself as an active leader in early education by working on policy issues and curriculum development at the federal and state levels. Little Sprouts has received the "Preschool Centers of Educational Excellence" award from

NOTEBOOK, page 38

RE-ELECT

MARK GRAY

Lawrence School Committee District "E"

Upset about insane contracts the city always enters into? That's why I'm the only person on the committee that insists on being involved in every single set of contract negotiations.

Tired of politicians representing themselves and NOT you? I don't belong to political clicks or groups; I've remained critical of failed results and haven't put myself in a position where I owe favors to anyone.

Angry at representatives spending your tax money like it's free money? I've historically voted against money expenditures where there hasn't been fiscal responsibility or oversight.

Off the school committee spot light, I've gone to neighborhood meetings across Lawrence. I've met with parents and groups from every district, and tax payers across the state. It is a good sign when people from across the city can go to one rep that they trust, because he cares about their kids, their community, and their views just like his own. It is a position that reflects well upon the people who elected him, the people of district E.

We MUST advance progressive leadership that represents the people interest if our city has any chance of bettering itself. To that end, I am running again for school committee. Support your community, your children, and your rights. Vote. Mark Gray, YOUR school committee person.



PAID FOR BY THE COMMITTEE TO ELECT MARK GRAY



PHOTO: TOM DUGGAN

(NORTH ANDOVER) Steve Daly from the North Andover Rotary Club does a public service announcement for North Andover CAM (Public access channel) as Tiffany Begin of North Andover CAM gets the shot. The Rotary held a fundraiser at Fudruckers on Rt. 114 last month. The North Andover Rotary raises money for local charities and on July 28th Fudruckers donated 20% of all meals to the Rotary Club.



(LAWRENCE) Good Neighbor Award winner. The Mount Vernon Neighborhood Association Good Neighbor Award winner this month is Angelo Tudisco. Angelo was nominated by his granddaughter who recognized his consideration for others.



PHOTO: TOM DUGGAN

(NORTH ANDOVER) Governor Deval Patrick was on hand for the ribbon cutting and grand opening of Jessica's Bakery on Rt. 125 in the Osgood Landing building owned by Orit Goldstein (far left). Jessica's Bakery moved their operations from Woburn to North Andover eight months ago and owner Nabil Boghos told the Valley Patriot that they have already employed more than 100 workers.

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(NORTH ANDOVER) Christine Morabito from the Merrimack Valley tea Party with Boston Globe Columnist Jeff Jacoby proudly displaying their copy of The Valley Patriot after Jacoby's fascinating lecture on public education and President Obama last month at the VFW.



Jennifer Byrne, Nathan Martinez and Louis Martinez
From Chelmsford to Afganistan

Sergeant Nate Martinez of Center Drive in Chelmsford departed for California on Thursday July 28, 2011 and from there he will be deployed to Afghanistan at the end of August.



Last month State Rep. Jim Lyons (far right) was on hand to celebrate the 100th birthday of Jim Boynton, the oldest resident of Georgetown. Lyons presented Boynton with a proclamation from the Legislature commemorating the occasion.



Pictured Left To Right: Lowell Lions Club President Marcel V. Plouffe Membership Chairwoman Maggie Regan, Club President Ramon, Club Treasurer, Club Secretary, Davis O'Brien Massachusetts State Membership/Extension Chairman, Methuen, MA.

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Left to right: Alexis Daneau - Presentation of Mary Academy, Alexander Acevedo - Greater Lawrence Technical School, Benjamin Lambert - Lawrence Catholic Academy, Annelys Gonzalez - Lawrence High School, Alexander Tran - Central Catholic High, School, Tiana Lebron - Robert Frost School. They each receive a \$500 check from the Mount Vernon Neighborhood Association in Lawrence for their outstanding qualities, good citizen, good leadership and works well with others.



The Associate Council at Methuen Village at Riverwalk Park in Methuen hosted a summer party for the employees and their families. A dunk tank, BB-Q and cotton candy were part of the festivities! An associate's child, Dominic got some cotton candy from Executive Director Ben Boulter

Obamacare: Lies and the Lying Liars Who Told Them (Part 1)

Christine Morabito

MERRIMACK VALLEY TEA PARTY

On March 23, 2010 President Obama signed into law the Patient Protection and Affordable Care Act, the most far-reaching piece of legislation ever concocted. With the budget crisis taking center stage, we can lose sight of the danger looming just around the corner—the full implementation of Obamacare in 2014. In my next two columns I will illustrate how every claim made to pass this bill was a blatant lie and why we must keep pressure on our lawmakers to repeal it.

LIE: IF YOU LIKE YOUR HEALTH PLAN, YOU CAN KEEP IT.

Sure, in theory. Obamacare forces providers to fully cover preventive care – as in no co-payments. Your insurance company will be required to provide free physicals, mammograms and colonoscopies. A mind-numbing list of benefits must be covered whether or not people need or want to pay for them, including in vitro fertilization, chiropractic care, obesity prevention, substance abuse treatment and psychiatric care. Single men and even women past child bearing age must have coverage for maternity and well-baby benefits. Annual and lifetime caps will be extinct. Who will pay for all this free care? Who indeed?

The government is demanding more and more from insurance companies and then demonizing them for raising their rates. Obamacare just may push them to the brink and force them out of business.

The Centers for Medicare and Medicaid Services estimates that 14 million Americans will lose their employer provided coverage. Employers are already scaling back on insurance offered to their employees in order to remain profitable. (I know liberals twitch at the word “profitable,” so feel free to substitute “in order to keep people employed.”) When

Obamacare is fully implemented, many existing plans will not qualify under the new regulations.

But never fear; the government will rescue us with health care exchanges, heavily subsidized by we the people. Unlike in the private sector, government programs don’t have to operate efficiently; it’s only taxpayer money -- they can always get more. Any private insurance companies still clinging to life at this point may be unable to compete.

LIE: YOU CAN KEEP YOUR CURRENT DOCTOR.

Thousands of physicians, overburdened by regulations and poor reimbursements, are choosing early retirement or closing their private practices and becoming salaried employees of hospitals and clinics.

These are the same doctors Obama accused of amputating body parts unnecessarily to make more money. Doctors are tired of being vilified, fending off frivolous lawsuits and being told how much money they can make. Don’t doctors have the right to charge for their services – or are they slaves? Next they’ll be forcing doctors to offer free care and dictating which specialty they must pursue (for more information, see Communism).

No family making less than \$250,000 a year will see a tax increase. For starters, in 2014, if you fail to obtain government approved health insurance, you will pay a tax penalty, starting at \$695 per person, assessed on a sliding scale according to your income. This is the infamous mandate, headed to the Supreme Court, based on lawsuits filed by 26 states claiming it is unconstitutional for the government to force you to buy a product.

The law calls for additional taxes on employers who do not provide “qualified” health coverage, taxes on insurers, medical devices, prescription drugs, tanning salons, a payroll tax on investment



income, and a Medicare payroll tax hike, making Obamacare the largest tax increase in history.

LIE: OBAMACARE WON’T ADD ONE DIME TO THE DEFICIT.

This is *technically* true. According to the Congressional Budget Office, it will add between 2 and 3 trillion dollars to the national debt over the first 20 years. Proponents of Obamacare used fiendishly clever accounting gimmicks to disguise the true cost. For one, taxes began in 2010 yet spending does not start until 2014.

The sleaziest trick of all was the notorious “doctor fix”. To fund Obamacare, the government planned to reduce payments to physicians and hospitals. When healthcare professionals failed to support the plan, the reimbursements were replaced under a separate bill to hide the cost.

Obamacare also expands Medicaid coverage by about 24 million people

by 2015, saddling the states with a huge financial burden.

Consider government’s track record of projecting costs: The House Ways and Means Committee estimated Medicaid would cost \$238 million in its first year. The actual cost was \$1 billion. Medicare’s estimated budget for 1990 was \$12 billion but actual costs were \$110 billion.

And I thought I was bad at math.

LIE: OBAMACARE WILL LOWER HEALTHCARE COSTS.

If you’re smarter than a fifth grader you know this can’t possibly be true.

Agree or disagree, Obamacare makes it illegal for insurance companies to deny people with pre-existing conditions. But consider how this will be abused when thousands of people “game the system” and simply wait until they are diagnosed with an illness, require surgery or sustain an injury to obtain insurance. This is currently happening in Massachusetts where people sign up when

TEA PARTY, page 28

Illegal Immigration Reform in MA – The Time is Now

Christen Varley

TEA PARTY ORGANIZER/ACTIVIST

Few issues in our country today are as hotly debated as the issue of how to deal with illegal immigration. It looks as if this is becoming true of Massachusetts as well. With an estimated 225,000 illegal aliens living in the Commonwealth, the time has come for our legislature to act decisively to protect legal residents.

With little motivation at the federal level to address the issue, states are left to defend themselves from the fiscal and social implications of having an undocumented and oftentimes transient population that avails itself of government services and benefits, is illegally employed while unemployment rates remain alarmingly high, and is defiant in the face of common sense attempts by legislators to make their states unattractive places to settle.

In Massachusetts, there are currently two pending pieces of legislation that seek to not only discourage illegal immigration to the state but also encourage illegal aliens to leave. House bill #03549 requires the state to research the eligibility status of all who apply for tax-payer funded welfare benefits. The status check will ensure that beneficiaries are legal residents of the United States and the Commonwealth. House bill #02312 increases the penalties levied on those that knowingly employ illegal aliens. Both bills make our state unattractive to those illegal immigrants looking for a place to settle.

On the other hand, a surprising

development in the midst of our disastrous economic crisis is the renewed push for granting in-state tuition to illegal aliens. Awarding in state tuition to illegal aliens is fiscally irresponsible and patently unfair. Discounts to attend tax payer subsidized state colleges and universities are offered to residents because of the tax revenues said residents and their families indirectly contribute to those same institutions. Illegal immigrants, by nature of their non-resident status, do not contribute so therefore should not be entitled to such a benefit. At a recent hearing of the Joint Committee on Higher Education, the proceedings came to a stand still when Governor Patrick arrived to voice his overwhelming support for Senate bill #00566 and House bill #02109. Apparently, submitting written testimony was not enough - a personal appeal was necessary?

This may very well signal that a deal is brewing on Beacon Hill. Is the Governor weakening his opposition to the Speaker’s wish for casino gambling in exchange for a special interest legislative item our state legislature has not be able to pass for over a decade? What is the Governor up to?

He has already reneged on his promise to fully implement the Secure Communities Program of the Department of Homeland Security, a mandatory Federal Program, citing bogus statistics and suspect stories proffered by “open borders” advocates. Here are the facts:

Secure Communities identifies deportable foreign nationals who are



arrested by local law enforcement agencies for other state, local or federal crimes. Aliens who commit crimes in addition to immigration violations will be removed from the country instead of released back into the community. There are more than 1.2 million criminal aliens at large in the country, and an estimated 24,000 at large in Massachusetts. This is a public safety issue that can no longer be dismissed. Because ICE cannot walk around looking for these people, they depend on the police and the jails to tell them where the criminal aliens are. Secure Communities automates that process and uses fingerprints for exact identification.*

Illegal immigration and the resulting ramifications are an extraordinary burden on our state. While we cannot compel the Federal government to enforce its laws, we can mitigate the effects of illegal immigration by removing the incentives for illegal immigrants to reside in Massachusetts. I urge you to contact your state legislators in support House Bills 03549 & 02312 and the full statewide implementation of Secure Communities. I urge you to oppose Senate bill #00566 and House bill #02109. The voters, tax-payers and residents of the Commonwealth must step forward and compel our state legislators to make decisions where our national leaders will not.

*Jessica Vaughan of the Center for Immigration Studies.

Obama’s Birth Control Plan

Ye Gay Ol’ Valley

Paul Murano
VALLEY PATRIOT COLUMNIST

The Obama administration said last month that health insurance plans must cover birth control as preventive care for women, with no co-pays.

This is huge.

From the FDA approving the birth control pill in 1960 to the court striking down restrictions to contraception use in 1965 (Griswold vs. Connecticut) to the government forcing all insurers to cover it as an integral part of the Obama Care revolution, this a radical movement. Why is it so important? Let’s take a quick look at some of the things contraception is evidently responsible for:

- * There is mounting evidence that oral contraceptives contribute to breast cancer in women.
- * There is evidence that the pill causes sterility in women from the significant hormonal imbalance caused to her body by oral contraceptives.
- * Studies have shown that the hormonal effects on women who use the pill lead them to choose mates they would not naturally choose, eventually resulting in unhappy marriages and broken families.
- * Evidence indicates that chemicals from oral contraception have found their way into the water supplies, creating “feminized” fish that can no longer procreate, and possibly similarly contributing to sterility in men.
- * Countless statistics have shown that contraception is the gateway to abortion. Griswold vs. Connecticut quickly ushered in Roe vs. Wade; and the contraceptive mentality quickly created the abortion culture.
- * The common birth control pill also directly causes abortion. When the main purpose of the pill fails and conception does occur, the hormones from the pill make the uterine lining impossible for the tiny human to attach to, causing spontaneous abortion without the mother even knowing it.
- * Contraception contributes to divorce. There is more and more evidence

that this is true. 99% of divorces are from contraceptive users. While 50% of contracepting couples end up in divorce, less than 1% of those who instead use Natural Family Planning do. Contraception creates a physical, psychological, and spiritual barrier between spouses, disabling them from experiencing that one-flesh union marriage is meant to be. Instead spouses often feel used, communicate less, and become emotionally distant.

- * Contraception created the “relationship” culture and enabled promiscuity without fear, contributing to low self esteem in women and lack of responsibility in men. This in turn created more single moms and welfare children.
- * It created the pornography boom that is addicting a large percentage of our nation, breaking apart lives and families in the process.
- * Contraception rationalizes homosexuality as well as other deviant behaviors by separating the naturally inseparable unitive from procreative meanings of conjugal love, de-linking sex from procreation. When love and life are separated sexual expression loses its true meaning, and is sought outside of natural law.
- * Contraception causes illegal immigration, due to the missing replacement labor force. This point has little attention paid to it so far, but why have both parties turned a blind eye to illegal immigration? Other than political pandering, our economy has become dependent on it. Why? The numbers of young people who used to take certain lower scale jobs no longer exist. While in past generations women had an average of 4 to 5 children they now have 1.4. We need to replenish what contraception has depleted.
- * Social entitlements will be bankrupt. The aging and retiring baby-boomers coupled with a decreasing percentage of working-age people paying taxes is not a good combination.
- * Death panels for the sick and elderly are inevitable. If the government

BIRTH CONTROL page 37

A Soldier’s Farewell

D. B. Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

My stepson has joined the military. In the next couple of months he will board a plane to San Antonio, Texas and begin his training at Lackland Air Force base to become a member of the United States Air Force. Almost every day, since hearing the news, I wrestle with the emotions that are battering around in my system like a pin ball machine. I am as proud of him as I am afraid for him. I applaud his courage and conviction while I reject the thought of not hearing his footsteps, the buzz of his video games and his deep laughter we share so often echoing in our home. He may not be of my flesh, but he is as much a part of me and has imbedded himself in my heart as deeply as if he were my own son.

I look at my son (I have long since dropped the step) and still see the boy he once was who read Magic Tree House books or spent hours assembling numerous Lego Star Wars ships. He’d run away from home when he was in trouble or hide in his room. He loved pizza and hated soup. Often he would sit on the floor and have my wife rub his head while we watched television. He used to ask for hugs regularly, now I have to ask for them. I struggle to grasp the man he’s become. He’s a sponge for history and has an addiction to hockey and football. Unlike me, he sees the world in black and white, wrong or right; there are no gray areas. Injustice, discrimination, and even war are wrong, but preserving freedom and human dignity is right. My boy, my son, my soldier is dedicating his life to the preservation of freedom.

He is a better young person than I was at his age. I was a typical anti-government, anti-conflict teen. I was born in the mid-sixties and barely remembered or, God forbid, understood the Vietnam War. I lived in an America that had not been in any major conflicts during my conscious youth. I grossly underappreciated patriotism and was proud of my anti-establishment mind-set. Had I been born a few years earlier, I’d have been a full fledged acid dropping, pot smoking, tie dye wearing hippie raising my

finger to the American flag because I was too wrapped up in my own teenaged angst to realize there’s so much more to life than being angry.

My son, on the other hand, is an 18 year old man-child who acts as if he’d been born in the 1940’s. He’s angry, like all teens, but he eats it and swallows it whole because it’s his problem and nobody needs to know. He’s a young man of few words, embarrasses easily, does not like to call attention to himself and has been called to duty because, he says, “Somebody’s gotta do it. It might as well be me.” He took the USAF oath with the easy going stride of somebody who’s been asked to fold the laundry or mow the lawn. There’s a job to do and he’s going to get it done.

For decades I have been watching other parents’ children march off to war. I have shed tears when they returned to surprise their child while they sit in their classroom, embrace their spouses on the tarmac and, worse, come home in a flag draped coffin. I could only imagine what it must be like to have your child deployed into the belly of the beast while you hope and pray that they will be spit out alive and whole both emotionally and physically. With intense trepidation, I will no longer have to imagine.

The day he leaves for basic training I know my wife and I will have all we can do to contain ourselves and keep our composure. I know we will kiss him too much and hug him too long because we won’t want to let him go. We will go home to a quieter and less jovial home. We will burst with pride when we attend his graduation and cry when he receives his first assignment. We will know first hand what it is to be an American parent of a United States Air Force man. He may be ready, but I’m not quite sure that I am.

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



What Will It Take to Wake Jews Up?

Dennis Prager
SYNDICATED COLUMNIST

The citizens of San Francisco will be voting on a proposition that seeks to ban circumcision in that city. Though I am strongly opposed to the proposition, if it passes, some good may come of it.

Let me explain. I am a passionate advocate of Jewish ritual known as the brit (often pronounced bris) — the ritual circumcision of 8-day-old Jewish boys. I am even an advocate of circumcision generally. I was recently in Africa — in Zimbabwe and Zambia — where I delivered mosquito nets and seeds to the poorest of Africa’s poor. I saw giant billboards there, as well as in neighboring Botswana, exhorting men to get circumcised. The World Health Organization estimates that male circumcision reduces the rate of heterosexually transmitted AIDS by about

60 percent.

As regards Jewish ritual circumcision, I can only say that I cried like a baby at the brit of my two sons. All I could think of was that, like generations of Jews who came before me, I had been given the gift of transmitting an unbroken chain of Judaism that dates back to Abraham, 3,600 years ago.

I find the arguments of those who campaign against the brit either specious or ludicrous. The notion that some terrible, lasting pain is inflicted on the baby is simply over the top. The average time the baby cries is probably well under the time it cries — and far less frantic — when tired or desiring milk. I fully understand the conflicted feelings of the mother, and I see no reason for her to be present when the actual cutting of the foreskin takes place.

Does the baby experience pain and

discomfort afterward? Yes. But it is temporary, and the baby heals quickly.

The advantages wildly outweigh the momentary pain. The brit uniquely strengthens a Jew’s religious identification, and the ceremony instills in the family and the community a profound identification with the nearly four millennia of the Jews’ world-changing history.

As for the argument that the foreskin is important, I can only say that in my most self-pitying moments I cannot recall lamenting not having my foreskin. As I have told anti-circumcision activists on my radio show, you have to be pretty bored with life to be preoccupied with not having foreskin.

One might add that the same people who are profoundly upset over the removal of foreskin rarely have a problem with the removal of a living human fetus. San Francisco considers protecting the human fetus religious fanaticism, but it is seriously considering protecting a newborn’s foreskin.

So, then, given my profound support for circumcision, what good could possibly come from San Francisco passing a ban on it?

If the most left-wing major city in America starts arresting Jews who have their children circumcised there, some

American Jews might awaken to the threat to Jews posed by the left.

Obviously, San Francisco’s already existing bans on toys in Happy Meals, on soda in city-owned places and on plastic bags, and the city’s proposed ban on the sale of pets, even goldfish, have not moved many Jews (or non-Jews) to begin wondering whether left-wing governance is dangerous. But perhaps a ban on circumcision will.

Of course, not everyone who is on the left — and certainly not the traditional liberal — is an enemy of the Jews. But, aside from Islamists, virtually all the enemies of the Jews are on the left.

The worldwide campaign to delegitimize Israel (i.e., to pave the way for moral acceptance of Israel’s destruction) is virtually all on the left. Universities in America and elsewhere in the Western world, as well as the mainstream news media outlets around the globe, are all dominated by the left. They drum into their students’, readers’, listeners’ and viewers’ minds that Israel is one of the worst societies on earth.

The anti-Israel propaganda on the left is so great and so effective that according to the Jewish Telegraphic Agency, “Many of the youths who survived the (Norway)

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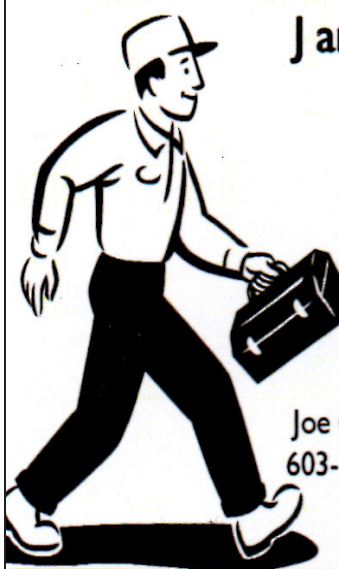
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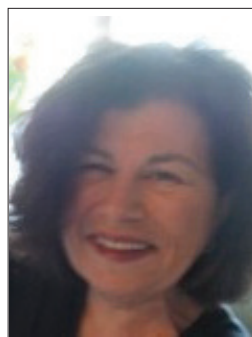
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Post-Herpetic Neuralgia (PHN)

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Postherpetic neuralgia is a persistent nerve pain that often occurs as a result of shingles. Shingles is caused by the herpes varicella-zoster virus. This virus also causes chickenpox. Most of us get chickenpox during childhood, but after we recover the virus remains inactive in our nervous system. Our immune system stops the virus from becoming active.

However, later in life the herpes varicella-zoster virus may become reactivated, causing shingles. Shingles is an infection of a nerve and the area of skin around it - usually the nerves of the chest and abdomen on one side of the body are affected.

If the pain caused by shingles continues after the shingles is over - within two to four weeks - it is known as postherpetic neuralgia.

It is estimated that about one-in-five patients with shingles will go on to have postherpetic neuralgia.

Postherpetic neuralgia is more common as people get older - it is uncommon in children.

Causes of postherpetic neuralgia:

The nerve damage caused by shingles disrupts the proper functioning of the nerve. The faulty nerve becomes confused and sends random, chaotic (uncontrolled) pain signals to the brain, which the patient feels as a throbbing, burning pain along the nerve.

Experts believe that shingles results in scar tissue forming next to nerves and pressing on them, causing them to send inaccurate signals, many of which are pain signals to the brain. However, nobody is really sure why some shingles patients go on to develop postherpetic neuralgia.

Symptoms of postherpetic neuralgia

Symptoms are usually limited to the area of skin where the shingles outbreak first occurred. Symptoms may include:

* Occasional sharp burning, shooting, jabbing pain * Constant burning, throbbing, or aching pain * Extreme sensitivity to touch * Extreme sensitivity to temperature change * Itching * Numbness * Headaches * In rare cases, if the nerve also controls muscle



Dr. Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. You can contact him at: ramirustum@comcast.net. Tell him you read his column... he likes that!

movement, the patient may experience muscle weakness or paralysis.

Some patients may find the symptoms interfere with their ability to carry out some daily activities, such as bathing or dressing. Postherpetic neuralgia may also cause fatigue and sleeping difficulties.

Diagnosing postherpetic neuralgia

As postherpetic neuralgia is a complication of shingles it is easy to diagnose. If the symptoms persist after shingles, or appear after the symptoms of shingles have cleared up, then it is postherpetic neuralgia.

Treatment for postherpetic neuralgia

Treatment will depend on the type of pain, as well as some aspects of the patient's physical, neurological and mental health.

* Antidepressants - these help patients with postherpetic neuralgia not because the patient is depressed, but because they affect key brain chemicals, such as serotonin and norepinephrine, which influence not only depression, but also how the body interprets pain. Dosages for postherpetic neuralgia will tend to be lower than for depression, unless the patient has both depression and postherpetic neuralgia.

Examples of drugs that inhibit the reuptake of serotonin or norepinephrine are tricyclic antidepressants, such as amitriptyline, desipramine (Norpramin), nortriptyline (Pamelor) and duloxetine (Cymbalta). They will not get rid of

the pain, but are said to make it more bearable.

* Anticonvulsants - as with trigeminal neuralgia pain, postherpetic pain can be lessened with anticonvulsants, because they are effective calming down nerve impulses and stabilize abnormal electrical activity in the nervous system caused by injured nerves. Gabapentin (Neurontin), pregabalin (Lyrica) are examples of commonly prescribed anticonvulsants for this type of pain.

* Steroids - a corticosteroid medication is injected into the area around the spinal cord. Injected steroids are effective for postherpetic neuralgia patients with chronic pain (persistent long-term pain). The patient should not receive this medication until the shingles pustular skin rash has completely disappeared.

* Painkillers - this may include tramadol (Ultram) or oxycodone (OxyContin). There is a small risk of dependency.

* TENS (transcutaneous electrical nerve stimulation) - electrodes are placed over the areas where pain occurs. Small electrical impulses are emitted. The patient turns the TENS device on and off as required. Some patients obtain significant pain relief from TENS, while others don't. Experts are not sure why the electrical impulses relieve pain. Some say that TENS stimulates endorphin release - endorphins are the body's natural painkillers; some people call them natural

"feel good" chemicals.

* Spinal cord or peripheral nerve stimulation - similar to TENS, but here the devices are implanted under the skin, along the course of peripheral nerves. These devices are a safe, efficient, and effective way to relieve many types of neuropathic pain conditions, including trigeminal neuralgia. As soon as the electrodes are in place, they are switched on to administer a weak electrical current to the nerve. The patient will have a tingling sensation in the area. Experts believe that by stimulating the nonpainful sensory pathway, the electrical impulses trick the brain into turning off or turning right down the painful signals, resulting in pain relief.

The device is surgically implanted. Before implantation doctors do a trial run using a thin wire electrode - this is to make sure the patient responds well.

The spinal cord stimulator is inserted through the skin into the epidural space over the spinal cord. The peripheral nerve stimulator is placed under the skin above a peripheral nerve.

* Lidocaine skin patches - these are patches containing lidocaine - a common local anesthetic and antiarrhythmic drug. Lidocaine is also used topically (applied onto the skin) to relieve itching, burning and pain from skin inflammations, injected as a dental anesthetic, and in minor surgery. Although it is not the first line of treatment for neuralgia, it is often effective for relieving pain. The patches can be cut to fit the affected area. Lidocaine patches must not be used on the face.

Prevention of postherpetic neuralgia

Early shingles treatment - if you see your doctor as soon as any signs or symptoms of shingles appear, your chances of developing neuralgia are reduced. Aggressively treating shingles within two days of the rash appearing helps reduce both the risk of developing subsequent neuralgia or the length and severity if it does.

The only really effective way of preventing postherpetic neuralgia from developing is to protect yourself from

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Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

Is this you or someone you know?
You drag yourself through each day with no energy. You have aches and pains in places you didn't know you had places. When you exert yourself it takes eons to recuperate. And to top it off, you seem to get every cold and flu bug that comes through town. Let's face it. You feel twenty years older than you are.

Hold on. Before you imagine the worst, let me share some information that will shed light on your symptoms. Remember, symptoms are just your body's alarm bells. The root cause isn't always obvious.

Did you know that most major heart, joint and muscular conditions such as Fibromyalgia, Neuropathies, Auto-Immune conditions are the result of uncontrolled cellular inflammation? So what causes it?

Our bodies naturally manufacture a very cool and powerful antioxidant called Glutathione (gloot-a-thigh'-own). It's produced in our cells and is the resident army against pollution, stress, infection, poor diet and our good friend, aging. Glutathione works day and night detoxing the body, protecting cells against invaders, repairing cells, and fueling a strong metabolism.

Then, as we get older, the army gets smaller: a loss of 10-15% per decade after age twenty. This allows enemies like free radicals to beat up our cells and plunder our reserves, leaving us vulnerable to cancer, heart disease and a whole list of other conditions. The liver becomes so overloaded and damaged that it can no longer keep up with needed detoxification. What's worse is that many drugs routinely taking for pain and inflammation both over the counter such as NSAIDS and prescription anti-inflammatories significantly reduce the levels of the glutathione in our cells.

Can't we send for reinforcements?

In a word, yes. By restoring high levels of naturally powerful Glutathione to our bodies we can effectively rebuild our defenses to:

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- * Inhibit Inflammation of Joints
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any antioxidant. It is the world's most powerful one!

How it works
Glutathione is a combination of three simple amino acids—cysteine, glycine and glutamine. Who cares, right? What's important is that its properties attract toxins in the body (including metals) and removes them through our waste systems. In the process it also recycles antioxidants and generates more Glutathione molecules to restore appropriate levels for health and well-being.

Leaving low levels of Glutathione untreated increases the risk of Hypertension, Heart Disease, Pre-Diabetes / Diabetes, Chronic Pain, Cancer, Infections and Auto Immune condition like; Fibromyalgia, Neuropathies, and various painful arthritic disorders.

Why haven't we heard of this before?

Good question. It hasn't been for lack of trying. There are over 76,000 articles published to date about the relationship between Glutathione deficiency and a host of chronic diseases including autoimmune disease, diabetes, autism, Alzheimer's, Parkinson's, arthritis, asthma and kidney and liver ailments, yet modern medicine has basically ignored it as a treatment option in favor of Big Pharma products.

The world has changed. Before electro-magnetic radiation, toxic industrial chemicals, mercury and lead pollution, and over-processed food, our bodies didn't need more Glutathione than we produced. But in today's world with thousands of tons of toxins released into the environment annually, and our exposure in today's consumer environment, your body needs extra protection.

Was that you in the first paragraph?

If so, consider looking into the healing benefits of Glutathione. Its natural and benevolent presence could be the answer you've been looking for. Dr Gould routinely uses specific supplementation and a very unique process of delivering more to the body in his patient's treatment plans to help them experience life changing care on a daily basis.

Dr. Jin Sung is a chiropractic physician who helps his patients both neurologically and metabolically to solve complex health issues. He can be reached at 978 688-6999. Or visit his website at www.DrJinSung.com.



Let's talk about Food

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

The very day that I wrote my first column for this newspaper, my anxiety level was very high.

I worried that perhaps I had been too forthcoming with the details of my weight issues. Unfortunately, I handled that anxiety in a non-healthy way. I substituted eating sensibly for eating whatever I wanted, whenever it was available.

That went on for about three days until I realized that what I was doing was not helping me emotionally or physically. My anxiety was not diminishing and I was reverting back to my old bad habits.

I wish I could say that at this point in my life I was able to immediately handle anxiety instead of trying to avoid it. In the past, my overeating would have gone on endlessly. That is, of course, how my weight got to an all-time high a year and a half ago. Thankfully, now I have the ability to recognize what is triggering my emotional reaction to eat and my negative response is short lived.

After those three days, I went back to eating in a healthy, controlled manner. I also started writing in a food "journal". I wrote down my menu for each day and stuck to that menu. I found it very helpful because in addition to a list of meals, I also used the journal to document any exercise I was able to do and all of the opportunities to overeat that I resisted (like food brought into the office, the BBQ's and the parties).

I work with a lot of people who love to cook and bake and who are nice enough to bring in their treats for all of us to devour! I used to curse them because I felt



sabotaged due to the fact that I could not resist their food. However, the truth is that it was not their responsibility to protect me from myself!

When my first food column was posted online, the response I received was positive and I realized that I was not too forthcoming with my readers and that my honesty was appreciated.

Many women have since told me that they could relate to my story of food addiction. Some said they felt empowered by my story. But I am also empowered by them and their responses. It's amazingly helpful to know that I am not alone in my struggles with weight and food addiction.

We all have many balls to juggle in life. We juggle our families, homes, jobs, friends... I am no different. Sometimes I do a pretty good job, but then there are

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TEA PARTY: FROM PAGE 24

they get sick and then drop coverage when their treatment ends. Insurance only works because the healthy subsidize the sick. With so few people paying into the system, it will break.

Also not paying into the system will be the 1,372 privileged, politically connected companies and unions who have received waivers from the government (many in districts represented by Obamacare's biggest cheerleaders, Harry Reid and Nancy Pelosi).

If this reform is so fabulous, then why are so many organizations clambering for

waivers? Perhaps they realize that this obnoxious 2,562 page law will ruin health care as we know it, destroy jobs, and increase our dependence on government.

Learn more in next month's column.

Our next Merrimack Valley Tea Party meeting initially scheduled for Wednesday August 17th @ 7 p.m. at VFW Hall, 32 Park Street, N. Andover has been canceled.

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



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Thomas Connors
VALLEY PATRIOT WOW! COLUMNIST

That Line is a classic Groucho Marx gem from the movie, Animal Crackers. But to get the joke you actually have to THINK a little. The ridiculousness about it is how could a great big elephant physically get into someone’s pj’s? But, for many people the line goes way over their heads. Instead of laughter, all you get is, “Huh?”

PAY ATTENTION! That’s what you need to do if you want to Live the WOW! IF you want to Live the WOW! on a daily basis you have to learn how to GET IT. Life is throwing one liners your way every day. It is absolutely necessary to be consciously aware of what is going on in your life. All aspects of it. Don’t get tricked into thinking that just getting through life is all you need to do. Living the WOW! takes much more effort than that.

Try taking a lesson from Our Lord. Understand the importance Jesus placed on making sure his disciples and followers were able to GET IT!

Two thousand years have passed and GETTING IT is still a necessary part of life. Jesus knew how important His message of Love and Faith was and he took no chances in conveying it to the throngs which followed Him. What did He do? Despite having the vocabulary and wisdom of the most educated teachers of His time, He told parables to make sure His disciples and followers really did GET IT. And they did. His message resounds all across the world all these millennia later.

GET IT? I am not suggesting you tell stories. I am suggesting you pay attention

to what is said and meant when you are in conversation or listening to others talk. What are they really trying to convey to you? Are they knowledgeable or just blowing wind causing a lot of hot air to move around?

Unless you are fully aware, you may end up taking action based on erroneous, incomplete or just plain wrong information. People Living the WOW! ... they GET IT!

Develop these traits for your own good! Learn to Listen. Learn to check out what people tell you. Learn to Inquire before you invest your time, money and effort in some cockamamie scheme or promotion. In other words, learn to GET IT!

People Living the WOW! are very content to remain calm and collected when they are listening to advice or discussing things that could affect them. They have a very well- developed skill of Listening to what is being said or explained. They reserve judgment until they take the next step.

They check out what they heard. Not that they don’t trust anyone. But, because they have learned through the years that too many people in an attempt to feel important, speak of facts that just aren’t so. They tend to exaggerate situations to fit their opinions and boast the positive in an effort to avoid the reality of negative consequences.

In order to GET IT, recognize that the formula is that simple. And it works. Listen and check out facts if you want to set up the most advantageous conditions to Live the WOW!

Nowhere is not GETTING IT more prevalent than among too many of our

young teenagers.

At American Training, some of our Guests and Students need to break bad habits. They come to us with an unrealistic idea of what it takes to succeed. Simply put. They do not GET IT!

A classic and unfortunate example is the young teen mother who faces significant barriers to Living the WOW! Many similar teens manage to ruin lives in the process; their own and their loved ones as well. I come across it almost every day. Young women falling for a line of complete BS from so-called “boyfriends” looking for a quick score. The lines are as old as life itself and sound the same no matter the language. Yet, these naïve women fall for these lines over and over again; only to be dumped once they are pregnant.

Our advice is right to the point. Use your head! GET IT! Turn the tables on these “players” and look out for your best interest. Not the immediate gratification of some mindless boy wonder.

Even seniors forget their own lessons and past and get hoodwinked into thinking everyone acts in their best interest.

It is scary to see members of the greatest generation that ever lived create some amazing bloopers when it comes to not GETTING IT. These are people, who for the most part, who went through the school of hard knocks, worked extremely hard to get where they are today and then all of a sudden appear to go brain dead. For some unknown reason they think everyone is committed to doing what is best for them.

Well, here is reality. Too many people

out there, purposely, scare the pants off you for their profit and advancement. They threaten cuts in your checks and housing unless you bow to their initiatives and decisions. These aren’t your advocates. They are vultures from whom you need protection. They’re backyard bullies who back off the minute you stand up to them. Yet, for some unknown reason, too many seniors forget how they reached the success many of them have attained over the years.

For heaven’s sake, GET IT, and go back to being the feisty independent selves you were. This great Country of ours will thank you for it and we all will be better off because of all of you!

That’s how people Living the WOW! in their later years go about life. You should try it, too.

Follow this last bit of wisdom on a daily basis. People Living the WOW! use it as a meaningful guide.

“If it looks like a duck, walks like a duck and quacks like a duck, chances are ... It’s a DUCK!” GET IT? (Hint: It’s not about ducks!). Now, that’s a WOW!



Tom Connors is President/CEO of American Training, a diverse collection of companies committed to “Bringing Out the Best in Everyone They Touch”. He believes in living life to the fullest by making the WOW! a regular part of your personal, spiritual and working life. You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843 © 2011. You can also visit Tom at his BLOG ... TomConnorsThinkPad.blogspot.com

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The Great Debt Ceiling Debate of 2013?

Diana DiZoglio
VALLEY PATRIOT COLUMNIST

The August 2nd decision deadline on the Debt Ceiling prompted many to voice their opinions regarding possible solutions on moving forward. What can we learn from this time around so that we are not faced with the same type of debate in 2013?

Economist and Wellesley College Professor Akila Weeratana says that when the government decides how much it can spend and tax, it is essentially locking the debt ceiling into place. “America should be having these debates over fiscal policy and the debt ceiling should then have to be adjusted accordingly”, said Weeratana in our interview. In his opinion, when decisions regarding fiscal policy have already been made, it is “pointless” to argue over it later. “This debate took

something that should be irrelevant to fiscal policy and made it the center piece. As an economist it was demoralizing to observe. As a teacher it is exactly what I would tell my students is wrong about this system”, said Weeratana. He called the deadline “self-inflicted” and one “that created anxiety about defaulting and losing credibility”.

The president of Swiss America-, Craig Smith, shared his perspective on this with me as well. He stated, “It was the administration trying to panic people but if you look at the treasury’s standpoint, they have enough to pay. It was demagoguery”.

According to Smith, “This is an election season and Mr. Obama has to keep spending money with his constituents. We have done nothing to change how we are spending in Washington. We have made no baseline

cuts. All of the cuts that have been made are on future spending”.

“The only way to avoid this debate again is to pass it down as a balanced budget amendment”. If this does not occur, said Smith, “we will have the same debate, eighteen to twenty-four months from now, because we didn’t fundamentally do anything to change the trajectory of our spending.

Weeratana concluded, “It depends on the Congressional Committee. I’ll tell you that I see the two sides not being able to agree, resulting in mandatory cuts taking place. “Furthermore”, he stated, “I predict that the mandatory cuts will end up being restored through separate appropriations and that a similar debt ceiling debate will happen all over again in 2013”.

You can email Diana at dianafaydizoglio@gmail.com



FROM 27: DR. RUSTIM

shingles and/or chicken pox with the chickenpox (varicella) vaccine and the shingles (varicella-zoster) vaccine.

* Chickenpox vaccine - This vaccine (Viravax) is routinely given to children aged 12 to 18 months to prevent chickenpox. Experts recommend it also for adults and older children who have never had chickenpox. The vaccine does not provide 100% immunity, but it does considerably reduce the risk of complications and severity of the disease.

* Shingles vaccine - this vaccine (Zostavax) can help protect adults over 60 who have had chickenpox. It does not provide 100% immunity but does considerably reduce the risk of complications and severity of shingles. Experts recommend that people over 60

have this vaccine, regardless of whether or not they have had shingles before. The vaccine is preventative, and is not used to treat people who are infected. The following people should not have the shingles vaccine:

* Those who have had a life-threatening reaction to gelatin, neomycin (an antibiotic), or any other shingles vaccine component. * People who have a weakened immune system. * Patients receiving steroids, radiotherapy, and/or chemotherapy. * Patients with a history of bone marrow or lymphatic cancer. * Patients with active, untreated TB (tuberculosis)

References: 1- Mayo Clinic, 2- Web MD, 3- Medscape.com, 4- National Pain Foundation

FROM 2: GAYLE WILLIAMS

However, we need to thank her. There may never have been the materials, professional development, education, and opportunities for teachers and students in the 12 YMCA/YWCA ERF classrooms without her foresight and planning. We- all of us ERF team members – but especially the staff at the three sites have worked to transform those rooms into classrooms of excellence. Her excellence in what she does gave this ERF team the opportunity to truly work those

wonders. So it is Gayle Williams that I thank. I do hope I have the opportunity to work for her and with her again. I know those mounds of papers that she is always working on will ultimately translate into another successful grant. The children of Lawrence will certainly be the beneficiaries, once again, of those educational funds. Thank you, Gayle Williams!

With respect and gratitude, Ellen Keiley, Early Reading First- Literacy Coach/ Mentor



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FROM 18: Local Home Prices Slow in May

last year. The number of multi-family properties for sale, however, dropped from 228 a year ago to 161 on July 15. Despite increases in the number of single family homes and condominiums for sale, the local home sales inventory remains well below the peaks set in 2006 and 2007.

The length of time it takes to sell the average property increased versus last June for all three property types.

Specifically, average days on market for single family homes sold in June rose to 111 days, compared with an average of 99 days last June, and the average days for condominiums to sell rose to 127 days compared with 121 days last year. The average days on market for multi-family properties, meanwhile, dropped to an average of 85 days in June, a decrease of 9.0 percent from last June’s average of 78 days. Since the previous month,

however, average days on market dropped for single family homes from 116 days to 111 days, remained steady at 127 days for condominiums, and rose by 9.0 percent for multi-family properties, from 79 days in May to 85 days in June.

The Northeast Association of Realtors represents more than 1,200 Realtors and 200 affiliate members in the Merrimack and Nashoba valleys. NEAR is one of 1,500 local chapters of the National

Association of Realtors. Officially, NEAR covers 15 cities and towns from Boxford to Littleton, though it has members from more than 50 cities and towns in the Merrimack and Nashoba valleys as well as southern New Hampshire. The term, Realtor, is a trademark for use exclusively by members of the National Association of Realtors, whose members subscribe to a strict Code of Ethics.

June 2011 vs. June 2010	# Sold June 2010	# Sold June 2011	Yr over Year Change	Median Price June 2010	Median Price June 2011	Yr over Year Change	Avg. DoM June 2010	Avg. DoM June 2011	Yr over Year Change
Single Family	369	303	-17.9%	345,000	\$320,000	-7.2%	99	111	12.1%
Condo	125	104	-16.8%	185,000	211,500	14.3%	121	127	5.0%
Multi Family	77	38	-50.6%	172,000	198,500	15.4%	78	85	9.0%

June 2011 vs. May 2011	# Sold May 2011	# Sold June 2011	Mo over Month Change	Median Price May 2011	Median Price June 2011	Mo over Month Change	Avg. DoM May 2011	Avg. DoM June 2011	Mo over Month Change
Single Family	225	303	34.7%	\$310,000	\$320,000	3.2%	116	111	-4.3%
Condo	62	104	67.7%	172,000	211,500	23.0%	127	127	0.0%
Multi Family	59	38	-35.6%	171,500	198,500	15.7%	79	85	9.0%

Year-to-date Jan – June	# Sold YTD 2010	# Sold YTD 2011	Yr over year Change	Median Price YTD 2010	Median Price YTD 2011	Yr over year Change	Avg. DoM YTD 2010	Avg. DoM YTD 2011	Yr over year Change
Single Family	1,381	1,137	-17.7%	\$316,000	\$297,000	-6.0%	106	123	16.0%
Condo	575	449	-21.9%	175,900	179,000	1.8%	123	132	7.3%
Multi Family	330	247	-25.2%	177,450	179,000	0.9%	85	90	5.9%

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DRACUT: This Lovely Cape is situated on a beautifully landscaped and fenced .23 acre lot. This home features 3 BR's , 1 bath. This property awaits your decorating ideas. Plenty of parking! **\$173,000**



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- | | | |
|-------------------------------------|----------------------|---------------------------|
| 1. North Common Educational Complex | 233 Haverhill Street | B:7:30-9:30 L 11:30-1:00 |
| 2. Lawrence High School Campus | 70 N Parish Road | B:7:30-8:30 L 11:30-12:30 |

Date programs start - July 5, 2011

- | | | |
|----------------------------------|-------------------------|---------------------------|
| 3. Arlington Educational Complex | 150 Arlington Street | B 7:30-8:30 L 11:30-12:30 |
| 4. Beacon Courts | 71 Duckett Avenue | L 12:00-1:00 |
| 5. Bruce School | 135 Butler Street | B 7:30-8:30 L 11:30-12:30 |
| 6 Community Boating | 7 Eaton Place | L 12:15-1-:15 |
| 7. Giesler Pool | High Street | L 11:30-12:30 |
| 8. Hancock Courts | 61 Hancock Street | L 1:00-2:00 |
| 9. Higgins Pool | Crawford Street | L 11:30-12:30 |
| 10. Leahy School | 100 Erving Avenue | B 7:30-830 L 11:30-12:30 |
| 11. Merrimack Courts | 56 Melvin Street | L 100-2:00 |
| 12. Parthum Educational Complex | 255 E. Haverhill Street | B 7:30-830 L 11:30-12:30 |
| 13. So Law East Educ Complex | 165 Crawford Street | B 7:30-830 L 11:30-12:30 |
| 14. Stadium Courts | 179 Osgood Street | L: 1245-1:45 |
| 15. Wetherbee School | 75 Newton Street | B 7:30-830 L 11:30-12:30 |

Date programs start - July 11, 2011

- | | | |
|-----------------------|------------------|-------------|
| 16. North Common Park | Haverhill Street | S 1:30-1:45 |
| 17. South Common Park | Market Street | S 1:30-1:45 |

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LIFE AS A TEENAGER

Live, Learn, Work and Play: Life With Disabilities

Nate Richards

VALLEY PATRIOT HIGH SCHOOL COLUMNIST

“Live, Learn, Work and Play” that is the motto of Easter Seals. Easter Seals is a non profit organization that provides services to ensure that children and adults with disabilities equal opportunities.

As a young kid I was diagnosed with a physical disability called, Familial Spastic Paraplegia. What this means is that, instead of my knees fully extending when I walk, my knees lock into one position.

Now of course being a teenager with a disability is hard, (no matter the disability), but I feel that these few specific periods of my life have had a major impact on my life.

It was a Monday morning on a hot summer day. The year was 2001 and I was just finishing up my first full year of school, and oh the excitement I felt!

Summer had officially started and my brothers were all gearing up to go to camp (that, by the way, I had no idea about, but I guess I was tagging along). Of course, as a seven year old, I was more excited for the three hour car ride then I was for camp.

This camp's name is Agassiz Village (AV). As a new camper I had no idea what to expect (other then the mass amount trees... oh, and the lake), immediately I was petrified. If I looked to my left, I saw a road. At the time it looked like the road went to a creepy dungeon where the “bad children” were held.

To my right I saw this enormous building that I guess we were suppose to call the “dinning hall”. But, all I knew it as was the huge building that we got free food. Once the years went on and I learned that the creepy road that I thought led to a creepy dungeon was really just a whole

other section of camp. As a new camper I was scared to experience this new section.

It has now been ten years since my first summer experience at AV, and I am not only comfortable enough to go to camp every summer, the camp has grown on me so much, that I now work there.

Now I get to see kids who are in the same shoes I was in and it seems not so long ago. It's amazing to see how much a person can evolve in such a short time.

Think back. You are in your middle school years, seventh grade specifically. Would you ever have spoke up against bullying?

I sure would not have.

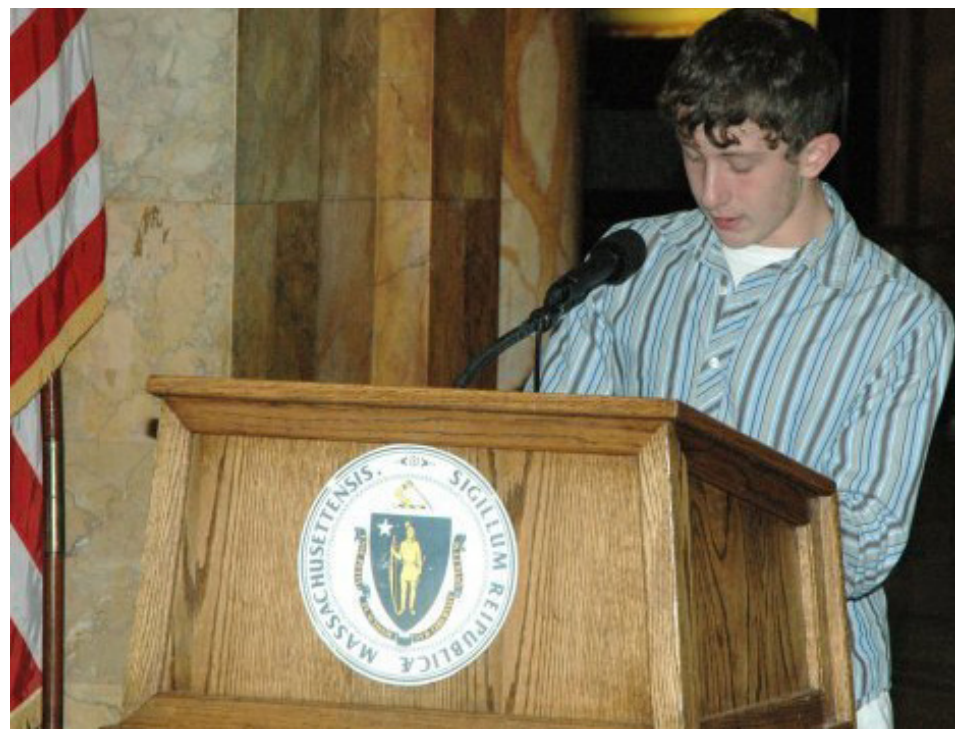
Well that is, until seventh grade when my boss, Kirk Joslin presented me with this crazy idea; a “Disability Awareness Program.”

At the time I thought it was not only extremely difficult, but it was also complete social suicide!

Well, at least I thought it was. The more I thought about it, the more I started to really like the idea of presenting something that nobody in Massachusetts has ever seen before.

During this program we do many different exercises to simulate what it really feels like to have a disability. For example: one of the many disabilities we cover is impaired vision. Instead of the classic blindfold over the face, we got creative. During this activity the kids put on a pair of sunglasses that are smeared with Vaseline, after the glasses are put on the student is put on a scooter and sent into a maze made by mats, cones and anything else we could find.

Another disability we cover is hearing impairment. We do this by having Dan



Nate Richards at The State House talking about life with disabilities and raising awareness for kids who are disabled.

Cosmes come in and speak about what his life is like, and teach the kids a little American Sign Language. Both of these examples are just a few of the activities we put on during this program.

BEST BUDDIES

As most people know, High school is not an easy time during your teenage years. All the advice I had received by both of my older brothers was to get involved as much as possible. So, I did just that.

One of the first clubs that seemed to grab my interest was this club called Best Buddies. Best Buddies is a student run non-profit organization that provides a one-to-one friendship with a person who has intellectual or developmental disability. But to me, it was more then just that. To me it was a club that finally put the spotlight on somebody with a disability.

As the year progressed I became more and more involved in Best Buddies at my school. Towards the end of my freshmen year I had already made it up the ranks to becoming an Officer, a student that plans and schedules events all throughout the year.

My freshmen year of high school was already starting to die down, and I felt I had finally found a solid position going into my sophomore year. At least that's what I thought. Sophomore year was finally here, and everybody had high hopes for Best Buddies. There were fresh faces in the Officer core, and great ideas were ready to pop out of there ears!

Sophomore year started speeding by, and so did some of the fantastic events we had, like Zumba and our Annual Pep Rally Pie Rally. As sophomore year came to its third trimester, there were questions that were speculating around the Best Buddies club, the question was, who would be President next year?

Now of course the other Officer (who was also a sophomore) and I were just underclassmen. There was no chance we could become President and Vice President, but oh were we wrong.

Best Buddies was ready to close up shop, when our faculty advisor called me and my fellow sophomore Officer into

her office. This wasn't anything out of the ordinary. We seemed to be in her office every morning talking about Best Buddies and what we should do next, so that's what we thought it was going to be like.

Immediately she brought up the question of who would be taking over the President and Vice President positions. Our initial thought was to think about somebody who had had experience, but I guess we where wrong.

She offered both of the positions to me and my fellow Officer, and we both gladly stepped up and took over the jobs. Now this position didn't just mean we would resume our new jobs after the summer, we quickly figured out that Best Buddies International required the President and the Vice President to attend a Leadership Conference in Indiana.

This conference was meant to train upcoming Chapter Presidents (CP) and upcoming Vice President (VP) on how to run an efficient chapter. We both attended the Conference had an unforgettable experience that we will never forget. We both met people from all around the world that shared the same passion, the same goals that both me and my VP had.

Now we were coming back to our chapters with all of these ideas on how to make our chapter the best it could ever be.

You are probably wondering what in the world does this all mean? How does this fit together?

All of these experiences have done something to me as a person that is just remarkable. Like everybody else, I have had some really highs, and some ginormous lows, and yes, it was hard to overcome those huge hurdles in life. But, trust me when you do, it doesn't only impact you as a person, it also impacts the people around you.

Nate Richards is a high school student at North Andover High and is very active in Easter Seals, Best Buddies and promoting awareness of kids with disabilities. he is the valley Patriot's new high School columnist. You can email your comments to ztns13@aol.com



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LET'S TALK ABOUT FOOD: FROM PAGE 28

times, someone ends up feeling left out or something doesn't get done and I end up feeling like I have failed them in some way.

I am learning that balancing everything in my life must include what I need as a person to be healthy and happy. I need to take time to write in my journal, to plan meals for the day, to exercise in some way if possible, to make time for friends in addition to making fun plans with my children and doing all of the things that need to be done at home.

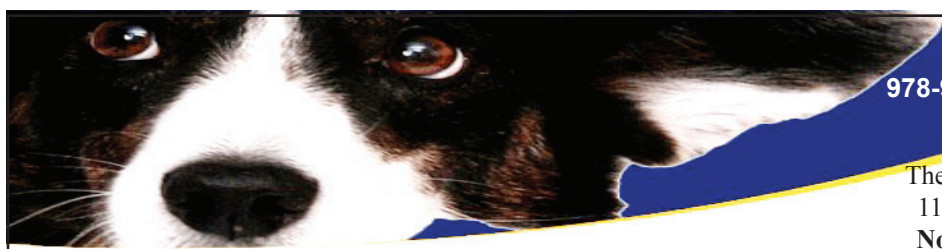
I know that when I am taking care of myself, when I am feeling better about my weight and my food intake, I am more able to take care of everything and everyone else.

What I know for sure is that several things help me with my struggles with weight and food addiction.

Talking about it is at the top of that list. Talking about food addictions, disorders, obsessions and unhealthy thoughts about food is a common daily occurrence for me and millions of other people. Discussions about healthy food recipes and exercise routines are also common.

What I would like to do with this column is to offer you, the Valley Patriot readers, the opportunity to share your own personal stories with me. I am not a food, weight loss or eating disorder expert. I am not someone who is qualified to offer advice or tips. I would, however, love to read your story and possibly share it with other readers and continue my own personal story in a monthly column.

Pennie Hale, is a Methuen resident and The Valley Patriot's Food Columnist. You can email her at pennielacouture@verizon.net.



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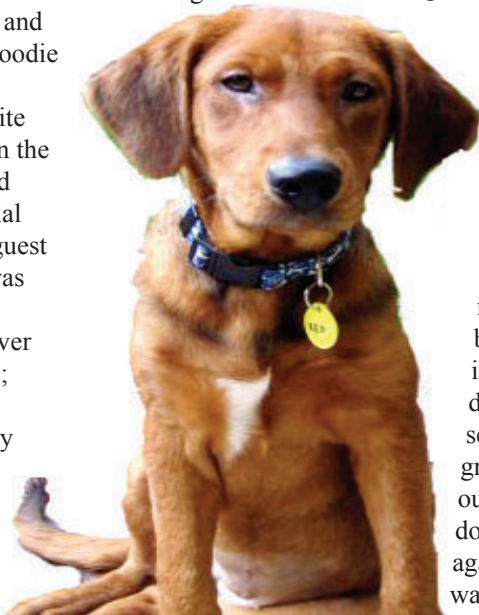
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PUPPY LOVE! with Kate Whitney

Tips for throwing your doggie parties

Kate Whitney
VALLEY PATRIOT PUPPY COLUMNIST

Boy am I glad to be home!
I've been in Europe for a week on business and I sure did miss Dash and Honey! I even requested that my mom bring them to pick me up at the airport. I just couldn't wait to wrap my arms around them and get slobbered by their kisses. Speaking of how much we all love our dogs and love getting kisses from them, how many of you have ever thrown a doggie party? I tried to throw a birthday party for Dash, but unfortunately it was rained out.
I spent hours in the kitchen baking home made treats and putting together goodie bags. As you can imagine, I was quite disappointed when the special day arrived and it was torrential downpours! The guest list of attendees was most of the foster dogs I have had over the past two years; as well as some friends and family and their dogs. It was going to be a day for all of us to get together and talk about how each of the dogs has touched our lives. Hopefully next year the party won't get rained out and it will be a day to remember...for both the dogs and their human friends.
I know many of my readers are dog crazy like me, and will do anything to celebrate our furry friends! I thought I would write the next few articles about throwing dog parties. Each article will focus on a different aspect of throwing a



party. There are many types of parties you can throw. Some include birthday parties (if you don't know your dog's birthday, that's ok, just pick your favorite month and then your favorite day, it's better to make up a date than not have one at all), an "adoption party," or simply a "thank you" for being my best friend party. You can choose to have the party at your house out in the fenced yard, at a dog park, or you can rent a room at a local dog boarding/day care facility.
Throwing a dog party can be exciting, but also very stressful. First you have to decide on a guest list. Try to only invite dogs that your dog already knows. This party isn't the best time to introduce lots of new dogs. It's important to remember how to introduce dogs to each other. If your dog acts inappropriately in any way (for example being aggressive), it's important to leash your dog immediately and separate him from the group. Give him a time out and after he calms down, then let him play again, keeping a close watch on his behavior.
The more dogs at the party, the more attention and supervision is needed throughout the day. Invite a friend over that didn't bring a dog, but is experienced being around dogs, and designate that person as the "doggy security" person. It's important that someone has an eye over everything that's going on, at all times. Not only should the person be watching out for dog safety, but they should also be



watching out for pottying accidents. New environments and lots of excitement can often cause dogs to have accidents. Remember not to get angry at your dog if she has an accident, remain calm, clean up the mess, and continue having a good time. If there are children at the party, make sure they know how to act around dogs. Remind them that pulling ears and tails is not a good idea. It's important to make sure that the children, adults, and dogs all feel safe at the party.
Safety comes first! Make sure any "exit" from the yard is securely blocked. Look for holes under the fence, or gaps by fence doors. If you have dog crates at your house, clean them and have them in a spot where a dog can take a rest or go for a time out if things get a little too out of control. I don't believe in using a

crate as a place of "punishment" but I do believe in safety, and it's always better to be pre-pared. So if you need a quick place to put a dog while he calms down, it's better to do in a crate than in someone's bedroom!
I would suggest having a doggy first aid kit present. Some things that should be in the first aid kit include but are not limited to: gauze sponges, gauze tape, cotton balls, triple antibiotic ointment, rubbing alcohol, eye wash, hydrogen peroxide, blankets, tweezers, zip lock bags, latex gloves and an ice pack. Make sure that
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 Kwsingrite@aol.com

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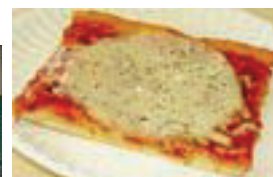
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Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

As a Pet Care business and a CrimeWatch Block Captain this is something that I don't take lightly. My first concern is always your animal's health and safety, my second concern is your home.

When you hire a pet care service please remember not only are these people coming to take care of your animal, they are also entering your house. You are trusting these people with your security codes, a copy of your keys and basically allowing them to enter into your daily life.

Before you hire a service like this there are a couple of things you may want to consider first:

1. Is the company insured & bonded - which means does the company have insurance to protect your precious pet and will it cover any accidents or injuries that may occur. Bonded- this is a protection stating this business or its employees will not steal from you. Many say," Well I don't have employees I don't need to be bonded." My personal thought is: If you don't have anything to hide, you will be bonded even as a sole proprietor. You will provide that peace of mind to your clients.
2. Are they really insured & bonded? Ask to see their insurance card. Insurance is insurance and insurance fraud is insurance fraud. Even in pet care.

Unfortunately, many may say they are and really are not! They just want to stay competitive with the competition; however they don't want to pay for the insurance.

3. Ask the pet care business how they will be labeling your key and how they will protect your key. What if the pet care service lost your keys? What if it had your address on it? These are very important questions to ask.
4. Who has your keys? Some businesses have more than one employee or they have multiple pet care providers entering your home on any given time. Do you know which person(s) is entering and how those multiple keys are managed? What if an employee is terminated? How does the business retrieve those keys?
5. Does the business advertise their service on their automobile? Personally, you will never see my business name on my car. In the 10 years that I have been caring for animals in this town I have never, nor will I ever have my company name painted on my car or a car magnet. WHY? Why, would I advertise that you are not home?

Most break-ins happen during the day. Prior to a break-in chances are the burglar has already scooped out your neighborhood. He will know what time you leave and what time you will return. He will know what time your neighbor picks up her kids from school and he will know what time your pet care services is scheduled to stop in to your home. How does he know that? Well that magnet advertising the pet care business is a dead giveaway. Therefore; why would I as a professional business indirectly give your schedule or vacation plans to an intruder? Honestly, why would I put my own personal safety at risk too? I am the

one entering the home. I am the one that may walk into someone that is already inside or I may be the one to walk into a home that was already ransacked before I got there. Safety and protection comes at many levels and should be a standard business practice from your pet care service.

How can you protect your home:

1. Lock your doors – all your doors- even the one in the back of the house you think nobody even knows is there. Don't forget to lock that bulk head too.
2. Alarm systems- some may choose to have an alarm system installed. They work!
3. If you don't want to go to the extent of an alarm- have your key pad on your garage door link in to your cell phone. You will be alerted when someone is opening and closing your garage doors. (You always know if your dog walker is really walking your dog too!)
4. When traveling, rotate a light – I have some clients that have me put their shades down at night and put them back up in the morning, just like you would do if you were home. Keep that routine as consistent as possible.
5. Have your pet care service bring in your mail and any packages that you may have being delivered. Believe me, the way everyone shops on line, thieves love to grab packages off porches and stairs and run. Living in an apartment complex, be weary of having packages left in your lobby.
6. The Nanny web cam...no, it's not just for watching your infant and your

babysitter, this tiny device is a wonderful way to see what may be going on in your house while you are not home. Some of my clients actually set these filming out of the window to see the perimeter of the house. Others may focus on one specific room, while all of you will be able to keep an eye on what your pet may be doing all day when you are away.

7. Common sense - this is the obvious one, have your pet care provider keep a routine as similar to yours as possible. Hide your valuables and don't leave anything just out in the open. Put everything away before you leave.

As for your pets...remember, animals are intuitive by nature. Dog or cat it doesn't matter. They want to protect you, they want to protect your home, and they know good from evil. They understand energy at a level far beyond most humans can. Even that super friendly pet that sleeps all day while you are away and plays all night when you are home. Guess what? When put into this situation... he won't pretend he will DEFEND!!

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. Become a fan on facebook at Wiggles & Jiggles Pet Care and follower of www.traceythedogwalker.blogspot.com

Are you Thinking About Your Pet's Health?

Think Pink: Wild Salmon is Great for Both People and Pets

Cary Roles

VALLEY PATRIOT GUEST COLUMNIST

Wild salmon is one of my all-time favorite foods. Grilled, smoked or atop a big green salad, no matter. I'll take it any way it comes. It's a good thing, too, since it's one of the healthiest foods out there. And I'm not the only one in my family who's a fan -- my Bengal cat loves it, too!

In fact, though she dines on a variety of entrees, it's the only treat she'll eat, and I'm happy to indulge her because

its well-researched potential benefits are extensive, for both people and pets. Here's a short list:

- Healthier eyes, hair/coat and itch-free skin
- Improved energy production for increased activity and healthier weight
- Stronger cardiovascular system
- Improved cognitive development and function for memory and learning
- Supple joints and strong bones
- A more balanced immune system, resulting in allergy symptom relief and

greater overall protection from a host of degenerative illnesses, such as cancer and autoimmunity.

How does wild salmon pack such a healthy punch?

One reason is its abundance of Omega-3 fatty acids, including EPA and DHA. Our brain, like that of our furry friends, needs these healthy fats to develop and function properly, as do cells throughout our body, and they have significant anti-inflammatory properties as well. Plus, wild salmon is a great source of protein, B12, magnesium and Vitamin D, among other nutrients. And the canned version with bones is also a good source of calcium. Supplementing your family's diet with a quality brand of fish, salmon or krill oil is also a good idea, especially for those who struggle with chronic illness. Just make sure you choose wild salmon products, not farmed. Think Alaskan, not Atlantic. Why? A few things to consider:

- Wild salmon has a beautiful pinkish-orange coloring thanks to astaxanthin, which comes from the plants it eats in its natural habitat, and has exceptional antioxidant value. Farmed salmon often receives an inferior isomeric form of plant food, which means less astaxanthin and, worse, the addition of artificial coloring to make them look more appetizing to consumers.
- Due to their inferior food supply and less exercise in a more controlled environment, farmed salmon also have fewer Omega 3's per serving than their wild cousins. Most Americans consume

too many Omega 6's fatty acids and too few Omega 3's, so choosing wild salmon over farmed helps improve this critical ratio.

- This same food supply is also often force fed to the population, and contains antibiotics and growth hormones, to speed up production. In addition, farmed salmon has also been shown to contain higher levels of toxics -- as compared to wild salmon and some other animal protein sources -- including PCB's, which have been linked to cancer and birth defects.
- Chemically-laden salmon farms can have a negative impact on surrounding areas, including water pollution, destruction of sea life and the ruination of the very land on which they exist, resulting in significant long-term environmental damage.

So, during your next trip to the grocery store, take a walk on the wild side and add some delicious Alaskan salmon to your shopping cart. Then pick up a tasty salmon meal, treat or oil of the same quality at your favorite pet supply shop. The whole family will thank you for it.

Cary Roles is a holistic health coach and IIN graduate on the North Shore of Massachusetts. She is available for consultations and can be reached at 978-968-4949 or via email at caryroles@me.com.



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Rights of Family Caregivers in the Workplace

Celeste Begley
COMMUNITY RELATIONS COORDINATOR

Sixty percent of family caregivers work outside the home in addition to providing care for a loved one, according to the 2010 MetLife Study of Working Caregiver and Employer Health Costs.

These two responsibilities can be difficult to manage together and sometimes conflict. Caregiving in the United States, a 2009 study by the National Alliance for Caregiving in collaboration with AARP, found that 66 percent of family caregivers have had to make some adjustments to their work life.

Many are unaware that working family caregivers have rights that are protected by the government. These workplace rights include:

Caregivers have the right to a discrimination-free workplace.

Discrimination protection laid out by the Equal Employment Opportunity Commission (EEOC) protects against discrimination by sex, race, marital status, parenthood, disability of family members and pregnancy. Many caregiver issues find protection under these existing classifications, such as a woman who is treated differently from peers for having caregiving responsibilities, or a man whose boss will not give him leave because he feels that a man should not have caregiving responsibilities.

Caregivers have the right to take an extended leave to provide care.

The Family Medical Leave Act of

1993 (FMLA) established that employees have a right to up to 12 weeks of unpaid extended leave over a 12-month period. Caregivers of Veterans are allowed an extended leave of 26 weeks under the Support for Injured Servicemen Act, established in 2007.

However, FMLA has many qualifications that must be met by companies, employees and the individual being cared for:

* FMLA only applies to public agencies, including state, local and federal employers; schools; and private companies with more than 50 employees engaged in any activity affecting commerce. These 50 employees must all be employed within a 75-mile range. The employee must be caring for a spouse, child or parent with a serious health condition; for an adopted or foster child; for a new child resulting from birth; or is unable to work due to a personal or medical condition.

* To be eligible, an employee must have held their position with a qualifying employer for more than 12 months, and he or she must have worked at least 1,250 hours over a 12-month period. The company needs to be in a U.S. location or territory or under the possession of the U.S.

There are also some caveats to FMLA, one of which is that two spouses working for the same employer can take only 12 weeks of leave combined.

Caregivers have the right to continue receiving their existing health benefits

while on extended leave.

Extended leave is unpaid unless you are caring for a Veteran, but a caregiver’s employer must continue to provide any existing health benefits for all who qualify under FMLA.

Caregivers have the right to have their jobs held while they are on extended leave.

FMLA has established that, for situations that meet the Act’s requirements, employers must hold a caregiver’s position—or a comparable one with equal pay—during a caregiver’s allotted extended leave time. There are some cases where an employee is designated as “key personnel” and an employer is allowed to fill that position out of necessity.

Employees have the right to opt in to programs for caregiving services assistance.

The Community Living Assistance Services and Supports (CLASS) Act established a program that enables employees to opt in to a national insurance program through a paycheck deduction. This insurance allows adults who become functionally impaired to purchase community living assistance services and support for as little as \$50 to \$100 a day, depending on the disability. To qualify for services, individuals must be at least 18 years old and have paid into the program for at least five years.

EEOC established a list of best practices for employers in dealing with employees who are also caregivers. This list includes

management awareness training, strong enforcement of EEOC policy, flexible work scheduling options, and providing personal or sick days so an employee can use them to care for a family member. Working and providing care for a loved one can cause conflicting demands on a person’s time. It is important that family caregivers are informed about the ways the government is supporting and protecting them to help them manage these responsibilities.

About Right at Home of the North Shore, Merrimack Valley and Wakefield/Melrose (Boston North)

Right at Home is an award winning family owned and operated private home health agency. It was started by Jay Kenney and Rosaleen Doherty on the North Shore in 2002. Since that time, they have expanded to three offices serving almost 500 families per week with senior home care services.

Right at Home offers in-home companionship, personal care and nursing care to seniors and disabled adults who want to continue to live independently. They directly employ and supervise all caregiving staff, each of whom are thoroughly screened, trained, bonded and insured prior to entering a client’s home. A

Right at Home serves all of Essex County and cities and towns North of Boston in Middlesex and Suffolk Counties. .For more information on Right at Home, visit www.rightathomemass.net or read the Rosaleen Doherty’s caregiving blog at www.rightathomemass.net and click BLOG.

NEW JOBS IN MA: FROM PAGE 18

deciding factors. Serious state leaders must focus on helping jobs grow right here, in Massachusetts.

Can our state leaders help? Yes, here are five concrete steps.

First, prioritize by helping jobs grow in the shortest amount of time for the largest groups of people having the most need. In August of 2011, that means passing simple legislation that will immediately help entrance or re-entrance to the labor force by workers over 50, workers under 25, the unemployed and under-employed, plus urban teens.

Second, normalize our state’s Independent Contractor Rule (ICR) so it matches the Federal IRS guidelines. This change will help individuals quickly find work or start small service businesses. Massachusetts’ ICR is the worst in the country. An ICR fix will help scores of professionals and tradesmen and women do project-oriented work, hire project workers, add peak capacity, and help part-time professionals expand their workweeks by filling irregular and occasional needs.

Third, eliminate the inventory tax for manufacturers and distributors. The formal description of this tax is portion of the Massachusetts Business Tangible Property Tax applied to inventory. This tax is driving all our new manufacturing and distribution jobs out of state. Only nine states still have this tax. We’re one of the nine laggards.

Fourth, reduce the minimum health

care premium to \$50 monthly for major medical coverage and discount drug coverage. Michigan and California both do this now. This change will allow individuals and businesses to buy the most important class of coverage at low cost and thereby will allow hiring for new jobs to accelerate.

Fifth, eliminate the teen minimum wage completely, an act of pure compassion. This law has made honest work impossible in the inner cities. With honest work impossible, kids turn to dishonest work, usually involving guns, drugs, sex and crime.

The job-growth impacts of these five steps will be immediate, widespread, and long-lasting.

Massachusetts is an inventive, hard-working and compassionate state. Our state leaders can help by allowing our normal job creation processes to put all one million of us back to work.

Mike Hruby is President of New Jobs for Massachusetts, Inc., a non-profit, non-partisan, pro-jobs-growth advocacy group. You can visit New Jobs at newmassjobs.com or follow Mike on Twitter @venturemike1, or email him at mike@newmassjobs.com. New Jobs is supported by contributions from individuals and corporations. All donors and their contributions are kept private. IRS regulations do not allow contributions to be deducted for tax purposes.

AMERICAN JEWS: FROM PAGE 25

massacre said they thought the killer, dressed as a police officer, was simulating Israeli crimes against Palestinians in the occupied territories.”

Yet, most American Jews still walk around thinking that Christians and conservatives are their enemies when, in fact, they are the best friends Jews have in the world today. From the present conservative Canadian government, which is probably the most vocal pro-Israel country in the world today, to every major conservative talk-show host in America (including the fiercely pro-Jewish and pro-Israel Glenn Beck, who has been libeled as an anti-Semite), to the leader of Holland’s Party for Freedom and member of the Dutch parliament, Geert Wilders (one of the most eloquent pro-Israel voices in Europe today), to The Wall Street Journal’s editorial page — the right is where the Jews’ friends are.

What will it take for this generation of

Jews on the left to realize what Arthur Koestler, perhaps the most prominent Jewish leftist of a previous generation, came to realize: namely, that leftism is “the god that failed”? Will it take a San Francisco ban on the oldest practice of the Jewish people? The City of Berkeley declaring Marines “unwelcome intruders”? PETA arguing that there is no moral difference between barbecuing chickens and cremating Jews? The ostracizing of the Jewish state from the world community by institutions dominated by the left?

Whatever it takes, the sooner the better.

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

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DRACUT CPA: FROM PAGE 16

written allows for these towns to apply foresight and positive long term planning, protecting their communities at many levels. New England is an incredible place to raise a family, and our children need to understand the environment and how their actions impact the world

around them. Open spaces give them a chance to explore the planet we call home, and for that, they will be eternally grateful.

Cathy Richardson’s family has lived in Dracut for generations. She is a member of the Board of Selectman in Dracut.



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American Legion News

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

It seems like Summer just flies by every year. This July certainly has done so. As the American Legion Commander for Massachusetts, I had the opportunity to attend several great events.

The first one was a July 4th parade in East Longmeadow, MA, next to Springfield. I don't know the exact number but there had to be over a thousand people turning out for the parade. Houses were decorated and they had a contest for the best decorated. There were barbecues going on and the children were dressed in red/white/blue and waving flags. All the veteran groups were cheered as they marched by. Yes, America at its best. Celebrating Independence Day!

Then on July 16th, there was a Legion Rider fundraiser in Southwick, MA. About 79 riders went out on a run and returned to the post for food, raffles and entertainment. They collected over \$3 thousand dollars. The money is going to the American Legion Legacy Scholarship Fund. This is a fund set up for the children of any of our troops who gave their lives since September 11, 2001. No administrative fees are taken by the Legion. At the National Convention, riders from all over the US will ride from Indianapolis to the convention site in Minneapolis. The goal this year is \$450 thousand dollars. In 5 years, this group has raised over \$2 million dollars. It was just an incredible amount. And these are members of the American Legion Family who just like to ride motorcycles.

And last but certainly not least, on July 22nd, a country music performer by the name of Michael Peterson came and first performed for veterans at the Brockton VA Hospital. He did 3 mini-shows, first for outreach patients, then for spinal cord patients and last for a group of general patients. Most of the last group was in wheel chairs. He was very well received. For those who may not recognize the name, here is a little information. His debut single, "Drink, Swear, Steal & Lie", was released in 1996, charting at #3 on the Billboard country charts and #86 on the Billboard Hot 100. It was the lead-off single to Peterson's self-titled debut album, which also produced four more chart singles. The second one, "From Here to Eternity", became Peterson's first and only Number One hit, while "Too Good



to Be True" reached #8. Following it were "When the Bartender Cries" at #37 and "By the Book" at #19. The album was certified gold by the RIAA for shipping 500,000 copies in the U.S. Also in 1997, Peterson was named Male Artist of the Year by Billboard. He then took a hiatus to spend time with his family and decide where to next take his career. The last few years, he has been working with the American Legion, promoting the programs and telling the story of who we are, what we do. He has been overseas a number of times performing for our troops. On July 23rd, he performed at Showcase Live in Foxboro to help the Legion family raise money for Children's Hospital programs in Massachusetts. This includes Children's Hospital in Boston, a program at U. Mass. Memorial in Worcester and Bay State Hospital in Springfield. The final count is not in. The Sons of the American Legion Squadron from Haverhill donated to the fund and was given a certificate.

I have to continue on briefly for my wife and I had the opportunity to have supper with Michael Peterson, his business manager Jill Chambers (retired US Army Colonel) and others from the Legion family. Having seen him perform at other events, I knew he is a great performer and could earn a lot more money. But for him, it is not all about the money. It is about making a difference, making a contribution to society. He is a very warm, personable, true gentleman. A real American star in so many ways. His visit to Massachusetts will be remembered by all of us for a long time. His personal contributions will live on with many veterans and their families in their/our hearts and memories. If you have the chance, check out his website. You will be impressed.

For the baseball fans out there. The American Legion baseball playoffs will be shown on ESPN3 August 12 - 15, from Shelby, North Carolina. This is the new permanent home for this event. I hope you will have the chance to tune in and watch this great show.

May God bless our troops who defend our way of life and bring comfort to their families.

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



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1ST INTEGRITY MORTGAGE

Sandra and Martin Walsh represent a new breed of homeowner facing a dilemma that is increasingly common. After 45 years of marriage they agreed amicably to divorce.

Their \$400,000 family home, however, presented a major problem that they struggled to resolve. Martin wanted to retain the home and continue to live there... but he simply did not have the financial resources to buy out his ex-partner. Of course, Sandra's name was still on the deed and she remained responsible for the mortgage balance. She wanted relief from that financial burden plus fair payment for her share of equity in the home. The only sensible solution seemed to be to sell the home, pay off the mortgage and split the leftover cash.

Their personal financial planner counseled against that option, however. (He also counseled against liquidation of an investment portfolio earmarked for retirement that had not yet fully recovered from losses experienced several years ago... but that's another story.)

Fortunately for Mr. & Mrs. Walsh, their planner was knowledgeable and well informed about a popular, unique loan program available to senior homeowners who are 62 years old and own their own home. This situation proved to be an excellent opportunity to make use of a federally insured HECM loan program from HUD often referred to as a reverse mortgage...or a Home Equity Conversion Mortgage.

Here's how it worked out. The financial planner called in a reverse mortgage specialist to consult and help the Walsh's understand the pros/cons of



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

the variety of HECM programs. After a thorough analysis of the facts of their situation it was determined that they were qualified and the HECM loan program would provide enough funds to pay off the remaining mortgage in full; canceling Sandra's future liability. They also qualified for an additional amount equal to about 50% of the remaining equity in the home... and that was turned over to Sandra at loan closing in exchange for removing her name from the deed.

It was a win/win situation. George remained in the home that he loved and Sandra received her fair share of the equity in the home and did not need to worry about any future liability since the mortgage was paid in full.

Not all situations work out this well, of course. But it's important to understand that the HECM program is no longer strictly for little old ladies trying to exist on \$600 per month social security. Savvy financial planners and elder law attorneys have recognized that the program is useful for their clients in numerous ways. It has become an important financial tool for many senior homeowners trying to solve a financial problem.

Bob Irving is a Sr. Reverse Mortgage Consultant and Certified Senior Advisor with First Integrity Mortgage, LLC in Lawrence MA. He is fully licensed in MA, NH & ME (NMLS #19086) and works with senior clients, their families and trusted advisors by referral. If you have questions, he may be reached direct at 978-686-0394 or by email at rhirving@gmail.com . Visit his website at www.rhirving.com for access to more detailed information about reverse mortgages.

BIRTH CONTROL: FROM PAGE 25

provides life-prevention in the form of contraception it will certainly provide it at the other end of the lifecycle when the allocation of money will need to be rationed. Euthanasia will become acceptable and, if it hasn't already, quality of life will be our applied ethic rather than sanctity of life.

* Contraception is the end of civilization. Because of its widespread use in the western world, Europe, Russia, Australia, Canada and the U.S. are all dying a slow demographic death, only offset a little by the massive immigration of Arabs into Europe and Hispanics into the U.S. China and India are killing off their girls in utero at alarming rates.

* Contraception prevents a potential

person from ever existing, one who would have lived for all eternity.

* For all these reasons and more the use of contraception is a grave violation of natural law and is recognized as a mortal sin by the bible and the Catholic Church.

Is forcing all insurers to provide free contraception a good idea, making it even more solidly imbedded in our culture of death? You make the call.



Paul Murano taught theology and philosophy at Assumption College and Northshore Com. College. He was co-host of The Paying Attention! radio program and Host "Beneath the Surface" on Burlington Cable Access. You can E-mail Paul at PJDM@aol.com



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TOM DUGGAN’S NOTEBOOK: FROM 21

the US Department of Education for the past seven years, and was recognized by the Boston Business Journal as a 2011 Pacesetter—one of the region’s fastest-growing privately held companies.

The additional nine companies to be honored include: Baystate Financial Services, Burtons Grill, Charles River Apparel, Enzymatics, Get in Shape for Women, Hollister, IdeaPaint, Lupoli Companies, Where, Inc.

Previous Small Business of the Year Award winners include Sagamore Plumbing & Heating, Inc., Cedar’s Mediterranean Foods, Inc., Infoscitex Corporation, RDK Engineers, Hartney Greymont, Baker’s Best, Elizabeth Grady, Cafco Construction Management Inc., The Piantedosi Baking Company, Stacy’s Pita Chip Company, Finagle a Bagel, Boston Duck Tours, Gentle Giant Moving Company, Nantucket Nectars, and J.P. Licks.

NECC’S ASSOCIATE DEAN NAMED EXCHANGITE OF THE YEAR: At the 64th Annual Installation Banquet of the Exchange Club of Lawrence, Dawna M. Perez, PhD, Northern Essex Community College’s Associate Dean of Access and Community Building, was named Exchangite of the Year. The National Exchange Club, a service club celebrating 100 years of service this year is composed of men and women who give their time to help make their communities better places to live. Exchangite of the Year is given to a local club member who has given a great deal of their time and talent to the Club’s charitable activities which center on youth and senior programs, community service programs, Americanism, and the national cause of child abuse prevention. A past president of the Lawrence Club (2008-2009), Dr. Perez has been a member of the Exchange Club of Lawrence for six years, and has been working in youth development, education and workforce development programs in Lawrence for over 25 years. Dawna Perez lives in Haverhill with her husband David and four sons: Christian, Robbie, Eric and Matthew. For more information on the Exchange Club of Lawrence, visit the website <http://www.lawrenceexchangeclub.com>.

LAWRENCE CHESS CLUB will

meet on Wednesday, 17th August 2011 from 6-8pm At the Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event. Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. We can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required. 3rd Wednesday of each month.

TV DINER SUMMER FARM FOOD FEST AT SMOLAK FARMS!

WHAT: This summer, NECN’s “TV Diner,” New England’s #1 food and dining program, is bringing together some of Greater-Boston’s best chefs and restaurants to the beautiful land of Smolak Farms in North Andover, Massachusetts for the first annual TV Diner SummerFarm Food Fest! The festival will feature cooking demos, tastings and activities including live music, children’s games, hayrides, contests and more!

On Sunday, August 28th, 2011from 11:30AM – 5:00PM spend the day at Smolak Farms with TV Diner! With over 1,000 attendees slated to appear, guests can look forward to everything from tasting stations, chef demos, live music, PYO seasonal fruit, hayrides, line dancing lessons, as well as classes and workshops offered onsite all afternoon.

An all access pass to the event is \$35.00 online for adults, \$40 purchased at the door for adults, and children under 10 are free! Attendees can look forward to entertainment, fun, food, drink as well as free parking! For more information or to purchase tickets please visit: <http://www.necn.com/pages/smolakfarms>

WHERE: Smolak Farms, 315 South Bradford Street, North Andover, MA 01845

WHEN: Sunday, August 28th, 2011, 11:30AM – 5:00PM.

INFO: \$35.00 Adults (online) per person, \$40 Adults (at door) per person. Children under 10 are free with parent or legal guardian 21+. Visit: <http://www.necn.com/pages/smolakfarms> to purchase tickets.

VOLUNTEERS HELP TAVAH MEMBERS WITH THE DAUNTING TASKS OF DAILY LIFE

The unmet need for routine, or even occasional, assistance with chores such as changing a light bulb, taking out the trash,

or installing the screens, can force many older adults to uproot from the homes they love. The Andovers Village at Home (TAVAH) is able to provide needed help to fill in the gaps so members can remain safe and independent in their homes. With a single phone call members are able to access help with chores through TAVAH’s active and talented pool of volunteers. Satisfied members have learned to handle e-mail and surf the web, gotten to medical appointments near and far, received help getting their computers, DVD players and TV’s to communicate, had snow and ice cleared from their walkways, enjoyed a weekly trip to the grocery store and if requested, a daily call to check in. TAVAH makes it their business to say “YES” when Members call with a request. As a non-profit, member driven group, The Andovers Village at Home, has as it’s goal supporting its member’s in their desire to continue to live independently in their own homes. With offices in the Old Town Hall in Andover help is just a phone call away at 978-623-0070.

SUMMER CONCERT SERIES 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 summer concert performance by keyboardist Dave Caponigro on Friday, August 12 at 7:00 p.m. Advance RSVP encouraged and light refreshments will be served. 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.

Summer Concert Series 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 summer concert performance by guitarist and harmonica player Bill Foley on Friday, August 19 at 7:00 p.m. Advance RSVP encouraged and light refreshments will be served. 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.

SUMMER CONCERT SERIES 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 summer concert performance by pianist Scot Andrews on Friday, August 26 at 7:00 p.m. Advance RSVP encouraged and light refreshments will be served. 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.

2011 MERRIMACK MAULERS FOOTBALL REGULAR SEASON SCHEDULE:

Aug 13 vs. Boston Bandits @ Away
Aug 20, vs. Colonials @ Lawrence
Aug 27 vs. CT Panthers @ Away
Sep 10, vs. Southern Maine Bulls @ Away
Sep 17, vs. Tri City Charge @ Lawrence
Sep 24, vs. Lowell Noreaster @ Away

NECC Seeks Nominations for 50th Anniversary Making a Difference

Awards. As part of its year-long 50th anniversary celebration, which begins this September, Northern Essex Community College will honor influential members of the NECC community who have made a difference in the lives of others. The college is accepting nominations for these awards which honor the many individuals that have made a powerful and positive difference to Northern Essex, its students, and to the surrounding communities over the last 50 years.

Nominees can include graduates of the college who have achieved personal and professional success and/or given back to the college or community; faculty or staff who has demonstrated exemplary performance as instructors, mentors, or leaders; or community friends who have shown a strong commitment to helping fulfill the mission of the college.

The 50 top nominees will be recognized at the college’s 50th anniversary gala which is scheduled for Friday, April 27, 2012 at DiBurro’s in Ward Hill.

The deadline for nominations is Tuesday, November 1, 2011. A committee comprised of college faculty and staff will review nominations and select the award recipients.

To learn more about the Making a Difference Awards or access a nomination form, visit the college’s 50th anniversary website at <http://www.necc.mass.edu/celebrating-50-years-of-making-a-difference/>. For more information, contact Wendy Shaffer at the college, wshaffer@necc.mass.edu or 978 556-3858.

HAVERHILL COA plans trip to the Holiday Pops: Haverhill COA is in the planning stages of a trip to Holiday Pops at Symphony Hall in Boston. This trip is scheduled for Thursday, December 8 at 4:30 p.m. Tickets are \$85 per person for performance and transportation. Tickets must be purchased in August to get the best seats available, so please contact Kathy Bresnahan (ext. 11) or Rita LaBella (ext. 16) at 978-374-2390 or kbresnahan@cityofhaverhill.com if you are interested.

COA is offering a great trip to Laconia, NH, to see the spectacular “Road to the Scottish Highlands” show on Tuesday, September 13. Master of ceremonies and internationally renowned accordionist John Carmichael will transport you to Scotland as he introduces the music, dance, and artistry of his native land. Performances include the graceful Skara Brae dancers, the regimental splendor of Drum Majors, traditional music from the Transatlantic Seaway Collaboration, and the Pipin’ Hot music of bagpipers. Trip includes motor coach transportation, lunch at the Common Man Inn, and this spectacular show.

HAVERHILL: The Haverhill Rotary Club will be holding its annual Duck Race on Saturday, September 10, from the Basiliere Bridge to the Crescent Yacht Club! Winner of the race will receive a 2011 Toyota Yaris donated by Rockingham Toyota, Honda, Scion of Salem, NH. Duck Adoption Papers will be available from Kathy Bresnahan at the Council on Aging, 10 Welcome St. This is a great community event and fundraiser for Haverhill, and lots of fun for participants!!

FREE EVENT!

3rd Annual GLFHC Baseball Clinic for Kids

with the Lowell Spinners

Boys and Girls ages 8-14 years old can join the Canalligator and members of the Lowell Spinners to learn baseball fundamentals and have fun! Bring your glove for a great morning of baseball.

THIS YEAR - IN LAWRENCE AND METHUEN!

July 20th

10:00 AM - Noon

(Rain Date: July 25th)

Neil Playstead

Lawrence St. Methuen

August 17th

10:00 AM - Noon

(Rain Date: August 22nd)

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2011 CANDIDATE MIXER:
Lawrence CommunityWorks is holding its 4th annual Candidate Mixer. The Candidate Mixer will be a day where residents are socializing with candidates running in the 2011 City Council and School Committee Elections and building connections. The Candidate Mixer: Friday, August 19th, 5:30-7:30 PM , 55 E Haverhill Street, Lawrence MA

Haverhill COA announces new trips! COA will be traveling to see “Miss Saigon” at the Ogunquit Playhouse with lunch at Warren’s in Kittery, Maine, on October 13. On October 6 they have planned a trip to the Oktoberfest at Wright’s Mill Farm in Canterbury, CT. On November 15 travelers will see a tribute to the Andrews Sisters while honoring WW II veterans. On November 17 all bingo players will be interested in attending their Pre-holiday Bingo Marathon at White’s of Westport.....This is sure to be a great day! Call Kathy or Rita for details. These trips are all new and exciting additions to our schedule of events.

There is still room on our Holiday trip to the White Mountain Hotel in North Conway, New Hampshire, from November 18-20. Celebrate the magic of the holidays at this beautiful resort and enjoy the splendor of the White Mountains. This trip offers spectacular entertainment, festive activities, gourmet dining and all the finest amenities, including first rate service and luxury accommodations. There will be an opportunity for shopping as well. Cost for this two-night motor coach adventure is \$359 per person double occupancy. Contact Kathy or Rita for details.

Mark your calendars! The Haverhill Council on Aging will be hosting a very informative free workshop on **managing diabetes** this fall. This six-week program will be presented by Elder Services of the Merrimack Valley. An introductory session will be presented on September 14 at 10:00 a.m. at the Citizens Center.

Great day trip to the Portland Wine and Food Festival on October 22! Tickets are \$90. Call for details.

HAVERHILL - The movie cameras will be rolling in Haverhill when Andre Dubus’ memoir Townie is filmed on location. To help acquaint us with the book, a coming of age story about growing up in Haverhill and Newburyport, Beth Galloway from the Haverhill Public Library will lead a discussion group at the

Citizen Center on Thursday, September 21. This best-selling memoir by local author Andre Dubus is sure to provide the foundation for a lively discussion! We hope you will pick up a copy of the book, download it onto your e-reader, or get it at a local library and join the fun on Wednesday, September 21, at 1:00 p.m. Please contact Kathy or Rita if you plan to participate.

Tickets are now on sale for our lobster bake to be held on Thursday, August 25, at NECC’s Technology Center. Menu includes lobster, chicken, corn on the cob, chowder, baked potato and dessert. Join us for great food and entertainment. Tickets are \$25.

SALEM/GLOUCESTER - Friendship of Salem Passenger Sails - Presented by Essex Heritage in partnership with the National Park Service, 221 Essex Street, Suite 41, Salem, MA 01970 978-740-0444

Saturday, September 3, 2011, 10:00 AM - 4:00 PM, sailing Gloucester to Gloucester

Sunday, September 4, 2011, 10:00 AM - 4:15 PM, sailing Gloucester to Salem, Gloucester Schooner Festival Parade of Sail & Mayor’s Race.

Grab your windbreaker, sunglasses and a pair of binoculars for the ride of a lifetime! Essex Heritage, in partnership with the National Park Service, is thrilled to offer this historic opportunity to be the second passenger-crew ever aboard Friendship of Salem. The adventure begins when she travels to and participates in the annual Gloucester Schooner Festival over Labor Day Weekend, September 3 & 4, 2011!

SAIL ABOARD FRIENDSHIP on Saturday, September 3rd to view the small boat races and arrival of the participating schooners, engage in interpreted maritime history and learn about life at sea. Set sail on Sunday, September 4th to view the Parade of Sail and help sail Friendship back home to her berth on Derby Wharf in Salem. Both excursions are open to the general public. Tickets for this exclusive event are available on a first-come, first-serve basis. Each ticket (\$200 Essex Heritage members/\$250 nonmembers) will provide for a 6 hour sail and opportunities to help sail the vessel as a volunteer crewmember, view the festival’s participating schooners and interact with Park Service interpreters who will share information about the

ship and our maritime history. For more information and tickets for the Friendship of Salem Passenger Sails please visit www.EssexHeritage.org/friendship or call Essex Heritage at 978-740-0444.

CAPE ANN YOUTH FOOTBALL LEAGUE LOCKS OUT TEAM FROM LAWRENCE, MASS.

This was a bit of a shocker. The Valley Patriot received a letter last month that the Lawrence Jr. Maulers have been thrown out of the Cape Ann League. Here is the press release we received.

“With the all news reports indicating that the NFL Lockout will come to an end just in time to save the 2011 NFL season, why would the Cape Ann Youth Football League attempt to lockout a youth football team from Lawrence, Mass.? In 2010, the Jr. Maulers of Lawrence, Mass joined the Cape Ann Youth Football League, signing a contract and paying dues for three years. The Jr. Maulers were one of two inner city programs to join the organization, the other being from Manchester, N.H. Both programs joined the league last year. The Jr. Maulers were accepted into the league after exceeding the required two year commitment for acceptance by committing and paying dues for three years.

In March of 2011, Cape Ann held a meeting with the intentions of voting the two inner city teams out of the organization. With the Cape Ann Youth Football League president absent due to medical issues, a vote took place that removed the only two inner city youth football organizations for the league. There was no specific reason given for the removal other than the two inner city teams were “not a fit” for the Cape Ann Youth Football League. There were no documented incidences or violations that they could use against either team to support the decision.

During the vote they violated their own by-laws by changing the voting order to allow for the motion to remove the teams to pass. Their president has advised them that they were in violation of the by-laws and later resigned from the organization saying that he would not be involved with removing two inner city programs from the organization, after 20 years of service to them.

WORLD YOUTH DAY: On Friday evening August 12, 2011, sixteen (16) teenage Pilgrims and four (4) chaperones will depart from Logan Airport arriving

the next day in Madrid, Spain for World Youth Day 2011 (WYD). Father Marc Bishop, spiritual Director, will lead the Pilgrimage with youth from three different churches.

The Archdiocese of Boston will send approximately 300 Pilgrims accompanied by Cardinal Sean O’Malley. Our Lady of Good Counsel Parish is sending eight (8) young Pilgrims, Samantha Audy, Amanda McKinnon, Anna McCabe, Nathaniel Hall and Aaron Lebrecque with Chaperons, Denise Donlon, Bill Wallace and seminarian Chris Wallace.

WYD 2011 expects to draw nearly 1.3 million youth from all over the world from August 12th to August 22nd. Pope Benedict XVI has “called the youth of the World” to meet him in Madrid, Spain to once again evangelize the Church as did the early Christians in the second century after Christ. Blessed Pope John Paul II in 1988 called the first WYD and every two years afterwards young people have answered his call in Germany, Rome, Canada, Mexico, United States of America and now Madrid, Spain.

This year’s young Pilgrims from O.L.G.C. have been planning this trip with prayers, sacrifices and fund raising for the past eighteen months. The cost per person is \$3,000.00, which includes airfare, hotel, food, gratuities and bus fare. O.L.G.C. parishioners have raised nearly \$52,000.00 with monthly events at Papa Genos, Texas Roadhouse, Fuddruckers, Irish Cottage, plus a huge parish talent show, home sales of jewelry and a generous donation from the Vietnam Memorial Fund, along with a very successful golf tournament at Merrimack Golf Course. The generosity of these organizations has been inspiring to our Pilgrims.

Frank Audy, one of the organizers, has said that all Pilgrimages are begun as a “journey” to (1) find out what God is calling us to do with our gift of Faith and (2) to help others we meet along the “journey” discover these same gifts.



Tom Duggan is president of Valley Patriot, Inc., a former Lawrence School Committeeman, former political director for Mass Citizens Alliance, a Police Survivor and hosted the Paying Attention! Radio Program from 2000-2011. You can email your comments to valleypatriot@aol.com.

VOTER FRAUD IN LAWRENCE: FROM 10

names versus maiden names. Only the most obvious are counted in my total. If I go looking for them I find them in abundance. What is the magnitude of the issue here? The most basic scan produced at least 260 people that are registered twice

and four people registered three times. Recently in Lawrence, people as part of the annual city census, have been concerned because they have been told they are inactive voters when they have recently voted. People become inactive

voters when they fail to vote. With many of the people that are registered twice one of the voter names is active, and the other is inactive. Based on some of the hubbub around this last census, it doesn’t appear that we can rely on this status (active vs. inactive) to say these people haven’t voted. What is more troubling is that with some of these people, both the names are active voters.

Has this issue recently cropped up? The answer to that is no. The voter files indicate when the voters were registered and some of the duplicates have been in place the last two decades, but also note new duplicate registered voters were created as late as last year. It’s amazing to think that no one in the election office noticed, nor did any poll worker during an election, which is troubling as all the voters listed by their address, and the similar names at the same address should have stood out.

The City Clerk’s office, under which

falls the Election Division, is responsible for this list. Why has cleaning up this list never been anyone’s job? All these years and no one ever noticed? The city census is supposed to be part of this process and one wonders whether the information gained during that has ever been applied to the lists. What other conclusions can you draw? If they are careless with the people on this list can we trust them to effectively administer the elections, ensuring that everyone only votes once, in a city with over 700 Rodriguez’ and 57 Murphy’s on the voter roles? Real numbers in the city of Lawrence always seem hard to come by, meaning expenditures versus budget, what is the total employee headcount, etc. It’s not surprising that the voter rolls also fall into the category of a number that is hard to pin down.

Next Month: Did any of these people vote twice in the same election?

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HERO OF THE MONTH, BARFOOT: FROM PAGE 1

in the Allied invasions of Sicily (July 1943), Salerno, Italy (September 1943), and Anzio (late January 1944). At Anzio the 45th Division held off the Germans for four months.

By May 1944, near Carano, they found their backs against the wall.

Before them lay a wheat field, cemetery, and minefield—and the German army.

Behind them stretched the woods, and the Mediterranean.

There was only one way to go. Forward.

Barfoot knew the Germans were laying mines there. Each day, he closely observed them come out, work, and then go back in. By night, he led small patrols, 25 to 30 in all, mentally mapping out where the mines lay.

On the morning of May 23, 1944, Barfoot volunteered to lead a squad behind enemy lines, using his information. Early that morning, under cover of a light rain and artillery shelling, they advanced 300 yards beyond the cemetery. Then both the rain and the shelling stopped.

Now visible to the Germans, they were exposed to machinegun fire.

Worse yet, they were completely cut off!

No way to communicate with their commander.

No radio—it had been damaged by machinegun fire.

No runner—he had been wounded before setting off.

No artillery support.

No way to contact the unit on their flank.

Barfoot decided to go off alone. He crawled along the minefield until he came within 20 feet of the first German

machinegun nest. He threw a hand grenade, killing two and wounding three Germans.

He kept on going down the trenches to the second German machinegun emplacement. With his tommygun, he killed two more Germans and captured three.

Since he had no way to communicate with his men, he said, he just kept going.

When the third German machinegun crew saw all this, they surrendered to Sergeant Barfoot.

Leaving the prisoners with his squad, Barfoot proceeded to seize more prisoners. In all, he single-handedly captured a total of 17 Germans! In three hours!

Slaying Goliath

Early that afternoon, the Germans launched a fierce counterattack.

Three German Mark VI tanks arrived, a “fortress on wheels” with their 88mm gun and four inches of armor. They aimed

straight for Barfoot on patrol with another soldier (he had ordered the others to withdraw to a hill).

Grabbing the soldier's bazooka, Barfoot ran to an exposed position, directly in their path. From a distance of 75 yards, on his first shot he destroyed the tread of the lead tank, disabling it. As the crew jumped out, Barfoot killed three of them with his

tommygun. The other two tanks turned away.

Knowing where the Germans would likely counterattack, Barfoot headed there. Finding an abandoned German fieldpiece on the way, he destroyed it with a demolition charge.

Then although “greatly fatigued by his Herculean efforts,” while returning to his platoon Barfoot helped carry two of his seriously wounded men 1,700 yards (about a mile) to safety.

His Congressional Medal of Honor, presented before his troops near the frontlines in France on September 28, 1944, reads in part, for “extraordinary heroism, magnificent demonstration of valor, and aggressive determination in the face of pointblank fire.”

Spiritual courage: the strength to endure

Asked if he were ever afraid, Barfoot replied, “Why should I fear when I have the Lord? The Lord will look out for me,” daughter Margaret Nicholls told The Valley Patriot.

“My Dad was raised by a very devout Christian mother, and his faith in God has been at the very core of his being since childhood. That’s what gave him courage in battle.

“Throughout the war, he carried the pocket Bible of his wife’s mother, drawing strength from God’s Word, and read the Bible to his men. At each military post, he taught Sunday School.

“To this day, he reads the Bible daily, often three times a day,” she said.

On his shelves, books by Billy Graham, Oliver North, and Ronald Reagan sit next to histories of World War II.

In warfare, success leads to surprise attacks.

In October 2009, Mississippi designated a portion of Highway 16 as the “Van T. Barfoot Medal of Honor Highway,” beginning from Carthage, Mississippi, where Barfoot had first enlisted in the Army, through Edinburg to the Leake/Neshoba County line.

Two months later, in December, his display of the American flag triggered a dispute.

The flagpole was too tall and “not aesthetically appropriate,” the homeowners’ association claimed. It must come down.

Barfoot refused. It was a matter of honor. “The flag should be flown from a height, not half-mast from a porch. It’s not dignified that way.”

The association’s law firm threatened court action.

Barfoot stood firm. “I was raised to respect the flag.” Since his Army days, he has raised the flag each sunrise and lowered it each sunset.

In the uproar that followed, the national media and even U.S. and state senators got involved. The association’s lawyers dropped the charges.

“In the time I have left, I plan to continue to fly the American flag without interference,” Barfoot told the Associated



The American flag flies triumphantly from the 21-ft pole in Col. Barfoot’s front yard. He won the hotly contested battle with a homeowners’ association. Since then, Virginia (in 2010) and Texas (2011) enacted laws that ban these associations from interfering with the display of the American flag.

Press.

Barfoot remains humble about his WWII heroism. “People say I did something miraculous. I don’t think so. I don’t think I did any more than any good American would do,” he told Ron Capps (Foreign Policy, 11/11/2010).

But for a grateful nation, the closing words of his Medal of Honor citation say it all, calling his heroism “a perpetual inspiration to his fellow soldiers.”

And to his fellow Americans for generations to come.

Col. Barfoot has always honored God, country, and family.

May his legacy inspire us all to hold fast to this truth, “In God we trust.”



Helen Mooradkanian is former senior editor of a national specialized business magazine and currently a freelance writer and book editor. A Wellesley College graduate, she has a master’s from Fuller Seminary. Email her at: hsmoor@verizon.net



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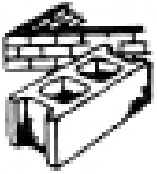
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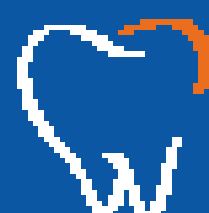
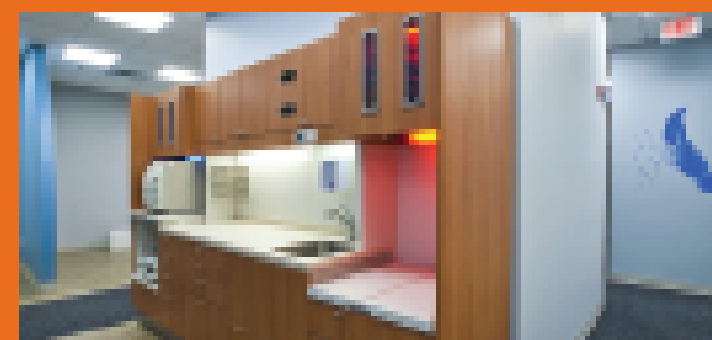
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