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VALLEY PATRIOT OF THE MONTH

Robert McCann of Methuen

Tom Duggan
VALLEY PATRIOT EDITOR

This month, The Valley Patriot honors Methuen resident and former Veterans' Services Director for the City of Lawrence, Robert "Bob" McCann. He was Director for the City of Lawrence for over 20 years, from 1983-2004.

As with most veterans we interview, McCann humbly resisted being

interviewed as a Hero in our Midst, because, he says, "I didn't do anything heroic, like some of the servicemen you've highlighted. I really don't deserve a recognition like that."

McCann's heroism may not have come on the battlefield while serving in the U.S. Marines, but since being honorably discharged in 1955, he has been a stalwart advocate for military families and honoring our deceased

military veterans.

McCann was 23 years old when he joined the Marines. He trained at Paris Island, was then stationed at Camp Lejeune, where he worked in the motor pool, and was then transferred to Camp Pendleton where he worked in the warehouse. McCann served from 1952-1955.

McCann, who has been married for 52 years, not only served as the City of

Lawrence's Veteran's Services Director, helping military families obtain medical and education benefits, but McCann has volunteered on dozens of city projects and spearheaded the erection of at least three war monuments on the Campagnone Common in Lawrence.

Lawrence resident William Lord, who served as a drummer with the 40th Massachusetts Infantry carried Union Colonel Eldridge G. Floyd of the

MCCANN: PAGE 44

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Former U.S. Marine and former Veterans Services Coordinator in Lawrence, Robert McCann of Methuen has been instrumental in honoring Veterans across The Valley.



EDITORIAL

Cousins' account not good enough!

Last month, The Valley Patriot criticized Essex County Sheriff Frank Cousins for his failure to notify the public of an escape from the Lawrence jail on Marston Street (known as "the farm").

After our editorial was published, we were contacted by Paul Fleming, the sheriff's press director, stating that we were "wrong" and that they did indeed, notify the public of the escape.

He also submitted a letter to the editor (which we have published on this page) stating that he wanted to correct "false assertions, inaccuracies and distortions made".

In his letter, Fleming argues that the sheriff's office fulfilled their legal responsibility of notifying the public of an escape by sending one press release on the matter to his former employer, The Eagle Tribune and no one else.

But the Tribune never published the story of the escape. The public was never notified because they chose not to run the story. That means the public first learned that an escape took place when they read The Valley Patriot's editorial last month, long after the fact.

We believe that Sheriff Cousins' office should be notifying all members of the local press when someone escapes their custody, not just Mr. Fleming's former employer. Clearly, he should not be relying on just one news source to publish the information, especially given his relationship with that newspaper.

Fleming's claim that we made "false assertions, inaccuracies and distortions," rings hollow given the facts of this case. If anyone is engaging in distortions it's Fleming and Cousins who have a cushy relationship with the Tribune. Have they ever heard of television? The Internet? Radio Stations?

We have also been told by numerous employees of the Essex County Sheriff's Department that pre-trial detainees are being housed with convicts at "the farm", in violation of state law, a charge that Fleming has adamantly denied. Our evidence says otherwise.

Quite frankly we do not care that Sheriff Frank Cousins is a Republican. We don't care that he is a darling of the Tea Party. We do not care that he is popular or powerful. We do not care that he is a favorite son of the press and the state Democrat Party. We also don't care that the rest of the press is looking the other way while we stand alone in our criticism of how Cousins operates.

What we care about is getting honest, timely and accurate information from the Essex County Sheriff's Department and we firmly believe that we (and you) are just not getting it.

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,

I am writing to correct false assertions, inaccuracies and distortions made in the June editorial of your monthly publication regarding events that occurred at the Lawrence Correctional Alternative Center (CAC) on Monday, May 30, 2011.

- Mr. Jason Brown, an inmate at the pre-release center, was deemed to be missing by staff at the CAC at approximately 10 a.m. At 10:01 a.m., the Essex County Sheriff's Department's Apprehension Unit was mobilized to search for Mr. Brown. At 1 p.m., a correctional officer from the Essex County Sheriff's Department went to the Lawrence Police Department with a picture of Mr. Brown and informed members of that agency that Mr. Brown had gone missing from the CAC three hours earlier. The same notification was also made to the members of the Haverhill and Methuen police departments shortly thereafter.

- As the search for Mr. Brown progressed into the afternoon on May 30, a warrant was taken out for his arrest by Essex County Sheriff's Department deputies in Lawrence District Court.

- Over the course of the next three days, May 31 through June 2, Mr. Brown was tracked to Manchester, New Hampshire, where he was taken into custody without incident coming out of the woods in the neighborhood of Osgood Street at 12:30 a.m. on June 3.

During the search for Mr. Brown, members of the Essex County Sheriff's

Department contacted the Lawrence, Methuen and Haverhill police departments multiple times to inform them of the progress that was being made in the re-apprehension of Mr. Brown.

Additionally, once it was determined that Mr. Brown was in southern New Hampshire, representatives from the Manchester, Nashua, and Salem, N.H., police departments, along with the New Hampshire State Police, were informed that an inmate from the CAC was potentially in their midst. Upon notification, officers from those agencies said they would provide any aid and assistance they could in the search for Mr. Brown.

Finally, on the afternoon of May 30, the local daily paper of record that serves the Merrimack Valley was called by a representative from the Essex County Sheriff's Department and a reporter was given the details surrounding Mr. Brown walking away from the CAC.

It is the standing policy of this office to inform members of local law enforcement and the public through the daily paper of record whenever someone walks away from the CAC. That has always been done in the past and was done in this case as well.

Any assertion to the contrary is simply wrong and ill informed.

Sincerely,
Paul Fleming, Spokesman
Essex County Sheriff's Department
P.O. Box 807, 20 Manning Avenue
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How the Media Spins Political Gaffes

Jeff Katz

RADIO TALK SHOW HOST ON RUSH RADIO 1200AM

Recently, we’ve heard a lot about presidential candidates and gaffes. Sarah Palin stated that Paul Revere warned the British that the British were coming. After she was roundly ridiculed by the usual high and mighty types, a number of noteworthy historians pointed out that her explanation was absolutely correct. Not only had America’s most famous silversmith alerted the nascent American patriots that the British were coming, he had also warned the British loyalists that there was soon to be trouble.

Congresswoman Michele Bachmann confused Concord, Massachusetts and Concord, New Hampshire. No way to spin that, it was what it was, a mistake. The usual suspects however declared that this faux pas provided clear and convincing evidence that Bachmann should be institutionalized as soon as possible.

Well, okay then. Riddle me this, stat-man. How many of the following statements by a rather prominent

presidential candidate fall in to the honest mistake category. A presidential candidate who declares that he has always loved the Chicago White Sox, but cannot name a single player of any generation who he liked. Oh, and this supposed White Sox fan points out that he loves that they play at Cominskey Field, when they actually play at Comiskey Park. Swing and a miss!

OK, let’s handle the presidential candidate who has gone to great lengths to proclaim his sincere Christianity, but then announces that he would like to talk about his Muslim faith. Merry Christmas or Happy Ramadan, close enough apparently.

Now consider the presidential aspirant who was quite sure that small children



VALLEY PATRIOT EXCLUSIVE

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

TALK 1200 BOSTON

with asthma simply needed to have the government provide them with breathalyzers to cure their ills. Perhaps, this candidate needs another cocktail?

Don’t forget the man who would be president who wrote “May 2008” in the guest book at Westminster Abbey despite the fact that he was visiting in “May 2011”. Hmm, could have been a typo except that it was written with his own hand.

Shall we chat about the presidential candidate who thanked himself while reading one of his many speeches from a teleprompter? What about the candidate who repeatedly mispronounced the word “corpsman” as “corpse-man”? Did I mention the candidate who claimed that John McCain was actually running for George W. Bush’s fourth term? Oops, almost forgot the candidate who has been described as a constitutional scholar but stated that the United States Constitution was written twenty centuries ago? And those Brits thought they had something with that fancy Magan Carta, eh?

Do you know the ages of your own children? Well, there is a presidential candidate who does not know the age of his own older daughter.

Finally, how about the man who wants to be President of the United States who proudly proclaimed that he had visited fifty-seven of our states, and only had one or two left to go.

Please consider all of the evidence above to be a pretty good indication that some reporter somewhere should ask Barack H. Obama, if he is indeed a flake? Inquiring minds, would like to know.

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Charles Ormsby
VALLEY PATRIOT EDITOR/COLUMNIST

News Flash! The Valley Patriot Poll Result is official: Over 79% vote that OBAMA IS GUILTY AS CHARGED! Message to President Obama from Valley Patriot readers: “Repent! Repent! Stop Destroying America!”

Last month I asked Valley Patriot readers to help me resist the overwhelming evidence that President Obama is out to destroy the America forged by our Founding Fathers. Readers were urged to restrain me by voting in the Valley Patriot poll that asked: Is President Obama intentionally trying to destroy America?

Fortunately, readers ignored my request and registered a vote for the plain truth. Nearly eighty percent voted in the affirmative. Only 17% voted “No” with the remaining 4% voting “Obama who?” Actually, they voted “Not sure,” but it amounts to the same thing.

Note that this poll was prominently displayed at the top of our website for an entire month and available to everyone. The legitimacy of the vote was ensured by limiting each IP address to a single vote. With the obvious caveat that the poll “is not scientific,” an 80% vote speaks volumes, especially when you consider the gravity of the indictment and that Massachusetts voters were the most likely participants.

We must now acknowledge that President Obama is a traitor to American values. His promised “change” is a change from individualism to communalism, from self reliance to dependency, and from liberty to servitude. He and his values are fundamentally un-American and anti-American.

America grew from a promising foal in 1776 to a muscular and robust stallion by the mid-twentieth century. Like a magnificent wild mustang, America was strong, confident and free.

Obama and his fellow statist seek to break and enslave the stallion. To do so

“It does not require a majority to prevail, but rather an irate, tireless minority keen to set brush fires in people’s minds.”
Samuel Adams

they must attach a regulatory halter while draining its strength with debt, sapping its will with excessive taxation, and ensuring its obedience by fostering dependency.

We are no longer strong, confident, or free. The halter has been fitted, the saddle cinched, and the feedbag tied around our neck. The bit will follow along with the inevitable spurs.

Escape MUST BE foremost in our minds. Fortunately we have an historic opportunity to rip off the halter, shake off the saddle, and dispose of the feedbag.

The key to escaping our imprisonment is to refuse to raise the debt ceiling.

Doing so ties the hands of our captors. It takes away the vile statist’s biggest source of power: the power of the purse.

For decades fiscal conservatives and libertarians have sought to roll back government’s interference in our lives. What was once considered by trusting Americans as merely innocent, well-meaning interference is now recognized as the arrogant, steel-booted coercion that we now endure.

If we dramatically cut the government’s ability to spend, we can similarly cut its ability to control us.

Less money means less control and less control means more liberty. It is as simple as that.

So the ball is in the court of House Republicans. If they raise the debt ceiling, they abandon us and empower our masters. If they commit this sin, they join Obama and his fellow traitors as enemies of freedom. They will forever soil themselves and the Republican Party.

We could not send a more appropriate message to the Republican majority in the House of Representatives than what

Samuel Adams once penned, *“If ye love wealth better than liberty, the tranquility of servitude greater than the animated contest of freedom, go from us in peace. We ask not your counsels or arms. Crouch down and lick the hands which feed you. May your chains sit lightly upon you, and may posterity forget that you were our countrymen!”*

We have the key to the barn. Raising the debt ceiling is akin to handing the key back to our captors.

Our captors and their partners in crime threaten that they will stop feeding us (i.e., reduce entitlements) if we don’t give them the key. But don’t forget, we are fully capable of feeding ourselves. In fact, history conclusively demonstrates that a free people are infinitely more capable of raising their standard of living than those who are enslaved.

Our captors are screaming that if we don’t give them the key they will burn down the barn by downgrading our creditworthiness. But our creditworthiness depends on reducing our spending and our debt - NOT on growing our spending or increasing our level of indebtedness.

Our annual tax revenues are roughly ten times the annual cost of servicing our debt. If we freeze the debt ceiling, we merely need to commit that we will pay our debt obligations first from the continuing revenue stream before we direct the other 90% of tax revenues to other needs.

Those who have extended loans to us can ask no more. Ultimately they will realize, in fact they must already realize, that their loans are more secure if we get our fiscal house in order than if we continue to spend like drunken

government hacks.

In the meantime, strangling the federal bureaucracy is the quickest and surest way to put our federal government back into the constitutional corral it was meant to inhabit, and to restore the people to their rightful place as masters, rather than servants, of their government.

Republicans Beware: THIS IS YOUR LAST CHANCE.

Are you allies of Freedom or handmaidens of tyranny?


The Tea Party is not a political party yet, but it will be soon if the Republicans follow their RINO wing and throw in with those who seek to enslave us.

We’re watching to determine if you are our countrymen. If instead you crouch down and lick the boots of those destroying America, you will forever be remembered as enemies of freedom.

This reminds me of two different visions of society, each exemplified by a city. The first is a city of squalor, servitude and dependency ruled by despots like Louis XVI and fostered by present day statist. The second is a city of individual liberty, property rights and achievement; the city on a hill envisioned by Reagan and our Founding Fathers.

The fate of those who champion or facilitate the first vision was once described, coincidently, by Charles Dickens in his book “A Tale of Two Cities.” If one of the lead characters, Madame Defarge, were with us today, she would be taking the names of liberals and compliant Republicans while readying her knitting needles. She might even be inquiring about their neck sizes.

The Republican Party is up to bat. Obama is readying a screwball. Loyal, freedom-loving Americans and Madame Defarge are anxiously awaiting the result.



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

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North Andover's Night Out Against Crime

Tracey Zysk

VALLEY PATRIOT NORTH ANDOVER REPORTER

North Andover's Neighborhood CrimeWatch teams and the North Andover Police department have been actively planning this year's National Night Out event to be held August 2, 2011 at the Middle School from 6-8PM. Last year over 3500 residents attended and this year the goal is 5000.

Come on down and meet your local police department, get a ride on an ATV or even climb into a fire truck. DJ Russ McQueen will be rocking the tunes, and kids will be dancing in the field, swinging hula hops, whacking whiffle balls, and jumping in a bouncy house too.

Along the track will be nearly forty local businesses handing out giveaways. Everything at this event is free. That is the concept nationwide to provide a safe, cost free, fun night out for our residents.

A little history on National Night Out (NNO): August 2, 2011 will be the 28th year annual National Night Out. According to the National Night Out website; last year it was estimated that 37 million people participated in NNO in 15, 000 communities and from all 50 states.

National Night Out is designed to:

- *Heighten crime prevention and awareness
- *Generate support for local CrimeWatch programs
- *Strengthen neighborhood spirit and build a community/police partnership
- *Send a message to criminals letting them know neighborhoods are organized and fighting back on crime

Rain or shine North Andover will be looking forward to seeing you on August 2. Parking available at the Middle School and the Atkinson School lots.



PHOTO: TOM DUGGAN

An Open Letter to N. Andover Voters

Town Meeting Mistakes will cost the town money

Robert Ercolini

NORTH ANDOVER ACTIVIST

Postscript- Tuesday's North Andover town meeting passed an operating budget that approved giving teachers \$5,701,125 in cumulative payroll raises and step increases over the next three years. Town meeting also agreed to pay cumulative increased projected health care costs of \$3,150,441 for teachers, against which they expect to save \$1,458,544 in increased health care payments by employees, thereby providing net cumulative increases to North Andover's teachers of \$7,393,022 over the next three years. In terms of the financial impact to each homeowner, this increase would require an increase in real estate taxes of over 12% over the next three years. The article, incorporating the raise, was submitted by the School Committee and was also recommended and approved by the Board of Selectmen and the Finance Committee. Town Meeting also specifically opposed an amendment to remove this labor contract from becoming binding and sending it back to the School Committee for further collective bargaining.

While the Finance Committee showed charts to Town meeting attendees that the Town could not afford to increase its expenses, including salaries, by more than 1% per year over the next three years, the teacher's contract provides for 22.83% in percentage increase over the next three years or 7.6 times higher than what the Finance Committee said North Andover could afford. The contract is also three times higher than what the

School Committee presented to the Board of Selectmen and Finance Committee, who either apparently never reviewed the numbers or found the mistakes in the School Committee's computation of the costs. The School Committee has erroneously represented that the contract cost was only a 6.86% increase over three years and that the Town could afford the contract.

The School Committee, Finance Committee and Board of Selectmen all supported and, in the case of the School Committee and Board of Selectmen, requested, in negotiations with employee unions, that employees pay a higher percentage of health care premiums for corresponding increases in their salaries. Of course, it is more than unsettling that those entrusted with the Town's purse strings apparently were unaware or never considered that the raises to cover health care increases paid by employees would dramatically increase pension costs and benefits paid to employees. Employees generally receive 80% of all payroll increases, but not health care benefits paid, in computing pension benefits that are paid for the remainder of their lives. By example, a \$1 raise offset by health care savings of the same amount will cost the Town's taxpayers over \$20 to \$25 more in increased new pension costs. I wonder how long it took our "astute" elected officials to convince the employees to accept the offer. The teacher's contract alone, that was approved, will provide North Andover teachers with approximately \$60,000,000

TOWN MEETING, page 20

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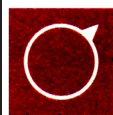
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PHOTO: TOM DUGGAN

North Andover Selectmen Bill Gordon, Tracy Watson, Command Master Chief John Ratka , U.S. Navy Retired North Andover Patrolman and Selectman Dan, Lanen Selectman Rosemary Smedile, and outgoing Town Manager Mark Rees with seals of each branch of the armed services at the Memorial Day Ceremonies in May. The ceremony was dedicated to Commander Jim Cassidy who passed away last month. The seals were presented by the Selectmen to Chief Ratka who is retiring as the Executive Director of North East Veterans Outreach Center in Haverhill. CORRECTION: Last month we mistakenly reported that North Andover Veteran’s Services Director Ed Mitchell was retiring, we regret the error.

Franklin School PTO seeks used books for fundraiser

Want to get rid of your used books? The Parent-Teacher Organization of North Andover’s Franklin Elementary School is raising money through donations of new and used books, CDs, DVDs, records and audio books. The group has recently placed a drop-off donation container to collect these items from community members who’d like to repurpose their used goods while also helping the PTO raise money. The group will be paid on an ongoing basis for all items collected in

their donation container. The gray book donation container, distinguished by its purple and yellow ‘Got Books?’ signs, is located in the parking lot of the school at 2 Cypress Terrace, North Andover. This program is an ongoing fundraiser and donations can be made by the public at any time. All funds raised



through the collection of these donations will benefit the general funding of the PTO. For more information contact Got Books at www.GotBooks.com or call 978-284-2500. About ‘Got Books’ Got Books is a used book seller and professional fundraiser

dedicated to keeping books out of the trash. Got Books raises money for hundreds of local charities and nonprofit groups through their book collection fundraising program. Got Books also serves the local community by collecting used books and media through both their free home pick-up service and their more than 350 book donation bins placed throughout New England.

Activities From the North Andover Senior Center

Your Medicine: Be Smart. Be Safe. Have you ever had a problem with your medicines? You are not alone. There are so many things to keep track of. For example, you may have asked yourself: When exactly should I take my medicine? Is it safe to take vitamins when I take a prescription medicine? Now that I feel better, can I stop taking this medicine? Medicine is prescribed to help you. But it can hurt if you take too much or mix medicines that don’t go together. Many people have problems each year, some serious, because of taking the wrong medicine or not taking the right medicines correctly. You can help yourself get the best results by being a part of your “health care team.” Your health care team includes: The doctor, physician assistant, nurse practitioner, or other professionals who prescribe your medicine or are in charge of your care, a nurse who helps you at home, a doctor’s office, or a hospital, the pharmacist who fills your prescription and can answer questions about your medicines. Give Your Health Care Team important information. Be a partner with your health care team. Tell them about all the medicines, vitamins, herbals, and dietary supplements you’re taking. This includes: Prescription medicines, medicines you can buy without a prescription, such as aspirin, diet pills, antacids, laxatives, allergy medicine, and cough medicine, vitamins, including multivitamins,

dietary or herbal supplements such as St. John’s wort or ginkgo biloba. Tell them if you have allergies (including medicine-related allergies) or if you have had problems when taking a medicine or about other doctors or health professionals who have prescribed medicine for you or suggested that you take a vitamin or herbal supplement. Tell them if you are pregnant, may get pregnant, or are nursing or about any other illness or medical condition you have, like diabetes or high blood pressure. If cost is a concern, there may be another medicine that costs less and will work the same. These are a few guidelines that will help you maintain independence and quality of life.

REMINDER: NEW DATES FOR MEDICARE OPEN ENROLLMENT OCTOBER 15 – DECEMBER 7.

GOLF PASSES: Passes are available to North Andover 60+ Residents Only – No Guests! Proof of residency is required. Buy passes at the Senior Center for \$6. Passes can be used from June 6 – August 29, Mondays after 12 noon. (Note: Golf Course will not be available on 8/15.) 9 holes: \$15., 18 holes: \$20.

NEW PROGRAM-STRENGTH TRAINING: Tuesdays from 1 – 2 pm. This is a six week program of strength training geared to your individual ability. Builds strength, balance and increases bone density. Six weeks for \$24. or drop-

SENIORS, page 43

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A Misleading Metaphor

Peter Larocque

VALLEY PATRIOT COLUMNIST

As we celebrate Independents Day this month, I thought it would be good to look at an expression that appeared in an exchange of letters between President Thomas Jefferson and the Baptist Association of Danbury, Connecticut in January 1802. Mentioned again in 1984 and described in his dissenting remarks in *Wallace V. Jaffree*, by Justice William Rehnquist as, “a misleading metaphor” and to this day invoked to substantiate a viewpoint that it never was intended to do which is “Separation of church and state”. The Danbury Baptist sentiments were uniformly on the side of religious liberty: “that religion is at all times and places, a matter between God and individuals, that no man ought to suffer in name, person, or effects on account of his religious opinions, [and] that the legitimate power of civil government extends no further than to punish the man who works ill to his neighbor”. “But sir, our constitution of government is not specific....Therefore what religious privileges we enjoy (as a minor part of the State) we enjoy as favors granted, and not as inalienable rights.”(Written October 7, 1801 from Danbury Baptist to Thomas Jefferson). The inclusion of Constitutional protection for the “free exercise of religion” suggested to the Danbury Baptist that the right was government –given rather than God-given, and that therefore the government might someday attempt to regulate religious expression. This was a possibility to which they strenuously objected-unless someone’s religious practices caused

him, as they explained, “to work ill to his neighbor.” Jefferson understood their concern, it was also his own. He made numerous statements declaring the inability of the government to regulate, restrict, or interfere with religious expression. For example:

□ [No] power over the freedom of religion [is] delegated to the United States by the Constitution. Kentucky Resolutions 1798.

□ In matters of religion I have considered that its free exercise is placed by the Constitution independent of the powers of the general [federal] government. Second Inaugural Address, 1805.

□ [O]ur excellent Constitutionhas not placed our religious rights under the power of any public functionary. Letter to the Methodist Episcopal Church, 1808.

□ I consider the government of the United States as interdicted [prohibited] by the Constitution from intermeddling with religious institutionsor exercises. Letter to Samuel Miller, 1808.

Jefferson believed that the government was to be powerless to interfere with religious expression for a very simple reason: he long witnessed the unhealthy tendency of government to encroach upon the free exercise of religious expression, as he explained in a letter to Noah Webster December 4, 1790:

“It had become an universal and almost uncontroverted position in the several States that the purpose of society do not require a surrender of all rights to our ordinary governors ... and which experience has nevertheless

proved they [the government] will be constantly encroaching on if submitted to them; that there are also certain fences which experience has proved peculiarly efficacious [effective] against wrong and rarely obstructive of right, which yet then governing powers have ever shown a disposition to weaken and remove . Of the first kind, for instance, is freedom of religion.”

Thomas Jefferson had no intention of allowing the government to limit, restrict, regulate, or interfere with public religious practices. He believed, along with other Founders, that the First Amendment had been enacted only to prevent the federal establishment of a national denomination—a fact he made clear in a letter to fellow-signer of the Declaration of Independence Benjamin Rush, September 23, 1800.

Jefferson committed himself as President to pursuing what he believed to be the purpose of the First Amendment: not allowing the Episcopalians, Congregationalist, or any other denomination to achieve the “establishment of a particular form of Christianity.” Since this was Jefferson’s view, in his short and polite reply to the Danbury Baptist on January 1, 1802, he assured them that they need not fear; the free exercise of religion would never be interfered with by the government.

Jefferson believed that God, not government was the Author and Source of our rights and that the government, therefore, was to be prevented from interfering with those rights. Very simple, the “fence” of the Webster letter and the “wall” of the Danbury letter were not

to limit religious activities in public; rather they were to limit the power of the government to prohibit or interfere with those expressions.

The earlier Courts understood Jefferson’s intent. In fact, when Jefferson’s letter was invoked by the Court in 1878, *Reynolds v. United States*, this court published a lengthy section from Jefferson’s letter, (unlike today’s courts which only publish the eight-word separation phrase), and then concluded:

Congress was deprived of all legislative power over mere [religious] opinion, but was left free to reach actions which were in violation of social duties or subversive of good order. In summarizing Jefferson’s intent:

The rightful purpose of civil government are for its officers to interfere when principles break out into overt acts against peace and good order. In this is found the true distinction between what properly belongs to the church and what to the State.

Therefore, if Jefferson’s letter is to be used today, let its context be clearly given, as in previous years. Furthermore, that single letter should never be invoked as a stand-alone document. Earlier Courts had always viewed Jefferson’s Danbury letter for what it was: a personal, private letter to a specific group. There is probably no other instance in America’s history where words spoken by a single individual in a private letter-words clearly divorced from their context-have become the sole authorization for a

METAPHOR, PAGE 9

YMCA and YWCA named Centers of Excellence

In August, 2008, the Merrimack Valley YMCA and the YWCA of Lawrence began implementing an enhanced reading curriculum, though the Early Reading First grant. The pre-school programs in Lawrence and Methuen run by the YMCA and YWCA were chosen based on the strength of their existing staff and facilities as well as their capacity to work together on this project.

During the three years of Early Reading First program, the teachers received more than 600 hours of professional development, attended weekly book study sessions with literacy coaches, and attended bi-weekly data analysis meetings to discuss at-risk students and develop individual learning plans. All ERF teachers were encouraged to pursue higher education degrees in early childhood education and several have been able to complete degree programs at both the bachelors and masters level.

Each of the twelve classrooms were supported by an ERF literacy coach, an interventionist who works directly with the children, and a speech therapist who assists with language development. In addition each classroom was provided an English as a second language teacher who helped the children develop oral language skills.

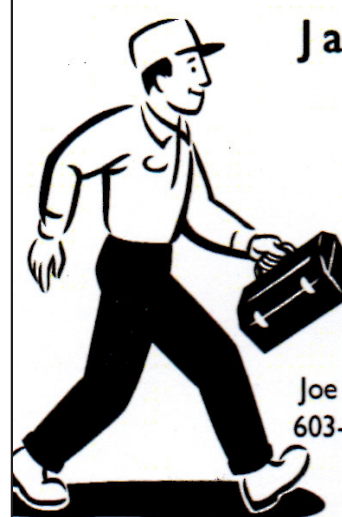
The ERF sites at the YMCA and YWCA have completed the requirement to be named Centers of Excellence and will serve as pre-school models for the community. The mission of ERF is to ensure that all children enter kindergarten with the necessary language, cognitive, and early reading skills for continued success in school. There will be an ERF celebration of the many successes and children’s work will be displayed.



First Row: Ana Checo, Yolanda Lopez, Lisa Davidson, Julianna Flynn, Jessica Squires. Second row: Janie Miele, Sonia Cancel, Leigh, Ann Panorelli, Jenn Knightly. Third Row: Jessica Escobar, Melanie, Frances Hernandez, Johanna Rivera.



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The Abyss Grows Darker, Deeper in Lawrence

Bob O’Koniewski
VALLEY PATRIOT LAWRENCE COLUMNIST

The budget process is always an interesting time of year for Lawrence, especially when we are exposed to the same old hypocrisy, accounting sleight of hand, and incompetence year after year like we are sitting through “Groundhog Day – Immigrant City”. And this year, once again, did not disappoint. But when it is all said and done, we really need to demand an answer to the question, “Where are we going with all this?” For my two cents, if Lawrence were a stock, your broker would have it on the “Sell” list, but are there any buyers?

Eighteen months into the Lantigua administration, we have just finished the second budget compiled by state overseer Bob Nunes with the so-called Lantigua stamp of approval on it. And yet in spite of their strong assertions that it is balanced, albeit with cute spending tricks like under-budgeting certain major accounts, all of which got us into trouble in the past, it certainly is not a game plan for developing the components of long-term success, like making the community attractive for encouraging a thriving middle class.

Irrespective of the yeoman efforts by DPW’s John Insensee to merely keep up, the city is much dirtier than it was

two years ago. Irrespective of all that Police Chief John Romero and his force can accomplish with limited resources, the city is much more dangerous than it was two years ago. And irrespective of all the money the state dumps into the management-heavy Lawrence schools, funding them at 100%, and the Herculean tasks of the system’s teachers, the schools are reporting worse achievement data than two years ago.

Look at public safety – the cornerstone of a positive quality of life for any community. From Day One, Lantigua has gone to war against the police and reduced their ranks considerably and, I might add, unnecessarily. Severe budget cuts have shortchanged the ability of our law enforcement personnel to undertake the crime fighting, incident response, and general overall street presence we need to keep a lid on a burgeoning criminal element in a community racked by almost 20% unemployment. Gang activity, drugs, car thefts, and general all around chaos are all on the upswing, and this can be laid directly at the feet of the mayor and his team. The days leading up to our country’s birthday were a veritable Tet Offensive of noise and disruption, mostly by those who couldn’t tell you the most prominent signer of the Declaration of Independence. First and foremost, the police force should be funded fully at an

amount needed to do all the things that are required to protect life and property. That is not the case today, nor will it be tomorrow. Like the structural integrity of one’s house, this is one thing that should not be messed with.

This mayor took another tack – to reduce police – and I think purposely so. This “shared pain” is nonsense, but not when you are trying to enhance the chicanery and illegality growing in the dark absent proper police illumination or when you are trying to kiss up to your voter base that holds the police in low regard.

And the city council plays into his hand every step of the way. We had all the drama of certain councilors saying they would not vote for a budget that doesn’t add police to the street – and then voting for it anyway despite the lack of new police paid for by Lawrence dollars. We had councilors grandstanding, pushing for all kinds of cuts in order to find the money necessary to restore the gang unit, or the auto theft unit, or the fill in the blank unit. It makes one shout “What color is the sky in your world?” You can propose all the cuts you want. Without a lead-pipe cinch guarantee from Nunes and Lantigua, it ain’t happening. Councilor Twomey was the only one who got that right. A half a million dollars means at least 30 Lantigua hacks that can be squirreled around the

city at the airport, the parking lots, the boat house, the stadium or even just sitting at home in a no-show position. The next councilor to admit the city council is totally powerless and that the budget acts are all a show would be the first councilor to admit such, honestly.

Furthermore, amid grand fanfare, the mayor said he would bring in all kinds of professionals to build on the successes of the Sullivan administration. Instead, we get a budget director position vacant for 18 months, a “first he’s out, then he’s back” drama over the community planning director position, a personnel director whose only skill set seems to be his friendship with the mayor, and an economic director whose only skill set seems to be...legally, I don’t know. He certainly has no problem telling the police how they should do their job.

One would think that with all our problems there should be some impetus and cry out for fundamental, structural change – something that goes beyond just a recall effort. For example, one could make a legitimate argument that the reason Lawrence is stuck in its “Race to the Bottom” is because of a lack of professional management in the slots of power at city hall, beginning at the top.

ABYSS, PAGE 10

METAPHOR: FROM PAGE 8

national judicial policy. A proper analysis of Jefferson’s views must include his numerous other statements on the First Amendment. Happy Independence Day! All of the research material and many comments used in this column were taken from, Original Intent The Courts, the Constitution, & Religion, by David Barton.



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

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Recall Begins Against Mayor Willie Lantigua

Tom Duggan

VALLEY PATRIOT PRESIDENT-EDITOR

During the late 80's, former Lawrence Mayor Kevin Sullivan tried to orchestrate a recall election against two members of the Lawrence School Committee who opposed his Emerson College relocation plan. That effort, backed with money, resources and the help of the daily newspaper, failed.

In the early 90's, former Lawrence Mayor Larry Lefebvre lost a very close election to Mary Claire Kennedy and immediately set out to undo the election with a recall of Kennedy. He had a well oiled political machine at his disposal, the ability to raise a lot of money and a slew of volunteers to get the job done.

That effort also failed.

Now, an effort to recall Lawrence Mayor Willie Lantigua is underway and the Vegas odds are not very promising.

It's sort of a David vs. Goliath battle, where you have a rag tag team of dedicated recall supporters going against the Mayor Willie Lantigua, the greatest political mind (and network) Lawrence has seen since the day's of Mayor John J. Buckley back in the 70's.

In order for a recall effort to be successful, Lantigua's opponents (who call themselves "It's Your Right"), must get signatures from 5,400 registered Lawrence voters within 30 days.

The official recall petitions themselves must be in perfect order. Each page must have the exact information required and must be filled out properly with no mistakes.

If enough signatures are certified by

Lantigua's Board of Registrars (appointed by the mayor), the City Council will call for a special election and open nominations for candidates to replace Lantigua, leading to a two question ballot.

Question One: Should Lawrence Mayor Willie Lantigua be recalled?

Question Two: If you voted yes on question one, who of the following candidates should replace Mayor Lantigua for the remainder of his term?

A list of candidates who have obtained nomination signatures to appear on the ballot will be listed. The candidate who gets the most votes on recall day will succeed Lantigua as Mayor immediately.

There is no runoff election. If there are a dozen candidates on the ballot, and question one succeeds, the next mayor could walk into office with only a few hundred votes.

Lantigua's name cannot appear as a candidate on question 2.

Lawrence residents Wayne Hayes and Reverend Edwin Rodriguez have been spearheading the effort to remove Lantigua from office. An effort that has already had it's share of setbacks. Twice the group tried to submit 100 affidavits from registered voters in the city to get the official recall petitions released by the city clerk.

The first time, City Clerk Billy Maloney said there were mistakes on the forms and refused to accept them. The second time, Mayor Lantigua secretly closed city hall in the middle of the day, and recall organizers were left to wait through the 4th of July weekend to try and submit them again.

Finally, the following Tuesday, an



affidavit and 153 certified signatures from Lawrence voters were accepted by the city clerk and the recall was finally underway.

But even if the recall organizers are successful in getting the 5,400 signatures required to call for the special election, Lantigua is a master electioneer. Not only does he have complete control of the city council, the school committee and the election department, Lantigua will be out campaigning hard ball as he always does.

He will be using the only weapon in his arsenal: crying racism. He will be working the neighborhoods, door to door. He will be calling on his friends in the non-profit world to organize and throw roadblocks in the way of recall organizers. He will be calling in favors and using every ounce of power at his disposal to stop the recall from getting on the ballot, and failing that, to stop it from succeeding on election day.

But, it's not an impossible task. Public opinion against Lantigua has been growing rapidly over the last several months, even among Dominican voters,

his strongest base of support.

Add to that a federal grand jury investigation looking into corruption by Lantigua, the Boston press reporting weekly about Lantigua's law breaking and outrageous behavior and a long trail of phony claims about the city's finances and this David vs. Goliath battle starts to even out.

Whatever happens over the next 30 days, the recall effort against Willie Lantigua will be the most closely watched, and most heavily scrutinized election in decades.

Anyone interested in supporting the recall effort can do so by using the following contact information.

Rev. Edwin Rodriguez 978-305-2215

Wayne Hayes 978-305-4130

Victor Hernandez 978-398-1050

Javier Negron 978-305-2394

Johnny Castillo 978-204-6368

Email Wayne Hayes: bnanews@aol.com

Rev Rodriguez at iglesiaelfaro@aol.com

THE ABYSS GROWS DARKER IN LAWRENCE : FROM PAGE 9

Part of this problem relates to the style of municipal government we have under our charter. In effect, it rewards hackery, thuggery, incompetence, and corruption – moral, financial, and otherwise – especially when so much power is vested in one person – the mayor – without any proper checks coming from the structurally weak city council.

Since 2010 was a year ending in zero

and under our charter the council must undertake a charter review and offer suggested changes in such a year, last year was a great opportunity to reform our style of government. For example, many cities have converted to a city manager form of government, with a ceremonial mayor elected from among city councilors each year. Such exists in Lowell, Cambridge, and Worcester, to name a

few. If there is any city that demands professional management – if not outright state receivership – it is Lawrence. Yet, the council could not be bothered to conduct a charter review in 2010. No, it decided to rush through some meetings in 2011 just to give the appearance of doing something. Our problems are many and require long-term attention. Governmental reform would have been a good place to start. It still doesn't mean we will get Mensa stars as councilors. I'd just settle for one that decides budget matters are more important than a Florida vacation – thank you, Sandy.

So, absent any structural changes, we are stuck with a mayor who has surrounded himself with people with no training in municipal, personnel, and

economic management and development and who is now going to be distracted fighting a recall effort by a citizenry that sees the writing on the wall and has had enough.

If this were your family, you'd laugh it off to the typical dysfunction that besets us all. However, we taxpayers and homeowners do not have that luxury. If this were your house's condition or your child's health, you would get an architect/builder or a doctor and do what you need to do to repair them or restore them back to health. Given what we know today and what we see coming down the road – the same old same old – I don't think we will be going all-in as we hold only bad cards and the chips are piling up on the other side.



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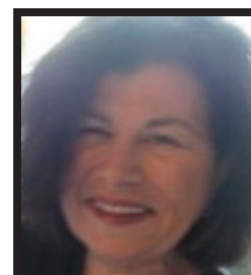
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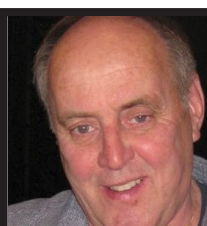
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PHOTOS: TOM DUGGAN

Lawrence fire leaves four homeless, firefighter injured Family Says Neighbor Was No Hero

Tom Duggan

VALLEY PATRIOT REPORTER

A two alarm fire gutted a one-family home on Riverside Drive in Lawrence last month, leaving one firefighter injured and four people homeless.

According to witnesses, the fire started when a resident of the home lit a gas grill on the back porch of the home which sparked a grease fire after they went back into the home while the fire spread throughout the home.

Lawrence resident Dave Mele of Pearl Street told the Valley Patriot that he saw the flames and rushed to the home to evacuate those inside before firefighters arrived. Mele said the gas tank connected to the gas grill blew up and spread the flames even more. It took Lawrence Firefighters about two hours to put out the blaze.

But the family displaced by the fire sent a letter to The Valley Patriot a week after the Valley Patriot website reported on the incident, taking exception to their neighbor, Mr. Mele claiming he helped the family escape the inferno.

"I would like to tell you that this false

information added more pain and distress to me, my husband and my two teenagers who continue to have nightmares about this horrible accident. I do not understand why there are some "fame hungry" people who would do anything, including making up and/or twisting stories in order to become famous for a few hours and to gain the 'hero' title without deserving it," wrote Maria Vargas of 499 Riverside Drive.

"The real heroes in this story are my two children, who had the courage of evacuating our home with me, on time and before it was too late. The real hero was my husband, who was trying to put the fire out from outside, and went inside looking for us and got hurt by trying to do so. Let me give you some accurate and factual information in case that you are interested in doing a better job about keeping our community well informed:

My husband's mother had come from NY to visit, and my husband, our children and I wanted to have a cook-out for her. Since she loves grilled chicken, we decided to have a nice dinner. My husband had stared the grill after seasoning the chicken. Our children were in their rooms

upstairs while I was downstairs folding some clothes that I had just washed and dried. My husband was cooking and attending the grill and the chicken the entire time. Suddenly, I heard him calling me from where we had the grill at. I came to the door and noticed the flames and my poor husband trying to put the fire off. We were both trying to deal with it. My husband from outside, and me from inside by throwing water.

At that point, I can guarantee you; there was not a single person on our street. Our neighborhood is very quiet, and we hardly have people walking around even during summer time. The only reason why people came to see what had occurred was because of the explosion.

I do not think giving Mr. "HERO" this title would serve your paper's purpose of enhancing communication within our community, and presenting and honoring those community member that do deserve to be recognized and valued for not making up "Super Man stories", but for being real role model for our children.

It is a great embarrassment that this person took this horrible episode to gain some personal recognition for something he never did," Vargas concluded.

Lowell Firefighters were called in to cover the Central fire station on Lowell street as Lawrence Firefighters battled the blaze.

Lawrence Firefighter Rene Archambault was overcome with smoke and heat exhaustion but continued to work the fire until it was nearly out, that's when Archambault emerged from the building and was attended to by medics for smoke inhalation. He was rushed to Lawrence General Hospital and given oxygen, the was released the next day.

****Editor's Note:** Our job is to interview people on the scene and report what they tell us. We purposely do not approach or try to interview victims at the scene of incidents out of respect for them and what they are going through unless they approach us. Unlike the rest of the news media we try to give victims like you and your family some privacy by not exploiting you in a time of terrible tragedy.

Tom Duggan is president of Valley Patriot, Inc., a former Lawrence School Committeeman, former political director for Mass Citizens for Marriage, a Police Survivor and hosted the Paying Attention! Radio Program from 2001-2011. You can email your comments to valleypatriot@aol.com.

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Frustration Boils at Newburyport GOP Meeting

Tom Duggan
VALLEY PATRIOT REPORTER

Last month the Newburyport Republican Committee had Jennifer Nassour of the State Republican Committee as their invited guest speaker to talk about the direction of the party and upcoming elections.

The room was filled with mostly Newburyport area Republicans who were there to hear what Nassour and the other invited speakers had to say. But there were also other Republicans from outside the area who were there to express their frustration with the way Nassour has been running the party: specifically how party funding for state candidates were disbursed during the last round of state elections.

Nassour made a fifteen minute presentation to the group explaining how important grass roots activism is, spelling out the Republican victories gained in the 2010 legislative elections, and attacked the Democrat party for not delivering on one of their main platform issues: jobs.

“Let’s start with job numbers and how, for the second month in a row they keep plummeting,” Nassour said.

“Jobs keep going down and unemployment keeps going up. We’re at 9.1 % nationally. The average person is on unemployment for almost 40 weeks. That’s almost the amount of time it takes for a woman to have a baby. 40 weeks is about the amount of time for kids to go to school. 40 weeks is a long time for people to be unemployed.

“[There are] 45 million people on food stamps and most of those people are actually families with little kids. That’s atrocious. Why isn’t the government helping? Why isn’t our congressional delegation doing something to improve that and change those numbers and get

people employed? Keep those jobs in Mass? Keep those jobs in America? That’s just not happening [under the Democrats].”

“62% of Americans think that the country is on the wrong track. 73% of Americans believe that the next generation is going to get worse,” she said.

Nassour also tried to inspire the attendees to get involved and bring a friend to every meeting so that the base of Republican activism can grow, increasing the chances of Republican victories in the future.

“One of the reasons I wanted to be chairman of the [state Republican] party back in 2009 was to change the course, and to make sure Massachusetts moved in a different way ... righting the ship to get people like yourselves to come on board and to elect the right people into the legislature, then into congress, then statewide and then nationally. But I can’t do it alone and you can’t do it alone, we have to work together, she said.

“I have a challenge for all of you,” she continued later. “You have one month to go grab a friend and bring friends here. Make sure we can recruit good will ambassadors and explain to people why we need balance in state government. We need more Republicans here who will watch out for people’s wallets and pocketbooks.”

But when it came to a question and answer period Nassour was besieged with questions about the way the state party spent money on candidates the 2010 election. Specifically, their anger centered around the fact that most of the money raised by the State Republican Party was spent on Charlie Baker’s unsuccessful campaign for governor, while legislative candidates received much less.

One Republican activist asked about

what she called “putting all your eggs in one basket” pointing out that \$3.5 million was raised and spent on Charlie Baker for governor and only \$300,000 was spent on all the other candidates combined across the state.

“Will this change in future or should we just be giving money to candidates of our choice?” the activist asked.

“Charlie Baker helped us raise a substantial amount of money,” she responded. “There was no one who helped us raise that kind of money. When I was on the phone six hours a day, Charlie was also on the phone six hours a day raising money for the party. So, when it came down to distributing funds, that is the highest profile race and it actually cost \$17MIL as opposed to a state rep. race which cost \$50K for some of them. We did help in many races and anyone in this room who has been in the party for a long time [knows] it’s been a long time since the party has been able to contribute to as many candidates as we did.”

“We ended up with 32 [Republicans] in the house and 4 in the senate that won. We doubled our house delegation,” she pointed out.

But that didn’t satisfy some of the Republican activists as they grumbled, heckled and laughed at her.

“While their concerns about party members taking credit for those legislative wins were valid,” one activist said after the meeting. “Many of the freshmen State Reps. will tell you themselves that they got minimal support, if any support at all from the state party. These local candidates were victorious because of the hard work and dedication of their own supporters, not the state party.”

Another activist agreed “Yeah I’m angry I’m angry that good candidates got almost no help at all while they were betting the



PHOTO: TOM DUGGAN

Massachusetts State Republican Party Chariman Jen Nassour takes tough questions from frustrated republicans in Newburyport last month.

farm on Charlie Baker. Those who won in 2010 won without their help and hearing them take credit for it makes me mad.”

But a quick review of our audio tape from that meeting shows that nowhere in Nassour’s presentation did she take “credit”, for local candidates. She did, however tout the accomplishments of grass roots activists in getting that job done. Nassour pointed out that local candidates for state rep and state senate cannot rely on the state Republican party for funding but that they should rely locally on volunteers and local fundraising.

Colleen Fallon, chairman of the Newburyport Republican Committee said afterward that she was embarrassed by the

NEWBURYPORT, page 18

Event Schedule Firehouse Center for the Arts/Newburyport

- * Jake Shimabukuro - Sun, July 10
Back for the fifth year and always a sell-out! You won’t want to miss this amazing musician.
- * Alex Dezen of The Damnwells - Fri, July 15. Acoustic. Frontman Alex Dezen of best-kept Indie band secret at the Firehouse. Hear this!
- * New Works Festival Call For submissions! Got play? New Works Festival 2012. DEADLINE: July 15, 2011. Now accepting new plays for submission to the Tenth Annual New Works Festival!
- * TheBrew 2011, 10-for-20 music series, Sat, July 23. Classic rock, jazz, reggae, world beat, indie and funk distilled as only the Brew can.
- * JohnMock Popular Music From the Shoreline: John Mock - Fri, July 29. Artist captures the heritage of the sea in music and photographs in this elegant concert.
- * Art Gallery Call for Submissions!

- DEADLINE: August 15. Calling all artists! Call for Submissions is now open. Exhibit your work in the lobby gallery.
- * Treasure Island The Methuen Ballet Ensemble - Sun, August 21. Will a map found in a bottle lead to buried treasure on an exotic island?
 - * Firehouse Glee Club! Summer vacation theater workshop -August 22-26. A week-long program of voice instruction and choreographed pop and show tunes. Grades 2-12.
 - * FIREHOUSE BENEFIT! - 3rd Annual WNBP Jazz Cruise. Sun, August 28/ Rain or Shine. WNBP presents a sunset jazz cruise featuring Rico & the Jump’n’Jive Review. Cash bar.
 - * Susan Kneeland-Imageartist of the month - June 15- July 24, 2011. New Hampshire artist brings her evocative summer beach scenes to the Firehouse.



If You’re in Newburyport for the day

- * Take a stroll along the boardwalk and enjoy views of the river and the boats docked in the harbor
- * Take a narrated Harbor Tour or go on a whale watch
- * Tour the Cushing House Museum, home of the Historical Society of Old Newbury
- * Enjoy our beautiful downtown shops where youll find a wonderful mix of merchandise.
- * Visit the Custom House Maritime Museum and discover the

- abundant and interesting maritime heritage of Newburyport
- * Go for a walk, hike, bike ride, or cross-country ski outing in scenic Maudslay State Park. See the azaleas, rhododendrons. or perhaps a performance by Theatre in the Open
 - * Drive out to Plum Island and visit the world-famous Parker River National Wildlife Refuge. On your way, stop at the Joppa Flats Education Center and Wildlife Sanctuary

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Meat & Mushroom	\$6.49	Meat & Mushroom	\$11.49
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Meat & Oregano	\$6.49	Meat & Oregano	\$11.49
Meat & Rosemary	\$6.49	Meat & Rosemary	\$11.49
Meat & Thyme	\$6.49	Meat & Thyme	\$11.49
Meat & Sage	\$6.49	Meat & Sage	\$11.49
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Election Season: Weighing in for the Fight

Gerry Nutter

VALLEY PATRIOT LOWELL COLUMNIST

Since the Lowell based movie The Fighter was so popular I thought it would be fitting to RANK The Council and School Committee incumbents and challengers and, as the race unfolds, I can change the rankings.

Lowell City Council

The Incumbents:

Rita Mercier - Heavyweight, Undisputed Champ who will reign as long as she wants.

Jim Milinazzo – Heavyweight, Been around the block, knows how to take a punch and stays on his feet.

William F. (Bill) Martin, Jr - Heavyweight, Once and probably future Mayor, a battler

Kevin Broderick – Heavyweight, Survived brutal beating by the Sun and won the last round handily.

Rodney Elliott - Light Heavyweight, Better Days are behind him, lost some punch and was nearly knocked out in the last round.

Franky Descoteaux - Junior/ middleweight/super, surprised many with a strong showing and has held her own in her first year.

Patrick Murphy -junior/welterweight, lost his first fight in the Heavyweight division but made a respectable showing dropping down a couple categories. Will

he fight again this year?

Joseph Mendonça - junior/lightweight, A battler and tough street fighter but also gentle man with health issue hurting his ability to keep fighting, people are worried about him.

The Challengers

Armand Mercier – Heavyweight, lost the last fight due to health but wants one more fight to prove he still has it

Ed Kennedy - Heavyweight, another comeback attempt by an aging fighter who has as many defeats as battles won.

Fred Doyle - Heavyweight, another comeback attempt by a guy who’s been nothing more than a stepping stone for even the most novice of fighters like Ben Opara and Ryan Berard

John Leahy – Cruiserweight, after a long successful career moving up to the heavyweight category. Will be a contender

Marty Lorrey - junior/bantamweight, Long time sparring partner who’s stepping into his first solo fight. Will show he has trained long and hard and is ready.

Paul Belley - junior/welterweight, lost his first fight but has been training since. Battler with a never give up attitude, will fight to the end.

Corey Belanger - junior/welterweight, lost a good first fight in the light heavyweight division and drops down a level hoping he can show he can take a TKO yet win the next fight.

John MacDonald - junior flyweight/ flyweight – A newcomer but has a talented, respected training crew along with the REAL Fighter in his corner. Hoping to be the Franky Descoteaux of 2009 but could end up as the 2011 Paul Belley, hard worker who just misses the knock-out punch,

Van Pech, Vesna Nuon, Robert Merrill, Fredrick Wanjiku - straw weight – Unknowns who may be stepping in the rings for the first time. Some may chose not to fight at all.

Lowell School Committee

Incumbents

Connie Martin – Heavyweight, Proven winner, takes many punches but hasn’t been knocked out yet. Will again win the fight

Jackie Doherty - Heavyweight, Veteran fighter who has been there before and can dish it out and take it. Good toe to toe fighter

Dave Conway - Cruiserweight, Two fights to run away wins. Will again be tops and is firmly entrenched.

Jim Leary – Cruiserweight, won his first two fights handily and has battled the Union Pres. and Sun Editor but has shown he can take a punch and give a few back.

Alison Laraba – Junior/lightweight, Like Franky Descoteaux came out of nowhere in 2009 but not nearly as strong or polished. Loner who is waffling on one more fight or early retirement.

Challengers

Kristen Ross Sitcawich - junior/ welterweight, Lost a heavyweight fight in 2007 but recovered and has the experience to capture the one uncontested seat. A real gamer

Bob Gignac – Novice – Been training as the head of the young Democrats and



City Council Candidate John MacDonald with Mickey Ward

knows the basics. May need to take a hit or two before he wins his first fight. Young and positive.

Kim Scott – Novice – Lots of heart and a strong support staff. Could be a contender and knock off Laraba or if Laraba retires could take the 2nd open seat.

Greater Lowell Technical – Incumbents

Mike Lenzi - Heavyweight, Job is his has long as he wants it. Well known and well liked

Dave LaFerriere - Junior/lightweight, aging fighter who has gotten knocked down but gets right back up. Does he have one more fight left?

Erik Gitschier – Novice – Trained under Fred Bahou and is his protégée. Hard worker who could surprise and defeat a veteran or lose in his first solo bout as his mentor did.



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

Why I choose Chelmsford!

Tom Gilroy

VALLEY PATRIOT CHELMSFORD CONTRIBUTOR

The Town of Chelmsford is in a fight for its life. Forces within the town, with outside assistance, have created a scenario where they control the narrative with constant mailings to every town resident. These forces have unlimited resources and their propaganda campaign is right out of the Alinsky Handbook, “Rules for Radicals.” They isolate and vilify their opponents and put them on the defensive.

Chelmsford is the quintessential New England town. Are we perfect? No, but according to Common Cause we are one of the best functioning towns in the United States. Our Selectmen, who choose to serve with no compensation, do their very best to satisfy their constituents and the best interests of the taxpayers. Ethics investigations, opposition accusations



notwithstanding, have shown absolutely no violations by any of the members of the Board of Selectmen or the Town Manager.

This recall election is an insult to the citizens of Chelmsford. We are obliged by the “forces within” to donate our hard earned money to fight for the life or our town. The recall process is being utilized not to punish malfeasance or criminal activity, but as an alternative to the election process. This was not the intention of our

Founding Fathers.

The Town of Chelmsford is not for sale to anyone, we stand with the Board of Selectmen and the Town Manager. “Let the children protect what the sires have won.” On August 2 vote NO to recall for all four selectmen.



Pictured Left to Right In The Lions "Yellow Vests" are Lowell Lions Club Veteran Members Jackie Lussier Lucille Irvin and Dave Shaughnessy... Dishing Out the Pizza for the Members of the Lowell Senior Center. The Lions Club Besides Providing The PizzaAlso Provided The Soft Drinks, and Music for the Lowell Seniors Listening and Dancing Pleasure..... Over 90 Lowell Seniors Enjoyed the Festivities

Lowell Among Three Police Depts. Given AAA Traffic Safety Awards

AAA Merrimack Valley is pleased to announce the Police Departments of Amesbury, Lowell and Salem, New Hampshire have been chosen as the top three winners of the 2010 AAA Community Traffic Safety Awards. AAA will be honoring their outstanding efforts to protect and serve residents and visitors to their communities.

Each spring, AAA Merrimack Valley invites 26 Police Departments throughout its territory to submit a report of their previous year’s most innovative and successful community safety programs. Some highlights from the reports of the top Departments were:

- Amesbury’s Safety Officer Tom Hanshaw reported details on a community survey that resulted in a 45% return from residents. The survey included input on many issues including traffic enforcement and education. The Amesbury Police Department also took initiative at the local high school to inform teens and parents about the new “texting” law

- Lowell Safety Officer Paul Corcoran detailed several of the City’s safety programs such as Selective Traffic Enforcement, Buckle Up Pledge Drives and a Pedestrian Decoy Program.

- Salem, NH Safety Officer Matt

Norcross reported the reduction in reportable crashes that has been achieved over the past three years in Salem, NH and on the success of their TV show, Salem Police Beat, which focuses on a variety of safety issues.

Please join AAA in congratulating Chief Mark Gagnon of the Amesbury Police Department, Superintendent Ken Lavalley of the Lowell Police Department and Chief Paul Donovan of the Salem Police Department for their outstanding efforts in making our communities and roadways safer for everyone.

AAA looks forward to hosting them and representatives from Police

Departments throughout the Merrimack Valley at the AAA Annual Community Traffic Safety Awards Luncheon on June 15, 2011 at the Wyndham Hotel in Andover at 11:30 a.m. During the luncheon, the chief and/or a designated officer will give a brief overview of the safety programs they consider to be the most innovative and successful in their town.

AAA Merrimack Valley is a not-for-profit auto club with 6 offices in the Merrimack Valley providing more than 230,000 local AAA members with travel, insurance, finance, and auto-related services.

GEORGETOWN TODAY!

It's Five O'Clock Somewhere

Lawrence "Lonnie" Brennan
VALLEY PATRIOT GEORGETOWN COLUMNIST

Amazingly, we're now looking at the best summer weather in many years, with warm days and pleasant nights. Make your way down to the American Legion Park any Sunday at 5:00 and enjoy what appears to be shaping up for the best Summer Concert Series in years. If you've never gone, here's a hint: it's not about the music, it's about the food. Well, O.K., it is about the music, but it's also about the food. Let me explain.

Jumping to the last concert of the series (Aug. 14th), Ipswich Ale will be providing the food vending services whilst the band "Five O'Clock Somewhere" will entertain all ages at the park.

Before that date, starting July 10th, food vendors who will take turns each week will include the Georgetown Kiwanis, Boy Scout Troup 51, Authentic Southern BBQ, Susan G. Komen Breast Cancer, and Girl Scout Troop 281. Did I mention I'm on a diet?

Seriously, some great businesses and more importantly some great Georgetown groups and social causes will be providing food and desserts at each concert, at incredible prices. Did I mention the

concerts themselves are free? Bring a lawn chair or bring a beach blanket. Mostly, just be there. Take a memo for Summer 2011: 'if it's for free, it's for me.' Check out the concert series at www.georgetownculture.org/concerts.html or the posting at www.GeorgetownToday.org.

But what else? Ice Cream (oh, so much for that diet). But not just any icecream; You have to make a 'Cruise Night' any Tuesday night at Nunan's Greenhouse. Sponsored by Henborg's Ice Cream stand. The weekly events run from 5:30 until 9:00 p.m. Cars from the past are all on display throughout the parking area. Music and of course, a great excuse to look at hot cars from the 40s, 50, 60, and so forth, and eat ice cream!

As you vacation in Georgetown, don't let another summer go by without taking a cool walk through the shaded trails of Camp Denison.

Many more events and items of interest are posted often to the various Georgetown websites, so be sure to check them every few days. Feel free to share your club news at www.GeorgetownToday.org, your free posting site.

Now, for some serious business that,

like so many other events with our police force, should be given much more notice: our Police Chief James Mulligan recently presented recognition plaques to Officer Philip Klibansky and Master Patrol Officer Scott Hatch for their efforts during a vehicle stop this spring that revealed \$45,000 of cash gained from illegal drug profits. Chief Mulligan praised the officers for their work. MPO Hatch was also recognized this spring, along with Officer Derek Jones by Mothers Against Drunk Driving (MADD). A lot happens with the police dept. (oh, don't forget their auction for Red Sox tickets, and don't forget their baseball clinic). Check out their website often.

Drive carefully. Enjoy summer in Georgetown. And don't forget, while it's Five O'Clock Somewhere' don't even think about going cruising after even one beverage. The life you save might be someone you know, or will never get to know.



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

This Month in Georgetown

- * **Housing Authority** - Wed., July 6, at 3:45 PM, Trestle Way
- * **Board of Selectman**, - Mon., July 11th, 7PM-Town Hall 3rd fl.
- * **Zoning Board of Appeals**, July 12th at 7PM, Town Hall; 3rd Floor
- * **CPC** - Tues., July 12th at 7:30 PM Town hall 2nd floor meeting room
- * **Planning Board** - Wed., July 13th at 7:30 PM-Town Hall 3rd Flr
- * **Park & Recreation** - Wed., July 13th at 7:30 PM Town hall 2nd fl. meeting room
- * **Rec Path** - Thursday, July 14th at 7PM Town hall 2nd floor meeting room
- * **Conservation Commission** - Thursday, July 21th @ 7PM-Town Hall 2nd fl.
- * **Historical Commision** - Thursday, July 21 at 7:30 PM-Town Hall Basement
- * **BOS** (Cg'd date to 7/26) Monday, July 25th at 7PM -Town Hall 3rd fl.
- * **CPC** - Tues., July 26th at 7:30 PM Town Hall 2nd floor meeting room
- * **Planning Board** - Wednesday, July 27th at 7:30 PM-Town Hall 3rd Floor
- * **Park & Recreation** - Wed., July 27th at 7:30 PM - Town hall 2nd fl
- * **Rec Path** - Thursday, July 28th at 7PM Town hall 2nd fl meeting room

Haverhill Library celebrates one of their own; Mayor Lauds Tudy Davis' Service to Library

The Trustees of the Haverhill Public Library held a breakfast in the library's Milhendler Room to honor Suzanne P. Davis. Mayor James J. Fiorentini, Jr., presented her with a citation from the City of Haverhill, along with one from Representative Brian Dempsey's office.



Suzanne Davis served on the Library's Board of Trustees from 1989 through December 2010. She plans to continue her volunteer work for The Friends Shop and the Friends Board.

Mrs. Davis was one of the major players in the opening of The Friends Shop on February 2, 1989. Mrs. Davis, along with numerous volunteers, has been responsible for the ongoing success of the shop.

This event gave the Library's Board of Trustees an opportunity to recognize Mrs. Davis for her tireless efforts, outstanding support and commitment to the Haverhill Public Library. Suzanne "Tudy" Davis is married to King Davis and lives in Haverhill. They have three adult daughters.

Haverhill Bank Relay For Life team contributes more than \$10k to the American Cancer Society

Haverhill Bank's Relay for Life Team contributed more than \$10,000 to the American Cancer Society after participating in the June 10 and 11 event at Northern Essex Community College.

Haverhill Bank's total contribution is the second largest, behind Team Integrity of Haverhill which as so far has contributed more than \$15,000. Tara L. Gillen of Derry, N.H. and Erica Lemire of Plaistow, N.H. served as Haverhill Bank team co-captains and were supported by 65 team members. The Haverhill event raised more than \$157,000. Additional donations are expected before the August 31 deadline, said Jennifer Wassan, community executive and development for the American Cancer Society, New England Division.

"I am thankful for the employees, customers and friends of Haverhill Bank who came together once again to support such a worthy cause," said President and CEO Thomas L. Mortimer.

The Haverhill Bank team was also honored with two awards. Assistant Vice President Thomas O. Faulkner, of Salem, N.H. won "Most Outrageous" for his portrayal of Amy Winehouse in the Miss

Relay contest. He was accompanied by Justin Sanchez of Haverhill who portrayed Kim Kardashian. Alexis Courtney, daughter of Erica Lemire of Plaistow, N.H., won "Best Bed-Head" while wearing a duck costume. Another bank employee, Alison Hall, served as Miss Relay committee chair.

The Haverhill Rotary Club also contributed \$250 to the Haverhill Bank team. Rotary honored members Pam Carr, a 25-year cancer survivor; Buddy Baker, five-year survivor; and Cindy Ryan, one-year survivor.

The annual occasion is the American Cancer Society's signature event. Unlike other fundraising walks, the Relay For Life is a "relay" style event. Each participating team aims to have a team member on the track at all times for the duration of the event. The events are typically 24-hours.

A depositor-owned institution, Haverhill Bank was founded in 1877 and is the oldest cooperative bank in Massachusetts. The bank's Main Office is at 180 Merrimack St. in Haverhill. Haverhill Bank also maintains offices at 163 South Main St., 1094 Main St., 100 Lafayette Sq., Haverhill High School and Whittier Regional Vocational Technical High School.

ESSEX PHYSICAL THERAPY & CHIROPRACTIC OF ANDOVER

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

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



Dr. Michael Provenzano

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From the desk of Methuen Mayor Bill Manzi

Addressing the city budget

Methuen’s FY12 budget was passed in June, and it takes a balanced approach to Methuen’s needs, keeping Methuen affordable while maintaining the vital public safety and educational needs of our community. Let us look at some of the drivers of municipal spending, and how the municipal “budget busters” have created fiscal pressure on all Massachusetts communities.

In Methuen the budget, since 2006, has seen the following trends:

- * State Aid down over \$900,000
- * The City Contribution to net school spending is up by over \$4,300,000
- * Health Care Spending is up by over \$5,400,000.
- * Pension Costs are up by over \$2,400,000.
- * Vocational School Spending is up over \$1,000,000.

Those budget drivers are instructive, for when you look at our utilization of levy during the six year period the problems inherent in municipal finance become apparent. Over the six year period our use of levy has grown by some \$12,300,000. During that period we have had new growth of \$5,600,000. Existing levy growth would total \$6,700,000 (\$12 million less the new growth of \$5.6 million.) When you then deduct health care, pension, and school spending you actually arrive at a negative number for levy growth. We have managed, through the years, to maintain services in light of that by utilization of one time revenues and by keeping a close lid on municipal spending. How close of a lid? Since 2009 municipal side spending has declined by over \$6 million dollars.

As we arrive at the FY12 Budget we continue to hold the line on City side municipal spending. But the challenges to us are great. Before we begin the fiscal cycle our excess levy capacity balloons to approximately \$6.2 million dollars. We have made a decision to utilize this capacity as a “reserve”, which has allowed us to lighten the tax load on residential taxpayers. But as the six year trend shows it is not possible to continue without



some utilization of the levy. In this cycle we are faced with mandatory increases in the following areas. Methuen Public Schools net school spending will rise by about \$500,000, while the Vocational School will also rise by \$500,000. Employees are contractually entitled to a return of their givebacks of the

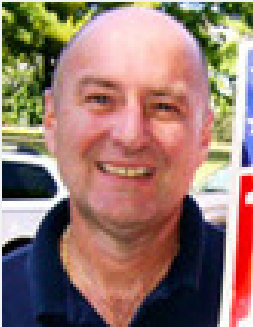
last two years, which totals about \$1.5 million dollars. Even with that the City has benefited by virtue of using attrition and early retirement to reduce the city side head count, which reduced our giveback obligation by some \$400,000.

The city side work force has been reduced by 10% over the last six years, by attrition. In reducing headcount in this fashion we have avoided having to fund unemployment benefits, while maintaining core services. A couple of figures of note: Our Fire Department is down by ten firefighters, our Police force is down by two patrolman, with two more out on long term disability. Our DPW has been cut by about a million dollars since 2006. In this budget I have restored the Police Patrol contingent to that recommended by the Chief. On the Fire side I have recommended the addition of five firefighters over the existing level, which has been reduced by attrition and by early retirement. The choice we face is between replacing the retired firefighters or increasing the allocation for overtime. My recommended staffing level will leave us short of the request from Chief Buote, but will allow us to maintain adequate fire services to the residents of Methuen.

This budget manages to increase resources to public safety, purchase some badly needed public safety equipment, and maintain services to our citizens, all while remaining over \$2 million dollars below the Proposition 2.5 levy limit. While we are doing all of that we are funding a \$100 million dollar renovation and expansion of Methuen High School within our existing levy capacity. My budget balances our fundamental need for services with our responsibility to be conservative stewards of taxpayer dollars. If you have any questions or concerns please drop me a line at wmmanzi@ci.methuen.ma.us. Visit my blog at www.billmanzi.com.

Candidates for Office

Candidates for Mayor



Al DiNuccio



Ken Willette



Steve Zanni

Councilor at Large (Elect 3)

Jennifer Kannan*
Michael Condon
Joyce Campagnone*
Dorothy Kalil

West Dist. Councilor (Elect 2)

James Hajjar*
Sean Fountain
Jeanne Pappalardo*

East Dist. Councilor (Elect 2)

Joseph Leone
Ron Marsan
Patricia Uliano*
Tom Ciulla

Central Dist. Councilor (Elect 2)

David Lavalee
Fadi Chahine
Lisa Yarid Ferry
Jamie Atkinson

School Committee (Elect 6)

Robert Vogler*
Barbara Grondine*
Lynn Hajjar Kumm
Mary Jean Fawcett
Jeri-An Batal
Lorie Aliano
Paul Downing
Evan Chaisson*
Eunice Delice
Deborah Quinn

Tech Sch. Committee (Elect 2)

Thomas Grondine*
Kenneth Henrick

Housing Authority (Elect 2)

Robert Sheehan*
Joseph Leone

Nevins Library Trustees (Elect 2)

Arthur Nicholson*
Josephine Napolitano*

The deadline for taking out papers is Friday July 29th. Papers must be returned by Tuesday August 2nd at 5:00 p.m.



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Implement Secure Communities Now!

Ken Willette

METHUEN SCHOOL COMMITTEE

I am strongly urging Governor Patrick to reverse his questionable decision and implement Secure Communities immediately. I have very grave public safety concerns over the continued non-cooperation of the Patrick Administration to grant local law enforcement agencies the tools to apprehend violent illegal aliens. I strongly share the position of many local police departments regarding the implementation of the Secure Communities program, which is designed to apprehend the most violent and serious offending illegal aliens for transfer to ICE officials. It should be emphasized that the neighboring state of Connecticut has already signed a Memorandum of Agreement between Homeland Security and ICE officials to fully enact Secure Communities, while our Governor has performed a 180 degree turn and now has refused to sign a similar agreement as soon as possible.

I am very disappointed by the counterproductive inaction of this Administration to protect both legal residents and legal immigrants of this state through a nationally tested and proven system of capturing illegal aliens with extensive criminal records. Despite what some misinformed critics may blindly argue, Secure Communities does not encourage profiling of any kind, but simply allows local law enforcement

agencies, working in conjunction with ICE and federal officials, to conduct comprehensive background checks via a national database and take into custody those illegal aliens accused of the most heinous crimes, including murder, rape, armed robbery, drug trafficking and home invasion. The Patrick Administration is compromising the public safety of legal residents and legal immigrants alike, especially as the state will be required by the federal government to enact Secure Communities within the next couple of years anyway.

The Patrick Administration is absolutely failing to take advantage of federal and state partnerships to tackle the many problems associated with illegal immigration in Massachusetts. There are many financial, infrastructure, social service and criminal justice dilemmas caused by an unabated influx of illegal immigration across the State. It is disturbing to say the least that this Administration continues to placate the illegal immigrants in Massachusetts, by advocating for in-state tuition rates and seeking approval of driver's licenses for illegal aliens.

As a civil society, we must combat the scourge of illegal immigration, by operating the Secure Communities program in good faith, and by refusing to reward illegal behavior through driver's licenses and in-state tuition breaks. By not enacting Secure Communities now, I am

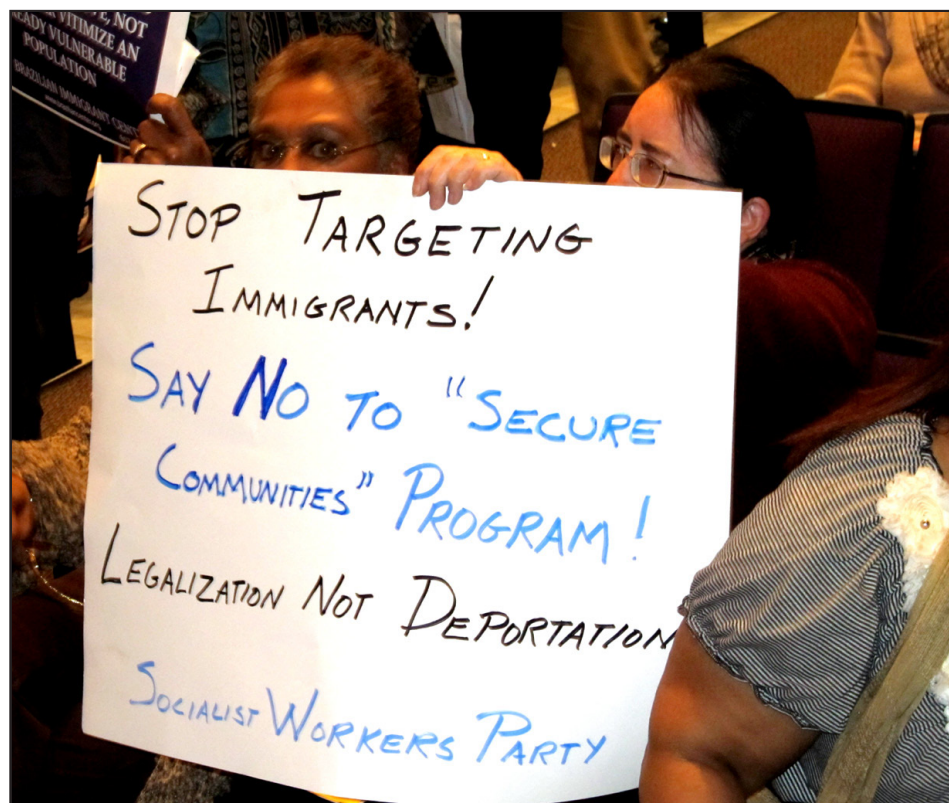


PHOTO: TOM DUGGAN

SAYS IT ALL: This was one of the many signs at Lawrence High School during the debate on secure communities last April. Those who oppose secure communities are being backed by communist and socialist organizations which support citizenship for all illegals.

left to ponder whether Patrick is defending another constituency group made up of criminals, because he is not representing working class and middle class families at this stage of the process.

Five Principles of the Ken Willette Campaign

1) My Campaign will never accept any donations from individuals found guilty

WILLETTE, PAGE 36

Central Catholic Hosts First Ever Merrimack Valley "Teen" Karate Tournament

Central Catholic High School (CCHS) has provided its students with the best in academics, athletics, the arts, and extracurricular activities over the years. In keeping with the tradition of new and innovative concepts, Central Catholic's Karate Club hosted the first "teen" karate tournament of its kind in the state. The CCHS Karate Club has been operating under the tutelage of current math teacher/football coach Mr. Jarrod Brown since 2008.

Jarrod Brown has been training in Kyokushin Karate since 1986 and currently holds the rank of "Yondan" or fourth degree black belt. "The thought of offering an all teenage karate tournament has been in my mind since the inception of the CCHS Karate Club. This year, the dream has finally become a reality", said Sensei Jarrod Brown. "We had students from Methuen High School, Greater Lawrence Vocational (GLV), Essex Agricultural (EA), and of course Central Catholic competing. I hope to have every school in the Merrimack

Valley compete in this tournament as other sports programs compete in various MIAA tournaments. The students who participated in the tournament competed with pride in representing their high schools."

In the end, several competitors from each of the local high schools prevailed in their respective divisions. Each participant had the opportunity to compete in fighting divisions to test their ability to defend themselves against an attacker, forms divisions to assess the individual's technique and foundation in their art, and in the weapons divisions to apply the use of traditional Japanese weapons into their self defense repertoire. The following contenders placed in the top 3 of their division in fighting, forms, and/or weapons:

Women's Beginner Forms Division: Natalie Macdonald – CCHS – 1st, Zoraida Baez – GLV – 2nd, Elaine Aquino – GLV – 3rd

Fighting Division: Cherie Lemay – CCHS – 1st, Bianca Thompson – GLV –

2nd, Zoraida Baez – GLV – 3rd

Women's Intermediate Group A

Forms Division: Nicole Kebler –

CCHS – 1st, Bianca Thompson – GLV –

2nd, Leidy Hernandez – GLV – 3rd

Women's Intermediate Group B

Forms Division: Emily Condon –

Methuen – 1st, Lauren Krugh – CCHS –

2nd, Amy Whitney Perry – CCHS – 3rd

Fighting Division: Natalie Macdonald –

CCHS – 1st, Elaine Aquino – GLV –

2nd, Leidy Hernandez – GLV – 3rd

Women's Advanced Forms Division:

Brittany Goggin – EA – 1st, Amanda Meli –

CCHS – 2nd, Kym Pelletier – Methuen –

3rd

Fighting Division: Amanda Meli –

CCHS – 1st, Lauren Krugh – CCHS –

2nd, Brittany Goggin – EA – 3rd

Men's Intermediate: Forms Division:

Neal Drapeau – CCHS – 1st, Andy Lin –

CCHS – 2nd, Brendan Stolarz – CCHS –

3rd

Fighting Division: David Mosto –

CCHS – 1st, Alex Silvestry – GLV – 2nd,

Eddie Santana – GVL – 3rd



CCHS student Lauren Krugh during her 2nd place finish in forms.

Weapons Division: Greg Walsh – CCHS – 1st, Brendan Stolarz – CCHS – 2nd

Men's Advanced Forms Division: Andrew Capeless – Methuen – 1st, Dylan McGuinness – CCHS – 2nd

Fighting Division: Andrew Capeless – Methuen – 1st, Travis Abdullah – Methuen – 2nd, Jessie Alfonso - CCHS - 3rd

REPUBLICANS FRUSTRATED WITH STATE CHAIRMAN: FROM PAGE 13

tone of the grilling Nassour took during her presentation, noting that some of their concerns were on point but adding, "having an invited guest be treated like that is not professional and doesn't make the committee look good. Even though it wasn't coming from anyone from the Newburyport committee and came from 'outsiders' I was very uncomfortable with what happened here tonight."

A posting on rabidRepublican.com denigrated Nassour and her performance at the meeting, prompting a letter from Fallon who sent an email the next day taking exception to the behavior of those who heckled Nassour as well as the assertion that the blog's author was "invited" to attend by the Newburyport Republican Committee.

The letter states: "I am the chairman of the Newburyport Republican Committee. I would like to add some points to your analysis. First of all, I did not invite you to our meeting, nor did anyone on the NBPT RTC [Newburyport Republican Town Committee] executive board invite you. The NBPT RTC is made up of committed, hard working, intelligent Conservatives. Jennifer Nassour was attending our meeting as our guest and I was hoping that our members, who attend our meetings and events faithfully, would have the opportunity to ask questions and discuss the future of the MA GOP and Jennifer's role in it.

Instead, the atmosphere became one that was filled with disrespect and it created an undignified tone at our meeting. Your

mission to corner Nassour with an ambush at our meeting created a dark cloud on a monthly meeting night that we look forward to every month. I am confident that the members of the NBPT RTC have or would have developed a clear opinion of the MA GOP leaders without your loudness. Of course, our meetings are open meetings and with that brings the possibility of any type of disturbance. In order to encourage a wide range of speakers to attend our meetings for educational and entertainment purposes, we always try to make the experience productive and enjoyable. Please contact me, or the chairman of any RTC meeting you plan to attend in this manner, prior to the meeting to discuss the meeting agenda and purpose."



PHOTO: TOM DUGGAN

Iron Mike grilled Jen Nassour at the Newburyport Republican Committee Meeting last month.

RONNIE’S RANTS

Random Thoughts

Ronnie Ford
VALLEY PATRIOT COLUMNIST

It seems as though when we do something and it is apparently wrong, we ought to be able to stand up admit what we did and show some character and pay for it, and move on. Not so true with the political organizations today, from the local to the top echelon Washington groups.

We are a Republic, which means we are represented by people elected by us to do for the most part our bidding. Today, we have politicians and businessmen who actually laugh at us, thumb their nose and dare us to take some action against them.

I have spouted this from my big mouth before. People must take charge of their own government! Newspapers, radio, television, we should use as many outlets we can to spread our views.

Last time I looked the majority still ruled! Throw the bums out! It is not happening! Is it ever going to ? I am finished for now on this subject.

I call upon all the alums of the Saint Mary’s elementary and the great girls High School to scold Cardinal Sean O’Mally and the Augustinian Provincial for the nasty treatment of Father Jorge Reyes. For fifteen years this wonderful priest took excellent care of his parishioners. And because he voiced a different opinion than that of the Cardinal he was banished! FORTHWITH!

How juvenile is that? Naughty, naughty, where were you when the priests were getting moved around after getting caught with the young people? Different standards for different behaviors? Shame Cardinal and Provincial. By the way where is the \$ 300,000 or more that you should give back to the people?

No wonder they make fun of Catholics, we give them plenty of material. Let us hear from the Alumni, write the newspapers, call talk radio, voice your displeasure, God knows there are plenty of you still around!

Where is the outrage?

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

Ronnie may be reached at radiotalk@comcast.net



Ronnie Ford is a Methuen resident, 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

Irish Weddings

Jack Doyle, County Sligo
VALLEY PATRIOT IRISH COLUMNIST

According to an account written by Kathleen Lavin from Drumnagranshy National School for the commission in 1937, marriages usually took place on or before Shrove Tuesday as marriages were not permitted during Lent. Old people say it is unlucky to get married in the month of May. She heard the following rhyme relating to marriage from old people in the area.

Monday for health, Tuesday for wealth, Wednesday for nothing at all, Thursdays for Losses, Friday for crosses, Saturday for nothing at all.

Match making took place in several houses in the Parish in the early part of the 20th Century. At a wedding the grown bought a barrel of porter and there was singing, dancing and merriment that went on all day and night in the bride’s house. Straw boys with false faces went to where the wedding was being held and demanded money.

Weddings were occasions of a great celebration in the locality. It was important for the father to give his daughter a good “send off” to show the in-laws that his son was not marrying a penniless girl. It was unlucky to change the date of the wedding, to wear green or to get married in a church where there had been a funeral earlier that day or week. Even the weather was seen as an indication of what sort of life would be in store for the newly weds.

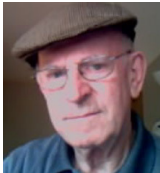
The bride did not go home with her husband on the night of the wedding. The groom came for her some time later in what was known as “the hauling or dragging home”. She was carried across the threshold by her husband by her husband and welcomed into her new home

The morning after, her mother-in-law handed her the tongs as a gesture symbolizing the handing over the control of the hearth of the fire and consequently of the house to her. It was unlucky for the bride to return to her own home for a week after getting married.. *Keash and Culfadda” a local history. Pg. 185.

Irish Marriage Blessing

My God be with you and bless you. May you see your children’s children.

May you be poor in misfortunes and rich in blessings. May you know nothing but happiness from this day onward.



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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Did Oprah author take passages from “Girl in the Italian Bakery”?

Tom Duggan
VALLEY PATRIOT REPORTER

Kenny Tingle, a Lawrence Native and Author of “The Girl in the Italian Bakery” says he never imagined his true story about growing up on the streets of Lawrence would be so successful.

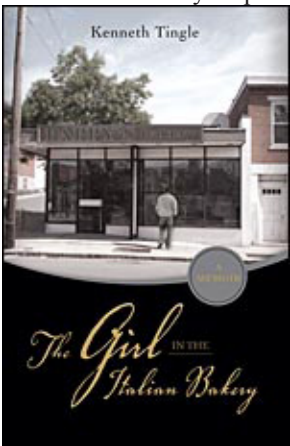
But Tingle’s success, he says, may have led to another author being so enamored with his descriptions of growing up tough in the Merrimack Valley that “passages of my book were used in someone else’s book.”

Tingle sat down with the Valley Patriot last month with both his book and Haverhill Native, Andre Dubus’s book “Townie” which will soon become a movie.

The Valley Patriot was contacted by Dubus’s attorney prior to our publishing this interview and told our Attorney Peter Caruso that the author would not speak to us about the matter. Calls to his publisher also went unanswered. Rather than trying to call back and clear up the matter, strangely enough, Dubus went straight to a lawyer.

VP: So you say that Andre Dubus used passages from your book for “Townie”. Can you give me some examples?”

Tingle: Sure, first let me say that I went out and bought Andre’s book because after a radio interview in Lowell it was recommended to me. I was excited another



local author wrote about growing up in the Valley. But as I went through the book for pure enjoyment, I started to notice similarities. First I brushed it off,” he said. “I mean, we both grew up in this area so, of course there are going to be some similarities, some similar experiences. But the more I read his book, the more it became apparent to me that Dubus was not just sharing similar experiences but the way he phrased those experiences were, in some cases, identical.

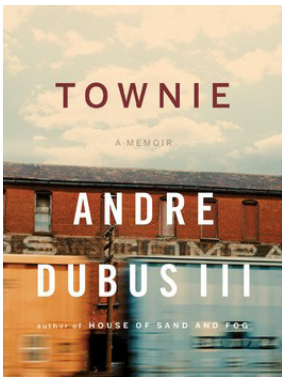
For example, in one passage in my book I talked about a bully whom I gave the fictitious name “Paquette” (pg 23), it was a made up name because I didn’t want to use the guy’s real name. Dubus also, amazingly, had a bully in his book named Paquette (pg 178). Coincidence? Maybe. But in another passage I talked about how my brother fights off a bully with a broom(pg 24) and in his book his sister fights off a bully with a broom(pg 33) . My father “tousled Gary’s hair” (pg 83) he uses the same exact phrase that his father “tousled his hair.”(pg 379) I wrote about Mental Porter (pg 103) a crazy character everyone knew; he has Crazy Jack. (pg 297)

VP: Ok, but these are all similar experiences that a lot of people have. Maybe he just had the same type of

experiences like many people growing up in that time?

Tingle: “And I understand what you are saying Tom, but there are over 30 “similar” experiences, and remember a family friend of his was at my most successful book signing. Sully Erna wrote a memoir about growing up in Lawrence. He is the same age as me and there are almost no similarities. The same goes for Michael McDonalds memoir, All Souls. He is roughly the same age as me, grew up in a housing project like me, and again there are few similarities. Our lives are so unique, there are so many things you can choose to write about. With Dubus’s book, it got to the point where I got out a highlighter to mark the pages where the passages are similar or in some cases exactly the same.

For instance, in my book I talked about a real experience where me and some friends go on a conveyor belt in an abandoned factory and turn on the machines(pg 109). In his book “Townie” he and his friends go on a conveyor belt in an abandon factory and turn on the machines (pg 52). I mean come on? The wording is almost identical. Like I said it’s not just that he was borrowing my experiences, he used almost the same wording I did. There are over 30 “similarities” between the two books. He had the same type of dream I did, can only find the same book in a time of despair,



even a chunk of the last chapter is similar. I don’t know what to do about this, I’m not really interested in hiring a lawyer or anything like that, but I worked very hard on this book. I wrote it from scratch. I didn’t go and read someone else’s book to get ideas about how to phrase things or borrow their experiences. I sat down and wrote about my life. Mr. Dubus, it looks to me anyway, read my book and liked some of what I wrote and used it in his book.

Right now I would just like to sit down with his publisher and show them everything. But they have yet to even respond. And now they are talking about making his book into a movie. I just don’t think that’s right. Hollywood can make whatever movie they like, but if there are parts of my book in the movie we have a problem. If the publisher just takes an hour or so to look at both books as I have pointed out, they will see there are experiences he claims to have that came right out of “The Girl in the Italian Bakery” Here is a strange one: I see the bloated body of a drowning victim (pg 170) and so does he (pg 35) How bizarre is that!

VP: Looking at both books, it seems like there are similarities but wouldn’t you expect that if you picked up any two books of people who lived in the same

LAWRENCE AUTHOR, PAGE 36

Rudeness by the Rude Bridge

Last week I was in Concord for a meeting hosted by Niki Tsongas, our representative in Congress. As the meeting began, someone asked if we could say the “Pledge of Allegiance”. Seemed reasonable to me. We’re in America. We’re meeting with our representative. We’re in a public building. Independence Day is just a few days away. Why not?

Rep. Tsongas agreed. Simple, right?

I was aghast at what happened next. Many of my neighbors registered their opposition to this, loudly and openly. I was, frankly, stunned. Aren’t we all Americans? What’s controversial about this?

Many of us stood, but many refused to stand. Many refused to say the Pledge, standing or sitting. One man, next to me, even sang a song in protest, as his way of showing his disdain for America.

After spending the ten seconds or so reciting the Pledge, we finished and sat down to begin the meeting. No one

acknowledged the incident. It didn’t appear in the newspaper when the article was written.

I don’t know about you, but I’m disappointed in my fellow citizens. Disappointed that they always have to make everything political. Disappointed that we have to force controversy over the simple things in life.

And I’m ashamed. I’m ashamed that visitors to this meeting had to see us at our worst. Ashamed that in Concord, Massachusetts, the place where it all began, the local citizenry would show such disrespect toward Rep. Tsongas, the folks from the Concord Coalition, citizens of Concord, and from all over the Fifth Congressional District.

Even more than ashamed, we should all view this as further evidence that America is sliding further down the slippery slope, away from the principles of our Founding Fathers. Probably further than any of us realized.

Jim Ettwein, Acton, MA

TOWN MEETING: FROM PAGE 6

in increased pension benefits over 25 years. Most unsettling is that about 300 people made the decision, some of whom were teachers and town employees, while 98% of the Town’s residents chose not to attend.

Perhaps there is no way to stop North Andover, along with other communities, from going bankrupt through ignorant, at best, or selfish, at worst, decisions made at Town Meeting and in negotiations by our elected officials and their executives with

employee unions. These poor decisions will further jeopardize the future value of our homes, town services and our children’s education. With the continuing piling up or kicking down the road of hundreds of millions in debt, that has no way of being paid in the future without causing devastation to town and school services or huge property tax increases, the future is bleak, unless you work for the Town of North Andover and aren’t going to be fired to fund these raises.

ELECT

Mike Condon

City Council At Large

METHUEN

PAID FOR BY THE COMMITTEE TO ELECT MIKE CONDON

Local Home Sales Volume Down in May vs. Last Year

Area Home Prices Remain Stable Compared with 2010

(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 sales volume for single family homes, condominiums, and multi-family properties was lower during the month of May compared with May of last year. Year-over-year home sales volume decreases has been the trend for several months, but the report also noted that pending sales — those now under agreement but not yet closed — were up in May for single family homes compared with last May, a dramatic reversal from

the double-digit declines in pending sales compared with the previous year during every other month this year. NEAR’s report is based on data from MLS Property Information Network based in Shrewsbury.

The median sales price for single family homes sold in the local area in May was \$310,000, unchanged from a year ago. The median price for condominiums locally rose by just under one percent compared with last May, to \$172,000. Meanwhile, the median price for multi-family properties sold locally in May dropped by 8.8 percent versus last May, to \$171,500. The median price is the point at

which half the properties sold cost more, and half cost less.

NEAR President Tom Courtney noted that this year’s January through May sales figures should be understood in the context of last spring’s federal home buyer tax credits, provided as an economic stimulus, which dramatically boosted sales in the first several months of 2010. He added that area home sellers are finally much more realistic about pricing their homes to today’s market, but now many would-be buyers need to be more realistic about the prices they expect to pay for a home. “Many of today’s home buyers in our region seem

to believe that home prices have been plummeting locally, when that’s just not the case, and they are losing out on homes that are well-priced to buyers who have a better understanding of home values locally.” Courtney also noted that today’s extremely low mortgage interest rates and ample selection of homes continue to spell tremendous opportunity for well qualified home buyers.

The report also reflected that as of June 15, the inventory of homes for sale locally rose for single family homes and condominiums versus the same date last

LOCAL HOME PRICES, page 32

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5) My Campaign will participate in every debate, forum, panel discussion, town meeting and interview. The voters are entitled to know where I stand on the issues. The voters are entitled to specific and factual answers to their questions and concerns.



PAID FOR BY THE COMMITTEE TO ELECT KEN WILLETTE

TOM DUGGAN'S NOTEBOOK

REP. ADAMS NOT WALKING THE WALK – As much as I like State representative Paul Adams (R) Andover, there have been some troubling signs from the freshman lawmaker over the last few months. First, Adams voted for a bloated state budget that he claimed at a tea party meeting had “spending cuts” in it. But when pressed by the crowd at the North Andover VFW he admitted that what he called cuts in the budget were really cuts in the increase in spending... which means it’s not a cut at all but an increase in spending. An increase that is simply less of an increase than what the Governor originally wanted. Slight of hand? I think so. Republican State Rep. Jim Lyons was the only State Representative who voted against the budget because, he said, “they couldn’t tell me what was in it. I asked my colleagues how much of this massive state budget included services for illegal aliens and they couldn’t tell me. They couldn’t tell me a lot of what was in this budget, so I voted against it as any responsible state lawmaker should.” I guess that leaves Adams, a self proclaimed fiscal conservative, in the governor’s corner on spending your money. But let’s not let the other republican reps. off the hook. Brad Hill, Brad Jones and the rest of the republican reps. also voted for the bloated state budget even though they don’t even know what is in it. If the republican party in Massachusetts is ever going to be successful, spending like drunken sailors (or Democrat Lawmakers) is no way to show the taxpayers they can reign in state spending.

SPEAKING OF ADAMS – When the news hit that a Democrat State Rep. Mark Cusak was supposedly caught having sex in the house chambers on Beacon Hill at 4AM two months ago I made some calls to friends who work at the State House. After speaking to people who were there that evening and some of the principals involved it is perfectly clear to me that

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the media was running with a story with no facts. After my investigation (and as much as I would love to report differently) what happened was ... well, nothing. And while the media was going into overdrive with speculation about the sex that didn’t happen in house chambers, nobody in the media was willing to report who the female aide was because nobody would talk on the record or give her name. That is, until Andover State Rep. Paul Adams outed his own aide to a Trib reporter, throwing her under the bus in a pathetic attempt to take the stink off of himself, because rumors were swirling that it was indeed his aide who was involved. If that wasn’t bad enough, the speaker of the house cleared Rep. Cusak and Adam’s aide of any wrongdoing that night determining that the rumor and media firestorm about the supposed incident simply never happened. Unfortunately, Adams has yet to apologize to his aide and sources in the state house say he has distanced himself from her, utilized free interns and refused to be seen with her in public. I expect a LOT more from a guy I have always thought of as being committed to doing the right thing. It’s bad enough he outed his aide when nobody else would, causing her humiliation in the press and among people in her hometown, but Rep. Adams owes his aide and apology and he needs to stop throwing other people under the bus to save his own ass. As I observe Adams on the hill it appears that he acts more and more like

a democrat every day. He still has a year and a half to turn himself around, but being paranoid of those around him and being self consumed is no way to go about it. This is a very volatile seat in the house and I would hate to see the Democrats take it back next year because Adams can’t get out of his own way. By the way... has anyone seen Paul Adams in Lawrence lately? Because I haven’t!

DEANS LIST - Abigail Massey, daughter of Valley Patriot columnist Danielle Langevin and Scott Massey made dean’s list for the spring semester of 2011 at Westfield State University. She is a social work major who hopes to help families who are dealing with their children’s long term illness. Abigail survived a life threatening tumor as a child and can sympathize with these families. She graduated Methuen High School in 2009 and will be a Resident Assistant in the Courtney Hall Dorm at WSU this coming year. CONGRATs Abigail.

NORTH ANDOVER HIGH FUNDRAISER – The 12th annual Friends of North Andover Football Golf Tournament will be held Monday, July 18th at 8AM (shotgun start) at the Merrimack Valley Golf Club, 210 Howe Street, Methuen. The fundraiser is to support the North Andover high Football program. Registration is from 7-745AM, dinner program starts at 2:30PM at the VFW hall in North Andover. If you are interested in attending the dinner even only the cost is \$25. This event will be held rain or shine and cost \$125 per person or \$500 per foursome. For more info email friendsofnorthandoverfootball@comcast.net

STATE REPRESENTATIVE PAUL ADAMS ANNOUNCES DISTRICT OFFICE HOURS - State Representative Paul Adams has announced that on Monday, July 25th he will hold open office hours from 10:00 a.m. to 11:00 a.m. at the Andover Senior Center located at 36 Bartlet Street, 11:30 a.m.- 12:30 a.m. at the Tewksbury Public Library located at 300 Chandler Street and 1:00 p.m. – 2:00 p.m. in the Frost Room at the Lawrence Public Library located at 51 Lawrence Street. The representative would like to extend an invitation to citizens who wish to meet with him to discuss issues of concern. Any citizen wishing to meet with Rep. Adams or his staff may do so by scheduling an appointment with Diana DiZoglio via email at Diana.DiZoglio@mahouse.gov. The Representative and Diana may also be contacted by phone at 617-722-2800 x 8661. Those persons wishing to correspond by mail may send letters to the office of Representative Paul Adams in Suite 39 at the State House in Boston, MA 02133. Rep. Adams is also available to be contacted directly

via email at Paul.Adams@mahouse.gov. The representative and his staff are fluent in Spanish. Citizens requiring special accommodations to meet with the representative are asked to advise the staff when making an appointment.

Diana DiZoglio, Office of State Representative Paul Adams, 17th Essex House District, Andover, Lawrence, Tewksbury 617-722-2800 x8661 or email: Diana.DiZoglio@mahouse.gov

TEWKSBURY HONORS RETIRING FIRE CHIEF (FROM PAULS ADAM OFFICE) – Last month the town of Tewksbury honored Fire Chief Richard Mackey as he retired after thirty two years of dedicated service to the Commonwealth of Massachusetts. Chief Mackey began his career in April of 1979 as a provisional firefighter and worked his way to Fire Chief in July of 2004. Friends, family and honored guests gathered to thank Chief Mackey for his contribution to the town.

Host Joe Kearns–President of the Local 1967 Firehouse–spoke fondly of Chief Mackey stating, “He was a good chief and more importantly a good person.” Tewksbury legislators also offer their sincerest congratulations. “Chief Mackey has been a tremendous leader for the Tewksbury Fire Department for years and I’ve fully enjoyed working with him,” said Senator Barry Finegold [D-Lawrence]. “Working in public service for 32 years truly shows the Chief’s dedication to helping people in times of need. Thank you, Chief Mackey, for everything you have done for the people of Tewksbury. I wish you the best on your retirement!”

“I’ve enjoyed a close personal relationship with the Mackey’s for more than thirty years. Fire Chief Richard Mackey like his brother former Police Chief John Mackey and their father the late Police Lieutenant Dick Mackey have served the citizens of the Town of Tewksbury with integrity and effectiveness. He has been an outstanding leader of a first class Fire Department. I wish Rick and Val and their children a long and happy retirement, and good luck to their son Brian as he follows in the family tradition”, said Representative James R Miceli [D-Tewksbury-Wilmington]. The event took place at The Tewksbury Country Club.

LAWRENCE CITY COUNCILORS REFUSE TO TAKE PAY CUT – While the Lawrence City Council was going through the budget last month, cutting department line items and trying to trim spending, Councilor Marc LaPlante proposed that city councilors take a 20% pay cut and share the pain that city workers are feeling and save a few bucks. But the council voted against LaPlante’s proposal. Councilor Twomey said he was voting against the pay cut because there was no assurance that the cuts would restore police and firefighters laid off last year. I might point out that those 25 cops and 24 firefighters were cut when Twomey and the rest of the council approved Mayor Lantigua’s 2010- 2011 budget that included those cuts. Councilor Silva said she opposed the pay cut because she “couldn’t afford it”. The City Council makes \$15,000 a year and the council president makes \$17,000 per year not including health benefits, and perks. If they city council is serious about making


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cuts to the budget, (whether or not there is a guarantee that the cuts will restore cops and firefighters) they ought to lead by example and start with them selves before cutting anyone else’s pay or job. But given that this council laid off public safety officials last year and did nothing to ensure their return this year, leadership is not exactly on their priority list.

LAWRENCE - Cameras in city hall toilet paper caper – We learned last month that a man was stealing cases of toilet paper in city hall. And we learned this because Mayor Lantigua has secret cameras all over city hall so he and his cronies can spy on city workers. I am confused as to why there is no outrage among the public that Lantigua has cameras set up so he can watch who is talking to whom in the halls of city hall.

DEFENDING MARK GRAY – When the Spanish language newspaper, “Rumbo” attacked Lawrence School Committeeman Mark Gray last month I read in astonishment that he was being called a racist for posting links on his facebook page about Muslim terrorists. While I try so hard to refrain from disputing all the silly accusations made in the Spanish Language paper, I couldn’t sit this one out if I tried. Mr. Gray may be a lot of things but he is no racist. If posting links to news stories on facebook regarding the real threat of Muslim terrorists makes someone a racist, then all the people at the Wall Street Journal, the Boston Herald, the Lowell Sun and the Eagle Tribune must be racists too. It is clear that when the editors of Rumbo don’t like someone (and they obviously don’t like Mark Gray) they not only twist the truth to make them look bad but they will outright make things up to affect people’s perceptions of that person. Keep up the posts Mark, you are right on track!

MARK GRAY ATTACKS JEN COOPER – Lawrence School Committeeman Mark Gray called for an investigation last month into the inappropriate use of school computers by city employees. At issue is a flier announcing a rally in support of keeping Superintendent Mary Lou Bergeron on the job. Apparently the flier was emailed to school employees on school time by other school employees and Gray wants them all held accountable. And if he had stopped right there, Gray would have hit a home run with the voters of his City. But Gray, never one to quit while he is ahead, went on to attack his campaign rival Jen Cooper and tried to use the issue to make it look like she had done something wrong. Cooper is not a school employee and had nothing to do with the inappropriate use of school computers by school employees and Gray should have known better. That kind of electioneering from the school committee table needs to stop if Gray is



NEWS ITEM: Federal prosecutors close in on Lawrence “Mayo” Willie Lantigua

going to be the one championing strict adherence to school committee rules policies and state laws. For her part, Cooper says she has not yet received an apology from Gray, which, she deserves. This is going to be one of the races to watch in Lawrence come November, as these two are already going at it hot and heavy. “I don’t care about Mark Gray,” Jen Cooper told us when the fake scandal began to be published in the local paper. “I am not running against Mark I am running for a seat on the School Committee, that’s the way I look at it. I don’t have any enemies I’m not a politician like Mr. Gray. I am just a mom with kids in the system and a homeowner in Lawrence.”

MANZI & THE GLCAC – Rumors in the pipeline for the last 6 months have outgoing Methuen Mayor Billy Manzi taking the top job at the Greater Lawrence Community Action Council. And it sounded pretty plausible, but Manzi said he is neither interested nor would he take the job formerly held by Phil Lavarriere, who resigned a few months ago when the Tribune did a series of hit pieces on him. NO word on what Manzi plans on doing when he leaves office in January of next year, but rest assured wherever he ends up he will land on his feet. Quite Frankly I think he ought to be applying for the town managers position in North Andover. He would be a perfect fit! I’d love Billy Manzi to be Town Manager of my hometown! North Andover needs someone with a sense of humor! There are way too many people in this town that take things way too seriously.

HAVERHILL - MAYOR PLEDGES IMPROVEMENTS TO COLUMBUS PARK - Mayor James J. Fiorentini has pledged upgrades to Christopher Columbus Park in Downtown Haverhill. This comes in the wake of some illegal vandalism that occurred in the park last month. The Mayor announced that fencing would be repaired, new benches added and that plans were being drawn up for more picnic areas, improved signage and shaded tables. Columbus Park, located at the corner of Washington Street and Railroad Square, is the host of this year’s ‘Make Some Noise’ free summer concert series and other important civic and cultural events. The City intends to

NOTEBOOK, page 42



Dawn LeClair has joined Michaud Insurance Agency as a Personal Account Representative. Dawn brings with her years of experience as a customer service representative. She entered the insurance business in 1998 as a receptionist at Foy Insurance Agency in Tyngsboro and worked her way up to receive her Property and Casualty Insurance License. In 2002 she

accepted a new position with Landmark Insurance Agency in North Andover as a personal lines agent. In 2006 Landmark Insurance Agency split into two agencies and Dawn stayed with Durso Insurance Agency. In 2009 Durso Insurance Agency changed again to Durso and Jankowski. In the 9 years with that agency, Dawn built a very close and trusting relationship with her clients specializing in personal lines in MA & NH. She hopes to carry on here at Michaud Insurance Agency the same way, by building close relationships making sure that each client has the coverage needed.



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PHOTOS: TOM DUGGAN

Hispanic Week In Lawrence

Another Successful Hispanic Week in Lawrence: Tens of Thousands crowded the Campagnone Common in Lawrence last month for the annual Hispanic Week Celebration (Semana Hispana) for Spanish food, music and fun for the kids. Here are our editors favorite photos from the week long series of events.

Kids Flood North Andover Common for 4th of July Celebration



PHOTOS: TOM DUGGAN



PHOTO: TOM DUGGAN



PHOTO: TOM DUGGAN

.38 Special Off the Streets

Lawrence Police Sgt. Quaglietta holds a .38 Special found in the car of a party-goer on Hillside Avenue last month. Quaglietta shows the gun to Officers Magnon and Cerullo. The officers arrested one of the occupants of the car after asking him who the gun belonged to and he admitted "yeah, it's mines!"

You're Safe with Me!

When people think about police officers they seldom think about men in uniform comforting small children. Earlier this month, Methuen Police Officer Dan O'Connell found a lost little girl during the Beatlejuice concert before the 4th of July fireworks at Methuen High School. It took about 20 minutes for the girls mother to retrieve her. In the meantime, Officer O'Connell kept her busy by talking to her, telling her stories and assuring her that her mom was on the way.



PHOTOS: TOM DUGGAN

Lawrence Firefighters Pat Driscoll and Martin Dallan were given an award of appreciation for their work with the Firefighters Relief Association. Firefighters Eric Zahn and Jimmy Flynn at the memorial service pose with Evan. Max and Alex LaPlante. Jeff Ness Scholarship Recipients, North Andover Firefighter John Weir, his daughter Meghan (who received a scholarship) and his wife Maureen

Lawrence Firefighters Memorial Service: Ness Memorial Scholarship

Jeff Ness Memorial Scholarship Fund - The family, friends and coworkers of the late Jeffrey W. Ness have established a memorial scholarship for seniors in high school who exhibit good moral character in the Merrimack Valley. Jeff Ness was a Lawrence Firefighter for 17 years and mostly worked out of Engine 7 on Park Street in Lawrence. Jeff was killed in a motorcycle accident in 2004. Each year the Lawrence firefighters union, Local 146 gives out a \$500 scholarship to a student entering college the following year. The annual scholarships were presented during the 117th Annual Firefighter's Memorial Sunday mass and breakfast of the Mutual Relief Association. This year's recipients are: Matthew Armano, (Northern Essex), Matther Boes (Bryant University), Brittany Decker (Middlesex Community College), Ryan DeLucia Jr., (UMASS-Lowell), Anne Marie Ferrell, (Columbia College), Amanda Flemming (Mass. College of Liberal Arts), Joe Gallant (Nicholas College), Elizabeth Hajjar (UMASS-Amherst), Michael Hamel, Tyler Lannon (Colby Sawyer College), Lauren Loffredo (UMASS-Amherst), Siobhan Loughlin, Tyler McCarthy (Merrimack College), Lindsay Neel, Ixcia Nelson (Wheelock College), Meghan Pierce, Joshua Sharpe (Great Bay Community College), Meghan Weir (Mass. Maritime Academy).

Washington Tells Tea Party: “Don’t go Away!”

Christine Morabito
MERRIMACK VALLEY TEA PARTY

Senator Marco Rubio’s office has a message for the Tea Party: “Stay active and stay engaged.” This was just one of the many statements of support received by a delegation of Massachusetts Tea Party members during a recent visit to Washington. Our goal was to meet with influential legislators and to deliver petitions, signed by nearly 600 citizens, urging lawmakers to stand firm on reducing the deficit, cutting spending and repealing Obamacare.

We contacted the office of Marco Rubio because of his impressive record of fiscal restraint, the topic du jour in Washington. The senator’s legislative assistant and Director of Outreach, J. R. Sanchez, assured us that Rubio is against raising the debt ceiling without serious cuts to spending. Conservatives understand that this is the only way to have a lasting effect on the massive debt that threatens our nation’s sovereignty. Sanchez, using the example of entitlement reform, said we have 71 different welfare programs costing us two times more than we spend on national defense. His employer, Senator Rubio, also cosigned a bill to repeal the budget busting fiasco called Obamacare.

Our next meeting was with Senator Jim DeMint’s legislative correspondent, James Holland who was very supportive and knowledgeable about the Tea Party. He works for one of the good guys. DeMint is relentless when it comes to standing up to the big spenders in Congress and has been called the “taxpayers’ greatest ally.”

Congressman Darrell Issa’s assistant, Michael O’Neill listened intently as we relayed our appreciation for Issa’s efforts and thanked him for being a watchdog for our tax dollars. Named “Entrepreneur of the Year” in 1994, Issa’s extensive private sector experience provides an excellent



Members of the Merrimack Valley Tea Party visited Congress last month to lobby for the Tea Party Agenda. From left to right: Anita Purcell, Kelly Curran, Marilyn Luther, Jim Ettwein, Congressman Mike Pence, Christine Morabito, Sue Ettwein

example of how the free market can solve many of our nation’s problems, if only it were allowed to operate free of excessive government interference. It is no surprise that Issa has earned a 100 percent rating from the American Conservative Union.

We were overwhelmed by the warm reception we received from every office we visited -- except Senator Harry Reid’s -- we couldn’t help ourselves. We were credited with changing the conversation in Washington and across the country to focus on fiscal responsibility and individual freedoms. We were also thanked for helping to get Scott Brown elected. While that victory remains a source of pride, our delicate relationship with the senator is a subject for another column.

We were looking forward to meeting directly with New York Congressman Peter King. A few days before the trip I received an email from his staff saying he could not keep the appointment

because the House Homeland Security Committee, which he chairs, was meeting with Leon Panetta. It was humbling, but we accepted the fact that maybe we’re not quite as important as the country’s new Secretary of Defense.

King’s legislative assistant, Adam Paulson was kind enough to give us an audience. We shared our concerns about government spending and Obamacare. Paulson gave a summary of Congressman King’s ongoing hearings that expose the threat our country faces at the hands of Muslim extremists. We applauded King’s efforts to assure our safety despite criticism from those who seem to value political correctness over national security.

After a quick lunch we were off to meet with two members of House Speaker John Boehner’s staff. We discussed the perils of Obamacare with

policy expert Emily Porter and the need to do everything in our power to keep the law from being fully implemented in 2014. The things we know about it are bad enough -- thank you Nancy Pelosi. As with any government program, you must consider the unintended consequences of the 2,400 page monstrosity.

Boehner’s staffer, Cindy Herrle discussed the ongoing battle over raising the debt ceiling. While Boehner has been criticized for compromising on certain issues, things are not always as they appear. He wants people to know that there is a strategy behind his decisions. Herrle compared it to a chess game. As chess players know, sometimes you have to sacrifice the Queen. Boehner’s staff said he has indeed been making cuts, and while some are small, the programs being cut are “unprecedented.”

On behalf of Congressman Pete Sessions, we sat down with Mike Bober, Coalitions Director of the National Republican Congressional Committee. He confessed that

TEA PARTY, page 30

Lobbying for the Tea Party

Christen Varley
TEA PARTY ORGANIZER/ACTIVIST

When we hear the word “lobbyist”, we cringe. We envision lawyers in \$5000 suits cruising Washington in foreign luxury cars paid for with million dollar rewards for creating new and inefficient ways of spending our tax dollars. Lobbying is a bad word. We tea party activists need to turn the world of lobbying on its head and take back control of our government.

As tea party activists, we entered the world of grassroots politics as angry voters and taxpayers that were appalled at the actions of our Federal government. We marched, protested, rallied, wrote letters, and recruited friends and family. We then ran for office, ran campaigns, volunteered, donated, and voted. We read, watched, listened, called in and ranted. The next step is formal, organized lobbying.

lobby : to conduct activities aimed at influencing public officials and especially members of a legislative body on legislation

Lobbying comes naturally to tea party activists. Is there anything we like to do more than share our considerable opinions on the role of and limitations on government? Unfortunately, we are quite often speaking to each other. We need to be speaking to our legislators.

The art of lobbying is a skill that must be learned. Whether we like their politics or not they are elected officials and therefore should be treated with respect. Yes, even the ones that vote to increase

our taxes or mandate we buy health insurance. Fortunately, it does not take a law degree (or a \$5000 suit) to convey the common sense message of the tea party – adhere to the constitution and things will work out just fine.

Lobbying should be done at all levels of government. We lobby our town officials when we run into them at the library or coffee shop. We may not recognize it as lobbying but when you ask a Finance Committee member how the budget talks are going and then offer your opinion as to how those talks should go, you’ve just lobbied. If you write a letter or make a call to your State Rep’s office, you’ve lobbied. Emailing Congressional members is lobbying. And these are all effective tools. But ask yourself, which is the most effective? The letter? The phone call? The email? It’s the personal connection you make with someone when you have a conversation that can really win them over.

To lobby effectively, one needs facts. It is preferable if you can whittle your position down to three points. Make them points that are attractive to the legislator. “Because I think it’s best” is not an argument; “it will decrease costs to the state” is. Also helpful is a story that illustrates your perspective on the piece of legislation you are lobbying for or against. How does or will the legislation affect your town, business, school, neighborhood, etc? Most importantly, you should be able to deliver your position, including a brief description of



the legislation, in three minutes. This leaves time, in a 7-10 minute meeting, for a conversation.

Go to the official’s office. Call and make an appointment, say why you are coming and then be on time and pleasant when arriving. Dress professionally. Bring along a letter that puts in writing what you are going to say. If possible, go with a small group that will advocate the same position or bring other testimonial letters. If you make an appointment with a State or Federal legislator and end up meeting with an aide, do not be discouraged. This is standard. The aide is a trusted source of information to the legislator. If you can win over the aide, you can win over, most of the time, the legislator. And winning people over to our side is the mission.

As I stated at the top, it is time for Tea Party activists to take the next step and organize their lobbying efforts. In that vein, the Greater Boston Tea Party has scheduled a Lobby Day event at the Massachusetts Statehouse to coincide with the 2011 Constitutional Convention. It is crucial that tea party activists show their strength to our state legislators. Gathering together at one time and collectively advocating the same common sense positions sends a powerful message to Beacon Hill. The other side does it and it works for them. Our positions are smarter and better for all – we just need to lobby for them.

Consider this your formal invitation attend the first ever Tea Party Activist Lobby Day at the Massachusetts Statehouse on Wednesday, July 13. Please send an email to rsvp@greaterbostonteaparty.com to reserve your spot.

The Caylee Anthony tragedy and hypocrisy

Paul Murano
VALLEY PATRIOT COLUMNIST

We have all been inundated lately with media coverage of the Casey Anthony murder trial, which centered on a young woman, Casey, who allegedly killed her 2 year old child Caylee. In the end she was found not guilty, but the court of public opinion may not be convinced.

Regardless, let's ponder a little as to why this case is so tragic. The worst part of murder is not the way the killing is performed or whether there is momentary horror or pain in the victim preceding it, as terrible as these things are. The worst element in the taking of a life is the grave injustice of robbing an innocent human being of their entire future. Every person has a right to live out their future, an inalienable right according to natural law and the constitution, and the grave injustice of robbing someone of theirs is magnified by the countless ways the deceased would have impacted others had her life not been interfered with. Directly affected are the family and friends of the deceased, her potential future friends and co-workers that will never know her, her potential spouse that will never meet her, and her future potential children that will never exist. Society itself will be diminished by the absence of her contribution to the human family. This is the great unspoken tragedy of murder, especially of a child.

According to the prosecution Casey's motives included the following:

- * She wanted to be free from responsibility to continue a party lifestyle
- * The child would get in the way of her pursuing her dreams
- * Her boyfriend was not supportive



* She would not be a good mother
Whether or not any or all of these motives apply, we must not be afraid to look at the obvious great hypocrisy of our time: If Casey Anthony had killed Caylee two years earlier for the same reasons no media would have covered it and virtually no one would have cared

about Caylee's death. The same Caylee would have been killed, her entire future robbed of her, but she would have just been a statistic like her 1.2 million peers each year whose futures are wiped out by abortion, greatly affecting the world they leave behind. The truth is that if Casey Anthony was found guilty she may have received the death penalty, but if she had killed Caylee two years earlier while still maturing in her womb most people would have called it Casey's "right" and paid no attention at all to Caylee's death. Same Caylee, same motives, same result that her entire future is wiped out, yet no fanfare and no social or legal consequence.

In reality, as sick or twisted as Casey Anthony might be, her daughter had the opportunity to live out two years of her life. Very unjust, but two precious years more than 60 million American children in utero who never even got that opportunity.

What does it say about justice when 4000 human beings 30 months younger than Caylee are being killed before birth each day, robbing them of their entire futures and us of their presence, while no legal or social consequence is rendered? Of course the women eventually suffer from post-abortion syndrome, but their moral accomplices who encourage or even coerce them and the abortionists who makes money off them also have no

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Ye Gay Ol' Valley

Lesbian Soup

D. B. Langevin
VALLEY PATRIOT LESBIAN COLUMNIST

Summer is here! Let the grilling and bon fires begin and the mojitos flow. I love summer for several reasons: I am free from my teaching gig and I get to golf almost as much as I want to, but most of all I get to see my friends more. We are a big pile of middle aged lesbians who haven't forgotten how to let the good times roll. So, what is it that lesbians do in the summer?

One favorite activity in the lesbian community is going to concerts. I'm not a big fan. I don't like crowds. Going to a concert that attracts lesbians, however, is always interesting for people watching. You've got the young baby dykes scoping out who they can scoop and then there are the couples. I like looking to see who is paired up. Usually they're predictable, look alike, really. These are women who have been together so long they look like they were birthed from the same parents. However, there are always some surprises like the heavy duty bull dyke coupled with a gorgeous lipstick lesbian. How does that happen?

Interested in some typical lesbian concerts? K.D. Lang is coming to the South Shore Music Theatre in Cohasset on Saturday, July 9 and will be at the Cape Cod Melody Tent in Hyannis the following night. I love her voice. It's soft and silky and rolls over you like a warm breeze. I'm always amazed to hear such a beautiful voice come out of a woman whose attractiveness remains more than just a bit questionable. However, when she sings, she's just about the sexiest



woman around.
Melissa Etheridge is a lesbian favorite. One woman in our group simply refers to her as 'Melissa' and speaks of her as if the two have been friends for years. That irks me. Etheridge will be coming to the Hampton Beach Casino August 8.

My wife and I have spoken about going to this concert, but we'll be in Colonial Williamsburg on a golf vacation. I've seen her before. I enjoy her concerts, but would prefer to go see the comedian, Lisa Lampanelli, one of the raunchiest and funniest female comedians around. Nothing is sacred to this woman. She'll be at the Casino on July 29.

My wife, Michelle, and I like to golf as does our closest other lesbian couple, Sandy and Aileen. We have known them for about ten years now and met them at another favorite summer activity of lesbians – a cookout. This one was hosted by a woman we no longer associate with. She's a well meaning woman, but, as I find many middle aged lesbians are, has yet to get herself out of the eighties in regards to her hairstyle, clothing and maturity. She gravitates towards dramatic and abusive women and I couldn't stand watching her go back for more every single time. She blew the relationship with the one woman who treated her well. That was the last straw for me.

Michelle instantly saw something in Sandy and Aileen and whispered to me, "We need to get in with them." And we did. By the end of that first cookout we had been invited to their Fourth of July party a week later. It was love at first sight. Despite the fact that Michelle and

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Accusation that Voter ID Is Racist Demeans Blacks

Dennis Prager
SYNDICATED COLUMNIST

While dining out last week, I periodically looked up at one of the television monitors to see the score of the first game of the NBA finals. As there was no sound on to interrupt diners' conversations, the monitor was in caption mode: One could read rather than hear the words spoken. At the conclusion of the game, an announcer was interviewing a member of the victorious Miami Heat players. I saw from the captions the player saying the words "they isn't."

Closed captions display the words spoken. They don't correct for poor grammar.

All I could think was: How can a grown man in America today say "they isn't" rather than "they aren't"?

First, how is it possible for anyone to graduate an American elementary school,

not to mention a high school or, most incredibly, attend college, and leave with an inability to conjugate the verb "to be"?

Second, has anyone — a parent or another relative, a teacher, a friend, a coach — in that player's life ever corrected his grammar?

I assume that the answer to the second question is "No."

And I assume that the answers to both questions are related: The left, which dominates our culture and educational institutions, has too often lowered standards for black Americans. Even worse, it has declared that if you are black, "they isn't" is not only not to be corrected, but many in academia have declared it an acceptable form of English, i.e., Ebonics, or Black English.

It doesn't end.
I saw "they isn't" the same week the Democrats and others on the left virtually

unanimously condemned all Republican attempts in state legislatures to pass legislation requiring voters to show a photo ID. The Democrats labeled it a means of "disenfranchising" blacks. Many Democrats compared it to Jim Crow laws.

"Jim Crow, move over — the Wisconsin Republicans have taken your place," charged Wisconsin Democratic State Sen. Bob Jauch, referring to his state's new voter ID law.

It is hard to imagine a more demeaning statement about black America than labeling demands that all voters show a photo ID anti-black.

This is easily demonstrated. Imagine if some Democratic politician had announced that demanding a photo ID at the voting booth was an attempt to keep Jewish Americans from voting. No one would understand what the person was talking about. But why not? Jews vote almost as lopsidedly Democrat as do blacks. So why weren't Jews included in liberal objections to voter ID laws?

We all know the answer. Jews are generally considered intelligent and therefore no one would assume that obtaining a photo ID was demanding too much of even poor Jews (yes, there are poor Jews).

Therefore, one can only infer that the argument that demanding photo ID for

voting will disenfranchise many blacks suggests that many blacks lack the capacity to obtain a photo ID.


If that is not a legitimate inference, then only one other inference is possible: The argument is made solely in order to score political points by portraying black Americans as victims of Republican racism. Of course, that argument simply takes us back to the original question: Why does requiring a photo ID to vote prevent blacks from voting?

It is, however, effective. Calling Republicans racist has worked for half a century and will not be abandoned until it is universally recognized as the libel that it is.

What we have in both instances — the poor grammar that too many blacks use and the argument that demanding a photo ID is too hard on blacks — is not Republican racism. What we have are two more examples of the destructive consequences of leftist policies on black America.


It is difficult to overstate the negative impact making lesser demands on individuals, especially members of select groups, has on them. The message is as clear as day: We expect less of you. Why? Because we think less of you.

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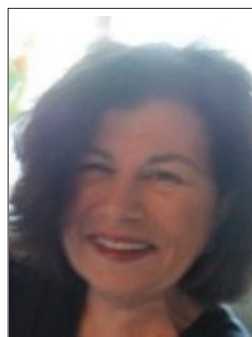


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THE DOCTOR IS **IN**

Understanding Osteoarthritis...

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

Osteoarthritis is a type of arthritis that is caused by the breakdown and eventual loss of the cartilage of one or more joints.

Cartilage is a protein substance that serves as a “cushion” between the bones of the joints.

Osteoarthritis affects nearly 27 million people in the United States, accounting for 25% of visits to primary care physicians. It is estimated that 80% of the population have radiographic evidence of OA by age 65, although only 60% of those will have symptoms.

In the United States, hospitalizations for osteoarthritis increased from 322,000 in 1993 to 735,000 in 2006. In the United States, all races appear equally affected.

Osteoarthritis occurs more frequently as we age. Before age 45, osteoarthritis occurs more frequently in males. After 55 years of age, it occurs more frequently in females.

A higher incidence of osteoarthritis exists in the Japanese population, while South-African blacks, East Indians, and Southern Chinese have lower rates.

Osteoarthritis commonly affects the hands, feet, spine, and large weight-bearing joints, such as the hips and knees. Most cases of osteoarthritis have no known cause and are referred to as primary osteoarthritis. When the cause of the osteoarthritis is known, the condition is referred to as secondary osteoarthritis.

Osteoarthritis is sometimes abbreviated OA.

What causes osteoarthritis?

Primary osteoarthritis is mostly related to aging. With aging, the water content of the cartilage increases, and the protein makeup of cartilage degenerates. Eventually, cartilage begins to degenerate by flaking or forming tiny crevasses. In advanced cases, there is a total loss of cartilage cushion between the bones of the



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!

joints. Repetitive use of the worn joints over the years can irritate and inflame the cartilage, causing joint pain and swelling. Loss of the cartilage cushion causes friction between the bones, leading to pain and limitation of joint mobility. Inflammation of the cartilage can also stimulate new bone outgrowths (spurs, also referred to as osteophytes) to form around the joints. Osteoarthritis occasionally can develop in multiple members of the same family, implying a hereditary (genetic) basis for this condition.

Secondary osteoarthritis is caused by another disease or condition. Conditions that can lead to secondary osteoarthritis include obesity, repeated trauma or surgery to the joint structures, abnormal joints at birth (congenital abnormalities), gout, diabetes, and other hormone disorders.

What are osteoarthritis symptoms?

The main symptom is pain, causing loss of ability and often stiffness. “Pain” is generally described as a sharp ache, or a burning sensation in the associate muscles and tendons. OA can cause a crackling noise (called “crepitus”) when the affected joint is moved or touched, and patients may experience muscle spasm and

contractions in the tendons. Occasionally, the joints may also be filled with fluid. Humid and cold weather increases the pain in many patients.

OA commonly affects the hands, feet, spine, and the large weight bearing joints, such as the hips and knees, although in theory, any joint in the body can be affected. As OA progresses, the affected joints appear larger, are stiff and painful, and usually feel worse, the more they are used throughout the day, thus distinguishing it from rheumatoid arthritis.

In smaller joints, such as at the fingers, hard bony enlargements, called Heberden’s nodes (on the distal interphalangeal joints) and/or Bouchard’s nodes (on the proximal interphalangeal joints), may form, and though they are not necessarily painful, they do limit the movement of the fingers significantly. OA at the toes leads to the formation of bunions, rendering them red or swollen. Some people notice these physical changes before they experience any pain.

OA is the most common cause of joint effusion, sometimes called water on the knee in lay terms, an accumulation of

excess fluid in or around the knee joint.

Heberden’s nodes may form in osteoarthritis

How is osteoarthritis diagnosed?

There is no blood test for the diagnosis of osteoarthritis. Blood tests are performed to exclude diseases that can cause secondary osteoarthritis, as well as to exclude other arthritis conditions that can mimic osteoarthritis.

X-rays of the affected joints can suggest osteoarthritis. The common X-ray findings of osteoarthritis include loss of joint cartilage, narrowing of the joint space between adjacent bones, and bone spur formation. Simple X-ray testing can be very helpful to exclude other causes of pain in a particular joint as well as assist in decision making as to when surgical intervention should be considered.

Primary osteoarthritis of the left knee.

Arthrocentesis is often performed in the doctor’s office. During arthrocentesis, a sterile needle is used to remove joint fluid for analysis. Joint fluid analysis is useful in excluding gout, infection, and other causes of arthritis. Removal of joint fluid and injection of corticosteroids into the joints during arthrocentesis can help relieve pain, swelling, and inflammation.

Arthroscopy is a surgical technique whereby a doctor inserts a viewing tube into the joint space. Abnormalities of and damage to the cartilage and ligaments can be detected and sometimes repaired through the arthroscope. If successful, patients can recover from the arthroscopic surgery much more quickly than from open joint surgery.

Finally, a careful analysis of the location, duration, and character of the joint symptoms and the appearance of the joints helps the doctor in diagnosing osteoarthritis. Bony enlargement of the joints from spur formations is characteristic

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Blaire House of Tewksbury A Continuum of Care Facility

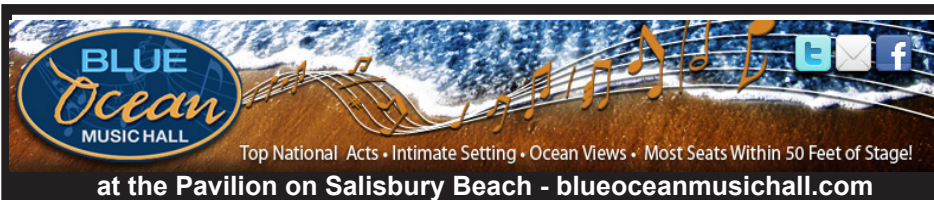
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Thurs., July 28, 8pm – LITTLE FEAT (\$32.50)
Fri., July 29, 8pm – FAITHFULLY: A JOURNEY TRIBUTE (\$22.50)
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Know the “TRUE” Blood Sugar, Blood Glucose Ranges!

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

From a medical standpoint, normal blood glucose levels have a broad range of 70 to 105, while functional or optimal blood glucose level ranges are 85 to 99. According to the American Diabetic Association, a blood sugar level reading of 106 to 126 is termed “insulin resistance” or “pre-diabetes,” and anything above a reading of 127 is diabetes.

Granted, those are fasting blood glucose levels and it is important to note that because many times I will see patients who have been tested and I’ll ask them if they’ve fasted before their test and they will tell me, “No.” You need at least a 12-hour fast, which means absolutely no food, no drinking orange juice or coffee or anything! All that you should have is just water for 12 hours before your test, so you can get an accurate reading of your blood glucose levels.

Supporting hypothyroidism is futile if your blood sugar level is too high or too low.

A reading below 85 would be termed hypoglycemia and a reading above 99 would be termed hyperglycemia. This is called dysglycemia and this is a stepping-stone to diabetes. Diabetes is becoming so prevalent in the United States that authorities are predicting that it may bankrupt the healthcare system.

Hypoglycemia is a condition in which the blood sugar level repeatedly drops too low in response to high carbohydrate foods. Refined sugar is a good example of a high carbohydrate food. Hypoglycemia can also be a result of going too long without eating; and too many Americans are skipping breakfast.

It’s important if your blood sugar is below 85 that you eat every two to three hours. You should have a breakfast, a snack, lunch, a snack, dinner and a light snack before bedtime. The snack can be vegetables, fruit, nuts, and/or seeds but it SHOULD be something healthy.

Insulin resistance is high blood sugar that hasn’t yet reached the point of diabetes. It’s

called “pre-diabetes” and is a result of the cells becoming resistant to insulin, so that no glucose can enter the cell to make energy.

You need glucose in your cells to make energy. It’s a vital, important part of life. Your brain and nervous system need two things to survive: fuel and activation. Fuel is oxygen and glucose. You see glucose travels in the blood stream until it’s turned into triglycerides for fat storage.

This is why it’s important to monitor triglycerides as well as glucose. The process of turning glucose into triglycerides demands an increased amount of energy causing you to feel tired after eating. So when you are eating a high- carbohydrate diet filled with white bread, pasta, and refined sugar, you cannot keep you blood sugar level stable.

If you feel sleepy or you crave sugar after eating, you know you just ate way too many carbohydrates. If you feel sleepy after a low- or no-carbohydrate meal, you are most likely insulin resistant.

It is literally impossible to support hypoglycemia or insulin resistance unless you eat a healthy breakfast with ample high-quality protein. You need to eat protein in the morning, not carbohydrates. You need to eat eggs, you need to eat lean meat such as turkey or chicken sausage. You need to eat protein in order to support your blood sugar levels.

Even if you feel nauseous first thing in the morning upon waking, eating breakfast is critical and eating a breakfast of high protein will most likely relieve your nausea. Finally, if you have hypoglycemia you should NEVER fast. It will make matters much worse!



Dr. Jin Sung is a chiropractor and the owner of Functional Chiropractic, Inc. He treats patients both neurologically and metabolically to achieve the best outcome. 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

I remember when my food addiction and eating disorder began. I was twelve years old. My mother was leaving for an extended stay in the hospital. The day she left for the hospital, I was scared and felt vulnerable and alone. The moment she walked out the door, I went to the kitchen and looked into the refrigerator. I thought to myself “there is no one here to stop me from eating or drinking whatever I want”. I popped open a bottle of RC cola and tore open a bag of chocolate chip cookies. I ate until I threw up.

I have a photo taken of me before my mom died. I also have one taken after. The difference is astonishing. When my mother was alive, I was thin and very active. I was always outside and only ate when I was hungry. With her not around, I was always indoors and ate all the time. I was never satisfied. I was never secure. I was longing for comfort.

Since that time in my life, I have struggled with my weight. I have never been formally diagnosed with an eating disorder but I have done enough research to know that how I manage my dietary intake of food has not always been healthy.

On my 41st birthday, I weighed myself for the first time in a very long time. For years I had ignored what was happening. I had been gaining weight and never looking in the mirror. I never paid attention. I didn’t want to see what I had been doing to myself. I was not shocked at the number on the scale. I was sad. I knew how I had gotten so heavy. I knew what the reasons behind my extreme weight gain were. On that day, I decided that forty-one years of having an unhealthy attitude toward and



“relationship” with food was enough. I went online and calculated my BMI and BMR and came up with a food plan. I had tried several other times to lose weight using many different methods. I knew that the easier my plan was, the better my results would be. I found some healthy breakfast, lunch and dinner items. I ate three meals a day. Once a month I weighed myself, took and posted a photo of myself to Facebook. And then I ate a piece of dark chocolate. It was my reward!

My goal was to lose 75 pounds by my next birthday. I reached that target to the ounce! I weighed myself in the morning of my 42nd birthday and I had lost exactly 75 pounds.

It has been over a year since that day and the news is not all good. I have gained back 18 pounds. I did, however, expect that to happen and I have not gone back to my old way of thinking about myself and food. I am aware. I

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TEA PARTY: FROM PAGE 26

he and his fellow Republicans in Congress tend to write off Massachusetts due to its ultra-liberal reputation. We managed to impress him with our group’s dedication and he promised to give our state a second look when it comes to recruiting and promoting candidates.

While delivering petitions in the Cannon House Office Building, one of our members recognized conservative superstar, Congressman Mike Pence speaking with folks outside his office. We found him to be incredibly gracious and generous with his time. He thanked us for making the journey and wished us luck back home.

We left Washington with a renewed enthusiasm for the challenging job we face here in Massachusetts (I personally came away with a few blisters and a new appreciation for comfortable shoes). Kelly Curran, a Greater Lowell Tea Party

member shared her impressions after the trip: “I would encourage the Tea Parties to stay active. Although we may not see results day to day, little by little we are all making a difference.”

J.R. Sanchez’s words will forever haunt us: “My biggest fear is that the Tea Party will go away.” We assured him that the Tea Party is alive and well in and living in Massachusetts!

Please join our next Merrimack Valley Tea Party meeting:

Featured Speaker: Jeff Jacoby of the Boston Globe

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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

It has been an *OUTRAGEOUSLY* Memorable and Spectacular past three months at our company, American Training! And I want to share with you some of those very special moments so you can appreciate the accomplishments of some of our dedicated Colleagues, Guests and Students.

Most important, I hope this bit of **WOW!** insight will give you the encouragement and confidence to look inward and recognize that you too have the inner "tools" already there to help you make your own mark in this life beginning today. All you have to do is TRY.

LARE GED Graduation Brings Out the Best In Young Parents and More as Celebration goes Viral.

Success is never easy. That is a lesson every person Living the **WOW!** learns pretty quickly once they embark on making a better life for themselves. It is important to realize that it is in that hard work that you come to recognize and appreciate how valuable you really are. That hard work forces you to reach deep within yourself to bring to the surface every natural talent and ability you have. Some you didn't even know existed!

Our motivated and dedicated Young Parents are examples of people ready and willing to make a better life for themselves and their child. They certainly face challenges. Getting up early despite knowing friends are still in bed wasting their lives away. Raising a child through good example

while others go about freely with no responsibility. Spending evenings and weekends studying while others are out partying.

All these choices were made knowing full well that although it would not be easy, there would be the **WOW!** of a GED Diploma waiting at the end. An achievement above and beyond what anyone else in their family had ever accomplished.

And each and every Graduate, in their own unique way, overcame barriers and periodic discouragement to reach their goals. They graduated with GED in hand. Better than they ever thought they were.

Taking Graduation viral? Oh, you bet. That is how far our Teachers and Counselors will go to make LARE Graduation outrageously memorable.

Nothing tells the story like seeing it for yourself. Go to YouTube. com and search for American Training's Graduation. And get ready for a knockout performance by the WOWzers! A graduation more memorable than you have ever seen before.

Turn your nose up when you hear the word, "No!" I have proof that the words, "Yes, I can!", can steer you toward a spectacular WOW!

I watched in awe. Even after 32 years of seeing it all. His name was called and with all his strength and determination our Graduate forced his limbs to lead the way to the stage where he carefully climbed those three stairs. Nothing, not even those stairs were going to stop Alfredo from personally accepting his

Graduation Certificate.

I turned to see his Dad's reaction. With tears in his eyes, I knew just how he felt. He was a Dad who could not have been more proud. Here was his son who set a goal, pursued it and reached it despite potential setbacks that would challenge any lesser person. But Alfredo knew he had something deep inside that would help him succeed and with his Teachers and Counselors help, both at Lawrence High School and at our StarWorks Family, he made substantial progress toward Living the **WOW!** And so did the 22 other Graduates with disabilities who joined him that June evening. Proving once again, they were better than they ever thought they were.

Discovering hidden talents is not just for our Guests and Students. Our Colleagues also regularly rise beyond expectations to make special moments outrageously memorable. In other words, a **WOW!**

Our Business Awards Breakfast in May is our unique way of recognizing our Business Partner's involvement with our company. Without them our work becomes nearly impossible to be as effective as it is.

And our Colleagues take things beyond expectations to produce full scale productions to entertain and thank our Partners. They make every event a **WOW!** This year's Discover Disney Breakfast greeted attendees with Disney Characters and "Hollywood" entertainment. All made possible by Colleagues who were far better than even they thought they were.

How far are YOU willing to go

... willing to walk to make your life a WOW!? To realize how good you really are?

One last outrageously memorable **WOW!** One that should encourage YOU to go the extra mile and begin Living the **WOW!** yourself. Once you realize how good you really are.

At LARE's GED Graduation, one Student could not be accounted for. Teachers and Students began looking for Maria. The assumption was eventually made that she just couldn't make it.

But, wait! Looking out the window and across the parking lot we could see a drenched figure pushing a baby stroller. There she was! It was Maria. Walking from the other side of South Lawrence, all the way to the Elks Hall on Andover Street. In the pouring rain. And pushing her child in a stroller. Both covered in rain gear attempting to keep dry. Under no condition was Maria or her daughter going to miss Mommy's Graduation. She had worked too hard and accomplished too much to let this night pass by.



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 Five Worst Ideas in Massachusetts Government Policy Today

Jamison Tomasek
VALLEY PATRIOT COLUMNIST

These ideas have come from either the Patrick Administration or the Legislature.

Changing the current flat state income tax to a “graduated” or “progressive” income tax. We currently have a flat tax of 5.3% and if you make \$50K, you pay close to \$2,650 to the state. The idea is to make state taxes like your federal taxes. The percentage increases the more money you make, which are called “brackets.” This takes money from higher earning individuals and gives the state more money to spend.

It ultimately takes money from people who work hard and people who have businesses, etc. Higher wage earners are already paying more federal taxes and

more state income tax on investments (and at 12%), and more property taxes, sales taxes, excise taxes, and meals taxes than the average person.

Commuter chips/Increasing the gasoline tax. That’s right “commuter.” The Patrick administration floated a proposal that a computer chip in your car could give information to the state to determine your miles driven and then you would pay a fee, like in Europe where some governments take the distance from your home to work, do a calculation and then charge you a commuter tax. The state government knows that as gas prices rise and more fuel efficient cars are bought, overall consumption goes down, and so do gas tax receipts. Also electric cars will not pay gas taxes. While there is a real need

for road repair in this state, the \$100K/ year parking attendants (Logan) and the \$100K bus drivers (MBTA) give us no reason to think that taxes, even directed at transportation, will result in better roads, trains, or anything else.

Benefits for people here illegally. Estimates run into the tens of millions of dollars in state benefit costs already for illegals because there is no check of residency. The human service provider bureaucracy, working for government and nonprofits, are close to this group (illegals) for a variety of reasons. The Patrick Administration and the rest of the Democrats count them as part of their political base, so they act like illegals are a disadvantaged group, rather than people committing a crime (being here illegally). Not implementing

the Secure Communities program is part of this pandering.

Allowing local government to increase meals and room taxes. Travel to New York City to see a noticeably large city tax on everything. Maybe our local towns don’t have the draw of the Big Apple, but the hotels up on River Road in Andover get a lot of corporate traffic from the businesses based in the area. These things start out small and grow. “It’s only a few pennies on the bill” turns into “only a couple dollars” and pretty soon it’s 15% (like NYC). Sure local towns need revenue, what town or city doesn’t always want more money? Now that the legislature has seen that these local initiatives pass relatively easily (except in North Andover!) they

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The Workings of the Massachusetts State Budget

SENATOR STEVE BADDOUR

One of the first things I did when I was elected to the State Senate in 2002 was to examine the state’s budget, line -tem by line-item. It was an eye opening experience. I could not believe how much of our state’s spending was simply determined by what had been done the year before. It wasn’t necessarily based on need or outcome or results but simply because “that’s what we did last year.”

I was really surprised at how distorted the Commonwealth’s budgeting process had become. In many ways, it was like a frightening version of the “telephone game,” where our initial intention – though it might have been a worthy one at the time – was distorted into something unrecognizable and unintended.

I was struck that it was virtually impossible to read the budget and clearly

understand what a particular Agency’s goals and priorities were and whether our state spending was aligned with that mission. It occurred to me that there had to be a better way to ensure that taxpayer money was being spent on worthy programs that delivered on what they promised and mirrored the state’s mission. One of those ways is to employ a zero-based budgeting process.

Zero-based budgeting (ZBB) is a technique that creates a budget based on a bottom up assessment of the services we want to provide, to whom they must be delivered and what this process will cost. It does not appropriate funds simply based on the previous year’s level. In other words, you start at zero and see how much it actually costs to do the job. A



zero-based budget allows us to properly assess and prioritize state spending. It also arms legislators with the information needed to identify real opportunities for cost savings as well as shed light on areas that may be truly under-funded and adjust our spending in order to meet our mutual goals.

To me, this is a commonsense way to re-organize government spending. I believe in it so much that I, along with Senator Bruce Tarr (R-Gloucester), have co-filed a Zero-Based Budget Bill every year since. I am proud to say that our idea was key provision included in the final version of last month’s Senate finance reform bill aimed at modernizing and improving the efficiency of state government.

In fact, the requirement to utilize a zero-

based budget was adopted unanimously by a vote of 38-0. The move away from “maintenance” based budgeting towards real, performance based budgeting will fundamentally change the way state government functions from the ground up. By requiring that our agencies be data driven and regularly evaluated, we will more easily determine our productivity, success and failures as well as make government more accessible and accountable to the people.

Zero-based budgeting doesn’t dictate what the size or role of government should be – instead it helps ensure that the spending priorities that are agreed upon are clearly understood and monitors that our goals are being met. I think that’s something we can all agree is needed.

FROM 21: Local Home Prices Slow in May

year — up to 1,793 single family homes and 682 condominiums, compared with 1,552 singles and 662 condos last year. The number of multi-family properties for sale, however, basically remained flat, decreasing by one property to 226 properties for sale. Despite continued increases for single family homes and condominiums, 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 in comparison with last May for single family homes and condominiums, but dropped for multi-family properties. Average days on market for single family homes sold in May rose to 116 days, compared with an average of 97 days last May, and the average days for condominiums to sell rose to 127 days compared with 118 days last year. The average days on market for multi-family properties declined to an average of 79 days in May, a decrease of 14.1 percent

from last May’s average of 92 days. Since the previous month, however, average days on market dropped for single family homes from 128 days to 116 days, rose for condominiums from 124 to 127 days, and dropped substantially for multi-family properties from 109 days in April to 79 days in May.

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.

May 2011 vs. May 2010	# Sold May 2010	# Sold May 2011	Yr over Year Change	Median Price May 2010	Median Price May 2011	Yr over Year Change	Avg. DoM May 2010	Avg. DoM May 2011	Yr over Year Change
Single Family	288	225	-21.9%	310,000	\$310,000	0.0%	97	116	19.6%
Condo	113	62	-45.1%	171,000	172,000	0.6%	118	127	7.6%
Multi Family	65	59	-9.2%	188,000	171,500	-8.8%	92	79	-14.1%

May 2011 vs. April 2011	# Sold April 2011	# Sold May 2011	Mo over Month Change	Median Price April 2011	Median Price May 2011	Mo over Month Change	Avg. DoM April 2011	Avg. DoM May 2011	Mo over Month Change
Single Family	184	225	22.3%	\$269,950	\$310,000	14.8%	128	116	-9.4%
Condo	87	62	-28.7%	180,000	172,000	-4.4%	124	127	2.4%
Multi Family	38	59	55.3%	182,500	171,500	-6.0%	109	79	-27.5%

Year-to-date Jan – May	# 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	1,012	834	-17.6%	\$302,500	\$290,000	-4.1%	109	127	16.5%
Condo	450	344	-23.6%	171,000	175,000	2.3%	124	133	7.3%
Multi Family	253	209	-17.4%	179,900	175,000	-2.7%	87	91	4.6%

NEAR Territory	Andover, Billerica, Boxford, Carlisle, Chelmsford, Dracut, Dunstable, Lawrence, Littleton, Lowell, Methuen, North Andover, Tewksbury, Tyngsboro, Westford.
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The New Hampshire Age 75 Senior Retest And More: Part II

WHAT WILL THE FUTURE LOOK LIKE FOR SENIOR DRIVERS IN NEW HAMPSHIRE?

I now turned the next part of my interview with New Hampshire DMV Licensing Supervisor Mr. William Joseph towards the future role of the DMV in matters concerning senior drivers whether this age 75 retest is repealed or not .My next question asked if the DMV has considered any alternative licensing for senior drivers who fail this test and can't drive at posted speeds. Some states presently allow senior drivers to use LSV's , low speed vehicles approved to federal government standards . These LSV's drivers drive on restricted roads during restricted times, with speeds under 35 mph and within 25 miles of their homes .This law presently exists in NH for low speed trucks. Mr. Joseph said , “ No ” to any alternative senior licensing of this type . He personally felt LSV's for seniors wouldn't be practical in NH, unlike some other states , due to weather

, road conditions , and the culture of New Hampshire drivers .

Looking further down the road I asked if there was anything in the works for the NH DMV or Dept. of Safety/ Transportation to start working with families of older drivers in a preventative way, as has for example, the State of New York's Office On Aging and very successfully .Mr. Joseph said nothing like that is occurring here in NH and feels the reason is, “That no one has focused on it ”. Also, although he felt it was a good idea, due to a lack of funding and man power it probably couldn't be implemented.

As a possible financial solution to some of these issues, I broached the subject of the State of NH possibly forming some form of corporate partnerships with private companies, such as insurance companies here in NH , to obtain both financial help and educational help. Mr. Joseph said so far anything like this has only been limited to seeking grants

from organizations such as NHTSA, the National Highway Traffic Safety Association.

Continuing on a future path, I asked Mr. Joseph, due to the new Director of the DMV coming from an IT (Internet Technology) background, if he foresaw any greater use of technology by the NH DMV. He commented that yes, work has already begun on modernizing their antiquated main frame system which will include upgrades in both the DMV website and overall increased customer service but no technology directly connected to improving driver's skills.

Finally, I asked how he saw the overall future for the licensing for seniors in this state. Would new forms of restricted licenses possibly be developed? He said we first have to see what happens to the age 75 test repeal in the legislature.

And that really says it all. Although well intentioned, this unfair, age discriminating law has been New Hampshire's way of dealing with aging

senior drivers. Driving skills are based on one's ability, not one's age . There is no one magical age when you should be retested. Only one other state, Illinois has this similar law .But if it is overturned here and the general feeling is that it will, New Hampshire must now deal with their aging drivers in a different way. The unsafe aging driver problem is not going to go away. Neither is the problem of providing safe, inexpensive and reliable alternative transportation options for seniors when they no longer can drive. As Mr. Joseph put it so well and succinctly, we are all going to be in that boat someday.

My time with the head of the NH DMV Licensing Division proved enormously fruitful. First off, let me say that Mr. Joseph was a breath of fresh air in the way he honestly and realistically answered my questions. I want to thank him for taking time out of his busy schedule to give our senior drivers a better understanding of

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OSTEOARTHRITIS, DR RUSTUM: FROM PAGE 29

of osteoarthritis.

What is the treatment for osteoarthritis? Aside from weight reduction and avoiding activities that exert excessive stress on the joint cartilage, there is no specific treatment to halt cartilage degeneration or to repair damaged cartilage in osteoarthritis. The goal of treatment in osteoarthritis is to reduce joint pain and inflammation while improving and maintaining joint function. Some patients with osteoarthritis have minimal or no pain and may not need treatment. Others may benefit from conservative measures such as rest, exercise, diet control with weight reduction, physical and occupational therapy, and mechanical support devices. These measures are particularly important when large, weight-bearing joints are involved, such as the hips or knees. In fact, even modest weight reduction can help to decrease symptoms of osteoarthritis of the large joints, such as the knees and hips. Medications are used to complement the physical measures described above. Medication may be used topically, taken orally, or injected into the joints to decrease joint inflammation and pain. When conservative measures fail to control pain and improve joint function, surgery can be considered.

Resting sore joints decreases stress on the joints and relieves pain and swelling. Patients are asked to simply decrease the intensity and/or frequency of the activities that consistently cause joint pain.

Exercise usually does not aggravate osteoarthritis when performed at levels that do not cause joint pain. Exercise is helpful in osteoarthritis in several ways. First, it strengthens the muscular support around the joints. It also prevents the joints from “freezing up” and improves and maintains

joint mobility. Finally, it helps with weight reduction and promotes endurance. Applying local heat before and cold packs after exercise can help relieve pain and inflammation. Swimming is particularly well suited for patients with osteoarthritis because it allows patients to exercise with minimal impact stress to the joints. Other popular exercises include walking, stationary cycling, and light weight training.

Physical therapists can provide support devices, such as splints, canes, walkers, and braces. These devices can be helpful in reducing stress on the joints. Occupational therapists can assess the demands of daily activities and suggest additional devices that may help people at work or home. Finger splints can support individual joints of the fingers. Paraffin wax dips, warm water soaks, and nighttime cotton gloves can help ease hand symptoms. Spine symptoms can improve with a neck collar, lumbar corset, or a firm mattress, depending on what areas are involved.

In many patients with osteoarthritis, mild pain relievers such as aspirin and acetaminophen (Tylenol) may be sufficient treatment. Studies have shown that acetaminophen given in adequate doses can often be equally as effective as prescription anti-inflammatory medications in relieving pain in osteoarthritis of the knees. Since acetaminophen has fewer gastrointestinal side effects than NSAIDS, especially among the elderly people, acetaminophen is generally the preferred initial drug given to patients with osteoarthritis. Medicine to relax muscles in spasm might also be given temporarily. Pain-relieving creams applied to the skin over the joints can provide relief of minor arthritis pain. Examples include

capsaicin (ArthriCare, Zostrix), salycin (Aspercreme), methyl salicylate (Ben-Gay, Icy Hot), and menthol (Flexall).

New treatments include an anti-inflammatory lotion, diclofenac (Voltaren Gel) and diclofenac patch (Flector Patch), which are being used for the relief of the pain of osteoarthritis.

Nonsteroidal anti-inflammatory drugs (NSAIDs) are medications that are used to reduce pain and inflammation in the joints. Examples of NSAIDs include aspirin (Ecotrin), ibuprofen (Motrin), nabumetone (Relafen), and naproxen (Naprosyn). It is sometimes possible to use NSAIDs for a while and then discontinue them for periods of time without recurrent symptoms, thereby decreasing side-effect risks.

The most common side effects of NSAIDs involve gastrointestinal distress, such as stomach upset, cramping diarrhea, ulcers, and even bleeding. The risk of these and other side effects increases in the elderly. Newer NSAIDs called COX-2 inhibitors have been designed that have less toxicity to the stomach and bowels. Because osteoarthritis symptoms vary and can be intermittent, these medicines might be given only when joint pains occur or prior to activities that have traditionally brought on symptoms.

Some studies, but not all, have suggested that alternative treatment with the food supplements glucosamine and chondroitin can relieve symptoms of pain and stiffness for some people with osteoarthritis. These supplements are available in pharmacies and health-food stores without a prescription, although there is no certainty about the purity of the products or the dose of the active ingredients because they are not monitored by the U.S. FDA. The National Institutes of Health is studying glucosamine and chondroitin in the treatment of osteoarthritis. Their initial research demonstrated only a minor benefit in relieving pain for those with the most severe osteoarthritis. Further studies, it is hoped, will clarify many issues regarding dosing, safety, and effectiveness of these

products for osteoarthritis. Patients taking blood thinners should be careful when taking chondroitin as it can increase the blood thinning and cause excessive bleeding. Fish-oil supplements have been shown to have some anti-inflammatory properties, and increasing the dietary fish intake and/or taking fish-oil capsules (omega-3 capsules) can sometimes reduce the inflammation of arthritis.

While oral cortisone is generally not used in treating osteoarthritis, when injected directly into the inflamed joints, it can rapidly decrease pain and restore function. Since repetitive cortisone injections can be harmful to the tissues and bones, they are reserved for patients with more pronounced symptoms.

For persisting pain of severe osteoarthritis of the knee that does not respond to weight reduction, exercise, or medications, a series of injections of hyaluronic acid (Synvisc, Hyalgan) into the joint can sometimes be helpful, especially if surgery is not being considered. These products seem to work by temporarily restoring the thickness of the joint fluid, allowing better joint lubrication and impact capability, and perhaps by directly affecting pain receptors.

Surgery is generally reserved for those patients with osteoarthritis that is particularly severe and unresponsive to the conservative treatments. Arthroscopy, discussed above, can be helpful when cartilage tears are suspected. Osteotomy is a bone-removal procedure that can help realign some of the deformity in selected patients, usually those with knee disease. In some cases, severely degenerated joints are best treated by fusion (arthrodesis) or replacement with an artificial joint (arthroplasty). Total hip and total knee replacements are now commonly performed in community hospitals throughout the United States. These can bring dramatic pain relief and improved function.

References:1- Mayo Clinic Website
2- Mayo Clinic Internal Medicine Book
3- Medicinenet 4- Web MD

IDEAS: FROM PAGE 32

will allow more of them and soon our towns will be stunning diners and hotel guests when they get their bill.

Abolishing the Governor's Council. Until recently I, like many, didn't know what they did. This was because they were a rubber stamp and got almost no notice. Now that their votes are closer (and that became newsworthy) the Legislature wants to abolish it. The Council screens prospective judges nominated by the Governor. Several judges recently removed themselves after the council raised questions about them. While many other states

don't have this body (the legislature does it), they do have a judge recall process, which Massachusetts does not. Judges will be in office for a long time, and once they're in we're stuck, so independent screeners are important.

Bad ideas like these will continue to be discussed and maybe even make it into law unless concerned people work and vote for more balance in this state. Get involved!

Jamison Tomasek is a former candidate for State Senate and lives in Andover. You can email Jamison at tomasek2010@gmail.com



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Shawn Hansen’s Sports Corner:

A look at the career of Shaquille O’Neal

At the end of the Boston Celtics season, Shaquille O’Neal announced his retirement on May 11 in a playoff game against the Miami Heat. This past month on June 01 O’Neal officially capped off his retirement creating a video, which he posted on his Twitter page.

Flashing back on O’Neal’s career, he was selected as the first round pick by the Orlando Magic in 1992. During his rookie season, O’Neal compiled 1,893 points, 60 steals, 152 assists, 286 blocks, and 427 free throws in 81 games landing him the title of Rookie of the Year. He played on the Magic from (1992-96), and led Orlando to the 1995 NBA Finals, which they lost to Hakeem Olajuwon, and the Houston Rockets four games to nothing.

Signing as a free agent with the Los Angeles Lakers (1996-2004), O’Neal had the most success in his career as he won three consecutive championships in 2000, 2001, and 2002.

Traded in the 2004 season to the

Miami Heat (2004-06), O’Neal eventually gathered his fourth championship ring in 2006 playing with Dwayne Wade.

After playing in South Florida, the 7’1 325 pound center from Newark, New Jersey played for the Phoenix Suns (2007-09), Cleveland Cavaliers (2009-10), and the Boston Celtics (2010-11).

Winning four championships, O’Neal’s dominance struck the court as one of the most powerful centers in the game of basketball.

In his 19-year career, O’Neal has played in 1,207 games on six different teams.

Along with winning Rookie of the Year in 1992, and leading the Magic to the 1995 NBA Finals, O’Neal has held a number of other feats.

Playing with the Lakers, he was the leagues most valuable player [MVP] in the 1999-2000 seasons. In the tenure of spending nearly two decades in basketball, he went to 15-All Star Games, won three All Star Game MVP Awards, and three

NBA Finals Awards.

With the MVP Awards O’Neal has garnished, he is one of three players alongside Willis Reed (1970), and Michael Jordan (1996, and 1998) to slam this dunk.

Retiring from the NBA, O’Neal leaves the league as the fifth all time scorer in the history of basketball (28,596) with Kobe Bryant right behind him (27,868).

Leaving a legacy behind, O’Neal has also been one of the most personable players to walk on the court.

He has had nicknames such as Shaq Daddy, Shaq Fu, The Big Aristotle, The Big Deporter, Witness Protection, Superman, Diesel, The Big Fellon, Shaqovic, Shaqtus, Dr. Shaq, L.C.L. for Last Center Left, Osama Bin Shaq, and The Big Shamrock.

In the future O’Neal will be inducted into the Naismith Memorial Basketball Hall of Fame. Some of the statistics where gathered from www.nba.com.



LET’S TALK ABOUT FOOD: FROM PAGE 30

have set a new goal and I am committed to achieving that goal and continuing on my journey to be at a healthy weight for my body type and height. My goal is not to be thin, but to be happy with how I look and feel, and to use food for nutrition and not for comfort or as a time filler.

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

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. 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 reader, 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.

If you are interested, please email me at pennielacouture@verizon.net

ELECT
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City Council At Large
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Tuitti Fruitti Frogs

I was at the mall with my best friend today; we went to a bunch of different stores like Aeropostal, Hollister, Abercrombie, Gap, Gap Kids, Claire’s, etc. But as we were leaving, we spotted a kiosk that had hermit crabs, beta fish, and TUITTI FRUITTI FROGS!!! There were different colors of frogs like orange, teal, yellow, and green. My best friend and I each got to pick a frog. She picked a teal frog, and I picked an orange frog. Because the frogs are 100% aquatic, my best friend named hers’ Aqua. Because my frog is orange, the closest birth stone to orange is Amber, so I named my frog Amber. Because my best friend already has so many pets, along with the fact we were only given one cup to put the frogs in, we decided that I would keep them in my house and she could visit hers’ whenever she comes over my house. But taking care of the Tuitti Fruitti Frogs will be easy. Just feed them every other day. You need to have clean water in your tank. The water in your tank needs to be between 74 degrees fahrenheit to 82 degrees fahrenheit. You need to have a cover on the tank to make sure the frogs don’t jump out of the tank. So now you know how to take care of your Tuitti Fruitti Frogs.



~ Emily, Methuen Resident, Junior Reporter For The Valley Patriot

Lawrence All Star Team Participating in Cal Ripkin Extreme Tournament

Myrtle Beach, South Carolina
July 31, 2011 to August 5, 2011

The Roberto Clemente League will be participating in a national tournament to represent the Greater Lawrence area. The proposal is to send a team of fourteen players, ages 11 and 12 years old, along with four coaches/chaperones. The tournament will last a week where the team would play a minimum of six games with the opportunity of playing three more if they win.

Our players are children that come from homes where the majority are headed by single-head of households or low income parents. Despite these factors, we want to support them and provide them an opportunity to participate in a lifetime opportunity. These children will be competing with teams from all over

the United States. They have competed locally and have won several tournaments in the Greater Lawrence area. It would be an honor to help them move to another level of competition that would provide them memories of a lifetime.

The expense of the trip is estimated at \$18,350. This amount would cover air transportation, registration fee at tournament, lodging and food for the week. We have started the process of raising the funds and have raised \$6,000 in the last two weeks. We do need assistance in raising the entire amount. Your assistance would benefit the league in helping promote our organization but most importantly, would assist a group of young boys live the American dream of playing baseball on a national playing field.

Isabel Melendez, founder of the Roberto Clemente Baseball league in Lawrence hopes to raise \$18,300 for her all star team.

For more information, please contact: Isabel Melendez, 978-681-4905, Maricelis Ortiz, 978-420-5534



PHOTO: TOM DUGGAN



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Date programs start - June 27, 2011

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 7:30-8:30 L 11:30-12:30
11. Merrimack Courts	56 Melvin Street	L 1:00-2:00
12. Parthum Educational Complex	255 E. Haverhill Street	B 7:30-8:30 L 11:30-12:30
13. So Law East Educ Complex	165 Crawford Street	B 7:30-8:30 L 11:30-12:30
14. Stadium Courts	179 Osgood Street	L: 12:45-1:45
15. Wetherbee School	75 Newton Street	B 7:30-8:30 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

B = Breakfast L = Lunch S = Snack

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LAWRENCE AUTHOR SAYS TOWNIE FILLED WITH HIS MATERIAL: FROM PAGE 20

area growing up at the same time? You don't really think he stole from your book? Andre Dubus is an Oprah Book list author, it's not like he has to steal material to pull off a publication.

Tingle: Yeah he is an Oprah Author, and I think that's why he thought he could get away with it. Look I have read a lot of books about people growing up in this area, particularly the ones I mentioned above, and there are zero comparisons. Zero similarities. I believe that he [Dubus] read my book and that is what gave him the idea to write his book. This is his fifth book, why suddenly a memoir?

Look at these two passages: In my book, I have this unattainable, dark haired "dream girl" that I went out of my way to walk by where she worked just to see her. I write that I dream of "holding her close" and "smelling the shampoo in her dark beautiful hair."(pg 173, 174) In "Townie" he has a dark haired, unattainable dream girl that he finally gets to give a hug and "smells the shampoo in her hair."(pg 148,149) He could have described that a million different ways but he didn't. He described it the same way I did.

But I think one of the really telling passages in "Townie", if you read both books, and I hope people do, is where I say in my book that my dad "never told me he loved me and I never said it to him either."(pg 177) Now I'm sure a lot of kids had this experience with their dad, or some significant man in their life. But in his book he says, "I knew that my grandfather had never told my father he loved him, and my father had never said those three words back."(pg 366). How can you say

something "back" to someone who never said it to begin with. Some of the similar passages don't even fit with the story he is telling around it. He tried to change the line a little, but in doing so it no longer made sense.

In another passage I write about how, after a night of violence, I stand in the light of dawn pondering life (pg 213). After a night of violence he also stands in the light of dawn pondering life(pg 229). It's eerie, I'm telling you I bought this book just to read it, but the more passages I found the more frustrated I got.

My book came out in 2008 and I've gotten a lot of publicity, especially locally. To me, it looks like he read my book and used some of my ideas. As a writer I don't go looking to take other people's work and passing it off as my own and I never in my life thought that someone would do that to me, but I don't know, you tell me. You look at both books and you judge for yourself.

OK, say he just had similar experiences, did he have the same dream too? In my book I talk about having a dream with religious significance (pg 171), I talk about laying in bed in desperation staring at the wall, looking for something to read, and all I could find was a bible (pg 232). Almost the exact same scenario for him (pgs 342-346). For me, those two are the smoking guns. And here's the kicker. This one is really stunning. In my final chapter I drive down the familiar streets of Lawrence, looking at certain places, landmarks, places that were important to me. I describe it in vivid detail because I can still remember it like it was yesterday.

It's about a page and a half where I describe this (pg 234, 235). In Dubus's final chapter he is somewhere else and "visualizes" he is driving around all the familiar streets of Haverhill, memories coming back, naming landmarks just like me and his is also around a page and a half (385). I mean look, there were a lot of things that I just dismissed as us having the same experiences, we both worked at restaurants, we both worked out at the YMCA, ...but we both encounter anti-Semitism? Come on, some of this stuff is just way too coincidental. I'd like you to call him and ask him. If he will take your call I would like to know what he has to say about all this. I don't begrudge anyone writing a book and being successful. This isn't about jealousy or anything like that. I just don't think it's right and people need to know.

VP: Is it possible that Mr. Dubus read your book when it came out and when he was writing his book some of what you wrote was so good it just stuck in his head? I guess what I am asking is: is it possible that some of what you wrote ended up in his book by osmosis, that he didn't intend to lift passages but when you read a lot, sometimes certain things stick in your head and without realizing it you end up quoting someone without even realizing where you got it or that you are using someone else's idea? It does happen a lot.

Tingle: Look, anything is possible, and if it was one or two passages that were similar it wouldn't be an issue for me. But I found 33 "coincidences" in his book and even if I dismissed passages like: we both talk about Store 24, we both had a gang of brothers that fight amongst themselves, etc., there's really no accounting for the way he describes what are supposed to be his experiences.

I described how I was walking in the spring and smell the "damp earth, lilac bushes and everything else that grows and gives off a fragrance" (pg 35). In the spring Mr. Dubus smells the "damp earth, budding flowers I couldn't name" (pgs 63,137) There are a million different

ways he could have described some of his experiences but the wording and the circumstances are so incredibly similar that it's hard for me to believe this was just some kind of mistake. I'm not saying he didn't have some of the experiences he writes about, he probably did in some form or another, but the way he phrases things and lays it out, especially that last chapter makes me wonder how he thought he could get away with it. He is a professional writer, he knows better."

VP: What are you looking for in all this? Are you looking for money, credit on his book, credit on the movie rights?

Tingle: I don't know, to be honest with you. I think if he had returned my call or his publisher had returned my calls and just spoke with me about it, maybe some of this could have a reasonable explanation but I really would love to ask him about some of the passages that are almost word for word. I'd love an explanation about the last chapter. I don't know what I want out of this but I do know that I want people in the Valley to understand that my book, "The Girl in the Italian Bakery" is an original work. It's real, it really happened the way I wrote it. And his, it seems are some of his experiences described with my words, and I suspect that at least some of those experiences never happened at all. I will say this, if any of my material ends up in his movie I will have to do something. Whether that means getting a lawyer or demanding writer's credit, I don't know. But for now I just want people to know when they read "Townie" that much of what is in that book is also in my book and my book came out first by a few years.

Andre Dubus, through his attorney refused to be interviewed about this matter but the Valley Patriot's offer to discuss it is an open invitation as we are committed to telling both sides of any story.

The Girl in The Italian Bakery by Lawrence author Kenny Tingle is published by (Tate) and can be purchased at Amazon.com

Townie by Author Andre Dubus III is published by (W.W. Norton) and can be purchased on Amazon.com.

SENIORS: FROM PAGE 33

what lies ahead.

The lack of manpower and funding is a situation he and his superiors have inherited, not created. He is dealing with it to the best of his ability. But soon that may not be enough, especially if this bill is repealed. It's time now for this state to step up to the plate with some new, more timely, and research based ideas to deal with our aging drivers. Creative solutions need to be found to deal with the lack of funding and manpower. This is a reality that won't be going away soon, especially with our present economy. Creative solutions such as the formation of partnerships with private

industry just may be one of the ways to go. Don't worry about losing control, New Hampshire, you'll still run the show .Then that way we can live up to Revolutionary War General Starks's state motto but only slightly revised --" Live Free Safely or Die" .

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Frank Rapisardi is a professional automotive journalist, member of IMPA , the International Motor Press Association, and a national senior driver consultant.

He may be reached at: theautomobilehelper@comcast.net

WILLETTE: FROM PAGE 18

of ethical violations. This would be a betrayal of the public's trust.

2) My Campaign will not engage in robo-calls. They are annoying and intrusive into voters' private time.

3) My Campaign will continue to host the most detailed, updated and issues-oriented website www.willetteformayor.com. Voters are entitled to know my resume, my background and my positions on the issues of importance to Methuen.

4) My Campaign will continue to maintain the highest level of accessibility (Email: KennethWillette@verizon.net; Home Phone: 978-683-0606; Website:

www.willetteformayor.com; Facebook Account: Ken Willette for Mayor; Twitter Account: @Willette4Mayor.

5) My Campaign will participate in every debate, forum, panel discussion, town meeting and interview. The voters are entitled to know where I stand on the issues. The voters are entitled to specific and factual answers to their questions and concerns.

Ken Willette is a member of the Methuen School Committee, a former city councilor and is a candidate for mayor. You can email him at kennethwillette@verizon.net

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More Fame for Michael Vick...Seriously?

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

Oh my...here we go again. Mr. Vick seems to be coming around smelling like a rose. Seriously, who gets away with brutally and torturing innocent dogs? Apparently the courts felt this gambling, greedy money maker murderer only needed a simple 20 month sentence in prison. The NFL (another disappointment) was counting the days for this former top athlete to be released and immediately re-instated to the NFL. Why?

Have we forgotten the numerous animals that lost their lives to the hands of this cruel, evil, sociopath? Or are we simply looking away? What about the 27 pit bulls that were able to be saved? Have we not acknowledged these dogs will struggle with some form of PTSD for the rest of their lives? These animals have been going through recovery for almost 4yrs now and some still haven't been able to fully transition back into society.

Therefore, why is Michael Vick allowed back into society? Why is he able to have a career making millions and as of last week resigns to his endorsement contract with Nike!

Nike, an athletic company that is known for promoting the most exciting athletes

in the world, chose Michael Vick? What is our media and corporate America doing? Come on Nike...are you saying with all the sports and record breaking athletes in the world the best you could find as a representation of you and as a role model is Michael Vick? Oh geez...

I honestly think with the 10yr anniversary of 911 approaching us in September, I would have hoped Nike could have done a tribute campaign on all the heroes that lost their lives that day. But what am I thinking? That would only be the logical and respectful thing Nike could have done. That doesn't make sense. Shame on you Nike

I have to ask? What is next? The Whitey Bugler running shoes?

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.blogs.com



Chief Goes to Work

Tracey Zysk
VALLEY PATRIOT DOGGIE COLUMNIST

Pet Sitters International celebrated their 13th year of "Take Your Dog to Work Day".

On Friday June 24, 2011 businesses, animal shelters and pet-care professionals from around the world joined together to better the lives of shelter dogs everywhere. Thousands of businesses opened their doors to employees' furry, four-legged friends in celebration of the great companions dogs make and to promote pet adoption.

In celebration of Pet Sitters International 13th year of "Take Your Dog to Work Day" one of my clients decided to partake in this annual event. Chief, an adorable senior aged pug, owned by Dr. Jack O'Horo and Melissa Bennett of North Andover did exactly that. He woke up bright and early and prepared for his BIG day in the city.

That's right, after his morning routine of a walk around Hickory Hill, Chief jumped into Mom's car and together they drove down 93S and straight into Boston. Melissa owns French Dressing a boutique tucked away in the historic Beacon Hill; she interacts with clients from all over the world. Whether it is a local, a tourist or even a Hollywood starlet, one never

knows who will enter her store.

Chief welcomed all that entered the boutique with his warm and heart felt deep brown eyes, and flirtatious ways. "He's such a big snuggle bug and you just want to cuddle with him" states Bennett.

Chief had a blast all day, He kept watch over all the pretty little things, played and visited with clients, and even had his own little photo shoot! Photo taken by Annika Roser of Ma Cherie Studios- Fine Boudoir Photography ~ located beneath French Dressing.

Sounds like quite an exciting day and what a great way to celebrate "Take Your Dog to Work Day"

The next time you are in Boston, feel free to stop into French Dressing located at 49 River St and ask for CHIEF!

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

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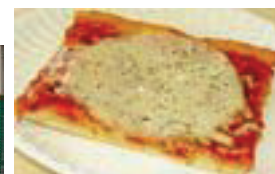
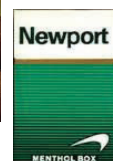
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PUPPY LOVE! with Kate Whitney

Keeping Your Puppy (Dog) in Good Shape

Kate Whitney
VALLEY PATRIOT PUPPY COLUMNIST

By the time you read this, the 4th of July will have come and gone, so I hope that everyone had an awesome holiday weekend, and a big happy birthday to our great country! I'm sure a lot of time was spent outside over the holiday weekend, hopefully your dogs were able to accompany you and enjoy the nice weather. One thing that I think educated dog owners (which I know all my readers are) already know, is the importance of fitness for our dogs. But let's refresh our memories and maybe add a few new things to the "dog info" file in our brains.

We know how important fitness is in our own lives, well it's just as important for our dogs as well. In thinking about exercise, what does it allow our body to do? It allows us to get our heart pumping, inhale oxygen deeply so our cells get replenished, it lets us clear our minds and escape our daily lives (if only for a little bit), and it helps to tone our muscles and reduce our body fat. These are a few of the things that come to mind when I think about exercise. Many people don't realize that these are the same results that our dogs get from their exercise time. It's important that our dogs are in good shape, not only physically, but mentally as well.

How do dogs stay in good mental shape? First of all, a happy dog is a healthy dog. This goes without saying, but make sure your dog is always happy! Create a solid bond with your dog. This doesn't mean shower your dog with treats and human food to get them to like you. It is more important to interact with your dog and reward them with touch and positive, happy words. Most dogs want one thing in life and that is to please their owners. So if you show your dog that you are pleased and happy with them, they will be happy! How easy is that? If only more things in life were that easy!

Some of our dogs are not balanced, for one reason or another. There are many different issues that could be causing problems such as anxiety, aggression, obsessive compulsive, physical ailments, fear, and those are just to name a few. Try to figure out what is holding your dog back and fix the problem. Remember, fixing problems takes time and often



repetition. Stick with it and don't stop until the issue is resolved. If fixing it on your own doesn't work, look into using a professional.

Routine is good, but don't be afraid to change it up every now and then and introduce something out of the ordinary. If your daily routine with your dog consists of waking up, a walk, food, nap, walk, food, walk, sleep... try changing it up a bit every now and then. If the routine seems boring to you, you can assume that it is also boring for your dog. Try taking them for a walk in a new area one night. Instead of just walking, try short sprints with your dog next to you. Or try going to a different beach or dog park. New smells and sights that can stimulate your dog are beneficial for the brain. Meeting new dogs and people in passing on your new route will be beneficial for your dog.

Keep in mind that the average dog needs about 30 minutes of exercise a day. Lots of people think that this means a walk around the block. For small or older dogs, this can be true. But for larger and younger dogs, this simply is not enough. If a walk is the only exercise you give your dog, make sure that the dog isn't moping along. The pace needs to be a fast walk or trot for the entire time. If your dog is new to a faster pace, start off slow for

the first week. You need to build up your dog's muscles and the pads on their feet.

Water is necessary and extremely beneficial for a dogs well being, but can also be a fun source of exercise. Try getting a sprinkler or filling a kiddie-pool with some water. Leave it out and let your dog check it out on their own time. Introducing water into the routine is a nice change for the summer months. If you have a dog that is overweight, or had surgery and needs to do some physical therapy, water is fantastic! Water reduces the wear and tear on joints and foot pads, and provides resistance, which your basic walks or runs can't do. Never force your dog in, that will just leave a bad taste in their mouth and they will associate the pool with anxiety. Some dogs like water, and some don't. If your dog is one that doesn't, just find other ways to play.

If your dog is overweight, it's very important to pick up the pace and frequency of exercising. The main reason for a dog becoming obese is overfeeding and lack of exercise. Overfeeding and "over-treating" are not displays of love. If you want to show your dog you love them, give them a hug or take them outside to play. But do not use food. You might not realize it at the time, but you are really doing your dog harm, instead of

good. Excess weight can reduce the length of a dog's life by as much as 20% which is 15 years in human terms. Read the recommended feeding amounts on the bag and check with your vet. Sometimes the amount needs to be adjusted depending on activity level. A quick way to see if your pet is overweight: can you feel their backbone? Can you feel the ribs without pressing? Do you see a waist (viewed from the side, the abdomen should go up from the bottom of the rib cage to the inside of the thighs)? If the answer to these questions is no, they most likely are overweight. Just remember that "only 5 pounds" is a lot when it comes to dogs. Take this example: an extra 5 pounds to a 40 pound dog is the same as a 150 pound person gaining more than 20 pounds.

Prevention and planning ahead is key, as often times obesity and health problems are irreversible. Try your hardest to prevent problems from occurring in the first place. With a good diet, exercise, and lots of love you are on the right path! Have fun!

And as always: DON'T SHOP... ADOPT!

You can email PuppyGirl Kate Whitney at kwswingrite@aol.com



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Ask the Reverse Mortgage Guy

MBA Pro Bono Prescription launched

Bob Irving
1ST INTEGRITY MORTGAGE

Storm clouds are gathering on the horizon for reverse mortgages and there are some clear warning signs under discussion. If you have been thinking about the possibility of doing a reverse mortgage you really need to seize the moment and educate yourself.

Don't depend upon late night TV commercials from Robert Wagner, Henry Winkler, Pat Boone or Fred Thomson to teach you the pros & cons. Get aligned quickly with a professional loan specialist with at least 5 years direct experience in the reverse mortgage industry.

I emphasize the words "direct experience". Don't bother with people who tout "30 years of loan experience"; reverse mortgage lending is unique and a recognized specialty. Experience in the conventional (regular) mortgage industry is meaningless. These people are simply trying to learn the complex reverse business at your expense. You don't need to work with amateurs. For more information on how to find a professional see Choosing a Reverse Mortgage Loan Officer – Part I at www.massachusetts-reverse-mortgage.com.

Warning #1 - Financial Freedom and Bank of America recently and abruptly exited the reverse mortgage lending industry. These organizations were number two and number three respectively in the business. Each lender represented thousands of HECM loans originated every month.

Now... here comes the bombshell! Wells Fargo has announced that they, too, will exit this business immediately. WF has been number one in the industry for years... with more than 1,500 originators and staff dedicated exclusively to reverse mortgage production. They were the elephant in the room with 26% market share...head and shoulders above anyone else. So in the last 12 months we have seen the top three (3) leaders in the market leave the business entirely. They didn't sell out to someone else... they just quit the industry. This can't be a good thing.

Warning #2 - The current temporary lending limit on reverse mortgages as set by HUD is \$625,500. This means that if your home is appraised at any value up to \$625,500, that number will be used in the calculation of your benefits under the HECM program. However, few seniors know that this is only a temporary limit.

The bet is that HUD will revert to the permanent limit of \$417,000 after September 30th, the end of the fiscal year. If your home appraises above that old permanent limit of \$417,000 after September 30th, you stand to lose all that added value in benefits calculations. The consequences will be devastating to seniors with homes valued higher than \$417,000.

Warning #3 - If you are a senior homeowner and own a condominium, HUD has recently made it unbelievably

difficult to get FHA approval for your complex. Without that approval you won't be able to do a HECM reverse. We recently worked through the new process with a senior who lived in an upscale community and owned a unit worth over \$700,000 in a mature, well manicured complex with an excellent track record. The process was so difficult that we are contemplating turning down future loan deals that involves a complex that is not already FHA approved. The effort is much too costly and too burdensome.

Warning #4 - Reverse mortgage interest rates will never be lower than they are right now. A fixed rate reverse mortgage, in some cases, can be had for less than 4.50%. An adjustable rate reverse mortgage is offered at less than 2.00%. We will not see these interest rates again. At the rate our Federal Reserve has been printing money, look for interest rates to start moving up shortly. When they do, rates on reverse mortgages will trend upward quickly... costing borrowers more and yielding less in benefit calculation.

Warning #5 - Your home value may have dropped another 5% in the first quarter of this year. It will be quite some time before this trend is reversed and values start to go back up. Experts are talking many years before that might happen.. if at all.

As your home value continues to fall, you will qualify for less money through this HUD reverse mortgage program. Seniors who did their reverse mortgage 4 and 5 years ago are pretty happy today to know that they maximized the amount of home equity available to them. They would get much less today. You will probably get much less in the future if you wait any longer.

Conclusion - If you've been on the fence or if you have just been curious about a reverse mortgage.... hurry to your reverse mortgage loan specialist for some education about the pros & cons of this unique product for senior homeowners.

Timing is everything. The longer you wait, the bigger your disappointment could be. Even though the three biggest lenders in the reverse mortgage industry no longer offer the product... a broker loan specialist with multiple lending outlets should be able to help you apply and get approved for the Home Equity Conversion Mortgage

Bob Irving is a veteran Sr. Reverse Mortgage Consultant with First Integrity Mortgage, LLC in Lawrence MA and a Certified Senior Advisor. He is fully licensed in MA, NH & ME (NMLS # 19086) and works with senior clients, their families and trusted advisors by referral.

He may be reached at 978-686-0394 or by email at ReverseGuy@Gmail.com. Visit his website at www.rhirving.com for more detailed reverse mortgage information.

Innovative program is collaboration between the Massachusetts Bar Association and the Medical-Legal Partnership Massachusetts network

Boston, MA – The Massachusetts Bar Association and the Medical-Legal Partnership Massachusetts network have joined forces to create a new pro bono program, the MBA Pro Bono Prescription, a pioneering initiative that brings together volunteer attorneys and medical professionals to promote the health and well-being of low-income patients through legal advocacy.

"The MBA is particularly pleased and proud of this joint venture between the MBA and Medical-Legal Partnerships in Massachusetts. Medical-legal partnerships serve a critical role in providing services to residents whose health is impacted by social and environmental factors," said MBA Vice President Jeffrey N. Catalano, a partner at Todd & Weld LLP in Boston. "Through this program, MBA volunteers can strengthen health care teams and support low-income patients by lending their expertise and service in such legal areas as substandard housing and domestic violence matters."

The MBA's governing body, its House of Delegates, unanimously passed a resolution in January endorsing MLPs, which laid the ground for creating this partnership. The MBA's support follows approval from the American Medical Association, which passed a

similar resolution aimed at the medical profession in June 2010. The American Bar Association passed a resolution endorsing the expansion of medical-legal partnerships throughout the legal profession four years ago.

"It is well-established that many health problems are created or exacerbated by unmet legal needs, and this program seeks to increase the supply of lawyers who can be 'prescribed' as part of the treatment plan for our commonwealth's most vulnerable patients," said Medical-Legal Partnership | Boston Executive Director Samantha J. Morton.

The MBA Pro Bono Prescription will support patients by providing direct legal services to them – services triggered by referrals from health care teams to the local MLP site. Each local MLP site, most often housed with a local or regional legal services organization, will serve as the connector between the health care team, the volunteer attorney, and the patient.

Attorneys can learn more at this program's first open house from 5-7 p.m. June 21, hosted by Mirick, O'Connell, DeMallie & Lougee LLP in Worcester and co-sponsored by the MBA, Family Advocates of Central Massachusetts, and Medical-Legal Partnership | Boston, the founding site of the national MLP Network.


To find out more about the program, visit www.MassBar.org/ProBonoRX.

ABORTION: FROM PAGE 27

penalty incurred.

As the many subtle negative effects of these absent futures become more manifest in the malaise of American life, we will experience the continued need for illegal immigrants to do the work that many missing young people would have done, the bankruptcy of social security and medicare affecting the elderly and underprivileged because of the population shift, and as a result the mounting pressure for euthanasia and death panels for the other end of the human lifecycle. Our hypocrisy and mockery of justice

will come back to bite us, as it is already. May God have mercy on Caylee's soul and on all of our fellow human beings whose futures have been robbed at the beginning of their lifecycles.

*Paul Murano taught theology and philosophy at Assumption College and Northshore Com. College. He was also 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*

LESBIAN SOUP: FROM PAGE 27

I had been married to men at one point and have children and Sandy and Aileen had been together for over a decade and had no children, we found a great deal of common ground. We became instant friends. A tight bond developed between the four of us unlike any I've experienced since I was a teenager when you could become best friends over night.

It is at Sandy and Aileen's that our friends gather throughout the summer. Quite often we find ourselves schlepping our coolers full of beer, wine, and chilled vodka over to their house for a good ole fashioned cookout. We sit around the pool consuming various alcoholic beverages, playing badminton, bocce ball and water volleyball. We eat ourselves into oblivion with nacho dip, chicken wings, burgers, dogs and steak tips. When the sun falls, we gather around a roaring fire, munch

on s'mores and down a couple of sweet shots. Inevitably, a group of us puts our suits back on and slip into a toasty hot tub. This we call 'lesbian soup'. Somewhere between four and seven of us bob around in the bubbles like boiling dumplings while we keep our drinks above the water. Every once-in-awhile there may be a token gay guy floating amongst us or sometimes our straight son, Luke. He loves lesbian soup. It's seasonal so get it while it's hot!

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

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TIFFANY - The Original 1980s Pop Princess of "I Think We're Alone Now" fame has joined forces with BYLLI CRAYONE on this new 90's inspired dance anthem in support of the LGBT community.

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Funusual Records

American Legion News

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

Back on June 4 at the Department of Massachusetts American Legion convention held in Marlboro, I was honored to be elected and installed as the Department (state) Commander. This is a first for Post 4 Haverhill and the first in Essex County since 1950.

Since that time, I have had the privilege to attend a couple of events. First up was Boys State/Girls State at Stonehill College in Easton. I went on Sunday night June 12 to sit in on a caucus and to later bring greetings to the 700+ participants. Returning on Wednesday night, I attended their inauguration ceremony. The FIRST joint ceremony! Governor Deval Patrick was the guest speaker. This is the second year that Boys State and Girls State were held on the same campus. It has turned out to be a great success.

Then on Sunday, June 19, Father's Day, I went out to the Boy Scout Camporee at Camp Collier in Gardner. The Troops in attendance were: Troop 1 Mendon, Troop 6 Gardner, Troop 16 Athol, Troop 18 Ashburnham, Troop 19 Middleton, Troop 27 Ashby, Troop and Venture Crew 29 East Bridgewater, Troop 116 Spencer, Troop 136 Wilmington, Troop 161 Palmer, Troop 189 Sterling, Troop and Pack 194 Bedford and Troop 338 Southwick. The top 2 Eagle Scouts were each given scholarship money.

And of course the American Legion baseball season is underway. Essex County teams are often in the playoffs. I hope you are able to attend some local games and cheer the players on. I am sure there is a budding Carlos Pena (who played Legion ball in Haverhill) out

there!

By the time you read this, you will have already celebrated the great American holiday, the 4th of July, also known as Independence Day. I hope for

a least a minute you did or will remember why we celebrate the day. Remember our history, July 4, 1776 and the Declaration of Independence. Many put their lives on the line for signing that document. Names we now take for granted.

It is significant not only in our history

but the history of the world. Here in Massachusetts it was not only the names of Adams, Hancock and Revere. It was the hundreds of minutemen who answered the call first at Lexington, Concord and later Bunker Hill.

Let us remember those who later answered the call and fought in battles near and far. American towns like New Orleans, Bull Run, Shiloh, and Gettysburg. And foreign soil like San Juan Hill, the Argonne Forest, Normandy, Anzio, Guadalcanal, Iwo Jima, Inchon, Da Nang, Kuwait, and more recently Iraq and Afghanistan. And we must remember that it was done for us, for our INDEPENDENCE. We may not believe in the war but we must support our warriors and their families.

May God bless our troops and their families for the sacrifices they make each and every day.



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

Life Begins at Sixty at the Senior Center

Grace Piazza

VALLEY PATRIOT COLUMNIST

A scary place for tired old people, I thought as I passed by and so would dismiss the center in my early sixties. I, like Peter Pan, wanted to stay young and energetic and live a life of adventure forever. Until one day, I conquered my prejudices and fears and, out of curiosity, peeked inside the Senior Citizen Center. My eyes grew wide with amazement, wonder and delight.

Friendly and gracious ladies, professionally dressed, are poised to greet the visitors and help the senior citizens and disabled at the front desk.

The entry room now has the look of an elegant art gallery. Greg, the Art instructor and his students are showing their recent original paintings there. A young girl in a beautiful ceremonial dress, the peacock dress, is one subject on display. An elderly man fishing with his grandson is another theme. A portrait of a man, painted by the instructor, seems to glow. You expect him to speak to you, like the painting of the fat lady in the stairway of the wizards' school in the Harry Potter story, so life-like is Greg's painting.

Going forward into the "Great Hall", the numerous national flags hung on the walls evokes the welcoming words of the famous Statue of Liberty in New York City, to paraphrase: Send me your tired, afflicted and persecuted so they can live a better life in freedom in America. Admiration for all the brave immigrants who crossed the vast Atlantic Ocean to live in America fills my heart.

My gaze around the "Great Hall" takes in the social patterns, coffee pot, dining tables and a large kitchen. Lunch is served here daily, Monday through Friday. Some ladies are crocheting beautiful yarn work. "Nothing scary here so far", I think and feel relieved.

The game rooms for card players and pool players are next. Will I see a nasty Queen of Hearts blasting living cards as Alice did in Wonderland? My tour guide, Winnie, ushers me into the game rooms where men of all ages are quietly playing billiards. A mural of the tropics brightens the room. This looks like a fun and peaceful place to me. Nothing scary there either.

Stubbornly, my irrational fears conjure up a monster inside the other closed rooms. Apprehensively, I wait as Winnie opens the door and, happily, there are just four computers, and several students and a young instructor. No monster there either.

Two more rooms remain on my guided tour. Alice in Wonderland had pills to make her the right size, I reminisce. I have to find courage instead. Happily, no giant caterpillar blows smoke at me. To my relief, a kindly gentleman, painting a portrait, smiles up at me from his seat, and a few students graciously show me their works in progress. Yeah! No Giant Caterpillar interrogates me with "Who are

you?"

Yet another mysterious room remains. Will a wicked Cheshire Cat send me wandering into a dark forest? No, the open door reveals a nearly empty and freshly painted classroom for learning Spanish. And so my tour dispelled most of my fears, thanks to my gracious tour guide, Winnie. I accept that I no longer have the energy to fly around like Peter Pan. I am ready to explore the new world of the retired elderly and disabled with a better attitude.

I choose activities: Conversational Spanish, Computer, intermediate level, and Zumba classes. I rejoice over my new schedule and opportunities to make new friends. Three months down the road, I am proud of my new accomplishments. My instructors are knowledgeable and friendly.

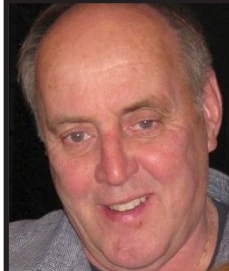
I owe my progress in computer class to Jason, a nice young college graduate from U. Mass.-Lowell, who has taught us e-mail, according to Google, properly called G-mail. This new version is easier than the previous version of e-mail. We have learned how to use Google, the major search engine of the information industry to date. Jason has escorted us into the Cyberspace of the 21st century. We have crossed the Atlantic in cyberspace and viewed the Royal Wedding via BBC and CNN videos. Now we are using Craig's List for practice. His charming assistant, Ambar, has patiently assisted us also. This is a very good team of instructors.

Esther, our Spanish instructor, has charmed the foreign words out of our mouths with patience and good humor. "Puedo hablar di mi familia y contar con los números uno a veinte ahora. También, hablo di los colores y el tiempo y otros sujetos. Quiero continuar hablar español y aprender con Esther, mi profesora muy inteligente. ¡Muchas gracias, Señora!"

Whoever might expect to see fragile slow-moving people pass balloons around in exercise class, is in for a big surprise. Exercise at the Senior Citizen Center ranges from moderate exercise to a vigorous blend of Latin dance moves from rumba, samba, cha-cha and others. Zumba, a latin rhythm based exercise and dance has become a national sensation that is taking Lawrence's active seniors by storm! A pleasant, apparently professional dancer, leads a large enthusiastic group of seniors here. We are dancing to Ricky Martin's "vida loca". Bravo!

If you are sixty years old or older or disabled with some free time, don't waste your time and energy regretting past mistakes or missed opportunities. Shake a leg to Latin rhythms, paint, speak Spanish, play cards or billiards, send e-mails to your relatives and friends, dine with new friends at the Senior Citizen Center. Here, life begins at 60.

Grace Piazza is a retired language teacher who also enjoys journalism as a hobby.



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TOM DUGGAN’S NOTEBOOK: FROM 23

use a combination of federally-provided Community Development Block Grant (CDBG) funds, parks and highway funds in order to make these upgrades, which are set to occur immediately. Downtown activity continues on a new 315-space public parking garage and various streetscape improvements set to begin over the summer.

TEWKSBURY - The State Champions, Tewksbury Memorial High Varsity Hockey Team was invited by legislators to spend the day at the State House last month. Lieutenant Governor Tim Murray was in attendance to demonstrate his support and appreciation for the team’s efforts and victory. Senator Barry Finegold and Representatives Paul Adams and Jim Miceli were there to greet the team with their sincerest congratulations via an award ceremony in the House Chamber. “It was great to celebrate the team’s win with them today,” said Senator Barry Finegold (D—Andover). “Being the best in the state in their division is really quite an accomplishment, so I’m glad I could be there to congratulate the coaches and players. Teamwork and dedication got them here and all of Tewksbury should be proud of this team.”

EDUCATION - The following local high school students were awarded the 2011 Saint Michael’s College Book Award for Academic Achievement with a Social Conscience: Catherine Xenakin of Haverhill, a student at Central Catholic High School. Lauren Flot of Georgetown, a student at Georgetown High School. Andrew Savage of Georgetown, a student at Georgetown High School. Jacques Charlier of Lawrence, a student at Humanities and Ldrshp Dvlp Hs. Anabella Perez of Lawrence, a student at Humanities and Ldrshp Dvlp Hs. Daniel Kfoury of Lawrence, a student at Central Catholic High School. Elizabeth Farah of North Andover, a student at Presentation of Mary Academy. Francesca Scaraggi of North Andover, a student at Academy of Notre Dame.

The award recognizes students who demonstrate a commitment to leadership

in volunteer service and academic achievement. Saint Michael’s, located in Burlington, Vermont, one of America’s top 10 college towns, was founded on the belief that serving others is part of its Catholic tradition, and through the award seeks to honor those who demonstrate the true spirit of volunteerism. Award recipients, named at schools throughout the country, are high school juniors who are inductees of the National Honor Society or an equivalent school-sponsored honors organization. They must demonstrate a commitment to service activities in high school or community organizations, taking leadership roles in these activities.

RELAY FOR LIFE - METHUEN/ GREATER LAWRENCE Relay for is run by high school students and assisted by community adults. The event was originally brought to Methuen High School 3 years ago by two incredibly ambitious students who wanted to make a difference; Madison Aleksa (currently attending Boston College) and Scott Yim (Currently attending Harvard University) approached the American Cancer Society and courageously brought the “Relay for Life” to our community. The first year their goal was to raise 30K but they exceeded their goal and raised 170K!

The second year three new high school students took the helm, Jenna Fabrizio, Rachel Sterner and Lauren Loffredo. The second year they raised 220K again beating their goal. Finally this year the event was chaired by Seniors Terrenna Scannell and Lauren Loffredo and Junior Eric Lacroix. With concerns that raising money in this economy lingering, they were able, with the help of the community, to raise \$308,802! This brings our three year total very close to 700K.

Many people in the community are eyeing next years Relay to push us over the 1 million dollar mark in just 4 short years!

There is much more information about this event on our website. Please take the time watch the video that was created by the students to promote the relay, I am

sure you will be moved, and impressed with all that they have been able to accomplish.

SALEM, NH: Wednesday worship services have returned at the First Congregational Church and are offered through August 31. This is the sixteenth year the church has met this challenge by holding this innovative service on Wednesday evenings. This midweek service makes worship available to those in the community who may be away or unavailable on weekends. “Our worship becomes a bit less formal and structured,” explains Rev. Andy Gilman, “People tend to show up in typical summer attire. Shorts and sandals are welcome.”

The service begins at 7:00 pm. A video series will be offered for children during the service. It is also preceded by a buffet supper at 6:00 pm, so families and commuters don’t need to worry about providing a meal that night. The supper is a bargain at \$3 per person or \$8 per family. All are invited for Wednesday family worship in Fellowship Hall at the First Congregational Church, United Church of Christ, located at 15 Lawrence Road, Salem. The church is wheelchair accessible. For additional information call 603-893-3421, or visit www.FCC-Salem.org.

METHUEN - You can now register for Methuen Recreation Department programs online. After many years of having to come to City Hall to register for Recreation Department Programs, parents can now sign their children up for swimming, flag football, street hockey and many other activities online. Residents can access online registration by visiting <http://www.cityofmethuen.net> and going to the Recreation Department page. Mayor Manzi said, “similar to our recent online permitting initiative, online registration will make accessing programs simpler for our citizens. I know that parents are very busy these days and saving a trip to City Hall is something they can appreciate.” Manzi credited Methuen Recreation Director Bill Pare and Information Technology Director Kingsley Lough for helping with this effort.

METHUEN VILLAGE AT RIVERWALK PARK

Christmas in July Party 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 its Christmas in July party on Wednesday, July 13 at 2:00 p.m. Come and enjoy a root beer float! Dennis McCarthy of Lazarus House will be here to accept food and toilet paper donations given by the residents and their families. Advance RSVP encouraged. 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.

THE IRISH GUY PERFORMS AT METHUEN VILLAGE: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to a performance by Kevin Farley, “The Irish Guy” on Friday, July 15 at 7:00 p.m. Kevin will perform on 11 different instruments, 12 if you count his voice! Advance RSVP encouraged. 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.

ACCORDIONIST PERFORMS AT METHUEN VILLAGE: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to a performance by accordion player Sebastian “Busty” Faro on Sunday, July 17 at 7:00 p.m. Busty will perform all the old standards that you know and love! Advance RSVP encouraged. 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.

Housing - Learn about the home buying process. Each series consists of four sessions. Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs. The next series will be held on July 19, 20, 26 and 27, 2011 from 6:30 p.m. to 9:00 p.m. Another series will begin on September 6. The fee is \$60.00 per household which includes all materials. To register, visit our website www.mvhp.org or call our office at 978-459-8490.

NORTH ANDOVER - Summer Programs start soon!! Are you looking for fun and exciting ways to challenge your child this summer? Is your child interested in LEGO and FIRST robotics, rock ‘n’ roll, mural painting, basketball, soccer and field hockey? Are you looking for ways to keep your child engaged in educational activities during the summer months? Leap Into Literacy, Tip Toe Into Kindergarten and Reading Enrichment may be for you? Community Programs invites you to visit our website to check out all of the cool activities that we are offering this summer! For More Information Please Visit: http://www.northandoverpublicschools.com/parent/excel_enrichment_program.cfm Or Call 978-794-3080

WESTFORD - The Middlesex Conservation District will be holding its annual Fall Bulb and Perennial Sale on Friday September 23 (3-6pm) and Saturday September 24 (8am - 12noon) at the 4H Fairgrounds, 51 South Chelmsford Rd, Westford. Items will

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10:00 AM - Noon

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Neil Playstead

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August 17th

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include daffodils, tulips, specialty bulbs, perennials and garden supplies. Advance orders are accepted through September 2 by visiting our website at www.middlesexconservation.org or calling 978 692 9395 to have a brochure mailed out. All proceeds benefit our environmental programs. Frances Gillespie, Middlesex Conservation District, 978 692 9395

HEALTH/METHUEN - The Holy Family Hospital will host the American Cancer Society’s Look Good . . . Feel Better on Wednesday, July 20, 10:00 a.m. – 12:00 p.m., Cafeteria Conference Room, 70 East Street, Methuen. Look Good . . . Feel Better is a free program that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and/or radiation treatments. Wig care, scarf and hat use, skin care, and nail care will all be discussed, and all participants will receive a free makeup kit. Registration is required, please call Gail Palermo at 978-687-0156 x2021. Cosmetologists certified and trained by the American Cancer Society will conduct the sessions, which are non-medical and do not promote any product line. Look Good . . . Feel Better is a free, supportive, informative, and enjoyable first step toward renewed self-esteem, self-confidence, and emotional recovery for cancer patients undergoing radiation or chemotherapy.

HEALTH - Learn CPR This Summer; Your Hands Can Save Lives. As the weather heats up and you spend time with family and friends outside make it a point to be prepared. Knowing CPR can save a life, including a family member’s. Did you know:

- * Four out of five cardiac arrests happen at home.
- * 70% of Americans feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed.
- * African-Americans are almost twice as likely to experience cardiac arrest at home, work or in a public place than Caucasians and their survival rates are twice as poor.
- * Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival, but only 32% of cardiac arrest victims get CPR from a bystander.
- * Less than eight percent of people who

suffer cardiac arrest outside the hospital survive.

How can you change that? Learn Hands-Only CPR. Hands-Only CPR involves two simple steps: (1) Call 911 (2) Push hard and fast on the center of the chest until professional help arrives.

HAVERHILL COA - Cabbage Island Trip. The Haverhill Council on Aging is offering a down east clambake adventure on Thursday, August 18, 2011! Trip includes motor coach transportation to Booth Bay, Maine; a scenic harbor cruise enroute to Cabbage Island in Linekin Bay; and a down east clambake of succulent Maine lobsters and clams cooked in seaweed. Cost is \$95 per person. Contact Kathy (ext. 11) or Rita (ext. 16) at 978-374-2390 or kbresnahan@cityofhaverhill.com for details.

HAVERHILL COA – Haverhill Council on Aging will have another great summer cook-out at the Citizens Center on Thursday, July 21, at 11:30 a.m.. Thanks to the generosity of The Oxford at 689 Main Street this fabulous cook-out is free of charge for seniors. Reservations are required, so be sure to Call Kathy (ext. 11) or Rita (ext. 16) at 978-374-2390 if you would like to sign up!

MCPHEE’S New Book - A PROFESSOR’S RAGE - The Chilling True Story of Harvard PhD Amy Bishop, her Brother’s Mysterious Death, and the Shooting Spree that Shocked the Nation, by our good friend, WRKO talk radio host Michele McPhee. Who would believe that a Harvard-trained professor, a wife and mother of four, could be guilty of not one – but four – murders? Or that one of her victims was her very own brother!? A PROFESSOR’S RAGE by Michele McPhee tells all the disturbing details of professor Amy Bishop’s murderous rampage and the discovery of her dark past. A devoted wife and mother and a Harvard-educated scientist working as a biology professor at the University of Alabama–Huntsville, Amy Bishop seemed to have it all. But when she was denied tenure, her whole world came crashing down...and she reacted in a way no one ever could have imagined.

On February 13, 2010, Amy was charged with murder for opening fire in a staff meeting the day before, killing three colleagues and injuring others. How could one woman’s fury unleash such destruction? While the campus massacre

made national headlines, authorities began a thorough investigation and uncovered another chilling episode in Amy’s past. It soon came to light that when she was twenty-one, Amy fatally shot her teenage brother, Seth. His death was ruled an accident—and no charges were pressed. But for many involved in the case, Amy’s story didn’t add up, and law-enforcement officials suspected it was murder...After the Huntsville rampage, the cold case was reopened and Amy would find herself charged with killing her own brother—murder in the first degree. If Amy had been found guilty twenty-four years earlier, three lives might have been saved. Pick up McPhees New Book on Amazon.com.

LAWRENCE - Sal Lupoli committed to Massachusetts! Announces NxStage® will launch 100 Million Dollar Phase 2 Project in Lawrence.

NxStage® is a leading manufacturer of innovative dialysis products, announced that it has entered into a new 11-year lease agreement with 350 Riverwalk LLC to move its corporate headquarters to the revitalized historic mill complex on the River Walk Campus at 350 Merrimack Street, Lawrence, MA. The move, which is expected to be completed in mid-2012, reaffirms NxStage’s over ten year commitment to Lawrence, MA and the Greater Merrimack Valley community since 2001.

The revitalized mill space is in a more central location and is expected to allow the Company’s customers, partners and employees easier access to the office and many local amenities.

“We’ve built a unique and innovative culture at NxStage,” said Jeffrey Burbank, Chief Executive Officer, NxStage Medical, Inc. “We’ve had a great experience in Lawrence and we’re proud to contribute to the area’s growth and vitality.”

“NxStage’s move to the revitalized Riverwalk Properties is one of the most exciting additions to our complex to date,” said Sal Lupoli, President/CEO of 350 Riverwalk LLC. “I am extremely proud NxStage will be joining our complex and with this addition, NxStage launches a \$100 million dollar Phase 2 project of Riverwalk Properties that is expected to add an addition 1.5 million sq. ft. and an estimated 3500 new jobs to Massachusetts. None of this would have been possible without the direct involvement of Gov. Deval Patrick and Secretary of Housing

and Economic Development, Greg Bialecki. The Governor helped save jobs that were possibly headed to another state!”

Located in the heart of the Merrimack Valley, Phase 1 of Riverwalk Properties consists 1.5 million sq ft of renovated mill space creating a unique campus style business environment. Riverwalk, a proven focal point of economic success, creating over 2500 new jobs during one of the worst economic recessions in American history. The campus features easy access to public transportation and a friendly, collaborative and professional environment. Riverwalk Properties has a diverse group of corporate tenants to include medical, green energy and an array of mixed use tenants.

HAVERHILL - Tattersall Farm Day - The Trustees of Tattersall Farm are seeking vendors, artists, craftsmen, agricultural demonstrators, and environmentalists/ conservationists to participate in “ Tattersall Farm Day” on Sunday, September 18, 2011 (rain date September 25), from noon to 5:00 p.m. The farm is located at 542 North Broadway, Haverhill. Vendor spaces are approximately 12 x 12, and select spaces go quickly. Costs for artisans and vendors is \$25.00 per space. Commercial and/or larger spaces negotiated upon request. Commercial vendor’s wares should be relative to farming, the environment, or conservation.

For additional information contact Kathy Bresnahan at 978-374-2390 x11 or kbresnahan@cityofhaverhill.com.

North Andover - Sign up today for a FREE 6-week workshop! My Life, My Health, Meet Wednesdays, September 14-October 19th @ 9:30 a.m. -12:00 noon. Spectrum Adult Day Health at North Andover, 1820 Turnpike Street, Suite 106, North Andover, MA 01845. To register: Contact Susan Harrison at 978-921-1697 x221 or sharriso@nhs-healthlink.org



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

NORTH ANDOVER SENIORS: FROM 7

ins \$6. Instructor Patty Ferrullo.

SUPPER CLUB: Thursday, July 21, at Stripers Grille in Salisbury. Bus: \$5. Order off the menu. Depart Senior Center at 4:00 pm.

TRAINED SHINE VOLUNTEERS

offer free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. Call the North Andover senior center and ask for a SHINE appointment, (Serving Health Insurance Needs of Elders). Call for

information on the Summer Schedule.

THE FIX – IT SHOP: (New Hours) The first and third Monday of the month from 12-3. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything not listed; we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

BASIC COMPUTER SKILLS: Thursday mornings by individual 45 minute appointments. \$7 and sign up is required. You will learn how to set up email and search the internet and more.

YOGA: Yoga Class Monday mornings at 9 with Cheryl Cronin. Please call to register, drops- in’s welcomed.

☐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.

MAHJONG: Come in and play Mahjong, Mondays 12:30 – 2:30 and will run every Monday as long as there is interest.

Scrabble: Mondays, 12:30 – 2:30, come on in and play anytime.

STRESS RELIEF: Wednesday from 1 -3 pm, 20 minute sessions with Miriam Smith, Pranic Healer. \$5.00 donation to the Senior Center.

GRIEF SUPPORT: The 2nd Tuesday of every month from 12:30 – 2 pm.

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ROBERT MCCANN: FROM PAGE 1

3rd New York Infantry to safety from behind enemy lines. He was awarded the Medal of Honor by Congress. Bob McCann, knowing the history of William Lord, formed a committee and began fund raising to erect a monument in honor of Lord.

McCann raised more than \$10,000 from private businesses and local citizens, working with City Attorney Charles Boddy and Lawrence Mayor Michael Sullivan to have the labor provided by the city and securing the site on the Common where the memorial stands today.

On June 14th 2004, the day the William Lord Monument was unveiled on the Campagnone Common, the program that day read: “We join today to celebrate the support of the unified community that brought one man’s dream to reality. The Lord monument does much more than memorialize William Lord, it celebrates Lawrence’s ability to unite behind a cause, as it has so often done over its 150 year history, and to accomplish its goals. This monument symbolizes through the efforts of William Lord and Bob McCann, that we can achieve our visions, if we set our hearts and wills to the task.”

McCann was also instrumental in the erection of the Korean War Monument on the Common and a Monument Honoring All Women who served in the

military during all wars.

McCann may be best known as president of the South Lawrence West Little League, where he was also a business administrator, putting in 25 years helping the children of the Mount Vernon area of Lawrence to have a baseball league each summer.

McCann served as President of Lawrence Veteran’s Council, was the State Commandant of the Massachusetts Marine Corps League, and Commandant of the Merrimack Valley Marine Corps.

In short, though he may not think he is deserving of being named as a Hero in our Midst, Bob McCann is and has always been a man who has given of himself for his family, his country and his community. Whether it is delivering flags to the wakes and funerals of military servicemen and women or working with veteran’s services agencies and organizations to honor those who have offered and sometimes given their lives in service of their country, Bob McCann is always there to make a difference.

We at The Valley Patriot are pleased this month to honor Robert “Bob” McCann as our Valley Patriot of the Month, Hero in Our Midst.

If you are interested in joining Marine Corps League you can send your information to P.O. Box 1491, Lawrence, MA 01841

*Originally published June-2008.



The Korean War Monumet in Lawrence. A monument honoring all military women who served in war. The William Lord Monument. All three of these monuments were erected on Lawrence’s Campagnone Common as the result of the efforts and dedication of Former Lawrence Veteran’s Services Director Robert McCann.

PRAGER: FROM PAGE 27

Do most of those on the left really think less of black Americans?

Given the lack of demands, given the rationalization for poor speech (before the left took over education, both blacks and whites spoke and wrote far better), given the advocacy of lowering standards for blacks from everything from civil service tests to college admissions and given other examples, it is hard not to conclude that many on the left really do think black Americans are not equally capable of excellence (outside of sports and entertainment). It is what George W. Bush called “the soft bigotry of low expectations.”

If this is not the case, there are two other explanations.

One is guilt. White liberals are so filled with guilt over historic American maltreatment of blacks that they have somehow concluded that making the same demands of blacks as of all other Americans is somehow unfair.

The other is political opportunism — portray liberals and their policies as the

saviors of black Americans. Aside from its constituting cynical exploitation, the problem is that in order to portray oneself as another person’s savior, one must portray the other as in need of saving.

Conservative Americans, on the other hand, actually believe there is no difference between black and non-black abilities, and therefore see only harm in depicting a substantial percentage of the black population as essentially incapable of obtaining a photo ID.

Which group has more respect for black Americans? The answer is obvious. And one day, most black Americans will know the real answer to that question. That will be the beginning of the final stage of black liberation, as well as the end of the Democratic Party as we now know it.

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. COPYRIGHT 2011 CREATORS.COM

GLTS Hosts National Guard and NFL Football Camp-Free of Charge

The Greater Lawrence Technical High School was host to students from around the region for an NFL and National Guard sponsored football camp. The Monday-Friday, 5-7:30pm sessions stressed the importance of academic achievement, the development of strong character, and drills in football fundamentals. The camp was held from June 13th-17th and was free of charge to all participating students—regardless of their economic status.

Guest speakers from the National Guard’s “High School Player Development” program (HSPD) addressed participants on the importance of character development. The inspirational stories spurred discussions on what it takes to become successful—both on and off the field. David Beaudin, former resident of Methuen and current coach at American International College in Springfield, stated that he is very happy with his newly recruited players from Central Catholic High School and The Greater Lawrence Technical High School. According to Coach Beaudin, it was his privilege to work alongside “the local high

school coaches who dedicated their time and efforts to kids who might otherwise have never had this great opportunity”.

GLTS Head Coach Tony Sarkis stated, “It was an opportunity for kids to have a free camp that they could participate in to develop their football skills—especially with football season being right around the corner”. As host to a number of volunteers from around the region, Coach Sarkis stated: “I especially thank Bob Lore, The New England Representative for HSPD, for helping to make all of this possible. Also, I am grateful for the coaching staff which was very helpful in making the camp a great success”.

This was the 3rd year of running a successful-free of charge-football camp. The high school aged participants worked on basic and fundamental skills in football, offensive and defensive skills, and had a daily 7 on 7 which helped to put all the skills together. “We are already looking forward to next year,” added Coach Sarkis. More information regarding this program can be found at: nflhspd.com.

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