



# THE VALLEY PATRIOT

"Congress shall make no law..."

valleypatriot.com

2004

A New England Press Association Award Winning Newspaper

2011

A MONTHLY JOURNAL OF NEWS, COMMENTARY AND OPINIONS SERVING THE MERRIMACK VALLEY

MARCH, 2011  
VOLUME 8, ISSUE 3

**Assisted Living Center ~ Salisbury**

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

(978) 463-9809

Get Your Valley Patriot @

**Sal's PIZZA**

Home of the 19" 3lb. PIZZA

Straight From Boston's North End

FREE DELIVERY IN METHUEN 978-683-2525

**Amici's Pizzeria**

NORTH ANDOVER

978-725-9339

Give us a Call  
WE DELIVER

**DentalBright**  
enhanced family dentistry

SAME DAY  
EMERGENCY CARE

SEE BACK PAGE

978.975.8888

488 Essex St. Lawrence

**K & C Contracting**  
in Methuen

\* Remodeling & repair  
\* Kitchens and bathrooms  
\* Plumbing and electrical  
\* Additions & MORE!!

kandcontracting.net 978-420-4320

## VALLEY'S HEROES



PHOTO: KIM FRE

The Lawrence Exchange Club Held Their Annual Police Officer, Firefighter, & EMT's of the Year Award Ceremonies last month at the Wyndham Hotel in Andover.

**See Photos: Page 25**

### INSIDE THIS EDITION

#### North Andover Selectmen Interviews P. 6

Editorial.....	2
Jeff Katz-OpEd.....	3
Thinking Outside the Box.....	5
North Andover.....	6-7, 35
Lawrence.....	4-10
Lowell.....	16
Dracut.....	15
Georgetown.....	17
Haverhill.....	17
Methuen.....	18-22
Jack's Irish Craic.....	21
Tom Duggan's Notebook.....	22-23, 42-43
Local Political Cartoonist.....	23
Tea Party/Politics.....	26
Religion.....	27
The Doctor is IN.....	29
Dr.'s Johnson & Dr. Sung.....	30
Healthy Body & Soul.....	30-31
Woburn/State.....	32
Kids-Education.....	33
Gay-Lesbian Issues.....	34
Puppy Girl-Pets.....	36
The VALLEY VIBE.....	39-40
TV - Movie Reviews.....	40
Ye Gay Old Valley.....	41
Veterans.....	41,44



The Doc. is IN  
**Dr. Rami Rustum**  
PAGE 29



**Hansen Comedy Corner**  
PAGE 39



Puppy Love  
**Kate Whitney**  
PAGE 36



Tom Connors  
Live the WOW!  
PAGE 31



Beth Daigle's  
TV Review  
PAGE 40

## Homes for our Troops - Valley Celebration of Freedom 2011

The Merrimack Valley Celebration of Freedom will present three great fund-raising events this year in Andover to support Homes for Our Troops, a national charity that builds specially-adapted homes for totally disabled veterans. These homes are given to veterans and their families at no cost.

Event organizers Bill Pennington and Jay French have announced a \$100,000 goal (net of all costs) for these combined

events. They said, "Thanks to support from our generous sponsors, most of the costs of these events have already been paid and nearly all funds raised will go directly into new homes for deserving veterans. We hope anyone who can make a donation in support of these events or provide an auction item will contact us."

April 5K Run and Dinner  
Sunday April 3rd brings the second annual Run for Our Troops, a 5K run/walk

on a well-designed course with electronic timing, a technical shirt for each entrant, and other enhancements. SRace organizer Bill Pennington, a founder of Andover's wildly popular Feaster Five race said, "We're very excited about the great early response, and more than six weeks before the race we already have almost 200 entrants. We're expecting over 1,000 walkers and runners - everyone wants to come out and help build a home for Sgt. Smith! We couldn't have done it without the support of a lot of generous donors, and we thank them from the bottom of our hearts." The organizing committee includes a number of prominent members of the New England running committee, and U. S. Senator Scott Brown will address the crowd before the race.

On Saturday April 2nd, at Andover's

Old Town Hall, some 200 supporters including many veterans will gather for a Texas Roadhouse dinner, presentation of the colors, music, raffle, auction and more. Grand prize in the raffle will be 4 Field Box seats in the second row behind the Yankee dugout at the Friday, August 5th Red Sox-Yankees game. The fun kicks off at 7pm, and guests of honor will be Sgt. Joseph Smith and his wife Debbi, whose new home these events will support. The Smiths are traveling all the way from North Carolina and will spend the weekend with us, and they look forward to meeting their new friends in Massachusetts. Homes for Our Troops' founder John Gonsalves will speak at the event.

Sgt. Smith, a former Marine, was on his fourth deployment when he suffered  
**HOMES FOR TROOPS: PAGE 44**

Visit our retail showroom for tremendous savings on new and used furniture!

### The Office Exchange

"Your Office Furniture Resource"

425 Merrimack St., Lawrence, MA 01843

TEL: (978) 681-5001

\* Fax: (978) 681-5011

Our Retail Outlet has the  
**BEST PRICES IN THE VALLEY**  
On New or Pre-Owned Furniture  
for your home or office

Open: M-TH 8AM-3PM,  
FRI 8AM-1PM



Offering new, Refurbished  
& Pre-Owned Office  
Furniture & Panel Systems

theofficexchange.com

email: Info@Theofficexchange.com

Installations, Relocations, Liquidations, Buy-Back Solutions... Home or Office!



**Joe Zingales**

Call My Cell:  
978-360-4743



TeamZingales.com

Call the short sale specialists

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





# EDITORIAL

## Bribery Is No Crime for Public Employee Unions

In the real world, ordinary citizens who bribe lawmakers for favors suffer serious consequences. Big fines and/or jail time are the rule. But this is not so with public employee unions. These groups donate thousands of dollars to the election campaigns of lawmakers, who in turn, favor them with gold-plated health and pension plans that bankrupt their municipalities.

Unlike unions in the private sector, public sector unions negotiate with people they can hire and fire by donating (or not donating) unlimited financial support to their election or re-election campaigns. This is a serious conflict of interest at play here.

Politicians are easy targets for such union bribery. It's much simpler for candidates to raise campaign funds in big lump sums from unions, rather than to do the hard work necessary to collect small change from their constituents.

When politicians or their agents negotiate with unions, it is not collective bargaining. It's more like, "You scratch my back, and I'll scratch yours." Their constituents, the taxpayers who foot the bill, aren't even at the table. With these kinds of politicians, and there are plenty of them, their own re-election trumps the solvency of their communities. As a result, private sector workers, who don't have health plans that are as good, who barely have pensions at all, and have no job security, end up paying all the bills through tax increases.

Seeing that public outrage at all this is turning sentiment against them, the unions now say, "OK, we will pay more for our health care and pensions." (Still much less than the private sector.) Big deal! This is not enough. The next politician that comes along may have less financial discipline and matters will again get worse. Health care and pensions that have driven municipal costs through the roof must be taken off the bargaining table. Federal employees cannot bargain for such benefits, nor are they allowed to strike. Locally, right to work laws allowing public sector jobs without having to join a union must prevail. Workers deserve the right to choose. It's the American Way.

## Car Thefts Rise in Lawrence: There is a solution

Since Lawrence Police Chief John Romero formed the Auto Theft/Auto Fraud Task Force under Mayor Michael Sullivan, residents of Lawrence have seen a decrease in their auto insurance rates.

But, according to numbers release by Lawrence City Councilor Mark LaPlante: auto thefts in Lawrence have increased 114% since Lawrence Mayor Willie Lantigua laid off 25 police officers in July, 2010. Through January 31, 2011, there were 596 cars stolen in Lawrence as compared to 278 for the same seven-month period last year.

We urge Mayor Lantigua to level fund the Lawrence Police department (to last year's levels) and reinstate the department's Auto Theft/Auto Fraud Task Force.

And we urge councilors in Lawrence to reject any budget that does not include such appropriation in the 2011-2012 budget.

### News tips

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

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

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

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

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

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

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

The Valley Patriot is published monthly on the first Wednesday of each month by the Valley Patriot, Inc., POB 453, North Andover, MA 01845. Copyright (c) 2009, Valley Patriot, Inc. All rights reserved. Subscriptions are \$50 per year and sent via U.S. Mail.

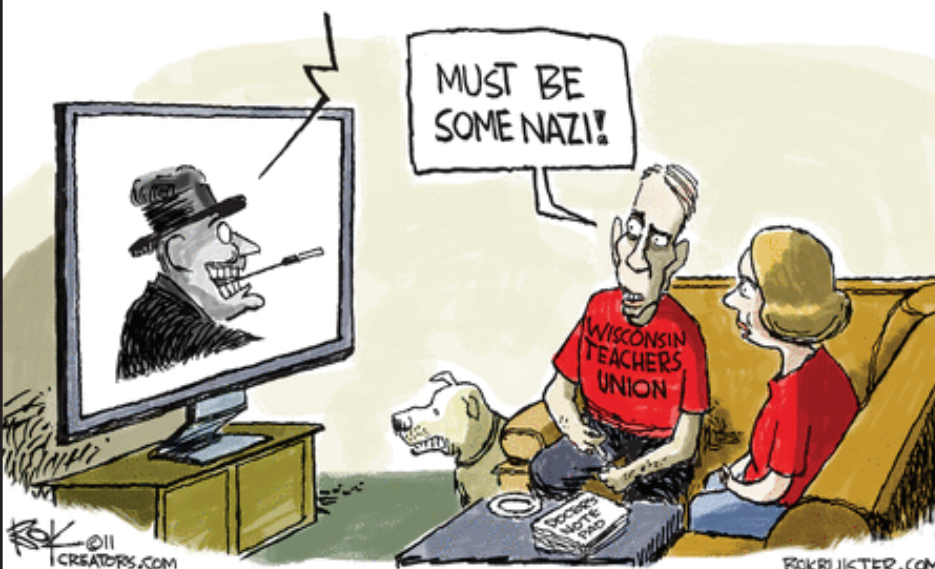
**POSTMASTER:** Send address changes to Valley Patriot, Inc., POB 453, North Andover, MA 01845.

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

### Editorial Board:

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

THE PROCESS OF COLLECTIVE BARGAINING, AS USUALLY UNDERSTOOD, CANNOT BE TRANSPLANTED TO THE PUBLIC SERVICE \*



\* FRANKLIN ROOSEVELT 1937

## "Try Before You Buy"

Retail • Wholesale (Org., Clubs, Bars)

No Sales Tax



## AL's DART OUTLET

BEST PRICES & SELECTION  
OVER 400 SETS IN STOCK

Dart Repointing  
Display Cabinets  
Special Orders For  
Guns & Ammo

5 Rockingham Rd Rt 28  
Windham, N.H. 03087  
603.893.4741  
[www.alsdartoutlet.com](http://www.alsdartoutlet.com)

## Mention this ad get 10% OFF your order

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

e-mail us at [lawrence@omnidp.com](mailto:lawrence@omnidp.com)

### In Lawrence

92 S. Broadway,  
Lawrence, MA 01843  
(978) 686-3875  
Fax - (978) 683-9941

### In Lowell

287 Appleton St  
Lowell, MA 01852  
(978) 459 - 2109  
Fax (978) 452-8879

Kishor Shah



Printing, copying,  
typesetting, graphic  
design and MUCH MORE!

Mon. - Fri. 8am-6pm  
Sat. 9:30am-2pm  
Sun. CLOSED

## WHOLESALE PRICES TO THE PUBLIC

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

# Quintana

Free  
delivery for  
local businesses!

## Wholesale Outlet

Monthly  
Billing!

### Janitorial Supplies

#### Commercial or Household use:

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

### Shipping Supplies

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



### We're Ready for the Snow... ARE YOU??

#### ICE MELT AVAILABLE

50LB BAGS AS LOW AS \$8/LB  
FREE INSULATED GLOVES WITH ANY  
ICE MELT PURCHASE

We Stock;  
Ice Melt, Scrapers,  
Shovels, Ice-Off  
Aerosols



Open: Mon-Fri 9AM to 5PM, Sat: 9AM-12PM

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



# Today is definitely a shouting kind of day

Jeff Katz

RADIO TALK SHOW HOST ON RUSH RADIO 1200AM

Every once in a while, you have to shake your head and mutter Whiskey Tango Foxtrot under your breath. Every so often, it becomes necessary to shout it. Today is definitely a shouting kind of a day.

The new Governor of Wisconsin recently began to ask some simple, yet serious, questions. In office for all of six weeks, Governor Scott Walker asked the simple question, how are we supposed to afford huge payouts to unionized public school teachers? What part of broke do they not understand Governor Walker asked? Instead of receiving an intelligent well crafted answer from the teachers and their union bosses, he was the recipient of a one finger salute accompanied by thousands of protesters decrying him as a modern day Adolph Hitler.

Governor Walker pointed out that he

had no personal animosity towards school teachers but was just looking at the state's checkbook which showed that it was over-drawn by about three billion dollars. He said he wanted to make sure that no public employees were let go, but to block any possible lay-offs he needed belt tightening from all. The teachers told him to drop dead.

Teachers lied about being sick and then flooded the capitol in Madison. They were joined by thousands of clueless college students, hippie leftovers, patchouli salesmen and thugs in pinky rings. Scream as loud as you can they were directed. Make up any story you want



VALLEY PATRIOT EXCLUSIVE

Jeff Katz, a former police officer, is heard daily from 5AM to 9AM on WXKS-AM TALK-1200 in Boston.

**TALK 1200**  
BOSTON

but be sure to demon-ize Walker and the hardworking decent taxpayers of the state. Oh, and don't forget to pick up a doctor's note and maybe a prescription for medical marijuana while you're at it.

Now if this was all happening only in Wisconsin, most of us would yawn and hope that no serious damage came to the cheese curds. But the ignorance, bigotry, hatred and violence spread and eventually wound up at the State House here in Boston.

Clueless angry

brutes wearing the union label stacked the crowd at the recent rally. At the direction of the despicable Little Mikey Capuano, the accidental congressman from Somerville, these thugs proceeded to attack patriotic Americans. The knuckle draggers were not satisfied to simply intimidate and threaten parents who were with their small children. It was not rewarding enough to just bully senior citizens. No, these baseball cap wearing Neanderthals heard Congressman Peter Principle issue the directive to bring blood to the streets and they did. These union thugs pushed, shoved, kicked and punched innocent people who had done nothing except show up with the hope that they could exercise their right to speak freely.

I grew up in a union household where we looked for the union label. My father helped to organize a union at his work place. I was a proud union member and

KATZ: PAGE 5

## Which Neuropathy Symptoms Do You Suffer From?

**If You Suffer From A Single One Of These Agonizing Symptoms: Numbness, Tingling, or Sharp Nerve Pain. Then Read Below... A New Breakthrough Treatment Could Change Your Life!**

- Do you have any of the following symptoms?**
- ☐ Pins and needles feeling
  - ☐ Numbness in the hands or feet
  - ☐ **Tingling or burning sensations**
  - ☐ Weakness in the arms or legs
  - ☐ **Sharp shooting or burning pains**

**If so you may have a condition called Peripheral Neuropathy.**

Peripheral Neuropathy can affect every part of your life -- walking, sitting, and even sleeping.

If you have tried "everything" ( Anodyne therapy, physical therapy, Lyrica®, Neurotin®, or other medications) without getting the results you want then you may benefit from our breakthrough treatment program. Wouldn't you rather fix the underlying problem rather than cover it up with drugs? Why settle for a band-aid cure when you could potentially correct the problem?

**The Single Most Important Solution to Your Neuropathy...**

I have been researching, reading, attending classes, consulting with experts in the scientific community- all to create my Peripheral Neuropathy Treatment Program.

This program is a combination of different therapy techniques and protocols: We utilize Rebuilder® Therapy (see [www.RebuilderMedical.com](http://www.RebuilderMedical.com)), Brain Based Therapy (see [www.DrJinSung.com](http://www.DrJinSung.com)), Metabolic Treatment Therapy, Oxygen Therapy, Spinal Decompression Therapy, Vibration and traditional Chiropractic Therapy. With this layered approach we can "Wake Up" the nerves so they can function normally again and re-educate nerve paths that have gone hay-wire. While we "wake up" your nerves we will support their need for fuel and activation.



**How to Find Out If This Will Work For You**

It's time for you to find out if our innovative treatments will be your neuropathy solution.

I am so confident of my program I'm offering a special introductory visit. If you schedule your appointment by November 20 you will only pay \$125 for the most thorough initial exam and consultation of your life.

Don't live in pain when we may have the solution you've been looking for all along.

**Call today 978 688-6999. 126 Merrimack Street, Methuen located behind Heavenly Donuts.** For more information please visit us online at: [www.DrJinSung.com](http://www.DrJinSung.com)

**Functional Chiropractic**  
**126 Merrimack St., Methuen**

**978-688-6999**  
**[www.DrJinSung.com](http://www.DrJinSung.com)**

## Uncontested Divorces starting at \$799.00\*



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

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

*\* plus court fees*

**Consoli & Wilshusen**  
**ATTORNEYS AT LAW**



# Tracy Watson

The Right Voice. The Right Choice.



**Experience  
that matters!**  
Reelect Tracy Watson

**Experience in  
Bringing the  
RIGHT VOICE**

**with the ability to  
make the RIGHT  
CHOICE**

**Vote March 29th!  
at North Andover  
High School**

**North Andover  
Selectman**

Proudly endorsed by

North Andover Fire Fighters Local 2035

And

North Andover Police Union NEPBA Local 2

Please feel free to contact me at

[Tracy@TracyWatsonForSelectman.mysite.com](mailto:Tracy@TracyWatsonForSelectman.mysite.com)

Or visit

[www.TracyWatsonForSelectman.mysite.com](http://www.TracyWatsonForSelectman.mysite.com)

Paid for by the Committee to Elect Tracy Watson



Joseph W. Gagnon  
NMLS # MA MLO4223 & NH NH4223



187 Main St. Salem, NH 03079

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

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

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

FOR ALL YOUR ESTATE PLANNING NEEDS

**DIANNE M. O'BRIEN**

ATTORNEY-AT-LAW

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

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

**COMPLIMENTARY INITIAL  
CONSULTATION**

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

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



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

**978-794-5515**

**Flat Fees**  
For Estate Planning Services

## Amici's Pizzeria

North End Style, Thin Crust Italian Pizza

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

N. Andover, Andover, South Lawrence

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

**127 Waverly Road  
NORTH ANDOVER**

**OUR  
LARGE  
PIZZAS  
ARE 18"**

**SUBS,  
CALZONES**



**SALADS  
ITALIAN  
DINNERS**

**NOW  
CATERING!**



Steve  
Sirmaian  
Chief Operations  
Manager  
MLO 3520



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

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

Tel. 978.685.9700 \* Fax 978.685.9701

MA Mortgage Broker #MB 4520  
\* Licensed by the NH Banking Dept.  
ME#CSO11110 \* NMLS ID 1964

24-hr. -Cell: (978) 771-2906

**Refurbish your shoes & ugs after all that winter damage** **Bring in this ad and get \$5 off any shoe repair**

## J & W Shoe Repair and Leather Service

**All Kinds of Shoe  
& Leather Repairs**

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



**We  
refurbish  
UGGS**

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

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



# Unions: the Good, the Bad, & the Ugly

## Should we give them “A Few Dollars More” or “Hang ’Em High”?

Dr. Charles Ormsby  
VALLEY PATRIOT COLUMNIST/EDITOR

The right to Life, Liberty, and the Pursuit of Happiness is cherished by all Americans. To protect this right our Constitution restricted the powers of the federal government by enumerating its only powers. This restricted listing of powers was deemed by the Constitutional Convention to provide sufficient protection for our pre-existing individual liberties. But, just in case some self-absorbed, power-hungry legislature or special interest decided to ignore the boundaries of these enumerated powers and begin stomping on our rights, the Constitution was amended with a Bill of Rights.

The Bill of Rights did not list all our rights. Instead, the Bill of Rights sought to dig a deeper moat around a core set of specific/critical rights whose violation was most feared by those reluctant to ratify the proposed Constitution.

A key characteristic of our rights is that they are shared by ALL Americans. They are not designed for a privileged few while being denied to others. These rights are to be held in common and enjoyed equally.

A second critical characteristic of these rights is that they must be understood as being mutually consistent and non-contradictory, meaning that the rights of one individual must be exercised in a manner that does not deny others the equal exercise of their rights.

To ensure their mutual consistency,

the exercise of some rights can, in rare circumstances, be restricted. For example, falsely crying fire in a crowded theater can be forbidden to protect the lives of those in the theater from unnecessary panic.

It is important to note that this example of restricted speech is very limited. First, it is invoked only in a very particular combination of circumstances (in space: in the theater; in time: when the theater is crowded; and in content: it only applies to panic-inducing speech, e.g., crying Fire!). Second, the restriction is specifically designed to be the minimum possible constraint (the foregoing combination of circumstances or their equivalent) that can be imposed to ensure that our rights can be enjoyed equally by all.

By ensuring that our rights are understood in a consistent and non-contradictory fashion, we ensure that our rights can be enjoyed in the widest possible sphere of circumstances.

Let's apply these basic concepts to the employer-employee relationship, and to unions and compulsory bargaining in particular.

The following discussion reflects “how our laws should be” based on a consistent theory of human rights. Unfortunately, our labor laws are not consistent with such an approach and, as a consequence, some segments of society (in cahoots with the majority of our legislators) are using our labor laws and the legal system to oppress other segments of society. We are no longer equally free. We no longer enjoy equal rights.

Let's start at the beginning. Unions have no rights. None. Only individuals have rights.

Remember that our rights are to be shared equally by all Americans. Union members have these rights just like all other citizens. No more. No less.

The rights of all citizens are the same and their applicability to the various circumstances of our lives is identical. There cannot be one wit of difference if these are human rights and we are all human.

Everyone should have the right to associate with whomever they choose. They should be able to form and join unions. They should also be free to not join a union. They should be free to weigh the benefits and the restrictions. The choice should be theirs.

People should be free to communicate with whomever they choose. If they are employed, they should be free to commiserate with their fellow employees regard-

ing the conditions of their employment, their wages, and their healthcare and pension benefits. They should also be free to bemoan their moronic bosses as depicted in the Dilbert cartoons ... or otherwise, as they see fit.

Individuals should have the right to offer their services to an employer on whatever basis they choose. Equally, people should be able to offer whatever compensation they choose to others to induce them to accept employment.

Both employers and employees should be free to enter into negotiations with the hope of settling on a mutually agreeable employment relationship, and walk away from these negotiations if mutually agreeable terms cannot be identified.

People, if they wish, should have the right to join hands and offer their services as a group to an employer and then negotiate on that basis.

If a group of employees approaches an employer with an offer to negotiate, the employer should have the right to consent or to refuse to enter into negotiations. He must have the same right as the individual union members: communicate or not; negotiate or not; come to an agreement or not; form an association or not.

Contracts can be agreed to between a union and its members and/or between a union and an employer. There is no inherent violation of rights in any such contracts, but only if all parties agree to the terms without coercion.

Agreement in the presence of coercion is not agreement, it is coercion.

Today's labor laws violate these principles in every respect.

Public and private employers are coerced to negotiate with unions. In a rare flash of honesty, the relevant laws are referred to as compulsory bargaining laws. The coercive nature of the law is evident.

But employers are not the only ones subject to the negative effects of coercion. The agreements that are coerced restrict the employers from negotiating potentially more favorable employment contracts with willing non-union members. Those non-union members are therefore denied the right to sell their services on terms acceptable to them and the employers.

Just try to negotiate a job with your local public school independent of the union. The school administration (representing the taxpayers and students) might find your offer appealing, but the administrators are not permitted to agree to these terms under the district's coerced union

contract.

So consider this: you (the prospective employee), the school administrators, the taxpayers, and the students all believe that you/they would be better off if your offer were accepted, but the union stands in the schoolhouse door and says, “NO! Our coerced contract terms trump your right to association and your right to enter into a mutually agreeable contract. Your rights be damned!”

This coercion, acting over half a century, has substantially degraded our nation's educational system, detracted from the lives of hundreds of millions of individuals, severely damaged our economy, and placed us on the brink of bankruptcy.

Consistently violating human rights has consequences. Unions are not the problem. Our labor laws, based on compulsory bargaining, are to blame.

Wisconsin, near bankruptcy because of illegitimate union power, is fighting back. The governor and legislature are attempting to end compulsory bargaining. Republicans in Wisconsin are not taking away any union rights, because unions never had any rights. Remember, only individuals, whether union or non-union, have rights.

Unions and their fellow conspirators in the government are the ones responsible for abrogating the rights of others. They have trampled the equal rights of the rest of society in order to gain special privileges and rewards.

The right of the taxpayers – via their government representatives – to negotiate the best contracts for the procurement of needed services, has been violated.

The right of all non-union members to compete for public service jobs has been denied them.

Unions that are composed of members who join voluntarily and then deal with others without coercion are GOOD.

Unions and politicians that collude to enrich themselves at the expense of others are BAD.

Destroying the American concept of equal rights for all its citizens is downright UGLY.

I say, “Not even A Few More Dollars. It is time to Hang ‘Em High!”



*Dr. Ormsby is an ex-member of the N.A. School Committee. He is a graduate of Cornell and has a doctorate from MIT. He is currently a Professor of Mathematics at UMASS, Lowell.*

*You can email him at: [ccormsby@comcast.net](mailto:ccormsby@comcast.net)*

### KATZ: FROM P. 3

union leader. I worked hard to organize some additional union locals. I live in the real world where I know that the money going out of my checkbook can't exceed the amount coming in. I know that bills need to be paid. I don't have a single shred of anger or hatred for unions or union members, but I hang my head thinking that thugs brutalizing patriots is the current face of the organized labor movement. I am ashamed to realize that some claim that stealing the future from our children is a valid part of a collective bargaining agreement. In short, today is one of those days where I have to scream Whiskey Tango Foxtrot.

Jeff Katz, a former police officer, is the morning drive host on Boston's Talk 1200. He is heard daily from 6AM to 10AM on WXKS-AM 1200. His email is [jeffkatzshow@aol.com](mailto:jeffkatzshow@aol.com)

**WE TAKE  
AAA**



**LEO & SONS  
AUTO REPAIR**

**OPEN Mon. - Fri. 7:30 - 5:00**

**157 So. Broadway, Lawrence**

**(978) 687-1155**

**Major Credit Cards &  
Personal Checks Accepted**



*We Do Inspection  
Stickers!*

**LUBE, OIL & FILTER SPECIAL**

**\$10.00 OFF**

*Up to 5 qts. of Oil 10W30*

**\$10.00 OFF** *Wheel  
Alignment*

*4 Wheel Alignment Extra*



# An Interview with North Andover Selectman Rick Nardella

Tom Duggan

VALLEY PATRIOT REPORTER

Last month North Andover Selectman Rick Nardella called into the Paying Attention! radio program with Tom Duggan on WHAV.NET to discuss his campaign for reelection on the board. He faces two challengers Joe E. Smith and Don Stewart, (and one incumbent): Tracy Watson. Two will get elected on March 29th.

**Duggan:** You are in your first term right?  
**Nardella:** I'm at the end of my first three-year term  
**Duggan:** Were you able to accomplish what you thought you would when you first ran?

**Nardella:** I'm surprised I accomplished as much as I did. But, municipal government is like turning one of those big oil tankers. It takes such a long time to turn it around and get it going in another direction. There are so many processes, systems, policies and procedures that have been ingrained for years. And when you look at it with a different set of eyes and say "maybe we can do better?" You constantly get the comment "well that's the way we've always done it... That's not the way we do it that way in North Andover." And so, to change that mindset takes quite a bit.

**Duggan:** Give us, in your words, three

things you have done that you are proud of as a Selectman.

**Nardella:** Number one, when I got on the board, in the first few meetings I formed an audit committee. When I first got elected North Andover didn't have a functioning audit committee. The numbers were prepared, and they were sanctioned by the outside auditors, But, nobody ever really looked at what was in it or what those numbers represented.

The audit report usually comes with a management letter where they noted in North Andover's case: we started with 24 items that we needed to look at. We didn't reconcile back accounts in a timely manner. We had bond monies... \$3.5 million sitting in an account that wasn't reconciled, and by the way I think a lot of that money is due back to the town. But it's going to take a process to get them back. We have 24 bank accounts. We renegotiated bond rates. I fought for two years and we now have a master facilities planning committee. This is the first time in the

a 14% increase over the next three years as well. But the police have been held to about 2 ½ %, the firemen to 5.5%. But it's the rate of increase of salaries and the pension and medical insurance payments called 'OPEB'. It's strangling every city and town not just North Andover.

**Paul:** Even with 2 ½% and 5 ½ % increases over the years, how are the numbers going to match up to the deficit you are predicting?

**Nardella:** Each year we do have some growth, and built into every contract ... even if there's no cost of living increases ... the school teachers for example have steps. They go by a certain percentage every year it's built in. The additional revenues that the town gets through tax increases or new growth it's just a question of whether we can stay in accordance with the increases.

**Duggan:** Last year the city of Lawrence didn't inform the town about the raw sewage going into the Shawsheen. Has the communication been better since then?

## Don Stewart: I've been Offered Bribes

Last month former North Andover Selectman Don Stewart called into the Paying Attention! radio program with Tom Duggan on WHAV.NET to discuss his campaign to recapture a seat on the board. He faces two incumbents: Tracy Watson and Rick Nardella and one other challenger Joe E. Smith. Two will get elected on March 29th.

TRANSCRIBED BY DAWN BRANTMULLER

**Duggan:** Can you talk to people at home about why they should vote for you, what your ideas are, if you get back on the Board of Selectmen and what you will do better or differently than the two current incumbents who are there now.

**Stewart:** Well, I have been there for a long time, 15 years. I am very fiscally conservative. Being 70 years old now, I would not do anything differently than what I've done in the past. To serve the community, I've basically been the face in the community for many years. I go to all of the functions, you know, people have problems, they give me a call. It's nice to be able to solve these problems. Basically, when I was on the board, I was licensing chairman for 11 years and I am very proud of the fact that I kept an eye on these package stores to make sure they weren't selling to minors. That was one of my pet peeves; we did a very good job of that. Other than that, there are a lot of things that come to mind that I've done in the past and do you want to hear about those, or...

**Duggan:** You have two incumbents, now. You've got to unseat one of them if you want to win, and both of them have a pretty good list of accomplishments. It is very hard to defeat an incumbent. How do you plan on appealing to the people of North Andover to unseat an incumbent to put a guy in who is already there?

**Stewart:** Um, If I told you that, you would know my campaign strategy.... It's not gonna work! Trust me, I have a palm card coming out in a week, OK? I've never had palm cards.

**Duggan:** How many years were you a member of the Board of Selectmen?

**Stewart:** 15 years on the board, 20

years as Commissioner of Disability, I worked that very hard and I've been the town Santa for 20 years. I basically have to rely on the people out there in town, the people I know. Every time I run, last time I lost by 100 votes, I still got 1,300 votes. It's not that far off and you find an incumbent, if they are there, there are a lot of people that they lose faith in them or for some reason, and this happens when you are an elected official. If you don't do things the way they want you to do them, they change on you and they go the other way. And that's what happens and, to be honest with you, people have gone south on me because I refuse to sit in their illegal meetings with the Selectmen who want to do something that wasn't right, it was illegal. I refused to take bribes. People tried to bribe me to get something done. I walked out and didn't do that and these people turned south on me. Yeah, people wanted me to deny licenses for restaurants because of their friend who had another restaurant and they didn't want competition. If I can't stand by my morals and stand by the way I feel, I am not a phony. What you see is what you get and it's not going to change. I don't have a mean bone in my body. I am constantly trying to help people and get things done.

**Paul:** You mentioned that you were offered bribes in the past. Is this something that is common place in politics?

**Stewart:** I don't know if it is common place, but people have offered me something to do something that wasn't legal. I didn't make a big mess out of it, I said "no" they said that they would not vote for me next time and I said "then, I don't want your vote, sorry". I don't come big puppet with this kind of bullshit, this is, pardon my English, it didn't set with me. I didn't like being manipulated by certain groups that wanted things, I just turned the other cheek and I said "ok, this is not going to happen. You don't want to vote for me next time? At least I have my better judgment and I have my pride". I can hang my head on that. I mean, if people haven't served in politics for a long time, a lot of stuff goes on.....

STEWART: PAGE 43

*“Recently the school committee agreed to a contract with the North Andover Teachers that gave them a 14% gross increase. They did give us back some money in health care but we just can’t sustain those kind of increases. Nurses were brought up to the level of teachers, which is a 14% increase over the next three years as well. But the police have been held to about 2 ½ % the firemen to 5.5%. But it’ the rate of increase of salaries and the pension and medical insurance payments called ‘OPEB’. It’s strangling every city and town not just North Andover.”*

Selectman Rick Nardella

many years that we are really going to take a look at all the land and buildings in town and [figure out] where are we going to go in the future. I chair that committee and we got \$150,000 at last years town meeting. I chair the audit committee and I've done a lot of work changing policies and procedures.

As you recall we had the Lydick affair, the procurement director who misused North Andover funds. He is serving time in jail, his name was Joseph Lydick. So I think I have brought a lot of fiscal responsibility to the board. I am an accountant by trade. Over the last 8 years I have been a forensic accountant and bringing that to North Andover has been my strongest suit.

**Paul:** What do you think is North Andover's biggest problem today?

**Nardella:** Certainly at the 5,000 foot level, it's revenues. Now, the town manager just put out his proposed budget and the school committee is looking for 1,800,000 increase. The town manager is looking for a \$350,000 decrease from what they got last year. So the declining revenues coming from the state and the declining revenues coming from the town is the biggest problem there just isn't enough to go around.

**Paul:** Would this result in Layoffs

**Nardella:** No. We'll do everything we can, short of laying off. If I told you the fire department had the same number of men that we've had many years ago before all this growth you'd start to understand. The police have four cruisers on the road at all times and we need to maintain that. But the problem isn't numbers of people it's compensation. Recently the school committee agreed to a contract with the North Andover Teachers that gave them a 14% gross increase. They did give us back some money in health care but we just can't sustain those kind of increases. Nurses were brought up to the level of teachers, which is more than

**Nardella:** The ongoing relationship between Lawrence and North Andover is always of concern. You know that lately they laid off 'x' number of firemen, and so whenever there was a major alarm North Andover was one of the first responders. We would have to send our trucks into Lawrence to fight their fires. That's a pretty good way to keep some of your budget increases down. You lay off your public safety officials and just get them from the next town. Our number of calls to Lawrence have doubles in the first six months of the fiscal year in last years whole 12 month period. So, yes we have had ongoing discussions with Lawrence, but I can't say that forthrightly that I know what the status is with that sewage issues. I can say they did ultimately send us something informing us formally, but it had been going on for months before we got the letter. We actually found out about that issue in The Valley Patriot and I thank you for that.

**Duggan:** Can you talk about some of the new businesses that are and have been coming into downtown.

**Nardella:** Sure it's exciting! The Messina's need a lot of credit for investing so much money in their little strip mall. They took on a great deal of costs and a great deal of risks when the economy was down in the dumps but now it's starting to come back. We've got the new Converse, the new wine shop, new restaurants like the new Bistro on Sutton Street. People are coming to North Andover they want to be in North Andover. We treat our merchants fairly we don't try to gauge them we are doing the best we can to keep our costs down. I think that's the key to making North Andover affordable a good place to live and keeping or property values high. We can't spend money we don't have. Look at surrounding communities. They are laying people off we haven't had to do that.

490 Main St.



NORTH ANDOVER

Get your Valley Patriot at SALS!

978-689-7374



# Police Hold Comedy Night for Charity

The North Andover Police Association held a comedy night for charity at the Chuckles Comedy Club in the China Blossom Restaurant on route 125 last month. The NAPD raised more than \$2,200 for the North Andover Police Scholarship Fund. Each Year the police association gives two \$500 scholarships to North Andover High School Students pursuing a degree in criminal justice. The charity fund also makes several donations to other youth and sports groups throughout the town of North Andover

Photo 1; audience member laughs himself blurry, Photo 2: Comedian Johnny Pizzi revs up the crowd, Photo 3: Comedian Bob Siebel gets a little "personal", Photo 4: Meghan Davis of North Andover holds up one of the auction items she purchased, (an autographed photo of Boston Celtics players), Photo 5: Chuckles owner Chris Flahive of North Andover and his administrator Ginine Penney of North Andover



## Activities From the N. Andover Senior Center

**Senior Safety:** What you need to do about elder abuse. Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that willfully or through negligence causes a senior harm or creates a serious risk of harm. The following are forms of elder abuse; Physical, threatening or inflicting physical pain or injury, or depriving a basic need. Emotional, inflicting mental pain, anguish or distress by verbal/nonverbal acts. Sexual, non-consensual sexual contact. Exploitation, taking, misusing or concealing funds, property or assets. Neglect, failure by caregivers to provide food, shelter, and or medical care. Abandonment, desertion of a senior by a caregiver. Chapter 19A, Section 18 of Massachusetts law mandates that Council on Aging directors, outreach coordinators, health care professionals, police and other public safety officials report elder abuse. However, anyone who suspects abuse should call your local senior center, or police department. All reports are confidential. Senior abuse often goes unreported because the victim is embarrassed, ashamed, or dependent on the abuser in some way. It is important to remember that elder care service providers will

work with the victim to determine what services will alleviate or end the abuse. A victim's rights and wishes will always be respected.

**SUPPER CLUB:** Thursday, April 21 at the Olive Garden in Methuen. Bus: \$1. Order off the menu. Depart Senior Center at 4 pm.

**MVNP LUNCH:** Tuesday, March 29, \$2.00.

**INDOOR FLEA MARKET:** 9 am to 2 pm, 5 ft. tables \$15. And 10 ft. tables \$30. Call the Senior Center for info. Sponsored by the Friends of the North Andover Senior Center.

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

**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.

**LECTURE SERIES:** Every Monday at

10, speaker TBA.

**ZUMBA GOLD IS COMING SOON:** Zumba Gold sessions will start on Wednesday, March 2, 2:30 – 3:15, 6-week class for \$24.00 or \$6. per class for drop-ins.

**ZUMBA, ZUMBA, ZUMBA with Talie:** Monday and Wednesdays 3:30 – 4:30 and Thursdays, 4:30 – 5:30. Punch cards are \$40 for 10 classes.

**YOGA:** Yoga Class Monday mornings at 9 with Cheryl Cronin. Please call to register.

**TAI CHI:** Class is Tuesday mornings at 9:30. Please call to register. Starting in March.

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

**WALKING GROUP:** Monday, Wednesday and Friday mornings at 9. Meet at the Youth Center and walk for an hour at your own pace.

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

**Foxwoods:** Next scheduled trip, Tuesday, March 15, \$25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 6:30 am.

**Men's Breakfast:** Thursday, March 3 at the New Police Station for a tour and breakfast.

**New England Spring Flower Show:** Seaport World Trade Center, Wednesday, March 16 Tickets: \$20. Includes transportation and admission to Flower Show – Limit 12 seats on bus, Depart at 9:30. Tickets are \$16 without transportation.

**St. Patrick's Day Luncheon:** Thursday, March 17, 12 – 2 pm, tickets \$10. Traditional Irish corned beef boiled dinner. Entertainment by Jack Ryan, the Perfect Entertainer.

**SUPPORT SERVICES AND PROGRAMS**

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

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

## The Paying Attention! Radio Program



**...with Tom Duggan**

**Thursday evenings from 6-9PM**

Listen LIVE! on **WHAV.NET**  
or on your Cable Access TV Channels  
in Andover, Methuen, Haverhill, Sandown &  
Plaistow NH

OR listen to the podcast ANYTIME at [valleypatriot.com](http://valleypatriot.com) (link at top of page)





*Congratulations to*

# The Valley Patriot!



Lawrence, Andover, North Andover, Methuen

**\*\*FREE\*\***



## The Valley Patriot

"Congress shall make no law..."

Volume 1, Issue 1

March 2004

16 Pages

*Valley Patriot Exclusive!*

### School Committee Bills Taxpayers for Fine Dining

Tom Duggan

For the past three years members of the Lawrence School Committee have been billing the taxpayers for plush dining at the city's most expensive restaurant: One Mill Street.

Then School Committeemen Noah Shannon, Pedro Arce, Suzanne Piscitello, Nancy Kennedy and current member George Gonzalez all dined with Superintendent Wilfredo Laboy and his staff after school board meetings running up tabs worth over \$1,200.00.

Documents obtained by The Valley Patriot show that state taxpayers treated members of the Lawrence School Committee to more than a dozen expensive meals between 2001-2003.

Meal reimbursement receipts show School Board members helped themselves to veal, sirloin steak, calamari, pork chops, duck, steak salad, garlic shrimp, mussels, scallops, spinach chicken, assorted appetizers and other various menu items. The meals were then billed to the Lawrence Public Schools which receives 100% of it's funding from the state and federal government.

While Superintendent Laboy's \$156,000 a year contract does not include a meal allowance, he says that some of his expenses are reimbursable. "I don't have a meal allowance but it is accepted



*"...the Ethics Commission should be informed about this. They should pay back every penny with interest and issue a written apology to the school children and the citizens of Lawrence."*

*Michael Sweeney  
Lawrence School Committee*

practice for me to be reimbursed for certain expenses as long as they are reasonable and sensible," he said.

School Committee members, on the other hand, do not have that luxury. According to the School Committee policy (B-18) "School Committee members shall receive no compensation for their services. However, upon submitting vouchers and supporting bills for expenses incurred in carrying out specific services *previously authorized* by the Committee, Committee members may be reimbursed from district funds." This never took place regarding meal receipts from One Mill Street.

Instead, some School Committee members took advantage of their position as

*Continued on Page 8*



Lt. Governor Kerry Healey with Maria Marasco

### Andover's Marasco Campaigns for Reform

Valley Patriot Staff

Boston- State Rep. Candidate Maria Marasco (R-Andover) received a campaign boost from Lt. Governor Kerry Healey in Boston last week at her first fund raising event in preparation for her formal campaign announcement for 18th Essex State Representative. The district spans six communities, including her hometown of Andover, North Andover, Boxford, Haverhill, Methuen and Georgetown. The seat is currently held by first term incumbent Barbara L'Italien (D-Andover).

"Maria is exactly the right kind of person who will best represent her district," said Healey. "Maria has the right kind of skills to help us reshape government in an effective way," she said. Marasco supports the governor's efforts to cut waste and mismanagement in state government.

"I will stand by the Governor and Lt. Governor to make responsible reforms. As

*Continued on Page 5*

### Syndicated Columnists



Neil Cavuto  
Page 4



Thomas Sowell  
Page 14

### ALSO INSIDE:

Rabbi Goldstein on "The Passion"



*Page 15*

2003 Police Line of Duty Deaths  
by Craig Floyd

*Page 3*

Profile of Andover School Candidates  
*Page 13*

Dr. Charles Ormsby - Thinking Outside the Box  
*Page 3*

Paying Attention!  
*Page 4*

N. Andover Selectman Race, Smith v. Smedile  
*Page 5*

Senior News/Senior Centers  
*Pages 10 & 11*

### Smith v. Smedile for N. A. Selectman

Valley Patriot Staff



face to the voters in her bid for reelection.

Joe Edward Smith, an engineer by trade and a union Democrat, says his campaign is about open government and representing issues important to the town voters. "There is a big difference between Ms. Smedile and myself," he said. "Before the voters decide who will represent them on March 30<sup>th</sup> it is important that they know what those difference are."

"I opposed the trash transfer station and Ms. Smedile supported it." Smith also said Smedile supported leasing half the airport land adding, "the people of North Andover clearly wanted it sold off. It is important to represent the people of the town and act on their behalf." Smith says he opposes \$95,000 in raises for nonunion employees "especially at a time when we are talking about laying off fire

*Continued on Page 13*

### Sullivan: "Absent All Auto Fraud, Insurance Rates Won't Go Down!"

Tom Duggan



*"...if you call the Board of Insurance today and ask them... 'if the auto fraud goes away completely (in Lawrence), at what point will the rates go down?' They will tell you what they told me last week, they won't."*

*...Lawrence Mayor,  
Michael J. Sullivan*

Lawrence - Mayor Michael Sullivan says that even if police investigations are capable of eliminating all auto insurance fraud in the City of Lawrence, "auto insurance rates still won't go down."

Sullivan, touting the hard work of Police Chief John Romero and the Lawrence Police Department, said that the investigations into auto insurance fraud in Lawrence were producing startling results but added, "If you call the Board of Insurance today and ask, just for example, 'if the auto fraud goes away completely (in Lawrence) at what point will the rates go down?' What they will tell you is what they told me last week, they won't."

For years, State Legislators, previous mayors and police chiefs have been telling Lawrence residents that the high auto insurance rates in the city (the third highest in the state) are the result of insurance fraud. Sullivan says that simply isn't the case.

"What we are finding out is that, what will cause rates to go down (in Lawrence) is for the rest of the cities and towns in the state to tackle fraud in their communities as well. It would have to be a statewide effort. I think the insurance companies, years ago should have been doing the investigative work that the Lawrence police are doing this year."

*Continued on page 7*

## ...on Seven Years of AMAZING News Coverage



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





# PAYING ATTENTION! with TOM DUGGAN

# Seven years later we're still going strong!

Tom Duggan  
VALLEY PATRIOT EDITOR

For as long as I can remember, my ability to succeed has always been underestimated by others.

So, when the experts told us that going into the newspaper business was a losing proposition back in 2004, we paid no attention to their predictions of failure.

The print publication industry was starting to falter, the age of internet news consumption was booming and very few people had any faith at all that The Valley Patriot was going to last seven weeks, let alone seven years.

But, North Andover residents Paula Porten, Dr. Charles Ormsby and Ralph Wilber understood the unique vision of printing a monthly newspaper that focused on honoring Veterans, had a conservative editorial policy and investigated

real news stories purposely being ignored by the daily paper.

They had the foresight to recognize that The Valley needed another newspaper and, done correctly, such a newspaper could succeed far beyond what the naysayers said was possible. So, the Valley Patriot was born. A final meeting was held at Graphic Industries on Sheppard St. and we began the process of trying to find a printer and figuring out how we were going to make this thing work.

None of us had any experience in running a newspaper. None of us had any idea how to do layout, design advertising, or what would be involved in the business of running a print publication. So the first order of business was to try and find a printer in Lawrence, Methuen, Andover or North Andover as we were committed to helping the local economy.

With no commercial printers who could handle the job, (well, there was one but it was the competition), we hired a guy named Bill Samatis at Graphic Development (in Hanover).

Samatis and the people at Graphic were not just interested in printing our newspaper, but were willing to help walk us through the design process on our first edition. They advised us on layout development, tutored us on dealing with color and photo issues and became a vital part of our production process far beyond just printing a newspaper.

In March of 2004, a mere 2,000 copies of The Valley Patriot rolled off the presses at Graphic Development in West Hanover, Massachusetts for the very first time.

Destined for deliveries in Lawrence, Methuen, Andover and North Andover,

this little 16 page publication took less than a day to deliver to 25 locations throughout The Valley.

Very few people noticed what we were up to that month and even fewer people were impressed with what we had considered a major accomplishment. But, I remember tuning into Ronnie Ford's "Hot Line" program that first day to hear Ford reading through the paper on the air and saying how much he liked it.

This gave way to a spate of on-air calls from people laughing hysterically at the prospect of "Tommy Duggan running a newspaper". Some of them cited well known statistics that nearly 90% of all new businesses fail within the first year ... and that 50% of those that survive, fail within the second year. Some questioned whether or not The Valley Patriot would,

**VALLEY PATRIOT, page 33**

## Local preschool partners with award winning safety program to deliver Peace of Mind;

*Little Sprouts Early Education and Child Care center at Northern Essex Community College's Haverhill campus held a Super Safety Day for the children this month. Paul Lenz, the local Guard-A-Kid Child Safety Specialist visited the school in an effort to enhance safety and awareness for the children.*

*Guard-A-Kid provided an opportunity for parents to receive state-of-the-art child IDs. The ID is in line with the recommendations of the National Center for Missing & Exploited children; the leading non-profit organization in the U.S. working with law enforcement to address the problems of missing and sexually exploited children. The IDs included 2 laminated wallet ID cards, a full - size sheet with vital information and a CD-ROM with all the information in digital format.*

*In the all too often case, a child goes missing or simply wanders away, having a Guard-A-Kid Child ID, a child's biographical information and recent photograph at a parents fingertips is crucial to the success of finding a child quickly.*

*Little Sprouts children also received award winning safety instruction, courtesy of Guard-A-Kid. The Stranger Safety instruction utilized an instructional video produced by John Walsh (host of America's Most Wanted) and Julie Clark (cre-*

*ator of Baby Einstein). This highly effective presentation was not only educational but kid-friendly and fun.*

*The local Guard-A-Kid is based in Amesbury, MA and is very proactive in providing safety instruction and tools to all organizations in the community. Little Sprouts' teaming up with Guard-A-Kid*

*to bring Super Safety Day to the Haverhill/Amesbury community is just another way in which Little Sprouts is BIG on ensuring peace-of-mind for all families.*

*About Little Sprouts Inc.: Little Sprouts has been a leader in providing award winning early education since 1982. They are a group of humanitarians that believe in the power of literacy to change the world; social, emotional, intellectual and physical literacy for children, youth, teachers and families.*

*Little Sprouts believes in the commonality in humanity. We embrace that unity is best achieved by celebrating diversity. Little Sprouts has 11 schools in Massachusetts supporting families that reflect 56 cultures speaking 23 languages from all walks of social, economic, religious and ethnic backgrounds.*

*To learn more about how you can join us in making the world a better place, visit us at [www.littlesprouts.com](http://www.littlesprouts.com)*



## The Central Catholic Karate Club wins gold at Almeida's Invitational

Sensei Jarrod Brown and five Central Catholic Karate Club varsity athletes traveled to New Bedford last week to compete in the annual John Almeida's Goodwill Invitational Karate Tournament. This is the second time Central Catholic High School (CCHS) students competed in this tournament. Eight trophies were awarded to the five participants. Four took first place in either their individual forms or fighting division: Brendan Stolarz, Jeff Duchesne, Junellie Leon, and Amanda Meli while Amy Whitney Perry placed in top five of her division in the competition.

CCHS students competed in two disciplines of Kyokushin Karate:

- Kata to demonstrate proper form and technique which is the foundation of movement in Kyokushin-style karate

- Kumite to demonstrate an individual's ability to defend themselves against and overpower another opponent

Students who placed in the tournament include:

- Brendan Stolarz (senior) - 1st place in Forms and 4th place in Fighting

- Amy Whitney Perry (senior) - 5th place in Forms and Fighting

- Jeff Duchesne (junior) 1st place in Forms and 3rd place in Fighting

- Junellie Leon (junior) - 1st place in Fighting and 1st place in Forms

**CENTRAL, page 34**

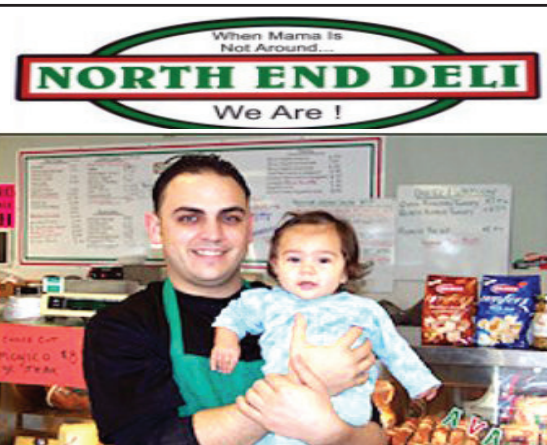
## Deli Catering Headquarters

Daily Lunch  
Specials



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

Fri & Sat  
Stuffed Artichoke  
Tripe



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

# North End Deli

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

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



# The desire for change goes on

## Everything comes back to the City of Lawrence

Jamison Tomasek

VALLEY PATRIOT COLUMNIST

Despite election results that were disappointing last November for many in the Merrimack Valley, there is no shortage of people keeping up the quest for political change. For those most unhappy with their cities and towns, and well as the Legislature, the Governor, and Congress, there is the sense that the ideas and mood were right but the organization wasn't there. The Republican ideas in the last election, lower taxes and less government spending, usually appeal to a majority of the population. Certainly the mood of the country, as evidenced by the change everywhere but Massachusetts, was against the Democrats. What was definitely lacking for the Republicans here was good organization on the local level. Statewide and local candidates rely on active local people to reach enough voters to win. Republican organization was, for the most part, weak, ineffective, or nonexistent, especially contrasted with the Democratic machine and its ground troops such as union members (particularly public sector ones) who distributed literature, went to events, and were effective in getting the base out to vote in great numbers.

Of course local Republicans can point to the achievement that there are now two local Republican State Reps., Paul Adams and Jim Lyons, both of Andover, and the fact that statewide candidates did very well in the towns of the Merrimack Valley, although they got beat in the cities.

There are signs that local Republicans,

and nonpartisan groups like the Lowell and the Merrimack Valley Tea Parties (which were the source of many volunteers for local, statewide, and Congressional campaigns) have stepped up or continued their political activities, with the goal that next time around they will be more effective. Prior to a recent Merrimack Valley Tea Party meeting at the North Andover VFW, members had voiced some concern that meeting attendance would drop-off after the November elections (prior to the elections they averaged 85 people, and once had 200), however the February meeting still had 75 in attendance. Credit its organizers for excellent planning and having "interesting" always a goal. Tea Party members have had local candidates appear in front of them and are fanning out to support those candidates who align with their views.

The first week in March there was a fund raising event for the Andover Republican Town Committee (RTC) with 65-70 people attending and it was announced that they raised several thousand dollars, which they intended to use to support candidates in 2012. The popular North Andover RTC "Spring Fling" is coming up and attendance is promised to be strong



again this year. Candidates interested in change have come forward in a number of Merrimack Valley towns. Andover has three for selectman: persistent town government critic and second time candidate Larry Bruce, first time candidate Dan Kowalski, and former long time planning Board member Paul Salafia. All have expressed their view that cutting spending and reducing taxes is important, though Bruce has been the most outspoken for change and Salafia has been part of many town decisions until a couple years ago. Kozlowski believes that savings can be achieved via reorganization and is the only registered Republican. They are competing to fill out a two-year term of one seat, and for the other seat incumbent Mary Lyman (who has publicly supported Democrats in the past) will be unchallenged.

In Dracut veteran of Republican campaigns (though he himself is an independent), Chris Murphy is challenging, amongst others in a crowded field, the political machine (which supports Democrats) of incumbent selectmen Bob Cox and John Zimini.

Later in the year city races will commence in the Merrimack Valley and it

anticipated that there will be a lot of action and change will be the mantra for candidates like Chally Ramos in Lawrence, who has announced his intention to run for Council city-wide.

Other notes are that the Andover school committee, which achieved a more pro-taxpayer balance in the last election, has been in tough negotiations with the teacher's union (which is known as very hard line, including boycotting Arizona). At last report the SC had declared an impasse and the state was coming in to mediate. Difficult union negotiations should be the norm around here as municipalities attempt to balance budgets by holding down rapidly increasing employee costs.

So what can you do? Get out and vote in your local election at the very least. Don't forget about Town Meeting and keep an eye out for override votes. Work for or against something. Help candidates. They are putting in real effort and need it. If you live in one of the MV cities (town deadlines have passed) think about running for office.

If you want to discuss doing something or looking to connect with others contact me [tomasek2010@gmail.com](mailto:tomasek2010@gmail.com)

Disclaimers: I am involved with the Andover RTC and the Merrimack Valley Tea Party.

Following up to last month's column: the Massachusetts House voted along party lines not to appoint an independent commission to determine Massachusetts redistricting. Instead a committee of Democrats will decide the issue.

## No More Zeros!

Peter Larocque

VALLEY PATRIOT COLUMNIST

Before I get into this month's topic, I must commend Lawrence School Committeeman Mr. Mark Gray for attempting to actually put forth recommendations to improve Curriculum at the Lawrence Public Schools. One of the recommendations that he put forth was to put a Subcommittee together made up of teachers, administrators and parents along with School Committee Members to review curriculum. But he was quickly reminded by Interim Superintendent Dr. Bergeron that he was dangerously getting outside of the purview of the School Committee's responsibilities. She went on to say that Curriculum is the responsibility of the Superintendent of Schools and the Administration. So as you can see, Curriculum in Lawrence continues to be the holy grail of Public Schools as I wrote in an earlier column and remains untouchable by

elected officials and us common folk.

But this is not what happened in the Mansfield Independent School District in Texas. They were awarded a grant as part of a five-year \$1.3 million grant by the U.S. Department of Education. The grant involved teaching the Arabic language and culture. But when parents were caught off-guard by the program, the program was put on hold until concerns and questions of the parents were answered. Just because the Department of Education identified Arabic as a "language of the future" didn't stop parents from questioning the program and asking why didn't they know about this earlier? So we will have to wait and see what the final outcome concerning this issue will be. But for now, the program is on hold. The School District may have to return the grant if the decision is to not allow this program to go forward. I guess not all School Districts got the memo that curriculum is only in the hands of the School Superintendent

and the School Administration.

Now it has been brought to my attention that there have been many vigorous discussions recently to eliminate zeros given out as a grade at the Lawrence High School.

Even if a student does not pass in homework assignments given by a teacher and even if a student fails a quiz or test. Now why didn't they have this grading system back when I was in school, because believe me, I could have used it and more than once? For this kind of effort put forth by a student, they are discussing given a grade of 50%. So doing nothing gets you half of 100%.

Now I ask myself, how can this be? We have very intelligent Administrators working for the Lawrence Public School System and this new grading system called, Standard-Based Grading, is what the Administration would like to have teachers implement. So the discussion revolves around replacing the Traditional Grading System with this Standard-Based Grading System. Instead of getting a grade of 0%, 50%, or 90% or even a 100%, or A, B, C, or D, or F, a student would get a grade of Partially Proficient, Proficient, or Advanced. Again, how can this be?

Well the only thing I can come up with is that they do not want any student to have a failing grade. I guess a zero doesn't look as good as a 50% or partially proficient on a list that everyone will eventually see. What causes very intelligent well meaning people to come up with stuff like this? Well I can only put forth my opinion, my guess is, money! In order to get the President's Race to the Top Federal Funds that he has made available to States, who then make these funds available to their School Districts, they have to show better outcomes of grades and zeros are not what one wants to see on their bottom line. Again this is just my opinion of why teachers would not be allowed to give zeros anymore at the Lawrence High School. Now if my

guess turns out to be right, may I humbly suggest a different course of action.

A question needs to be asked of the citizens of Lawrence, what is it exactly that you expect from your school department? Do you want your children to be babysat and given credit for just showing up? Or do you want your children given credit for school work completed and tests taken? Studies show over and over again that school districts which have parents involved in what is happening in the education of their children are the more successful school districts.

Once again let me clarify that this change in the grading system is only at the discussion stage. This comes under POLICY, which means in order to change the grading system it would have to be approved and voted on by the School Committee. But any policy that may lead to not being totally transparent with test scores and student's grades to acquire money is not a solution the future generation needs, it only adds to their problem. Plus, who really benefits from more money is still an open ended question.

As these discussions go forward remember, this is an election year for the School Committee Members. So please be an informed voter and elect members who will represent your beliefs and interests on these very important issues like the one mentioned in this article and not the interest of someone else!

God Bless You and God Bless the Lawrence Public Schools!



*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](mailto:peterlarocque@hotmail.com)*

NEW ENGLAND<sup>SM</sup>

ALLERGY

A s t h m a   &   I m m u n o l o g y

WSPRING!  
ALLERGIES  
ARE HERE!

Molds, Dust Mites, Danders  
and Cold Air Induced Allergies

Appointments Available Now

Thomas F. Johnson, MD, FACP

978-683-4299

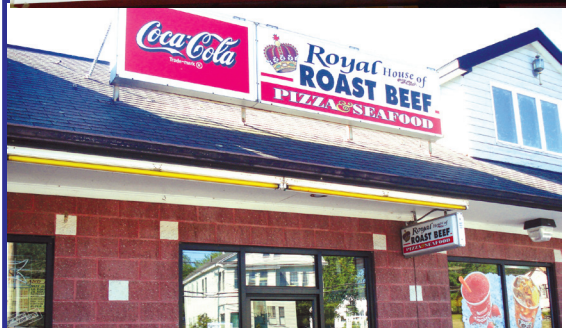
www.newenglandallergy.com

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



# ROYAL House of ROAST BEEF

ROYAL HOUSE OF PIZZA AND ROAST BEEF			
SUBS		PIZZA	
Small	Large	Small	Large
Meat	Meat	Meat	Meat
Meat & Cheese	Meat & Cheese	Meat	Meat
Meat & Pepperoni	Meat & Pepperoni	Meat	Meat
Meat & Sausage	Meat & Sausage	Meat	Meat
Meat & Bacon	Meat & Bacon	Meat	Meat
Meat & Ham	Meat & Ham	Meat	Meat
Meat & Turkey	Meat & Turkey	Meat	Meat
Meat & Chicken	Meat & Chicken	Meat	Meat
Meat & Beef	Meat & Beef	Meat	Meat
Meat & Pork	Meat & Pork	Meat	Meat
Meat & Lamb	Meat & Lamb	Meat	Meat
Meat & Fish	Meat & Fish	Meat	Meat
Meat & Veggie	Meat & Veggie	Meat	Meat
Meat & Fruit	Meat & Fruit	Meat	Meat
Meat & Nuts	Meat & Nuts	Meat	Meat
Meat & Seeds	Meat & Seeds	Meat	Meat
Meat & Herbs	Meat & Herbs	Meat	Meat
Meat & Spices	Meat & Spices	Meat	Meat
Meat & Oils	Meat & Oils	Meat	Meat
Meat & Vinegars	Meat & Vinegars	Meat	Meat
Meat & Sauces	Meat & Sauces	Meat	Meat
Meat & Dressings	Meat & Dressings	Meat	Meat
Meat & Condiments	Meat & Condiments	Meat	Meat
Meat & Beverages	Meat & Beverages	Meat	Meat
Meat & Snacks	Meat & Snacks	Meat	Meat
Meat & Desserts	Meat & Desserts	Meat	Meat
Meat & Drinks	Meat & Drinks	Meat	Meat
Meat & Treats	Meat & Treats	Meat	Meat
Meat & Gifts	Meat & Gifts	Meat	Meat
Meat & More	Meat & More	Meat	Meat



**Family Owned!**  
**20 years in the community**

**Home made (house) dressing!**

**464 Lowell St - Methuen**

**Pizza, Exceptional Seafood,  
Subs, Hot Sandwiches,  
Hamburgers, Salads**

**OPEN**

**Sun to Wed - 10:30AM-9PM  
Thurs to Sat 10:30AM - 10PM**

**(978) 794-4996**



All tips are donated to someone in need @ St. Anne's Orphanage

**Advertise in the Valley Patriot**

**Call 978-771-4091**

**See our ad rates at [valleypatriot.com](http://valleypatriot.com)**



**46-48 Vine St, Lawrence, MA 01841**

## SPECIAL LOTTERY AFFORDABLE TWO-FAMILY HOME

- Owner Occupied
- New construction, 4 BR Townhouse units with 2,000 sq.ft. per side.
- Huge Kitchens with Range, Dish Washer, Microwave,
- Washer and Dryer Hook-ups.
- 2 Full Bathrooms and (2) ½ Bathrooms in each unit.
- Energy Efficient Windows and Heating (95% efficiency rating)
- Rear Decks Off Street Parking Private yard.
- 4 Bedroom rental unit for extra income.
- Homes to be sold to families earning 50% of the area median income.
- Family Assets cannot exceed \$75,000.

### Area Median Income Levels

1 Individual	\$29,900
2 Individual	\$34,150
3 Individual	\$38,400
4 Individual	\$42,650
5 Individual	\$46,100
6 Individual	\$49,500
7 Individual	\$52,900
8 Individual	\$56,300



**Exclusively Marketed By  
Prudential First Choice Realty  
For information call Dave Guselli  
Office: (978) 689-8006**



**Steve  
Sirmaian  
Chief Operations  
Manager  
MLO 3520**



**Steve@firstinteg.com**

**24-hr. -Cell: (978) 771-2906**

**www.firstinteg.com**  
354 Merrimack St., at Sal's Riverwalk  
Lawrence, MA 01843  
Tel. 978.685.9700 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520  
• Licensed by the NH Banking Dept.  
ME#CSO11110 \* NMLS ID 1964



**Methuen Family Restaurant**

*Saint Patrick's Day :*

**NEW ENGLAND BOILED DINNER**

*Red Corned Beef, Cabbage, Boiled Potato, Carrots & Beets*

*Served with soup or salad*

**\$9.25**

*Served all day, as well as every Thursday*

**246 Broadway 978-683-7050 Methuen, MA**

[www.facebook.com/methuenfamilyrestaurant](http://www.facebook.com/methuenfamilyrestaurant)



## VALLEY MONUMENTS

**BUILDING MEMORIES THAT LAST FOREVER**

**MONUMENTS  
CEMETERY LETTERING  
MARKERS  
CARVINGS  
SCULPTURES, & ETCHINGS  
MONUMENT CLEANING  
LANDSCAPE GRANITE  
ACCESSORIES**

**LOWEST PRICES  
FASTEST TURNAROUND**

ANY DATE: EXAMPLE 2010  
ENGRAVED FOR \$85.00

**WWW.VALLEY-MONUMENTS.COM**

**BUSINESS HOURS: MON-FRI: 9-5PM, SAT: 8-12PM  
OR ANY TIME BY APPOINTMENT.**

**1111 RIVERSIDE DRIVE, METHUEN, MA 01844  
EMAIL US AT [INFO@VALLEY-MONUMENTS.COM](mailto:info@valley-monuments.com)  
PHONE: 978.685.8500 - FAX: 978.685.8510**

**A FAMILY BUSINESS FOR FIVE GENERATIONS**

**ELLEN ANNA  
WRIGHT**

**CPA & Attorney at Law**

**"Your One-Stop  
Law Office"**

**1445 Main St., Tewksbury**

**(next to Planet Fitness)**



**Max Tax  
Refunds!**

**MORE BANG FOR YOUR BUCK**

**Specializing In:**

- Tax Debt Settlement
- Divorce & Family Law
- Personal Injury
- Worker's Compensation
- Civil Disputes
- Real Estate

**Compare  
our prices  
to H&R  
Block**

**\$25 OFF Tax  
Return**  
*with this  
coupon*

**FREE  
Legal Consultation**  
*with this coupon*



**978-851-2291**

**[www.getmyrefundnow.com](http://www.getmyrefundnow.com)**







## Dr. Deborah Fudge

Perrault Chiropractic Office  
76 Woodland Street, Methuen, MA 01844  
★ 978-686-7791 ★

### Friends & Family Gift Certificate

Please share this gift of health.

This **\$45.00** introductory offer includes:

Health History, Chiropractic Examination,  
Postural analysis, Digital X-rays (if needed) and  
a Personal Doctor's Report.

Retail value of up to \$450

Expires: March 31, 2011 Courtesy of Dr. Deborah Fudge  
Not redeemable for cash

Find us on the Web at [www.MethuenChiro.com](http://www.MethuenChiro.com)

## Attorney Ellen Shimer-Brenes, Esq



33 Walker Road, Suite 23 - North Andover

### Employment Law

- Unemployment Benefits
- Sexual Harassment
- Wrongful Termination
- Age/Race/Gender/Religion/  
Disability Discrimination
- Representing Employee/Plaintiff  
or Employer/Defendant

### Criminal Law

- Motor Vehicle Offenses
- Assault/Battery
- Drug Charges
- Probation Violations
- Larceny/Embezzlement Cases

### Family Law/Domestic Relations

- Divorce/Separation Agreements
- Custody/Visitation
- Child Support/Alimony
- Contempts/Modifications
- Guardianships/Adoptions

Ellen C. Shimer-Brenes, Esq. - Telephone: (978) 225-6197  
Email: [eshimer@shimerlaw.com](mailto:eshimer@shimerlaw.com)



Se habla Espanol - Night and weekend appointments available upon request.  
Meetings available at convenient locations within the Merrimack Valley.



Dave Gazelli  
Realtor

Office: 978-453-1694  
Fax: 1-800-284-2733  
Cell: 978-452-5481



**Prudential**  
First Choice Realty

184 Pleasant Valley Street Suite 1-101, Methuen, MA 01844

[davegazelli@prfirstchoice.com](http://davegazelli@prfirstchoice.com)

Rock Solid in Real Estate  
2010 J.D. Powers Award Winner

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



# Tepthida Khmer

FREE Appetizer with this coupon



It's impolite to stare ...



but, go ahead ... indulge!!!



115 Chelmsford Street, Lowell

978-453-1694

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



## Howard W. Smith D.D.S.

&

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

354 Merrimack St, Suite 334 Entrance C, Lawrence, MA 01843 • Phone: (978) 685-1499 • Fax: (978) 837-6657



Located  
at  
Sal's  
Riverwalk!

To Advertise in The  
Valley Patriot give us a  
call at 978-771-4091 or  
email us at  
[valleypatriot@aol.com](mailto:valleypatriot@aol.com)

France  
Germany  
Norway  
Finland  
Poland  
Latvia  
Estonia  
Lithuania  
Algeria  
Morocco  
Romania  
Kosovo  
Panama  
Serbia  
Croatia  
Bulgaria  
Netherlands  
Luxembourg  
Czechoslovakia  
Afghanistan  
Denmark  
Kuwait  
Egypt

Montenegro  
New Guinea  
Indonesia  
Thailand  
Greece  
Russia  
Tunisia  
Ukraine  
Albania  
Hungary  
Belgium  
Austria  
Libya  
Korea  
Japan  
Italy

**ANOTHER  
COUNTRY  
FREE**

Once again,  
COURTESY OF  
**THE  
UNITED  
STATES  
OF  
AMERICA**



OPEN: Mon - Wed: 8am - 5:30pm, Thu: 8am - 5pm, Fri: 8am - 2pm,  
Sat: 8am - 12pm, (Fall thru Spring Only),  
Office is closed Mon - Thurs from 1pm - 2pm for lunch



**Voted Best Mortgage Company 2009, 2010, 2011**

Andover, North Andover, Methuen, & Lawrence



# FIRST INTEGRITY MORTGAGE

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



Anne Marie Concemi  
Chief Mortgage Planner/Owner  
MLO 3527  
Helping Borrowers since 1987  
[aconcemi@firstinteg.com](mailto:aconcemi@firstinteg.com)  
Cell (978) 852-9707



Steve Sirmaian  
Chief Operations Manager/Owner  
MLO 3520  
Helping Borrowers since 1988  
[steve@firstinteg.com](mailto:steve@firstinteg.com)  
Cell (978) 771-2906



Donna Weinberg  
Sr. Mortgage Consultant  
MLO 89241  
Cell: (978) 273-8416  
24-hr.  
Helping Borrowers since 1979  
[donna@firstinteg.com](mailto:donna@firstinteg.com)



Robert Sharpe  
Reverse Mortgage Specialist  
MLO 37451  
Cell: (978) 382-0716  
24-hr.  
Helping Borrowers since 1988  
[rsharpeb@firstinteg.com](mailto:rsharpeb@firstinteg.com)



Judith Maselli  
Sr. Mortgage Consultant  
MLO 48786  
Cell: (978) 886 1737  
24-hr.  
Helping Borrowers since 1988  
[jmaselli@firstinteg.com](mailto:jmaselli@firstinteg.com)



Alan Rosen  
Sr. Mortgage Consultant  
MLO 6324  
Cell (978) 808-9323  
24-hr.  
Helping Borrowers since 1997  
[alan@firstinteg.com](mailto:alan@firstinteg.com)



Robert Irving  
Reverse Mortgage Specialist  
MLO 19086  
Cell: (978) 686-0394  
24-hr.  
Helping Borrowers since 2001  
[rhirving@gmail.com](mailto:rhirving@gmail.com)



Jim Hamaoui  
Branch Manager  
MLO 8946  
Cell (978) 853-9089  
24-hr.  
"Helping Borrowers since 1997"  
[jim@firstinteg.com](mailto:jim@firstinteg.com)

Visit our new branch office, 297 Main St, Salem NH (right next door to Mike's Red Barn)

OUR STRENGTH COMES FROM OUR EXPERIENCE

Now, more than ever, our name speaks for itself

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

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

ME Lic. #CSO011110. NMLS 1964





**Consoli & Wilshusen**  
ATTORNEYS AT LAW

**Are you fighting over your bills?**

*Divorce your debt - Not your husband.*

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

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



**Store Hours**  
Monday 9-4  
Tues-Fri 8-6  
Saturday 8-4  
& Sunday 8-2

\* **Catering Services**

Drop Off Center for Non-Perishable Items for the Lazarus House

**Come have lunch in our beautiful Dining Area**



**prepared meals fully cooked & ready to heat & eat!**



\* Lasagna, \* Chicken Parm.  
\* Eggplant Parm. \* Sausage/Peppers,  
\* Meatballs, \* Chicken Broccoli & Ziti.  
\* Mac & Cheese, \* REAL Veal Parm.  
**AND SO MUCH MORE!!!!**

322 Merrimack St. Methuen, MA. 01844 | Phone: (978) 687-2306 | Fax: (978) 687-3294



**Gaythorne Hall**

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

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

METHUEN KNIGHTS OF COLUMBUS

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





**Broadway Tire & Auto Company, Inc.**  
Phone: (978) 682-0000  
456 N. BROADWAY - RTE. 28, LAWRENCE - [WWW.BROADWAYTIRE-AUTO.COM](http://WWW.BROADWAYTIRE-AUTO.COM)



**Stop Shorter with a MICHELIN Tire and Get**

**\$70**

**on a Pre-paid MasterCard**

BRIDGESTONE INSIGNIA SE200 WITH UNI-T		
155/80/13...\$63	185/75/14...\$88	205/70/15...\$101
175/65/14...\$93	195/65/14...\$99	205/75/14...\$97
175/70/13...\$82	195/65/15...\$101	205/75/15...\$102
185/65/14...\$102	195/70/14...\$91	215/60/16...\$117
185/65/15...\$102	205/55/16...\$119	215/65/15...\$114
185/70/13...\$102	205/65/15...\$107	215/65/...\$114
185/70/14...\$82	205/70/14...\$83	225/60/16...\$121

**PLUS - FREE 4 WHEEL ALIGNMENT WITH ANY 2 TIRES**

**INCLUDED - FREE**  
with purchase of all tires

- \* 30 Day Trial Period Riding
- \* Riding Satisfaction Guarantee
- \* Computerized Hi-Speed Balance
- \* Tire Disposal
- \* 7,000 Mile Rotation
- \* Rebalancing Every 7K Miles
- \* Flat Repaid for Life of Tire
- \* New Valve Stem

**Your one stop for complete car care service**

\* Batteries \* Brakes Service \* CVT Joints \* tune-ups \* Engine Diagnostics \* Belts & Hoses \* Transmission Service  
\* Custom Wheels \* Alignments \* Shocks & Struts \* A/C Checks \* Maintenance Services & MUCH MUCH MORE!!!





# Dracut elections & renovations, moving ahead

D.J. Deeb  
VALLEY PATRIOT DRACUT COLUMNIST

2011 is already proving to be a busy year for Dracut. Several candidates have taken out papers to run for contested races and a Proposition 2 ½ Override Debt Exclusion for a proposed Dracut High School renovation project is going to be brought before the voters.

The Massachusetts School Building Authority voted on February 9th to approve \$36.5 million in state funding towards a \$59.5 million total renovation project for Dracut High School. In order to be eligible for the state funding, Dracut voters must approve a Proposition 2 ½ debt exclusion, which encompasses floating a 25 year bond, to fund the remaining \$23 million for the project. If the debt exclusion is approved the average property tax bill will increase by \$195.00 per year (for a \$200,000 single family home).

There is no question that Dracut High School is in dire shape and if something is not done it will likely lose its accreditation next year. The roof is leaking, the HVAC system is not working properly, the catwalk is not safe, and the outside canopy is in rough shape. There is also inadequate classroom, cafeteria, and gymnasium space for students. The proposed renovations call for a new auditorium, gym and locker rooms, additional classrooms, library expansion, and new classroom technology integration with wireless Internet access.

A special Town Meeting is likely going to be scheduled for Wednesday, April 27th. If the Proposition 2 ½ debt exclusion passes there, it must be voted on in the May 2nd Town wide election. If approved, the project will begin later this year and be completed by 2015.

Nomination papers for Town office are

available now through March 14th. As of this writing, the following individuals have taken out papers to run in the May 2nd Town Elections:

- Dracut Town Moderator (1 seat) - Chris Jenkins
- Board of Selectmen (2 seats) - John Zimini, Bob Cox, Chris Murphy, Tony Archinski, Pete Wilde
- School Committee (1 seat) – Matt Sheehan, May Paquette, Mike Carleton, John Reid
- Regional-Vocational School Committee (1 seat) – Victor Olson
- Public Library Trustee (2 seats) – Cheryl Storm, Kevin Gillan
- Dracut Water Supply Commissioner (1 seat) – Bill Morin
- Dracut Water Supply District Clerk (1 seat) – Kathy Graham

Bill Morin and Kathy Graham have done a very good job running the Dracut Water Supply District as has Victor Olson on the Regional Vocational School Committee. I would be surprised if any of these races are contested. The current Library Trustees, Linda Trouville and Nancy Katin have also done a good job overseeing the Library. It is unclear if either of them will run for re-election. The Town Moderator position, on the other hand, is being vacated by Gary McCarthy. It is expected that Chris Jenkins, a Democratic Town activist, will face opposition from Dracut Fire Chief Leo Gaudette for the seat. Personally, I believe that it is a conflict of interest for a Town employee to be running for this position since the Moderator presides over the debate/discussions regarding the funding of the Town Budget. With all due



respect to Leo Gaudette, he should not be permitted to run and if he does, Dracut voters should think twice before electing him. That’s like having a Dracut Teacher running for Dracut School Committee as far as I am concerned. It is clearly a conflict of interest.

The Dracut School Committee and Selectmen races will prove to be the most interesting this year. Incumbent John Zimini has done an excellent job in the position and will likely top the ticket. It was John Zimini who took the lead last year in proposing that elected officials forego their stipends in order to set the tone for contract negotiations and ensuring fiscal discipline. His support in Town could clearly be seen at his February 24th campaign kickoff party with more than 500 Dracut residents in attendance. Although both incumbent candidates will need to campaign hard for votes, Incumbent Bob Cox has his work cut out for him.

Tony Archinski will be a strong challenger since he is a well-liked retired Dracut Police Officer and Union official.

On the School Committee side, May Paquette is probably the strongest candidate. Matt Sheehan will attempt re-election after coming off a devastating loss after running for State Representative this last Fall, capturing less than 10% of the vote. In that race, Sheehan spread vicious lies about Representative Colleen Garry and her voting record. It is expected that many Garry supporters will be actively working against Sheehan this Spring.

On another note, the Dracut Blog website, Dracut After Dark, recently broke the story that Shawn Ashe, co-host of Warren Shaw’s WCAP Radio show Saturday Morning Live, has been taking contributions to run campaign ads for political candidates on his website, dracutforum.com. These same candidates

have also advertised on WCAP. What a coincidence! A few examples of Ashe’s contributors include Dracut School Committeeman Mike Miles and State Senator Barry Finegold. Campaign ads have also appeared on his website for School Committeeman Matt Sheehan. Was this an in-kind contribution that was not claimed on his finance report or were the ads paid for and not recorded? For the past several years, Ashe has used the website to promote and protect his political friends while posing as a news reporter in Town at various government body meetings and Town events. Shawn has certainly published many half-truths and inaccurate stories about yours truly. Dracutforum.com has turned into a cash cow for Shawn Ashe’s pockets and he has lost whatever little credibility he had left with many Dracut political observers. The truth always comes out and catches up with you in the end. That has finally happened with this guy.

More on the upcoming Dracut Town Elections in the next issue of The Valley Patriot as events unfold.



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

## Local Home Prices Continued Rising in January

(MERRIMACK & NASHOBA VALLEYS) — The Northeast Association of Realtors — which represents more than 1,200 Realtors in the local area — reported today that median sales prices for all three residential property categories rose in January compared with January of 2010. The volume of single family home sales in the Merrimack & Nashoba valleys rose in January by 13.2 percent from last January, while the number of condo and multi-family property sales declined by 4.4 percent and 27.9 percent, respectively.

The median price of single family homes sold during January rose to \$300,375 from last January’s \$294,000, an increase of 2.2 percent, while the median price of condominiums sold rose by 19 percent, to \$197,500 compared

with the January of 2010 median price of \$166,000. Multi-family properties, meanwhile, sold for a median of \$175,000, an increase of 16.7 percent over the \$150,000 median price set in January of 2010. The average days on market dropped to 117 for single family homes sold in January, compared with 132 days on average for those sold in January of 2010. However, the average days on market for condominiums sold rose to 143 days from last January’s 139 days — an increase of 2.9 percent. The average days on market for multi-family properties also rose — from 82 days to 94 days, an increase of 14.6 percent. NEAR’s report is based on data from MLS Property Information Network

HOUSING, page 32

*“Providing Exceptional Care”*

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

WWW.CATAUDELLAFH.COM  
Proud affiliate of Carriage Services, Inc.



# The end for the Neighborhood Councilor

Gerry Nutter

VALLEY PATRIOT LOWELL COLUMNIST

City Councilor Bud Caulfield who has served the City for 24 years announced this week he is not running for re-election. Bud was the Mayor twice and is the role model for a neighborhood councilor only his neighborhood was the entire city.

He may have lived in the Highlands but the people in Centerville and Pawtucketville knew if you had an issue, Bud would come and talk to you and take care of it. Along with City Councilor Rita Mercier, Bud represented what a constituent councilor should be. There to serve the people answer their call and no matter how minor the issue, work for the people and try to get it resolved.

Change is sometimes good but other times not. Aside from Rita Mercier who will take the calls of the elderly and the neighborhood that needs some help? Will they be told to go to the City of Lowell Web Site and submit a form? Who will work with the flood victims, the drug infested neighborhood or the couple who want a handicapped parking sign for their

house?

One of the "young progressive" Councilors Patrick Murphy had an open disdain for the likes of Councilor Caulfield. He believed that a request for a stop sign or a dedication of a square did not belong on the City Council floor. In a Lowell Sun story he stated to a reporter "I don't know what he brings to the Council every week." This "progressive" City Councilor led the charge and the council voted to support Councilor Murphy's motion to allow 17 year olds to vote in the City Elections. That is more important than a stop sign or drug activity in the neighborhood?

Fellow "progressive" Councilor Bill Martin earlier this year when voting not to allow a citizen to address the Council stated "Not all ideas are treated equally or should be treated equally." City Councilor Kevin Broderick presented a "White Paper" for the Councils consideration from a Political Action Committee who endorsed 6 of the 9 City Councilors (NOT Bud, Rita or Rodney Elliot) and paid for newspaper and radio ads in support of these councilors. That is better than requesting a St.

or ballpark be dedicated to a veteran or a flooded area get free trash disposal of their ruined property?

The times are changing in Lowell, we are moving away from the type of City Councilor who feels it is their job to serve each citizen. This new "progressive" council wants to look at the bigger picture and bigger issues and deal with those. Leave the rest to the Professional Manager and his administration to handle.

To be sure City Manager Bernie Lynch is accessible and responsive. He reaches out to the neighborhood groups, the media and the bloggers. He is the old fashion get out and work with the people type manager.

The only difference is the people don't elect him and any Tuesday 9 "progressive" Councilors who for the most part don't want to be accessible to the people, don't want to listen unless they are being endorsed and supported by a PAC or a neighborhood group and want to show up at a sub-committee or council meeting then go home can fire him. They provide little constituent day to day service.

With the retirement of Bud, Rita Mercier

stands alone as a constituent driven councilor. When did it change? Why isn't serving the individual no longer considered as the most important service a Councilor can supply? Is it that the ME generation is now taking over and we old dinosaurs who believe in helping people first are heading toward extinction?

Will someone step up and fill Bud's spot? Paul Belley has announced his candidacy and may be a bit of a throw back. He is always around helping people and seems to be interested in doing that.

Otherwise Lowell is changing and the mentality of the Council is, it's a part time job and we want the Manager to run the city. We aren't interested in the day to day issues and call City Hall or go on the Website. The day of the Neighborhood Councilor is going along with Bud Caulfield and the citizens of Lowell are losing a lot.



Read Gerry Nutter's Blog at [gerrynutterslowell.com](http://gerrynutterslowell.com) or email him at [GNutter@docuserve.com](mailto:GNutter@docuserve.com)



Eric Merrill(planning board Committee) Colleen Stansfield(planning board Committee) Len Carpenter, Christine Carpenter(daughter) and Paul Cohen(town manager)

## MEAT HOUSE IN CHELMSFORD DONATES TO THE TOWN

Every Tuesday since last September, **The Meat House** in Chelmsford has been taking 10% off your purchase and donating half of the savings to the Town of Chelmsford. For the months of Sept., Oct., Nov. and Dec., The Meat House in Chelmsford has raised \$1,800 and will be donating \$900 to the annual Holiday Prelude tree lighting. The Meat House had a check presentation on February 22nd. The Meat House has plans to donate the remaining \$900 to the local 4th of July parade.

## Haverhill Bank names Faquir to compliance position

Haverhill resident Asaad A. Faquir has been named compliance officer at Haverhill Bank.

In this position, Faquir is responsible for ensuring the bank's compliance with myriad Federal and state regulations and reporting requirements. He previously served three years with Fidelity Federal Bank & Trust, West Palm Beach, Fla., where he began as a management trainee and worked his way up to vice president and project manager. In the latter post, Faquir addressed risk management and business process improvements for the Florida bank

"Asaad is a very civic minded individual and especially welcomed at a community-focused institution such as Haverhill Bank," said President and Chief Executive Officer Thomas L. Mortimer. "He lived and studied in Limerick, Ireland as a Rotary International Foundation Ambassadorial Scholar." Scholars serve as goodwill ambassadors to host countries and give presentations about their homelands to

Rotary clubs and other groups.



In Ireland, Faquir received his master's in human resources management in 2008 from the University of Limerick. He also received a master's in finance from Temple University, Philadelphia, in 2004, and bachelor's in finance from Florida State University, Tallahassee, in 2002. He received an International Baccalaureate diploma in 1999 from

Atlantic Community High School, Delray Beach, Fla.

Faquir also taught human resources as an adjunct professor for North Shore Community College last fall. He lives in Haverhill with his wife Tara.

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.

## Lowell CTI's Big Brother Big Sisters Hosts Comedy Night

Lowell, MA – On March 23, 2011, Community Teamwork, Inc.'s Big Brothers Big Sisters of Greater Lowell will be hosting their Annual Comedy Night Fundraiser at Lenzi's in Dracut, Massachusetts. The evening is presented by Rick Jenkins and will feature Comedian Tony V. along with several other local comedians. Tickets are \$35 each and sponsorship opportunities are still available. For additional information about Big Brothers Big Sisters and their Annual Comedy Night, contact Abby Tourville.

Big Brothers Big Sisters of Greater Lowell covers the towns of Ashby, Ayer, Billerica, Carlisle, Chelmsford, Dracut, Dun-

stable, Groton, Littleton, Lowell, Pelham, Pepperell, Shirley, Tewksbury, Townsend, Tyngsboro, and Westford. It's main office is located at 169 Merrimack Street, 3rd Floor, Lowell, MA 01852.

BBBS of Greater Lowell is a not-for-profit organization designed to meet the needs of at-risk children & youth. Countless children today find themselves in one-parent families in which the custodial parent is often stretched. In such families, many needs go unmet. By providing children with caring adult role models and mentors, the program helps kids find their way in an increasingly complex world.

## Lowell CoOp Bank Announces the addition of Jose Cruz as new Business Development Officer

LOWELL – Richard E. Bolton, Jr., President & Chief Executive Officer of Lowell Cooperative Bank is pleased to announce the addition of Jose H. Cruz to the Personal Business Banking Team. As a New Business Development Officer, Cruz is responsible for cultivating new business relationships for the bank specifically in the area of Small Business Lending and related bank products through active participation in the Greater Lowell Community and business organizations. Cruz joins Lowell Cooperative Bank after holding the position of Branch Manager at TD Bank for the past five years, where he was honored as 2007 Small Business Champion for his region.

"We look forward to having Jose on our New Business Development Team," comments Richard E. Bolton, Jr., President and Chief Executive Officer at Lowell Cooperative Bank. "His prior achievements in Small Business Development combined with his energy and community affiliations make him a great fit for our team," Bolton continued. Cruz maintains many active affiliations and memberships throughout the Merrimack Valley includ-

ing the Methuen Board of Trade, The Methuen, MA - Salem, NH Rotary Club, the Merrimack Valley Chamber of Commerce, and the Merrimack Valley YMCA in Methuen.

Cruz is currently pursuing a Bachelors Degree in Business Administration and Finance from Southern New Hampshire University. A native of the Dominican Republic he is fluent in both Spanish and Portuguese. Cruz lives in Salem, NH with his wife and two young daughters.

With assets in excess of \$116 million, Lowell Cooperative Bank has been serving the banking needs of the Greater Lowell Community since 1885. Two full

service banking locations and Lending and Operations Center in Lowell, MA and 12 Omega Mortgage locations throughout Southern New Hampshire and Massachusetts offer customers full commercial, residential, and consumer products and services. All deposits are fully insured by the Federal Deposit Insurance Corporation (FDIC) and the Shareholder Insurance Fund (SIF). For more information visit <http://www.lowellcoop.com>





GEORGETOWN TODAY!

2010 Top Paid 40 Educators in Town

Lawrence “Lonnie” Brennan  
VALLEY PATRIOT GEORGETOWN COLUMNIST

There’s been a lot of attention this year to pass a ‘big’ tax override, to fund raises promised by the school committee to our teachers. So, we figured it was best to begin printing the 2010 taxpayer wage expenditures sooner, rather than later.

With luck, folks can now rest, reassured that in addition to modest earnings (listed below), most of our govt. employees in the school department and elsewhere will also typically receive 50-80% of their pay, upon retirement, for the rest of their lives. So, with such a magnanimous retirement package, you can extinguish any pain that they will not be taken of at career’s end. Do the math, and relax.

It truly is ‘not about the salary, but the retirement package’ that must be added to the balance sheet when weighing the total pay package for each govt. employee.

Oh, and don’t forget, their 2011 earnings will be higher again, thanks to contracts brought to you by your neighbors on the school committee and certain members of the board of selectmen.

With that said, if you’re still inclined to inflict pain upon your neighbors, by continuing to fuel raises and tax overrides, well, do so knowing that we live in a complicated mix of a town, and not all of your friends and neighbors are as well off as you may be.

The following list represents the total tax dollars paid to each employee, as reported from Town Hall. Payments include any coaching and team/activity pay, etc. The listing represents wages only, and

does not include any reimbursements for travel, subscriptions, healthcare benefits, or other items. Nor do the wages account for retirement benefits:

- (1) Carol Jacobs, School Superintendent (\$174,326.80); (2) Peter Lucia, High School Principal (\$113,732.85); (3) Kristan Rodriguez, Curriculum Director (\$106,129.08); (4) Donna Tanner School Administration (\$97,081.58); (5) Terry Wiggin, School Finance Director (\$96,899.08); (6) Guy Prescott, Athletic Director (\$96,611.62); (7) Stephen Umbro, Guidance Director (\$86,402.06); (8) Julie Lamoly, Middle/High School Teacher (\$80,980.07); (9) Henry Venuti, Middle/High School Teacher (\$80,316.93); (10) Elizabeth Carroll, Pennbrook School Teacher (\$78,021.42); (11) Heidi Begin, Perley School Teacher (\$77,152.59); (12) Joseph Pittella, Middle/High School Teacher (\$75,581.53); (13) Richard Hastings, Middle/High School Teacher (\$74,825.48); (14) Cerise Cauthron, Middle/High School Teacher (\$74,552.18); (15) Sandra Starratt, Pennbrook School Teacher (\$73,956.62); (16) Diane Weldon, Middle/High School Teacher (\$73,011.67); (17) Janice Downing, Middle/High School Teacher (\$71,849.13); (18) Heidi Mongeau, Middle/High School Teacher (\$71,818.80); (19) Geraldine White, Perley School Teacher (\$71,446.10); (20) Linda Husak, Middle/High School Teacher (\$71,120.87); (21) Francis Gately, Middle/High School Teacher (\$70,598.08); (22) William Pechilis, Middle/High School

TEACHERS, page 33

From the Haverhill Council on Aging

St. Patrick’s Day is right around the corner, and tickets are available for our Annual D. Raymond Taffe Award luncheon and St. Patrick’s Day celebration. The party will be held at DiBurro’s in Bradford on Wednesday, March 16, from 11:00 a.m. until 2:00 p.m. Traditional Irish music will be performed by the popular group “E. J. Ouellette and Crazy Maggie”. Corned beef and cabbage will be served. Tickets are \$10 and may be purchased at the Citizen Center.

MVRTA information session has been rescheduled!! Beginning February 2011, Haverhill seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as several Boston hospitals for Monday appointments. Cost is \$8 one-way and \$16 roundtrip. An MVRTA representative will be at the Citizens Center on Thursday, March 10, at 10:00 a.m. to provide additional information on this new service.

We have added several new trips to our schedule for 2011! Be sure to check over the listing below and call with any questions. We are planning a trip to the new Art of the Americas wing at the Museum of Fine arts in Boston on Wednesday, March 23. If you are interested in this trip, please contact us. Cost for this trip is \$45.

Our next trip to a Boston Symphony Orchestra rehearsal will be on Thursday, April 14. Join us as Sir Colin Davis conducts works by Sibelius and Beethoven. Tickets will be \$35 per person.

We have an exciting travel opportunity which includes a 7-day Alaskan cruise and two Red Sox games in Seattle! This trip sounds like a perfect summer get-away! Travel is August 12-22 and includes two nights in Seattle for baseball, a city tour, and a visit to the Chateau St. Michelle winery. Call Kathy Bresnahan for details.

The Haverhill Recreation and COA Red Sox Trip to Baltimore and Washington,

DC, will take place April 26 to April 28, 2011. Seats are in the upper reserved section between first and third base. Cost is \$279 per person, double occupancy and includes deluxe motor coach transportation. This is a great trip that provides terrific value. This trip is the perfect way to honor our soldiers and veterans by visiting the national monuments!

How can you miss a Red Sox trip this summer! We have a third trip to see the world series champions play in Baltimore which includes a fabulous tour of Historic Philadelphia. This trip includes two buffet breakfasts and a fully-narrated tour of Philadelphia. Cost is \$449 per person, double occupancy, and luxury motor coach transportation.

Have you heard of SNAP? The Supplemental Nutrition Assistance Program is a federal program that provides financial assistance to seniors and others who cannot cover the costs of a healthful diet. We have applications at the Council on Aging office, and we will be happy to provide information and assistance to seniors.

Did you know that we have a showcase of beautiful handmade articles for sale? The next time you need a special gift for a baby consider shopping our supply of sweater sets and Raggedy Ann and Andy dolls. They are beautiful!

AARP volunteers are available to assist with simple tax return preparation. Contact Wendy at the Council on aging 978-374-2390 ext. 19 to make an appoint. There is no charge for this service.

If you have any issues or questions regarding your health insurance, be sure to contact one of our SHINE counselors. Appointments can be made by calling Wendy at 978-374-2390 X19.

Did you know that the Merrimack Valley Transportation offers a program called EZ Trans for people who are at least 60

COUNCIL ON AGING, page 32




Now Available at  
the Meat House

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

**ESSEX PHYSICAL THERAPY & CHIROPRACTIC OF ANDOVER**

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

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



Dr. Michael Provenzano

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

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

Visit **WHAV.net** to listen



on your iPhone, Android or BlackBerry

Listen on your iPhone, Android or BlackBerry

**Searching Gets Old!**

No need to spend hours searching online for music and fun features. Just point your computer, 3G phone or Wi-Fi device to [www.WHAV.net](http://www.WHAV.net). You'll find only local radio *can* provide the best combination of music, news and features, but only WHAV *does*!

There's news, weather, Community Spotlight, live talk, unique features and the largest playlist of Soft Gold from Rock & Roll's first quarter century. It's **free** with more player options and higher quality digital streams than *any* other station in the Merrimack Valley.



**WHAV**  
Catch the Wave  
[WHAV.NET](http://WHAV.NET)

iPod is a trademark of Apple Inc., registered in the U.S. and other countries. "WHAV" and "WHAV.NET" are registered service marks.



# Mayor William Manzi's State of the City

**William Manzi III**  
METHUEN MAYOR

The State Of The City Address by Mayor William M. Manzi III was delivered at the Methuen Board of Trade Meeting February 10, 2011\*\*

Let me begin by thanking Karen Broscoe and The Methuen Board of Trade for hosting this great event again this year. The Methuen Board of Trade excels in bringing the business community together, and this year's Senior Center event is proof positive that the Board's important mission is being fulfilled.

Congratulations to City Council Chairman Jack Cronin and new City Council Vice Chairman, Jim Hajjar. I look forward to working with both of you and the entire City Council in a positive manner over the next year.

I would like to express my thanks to all of the men and women who serve in the United States military, especially our Methuen residents on active duty. Words cannot express our gratitude for your service.

In this, my sixth and final year addressing this body, Methuen, our State, and our Nation continue to face great economic challenges. As I said last year, those challenges will require new thinking, shared sacrifice, and a willingness to tackle problems that for too long have been deferred.

These problems have not stopped us from making great progress in the past five years, and Methuen's future is bright despite the sluggish economy.

Last year, I laid out an aggressive list of priorities and proposed solutions to our financial problems. I would like to begin by briefly outlining the accomplishments that we as a city have made this past year, as well of highlighting some of my future goals.

As you in the business community well know, economic development is a linchpin of our recovery and has long been one

of my top priorities. The past year has seen some exciting progress in the way of new business.

Last year, much needed new jobs came to Methuen as Suntron, a contract manufacturer formerly based in Lawrence, MA and Manchester, NH, relocated to Methuen. This brought over one hundred skilled jobs to Griffin Brook Park.

More jobs came to our area last fall as Lowe's hardware store opened on Route 28 in nearby Salem. For Methuen, this meant road widening and traffic improvements on Route 28 in Methuen, as well as what has been called a reverse TIFF, allowing Methuen to tax a vacant parcel of parking space on this site as if a commercial development existed on it. Those tax payments will begin to come in this month.

On Wheeler Street, construction continues at the former Zambino gravel pit. Toll Brothers is constructing 240 units of age-qualified housing and related infrastructure improvements along Wheeler Street, which will bring a new stream of property tax revenue as well quality housing for our residents.

The Loop continues to thrive and is now home to the very successful Friendly's Express as well as Radio Shack and Aspen Dental. Methuen's Loop is now fully occupied, and brings in approximately \$1 million annually in property tax revenue to our city.

At the Merrimack Golf Course, The Reserve, a new neighborhood of 43 luxury homes on the golf course, is also nearly complete.

We have also seen many small businesses open in our city last year. Down-



town Java Joe's, Plaza Azteca, Colizzi Memorials, and Salem Co-op Bank, are just a few examples of thriving small business that now call Methuen their home.

I would like to thank all of these companies for investing in Methuen at a time when other cities are still seeing businesses close. As mayor, I will continue to do whatever

is in my power to help these businesses thrive in our community, to create a larger tax base and to create jobs for our people.

In the areas of business and development, 2011 promises to be an exciting year as well.

In the heart of East Methuen, at the former Rendezvous site, a new office building will soon join Dunkin' Donuts and Salem Co-operative Bank. Construction is now underway.

Construction is also underway at the new Burger King site on Haverhill Street.

The condominium project at the former Howe Street School is complete and these unique condos in a historic Methuen building are now on the market.

The downtown Appleyard site will finally be redeveloped in 2011. The remediation and construction work has now commenced. Once completed, we will have additional parking for our downtown, as well as a beautiful passive recreational park adjacent to a residential neighborhood. This remains a key component in the revitalization of our downtown.

Close by, the building at 2 Charles Street is being restored to its original architectural beauty, thanks to the hard work of owner Benny Espallat and his team. A federal grant in the amount of \$190,000 has been utilized to improve this building and create a public-private partnership. This restoration will allow us to move our entire historic collection to this site

in the spring. It is exciting news for our City, and for our collection, which is long overdue for a dry and secure home.

The I-93 Rotary improvement project is also underway. Short-term improvements have gone out for bid and the project is still on time and budget thanks to Sen. Baddour, Rep. Campbell and the MassDOT. Within five years this vital regional transportation project will provide us with a much-improved ability to traverse our roadways and end the bottleneck that has been such a hindrance to citizens and an impediment to further economic development.

Through the actions of the Greater Lawrence Community Action Council, HeadStart is constructing a new childcare facility on Gill Avenue - a long-awaited opportunity to provide quality care for Methuen families here in the City. Despite the bad weather, construction has begun and we are hoping that the project will be completed and up and running later this year.

I look forward to the completion of all of these projects and welcome new opportunities for business expansion and community development. As we look to the future there is nothing more important than maintaining a regulatory environment that allows for capital investment and job creation in the City. Our financial future depends on maintaining and expanding our commercial tax base, and we must frequently examine regulations on a cost/benefit basis to ensure that we are not stifling growth.

Along with development, education has been another important focus of my administration. To that end, I have made the modernization of Methuen High School a fundamental goal.

Tonight, I can say that we are well on our way to achieving our goal of having a modern high school facility in the near future. I get a lot of questions on our progress, so let me give you a quick overview.

Last night the City Council approved two contracts for this project. The first

**TEACHERS, page 20**

**163 Howe St. - Methuen**  
**978-693-2525**

**Sal's PIZZA**

**BORRELLI'S**  
322 Merrimack St. Methuen, MA. 01844  
Phone: (978) 687-2306

**Italian Deli**  
**Borrellisdeli.com**  
"Valley's Finest Home Cooked Food"

**The Claddagh Pub & Restaurant Inc**  
399 Canal St, Lawrence  
978-688-8337

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

**Private Functions**  
Up to 600  
Accommodated.  
Call Paul  
978-423-1001  
Best Party Packages  
in the Merrimack Valley

**#1 Party Package**  
in Merrimack Valley  
Private Room  
40 to 80 people  
Hint of Italy Buffet  
Sound System and Mic  
(Includes Weekend Access to Live Entertainment in Main Room)

Trivia Nights Wednesdays

**www.thecladdaghpab.com**

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

354 Merrimack St, Suite 334 Entrance C, Lawrence, MA 01843 • Phone: (978) 685-1499 • Fax: (978) 837-6657

Located at Sal's Riverwalk!

**OPEN: Mon - Wed: 8am - 5:30pm, Thu: 8am - 5pm, Fri: 8am - 2pm, Sat: 8am - 12pm, (Fall thru Spring Only), Office is closed Mon - Thurs from 1pm - 2pm for lunch**



# How I Envision a Willette Mayoral Administration

Kenneth R. Willette, Jr.  
METHUEN SCHOOL COMMITTEEMAN

I am very close to announcing my candidacy to serve as the next Mayor for the Great City of Methuen. I am still in the process of reaching out to supporters, asking for advice from key advisors and basically listening to the people at large. During the upcoming campaign I will have a greater opportunity to conduct a “listening tour” with the citizens of Methuen. This listening tour will be critical to formulating my vision for a Willette Administration. However, I do have significant ideas and values that I also want to bring to the table for the voters to ultimately review and decide for themselves. Some of the ideas are large in scale, while other recommendations are modest but nevertheless very important.

First of all, I wish to institute a host of changes to the Mayor’s office. If I am elected to serve as Mayor, I will immediately return the Mayor’s vehicle back to town service. I will utilize my own vehicle during my official business. I will also attend all public meetings before the Methuen City Council and the Methuen School Committee, except for unforeseen family and medical emergencies. I will introduce legislation designed to require every city department produce a yearly report outlining cost savings that they have implemented and/or have proposed to reduce duplication, material waste and personnel expenses. For instance, the Methuen School Department, under the outstanding leadership of Maintenance Director Bruce Stella, has implemented dozens of cost saving ideas, mostly in house and within the existing budget, which



will save the school system hundreds of thousands of dollars. I am confident other departments across the city will also develop cost saving measures, both in-house and within the existing budget, when mandated to produce their recommendations on an annual basis in a formal report to the Mayor, the City Council and the public at large. I will also propose mandating a written annual report on the cost savings of single-stream recycling to encourage greater participation. Once people recognize the tremendous savings, they will be motivated to join the effort.

I will continue to lobby the legislative delegation on two fronts: allowing Methuen to join the GIC system and finalizing a casino gaming package that will supply millions of dollars in additional local aid. Imagine the possibilities in the event that Methuen, through a formal vote issued by the elected representatives of the City Council, can join the GIC. It is not unheard of to estimate that we could save \$2 million per year. When we can combine GIC savings with additional local aid through casino gaming in Massachusetts,

WILLETTE: PAGE 35

# Congratulations Valley Patriot!

*Your Local Perspective ‘‘  
Always Important,  
Always Appreciated!*



*Best Wishes for Your  
Continued Success!*



*State Representative  
Linda Dean Campbell,  
5th Essex District*

State Representative Linda Dean Campbell  
State House, Room 174 - Boston, MA 02133  
Phone: 617-722-2877 Fax: 617-722-9278  
Linda.DeanCampbell@mahouse.gov

PAID FOR BY THE COMMITTEE TO ELECT LINDA DEAN CAMPBELL

# Attorney Peter J. Caruso

General Practice, Estate Planning , Real Estate  
Corporate, First Amendment, Media Law,  
Family Matters, Estate Administration, Probate, Litigation  
35 Years Experience



Caruso & Caruso, LLP established in 1975 provides exceptional service to a broad and diverse clientele in the area to family clients in estate planning and estate administration, asset protection, real estate, personal injuries, and family law; to business clients in corporate formations, contract issues, business disputes, and employment law; to real estate clients in residential and commercial developments, zoning and land use law. Unique areas include newspaper, media, access issues, advertising and internet law; art law, defamation, privacy, and First Amendment law. Attorneys have represented clients in Superior, District, Probate and U.S. District Courts.

All of our lawyers share the goal of providing professional, personalized and creative representation. We work closely with our clients to gain a thorough understanding of their objectives and to respond to changing circumstances and demanding time requirements. We are assisted by a capable staff of paralegals and support personnel. Our offices are quipped with state-of-the-art computer systems, enabling us to deliver efficient and timely service.

Caruso & Caruso, LLP  
One Elm Square  
Andover, MA 01810  
(978) 475-2200  
Pcaruso@carusoandcaruso.com



# Manzi: State of the City Address: From 18

## HELD AT THE METHUEN BOARD OF TRADE MEETING IN FEBRUARY

was for the General Contractor for the Central School, where our freshman class will be going in September. The second was for the Construction Manager of the main High School Project, which should begin in late summer.

The Methuen High School Project will combine improvements on three separate buildings within the original budget. And the funding for the project did not require us to ask for a Proposition 2.5 override from Methuen taxpayers. I would be remiss if I did not offer thanks to the Methuen City Council, who supported this project and collaborated on the finance plan. The Methuen School Committee and our wonderful new Superintendent Judy Scannell have not only been supportive but have worked very hard to move this project along.

And our Building Committee, doing the hard work day in and day out, have brought us towards the goal we all share. And a very special thank you to the very best Building Committee Chair in the entire Commonwealth of Massachusetts, Suzanne Lamoureux. You can believe me when I tell you that we would not be where we are today without her immense contribution to this project. Thank you Suzanne!

With Suzanne and our current team in place this project will come in on time and on budget, completed in three years.

According to economic forecasts, 2011 will be only marginally better than 2010 was. For the last two years we were able to avoid layoffs and service cuts largely due to our city employees taking deep cuts in pay.

I would like to express my appreciation to all of the employee unions who have worked in a proactive way to help with our budget problems and save jobs. As I have said many times in the past, I value the work of the 300 plus dedicated police officers, firefighters, DPW workers and others who keep city government running 24 hours a day, seven days a week, and I will continue to do everything I can to keep them on the job and serving the public.

My Chief of Staff Matt Kraunelis likes to joke that bad weather has followed me into the Mayor's Office, and his humor is not far off. Since 2006 we have had two major incidents of flooding, an ice storm that cut power to most of the City, and recently a gas outage that cut heat to much of West Methuen. From a management perspective the reform of our Emergency Management system, enacted in 2006, has been tested under fire, and water. But just as importantly, that through these events, the value of our municipal employees has been shown. They have responded to emergencies with professionalism and

hard work. We appreciate and value their service.

As we gaze to the future, our ability to keep our work force in place and provide core services to the citizens of Methuen is threatened by the un-sustainability of the current municipal financial model. Reform of the system is both needed and inevitable. As we look to that reform I remind you of a quote from President John Kennedy, who said, "Our task now is not to fix the blame for the past, but to fix the course for the future."

That course will require reform of municipal health care, with cities needing the ability to change plan design outside of the parameters of collective bargaining, or to have the right to enter the state GIC without a union veto. Real pension reform must also occur, for without it we will inevitably have to continue to cut vital services to our citizens in order to keep funding a system that will eventually bankrupt us, as a Commonwealth and as a nation. I ask the Legislature to support the initiatives of Governor Patrick in both areas, and have the courage to reform today, to avert collapse tomorrow.

Although economic development, adequate public facilities and financial stability are important topics, I know that many Methuen citizens are equally concerned about so-called "quality of life issues." To that end, I find it important to balance the city's policy agenda with matters that are vital to the quality of life of our citizens.

Last year, Methuen made recycling simpler by implementing the popular single stream-recycling program. This allowed residents to put all recyclables in one bin rather than sorting. This change has already had an impact, driving up our recycling rate and driving down our solid waste tonnage, saving the taxpayers of Methuen thousands of dollars. We will continue to look for ways to make recycling easier and more popular.

We are also making progress on energy. Recently, we upgraded lighting in eleven city and school buildings to make them Energy Star Efficient. This saves both money and energy.

Additionally, Methuen has received a \$179,000 Energy Efficiency Block Grant from the Obama Administration as part of the Recovery Act. We have used this grant to conduct energy audits in all of our grammar schools and will be making energy improvements based on those findings.

We have also entered into a contract for a major solar energy project within the city. Through the use of grants and performance contracting, solar panels will be constructed at the municipal landfill at no expense to the city. The project will

be paid for by the contractor, who will provide the energy produced to the City at rates well below market pricing. This allows us to derive direct savings, as well as moving a portion of our consumption to renewables.

The city has also entered into a similar contract through a regional effort coordinated by the Merrimack Valley Regional Planning Association. This performance contract will allow us to do major energy upgrades in city and school buildings without having to expend funds up front.

At Henry P. Schruender Memorial Park on the Merrimack River, the non-profit Trauma Intervention Program (TIP) continues to create and take stewardship of the "Healing Garden." Last year, the park was cleaned and landscaped and new stone benches were installed throughout. This spring we look forward to further improvements. My thanks to Jayann Landry of T.I.P. and her team who have worked hard to make this possible. It is the first Healing Garden in the Merrimack Valley.

Cable competition is important in Methuen. A few years ago, I was able to negotiate a contract to bring Verizon FIOS to the city. With Comcast's contract expiring next year, I have already assembled a team and met with Comcast regarding its renewal. A survey will be conducted, and a public hearing will be scheduled in the spring so that residents can give input into the process and tell us what they would like to see in the next contract.

With the economy and job market still down, many citizens find it difficult to continue to feed their families. Recognizing this need, my administration has made an effort to support local nonprofits such as Lazarus House and The Merrimack Valley Food Bank. We held food drives in city buildings and held a benefit concert at the Senior Center in order to help these charities and fight hunger. Last fall, the city was honored by the Merrimack Valley Food Bank as a "Hunger Hero" for its efforts. We will continue to hold drives and support these important programs this year.

The City's Artist of the Month program continues to thrive. I look forward to meeting Methuen's talented artists every month as they hang their work in my office.

Last year, Methuen's 1893 Robert Frost Attendance Register was fully restored thanks to a grant and some private donations. The Register, along with other Robert Frost items are currently on display at the Tenney Gatehouse. Methuen has received much attention for these efforts, and I am pleased that my administration will leave the Register in much better condition than when we found it, so that it can be viewed and enjoyed by future

generations.

Open space is becoming a precious commodity in Methuen. I am pleased to report that the city recently received a state grant to update its Open Space Plan. This will allow us to better identify open space and ways to preserve it.

The Nevins Library continues to be the cultural hub of Methuen. I look forward to working with the library on future activities as I have done in the past. Despite the economic difficulties in Massachusetts, we have managed to maintain funding for our library and our senior center. Our Library remains accredited, and I will, in the upcoming budget, recommend to the City Council sufficient funding to maintain that accreditation. I will also be working with and supporting the Methuen Rail Trail Alliance and continuing my efforts to construct a new clubhouse at the football stadium so that our student athletes have modern locker room facilities.

Over the past five years I am proud to say that we have improved Methuen's financial position. We have, through aggressive financial management, put ourselves \$3.5 million dollars below the Proposition 2.5 levy limit. We have slowly built reserves back, although they are not where they should be.

But achieving financial security for the City has come at some expense, both from employees and from capital investment. We have, quite frankly, been forced to under fund needed capital acquisitions. I will, in the next two weeks, submit to the City Council a Capital Improvement Plan that will outline areas that need investment. I have done what needed to be done to stabilize our finances, but it is a fundamental deception to pretend that government does not need to make capital investments, or that such spending is wasteful or not worth paying for.

We must strike the right balance on that issue, and I hope the plan we submit will begin an adult conversation on spending and taxes. We should consider additional allocations towards financial reserves for the City. What the proper level of reserves should be can be discussed, but it is my belief that we need to do more to build those reserves, and create a stronger financial picture for the bond market.

As I begin my final year in office, I look forward to working with citizens and business people alike on many of the critical initiatives that I have outlined here tonight. I am sure that this year, like years prior, will bring many challenges. But as long as we remain focused and positive, the state of our city will remain strong. I thank you all for the privilege of serving as Mayor! God bless the City of Methuen.

Thank you.

## PEST-END, INC. EXTERMINATORS

15 PELHAM STREET, METHUEN

We Make Ants Say "UNCLE"

- General Pest Control For Over 40 Pests
- Residential Interior & Exterior Services
- Home Protection Plan (Yearly Interior & Exterior Agreement)
- Exterior Protection Plan (Yearly Exterior Agreement)
- VA & FHA Wood Destroying Insect Report (Received Day Of Service)
- Bee, Wasp, Hornet & Yellow Jacket Treatments
- Sentricon Termite Elimination System
- Termite Treatments
- Preconstruction Treatments
- Mold Prevention
- Squirrel Trapping
- Food Processing Facilities

We Specialize  
in BedBugs



(978) 794-4321

(800) 287-4321



### VISIT OUR NH LOCATIONS

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

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

Quick, reliable service since 1977

### Specializing in the control of

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



RONNIE’S RANTS

Random Thoughts

**Ronnie Ford**  
VALLEY PATRIOT COLUMNIST

That CEO of the Sweetheart Inn, Michael Condon, is saddling up to ride into the fight for Councilor at Large. This year Mike says he wants to do as he has done before, and that is “represent all of Methuen”. The affable culinary expert and long time political enthusiast is taking the ride again into the fascinating world of politics.

Good Luck Mike!

Down stream in Lawrence, another veteran is gearing up for another run. Marie, that fast moving two fistad lady Gosselin, is giving it another whirl in the City of Lawrence as Councilor at Large. Marie represented one of the districts in south Lawrence for a good distance of time, and has decided to run again. This year will be interesting to say the least in the City of Lawrence. The Queen City of the Merrimack Valley is in for a good show!

Look for a television spread on St. Patrick’s Day, involving the Irish Cottage. And what better day to showcase it than on our Saints Day! A little hint: Chronicle on Channel 5.

Methuen’s political gunboat is bobbing and weaving. The candidates between the Council and the Charter Commission members will be flattening each other like The Clay or Ali and Liston jam years ago. Fight, fight, fight, we can see some brains on both sides of every battle. If only they could get together!

“When a man assumes a public trust, he should consider himself as public property.”

Thomas Jefferson

I would like to reiterate to all the public officials be they local, state, federal, teachers, custodians, police, firefighters, water and street departments or lawyers, if you are paid by public

funds, you work for us! And by holding a public trust, you are held to a higher standard! Some, not all, are out to get as much as they can monetarily or by favors, by screwing the taxpayers six ways to Sunday! You see it on the news each night, read the glaring headlines in newspapers, and dumb nuts that we are, we keep electing or hiring these people! How stupid is that? But now it has become so prevalent, people are taking notice and are getting angry. Rightfully so, this abuse of power has gone on long enough.

Elections are coming up and it is our duty and privilege to go to the polls and vote. How many countries would love to have what we have, the freedom to vote, to speak freely. Therefore, please vote for the best person, not the one who shouts the loudest or has a big war chest. Vote for someone who will have the people’s best interest in mind. We are tired of all this deception.

It is time for the former Assumption, St. Rita, Tarbox and Hood students to mark your calendars for the 8th annual neighborhood reunion. It will be held on Monday, June 6, 2011 at Jackson’s Restaurant in Methuen. If you hung around as kids at Lawlor’s Drug Store, the Downey Flake, played ball at the Howard or Hayden Schofield ball parks, or just lived in the area, come on down! You will have a great buffet, laughs galore, and fond memories relived. The price is \$8.00 a person, starts at 6:00 P. M. Come take a walk down memory lane with us!

Don’t forget to vote those of you who vote on Tuesday March 8, 2011!

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

The Merrimack Valley Irish Connection

Statue of Matt Talbot

**Jack Doyle, County Sligo**  
VALLEY PATRIOT IRISH COLUMNIST

On one of my days in Dublin doing research of my family genealogy I came across a statue of Matt Talbot, right next to the Matt Talbot bridge, one of the many bridges that crosses the river Liffey. I heard of Matt Talbot back in the 1970’s when I went on a retreat in Connecticut, I really didn’t give it any mind after that, until now.

Talbot was born the second eldest of twelve children of Charles and Elizabeth Talbot, a poor family in the North Strand area of Dublin, Ireland. His father was a heavy drinker, as later were most of his brothers. Matt left school at the age of twelve and went to work in a wine merchant’s store. He very soon began “sampling their wares.” He then went to the Port & Docks Board where he worked in the whiskey stores. Before long he was a confirmed alcoholic. He frequented pubs in the city with his brothers and friends, spending most or all of his wages and running up debts. On one occasion, he stole a fiddle from a street entertainer and sold it to buy drink.

Franciscan in 1890 and was a member of several other associations and sodalities. Talbot was a generous man. Although poor himself, he gave unstintingly to neighbors and fellow workers, to charitable institutions and the church. He ate very little. After his mother’s death in 1915 he lived in a small flat with very little furniture. He slept on a plank bed with a piece of timber for a pillow. He rose at 5 a.m. every day so as to attend mass before work. At work, whenever he had spare time, he found a quiet place to pray. He spent most of every evening on his knees. On Sundays he attended several masses. He walked quickly, with his head down, so that he appeared to be hurrying from one mass to another.

Talbot was on his way to mass on Sunday, 7 June, 1925, when he collapsed and died of heart failure. Nobody at the scene was able to identify him. His body was taken to Jervis Street Hospital, where he was undressed, revealing the extent of his austerities. A heavy chain had been wound around his waist, with more chains around an arm and a leg, and cords around the other arm and leg. The wearing of chains and cords was probably less unusual in the 1920s than it is in the 21st century.[clarification needed] Nevertheless, Talbot’s story quickly filtered through the community and there were many spectators when his funeral took place to Glasnevin Cemetery on 11 June 1925.

Talbot’s remains were removed from Glasnevin Cemetery to Our Lady of Lourdes church on Seán McDermott Street, Dublin, in 1972. The tomb has a glass panel through which the coffin may be seen.



One evening in 1884 Talbot, who was penniless and out of credit, waited outside a pub in the hope that somebody would invite him in for a drink. After several friends had passed him without offering to treat him, he went home in disgust and announced to his mother that he was going to “take the pledge” (renounce drink). He went to Holy Cross College, Clonliffe where he took the pledge for three months. At the end of the three months, he took the pledge for six months, then for life. Having drunk excessively for 16 years, Talbot maintained sobriety for the following forty years of his life. He found strength in prayer, began to attend daily mass, and read religious books and pamphlets. He repaid all his debts scrupulously. Having searched for the fiddler whose instrument he had stolen, and failed to find him, he gave the money to the church to have mass said for him.

From being an indifferent Catholic in his drinking days, Talbot became increasingly devout. He was guided for most of his life by Dr. Michael Hickey, Professor of Philosophy in Clonliffe College. Under Dr. Hickey’s guidance Talbot’s reading became wider. Dr. Hickey also gave him a chain to wear, as a form of penance. He became Third Order

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

# Brazilian BLOWOUT!

**Special \$175**  
(regular price \$250-\$350)

**PLANET COLOR**  
90 Main Street, Andover  
**(978) 476-1342**

**GIFT CERTIFICATES AVAILABLE!**  
Makes a GREAT Valentine Gift!!!

Ask for KIM ONLY!

# AL DINUCCIO

## For Mayor of Methuen

### Congratulates The Valley Patriot!

While most small businesses fail within their first year, The Valley Patriot has established itself as one of the more credible newspapers in The Valley! Valley Patriot owners Tom Duggan, Paula Porten, Chuck Ormsby and Ralph Wilbur should be commended for seven years of success and growth that is unprecedented in the area!

PAID FOR BY THE COMMITTEE TO ELECT AL DINUCCIO

**LIVE! Irish Music**  
Sat 9PM-Midnight

**The Irish Cottage**  
Restaurant & Pub

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

**1/2 Price Breakfast Every Wednesday!**

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



TOM DUGGAN'S NOTEBOOK

**FITNESS** Together-North Andover announces Warrior Boot Camp by Matt McCormick Fitness Together will be piloting a new eight week boot camp on Sunday's at our studio lead by one of their own trainers Matt McCormick. Matt's specialty in "boot camp" training spans over a three year period with emphasis on metabolic fat burning and aerobic capacity, which will promote improved stamina for the body's ability to burn fat as energy. This program is not a replacement for one-on-one personal training session, but an enhancement to their overall wellness programs. This boot camp concept at Fitness Together will ultimately improve your one-on-one personal training sessions. Matt will be demonstrating the boot camp concept on: Sunday, March 20th, Two times 12-1PM and 1:30PM-2:30PM. Maximum class size will be eight people. The eight week camp will begin on Sunday, March 27 through Sunday, May 15 For more information or interest, please contact Adam or Maureen at maureensullivan@fitnesstogether.com or call: 978-659-0047. There is a sign-up sheet on the white board in the lobby

**ENVIRONMENT** - SunDrum Solar, a Hudson Massachusetts based manufacturer of hybrid solar modules, has been selected to provide hybrid solar energy for Team Massachusetts in the 2011 years National Solar Decathlon. SunDrum Solar's hybrid modules lead the market by tripling the energy output from photovoltaic panels, by providing both hot water and electricity in the same footprint. Students from the University of Massachusetts Lowell ("UMASS Lowell") and Massachusetts College of Art and Design ("MassART") selected SunDrum Solar hybrid technology to provide the maximum power from their roof area. The entry, a residential home, will be on display at the Mall in Washington DC. For more information please visit SunDrum Solar's WEB site at [www.sundrumsolar.com](http://www.sundrumsolar.com)

**REUNION** - Haverhill High School



ROYAL House of ROAST BEEF

(978)

794-4996

464 Lowell St - Methuen

Class of 1966 reunion will be held on Saturday, April 30, 2011, at DiBurro's of Bradford. Meal choices are roast beef or chicken divan. Music will be provided by A Good Time's DJ George Whitehouse. Tickets are \$66 per person. Contact Kathy O'Shea Bresnahan at [kbresnahan@cityof-haverhill.com](mailto:kbresnahan@cityof-haverhill.com) or 978-374-2390 X11 for additional information

**PROJECT FOCUS** began offering activities and programs immediately after their January 6th kick-off. Each Project FOCUS partner has students and families enrolled and our main challenge so far has been Mother Nature. Carmen Lopez, Outreach Specialist for Project FOCUS, took five South Lawrence East Middle School students to the Disney on Ice show in Boston on Sunday, February 20th with a larger group sponsored by the City of Lawrence Recreational Department. The five students 'won' this trip because they are all students who showed the most academic achievement and improvement since the beginning of the school year. Carmen said the students were very well behaved.

**NECC** Receives Funding for High School Dual Enrollment - Local high school students are benefitting from \$24,000 in Commonwealth Dual Enrollment Program (CDEP) funds which Northern Essex recently received from the state. As a result, 53 high school students from across The Valley are taking courses at Northern Essex during the spring semester and receiving both high school

and college credits. 11 local high schools, including Amesbury, Bradford Christian Academy, Georgetown, Greater Lawrence Regional Vocational Technical, Haverhill, Lawrence, Methuen, North Andover, Pentucket, Triton, and Whittier Vocational Technical High School, are taking courses which began January 24. Their tuition is paid for with the CDEP funding.

**NORTHERN ESSEX** has several innovative dual enrollment partnerships with area high schools. Examples of these partnerships include: \* Northern Essex is currently teaching American Sign Language at Northern Andover High School. Students who take the course receive foreign language credit from the high school and can elect to receive college credit as well. \* Three classes of Methuen High School students are taking College Algebra on Northern Essex's Haverhill Campus this semester. This program is designed to graduate high school seniors who are prepared to pursue more advanced level mathematics courses once they begin college. \* Since the fall of 2009, the college has been partnering with Amesbury High School to offer an Early College Program for high school sophomores, juniors, and seniors. Students who participate in the program can graduate from high school with up to 45 college credits. Other Amesbury High School students take courses individually through the Commonwealth Dual Enrollment (CDE) program. For more information, contact Charles Diggs, [cdiggs@necc.mass.edu](mailto:cdiggs@necc.mass.edu) or 978 556-3608.

**METHUEN VILLAGE AT RIVERWALK PARK** - Merrimack Valley Townsmen Perform 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 the Merrimack Valley Townsmen Barbershop Harmony ensemble on Monday, March 14 at 7:00 p.m. 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](http://www.MethuenVillage.com).

**Guitarist and Bagpiper** Doug Rickard 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 Doug Rickard on Tuesday, March 15 at 2:00 p.m. Doug will take us on a musical journey to Ireland through guitar playing and song. He will bring his bagpipes too! 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](http://www.MethuenVillage.com).

**ELDER LAW AND ESTATE PLANNING** Talk 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 our monthly Family Night on Wednesday, March 16 from 5:30 to 6:30 p.m. This month's event will feature a discussion on elder law and estate planning with Mary Howie, Esq. RSVP by Monday, March 14 if you would like to attend. 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](http://www.MethuenVillage.com).

**LOWELL, VOLUNTEERS NEEDED** - Learn how to make a profound difference in someone's life in just 2 hours a week! Using lecture, real life stories and small group exercises you will learn how to provide practical help and emotional support to those with life limiting illnesses and their loved ones. At the end of this in-depth comprehensive 8-week training, you will receive not only your certificate but you will become a part of a very special group – ordinary people making an extraordinary difference.

Location: Middlesex Community College, Lowell City Building. Room LC110, 33 Kearney Square Lowell, MA. All training is provided by hospice professionals from Merrimack Valley Hospice. All Merrimack Valley Hospice Volunteers must be

3RD ANNUAL

Law Enforcement United

Team New England

2011

CHILI

COOK OFF

Saturday March 19th, 2011 5pm - 9pm

Polish Alliance Club Hall

14 1/2 Mill Street

Amesbury, MA



Wiggles & Jiggles

Pet Care

Providing Paw-sitive Pet Care to the Merrimack Valley






Tracy Zink

978-687-6571

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

~ In memory of ~

Lawrence Police Officer Thomas Duggan Sr.




Killed in the line of duty

March 16, 1990

Time may have passed, but we have not forgotten how you protected our community so well for 18 years. Nor have we forgotten what you lived for and what you died for.

Sadly missed by family, friends, colleagues and a very grateful community.



Anne Marie Concemi


Chief Mortgage Planner/Owner

MLO 3527

Helping Borrowers since 1987

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

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



FIRST INTEGRITY MORTGAGE

LLC

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

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

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701

MA Mortgage Broker #MB 4520, ME#CSO11110

Licensed by the NH Banking Dept.

ME#CSO11110 \* NMLS ID 1964

3.16.2011

Fundraiser for Families of Law Enforcement Officers Killed in the Line of Duty

PISA PIZZA 133 PEARL ST.,MALDEN

781-397-7777

In 2010 159 officers fell, a 38% increase from 2009. Team New England was founded in 2007 by 3 New England Officers to remember their sister and brother officers who gave the ultimate sacrifice

Mention Team New England and a portion of your pizza purchase will go to support our 250 mile/3 day bicycle ride in memory of Police Officers killed in the line of duty. Funds raised go to sending children of fallen police to Concerns of Police Survivors summer camp, among other programs.

[www.teamneleu.com](http://www.teamneleu.com)[www.lawenforcementunited.org](http://www.lawenforcementunited.org)

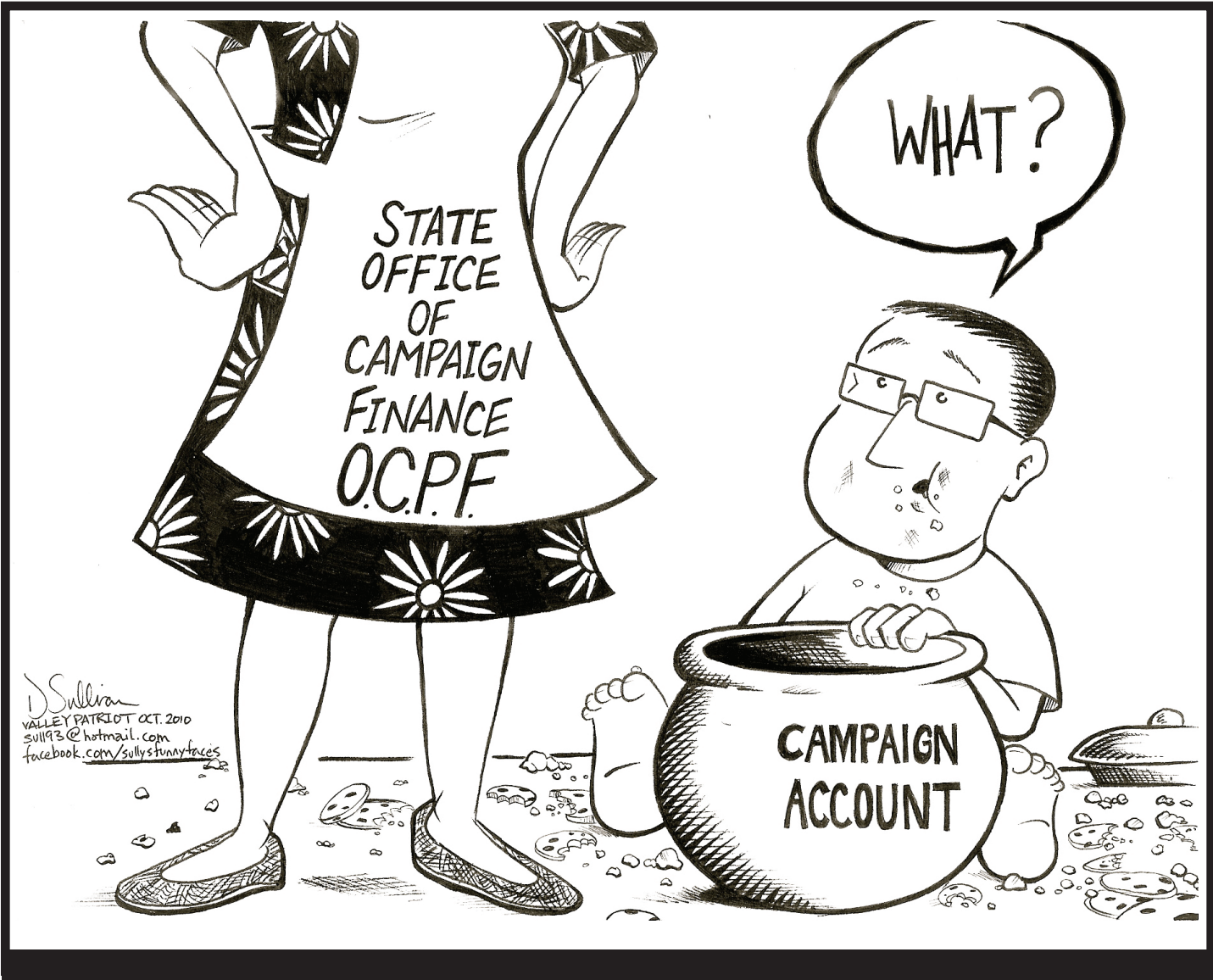
valleypatriot.com



DAVE'S CARTOON OF THE YEAR

Former Lawrence Council President Pat Blanchette has been fined by OCPF for writing checks to himself from his campaign account. Blanchette also has a lein on him by the IRS for refusing to pay taxes.

\*\*\*\*\*  
For the past four years, editorial cartoonist David Sullivan has been assaulting your eyes and your funny bone with his ascerbic and satirical take on the political state of affairs in Lawrence, Methuen and North Andover. A chance encounter with a fellow thespian (he's an actor, too.) landed him on the Valley Patriot pages in February 2007. Every month, he and Editor in Chief Tom Duggan collaborate to determine which inflated balloon of a politician receives a deserved pin in the form of a cartoon. Sometimes humorous, always poignant and definitely fun to look at, Sullivan's cartoons never fail to hit their mark. David is a lifelong Lowellian currently staking claim on a tiny parcel of land in Dracut and he welcomes any and all feedback, comments and cartoon ideas at [sull93@hotmail.com](mailto:sull93@hotmail.com) and on his facebook page ([facebook.com/sullysfunnyfaces](https://www.facebook.com/sullysfunnyfaces)).



18 years old. This class is offered free of charge. However, registration is required, please call Sheryl Meehan at 978-552-4522 or email [smeehan@homehealth-foundation.org](mailto:smeehan@homehealth-foundation.org). Wednesdays, 6pm – 8pm, March 9 – April 27, 2011

**THE NEW MOON COFFEE HOUSE** At the Universalist Unitarian Church, 16 Ashland St. (rtes 110 and 125), Haverhill. Folk, gospel, R&B, country, pop? Singer/songwriter Kate Campbell can't be catagorized; she fits into all of them. Come hear this masterful musician on Saturday March 19th at the New Moon Coffeehouse in Haverhill. The show starts at 8pm. Tickets cost \$20 general admission; \$10 for kids 18 and under. Back by popular demand, the wonderfully warm and funny David Dodson opens the evening. Tickets for the show are available at the door starting at 6:30. Reserve advance tickets at [www.newmooncoffeehouse.org](http://www.newmooncoffeehouse.org). The New Moon Coffeehouse is a nonprofit, all-volunteer organization dedicated to supporting and enjoying the creative talents of acoustic performers. We strive to bring you the best performers in a relaxing, friendly, smoke and alcohol free environment, where you can enjoy a great show, good coffee, and awesome desserts. Established in 1987 by a great group of volunteers, the New Moon is now completing its twenty third season!

**MASS COPS** - On May 10th, Amesbury Police Officer Jason Kookan and 250 other police officers from around the nation will begin a 240 mile journey from Chesapeake VA to the Pentagon 9-11 Memorial. They will be riding in honor of area law enforcement officers killed in the line of duty.

Officers like Deputy Bill Walters, a 26 year Navy Veteran who following his service to his nation, wanted to serve locally. Who at 59 had served just over 6 years

in law enforcement, 6 years in Meridian Ms and only 7 months with the Kemper County Sheriffs Department. On July 15 2007, Bill had just finished a funeral escort and while returning to his patrol area, was caught in a severe thunderstorm. The storm lead to Deputy Walters being involved in a motor vehicle crash, killing him and the occupants of another vehicle. Bill death left behind a wife and 2 daughters. Bill's family have become my family since I rode in honor of him 3 years ago.

Money raised for the honor to do this ride support Concerns of Police Survivors. (COPs). Last year Kookan and his fellow officers provided the complete funding for children of fallen officers to attend a weeklong summer camp, allowing them time to heal and togetherness with others kids who understand what they went through. They also provided the entire funding for Officer Down Memorial Page <http://www.odmp.org/> for the years operating cost. Kookan;s team is holding a Chili Cookoff on March 19th in Amesbury MA with a live band. All donations are appreciated. For more information visit our teams website: <http://www.teamneleu.com>

**GOVERNOR INVESTS \$7 MILLION IN MA CULTURAL FACILITIES FUND THROUGH CAPITAL PLAN** - Governor Deval Patrick has allocated \$7 million for the Massachusetts Cultural Facilities Fund (CFF) in his state capital investment plan. These funds will allow the Massachusetts Cultural Council (MCC) and MassDevelopment to support new building projects in the arts, humanities, and sciences that create jobs, educate adults and children, and improve the quality of life in cities and towns across the state.

"The Cultural Facilities Fund has demonstrated real impact in spurring econom-

ic activity and attracting new visitors and income to Massachusetts," said Governor Patrick. "Investing in our cultural institutions is a small but important piece of a larger, long-term plan that will make our communities stronger by improving our infrastructure."

Organizations and municipalities interested in this funding can go to [www.massculturalfacilities.org](http://www.massculturalfacilities.org) for updated guidelines, application deadlines, and details on public information sessions that MCC and MassDevelopment will host in communities across the state.

In 2008 the Legislature authorized the Governor to invest up to \$50 million for CFF over five years. With today's announcement the Governor has now authorized \$14 million of that \$50 million total. Earlier appropriations to CFF in 2008 and 2009 came from the Legislature through the state budget.

The CFF has boosted economic activity and helped tourism, Massachusetts' third largest industry, since it was first funded in 2007. Organizations that received CFF grants are spending more than \$800 million on their building projects, and providing more than 11,000 building jobs: architects, engineers, contractors and construction workers. They also plan to add more than 1,150 new permanent jobs after their capital projects are complete.

CFF grants have also helped restore many of our nation's most historic landmarks and treasures. In 2008 and 2009, more than 14 million people visited organizations receiving these grants; nearly one third came from out-of-state.

Organizations and communities interested in this round of CFF funding must submit an intent to apply by April 8, 2011. The final application deadline is June 3,

2011.

**Finegold Forum** - State Senator Barry Finegold would like you to join him at an informal question and answer session with members of Dracut town government to voice your ideas on the future of Dracut. Do you have questions about the high school project? Do you have concerns over the cost of health care? Do you have an idea of how to make government more efficient? Come and share your thoughts. Saturday, March 19 at 10 a.m. to 12 p.m. at Harmony Hall

**IRS Free File** program offers 100 million Americans a fast, free and safe way to do their federal taxes online.

Through IRS Free File, all taxpayers who made less than \$58,000 in 2010 can visit <http://www.irs.gov/efile/> and use the industry's top tax preparation software for free. Users get the step-by-step help they need to prepare, complete and file federal tax returns online - at no cost.

IRS Free File is a vital service for the American taxpayer that is made possible through a landmark public-private partnership.

**LAWRENCE** - Evidence-based Chronic Disease Self-Management Programs are being offered. These programs have been proven to help adults with chronic conditions (such as heart disease, COPD, diabetes, depression, chronic pain and more) live better lives. They have an opportunity to help people, one manageable step at a time. Please RSVP: to Maureen Nimmo, 978-620-3601 by April 1st. Date: April 8th 2011, Time: 9:30am - 11am, Location: Lawrence Public Library, 51 Lawrence Street, Lawrence, MA 01841

**OFFICE HOURS** - State Rep. Adams announced Lawrence Office Hours. **NOTEBOOK, page 42**



**Robert Irving**  
Reverse Mortgage Specialist  
MLO 19086  
Cell: (978) 686-0394  
24-hr.  
Helping Borrowers since 2001



**FIRST INTEGRITY MORTGAGE LLC**  
354 Merrimack Street, Sal's Riverwalk, Lawrence MA 01843  
[rhirving@gmail.com](mailto:rhirving@gmail.com)  
354 Merrimack St., at Sal's Riverwalk  
Lawrence MA 01843  
Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520, ME#CS011110  
Licensed by the NH Banking Dept.  
ME#CS011110 \* NMLS ID 1964



**Heartbeat**  
Crisis Pregnancy Help  
Confidential Counseling - People you can trust  
781-229-7887  
<http://www.pregnancyma.com>





Pictured Front Row Left to right: Dimitri Castillo, Danny Figueroa, Jose Rivera, Mikey Caban, Robert Clarke, and Jamil Sarkis. Back row: Jonathan Jimenez, Omar Deschamps, Aaron Goulet, Joseph Ramos, Jermaine Johnson, Carlos Garcia, Wesley Estevez, and Jeremy Pena.

## Mill City Junior Maulers Football Team

7th & 8th Grade Lawrence Jr. Maulers Football Teams reunited to celebrate their hard work during Trophy Ceremony which was held at the Erros Club, (formerly Roxy Night Club on Essex St.) in downtown Lawrence. New owner Chelo Ramos opened the club on Saturday afternoon, Feb. 19, 2011 to allow the Jr. Maulers to hang out, listen to music, and eat pizza and cake before receiving their trophies for a successful season. Trophies were handed out by Head coaches and Board members of the organization, Sam Figueroa and Michael Caban. Nominated for special acknowledgement as a leader, a youth who showed heart and dedication on and off the field was Angel Martin, shown with Coach Sam Figueroa. Angel received a certificate and sweater from the Cape Ann Organization / Mill City Youth Football & Cheer, Inc. for his hard work and success.



Joey from MTV's The Real World Cancun reads the Valley Patriot in Methuen where he lives. Editors of the Valley Patriot ran into Joey near the loop on Pleasant Valley Street.



The Valley Patriot would like to congratulate BEN for finding his forever home! Ben was recently adopted by North Andover's Dan Crevier during Petsmart's Adoption Weekend Feb 11-13. BEN came from "One Tail at a Time Rescue," and now will be enjoying life with the doggie community of North Andover. The Valley Patriot's Tracey Zysk, (Doggie Columnist, Page 37) and Puppy Girl Kate Whitney, send a HUGE THANK YOU to Officer Crevier for ADOPTING Ben! The Valley Patriot would like to thank both Kate and Tracey for all they do to help puppies in The Valley.



**Dave Guselli**  
Realtor

Office: 978-689-8006  
Fax: 1-866-284-2733  
Cell: 978-852-5481

daveg@prufirstchoice.com



**Prudential**  
**First Choice Realty**

184 Pleasant Valley Street, Suite 1-101, Methuen, MA 01844

Rock Solid in Real Estate  
2010 J.D. Powers Award Winner



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



**BORRELLI'S**

322 Merrimack St. Methuen, MA. 01844  
Phone: (978) 687-2306

**Italian Deli**

**Borrellisdeli.com**

"Valley's Finest Home Cooked Food"

**ELLEN ANNA WRIGHT**  
*CPA & Attorney at Law*  
*"Your One-Stop Law Office"*

1445 Main St., Tewksbury  
(next to Planet Fitness)



**Max Tax Refunds!**

**MORE BANG FOR YOUR BUCK**

**Specializing In:**

- Tax Debt Settlement
- Divorce & Family Law
- Personal Injury
- Worker's Compensation
- Civil Disputes
- Real Estate

**\$25 OFF** Tax Return  
*with this coupon*

**FREE** Legal Consultation  
*with this coupon*

**Compare our prices to H&R Block**

  **978-851-2291**  

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

# MERRIMACK ST. CONVENIENCE

**No More Tax on Beer & Wine Effective Jan 1st**

Call for our Daily Casserole!











Lottery - NE Coffee - Deli - Sandwiches - TRIPOLI PIZZA - Pastry - Ice- Groceries  
 Slush - Milk - Bread - Cold Cuts - Prep. Sandwiches - Salads - Beer - Wine - Cigarettes  
 Cigars - Fresh Produce - KENO! - Iced Coffee - Ice Cream - Frozen Foods

500 A Merrimack Street - Lawrence - (978) 688-1226 in Sal's Riverwalk Complex Next to Metro Credit Union



# Lawrence Exchange Club Honors Firefighters, Police Officers, EMT's



PHOTOS: KIM FRE

Photo Left; Lawrence Exchange Club President Bruce Baril, Andover Firefighter of the Year Lt. John S. Ronan, (Middle) Exchange Club Member, Police Officer of the Year John Bernard (Lawrence), Massachusetts State Troopers Kevin Bibeau, James Foley, Lawrence Police Officer Nelson Perez, and Lawrence Police Chief John Romero. (photo right) Bruce Baril and Andover Police Officer of the Year Glen Ota



PHOTOS: KIM FRE

Photo Left; Lawrence Police Officer of the Year John Bernard receives his award from Chief John Romero, (Middle) Paramedics of the Year, from Patriot Ambulance, Erica Pupolo and Robert Dinardo, (right) North Andover Police Chief Richad Stanley, Bruce Baril, and North Andover Police Officer of the Year Robert Hillner.



PHOTO: EXCHANGE CLUB

PHOTO: EXCHANGE CLUB

PHOTO: KIM FRE

Photo Left: Lawrence Fire Chief Jack Bergeron, Exchange Club President President Bruce Baril, and Lawrence Firefighter of the Year Pascual Ruiz, (Middle Photo) North Andover Chief Andres Melnikas, President Bruce Baril, and North Andover Firefighter of the Year Sean Bushnell (Photo at Right) The "Michael Latta EMT of the Year" Celso Nascimento

FREE ESTIMATES - FULLY INSURED

CLEAN-CUT

Landscaping

RESIDENTIAL & COMMERCIAL

New Landscapes

Hydroseeding

Tree and Brush Removal

Mulch

Lawn Cutting

Custom Stone Work

Patios/Walkways

Retaining Walls

Snow Plowing/Sanding

Snow Removal

(978)-609-0584

ASK ABOUT OUR FREE LAWN CUTTING

**KELLER WILLIAMS**  
REALTY

**Kate Cotnoir**  
Licensed Real Estate Agent

Cell: (978) 273-1986  
kcotnoir@hotmail.com  
www.kw.com

101 Broadway • Dracut, MA 01826

Each Keller Williams Realty Office is Independently Owned and Operated



# Tea Party Receives High Praise at CPAC

Christine Morabito  
MERRIMACK VALLEY TEA PARTY

It was worth the bullying and name-calling we endured over the last 2 years to finally bring us to this point. How refreshing it is to be appreciated for the countless hours and sleepless nights spent saving our country from those who wish to radically transform it.

At this year's Conservative Political Action Conference (CPAC), with a record attendance of 11,000, I was struck by what an exciting time it is to be a conservative. Speaker after speaker thanked the Tea Party for educating themselves, getting involved and speaking out against massive spending, crippling deficits and government's intrusion into our lives. Grover Norquist, president of Americans for Tax Reform, thanked President Obama, the community organizer, for inadvertently organizing the Tea Party.

Conservatives have an exciting field of potential presidential candidates, allowing us a unique opportunity to take on Obama's big government, cradle to grave entitlement agenda and restore America to its founding principles. Narrowing the field will not be easy, yet selecting the strongest candidate has never been more crucial. Our country, as we know it, will not survive the reelection of President Barack Obama.

At CPAC we were fortunate to hear from some of these potential presidential contenders, and there was no shortage of powerful speeches. But the ones that struck a chord with me personally were those given by Tim Pawlenty, Rep. Michelle Bachman, Sen. John Thune, and Herman Cain.

Mitt Romney looked presidential enough, but his speech seemed more like a stand-up-comedy routine. Not surprisingly, he made no mention of health-care—after all, how could he? I mean no disrespect towards Romney, but, like many other conservatives, I don't think he should run for president. Romney-care is an albatross around his neck that

he cannot shake—especially since it was praised by Governor Patrick for being the precursor to Obamacare. It makes no difference that the final plan was not what he intended. If Romney has to waste time at every event explaining Romneycare, it will strangle him. It's tough to disagree with Ann Coulter when she says: "If we don't run Chris Christie, Romney will be the nominee and we will lose."

To the great disappointment of many, Governor Chris Christie was not in attendance. I imagine he has his hands full rescuing New Jersey from itself. Despite his absence, and perhaps in spite of his reluctance to run for higher office, he managed to come in fourth in the CPAC Straw Poll.

Making a mockery of the straw poll, Rep. Ron Paul won for the second year in a row—not surprising when you take into account that CPAC is artificially stocked with Paul supporters, or Paulies. I was impressed by the enthusiasm of these young people, but found their behavior appalling (no pun intended). They were incredibly disrespectful during Donald Rumsfeld's speech and yelled "war criminal" at Dick Cheney. When Sen. Orrin Hatch was asked to explain his initial support for the financial bailouts, these unruly teenagers would not even allow him to answer, and had to be reprimanded by the moderator like small children. During Governor Mitch Daniels' speech at the Reagan Banquet, hooligan Paulies gained entrance to the balcony and lowered a banner containing some disparaging remarks. They were quickly ejected, but not before seriously damaging their cause. Surely, Rep. Paul was aware of at least some of these antics and could have put a stop to them, had he wanted to. This is not how conservatives are supposed to behave.

The biggest surprise of the conference was the appearance of Donald Trump. When I first heard he was considering a presidential run, I thought it must be a joke. But considering his business experience and universal appeal and then watch-



ing him work his magic on the crowd, I was very impressed. His "take no prisoners" style of speaking had the people on their feet more than any other speaker. He clearly did not hold back when he responded to the heckling of Ron Paul supporters by saying, "I like Ron Paul, but he has zero chance of winning!"

The trumped up controversy over the attendance of the gay conservative group, GOProud, failed to materialize. In my opinion, it was a non-issue. If any group wants to be identified as conservative, the most logical and compassionate ideology, then why on earth would we reject them? The terms gay and conservative are not mutually exclusive. As comedian Steven Crowder suggested, "It's time we dealt with the gay elephant in the room... The left doesn't know what to do with gay conservatives."

The substantive controversies at CPAC were what to do about military spending, the war in Afghanistan and whether or not drugs should be legalized. Conservatives seemed to agree that the focus going

forward should be on slashing spending, repealing Obamacare, strengthening our national security, gaining the majority in the Senate and winning the 2012 presidential election.

A list of the most powerful quotes from CPAC can be found by visiting <http://greaterbostonteaparty.com/2011/02/cpac-2011-greatest-hits/>. Videos of the speeches can be watched at <http://video.cpac.org> I highly recommend watching Ann Coulter's fiery speech and the impassioned performance of rising star, Rep. Allen West.

**Please join us at our next Merrimack Valley Tea Party meeting:  
Wednesday, March 16th @ 7 p.m.  
VFW Hall 32 Park Street N. Andover, MA**



*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](mailto:christine.morabito@hotmail.com)*

## Conservative Corner with Tom Weaver: Defining Conservatism

The new Congress has promised a return to Fiscal Conservative Principles, they believe in a tight fiscal ship. But are they conservative? I believe that the incoming Congress promises that the Republican Party will be in control of the House of Representatives, but that does not mean that there will be a return to Conservatism. What does Conservatism mean? Is it a bad word or a good word? As the electorate, especially here in the Commonwealth of Massachusetts, we need to define our terms.

We have heard that there are significant differences between the right and the left, between the Republicans and the Democrats, between the conservatives and liberals. The media uses these terms almost interchangeably, so that we equate the right as Republicans who are conservative and the left as Democrats who are liberal. We have come to believe that this is the battleground – Democrats want health care while Republicans do not. The Democrats, the liberals, the left – they represent the down trodden, the worker, the common man. The Republicans, the conservatives, the right – they represent the evil corporations and the rich.

We view all discussions through this lens with these definitions. But the lens is flawed. As an example, what was the response from the left when the Republicans under President Bush spent too much? The Democrats repeatedly pointed

out the failed policies of conservatism and the right. So what happened next? We elected a group that promised to provide the American Dream to all... Spending has gone through the roof. Evil corporations have been bailed out. And now, a Conservative Republican Governor is stealing bread and milk from the poor civil servant teachers in Wisconsin.

It is our definitions. As a recent candidate for Congress, I believed that I had the correct definition of Conservatism. As a Conservative, I believed in limited government, less taxes, less and less regulations. As a Conservative, I believed in protecting the borders and promoting the creation of private sector jobs. I understood what conservatism means. Or did I understand the byproducts of Conservative ideals? How many really understand the concept of limited government – is it a message that resonates among the voters?

When I look at the Federal and State governments, I divide the elected officials into two groups – those that believe in the individual and those that believe government can solve problems. Think about that difference. Is that a better differentiation than right versus left, conservative versus liberal, Republican versus Democrat? Is that not the battleground? Government IS THE ANSWER versus leave me alone... Everyday, I get up and wonder what the government will try to do for me and what they will do to me! And I do not like it.

So, how should we define Conservatism? Perhaps if we think about the Founding American Principles, we can develop a true definition. What is Conservatism? We know that it is not 'government solving problems', because our founding took place in a period with minimal government. Conservatism, better stated – what is it that we want to conserve? What did the Founders see when they evaluated the relatively short history of the Colonies? What was the key to success in the Colonies that allowed 13 separate entities to become individual powerhouses of liberty, wealth and job creation?

I believe that there are simply three basic conservative values, three simple ideals and from those, all other conservative thoughts and principles flow.

First, a Conservative believes in individual responsible freedom; the freedom to do as one wants, as long as it does not harm another person. We can drive (safely) to the next state, we can purchase a home in a community of our choice (if we can pay for it), we can attend the church of our liking. The government has no say in individual responsible freedom – it is defined by 'We the People.'

Second, a Conservative believes in Pursuit of Happiness and the American Dream. Yes, the pursuit. And pursuit means work, it implies action on the part of the individual. Pursuit is not a gift bestowed by those in government. No,

the pursuit of happiness and the American Dream is a personal quest to achieve ones dreams, to expand ones knowledge base, to keep the majority of the fruits of ones own labor. The pursuit of the American Dream is to educate our families so that we can pass the prosperity of this freedom to them.

Third, a Conservative believes in strong family values. These values are what defines the individual family, it has nothing to do with what a repressive government may say are appropriate values. A Conservative teaches the family values that make the family strong and appreciative of the bounty of this great land.

From these three ideals, all conservative thought grows. It is really very simple, Conservatives believe in the individual and in the strength of 'We the People.'

And we might take a moment to discern what group truly embraces these principles. I would argue that the legal immigrant believes in these Conservative principles. These are the reasons they came to this country – for individual responsible freedom, pursuit of happiness and the American Dream and for strong family values.

And do you know what is funny? The British crown considered our Founders and Framers to be liberals, for our founders wanted a society that allowed unlimited personal growth. How definitions change over time....



Is it ever okay to lie?

So, You Want to Have Sex? (Pt. II)

Paul Murano

VALLEY PATRIOT COLUMNIST

We’re all familiar with the GEICO commercial that depicts Honest Abe Lincoln’s wife asking him if her “‘backside’ looks big in this dress.” When he finally answers she storms out of the room.

There’s the classic question about what to tell the Nazi that asks if you have any Jews hiding in your house. And we scoffed at Bill Clinton’s language play when he said, “It depends on what the meaning of the word ‘is’ is.”

But was it our business to know someone’s private sins, can we save an innocent life by purposely deceiving, and should we tell the woman who asks that her...ah...hmm backside does look big in this dress?

This topic has filled much of the Christian blogosphere since Lila Rose and her Live Action group made headlines by deceptively infiltrating Planned Parenthood to expose their coddling of child abusers and underage pimps for the sake of making more money off killing the unborn. Did they have a moral right to purposely deceive in order to uncover these important truths? Interestingly, many Christian bloggers said no; one can never do evil in order that good may come from it.

Yes, but are all untruths really lies, and if so are they always wrong? Thomas Aquinas took the absolute stand that one can never tell an untruth with the aim of deceiving, even when said in jest. Language is given to man for one reason only: to convey the truth. But are there legitimate exceptions to this ethical standard?

Is lying intrinsically evil, meaning there is never a reason or circumstance that could justify it? Murder, rape, theft, slander, and other acts are considered moral absolutes; but is lying?

Yes, says the Catechism of the Catholic Church: Lying, which is the telling of an untruth in order to lead one into error, is always and in every circumstance wrong. That being the case, is telling an untruth for a different intention, such as to save a life, truly a lie? That’s where things get interesting. Lying is always wrong, but are telling

untruths always lying?

No, says Dr. Janet Smith, prominent moral theologian and devout Catholic. In her article, Lying: a Metaphysical Issue before a Moral Issue (www.catholicvote.org/discuss/index.php?p=14539), Dr Smith differentiates lying from what she calls conventional falsehoods and protective falsehoods, culturally accepted speech-acts necessary for healthy social order.

Her claim is that these falsehoods are not lies but expected variations of the truth. Whereas the Church would define lying as utterances that lead people away from the truth, Dr. Smith replies: “I think telling falsehoods to evildoers is a way of honoring the truth...Telling of falsehoods to enemies such as Nazis conveys the truth that one does not believe the innocent should be killed.”

Internationally renowned Catholic philosopher Dr. Peter Kreeft weighed in on the controversy too with a ringing endorsement of what Live Action did. He also suggested we have a moral obligation to lie to Nazis to save an innocent life. But how do we square this with the intellectual father of both Smith and Kreeft, the great St. Thomas Aquinas, who taught that telling of all untruths were sins? “With considerable trepidation,” says Smith. She claims to develop, rather than contradict, Aquinas’ thought on the definition of lying.

There still seems to be more people on the blogs holding that all untruths are lies and all lies are wrong - regardless of consequences. Whether or not they’re right you have to admire their tenacity in stating that they would rather be killed by a crazed maniac than tell him a small lie to save themselves.

Where do I stand on this? I can not lie. At this point I’m not completely convinced either way, but lean toward the interpretations of Smith and Kreeft. If I ever became convinced that this contradicts Church teaching, however, I would be happy to reconsider. And by the way, if you do happen to have a sizable “backside” -- please don’t ask me if it looks big in this dress.

Email Paul: [pjdm@aol.com](mailto:pjdm@aol.com)

Kathleen Laplante

VALLEY PATRIOT COLUMNIST

So, you want to have sex, but this time you are a married woman.

Good. Sex belongs in marriage.

Isn’t adultery legal in some states?

It may be legal in some states, but it’s not moral in any of them. It’s a reflection of your inability to control your animal instincts. So no extramarital affairs, not even in fantasies.

How do you stay true to your husband?

Learn what marriage is really about.

For instance, you probably don’t know that chastity is something to be practiced in marriage. People think it’s just for nuns and single women, but married couples must practice chastity too.

What is chastity?

It is the virtue of controlling the indulgence of one’s sexual appetite. It’s not about being prudish. It’s about being prudent, i.e. being wise and judicious in the handling of your sexuality. For women, chastity reflects femininity and courage, which makes sense, since it takes a real lady to tame her sexual desires - and I don’t mean repress them. I mean act on them in moderation with consideration for your husband and children.

So where does pleasure come in?

Let’s clear up a common misunderstanding. Did you know the Catholic Church is an advocate for sexual pleasure between a wife and husband?

No kidding. She teaches that, “sexuality is a source of joy and pleasure:

The Creator himself...established that...spouses should experience pleasure and enjoyment of body and spirit...the spouses do nothing evil in seeking this pleasure and enjoyment...At the same time, spouses should know how to keep themselves within the limits of just moderation.” [Catechism of the Catholic Church 2362, i.e. CCC 2362]

She goes on to say that “the acts in marriage by which the intimate and chaste

union of the spouses takes place are noble and honorable; the truly human performance of these acts fosters the self-giving they signify and enriches the spouses in joy and gratitude.” [CCC 2362]

So when you want to have sex with your husband, ask yourself if it’s for your pleasure or his too. If it’s just for yours, you might as well let a neighbor borrow him, because you are reducing him to an instrument of sexual pleasure. If it’s for both of you, then you won’t be objectifying your husband, and dignity will be the catchword of the day.

Can we go back to noble and honorable, and joy and gratitude mentioned above?

Definitely. One thing we can say is that nobility and honor, joy and gratitude are worth striving for. A couple, however, cannot do that when one or both of them are selfishly seeking pleasure and instant gratification for themselves.

Another impediment to nobility, honor, joy and gratitude is artificial contraception.

Contraception?!

Yes. And I’ll bet you and your husband are using it. There are all kinds of negative consequences from it.

It can’t be that bad?

It is. The Pill’s side effects result in many women struggling with mood swings, weight gain, and irritability. Companies that make birth control pills, the FDA, the World Health Organization and the Mayo Clinic all say the (combined estrogen-progestin) Pill increases a woman’s risk of breast, cervix and liver cancer, i.e. more Pills, more pink ribbons.

The Pill is also known to act as an abortifacient. Instead of preventing pregnancy, it allows conception to occur, but because it also damages the lining of the womb, the fertilized ovum, i.e. the new baby, cannot implant itself and dies. The woman essentially gives herself an abortion.

With a condom, a couple prevents the formation of a baby, which, remember,

SEX, page 34

Eight Reasons Not To Be Optimistic About Egypt

Dennis Prager

CREATORS SYNDICATED COLUMNIST

From the moment the Tahrir Square demonstrations against Hosni Mubarak began, optimism has dominated American reporting and commentary on what is being called the Egyptian revolution.

I fervently hope I am wrong, but I find it hard to share this dominant view, even as I identify with all those Egyptians and other Arabs who yearn for freedom.

I offer eight good reasons for my pessimism:

1. Countries almost never go straight from dictatorship to liberty.

For the past 250 years, the general rule of revolutions has been this: The more tyrannical the regime that is overthrown, the more tyrannical the regime that replaces it. Though post-Soviet Eastern European countries might seem to invalidate this rule, they do not. The reason Poland, Romania, the Czech Republic, Hungary and Bulgaria became more or less free countries almost immediately after overthrowing communist dictatorships is that all those dictatorships were imposed from abroad (the Soviet Union). When a country overthrows a homemade dictator, it rarely replaces him with a free society. The French Revolution replaced the French monarchy with revolutionary terror. The Russian Revolution replaced the autocratic Russian czar with totalitar-

ian commissars.

2. When pro-American dictators are overthrown, far more repressive anti-American tyrants usually replace them.

In 1959, the pro-American Cuban dictator Fulgencio Batista was overthrown and replaced by an anti-American communist totalitarian state under Fidel Castro. Most Cubans had far more freedom under Batista than under Castro. In 1979, the pro-American Shah of Iran dictatorship was overthrown and replaced by a far less free, far more repressive, virulently anti-American Islamic tyranny.

3. Islamists have a near-monopoly on passion in Egypt and elsewhere in the Arab world.

In politics, passion matters. That is why small impassioned groups can dominate a more passive majority of a country. And in Egypt, no group or cause has nearly the passion that the Islamists have.

4. Neither liberty nor tolerance has roots in the Arab world.

It is very hard, perhaps impossible, to plant the trees of liberty and tolerance in soil that has never grown them. And if these trees are planted, they are likely to take many years to grow.

5. People have been trained to depend on the state.

In addition to political obstacles, there are economic and psychological ones. Most Egyptians and other Arabs

have known no economic life other than reliance on the state. In order to foster liberty, the state must shrink. But if the state shrinks, so do government subsidies for food and so do the number of state employees. Even assuming Egyptians’ yearnings for liberty were more intense than their yearning for an Islamist state, in order to make a free country, Egyptians would have to wean themselves off of dependence on the state. That is almost unheard of — see Madison, Wis., to see how difficult it is even in a prosperous, free, First World country.

6. The American media have been hiding the bad guys.

You have not been getting the whole truth about Tahrir Square. To this day, the print edition of The New York Times has not reported the sexual assault on Lara Logan, the chief CBS TV foreign correspondent, by 200 Egyptian men in Tahrir Square yelling “Jew, Jew” while they assaulted her. CBS News itself did not report on the incident until others exposed it. Likewise, few mainstream news media have reported or shown the depictions of Mubarak as an Israeli agent or attacks on other Western news teams accused of being agents of Israel.

7. Getting closer to Iran

In one of its first actions after taking over control of the Egyptian government, the Egyptian army allowed two Iranian

warships to sail through the Suez Canal for the first time since the Iranian revolution. If that is not a bad sign, nothing is.

8. Egypt is saturated with Jew and Israel hatred.

Finally, and arguably most significantly, Egypt and the rest of the Arab world have been swimming in a sea of Jew and Israel hatred for decades. Historically, anti-Semitism has been a perfect predictor of a society that will cause others problems and that will eventually self-destruct. The preoccupation with destroying Israel has been the single greatest obstacle to Arab countries joining the modern world. No Arab progress will be possible until the Arab world gives up its obsession with Israel’s disappearance.

Against these eight powerful reasons, we read about individual Egyptians who are sick of dictatorship and yearn for freedom. Such wonderful people also lived in Cuba in 1959, and in Iran in 1979. They usually end up in prison.

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](http://www.dennisprager.com).

COPYRIGHT 2011 CREATORS.COM



# The Edge Hair Salon

The Edge Barber Shop is now open Mondays!  
Come see Aaron Giallenella our newest barber.

Get a gift certificate and ask about our gift baskets.

Get your Valley  
Patriot at  
The EDGE!

222 Merrimack Street Methuen, MA 01844-5620 - (978) 686-2560



WANTED TO BUY  
OLD PAPER MONEY

And Coins



Free Appraisals - Cash Settlements

Call: 978-884-6641

## Brazilian BLOWOUT!

Special \$175  
(regular price \$250-\$350)

PLANET COLOR

90 Main Street, Andover

(978) 476-1342



Ask for KIM  
ONLY!

GIFT CERTIFICATES AVAILABLE!  
Makes a GREAT Valentine Gift!!!

WHOLESALE PRICES TO THE PUBLIC

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

Quintana  
Free delivery for local businesses! Wholesale Outlet Monthly Billing!

### Janitorial Supplies

Commercial or Household use:

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

### Paper Products

Commercial or Household use:

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

### Shipping Supplies

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



### ETC....

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

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

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

Metal Roofing Framing and Siding

Commercial Snow Plowing

Roof Snow Removal

Ridge Runner  
Construction LLC

"Nail it right the first time."

FREE ESTIMATES • FULLY INSURED

ROBERT CONTRAROS JR.  
www.ridgerunnerconst.com

DERRY, NH 03038

603-234-0501

## Happy 7th Anniversary to The Valley Patriot!

In a very short period of time The Valley Patriot has far exceeded people's expectations to become one of the most relevant and reliable newspapers in the Merrimack Valley. Your no-nonsense news analysis and hard hitting coverage has not only captured the attention of a growing readership, but earned you a much deserved recognition from The New England Press Association. Your hard work and success are to be commended. Congratulations!

State Senator Steve Baddour

Paid for by the committee to elect Steve Baddour





THE DOCTOR IS 

## Living with and treating Osteoporosis

Rami Rustum, M.D.  
VALLEY PATRIOT MEDICAL COLUMNIST

First, I'd like to thank all the readers who emailed me with questions after my article in last month's edition of The Valley Patriot.

Every month I'll be discussing a common medical problem involving pain with my goal being to spread and share some medical knowledge with the readers in as simple a presentation as I can.

It's also my goal to stimulate your thinking process so that you ask questions to maximize your benefit and knowledge about what you read.

Some topics may require more than one article to cover all the bases as in our topic for this month, Osteoporosis.

### What is Osteoporosis?

Osteoporosis is a condition characterized by the loss of the normal density of bone, resulting in bone fragility. Osteoporosis leads to literally abnormal bone that is more compressible like a sponge, than dense like a brick. So, this disorder of the skeleton weakens the bone causing an increase in the risk of bone fracture.

Normal bone is composed of protein, collagen, and calcium all of which give bone its strength. Bones that are affected by osteoporosis usually have far less calcium so they can break with relatively minor injury that normally would not cause a bone fracture.

The fracture can be either in the form of cracking (as in a hip fracture), or collapsing (as in a compression fracture of the vertebrae of the spine). The spine hips, and wrists are common areas of bone fractures from osteoporosis, although osteoporosis-related fractures can also occur in almost any skeletal bone.

It's helpful here to differentiate osteoporosis (bone fragility) from osteopenia (bone softening) as one step before osteoporosis.

Osteoporosis is a very serious health problem for many reasons such as:

1- In the United States, 46 million people have low bone density for which 15 million people have the disease: 12 million women + 3 million men. This amounts to 55% of the U.S. population 50 years-old and over.

2- One in two white women will experience a bone fracture due to osteoporosis in her lifetime. Twenty percent of those who experience a hip fracture will die in the year following the fracture.



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!

3- In the United States, direct health care costs from osteoporosis fractures amount to billions of dollars.

4- Although, the problem affects mostly white women it has been on the rise among black and Hispanic population!

5- If left untreated, it can have a serious impact on the lungs resulting in pneumonia or pulmonary embolism from blood clots in the leg veins. Other organs can be affected to a lesser extent.

It's estimated that one in three women and one in twelve men over age of the 50 worldwide have osteoporosis. It's responsible for millions of fractures every year involving lumbar and thoracic spine, hip and wrist.

In the U.S., there are about 250,000 hip fractures annually with similar number of wrist fractures but 700,000 vertebral fractures.

Between 20-35 % of all women over 50 had at least one vertebral fracture!!

### What are the signs of osteoporosis?

You may not know you have osteoporosis until you have serious signs. Signs include broken bones, low back pain or a hunched back. You may also get shorter over time because osteoporosis can cause your vertebrae (the bones in your spine) to collapse. These problems tend to occur after a lot of bone calcium has already been lost.

### Risk Factors for Osteoporosis

Here is a list of the most common risk factors for Osteoporosis. The more factors you have the higher the risk of acquiring the disease:

\* Menopause before age of 48

- \* Surgery to remove the ovaries before Menopause
- \* Not getting enough Calcium in specially in adolescent age
- \* Not exercising enough
- \* Smoking
- \* Family history of osteoporosis
- \* Alcohol consumption in excessive amounts
- \* Thin body and small body frame
- \* Fair skin (Caucasian or Asian race)
- \* Hyperthyroidism
- \* Long term use of oral steroids

**How osteoporosis is diagnosed** - A simple test that measures bone mineral density (BMD) at different parts of your body, such as your spine and your hip, can help determine if you have osteoporosis. Dual energy x-ray absorptiometry (DEXA) is the best current test to measure BMD. The test is quick, painless; it is similar to having an x-ray taken, but uses much less radiation. Even so, pregnant women should not have this test to avoid any risk of damaging the developing fetus.

The results of the DEXA test are scored in comparison to the BMD of young, healthy individuals, resulting in a measurement called a T-score. If your T-score is -2.5 or lower, you are considered to have osteoporosis and therefore at high risk for a fracture. T-scores between -1.0 and -2.5 are generally considered to show "osteopenia." The risk of fractures generally is lower in people with osteopenia when compared with those with osteoporosis but, if bone loss continues, the risk for fracture increases.

**Screening for osteoporosis** - The U.S Preventive Services Task Force recommends that all women 65 years of age and older should be screened with bone densitometry.

The task force recommends screening for women between 60-64 years of age at increased risk. The best indicator of increased risk is lower body weight (weight < 70 kg).

No screening is recommended in men so far, however it's cost-effective to do screening in men with prior fractures at age of 65 and in men 80 years and older with no previous fractures.

**Prevention of Osteoporosis** - The prevention of osteoporosis is made up of general lifestyle preferences and other more specific treatments. Regular and frequent activity of reasonable intensity is recommended and very helpful at all ages.

No one seems to know just how much exercise is too much or too little, but most physicians recommend about 30 minutes of vigorous exercise about 3 to 5 times per week.

During the growing years of adolescence and teen years, attention must be paid to dietary calcium if peak bone mass is to be achieved. Specific attention to dietary calcium intake may also be warranted beyond age 60 which may come in the form of increased food calcium or from specific calcium and vitamin D supplements.

For women at menopause, the appropriate administration of estrogen (or some of the new synthetic estrogens) is the most potent means by which bone mass may be preserved, thereby preventing fractures in the future. In fact, correction of low reproductive hormone levels at any age is important if proper bone mass is to be maintained.

There is no one treatment, or combination of treatments which can guarantee zero risk of fractures due to osteoporosis. The best prevention, however, is a life-long commitment to physical activity, good nutrition, and normal reproductive hormone status.



Rami R. Rustum, M.D. is the director of the Pain Management Center at Lawrence General Hospital. For any questions or concerns, please email Dr. Rustum at: ramirustum@comcast.net Reference: 1- Bone Research Society, 2- National Osteoporosis Foundation, 3- Web MD Osteoporosis Health Center, 4- Wikipedia on Osteoporosis

**WE don't clean we ORGANIZE your SPACE!**

**ORGANIZER**  
The Red Tornado



**978-764-7978**

**TheRedTornado@comcast.net**

- \* HOME AND OFFICE
- \* EVENTS LARGE AND SMALL
- \* COLLEGE & TEENAGE SPACES
- \* STAGING FOR REAL ESTATE & ADVERTISING

**Text, call or email!**

## Blaire House of Tewksbury A Continuum of Care Facility

Offering: Long Term Care, Sub-Acute Care,  
Specialized Alzheimer's Care, Short Term Rehab,  
Respite, Hospice, Adult Day Health Center,  
Assisted Living Residence, Senior Transportation  
Services and much, much more!



**Come visit our facility and see how we can help!**

**10 Erlin Terrace • Tewksbury, MA**  
**Tel 978.851.3121 • Fax 978.640.0981**  
**Visit us at [www.elderservices.com](http://www.elderservices.com)**  
**Job Opportunities Available!**  
**Family Owned & Operated**



# How to Beat Peripheral Neuropathy



## Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC COLUMNIST

"I haven't slept well in months due to burning and tingling in my hands and feet. I get temporary relief with medications but it doesn't seem to last. It really hurts, plus I feel tired and groggy all the time from the medications that were prescribed to me."

These are some of the common things I hear, in my practice, from patients afflicted with peripheral neuropathy. Neuropathy is a fancy term used by your doctor to describe nerve "damage or malfunction". There can be many causes for peripheral neuropathy in the United States, such as diabetes, chemotherapy treatments for cancer, smoking, prescription medications, idiopathic (unknown origin), and even over the counter self medication and dietary supplements.

But, the good news is that there has been significant progress in the treatment of peripheral neuropathy that now allows patients to not only get excellent in-office care, but to be discharged in a very reasonable period of time to a home treatment program with follow-up.

In the modern world, we are subjected and exposed to many environmental toxins, including heavy metals. We also are seeing patients surviving cancer and living much longer. Unfortunately, one of the undesired complications of chemotherapy is the development of peripheral neuropathy. We are also seeing patients developing compression neuropathy, such as carpal tunnel, chronic sciatica and back pain and nerve damage associated with conditions like degenerative spinal disc disease and spinal stenosis. Part of this, of course, is because we are living longer and being more active than ever before.

Other common causes of peripheral neuropathy: is the use of statin medications, kidney disease and hormonal diseases that occur in patients with hyperthyroidism, as well as Cushing's disease, which affects the adrenal glands and the output of cortisol. Alcoholism can cause peripheral neuropathy, as can vitamin deficiencies, especially deficiencies of thiamin, or vitamin B1. There are still more causes: chronic hypertension, cigarette-smoking, immune-complex diseases, generalized degenerative lifestyles that include obesity, poor diet combined with cigarette smoking, abuse of over-the-counter medications, etc.

Symptoms initially may include such things as mild loss of sensation of the hands and the feet, progressive worsening of tingling and numbness that will often times wake the patient at night, or completely disturbed sleep.

We also find that many patients with peripheral neuropathy have a combination of these most annoying symptoms. This could include not only the presence of tingling and numbness but shooting pains. I have had many patients tell me that one of the most annoying symptoms, especially in colder climates, is the coolness of the feet as well as the changes that occur in the feet.

It is very important to have a doctor working with you, who is able to perform the most thorough evaluation possible, evaluate all your records to make sure that all correctable causes of peripheral neuropathy have been addressed. If a root cause can be identified it should be addressed as completely as is medically and humanly possible.

In order to find out what components of peripheral neuropathy you have, your doctor should conduct a very thorough evaluation. This will include things such as your vital signs, body mass index, the mobility and range of motion of your lower back and hips, and the overall health of your feet, skin, nails and hair, blood vessels and circulation. This might include Doppler ultrasound, a simple painless test to check for blood flow or blockages.

As the doctor performs his clinical examination, he'll also perform a very thorough neurological examination including reflexes, muscle-testing, and sensation to touch using a device as simple as a pin, a brush or perhaps even a pinwheel. Doctors commonly will also check your vibration sensation, which very often is disturbed in peripheral neuropathy. This is done painlessly and very easily through the use of simple tuning forks. Your balance will be assessed. Laboratory tests may very well be performed. These would include things such as a chemistry panel, kidney and liver function. Your doctor will also want to double check your blood sugar levels. I have found many patients who present with neuropathy symptoms have not yet been diagnosed with diabetes but may very well suffer from what's called a metabolic syndrome.

The clinical examination along with a complete review of the patient's history will determine the appropriate treatments for the patient.



Dr. Jin Sung is the owner and clinic director of Functional Chiropractic, Inc. He can be reached at 978 688-6999. The clinic website is [www.DrJinSung.com](http://www.DrJinSung.com)

# Spring Returns With Allergy Soon A Problem For Many

## Dr. Thomas Johnson

VALLEY PATRIOT ALLERGY COLUMNIST

Spring begins the tree pollen season in March and April, followed by grass pollen in May and June. This year New England Allergy has made it easier than ever to follow the pollen count daily, which may be accessed to any phone by downloading from [newenglandallergy.com/mobile](http://newenglandallergy.com/mobile).

If you have recurring Spring time hay fever asthma sinusitis or hives or eczema, following the pollen count will help you to know not only when to start medications, but when the pollen counts rise but also demonstrate that your medications are working sufficiently during high pollen periods. Following the numbers will also indicate when it is possible to stop medication as the pollen counts fall. On the other hand if you have cold-like symptoms that last longer than 7-10 days you may have an allergy to these pollens, which you may correlate with the counts. This may help you seek appropriate care from an allergist.

For detailed counts please see our web page where you may download a copy of our Pollen Count Guide. This document explains the scores in an easy to understand format. The Guide is available at [newenglandallergy.com](http://newenglandallergy.com).

Because of all the moisture in the form of snow Mother Nature brought during the winter, we are anticipating a high pollen spring. Prepare for this now by seeing your doctor early for symptoms that do not respond to over the counter medications.





**Dave Guselli**  
Realtor

Office: 978-689-8006  
Fax: 1-866-284-2733  
Cell: 978-852-5481  
[daveg@prufirstchoice.com](mailto:daveg@prufirstchoice.com)  
[www.prufirstchoice.com](http://www.prufirstchoice.com)



**Prudential**  
**First Choice Realty**

184 Pleasant Valley Street, Suite 1-101, Methuen, MA 01844

Rock Solid in Real Estate  
2010 J.D. Powers Award Winner






**Windham Professionals, Inc. is a national debt management company with offices located in Salem, NH and Woburn, MA. We are family owned and operated, looking for professionals like you to join our winning team!**

**Student Loan and Commercial Collectors Wanted!**

**RESPONSIBILITIES would include the following:**

- Contact consumers via telephone to collect outstanding debt
- Resolve consumer disputes within state and federal regulations
- Follow up on promised payments
- Maintain assigned accounts

**EDUCATION and/or EXPERIENCE:**

- High school diploma or general education degree (GED)
- Related collections, telemarketing, sales experience a plus
- High level of communication skills a must

**POSITION BENEFITS:**

- Casual dress attire and flexible scheduling
- Competitive pay and bonus potential
- Outstanding benefits

**WANT TO APPLY?**

- Resumes are welcomed year round at [hr@windhampros.com](mailto:hr@windhampros.com)

**380 Main St. Salem, NH 03079 800.949.0059 EOE/AA Employer**



# Live the WOW!

Are you a pushover? Do people walk all over you? People living the WOW! March to the beat of their own drum as they forge their own path to living the life they Want!

**Thomas Connors**  
VALLEY PATRIOT WOW! COLUMNIST

Living the **WOW!** is not some fad or flavor of the month, self-esteem program geared for the "beautiful" people in our world. Living the **WOW!** is a basic, common-sense, life-long-learning way of life that can make all the difference IF you learn to love your life and maintain a steadfast desire to be all you can be.

Focus, self-esteem and confidence all play a part in your ability to choose a better way of living. Sticking to that commitment once you decide there are unlimited opportunities out there for your taking is the challenge. Remember, no one and nothing can deny you that level of accomplishment. Unless, you let them.

**Stand up for yourself and realize that your Life Matters that much. No matter what you think your current status is.**

Thirty one years of seeing some of our abused, discouraged and beaten down Guests arrive at our doors ready to fight back against all odds is a clear indication that beating back the naysayers and destroying the fear associated with their put-downs is possible no matter who you are. Yes, it does take an inner want or desire to reach for something higher than where you are right now, but it is possible. I know. I see the results of putting your mind to Living the **WOW!** in our programs at American Training.

The smallest slights and the obvious physical abuse can destroy even the strongest of us if we give in. On-going domestic abuse can only occur if one side fears standing up to the abuser. Ridicule of a disability from an ignorant abuser can only impact the person with a disability if he or she takes it to heart. Being "convinced" you are nothing and will amount to even less can only happen if you buy into that nonsense and let

it guide your opinion of yourself. Living the **WOW!** KNOWING your Life Matters. Knowing without any doubt, you have a meaningful Purpose here on earth, gives you a perspective that can act as a shield against those who do not want you to succeed in any way.

**Put your Bullies in their place. They are always weaker than you think.**

The strength Living the **WOW!** gives you is not easily visible to the naked eye. That is because its real power lies within. It is like having a secret weapon that the "bullies" in your life can't see. And once you access that power within you, you can crush any attack on your self-esteem and self confidence. The result will always be a renewed you, who is ready to give all she has while getting in return all life has to offer.

Facing your critics or your bullies almost always appears tougher than it actually is. That is why they are called bullies. They talk a good game but, when they come face to face with a challenge, they usually back down and run off in a whimper. I want you to be that challenge when it comes to Living the **WOW!** I want you to face those people, things or situations that would throw you off your focus and goals. I want you to look them straight in the eye and say, "Enough is enough! I know what I want for my life and I am not going to take any more from you!"

**Fight the tide pulling against you. Follow your heart always.**

When people see the peace of mind and confidence Living the **WOW!** brings to you, it will generate jealousy among your family and friends. I can guarantee it. No matter who you are. It is inevitable. So, prepare yourself for it.

You will hear the off-handed and snide comments that you are not the person you used to be. Well, they are right! You

aren't the person you used to be. Nor do you want to be that former person who cringed at the thought of conflict and who took needless criticism at the expense of your self-esteem. You are a confident, accomplishing and high-achieving, full-of-life dynamo who now struts her stuff in a positive and effective way. You love Living the **WOW!**

Though the tide may pull you, your heart is much stronger. You have built a foundation inside of you capable of weathering the fiercest tides and forging the currents of the swiftest rivers. You are now attracted to the calmness of still waters in your heart.

**Take on Responsibility for your decisions and actions. The Freedom you will experience will be like taking the weight of a two ton truck off your shoulders!**

True freedom is when you allow yourself to choose the path you walk and take responsibility for the decisions you make. This freedom can sometimes appear overwhelming. But, do not doubt for a moment that you will be a much better and fulfilled person by walking on a path that leads in a direction you, personally, have mapped for your own life.

**If Jesus can do it so can you! And He is the Son of God!**

Our image of Jesus here on earth is that of a peaceful and loving God. Which He undoubtedly was. He ap-

peared to never argue or be upset no matter the circumstances He faced. He represented calmness and serenity. Until ... He faced the money changers and shopkeepers in the temple. Once He felt in His heart that they crossed the line and ignored all sacredness of this place of worship, He left no doubt as to His anger and disgust. He tossed tables over and flung their contents to the floor. He ordered the money changers out of the temple with a vow never to return. He stood up for what He knew was right. He eliminated the bullies. He was no pushover. He knew how much His Life Mattered.

Most importantly, He wants YOU to know you don't have to be pushover either. He wants you to realize every day how much your Life Matters, too. He wants to see you marching to the music of your own drum.

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

*{Tom Connors is President/ CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the WOW! a regular part of your personal, spiritual and working life. You can reach Tom at Tom@American-TrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843} © 2011*



## Persistence and Passion. Now, There's a Real WOW!

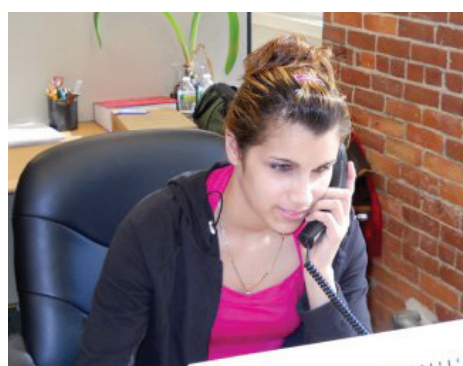
Jennifer held the Certificates in her hands. Clinical Medical Assistant – CERTIFIED. Electrocardiogram Technician – CERTIFIED. Phlebotomy Technician – CERTIFIED.

She had finally done it! She had fired up the Passion inside her and Persisted through the best of times and the not so good ones as well. But, this day belonged to her. Jennifer Torres was finally the medical professional she long hoped to become. And most importantly, her four young children would look up to her forevermore with a sense of pride.

Jenn's story is a journey that began seven years ago in 2003, when as a Student in LARE's Young Parent Program, she began working earnestly on her GED. As a dedicated participant, Jennifer learned the value of goal setting, of discipline and following through. Most importantly, a spark inside her ignited a Passion and commitment to make the goals she set for herself come true.

But, the path to Success seldom goes in a straight line. Life, as it does to all of us from time to time, threw Jenn a curve ball. Due to circumstances beyond her control, she was forced to abandon her GED plans and take work as a full-time cashier in order to support her family. Despite this temporary setback, she continued to yearn to put the strategies she learned into practice.

Then in 2009, with 4 children ranging



in age from 3 months to 5 years of age, Jennifer decided it was time to actively pursue her goals once again. She had always wanted a career in the medical field and was elated to hear that LARE offered a Medical Assisting/GED program. Jennifer quickly took all of the necessary steps to enroll in this program, having known LARE Colleagues and the school's reputation for helping Students overcome obstacles to be successful in their chosen field.

Within one month of beginning the program, Jennifer not only obtained her GED but earned impressive scores on every test. She was then able to direct all of her attention to her Medical Assisting studies. Jennifer's Medical Assistant Instructor, Kim Judd, remembers Jennifer as "immersing herself in her studies so much that she requested extra work on several

**JENNIFER, page 33**



**BORRELLI'S**

322 Merrimack St. Methuen, MA. 01844  
Phone: (978) 687-2306

**Italian Deli**

**Borrellisdeli.com**

"Valley's Finest Home Cooked Food"

**TOO MUCH DEBT?**

**THREATENED BY FORECLOSURE?**

*Simple bankruptcy may be the answer for you.*

*Call for a consultation today!!*


**ROB THOMAS,  
ATTORNEY AT LAW**

**HARVEY, KLEGER  
& THOMAS**

184 PLEASANT VALLEY ST.  
METHUEN, MA 01844

TEL. 978-686-9800

[rthomas@andoverattorneys.com](mailto:rthomas@andoverattorneys.com)





# Baddour Announces Support for Unemployment Insurance Rate Freeze

Senator Steven A. Baddour (D-Methuen) announced that he will support the Senate’s effort to freeze the impending Unemployment Insurance (UI) rate hike, ensuring that the state’s businesses are able to continue their slow but steady recovery. If UI rates are not held at their current levels, Massachusetts employers will face a 40% increase in rates which is the equivalent of \$260 per worker; the Senate plan allows for a 10% increase of \$65 per worker. “The economic climate in Massachusetts has been improving, but at a snail’s pace, and we must ensure that its fragile recovery isn’t thwarted by imposing new, increased costs on businesses,” said Senator Baddour. “This is the wrong time to demand new, punitive costs.”

Baddour added that this rate freeze was also, “a band aid for a broken system,” and that the entire unemployment insurance program and fund needed to be overhauled to create a fair, equitable and consistent

policy. “Over the past few years, we have taken a piece meal approach to setting unemployment insurance rates and I believe this is the right time to look at the way we fund the entire program. This session I filed a bill that would help fund the system in a more predictable and responsible way,” said Baddour.

“We are pleased at the actions the Senate took today on Unemployment Insurance relief,” said John Regan, Executive Vice President of the Associated Industries of Massachusetts. “We particularly appreciate the leadership of Senator Baddour on this issue and his efforts to further reform the system.”

Baddour’s bill, “An Act Relative to Unemployment Insurance Reform,” currently Senate Docket #34, would offer the following solutions: Compute UI rates based on the average payroll paid over the past 3 years instead of solely using the prior

year’s payroll, mitigating the wide swings in employment that sometimes occur annually. Today, the system essentially penalizes small businesses that have a sudden surge in payroll because of rapid growth and expansion. This change would also benefit companies that have steady annual growth. Mandate that workers must work a set minimum number of weeks in at least 2 quarters of the year in order to qualify for UI benefits rather than simply using an earnings test of 30x the benefit standard to qualify. By tightening work standards, the state can eliminate rampant UI fraud and abuse by those who employ workers just enough to later lay them off, allow them to collect UI and then rehire when their benefits expire.

These seemingly small changes will help the fund remain solvent while creating predictability for employers and reducing fraud.

The bill has the support of the Massachu-

setts Retailer’s Association.

“In a slow economy small employers are looking to cut or control costs as much as possible, in order to keep their doors open,” said Jon B. Hurst, President of the Retailers Association of Massachusetts. “This rate freeze helps control those mandatory costs upon employers and we truly appreciate the action taken by the Senate today. We also need to have some real system reforms passed this year as contained in Senator Baddour’s bill. Those reforms will close eligibility loopholes abused by some companies and individuals, and will also change the tax computation formula to create incentives to grow new jobs, rather than to cut payroll.”

Baddour hopes that his bill has a hearing early in the upcoming legislative session so that these changes can be implemented as quickly as possible.

Jan 2011 vs. Jan 2010	# Sold Jan 2010	# Sold Jan 2011	Yr over Year Change	Median Price Jan 2010	Median Price Jan 2011	Yr over Year Change	Avg. DoM Jan 2010	Avg. DoM Jan 2011	Yr over Year Change
Single Family	129	146	13.2%	294,000	300,375	2.2%	132	117	-11.4%
Condo- minium	68	65	-4.4%	166,000	197,500	19.0%	139	143	2.9%
Multi- family	43	31	-27.9%	150,000	175,000	16.7%	82	94	14.6%
NEAR Territory: Andover, Billerica, Boxford, Carlisle, Chelmsford, Dracut, Dunstable, Lawrence, Littleton, Lowell, Methuen, North Andover, Tewksbury, Tyngsboro, Westford.									

## FROM 15:Local Home Prices Continued Rising in January

based in Shrewsbury.

NEAR President Tom Courtney attributed the continued rise in the median prices to increasing stability in the local home sales market, stating, “We’re fortunate to be in one of the healthiest housing markets in the U.S. Our inventory has stabilized and remains relatively low, and the outlook for employment is encouraging. At the same time, we continue to experience historically low interest rates, resulting in additional home sales.” He cautioned that while prices have stabilized and are climbing slightly, home sellers must recognize the need to price carefully to today’s market. He added that sellers who have priced their homes realistically are obtaining offers, while sellers who have set their asking price optimistically are losing out, since today’s buyers are carefully evaluating the marketplace before making offers.

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.

## HAVERHILL COUNCIL ON AGING: FROM PAGE 17

years old and people who are disabled? EZ Tran is a “shared ride” service intended to accommodate those who cannot use the MVRTA fixed route bus system. Communities serviced by EZ Trans include Andover, Amesbury, Haverhill, Lawrence, Merrimac, Methuen, Newburyport and North Andover. Contact the Merrimack Valley Regional Transit Authority at 978-469-6878 for details.

Did you know that people who are at least 65 years old are eligible for a 50% discount on the commuter train to Boston? If you would like to learn more about the MBTA Senior/TAP program, please contact Kathy Bresnahan at the Council on Aging.

Have you thought of volunteering to help area seniors? We are in need of volunteers to assist with our Brown Bag program which is held on the first Tuesday of every month. Volunteers are needed for approximately 3 hours from 8:45 a.m. to 11:30 a.m. There is also a dramatic need for drivers to provide transportation to doctor and hospital appointments through the NEET program. Many seniors are no longer able to drive and have difficulty getting to appointments to area hospitals and doctors. If you can give a few hours a month to assist, contact Kathy Fairchild at NEET (Northern Essex Elder Transportation) 978-388-7474.

Seniors who need assistance with snow shoveling should contact the Haverhill

Boys and Girls Club. Contact Brian Therrien at 978-374-6171 after 2:30 for details.

Stay in shape this winter by joining our new bowling group which meets on Mondays at 11 a.m.! Everyone loves the newly renovated All Saints Bowling Center at 26 Broadway in Haverhill, and we have an enthusiastic group. They would love to have more bowlers.

Zumba Gold has become one of our most popular classes! Instructor Stephanie Smith is a dynamic teacher, and she has her class dancing up a storm. Classes are held every Thursday at 9:30 a.m. and the cost is \$5 per week. This is offered as a drop-in class, so come to the Citizens Center and join the fun.

Yoga is offered twice a week at the Citizens Center. Tuesday evenings at 6:30 Flyn Costello leads a one hour yoga class for people of all ages. On Tuesday afternoons at 1:00 Mary Van Abs offers a 1 ½ hour gentle senior yoga class. Cost is \$5 for a one hour class and \$7.50 for a 1 ½ hour class.

Have you always wanted to learn to play the piano? Now is your chance. Piano instructor, Helen Hamilton, is offering private beginner lessons at the Citizens Center on Mondays. Cost is \$12.

Everyone loves Monday’s Super Bingo! Bingo is played at the Citizens Center, 10 Welcome St., every Monday and Thursday at 1:00, and Super Bingo is played on Mondays only. There are many new

friends to meet at bingo, and we welcome all players who are 60 and older or disabled.

The Citizens Center offers yoga, tai chi, Zumba Gold, bridge, chess club, 45 tournaments, whist, art classes, mahjong, ESL classes, citizenship classes, conversational Spanish classes, woodcarving, bingo, and so much more. Please check us out on the City of Haverhill website, and you will be amazed to learn what you are missing! We look forward to meeting you soon.

**2011 Trips**

**March 23 – MFA - \$45**

**Mar 24-27 – Springtime in D.C. BOT :\$595**

**April 7 -14 London and Paris Collette - \$2,799 per person**

**April 8 – Foxwoods - Yakov Smirnoff Tours of Distinction - \$59**

**April 14 – BSO - \$35**

**April 10-16 – Southern Charm Collette - \$2,149**

**April 26-28 – Red Sox & DC Fox Tours - \$279**

**April 27 – Estrogen & Tonic/Angelica’s Gateway = \$46/56 w/trans**

**May 18 – Laughs, Giggles and Grins – BOT - \$66.00**

**May 25 – Shaw Bros at DiBurro’s – Gateway - \$48/58 w/trans**

**June 15 – Bobby Darling BOT - \$65.00**

**July 18-20 – Red Sox and Historic Philadelphia – BOT \$449**

**July 20 – Zorvino – BOT \$50 w/trans, \$40 w/o trans**

**August 24 - Twin Lobster Luncheon & Mysgery Show BOT - \$83.00**

**August 12-22 – Alaskan Cruise and Seattle Red Sox – BOT Start at \$2,699 pp d/o**

**August 29 – Sept. 5 – Pacific Northwest & California - \$2,299**

**Sep. 13 – Road to the Scottish Highlands – BOT - \$80.00**

**Sept 13-19 - South Dakota/The Badlands and The Black Hills Collette - \$1,899**

**Sept. 30 – Fall Foliage Train Ride BOT - \$100**

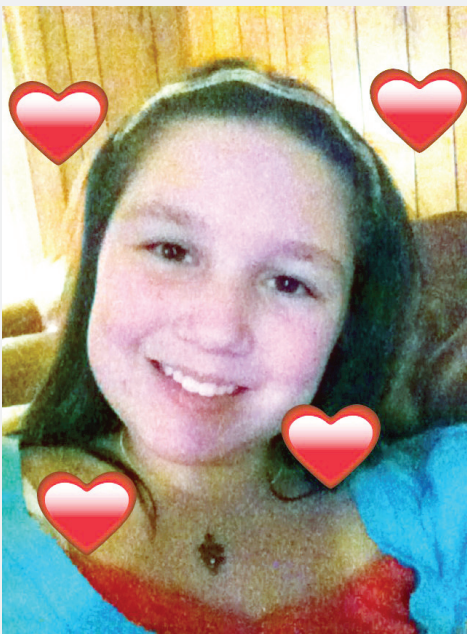
**Oct. 13-21 – Southern California & Las Vegas – Collette - \$2,399**

**Nov 18-20 – White Mountain Hotel - \$359**



# Once on this Island Jr.

Hi, I'm Emily, I am in a play this year. The play is called "Once on this Island Jr." It doesn't really have the Jr. at the end of it we just put it there because we are doing a mini version of it. The play is going to be held March 17th, 18th and 19th. There are five main roles. Timoune (the star of the play), Asaka (mother of the earth), Agwa (pronounced Ahgway (God of water), Erzulie (beautiful goddess of love), and Papa Ge (pronounced Pah-Pah Gay (sly demon of death). I know these are all strange names. But when I tell you what the play is about you will understand. The play takes place on an island. One half is the rich people side, the other is the villager's side. Timoune is a villager, and on one day there was a bad storm and Timoune got separated from her mother. Two villagers found her and raised her as their own. When she was older there was another storm and a rich man got into a car accident and Timoune found him. Timoune took care of him. After the rich man was returned home Timoune visited him. They fell in love but his father disagreed. He cast Timoune out of their home and the rich man's



father put him in an arranged marriage. Timoune tried to get the rich man back but it was impossible. Timoune sacrificed her life for the rich man's life. And she was transformed into a tree by Asaka, Agwa, Papa Ge and Erzulie... And that's basically what the story is about. Now you probably know why they are named those names.

Family & Friends Day!

Jeffrey Mitchell  
Sunday, March 13  
1—2:30 pm

Robert Dionne  
Thursday, March 17  
1—2:30 pm

Broadway's Best

Robert Dionne  
Monday, March 28  
1—2:30 pm

Guido's  
Piano Bar &  
Cabaret Lounge

Assisted Living Center—Salisbury

## VALLEY PATRIOT ANNIVERSARY: FROM PAGE 9

or could have any credibility at all given how "controversial Tommy Duggan is." Others predicted that businesses in The Valley would not support another newspaper since the Eagle-Tribune had such a lock on small businesses in this community.

But Ronnie Ford put them all to shame, "If I had the money to invest right now I would be investing in this little paper," he told his audience. "I have the feeling The Valley Patriot is going to be around for a very long time, and if I was a head honcho up at the Tribune I wouldn't be laughing, I would be very worried right about now."

How right he turned out to be. This month, exactly seven years to the day of our first press run of 2,000 newspapers... 22,000 copies of the March 2011 edition of The Valley Patriot rolled off the presses at Graphic Development in West Hanover, destined for delivery in 28 communities throughout the Merrimack Valley and the North Shore.

PAULA L. PORTEN  
Attorney,  
Tarshi Law Office

DR. CHARLES ORMSBY  
Professor, UMASS

RALPH WILBUR  
Owner  
Graphic Industries

TOM DUGGAN  
President  
Valley Patriot, Inc.

I'm not too good at math, but Dr. Chuck says that's a 1,000% increase in production in seven short years!

And we couldn't have done it without people like you... our readers, news sources, and advertisers.

I would love to list the names of people and businesses that have supported us in so many ways since 2004, but the list is just too long and we are only at 44 pages.

So, please accept this very impersonal thank you to everyone who has and continues to be a part of the Valley Patriot family despite the absolute madness that seems to occur every month around publication time.

A Very special thank you to Leo Lamontaign from Leo & Sons Auto Repair on South Broadway in Lawrence. Leo has been an advertiser with The

Valley Patriot since our VERY FIRST EDITION in 2004. And though he could have given in to political pressure to stop running his ads (as some businesses did back then) Leo stood by us and is still advertising with us today.

Thank you Leo. And thank you Paula Porten, Ralph Wilbur and Chuck Ormsby for being in on the ground floor when people were laughing and the experts were predicting our demise within less than a year.

If not for you, we wouldn't be where we are today ... a successful, profitable monthly newspaper that is not only surviving, but expanding every single month as we have been since March of 2004.

What a wild ride this has been ... what a wild ride indeed!

*Tom Duggan is the president of Valley Patriot, Inc., a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WHAV.NET every Thursday from 6pm-9pm. You can email your comments to Tdugjr@aol.com .*

## JENNIFER: FROM 31

occasions." And the results showed. Jennifer completed the course at the top of her class and went on to participate in an externship at a local clinic where she came to realize her dream of working in the Medical field was no longer a dream but a reality.

With her newly awarded Certifications in hand and an intensive internship under her belt, Jennifer went on an interview at a neurological facility for a position as a medical secretary. Unfortunately, the position required a vehicle and a good deal of travel; both of which were beyond Jenn's plans. However, the interviewer was so impressed with her, that when a position opened up in another department, she immediately thought of Jennifer and extended her an offer of employment.

Just thirty days later, much to Jenn's surprise, she was promoted to the position she initially sought. This time she was being assigned to a physician that worked locally and did not require travel. This promotion also came with a generous salary increase befitting the exemplary work

Jennifer displayed.

Now, more than a year later, Jennifer's supervisor remains pleased with her work and has provided the following comments.

"Jennifer Torres started out in our medical records department and in a short while was promoted to a secretary in our neurosurgery department. She has integrated herself into that department and has become an indispensable addition. She has also taken on the responsibilities of covering for one of our pain doctors who sees patients in our office several times a month."

Once Jennifer learned and realized how much her Life Matters, she was able to make her dreams come true. Not only for herself, but her children as well. Jenn is a perfect example of what you can do when you decide to Live the WOW!

To find out how you, too, can get started on the road to Living the WOW! through the dynamic programs at LARE Training Center and American Training contact Cheryl Watson at 978-685-2151 ext. 133.

## SALARIES: FROM 17

Teacher (\$70,562.38); (23) Frank Goldberg, Middle/High School Teacher (\$70,268.08); (24) Paul Swaim, Middle/High School Teacher (\$70,240.56); (25) Patricia Chick, Perley School Teacher (\$70,162.94); (26) Bethany Collins, Penbrook School Teacher (\$69,562.94); (27) Donna Donohoe, Perley School Teacher (\$69,462.94); (28) Eileen Lee, Middle/High School Teacher (\$69,158.00); (29) Dawn Rezendes, Penbrook School Teacher (\$69,002.38); (30) Fiorella Bongiorno, Perley School Teacher (\$68,962.94); (31) Linda Bruynell, Middle/High School Teacher (\$68,834.38); (32) Katherine Morrison, Middle/High School Teacher (\$68,762.55); (33) Nora Cannon, Middle/High School Teacher (\$68,753.16); (34) Michelle Bailey, Middle/High School Teacher (\$68,684.29); (35) Bradford Chute, Penbrook School Teacher (\$68,312.76); (36) Theresa Brooks, Penbrook School Teacher (\$68,284.08); (37) Debra Boisselle, Perley School Teacher (\$68,162.38); (38) Bridgett Olson, Pen-

brook School Teacher (\$68,162.38); (39) Mary Hayes, Middle/High School Teacher (\$67,799.64); (40) Kathleen Cataldo, Middle/High School Teacher (\$67,612.76).

Next month, we'll list the earnings in other departments. In the meantime, enjoy the spring and try to work a few extra hours of overtime or pick up an odd job or two if you can. Start saving now, as "they" are 'way-big', organized, and determined to push through a tax increase.

Hmm, once again, the town is threatened to be torn apart between the haves and the have-nots. And this time, it could have all been avoided, if wages were just limited or frozen for just a bit, or if any promises were made that such tax increases would not just fuel more tax increases upon tax increases...



Lonnie Brennan is a former Georgetown Selectmen. He can be reached at Lonnie@just-lonnie.com.





**Jim Hamaoui**  
Branch Manager  
MLO 8946

"Helping Borrowers  
since 1997"

**Cell (978) 853-9089**  
**24-hr.**  
[www.firstinteg.com](http://www.firstinteg.com)



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

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

297 Main St. Salem NH 03079

MA Mortgage Broker #MB4520, ME # CSO011110  
Licensed by the NH Banking Dept.  
NMLS 1964

## CENTRAL: FROM PAGE 9

- Amanda Meli (freshman) - 1st place in Fighting and 3rd place in Forms  
"Brendan, Amy, Jeff, Junellie, and Amanda are as dedicated as they come, each student was at the top of their division in at least one discipline of the tournament. I am very proud of them and obviously their hard work has paid off," said Sensei Jarrod Brown.

"This is our fourth official tournament, and I am excited to say that we will be hosting an open 'teen' tournament at CCHS in May. Interest in the karate club continues to grow; we currently have over 50 students and open our doors to more at the change of the winter sport season.

The club is now a varsity sport and students can earn Varsity and JV letters for participation. It's exciting to watch the students and club progress, my goal for this club when I developed it was to impact my students in the same way that my instructor, Hanshi Larry Giordano, impacted me.

He always showed me that perseverance and consistent effort are the only ways to improve."

About the CCHS Karate Club

CCHS offers one of the only matriculated martial arts/self defense programs in the state that is absolutely free for all students and faculty at the school.

The club holds weekly classes at CCHS on Tuesday nights from 5:30-7:30pm. Students will be exposed to a range of martial arts teachings including basic self-defense techniques, traditional Kyokushin Karate, and Brazilian Jiu Jitsu. The CCHS Karate Club is now considered a varsity sport, which means that students can earn JV and Varsity letters and have the opportunity to compete in local and regional tournaments.

For more information about the CCHS Karate Club please visit Sensei Brown's website: <http://www.cchskarate.com> or blog:

## SEX: FROM PAGE 27

is a good and natural outcome of sexual intercourse, and puts up a barrier to the couple's intimate union and bonding. They are supposed to be making love, fully giving themselves to one another, but they have to get their 'barriers' in place first (J. E. Smith, 2000). It is unnatural and is like the woman saying, "I love you, I want to give myself to you and I want to receive you - BUT." "But I don't want your fertility or your manliness or your sperm."

Talk about rejection at its most basic level. With a condom, the unitive aspect is severed from the procreative aspect of the marital act, and the couple is no longer making love. Instead, they are deceiving each other while avoiding and sometimes killing babies.

Other negative consequences include all the ones since artificial/unnatural birth control became rampant: Rises in premarital sex, unwanted babies (no contraception is 100% effective), abortions, out-of-wedlock births and people unprepared for parenthood. With all types of artificial birth control, couples are playing Russian roulette, just playing the odds, not knowing if they will get hit with the one bullet in the gun, so to speak. Many clients at crisis pregnancy centers will vouch that they got hit.

There is no getting around having sex without having to think about being a parent. Artificial/unnatural contraception goes against natural law, and what we know to be true in our hearts.

If no contraception, then what?

Accept responsibility for regulating births by learning things like NaPro Tech-

nology (Natural Procreative Technology). NaPro is one method of natural family planning that uses the Creighton Model FertilityCare System. It is a holistic, non-contraceptive method of avoiding becoming pregnant, while being open to new life if it does come along, or oppositely, trying to become pregnant.

"These two meanings...of marriage [the good of the spouses themselves and the transmission of life] cannot be separated without altering the couple's spiritual life and compromising the goods of marriage and the future of the family." [CCC 2363] Children are the "supreme gift of marriage" [CCC 2378] and to be open to new life is an inherent responsibility and joy of it.

What else?

NaPro Technology monitors and maintains a woman's reproductive and gynecological health, so there are great side benefits.

Don't you mean side effects?

No, I mean side benefits. This natural family planning method helps many women who suffer from PMS. It helps many couples overcome infertility problems, or at least deal with them better. And, it improves "S-P-I-C-E", which is the Spiritual, Physical, Intellectual, Communicative and Emotional aspects of a relationship.

What about your husband? This is all true for men too.



**Kathleen Laplante is a freelance writer, editor and baker. She welcomes your comments and suggestions at [klaplante2@yahoo.com](mailto:klaplante2@yahoo.com)**

**Metal Roofing Framing and Siding** **Commercial Snow Plowing**  
**Roof Snow Removal**



*"Nail it right the first time."*

**FREE ESTIMATES - FULLY INSURED**

**ROBERT CONTRAROS JR.**  
[www.ridgerunnerconst.com](http://www.ridgerunnerconst.com)

**DERRY, NH 03038**

**603-234-0501**

## ROYAL House of ROAST BEEF



**(978)**

**794-4996**

**464 Lowell St - Methuen**

## Brazilian BLOWOUT!

**Special \$175**  
(regular price \$250-\$350)

**PLANET COLOR**

90 Main Street, Andover

**(978) 476-1342**

**Ask for KIM ONLY!**

**GIFT CERTIFICATES AVAILABLE!**  
**Makes a GREAT Valentine Gift!!!**



**"Highest Overall Satisfaction  
for Home Sellers Among  
National Full Service  
Real Estate Firms"**

Prudential Real Estate Ranked  
We're proud of this recognition because it reflects the real-life experiences of the people we value most: our clients. Discover how Prudential Real Estate's exceptional knowledge, innovative marketing strategies and commitment to service can make selling your home faster and easier.



**Dave Guselli**  
Realtor

Office: 978-689-8006  
Fax: 1-866-284-2733  
Cell: 978-852-5481

[daveg@prufirstchoice.com](mailto:daveg@prufirstchoice.com)



**Prudential  
First Choice Realty**

184 Pleasant Valley Street, Suite 1-101,  
Methuen, MA 01844

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

## WHOLESALE PRICES TO THE PUBLIC

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

**Quintana**  
Free delivery for local businesses!  
**Wholesale Outlet** *Monthly Billing!*

### Janitorial Supplies

**Commercial or Household use:**

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

### Shipping Supplies

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



Open: Mon-Fri 9AM to 5PM, Sat: 9AM-12PM

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

**We're Ready for the Snow...  
ARE YOU??**

### ICE MELT AVAILABLE

**50LB BAGS AS LOW AS \$8/LB**  
FREE INSULATED GLOVES WITH ANY  
ICE MELT PURCHASE

**We Stock;  
Ice Melt, Scrapers,  
Shovels, Ice-Off  
Aerosols**







# NA Inventor’s Success Continues with New Products

Kathy Will  
VALLEY PATRIOT GUEST REPORTER

Things are really starting to come together for Lancer 1 of North Andover. The company, owned by local inventor George A. Peters, Jr. of Haverhill, has been inventing and introducing new products since he came up with the idea of the Mitt. While on vacation in 1995 he watched a mother trying to put bug repellent on her young daughter and got it in her eyes. George thought that there had to be a better way and came up with the Mitt.

To see the product you wonder why someone didn’t come up with this idea years ago. You simply slip your hand into the Mitt, apply bug repellent, sun tan lotion or any number of cleaning products and apply. The beautiful part is that your hands don’t get exposed to whichever product you’re using and, even better, the Mitt comes in its own resalable bag keeping the product moist and ready to use the next time. I use my Mitt for polishing brass and can’t image how I did it before with countless rags and constantly spilling brass polish over everything. Getting

the Mitt on the market was no easy task. After submitting patent applications to the U.S. patent office, his idea was rejected three times before he was finally awarded a patent in 2003. He started production of the “Mosquito Mitt” to small markets before changing the name to the Mitt when more applications became evident.

In 2005, he developed the Equine Mitt which was used to apply insect repellent and muscle medication on horses. In 2009 he submitted his product to Absorbine and their parent company W.F. Young licensed the Mitt in 2010. Clorox is also considering a licensing agreement.

But George wasn’t done inventing. He came up with a three dimension cardboard poster that is covered in flames and says simply “What Now?” The cut-out is used by Fire Departments in conjunction with schools and day care centers for training during fire drills. The cut-out blocks common exits forcing the students to find alternate ways out of burning buildings. In 2007, George met with then mayor Michael Sullivan of Lawrence and donated the What Now product to the entire school system. In speaking with Mike Sullivan he said “That was a great

product, we used it with the Fire Department for fire drills”. The product is made by American Training in Lawrence. They are doing a major presentation for Liberty Mutual in the coming weeks.

About a year ago, George partnered with Al Contarino of Boxford. An inventor himself, Al invented the Kettlepizza. It is a unique attachment that fits on a Weber kettle grill. This is the perfect product for cooking pizza on your grill. It keeps the temperature constant and there is no picking up the lid to check on your pizza. The result is a perfectly cooked pizza. An added bonus is that you don’t have to turn the oven on in warm weather. For a demonstration of how the kettlepizza works, go to [www.kettlepizza.com](http://www.kettlepizza.com).

About a year ago, Al submitted a video to Enventys. They partner with Edison Nation, Everyday Edisons and Inventors Digest. They produce a television show called Everyday Edisons which is in its fourth year on PBS. Two week ago, the company called Al to ask them to go to the Charlotte, North Carolina Inventors Conference. They drove to North Carolina to present their Steady Temp Grill which is an attachment for a gas grill to

cook pizza and other things that require a steady temperature. No opening the grill to release the heat. A spill proof shelf slides out for you to check on your food. The invention made it to the top 40. They are now awaiting word to see if they made it to the top ten. If they make it, the Steady Temp Grill will be featured on their Everyday Edison television show. They will know by March 14th.

All in all, it has been a good year for Lancer 1. The name has now been changed to AFC – Lancer 1 to reflect the new partnership.

They have two other products; Armed and Ready which is a small tool holder that straps onto your arm. It is perfect for carrying tools while bike riding, horseback riding, boating, etc. The next is the Equitool. This is a small tool that fits in your pocket and is used by horse riders to clean out the horses hoofs. There is another exciting product coming out soon for the equine industry. Stay tuned. This company is going places.

## WILLETTE: FROM PAGE 19

coupled with the conversion of Holy Family Hospital into a for-profit entity, we will have millions more that should be utilized to stabilize the tax rate, gradually purchase capital equipment for the police and fire and rebuild our reserve accounts.

I pledge to implement a four-year moratorium on any fee increases, whether they are in water & sewer or in some other enterprise directed by the municipal government. I remain committed to ensuring that the Methuen Public Schools will never implement athletic, user and bus fees during my entire Administration. I pledge to maintain the current Mayor salary until all city workers have restored their salaries to their previous levels before the 10% concessions took place. I will also explore additional cutbacks to the Mayoral budget.

I will explore the creation of a stadium

commission, which will be charged with conducting fundraisers and promoting advertisements to rehab Ranger Stadium and install championship banners.

I will not accept donations from lobbyists and special interest groups. I will seek the most qualified candidates for positions and appointments. I will ensure that all appointments submitted to the Methuen City Council for approval contain the most comprehensive and factual information readily available. I will create a regulatory relief task force to find out what local laws, regulations and rules may be harming economic growth across the city.

In closing, I will continue to develop new ideas, reach out to all parties and maintain a policy of being fiscally conservative, being open-minded and being transparent.

# MERRIMACK CONVENIENCE STORE

NECCO  
STUDENTS, Show ID  
and get Discount!!

Lottery - NE Coffee - Deli - Sandwiches - TRIPOLI PIZZA - Pastry - Ice- Groceries  
Slush - Milk - Bread - Cold Cuts - Prep. Sandwiches - Salads - Beer - Wine - Cigarettes  
Cigars - Fresh Produce - KENO! - Iced Coffee - Ice Cream - Frozen Foods

500 A Merrimack Street - Lawrence - (978) 688-1226 in Sal’s Riverwalk Complex Next to Metro Credit Union

Kim does hair like NO ONE CAN!

# PLANET COLOR

90 Main Street, Andover  
(978) 476-1342

GIFT CERTIFICATES AVAILABLE! Makes a GREAT Valentine Gift!!!

Ask for KIM ONLY!

(regular price \$250-\$350)

valleypatriot.com



**PUPPY LOVE! with Kate Whitney**

# Tips for pet safety, please use common sense!

**Kate Whitney**

VALLEY PATRIOT PUPPY COLUMNIST

Boy am I glad to be home!

I've been in Europe for a week on business and I sure did miss Dash and Honey! I even requested that my mom bring them to pick me up at the airport. I just couldn't wait to wrap my arms around them and get slobbered by their kisses. Speaking of how much we all love our dogs and love getting kisses from them, how many of you have ever thrown a doggie party? I tried to throw a birthday party for Dash in August, but unfortunately it was rained out.

I spent hours in the kitchen baking home made treats and putting together goodie bags. As you can imagine, I was quite disappointed when the special day arrived and it was torrential downpours! The guest list of attendees was most of the foster dogs I have had over the past two years; as well as some friends and fam-ily and their dogs. It was going to be a day for all of us to get together and talk about how each of the dogs has touched our lives. Hopefully next year the party won't get rained out and it will be a day to remember...for both the dogs and their human friends.

I know many of my readers are dog crazy like me, and will do anything to celebrate our furry friends! I thought I would write the next few articles about throwing dog par-ties. Each article will focus on a different aspect of throwing a party. There are many types of parties you can throw. Some in-clude birthday parties (if you don't know your dog's birthday, that's ok, just pick your favorite month and then your favorite day, it's better to make up a date than not have one at all), an "adoption party," or simply a "thank you"

for being my best friend party. You can choose to have the party at your house out in the fenced yard, at a dog park, or you can rent a room at a local dog boarding/day care facility.

Throwing a dog party can be exciting, but also very stressful. First you have to decide on a guest list. Try to only invite dogs that your dog already knows. This party isn't the best time to introduce lots of new dogs. It's important to remember how to introduce dogs to each other. If your dog acts inappropriately in any way (for example being aggressive), it's impor-tant to leash your dog immediately and separate him from the group. Give him a time out and after he calms down, then let him play again, keeping a close watch on his behavior.

The more dogs at the party, the more attention and supervision is needed throughout the day. Invite a friend over that didn't bring a dog, but is experienced being around dogs, and designate that person as the "doggy security" person. It's important that someone has an eye over every-thing that's going on, at all times. Not only should the person be watching out for dog safety, but they should also be watching out for pottying accidents. New environments and lots of excitement can often cause dogs to have accidents. Remember not to get angry at your dog if she has an accident, remain calm, clean up the mess, and continue having a good time. If there are children at the party, make sure they know how to act around dogs. Remind them that pulling ears and tails is not a good idea. It's important to make sure that the children, adults, and dogs all feel safe at the party. Safety comes first! Make sure any "exit" from the yard is securely blocked.



## Congratulations to The Valley Patriot for SEVEN great years of News and Views



PHOTO: COURTESY

**The Valley Patriot's PuppyGirl, Kate Whitney, Dash (l), and Honey (r) rescue puppies from abuse and neglect. Please adopt a shelter dog or foster a puppy looking for a permanent home! For more information you can email One Tail at a Time at [onetail@comcast.net](mailto:onetail@comcast.net)**

Look for holes under the fence, or gaps by fence doors. If you have dog crates at your house, clean them and have them in a spot where a dog can take a rest or go for a time out if things get a little too out of control. I don't believe in using a crate as a place of "punishment" but I do believe in safety, and it's always better to be pre-pared. So if you need a quick place to put a dog while he calms down, it's better to do in a crate than in someone's bedroom!

I would suggest having a doggy first aid

kit present. Some things that should be in the first aid kit include but are not limited to: gauze sponges, gauze tape, cotton balls, triple antibiotic ointment, rubbing alcohol, eye wash, hydrogen peroxide, blankets, tweezers, zip lock bags, latex gloves and an ice pack. Make sure that

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



137 Main St. North Andover  
978-689-PAWS (7297)

### Full Service Grooming Salon

#### Walk-In Nail Trims

Love your pet but  
hate the shedding?



We Now Use HydroSurge Bathing System

All Breed Certified • Pet CPR Certified  
14 Years Experience

Open Tues-Sat 8-4 • All major credit cards accepted

Visit our website for coupons!  
[www.groomtownpetspa.com](http://www.groomtownpetspa.com)



Dave Guselli  
Realtor

Office: 978-689-8006  
Fax: 1-866-284-2733  
Cell: 978-852-5481

[daveg@prufirstchoice.com](mailto:daveg@prufirstchoice.com)

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



**Prudential  
First Choice Realty**

184 Pleasant Valley Street, Suite 1-101, Methuen, MA 01844

Rock Solid in Real Estate  
2010 J.D. Powers Award Winner



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



**Wiggles & Jiggles**  
Pet Care

wishes all Police, Fire and Military K9 Units  
a Successful & Safe 2011

Tracey Zysk ♦ [wigglewalk.webs.com](http://wigglewalk.webs.com) ♦ 978-697-6571



March 6th -12th

# Professional Pet Sitters Week

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

All the national statistics have shown the pet care industry is one of the fastest growing industries in our country. In 2010, pet care grew by over 5%. This includes, dog walking services, pet care companies, doggie day cares and pet care resorts.

As with any professional industry, there are always the copy cats, scammers and people just trying to ride off of the success of the “real thing”. Celebrating my 10th year in business with Wiggles

& Jiggles Pet Care, I can go on and on about what I have seen and the stories my clients have told me regarding the not so “real” pet care they may have experienced in the past.

Pet Sitter International, also known as PSI, is an organization that is a wonderful resource for pet care professionals and for animal lovers looking to find pet care help for their animals. All the companies listed are members of PSI, insured & bonded and have taken the oath to provide the best pet care possible to your animal. Basically, anyone on this site has verifiable credentials.

In the Merrimack Valley, there are several pet care and dog walking companies. In fact, it can become quite overwhelming for someone that is looking for quality and reliable care. Many of the companies you may see listed at your vets office or advertise around town are members of PSI, however many are not. It is really important for you as a customer and a consumer to educate yourself before you hire someone to enter your home and to take care of your pet.

Another nice benefit of PSI is the networking aspect for the pet care providers. Through this organization I have developed relationships with my “friendly com-

petitors”. This allows me to confidently refer another company if I am unable to service you or if you are in a town I may not service.

Please visit [www.petsit.com](http://www.petsit.com) and click on the pet locator to find a pet care provider in your zip code.

As for my network, I refer any of the following listed below. I have an understanding what services they offer and their mission statements. I know each one of these companies personally and recommend any of them to help you with your family pet.

\*Andover: BlueDog Pet Care (978) 208-7933, [bluedog-petcare.com](http://bluedog-petcare.com)

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

\*Andover & Tewksbury: All Set Pet Care 978 556-4110

\*Boxford: Fur Pet’s Sake (978)-618-5508

[wix.com/forpetsake/home1](http://wix.com/forpetsake/home1)

\*Billerica & Lowell:

Peace of Mind Pet Care

(978) 835-2269

[peaceofmindpetcare.net](http://peaceofmindpetcare.net)

\*Methuen:

Ashley’s Pet Care, (617) 401-1828

[ashleyspetcareservices.webs.com](http://ashleyspetcareservices.webs.com)

\*No. Andover: Wiggles & Jiggles Pet Care 978-697-6571 [wigglegwalk.webs.com](http://wigglegwalk.webs.com)

\*No. Reading & Reading: Bark N Roll

(978) 604-2949: [bark-n-roll.com](http://bark-n-roll.com)

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units. Tracey may be reached at [wigglegwalk@comcast.net](mailto:wigglegwalk@comcast.net). Become a fan on facebook at Wiggles & Jiggles Pet Care and follower of [www.traceythedog-walker.blogspot.com](http://www.traceythedog-walker.blogspot.com)



## Animal Evacuation Plans

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

August 2005 the United States witnessed probably one of the worst natural disasters in our country’s history, Hurricane Katrina. None of us will ever forget those images we saw of people desperate for help and rescue crews filling boats and airlifting people to safety. But for me the most chilling and heartbreaking images were those of animals left behind. Roof tops with dogs clinging for their lives, cats climbing to the highest possible level of a tree and horses up to their necks in water.

With all the chaos of this disaster the animals were forgotten. First line responders didn’t have the resources or in some cases the approval to rescue animals. They were told to leave pets behind. Although New Orleans a city known to be built under water never thought they would actually be under water had their awakening; no resources, no help, no game plan. The ignorance of it will never “really” happen to us played out in a hand of bad karma.

Can you imagine? Never, ever would I leave my Boston Terrier Lani behind. And who is it of a political leader to tell me I have to leave my pet? Well, we all learned with Katrina that many people felt the same way I do and they didn’t leave. These folks of Louisiana stayed behind; they refused to abandon their pets. Unfortunately, many of them didn’t live. Human and animal lives were lost to the hands of government. Now what kind of democracy is that?

Less than a year later, the Merrimack Valley experienced its own version of Katrina. We were nearly washed away by the Shawsheen and Merrimack Rivers in the historic Mother’s Day flood of 2006. Lawrence and North Andover were unrecognizable and Lowell was a city of canoes rowing up and down the streets. Once again, a region that thought that it

could never “actually” happen to them... experienced just that. It did!

With the help of Anderson Cooper filming dogs tied to trees to drown, starve and die and interviewing people that had survived going back to their homes desperately looking for their pets, the media started getting the awareness out to the people and to our government. Pets are our family and need to be included in all evacuation plans.

I did my part as an animal advocate and a concerned citizen. I wrote my letter to Congressman John Tierney’s office. My request was for the Essex County to mandate animal evacuation plans in their town municipal plans. Thanks to Congressmen across the country that listened to “their people” voices were heard and action happened. Our leaders developed plans with FEMA and PETS ACT was passed in 2006.

PETS Act: Approved by the federal government in 2006, the Pets Evacuation and Transportation Standards (PETS) Act contains provisions to include companion animals in all disaster planning, according to the Humane Society of the United States. The act requires that local and state governments include pets in all natural disaster evacuation plans in order for these governments to receive Federal Emergency Management Agency (FEMA) grants. The act also gives FEMA the authority to assist local governments in making such plans. The bill sets aside federal funding to establish pet-friendly emergency shelters and authorizes FEMA to help evacuate those with pets and just the pets themselves.

North Andover also took this very seriously and immediately incorporated animal rescue into the town rescue plan and the town shelter plan. Under the leadership of Jeff Coco, Director of the Town of North Andover’s Emergency Manage-

EVACUATION: PAGE 43



### Up A Tree Pet Care

Keeping Pets Grounded

Insured & Bonded

#### Pet Sitting & Dog Walking Services

Providing private dog walking and in-home pet care services to the Merrimack Valley.

\$1 of every visit is donated to MSPCA/Nevins Farm

Theresa Fritzler

(617) 413-9617

[info@upatreepets.com](mailto:info@upatreepets.com) • [www.upatreepets.com](http://www.upatreepets.com)



Pet CPR & First Aid Certified



georges’ in-Home Pet Care

call george  
in Methuen, MA  
978 683 5107



Providing dog walking and pet sitting  
services to the Merrimack Valley





# Michaud Insurance Agency, Inc.

· MA & NH Auto



· Home · Business



*Next time your policies  
expire, come see me first!*

*Family owned and  
operated since 1979.*



105 Haverhill Street Methuen, MA 01844  
P. 978-685-2549 · Toll Free 1-877-233-2275  
tricialawler@michaudinsurance.com

*We will help you  
choose the coverage  
that's just right  
for you!*

*For More Information Check Out Our Website at [www.michaudinsurance.com](http://www.michaudinsurance.com)*

## WHAT NOW???<sup>®</sup> Evacuation Training Aid

***In case of an emergency or fire, "Do you know  
two ways out"?***

This device:

- \* Sets up in seconds
- \* Sends a clear 360 visual message of danger during fire drills and emergency evacuation drills.
- \* A great tool for risk management professionals
- \* Can fit any standard to large sized doorways, halls, and stairwells
- \* Weighs less than 5lbs.

**Can your employees find alternative exits if there's  
a fire blocking their primary escape route? Insist  
on training that will save their lives!**

Lancer 1 Inc. - 12 Water St. North Andover, MA 01845

call us at 800-984-6488 or visit us online at: [www.lancer1inc.com](http://www.lancer1inc.com)



After seeing that their primary exit path is blocked, the teacher immediately redirects the children to their secondary exit.

Is your child's school ready for an emergency?

Two -sided graphics,  
4 Feet by 6 Feet when  
extended



***"An indispensable training tool"***  
- Robin Lynch, Director, GLCAC Child Care

Find out what our clients already know!

**Call us today at 800-984-6488**



WHAT NOW??? is manufactured under US patent # D 546391



## Shawn Hansen's Comedy Corner: America: Red, White, and Shawn



Before diving into this article without swimmies, because the currents are going to pick up, mostly because this isn't a proper journalism story abiding by the, "AP Stlye," book, there were 37 different headlines requested for this story. "SHCC: America, Red, White, and Shawn," won. The runner up was thought up by the Editor In Chief of The Valley Patriot, Tom Duggan. His headline read, "Shawn Hansen: Man, Myth, and Legend."

Anyways, growing up in the town of Burlington, MA fast forwarding through just about a half a deck of cards because I'm almost 26-years old, and there are 52 cards in a full deck as a journalist, I figured I would write an article about myself.

An interesting fact about my hometown is that Comedians Amy Poehler and Steven Wright grew up here.

They both were students at Burlington High School, where I went to school, so that is something we all have in common.

I met Poehler briefly about 10-years ago when my best friend Mark Volpe's tutor, Mrs. Poehler had her daughter come in as a guest speaker. At the time, I was not in the media field, so I didn't get an interview, and I wasn't as talkative as I am now, so I didn't talk to her. The thing I remember about her is that she was short. I also remember Mark getting her autograph.

Quite ironically Jay Leno (The Tonight Show with Jay Leno) is from Andover, and Conan O'Brien (Conan) is from Cambridge. With that said, could I be the next nationally known television host from Massachusetts, who breathes Red Sox baseball.

Speed dialing through a few years to 2010, I was covered the 16th Comics Come Home at the Agganis Arena at Boston University.

"Going into the show, I felt honored because of the fact that I covered Comics Come Home in 2009 as well. I thought it would be really cool to interview Steven Wright because we are both from Burlington," said Hansen. "If the interview happened, I would have asked him about his comedy, and the fact that he grew up in Burlington, and what he did around town for fun."

To give you a random fact of knowledge, I have a Verizon Wireless cell phone. I don't know what year I got it, because I simply didn't know that they had model years for cell phones, along with brand names of cars. If you don't get what I just wrote, then reread it until you do.

"In my cell phone, if you take it into consideration that the name Chris, Christian, Christos, Chrissy, Chrissie, Christina,

Christa, Bigg Nez, Kris, Krista, Kristen, Kristin, Krysten, and Aunt Chris are all names that affiliate themselves with the name Chris, then I would start to believe that the name Chris is a popular name," said Hansen. "Oh, and I have 44 names affiliated with the name Chris in my phone."

As you are probably thinking is this journalist really writing an article about himself? Why yes I am. Is that journalistically acceptable? No it isn't. Can a journalist write an article about themselves? I said no.

If Howard Stern can do anything he wants on the radio from simply moving to "satellite radio," can I write about myself by moving to, "satellite journalism?" I think I can. Therefore, I'm writing an article about myself, direct quotes I say are going in along with, "quotation marks," even though this entire article should have quotes around it because I said every word that you are currently reading while eating breakfast at the table, weather it's an English muffin, Krispy Kream Doughnuts, or Blueberry Waffles.

"If I may interject for a minute, and interrupt you Mr. Hansen, I would like to talk about my Comedy Corner television show, and my own journalism work as well," said Hansen.

Okay, fine. Go ahead, and tell me about your precious television show, and how you have published over 200 articles in 10 newspapers within the time frame of 5-years.

"First of all, you are one fine journalist for knowing all that information," said Hansen. "All of that is true. I have published over 200 articles in 10 newspapers within the time frame of 5-years. How do you know that?"

Um. I'm you, and you're me. We're the same person.

"Oh yeah," said Hansen. "A random thing though. When I was a freelance journalist for the Billerica Minuteman, we would meet every Wednesday evening at Starbucks in Billerica. I recently was hired as a freelance journalist for the Burlington Times Union, where we will be meeting every Wednesday at True North in Burlington. The catch of the cast is that I don't like coffee."

Changing channels, Shawn Hansen's Comedy Corner has been a television show at Burlington Cable Access Television [BCAT] that has been up, and running since February 23, 2010.

Hansen has created numerous records at BCAT in that time. This past summer of 2010 he taped 21 shows in three days over the summer. He taped seven shows on

## Sarah Blacker stays true to self with "Come What May."

David Morrison

VALLEY VIBE CONTRIBUTOR

In an era of manufactured pop music, Sarah Blacker is a breath of fresh air.

Her latest CD "Come What May," is an eclectic blend of folk, jazz and country. Blacker's style is reminiscent of Joni Mitchell, combined with a more contemporary sound with artists such as Brett Dennen and Belinda Carlisle.

You might've heard of Blacker, as her song "Ooh It's Love" was used recently in a Subaru of New England ad campaign. Blacker has also been named a "Music Drives Us" Ambassador, which aims to raise money for music education in the Greater Boston area.

I recently had the honor and privilege of sitting down with Blacker this past February, as she geared up to perform at the Red Door Café in Portsmouth, New Hampshire.

DM: Why don't we start from the beginning? You graduated from Wellesley high school. You went to Berklee College of Music in Boston. How did you get interested in music? Were you brought up in a musical family?

SB: My Mom used to sing, but it was my dad who used to play all sorts of records for me. He exposed me to Pink Floyd, the Beatles, Seals and Crofts... and I used to dance to those records. Later, in high school during my senior year, my friend taught me a few chords on the guitar and I couldn't sleep until I got a guitar of my own. She taught me two chords, and eventually I got my own guitar and I played as often as possible.

DM: You went to Berklee College of Music and you studied Music Therapy. What do you do with a Music Therapy Degree?

SB: Music Therapy is using music-based interventions to achieve goals, in the domains of social, communication,



Sarah Blacker (Right) and her Guitarist Chuck Fisher (Left) hang out at the Red Door Cafe in Portsmouth, NH.

socio-emotional, motor and cognitive skills. I work with kids in the Boston Public School system, and these kids have Cerebral Palsy, Autism, Asperger's Syndrome as well as ADHD. Without getting too technical, it means using music to achieve goals specific to each individual.

DM: How did you get started performing? Did you go to a lot of "open mics" or play at parties like a lot of up-and-coming singer-songwriters often do?

SB: I used to ride around town on my bike, to bars in the Boston with my demos. I used to say to these club owners, "if you book me, I'll bring along other performers to your club, and we'll bring a crowd" I got my feet wet performing everywhere I could by booking myself there.

DM: You're an official "Music Drives Us" Ambassador. What does that role exactly entail?

SB: It's sort of like a mission is to

**BLACKER: PAGE 41**

June 28, July 20, and August 25.

Within a period of eight months, and 23 days, he made it to 100 shows. On March 08, 2011, Hansen will be taping his 150th show with Comedians Anthony Brooks, Bob Seibel, Colleen Coughlan, and Renee Reynolds... and yes, that was listed in alphabetical order.

"If anyone wants to see my television show, go to my Web site at [www.shawnhansen.weebly.com](http://www.shawnhansen.weebly.com), click on schedule, and come to whatever show you can make," said Hansen. "If you live unbelievably far away from BCAT 9, the studio I tape at, and just nicknamed, "BCAT 9," check out the videos I have posted on my YouTube account at [www.youtube.com/shccctv](http://www.youtube.com/shccctv). If you live in Burlington, my shows air every Thursday, Friday, and Saturday at 11 p.m.

Hansen said that in previous interviews, people have already acknowledged that his show is based strongly on Late Night TV, so he doesn't want me to mention that he has different segments, characters he portrays, and even a puppet named "Charlie Boxer Sox" that is going to make his debut guest-hosting a future Shawn Hansen's Comedy Corner episode.

"Is there any other questions you would

like to ask me, Shawn?"

Yeah. There is. With the majority of the world on Facebook, you have a fan page of Shawn Hansen's Comedy Corner. What is the direct link to that page, and what can people find on that site?

"The link my fan page is [www.facebook.com/shawnhansenscomedycorner](http://www.facebook.com/shawnhansenscomedycorner)," said Hansen. "Fans can find pictures of every show I have produced, SHCC logos, profile pictures, pictures from segments such as Bad Parking Jobs, and SHCC Doubled Up, which is Shawn Hansen's Cartoon Craze on Shawn Hansen's Comedy Corner."

For more information about Hansen, go to [www.shawnhansen.weebly.com](http://www.shawnhansen.weebly.com). Hansen said, and I quote, "Whatever the Weebly means," because even though his Web site has been up, and running for a few months, there was never any explanation of what that word meant.



Shawn Hansen is the host of Shawn Hansen's Comedy Corner on TV. Aside writing for The Valley Patriot, he writes mainly for the Tewksbury Advocate, and has published articles in 10 newspapers. For more information about Hansen, go to [www.shawnhansen.weebly.com](http://www.shawnhansen.weebly.com).



VALLEY PATRIOT TV REVIEW

The Middle

ABC Wednesdays 8pm

Beth Daigle  
VALLEY PATRIOT ENTERTAINMENT REPORTER

I do not why it is that I have over-looked “The Middle” until just recently. It airs just before two of my favorite shows, “Modern Family” and “Cougar Town,” yet I have persistently skipped over it. Maybe it’s the eerily, if not disturbingly, familiar topics that remind me of everyday life minutia that, more often than not, I try not to think about. Then again, it is that same relatability that has now made “The Middle” a program that I want to watch.

The first episode of “The Middle” that I ever watched dealt with the ever present need for parents to “take back” the house from children who so surreptitiously take things over. Whether it is the television, couch, refrigerator or clothing covered floors - we’ve all been witness to children whose nagging desires, demands or habits slowly seem to turn a perfectly organized household into Romper Room.

The triumph of watching the parents of “The Middle,” (Mike Heck, played by Neil Flynn of Scrubs fame and Frankie Heck, played by Patricia Heaton of Everybody Loves Raymond) revolt against the kids was entirely hilarious and made me want to tune in for more. Mike and Frankie really are America’s parents and watching them struggle through the day to day with such comical flair is entertaining and enlightening all at once.

Most recently I watched the episode where the Heck Family was muddling through the winter doldrums. This episode could not have been any more relevant as I swear that when I



sat down to watch the show, I muttered the very same sentiments as did Frankie. Complaints about being in a rut and wishing this miserable winter were over were at the top of my list and no sooner did I say as much, when Frankie could be heard saying the very same things. The storyline was so on point with the feelings that my own family was experiencing that I couldn’t help but fall in love with this show despite having ignored it for so long.

The children of the Heck family, Axl, Sue and Brick, are kids we all know and love whether in our own families or others. Making the connection of personality traits between the Heck kids and our own is a large part of the fun of this show and watching these well cast characters wiggle through life’s youthful challenges is pure comedy.

Another big bonus for “The Middle” is that I am okay with having my own kids watch it along with me. Thus far the material has been reasonably appropriate and a good watch for the whole family and it is on at a decent time too.

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



92.5 The River presents ...

An Evening with MEMBERS OF Gomez,  
Evan Dando and Juliana Hatfield

... to benefit the Blue Ocean Society for Marine Conservation at Blue Ocean Music Hall

SALISBURY - 92.5 The River and Blue Ocean Music Hall present Ben, Tom and Ian from Gomez along with Evan Dando and Juliana Hatfield, live at Blue Ocean Music Hall in Salisbury, MA, for an unforgettable concert to benefit the non-profit Blue Ocean Society for Marine Conservation. The benefit event will be held Saturday, March 26, 2011, with a silent auction at 6:30pm and the concert at 8:00pm. A limited number of tickets are available for \$60 and include a meet & greet with some of the artists plus VIP seating; all other seats are \$32.50. Tickets can be purchased at [www.TheRiverBoston.com](http://www.TheRiverBoston.com) or [www.BlueOceanHall.com](http://www.BlueOceanHall.com), by calling 978.462.5888, or by visiting the Box Office open daily at 4 Oceanfront North, Salisbury.

Doors will open at 6:30pm for a special pre-show silent auction event hosted by The River on-air personalities Rita Cary, Lisa Garvey and Irene Collins. Guests may bid on signed instruments, autographed artist photographs and artwork, concert and sporting event tickets, dinner gift certificates, opportunities to see live, in-studio River Music Hall performances, and more. All proceeds from the auction directly support the Blue Ocean Society and its mission to conserve and protect New England’s endangered marine mammals. The best seats in the house plus a pre-show backstage meet and greet reception with members of the indie blues alt-rock band Gomez are available on a limited on a first-come, first-served basis. The concert in Blue Ocean Music Hall’s intimate oceanfront venue where most seats are within 50 feet of the stage begins at 8:00pm. Light dining menu and a full selection of beverages will be available for

purchase.

Ben Ottewell, Tom Gray and Ian Ball of Gomez will perform from the band’s more than 10-year repertoire of hits (See the World, How We Operate, Airstream Driver and more) as well as songs from Ottewell’s new solo album, Shapes and Shadows. In addition, two Boston-based 90’s alt-rock icons, Evan Dando and Juliana Hatfield, team up for a duo acoustic show. With a set-list that features old songs, new songs and he-and-she harmony and vocals, The Lemonhead’s Dando will ignite the crowd with favorites such as It’s About Time, Drug Buddy, and more, while Juliana performs tracks ranging from her decade-old album Beautiful Creature to her recent CD release Peace & Love.

ABOUT THE BLUE OCEAN SOCIETY

Blue Ocean Society for Marine Conservation inspires passion in people to conserve the marine environment, through education and research in New England. Blue Ocean naturalists conduct school and public outreach programs, marine research and data collection, beach clean-up efforts, marine rescue programs and whale-watch programs along the seacoast to inspire people to help protect the marine environment and gain a deeper appreciation for this unique coastal habitat. In summer 2009, Blue Ocean Society opened a Sea Life Discovery Center at The Pavilion South building on Salisbury Beach to share information and offer the area’s one million annual visitors hands-on educational programs. A portion of proceeds from Blue Ocean Music Hall’s annual ticket sales support the Blue Ocean Society. [www.blueoceansociety.org](http://www.blueoceansociety.org)



Top National Acts • Intimate Setting • Ocean Views • Most Seats Within 50 Feet of Stage!

at the Pavilion on Salisbury Beach - [blueoceanmusichall.com](http://blueoceanmusichall.com)

BLUE OCEAN MUSIC HALL LIVE ENTERTAINMENT SCHEDULE

Mar. 2011

Thurs. , March 10, 8pm – JOHN MCDERMOTT (\$40/\$45)  
Sat. March 12, 8pm – MARTIN SEXTON (\$45)  
Sun. , March 20, 7pm – PETER WOLF (\$30/\$35)  
Sat. March 26, 6:30pm silent auction; 8pm concert – AN EVENING WITH BEN, TOM & IAN OF GOMEZ with JULIANA HATFIELD & EVAN DANDO to benefit THE BLUE OCEAN SOCIETY FOR MARINE CONSERVATION presented by 92.5 The River and Blue Ocean Music Hall (\$60 includes VIP seating and artist meet & greet; \$32.50)

Apr. 2011

Fri. Apr. 1, 8pm – THE FOOLS – Special Apr. Fool’s Day Show (\$20)  
Fri. Apr. 8, 8pm – ENTER THE HAGGIS (\$15/\$20)  
Sat. Apr. 16, 8pm – RONNIE EARL & THE BROADCASTERS (\$25)  
Fri. Apr. 29, 8pm – COMEDIAN LENNY CLARKE (\$30/\$35)  
Thurs., April 21, 8pm – RUSTED ROOT (\$28)  
Friday, April 22, 8pm – CARBON LEAF with THE ALTERNATE ROUTES (\$20)

May 2011

Sat. May 7, 8pm – COMEDIAN BOB MARLEY (\$25/\$30)

About the Blue Ocean Music Hall - Showcasing national and regional bands and solo acts from today, as well as artists and musicians from the past who maintain a dedicated fan base, Blue Ocean Music Hall caters to discriminating adults and baby boomers ranging in age from their 30s through their 60s. The music hall presents artists in a wide range of genres, from rock and R&B, to jazz and country. Comedy shows and children’s entertainers are also a focus of the show offerings. Featuring exceptional acoustics and a comfortable, relaxed environment with panoramic ocean views, Blue Ocean Music Hall has a seating capacity of close to 500 people, and a 750-person capacity for general admission shows. Most seats are within 50 feet of the stage and the versatile space can be configured as needed, including cabaret style with cocktail table seating, traditional theater style or open floor with limited seating for larger general admission shows.



Windham Professionals, Inc. is a national debt management company with offices located in Salem, NH and Woburn, MA. We are family owned and operated, looking for professionals like you to join our winning team!

Student Loan and Commercial Collectors Wanted!

RESPONSIBILITIES would include the following:

- Contact consumers via telephone to collect outstanding debt
- Resolve consumer disputes within state and federal regulations
- Follow up on promised payments
- Maintain assigned accounts

EDUCATION and/or EXPERIENCE:

- High school diploma or general education degree (GED)
- Related collections, telemarketing, sales experience a plus
- High level of communication skills a must

POSITION BENEFITS:

- Casual dress attire and flexible scheduling
- Competitive pay and bonus potential
- Outstanding benefits

WANT TO APPLY?

- Resumes are welcomed year round at [hr@windhampros.com](mailto:hr@windhampros.com)

380 Main St. Salem, NH 03077 800.949.0059 EOE/AA Employer

valleypatriot.com



# A Soldier's Farewell

D. B. Langevin  
VALLEY PATRIOT LESBIAN COLUMNIST

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

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

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

tie dye wearing hippie raising my finger to the American flag because I was too wrapped up in my own teenaged angst to realize there's so much more to life than being angry.

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

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

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



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

## BLACKER: FROM PAGE 39

bring music out in the world. The Music Drives Us organization helps to provide services for those in need, in and around the Boston area. I believe I'm the only Music Therapist on the board.

DM: I saw somewhere, and correct me if I'm wrong you lived in Kansas for a while (Laughs). Expound on that please.

SB: It's true (laughs). I was following my heart.

DM: And the yellow brick road  
SB: And the yellow brick road. And I actually did buy myself some sparkly shoes while I was out there (laughs). I thought I was following my heart. My ex-boyfriend and I realized that it wasn't going to work out before we moved there together. Our mission was to learn other things, which unraveled over time. He did turn me on to the band Tool while we were out there.

DM: I love that band. My favorite album is Aenima. I love the track sample of Bill Hicks on their album.

SB: Bill Hicks. That was another guy who he loved too.

DM: Two great artists  
DM: My favorite song of yours is

"Bad I Been," off of your first album (The Only Way Out Is Through). Can you explain what made you so "bad?" You seem too sweet to be so bad.

SB: "Bad I Been" was an apology to my parents for not being able to be a good employee while working for someone else.

DM: Nurse?  
SB: Nope. Music therapist. My parents didn't work at the hospital, but all I really wanted to do was just tour.

DM: How long do you see yourself touring for?

SB: Hopefully for a long time. Last year I toured as far as SXSW (South by Southwest Music Festival) in Texas. I would love to be on "A Prairie Home Companion."

DM: Garrison Keillor, eh?  
SB: I want to be the person who makes the sound effects (laughs).

In addition to playing guitar, Sarah also plays ukulele, mandolin, piano and percussion. Her new album "Come What May" is available through her website at [sarahblacker.com](http://sarahblacker.com), as well as on itunes.



Perk and his team discussing their answers during Slammin' Trivia

## Lawrence High Students join Boston Celtics, Army National Guard for an Interactive Black History Month Event

Celtics players Kendrick Perkins and Luke Harangody lead the students in Black History Month themed activities at the team's practice facility in Waltham

(BOSTON - MA) On Wednesday, February 9, The Massachusetts Army National Guard and the Boston Celtics hosted a Black History Month event with twenty-four students of Lawrence High School at the team's practice facility in Waltham. Boston Celtics players Kendrick Perkins and Luke Harangody joined the students in reviewing monumental events in African-American History through an array of activities featuring a Black History Month themed Slammin' Trivia game.

"It's important for these students to recognize the hard work African-American leaders put in to fight for equal rights," Celtics center Kendrick Perkins said. "I hope that this afternoon's experience leaves a lasting impression on them that will stay with them for the rest of their lives."

This season the Boston Celtics and the Massachusetts Army National Guard have teamed up to celebrate Black History Month. During the month of February, the Celtics and the Massachusetts Army National Guard will be highlighting historic happenings in African-American history through home games, events, and [Celtics.com](http://Celtics.com).

About The Boston Celtics A charter member of the Basketball Association of America (which evolved into the National Basketball Association) since

1946, the Boston Celtics have won a record 17 NBA Championships, including eight (8) in a row from 1959-1966, and have won NBA titles in three different eras. In addition, 31 former Celtics players, management or staff have been inducted into the Naismith Memorial Basketball Hall of Fame. In December 2002 the team returned to local ownership for the first time since 1963. For more information on the Celtics, log on to [www.celtics.com](http://www.celtics.com).

About The Massachusetts Army National Guard: The Massachusetts National Guard has a unique dual mission: first, to maintain properly trained and equipped units available to support the Department of Defense under the direction of the President of the United States. The second part is to provide trained and disciplined forces for emergencies within the Commonwealth of Massachusetts under the direction of the Governor of Massachusetts. The Massachusetts National Guard has always been there to support the community in time of need. Massachusetts Guard members were activated to protect life and property during the Blizzard of 1978, the airport security missions in 2001 and 2006, the Democratic National Convention in 2004, relief efforts after Hurricane Katrina in 2005, the Southwest Border Security

WHOLESALE PRICES TO THE PUBLIC

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

Quintana

Free delivery for local businesses!

Monthly Billing!

Wholesale Outlet

Janitorial Supplies

Commercial or Household use:

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

Shipping Supplies

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

We're Ready for the Snow... ARE YOU??

ICE MELT AVAILABLE

50LB BAGS AS LOW AS \$8/LB

FREE INSULATED GLOVES WITH ANY ICE MELT PURCHASE

We Stock; Ice Melt, Scrapers, Shovels, Ice-Off Aerosols

Open: Mon-Fri 9AM to 5PM, Sat: 9AM-12PM

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

valleypatriot.com



## TOM DUGGAN'S NOTEBOOK: FROM 23

Lawrence - State Rep. Paul Adams announced that on Friday, March 4th he opened office hours from 1:30-2:30pm at The Lawrence Public Library located at 51 Lawrence Street. Adams 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 Chief of Staff, Diana DiZoglio, via email at Diana.DiZoglio@mahouse.gov. Re. Adams and Diana may also be contacted by phone at 617-722-2800 x 8661. Anyone wishing to correspond by mail may send letters to the to 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. Adams and his staff are fluent in Spanish. Citizens requiring special accommodations to meet with the representatives are asked to advise the staff when making an appointment.

**SALS PIZZA** - Sal's Pizza is now proudly serving in Peabody! - Sal Lupoli, of Sal's Pizza and Riverwalk Properties, proudly announces a new Sal's Pizza opening at 139 Lynnfield St. in Peabody, MA. This brings the store count for the fast-growing franchise to 45, with 2 more area locations also slated to open soon; Brookline Ave. near Fenway Park early April and in Stoneham this summer! Sal's Pizza is renowned for using only the finest and freshest ingredients. The chain is a local favorite throughout Massachusetts and New Hampshire and is known for making the biggest, tastiest pizza at a remarkable value. Two distinct hallmarks of the brand include the 19 inch, 3 pound pizza - one of the largest pizzas you can find - and Sal's huge "slice", which is one quarter of the giant pie!

**APPRECIATION DAY FOR JOHN LENOTTE** - Department Vice Commander, Candidate for Department Commander, American Legion-Department of MA, Sunday, April 3, 2011. Post 4, 1314 Main Street, Haverhill, MA, Social Hour: (1pm) Dinner: (2pm). There will also be raffles for your enjoyment. Tickets = \$30 per person. Please send check and name(s) payable to: John Lenotte, 52 Columbus Ave, Haverhill, MA 01830. Deadline for tickets = March 20, 2011

**CONTACT INFO** - Rep Contact info: Rep. Paul Adams (R- Andover): Paul.Adams@mahouse.gov, Aid's Email: Diana.DiZoglio@mahouse.gov. Rep. David Torrisi (D- North Andover): Rep's Email: David.Torrisi@mahouse.gov. Aid's Email: Elizabeth.Fluet@mahouse.gov. Aid's Email: Jennifer.Mecadante@mahouse.gov. Rep. Marcos A. Devers (D- Lawrence): Marcos.Devers@mahouse.gov. Aid's Email: Franklin.Fernandez@mahouse.gov

Sen. Barry R. Finegold (D- Andover): Barry.Finegold@MASenate.gov. Aid's Email: Katrina.rogachevsky@masenate.gov. Aid's Email: Rachael.Neff@masenate.gov. Aid's Email: Autumn.Gould@masenate.gov

**TEAM HAVERHILL** - A local volunteer group called Team Haverhill has received notification from the Massachusetts Cultural Council that it was selected to receive a 2011 Commonwealth Award,

in the category of "Creative Community." According to the Council's Executive Director, Anita Walker, Team Haverhill is being recognized for its "extraordinary efforts to make Haverhill a better place to live, work, and visit." Given every two years, the Commonwealth Awards are a means by which the Massachusetts Cultural Council may "shine a spotlight on the extraordinary contributions that arts and culture make to education, economic vitality, and quality of life in communities across the state." Past Commonwealth Award winners include cellist Yo-Yo Ma; historian David McCullough; the Jacob's Pillow Dance Festival; and the Peabody Essex Museum.

**SALISBURY ASSISTED LIVING** - Special Family & Friends Piano Bar & Cabaret - Sunday, March 13th, 1 pm:

St. Patrick's Day celebration - Thursday, March 17th (Corned Beef & Cabbage at noon, followed by the Piano Bar with Rob Dionne at 1 pm.) Please inform the kitchen earlier in the week if you plan to join us for lunch (as space is limited). Memorial donations: When making your decisions about donations "in lieu of flowers", please consider the Resident's Activities Fund at the Assisted Living Center - Salisbury. We will acknowledge the generous gift as you request. Have you become a "Facebook Friend" yet? Just do a search for Assisted Living Center - Salisbury and be sure to "Like" us so you get all of the updates and new photographs. Thank you for making your on-line shopping help our organization. Don't forget to use Goodshop.com for your on line purchases. Take advantage of their on line coupons while supporting our Resident's Activities Fund.

**METHUEN BOARD OF TRADE OFFERS SCHOLARSHIPS** - The Methuen Board of Trade announces its annual scholarship program. Each year the Board awards several scholarships to Methuen residents who will be attending schools of higher education in the coming year. Any Methuen resident who plans to enter college in the fall may apply, regardless of the high school he/she is now attending. In addition, non-residents attending a Methuen School will also be considered. Applications are available at the Guidance Departments of the local High Schools; may be picked up at the Nevins Memorial Library, 305 Broadway, Methuen, and may be downloaded on line at [www.methuenboardoftrade.com](http://www.methuenboardoftrade.com). Awards will be based on many factors, including academic achievement, extra-curricular activities, leadership, financial need, and other demonstrated skills and talents. Applications are due by April 1, 2011. For more information, contact Colleen Carney, Chair of the Scholarship Committee at 978-807-5359.



Tom Duggan is president of Valley Patriot, Inc., a former Lawrence School Committeeman, a Police Survivor and hosts the Paying Attention! Radio Program on WHAV.NET, Wednesdays from 6pm-9pm. You can email your comments to [valleypatriot@aol.com](mailto:valleypatriot@aol.com).



PHOTO: (C) COPYRIGHT VAURA CONSULTING, 2011

Former new Mexico Governor Johnson visited Maggie Sundae in Amesbury last month for a coffee chat hosted by Amesbury resident Alex Talcott of Vaura Consulting. Gov. Johnson's visit came during his seventh trip to New Hampshire, where he is discussing his "Program for Real Job Creation" with various political organizations. Before serving as Governor of New Mexico from 1995 to 2003, Gary Johnson grew a one-man handyman business into a 1,000-employee company. An athlete and adventurer, he has climbed Mount Everest and competed in skiing, triathlon, marathon, cycling, and hot-air-balloon competitions. He is currently Honorary Chairman of the Our America Initiative, a 501(c)(4) political advocacy committee that promotes common-sense business approaches to governing.

### LAWRENCE EXCHANGE CLUB



Presents our  
13th Annual



### "Fat Tuesday" Cigar Night March 8, 2011

at the "Son's of Italy"

155 Marston St. Lawrence MA

A selection of 4 to 6 fine cigars will be selected for you to enjoy during the evening.

This Charity Cigar Night and these fine Cigars are being sponsored by

"J. Titone at the Candia Road Convenience & Smoke Shop"

Your Choice of Prime Rib Dinner or optional meal

Cocktails at 6:00PM

Dinner & Entertainment at 7:00PM

Ticket Price \$75.00

Proceeds to Benefit the Scholarship Program

Metal Roofing Framing and Siding

Commercial Snow Plowing

Roof Snow Removal



"Nail it right the first time."

**FREE ESTIMATES - FULLY INSURED**

**ROBERT CONTRAROS JR.**  
[www.ridgerunnerconst.com](http://www.ridgerunnerconst.com)

DERRY, NH 03038

**603-234-0501**

### CONGRATULATIONS to the VALLEY PATRIOT

March 2004 - March 2011

SEVEN GREAT YEARS OF NEWS AND VIEWS!

## Jeanne Pappalardo

### West District Councilor

139 Forest St. Methuen - (978) 688 - 7102



## Brazilian BLOWOUT!

Special \$175  
(regular price \$250-\$350)

**PLANET COLOR**

90 Main Street, Andover

(978) 476-1342



Ask for KIM  
ONLY!

GIFT CERTIFICATES AVAILABLE!  
Makes a GREAT Christmas Gift!!!



# STEWART: FROM PAGE 6

**Duggan:** Who is managing your campaign these days, who is your contact guy?

**Stewart:** You want to know all of my secrets?

**Duggan:** How is your campaign manager a secret?

**Stewart:** In all the years that I have been in office, I’ve never had a campaign manager. It was I and my wife. Let me put it to you this way; I have 15 young kids behind me. Energetic, they have a lot of energy. I am sure you are going to find out who they are

**Duggan:** I already know, I just wanted to know if you were going to be honest with me.

**Stewart:** No, I won’t be honest, I won’t tell you who my campaign manager...

**Duggan:** I know who it is, it is Phil Decologero, I just wanted to see if you

would be honest.

**Stewart:** No, I wasn’t going to tell you that, no! And you think he’s doing it for a certain reason, he helped me with my campaign 2 years ago and, basically did a good job. There is always these younger kids who want to help, who want to make phone calls and I am energized by it. I am saying “I finally have somebody to help walk the streets with me, because I have been doing it all myself. ...I did see a comment in The Valley Patriot when you asked Tracy Watson “how does it feel to have an easy race?” ... and I am still laughing now. Once you’ve been in office, you know this, you make enemies. I truly believe that a lot of enemies I’ve made in the past have come back and [they’ve] said “Don, you were always right and we are willing to help you now”.

**Stewart:** As long as you give your

# EVACUATION: From Page 37

ment Team all animals will be included in the rescue process. If the town does set up a shelter at the senior center animals will be allowed. No North Andover first line responder will be told to leave an animal behind.

However, not all goes without a little politics...

If for some reason the town is unable to host a shelter at the senior center, because the devastation is too large or too many people are displaced, or the town doesn’t have the finances to support the shelter (food water bedding) they may be moved to a regional shelter. This tends to be in Methuen and this is where the politics takes over human and animal rights.

If the shelter is financially backed and managed by FEMA – animals will be allowed.

If the shelter is financially backed and managed by the Red Cross- animals will NOT be allowed.

I called the American Red Cross to ask for an explanation of this and I was told that animals are not and will not be allowed into one of their shelters. Basically they are concerned about people’s allergies and medical conditions. Honestly, I am very disappointed in the Red Cross and apparently they didn’t learn anything

from Katrina. Ask any human being whose life was just saved and they were brought to a shelter knowing they will have the opportunity to live, I really don’t think they would mind having a stuffed up nose for a couple of days because a dog may be lying on the cot next to them.

I recommend each of you reach out to your town or city’s emergency management teams and find out what is included in their plan for animal rescues. North Andover has done a wonderful job in creating a plan, just know if you have to leave town please ask if the shelter is a FEMA or Red Cross managed facility. You will have to make your decisions based on that answer. For me if it isn’t FEMA managed I will not be leaving my Lani and I will pray for the best.

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.traceythedog-walker.blogs.com

views on how you feel, there is no really right and wrong in life. As long as your mind set is good and your heart is in the right place and you might say things that are off color sometimes and you don’t mean them, when push comes to shove, my background nobody can match it as far as what I have done for the town.

**Duggan:** What are you most proud of, either as a former board of selectman member, or whatever capacity you have worked in the town?

**Stewart:** I’ve missed three meetings in 15 years. You should check the candidates on what they’ve missed, it is unbelievable. I fought against the GLSD and that crap they had over there. I found out we were being overcharged for water and sewer and let the Enterprise account brought our water rates down. That’s huge. I fought the battle for the cell towers and made sure they went up to Osgood Hill, \$500,000.

I got so much flack for my 3rd vote on the trash transfer station. If anybody has been down there, that place is spotless. What happens is part of the deal with that third vote, is that I make sure that the dumps and industries provide the truck and manpower to do the recycling in town from now until forever. It is between \$150,000 to \$200,000 per year, it saves the town. Nobody knows these things and I don’t toot my horn, but those are the things that I am most proud of. Keeping the alcohol out of kids hands, being licensing chairman.

Being on the commission of disability and putting these lights in and raising the fines for parking and a camera program for people who are parking, we take the pictures and give them a ticket on our own. The GPS, the young kids and the Autistic kids, they get lost, we can find them within a minute in this town. We’ve done an awful lot, this is...

I make it a full time job, whatever I do. Even though I haven’t been a selectman, I was out of politics for one year because I had to survive prostate cancer. If I can survive that, I can jump back into a race and just be myself. Here I am guys, you either like me or you don’t. It doesn’t really matter, because all I want to do is help this town.

I have been here all of my life and I have such pride in this town and people can’t take that away from me. I will give you one example that I am concerned with, Oscar Hill, they are always saying that they are in the red, they are losing money, but when I do the figures, they don’t include the \$500,000 that is coming for rentals for those cell towers. That should be considered with the property, therefore they wouldn’t be losing money.

The answer I get is “we are using that money to pay off the debt”, well guys, guess what? We had an override and people’s taxes were raised to pay that

override. If that is the way you are doing it on your accounting system, then, that \$500,000.00 should be coming back to the residents in this town as a rebate in their taxes, because they voted for that override.

**Duggan:** You mentioned twice that you were offered bribes. That is a pretty heavy thing, if you were offered bribes for your votes on the Board of Selectmen, when you were a member of the licensing board, did you go to law enforcement, did you report those things, and those are crimes.

**Stewart:** I walked away, I don’t need that. Some people, they might have been kidding, I don’t know if they were or not, but I wasn’t going to get involved in that kind of a scuttle but and it’s not my nature. I just walked away. I mean, even people were trying to buy me a coffee, I don’t even want a coffee from somebody, because they might say I accepted a bribe from somebody.

Those are small bribes, I mean, they have larger amounts, they want a license [and say] “what you want to do for me, I’ll make it worth your while...” and I say “no, don’t talk to me about this, go bug somebody else”. You know, you can go to the authorities, but nothing is on video, nothing is on tape and you are blowing smoke. So, why make something that is going to cost you an awful amount of stress, just walk away, turn your back on the whole thing and just go on with your life the way you do things and that is all I can do.

I think Mark Reese, the Town Manager has done such a great job of running the finances and a lot of the times before, I didn’t agree with the way he did things, because I had my emotional mind run my fiscal mind. He has a destination to reach. He has things he has to get done. He is a really sharp fellow for doing this. There is some stuff that has happened in the last year, I thought somebody was head hunting him again, I didn’t like that, you know? I didn’t like some of the reports that came in, that confusion about the purchasing agent selling all of that property. That was awful and you can’t blame Mark Reese for that, because that is just one of the things, you have a person like that with great credentials and nobody is at fault for it. You just have to move on from that whole thing. There are some people that think that he should be watching the sky 24 hours a day. You can’t do that, he is the guy that holds this town together with the budget and the finance committee; he is the one that puts us in the right direction.


He’s been there for like 10 years, I was on the board when he was appointed. I’ve seen those qualities and they are still there now and you couldn’t have a better guy for a town manager.



**Alan Rosen**  
Sr. Mortgage Consultant  
MLO 6324  
**Helping Borrowers since 1997**  
**Cell (978) 808-9323**  
24-hr.  
**www.firstinteg.com**



**FIRST INTEGRITY MORTGAGE LLC**  
354 Merrimack Street, Sal's Riverwalk, Lawrence MA 01843  
**alan@firstinteg.com**  
354 Merrimack St., at Sal's Riverwalk  
Lawrence MA 01843  
Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB4520, ME # CS0011110  
Licensed by the NH Banking Dept.  
NMLS 1964



**I ask for your vote,  
I NEED Your vote  
on March 29th**

*RE-elect*  
**Rick Nardella**

**North Andover Board of Selectmen**

PAID FOR BY THE COMMITTEE TO ELECT RICK NARDELLA

valleypatriot.com



## Budget Cuts Everywhere

**John Lenotte**

VALLEY PATRIOT VETERAN COLUMNIST

We can all understand the idea of not spending more money than you take in. Of course governments have their own set of rules it seems.

The economy is still in a tight spot so I for one agree with putting the brakes on. Our elected officials and their administrators still need to use some common sense and to provide equity in pay in benefits for our troops.

Most of us have known and used Flexible Spending Accounts for years now. I just found out that our military has not had this benefit. This does not make sense. This should be an easy fix.

Looking at the American Legion web site ([www.legion.org](http://www.legion.org)), I found that at a February 10th press conference, The American Legion stood behind sponsors of bills being introduced in the U.S. House and Senate to provide flexible spending accounts, sometimes called "medical savings accounts," for service members. This benefit would help military families meet child care as well as health care expenses.

A flexible spending account (FSA) allows federal employees to set aside a non-taxable portion of his or her earnings to pay for qualified domestic expenses. It is most commonly used to meet medical expenses not covered by insurance, such as insurance deductibles, and co-payments for doctor's office visits. Currently, military personnel are not allowed to have flexible spending accounts, even though civilians who work for the Department of Defense are provided with them.

The introduction of Senate and House bills to correct this inequity were announced in a joint news conference by U.S. Sen. Barbara Boxer, D-Calif., and Rep. Loretta Sanchez, D-Calif. In attendance was Barry Searle, director of The American Legion's National Security/Foreign Relations Division.

We must remember that the burdens of serving our nation are shouldered by not only the service member, but their families as well.

Senator Boxer appealed to those attending the news conference, including Searle, to recruit congressional supporters for the bills. "Once I get a number of co-sponsors," she said, "I will go to (Defense) Secretary Gates and make this happen. I am fired up and ready to go!"

Another area of concern is the VA budget. During a congressional hearing Feb. 17, The American Legion urged Congress to invest wisely in key infrastructure areas, such as construction and vital research, for the VA's fiscal 2012 budget.

Currently, the VA is asking for \$590 million in major construction and \$550 million in minor construction. The amount falls short of the \$2 billion recommended to Congress last September by American Le-

gion National Commander Jimmie Foster.

Noting that VA's fiscal 2012 request for construction funding is about \$800 million less than its fiscal 2011 numbers, Legion Legislative Director Tetz said the department's infrastructure "is one of those things you can pay for either now or later. And if you choose to pay later, you always pay more."

The American Legion strongly supports VA's request for a 10 percent increase in discretionary funding, which includes \$6 billion for the care of warriors who suffer from TBI, PTSD and other mental-health issues.

Tetz said the VA budget request falls short on research funding. "There is no reason, given the intellectual and technological might of this nation, that VA should not be the world's leading authority in research on PTSD, TBI, and amputation and prosthetic medicine. The VA needs to be out in the front, not playing catch-up with the rest of the world."

The American Legion wants VA to ensure "seamless" health care for veterans after they are discharged from active duty.

"Does (the budget) address the chasm between advances in treatment in DoD and those available once the service member separates and returns to their home in upstate New York or rural Indiana?" Tetz asked. "The great treatment they get when they put on the uniform needs to be the same treatment they get when they put on a suit."

Toward the end of his testimony, Tetz said, "We realize there's only so much money. We realize The American Legion, as well as every other veterans organization, comes here with expanded visions of what we need, what our veterans need, (and) what the VA must deliver."

"We remain committed to help you find savings with the existing budget, chances for (the) shifting of resources to serve the needs of the veteran sitting in the clinic in Florida, and the future veteran sitting in the forward observation base in Afghanistan."

Will you join me in contacting our 2 U.S. Senators and the Massachusetts delegates to the US House of Representatives on these important issues? We need to let our voices be heard.

On a separate note, I would like to thank Tom Duggan and the Valley Patriot for publishing the photo of me presenting the Haverhill School Committee with 17 Flag Education DVDs on behalf of American Legion Post 4. Especially since the local daily and weekly chose NOT to do so.

May God protect our troops and watch over their families.



*John Lenotte is the American Legion, Commander, Wilbur M. Comeau Post 4 Haverhill and Vice Commander, Dept. of Massachusetts. You can Email him at [JohnLDistrict8@verizon.net](mailto:JohnLDistrict8@verizon.net)*

## HOMES FOR OUR TROOPS: FROM 1

a spinal cord injury and Traumatic Brain Injury after an attack in Afghanistan in November 2004. Sgt. Smith was airlifted to Landstuhl, Germany where his first spinal cord surgery was performed. After a month in the German hospital, Sgt. Smith spent nearly four years in several U.S. military hospitals.

When asked how a specially adapted home will affect his life he replied, "This gift from Homes for Our Troops will give me greater independence and allow me to do things for myself, where before I had to depend on my family. I cannot begin to thank the donors and the Homes for Our Troops organization enough."

### October Dinner/Auction

The Merrimack Valley Celebration of Freedom continues on Sat. Oct. 15 with a grand dinner/auction at the elegant Andover Country Club. Said organizer Jay French, former HFOT Board chair, "With the great support we're receiving from our event committee members, donors, sponsors, and volunteers, this event will make a significant contribution toward a new home for a deserving veteran and his family at their time of greatest need. Many of the materials and most of the labor at our homes are donated, but we still need cash for every project and a donation of this size will cover most of the cost of a home."

Our veterans answered the call when we needed them, and now we have a chance to build them a home and help them rebuild their lives when they really need us." A similar Andover event led by the same organizers in Nov. 2008, attended by 170 people, raised a net amount of \$60,000.

To register for any of these events, visit [www.runforthetroops5k.com](http://www.runforthetroops5k.com), or visit [www.homesforourtroops.org/events](http://www.homesforourtroops.org/events),

where you can also find additional information. For more information or to help with the events, please contact Jay French ([jbfrench1@comcast.net](mailto:jbfrench1@comcast.net) or 508-265-3011) or Bill Pennington ([bbgmp@comcast.net](mailto:bbgmp@comcast.net) or 978-886-7574).

Homes for Our Troops ([www.homesforourtroops.org](http://www.homesforourtroops.org)), a national non-profit, non-partisan 501(c)(3) organization, was founded in 2004. We are strongly committed to helping those who have selflessly given to our country and have returned home with serious disabilities and injuries since September 11, 2001.

It is our duty and our honor to assist severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor and coordinating the process of building a home that provides maximum freedom of movement and the ability to live more independently.

The homes provided by Homes for Our Troops are given at no cost to the Veterans: an eligible Veteran may receive a Veterans Administration Specially Adapted Housing Grant up to a maximum amount of \$63,780, and Homes for Our Troops covers all costs above this grant.

Charity Navigator, one of America's premiere charity rating agencies, has reviewed Homes for Our Troops finances and awarded us with its highest rating of 4 stars.

The American Institute of Philanthropy, one of the country's premier charity watchdog organizations, includes Homes for Our Troops in their "Top-Rated Veterans & Military Charities" listing. Only 7 of the 40 such charities rated by AIP achieve this rating.

 <p>Helping Borrowers since 1988</p>	<p><b>Robert Sharpe</b> Reverse Mortgage Specialist MLO 37451  Cell: (978) 382-0716 24-hr.</p>	<p><b>FIRST INTEGRITY MORTGAGE LLC</b> 354 Merrimack Street, Sal's Riverwalk, Lawrence MA 01843 <a href="mailto:rsharpeb@firstinteg.com">rsharpeb@firstinteg.com</a> 354 Merrimack St., at Sal's Riverwalk Lawrence MA 01843 Tel. 978.685.9700 x15 * Fax 978.685.9701 MA Mortgage Broker #MB 4520, ME#CSO11110 Licensed by the NH Banking Dept. ME#CSO11110 * NMLS ID 1964</p>
---	--	--

**The American Legion**

**John P. Lenotte**  
Department Vice Commander  
Candidate for Department Commander

52 Columbus Ave  
Haverhill, MA 01830  
H - 978-372-3705  
C - 978-314-7456  
[JohnLDistrict8@verizon.net](mailto:JohnLDistrict8@verizon.net)

AT MEINEKE CAR CARE CENTER IN LAWRENCE, WE ARE PROUD TO JOIN THE VALLEY PATRIOT IN HONORING OUR MILITARY HEROES!



**5% Discount for Military Veterans**

203 South Broadway  
Lawrence MA  
Phone - (978) 794-1494  
FAX - (978) 794-9885



**Life Doesn't Always Give You Options. Meineke Does.™**  
[www.meineke.com](http://www.meineke.com)

Conveniently located next to CVS on South Broadway



# Basic \$19.95

## Oil Change Service

**\* Oil & Filter**  
**\* Check Fluids**  
**\* 7-Point Courtesy Check**

\* Includes up to 5 quarts of standard motor oil and a standard filter. Valid on most cars and light trucks. Additional disposal and shop supply fees may apply. Special oils and filters are available at additional costs. \* Offer Expires 4/7/11

**PLUS TAX\***

**TO OUR BRAVE VETERANS, THANK YOU!**





# The Best Pizza

HOME OF THE 19" 3LB. PIZZA

*Straight from Boston's North End*

<b>Amesbury, MA</b> 84 Haverhill Street (Rte. 110) 978-388-5400	<b>Belmont, NH</b> 96 Daniel Webster Hwy. 603-524-0097	<b>Billerica, MA</b> 328 Boston Road (Rte. 3A) 978-671-9393	<b>Campbell, CA</b> 533 E. Campbell Ave 408-376-0553	<b>Cape Coral, FL</b> 910 East Cape Coral Parkway 941-540-7373	<b>Chelmsford, MA</b> 296 Chelmsford Street 978-256-7997	<b>Concord, NH</b> 80 Storrs Street 603-226-0297	<b>Derry, NH</b> 2 Lenox Road (Jct. Rte. 28) 603-425-2626	<b>Everett, MA</b> 366 Broadway 617-381-7899	<b>Fitchburg, MA</b> 89 Whalon Street 978-345-1111
<b>Hampton Beach, NH</b> 191 Ocean Boulevard 603-926-1313	<b>Haverhill, MA</b> 95 Winter Street (Rte. 97) 978-521-7575	<b>Hooksett, NH</b> 1328 Hooksett Road 603-622-5151	<b>Ipswich, MA</b> 326 High Street 978-412-4138	<b>Lowell, MA</b> 1201 Bridge Street (Rte. 38) 978-441-1717	<b>Manchester, NH</b> 296 South Willow Street 603-623-6565	<b>Marlboro, MA</b> Post Road Plaza, 222B East Main St. 508-624-7257	<b>Merrimack, NH</b> 501 Daniel Webster Highway 603-424-3000	<b>Methuen, MA</b> 163 Howe Street 978-683-2525	<b>Middleton, MA</b> 210 A South Main Street 978-774-7411
<b>Millford, NH</b> 180 Elm Street 603-672-5544	<b>Millford, MA</b> 206 East Main Street 508-473-1234	<b>Morgan Hill, CA</b> 301 Vineyard Town Center 408-778-2162	<b>Nashua, NH</b> 24 East Hollis Street (Rte. 111) 603-578-5858	<b>North Andover, MA</b> 490 Main Street 978-689-7374	<b>Salem, NH</b> 29 North Broadway (Rte. 28) 603-894-6767	<b>Salisbury Beach, MA</b> 18 Broadway 978-499-9757	<b>Seabrook, NH</b> 380 Lafayette Road (Rte. 1) 603-474-9999	<b>Tewksbury, MA</b> 2500 Main Street (Rte. 38) 978-694-7676	<b>Tyngsboro, MA</b> 440 Middlesex Rd. TJ Maxx Plaza 978-649-4600



# The Finest Dining

**BOSTON**

225 NORTHERN AVENUE  
BOSTON, MA 02210  
TEL. 617-737-5454 or 617-737-7257 (SALS)  
FAX. 617-737-7676

**LAWRENCE**

RESTAURANT, CONFERENCE & FUNCTION

354 MERRIMACK STREET  
LAWRENCE, MA 01842  
TEL. 978-291-0220 FAX. 978-291-0204

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









# The Freshest Ingredients

PASTA & SANDWICHES





Catering Available

**Amesbury, MA**

84 Haverhill Street (Rte. 110)  
978-388-5400

**Chelmsford, MA**

296 Chelmsford Street  
978-256-7997

**Salem, NH**

29 North Broadway (Rte. 28)  
603-894-6767



# NOW THAT'S A SLICE!



HOME OF THE

**19 INCH  
3 LB. PIZZA**

...YET ANOTHER SAL'S  
PIZZA FRANCHISE  
OPENING IN **NORWELL**  
AND **STURBRIDGE, MA**

OWN NEW ENGLAND'S  
MOST EXCITING NEW  
FRANCHISE!  
EASY TO OWN!  
EASY TO START!  
Call now...  
**978.729.4682**



## Jewelry By Colleen Marié

"Specializing in  
Natural Sea Glass Jewelry"

Colleen Flanagan, Artisan  
Custom Design & Bridal Sets

North Andover, MA 01845

Tel 978 337 6181

Fax 978 258 6210

cmfofboston@comcast.net

www.JewelryByColleenMarie.com

Bonded  
Free Estimates Fully Insured

# HURD

## HOME IMPROVEMENT

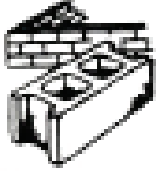
Interior & Exterior Painting

Bath & Kitchen Remodels  
Windows, Siding, Decks, Patios & More

One Call Does It All!

David Hurd

**603-944-8240**



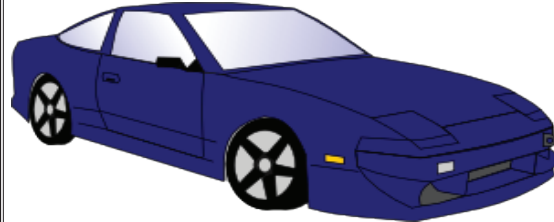
## W. J. WILDER Masonry Construction Co., LLC

General Contracting & All Types of Masonry

- Licensed
- Insured

Telephone  
(978) 469-1948

## Motta Auto Body & Auto Sales



Senior  
Friendly!

www.mottaauto.com

Wayne Demers

42 Kirk St.  
Methuen MA. 01844

Phone: (978) 683-6969  
Fax: (978) 682-5959  
Mobile: (603) 216-7339

ON THE ROAD AGAIN!

## Drivers Needed!

Help us take Fun and Entertainment on the road!

### PART TIME POSITIONS

### Great hours for Seniors, Students or Others

Fun, Entertaining, Compassionate People needed to transport our passengers to and from work. Must have a clean driving record and a great personality! No need to have a special license! Hours are approximately 6:00 am – 8:00 am and again in the afternoon from 2:00 pm – 4:00 pm. Salary is \$9.95/hour

Candidates must have a High School Diploma/GED, a valid drivers license, submit to a drug screening and a criminal background check.

Apply to:

American Training, Inc. – Att: Human Resources  
102 Glenn Street, Lawrence, MA 01843  
Fax: (978) 683-5124

E-mail: [DebbieLynch@AmericanTrainingInc.com](mailto:DebbieLynch@AmericanTrainingInc.com)



## CATERING TO ALL YOUR NEEDS

\*Political Functions \*Retirement

\*Graduations \*Special occasions

Come  
watch  
the PATS

615 South Union Street, Lawrence, MA  
Phone: 978-687-9321 - Fax 978-687-9162  
Across the street from the Valley Forum

Wide  
Screen  
T.V.

Call or visit our website @ [www.jbrians.com](http://www.jbrians.com)

## The Law Office of Shanda R. Tinney Attorney at Law

Estate Planning, General Law, Elder Law, Guardianships,  
Family Law, Personal Injury and Real Estate

310 Merrimack St., Methuen

978-687-4422

Visit our website at [www.tinneylaw.net](http://www.tinneylaw.net)



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



Take control of your website

it doesn't get easier than this

Manage your website easily

Create unlimited pages, photo galleries  
custom forms, blogs, polls, easily add images  
to your website...more...much more...!

Complete website builder.  
SEO Friendly website. Google loves it.

Call Today 978-689-4285

New website only \$400 one time  
\$17.48 per month to host

We build websites and convert existing  
ones to eZeewebsites.com





## Phil Burns REALTOR

168 North Main Street  
Andover MA. 01810  
Phone: 978-475-2111  
Cell: 508-317-7582  
Email: phil\_burns@comcast.net  
Website: merrimackvalleyrealtor.com

"Call today for the personalized service you deserve."



**KELLER WILLIAMS®**  
R E A L T Y

Certified Real Estate Instructor

Each Office Independently Owned and Operated

LAWRENCE  
978-975-7500

BOSTON  
617-367-9082



## SHELDON A. FINE

ATTORNEY AT LAW

100 BRICKSTONE SQUARE  
SUITE G-4  
ANDOVER, MA 01810

TEL: 978-475-9886  
FAX: 978-475-9889



Donna  
Weinberg  
Sr. Mortgage  
Consultant  
MLO 89241

Helping Borrowers  
since 1979  
Cell: (978) 273-8416  
24-hr.

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



**FIRST  
INTEGRITY  
MORTGAGE, LLC**

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

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

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

Tel. 978.685.9700 x15 \* Fax 978.685.9701  
MA Mortgage Broker #MB 4520, ME#CSO11110  
Licensed by the NH Banking Dept.  
ME#CSO11110 \* NMLS ID 1964



The Commonwealth of Massachusetts

NORTHERN PROCESS SERVERS  
SERVING ALL CIVIL PROCESS

RONALD BERTHEIM  
BONDED CONSTABLE  
NOTARY

252B PLEASANT ST  
METHUEN, MA 01044

TEL. (978) 685-0093  
FAX (978) 689-3377  
PAGER (978) 444-3353

[northernprocess@comcast.net](mailto:northernprocess@comcast.net)

ANN MARIE FORD

EMAIL: [info@embroideryloft.com](mailto:info@embroideryloft.com)  
WEB: [www.embroideryloft.com](http://www.embroideryloft.com)  
FAX: 978-681-1156

## Embroidery Loft

EMBROIDERY - CUSTOMIZING SPECIALISTS  
SILK SCREENING - DESIGN DIGITIZING

60 PINE ST. UNIT F  
METHUEN, MA 01844

978-681-1155  
978-973-2045

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

# A&B FLOORING

HARDWOOD FLOORS - HANDCRAFTED INLAYS - INSTALLED - SANDED - FINISHED  
CUSTOM DESIGN INSTALLATIONS - FREE ESTIMATES - FULLY INSURED  
RESIDENTIAL • COMMERCIAL

SINCE 1934

## 978-681-1098

Arthur Joncas

Bob Joncas



Voted the Best...again

## Two More Reasons to Visit Us



One stop shopping

## SULLIVAN INSURANCE AGENCY INC.

• Auto • Home • Health • Life • Business • Workers' Comp • Contractors

Here's two more reasons to contact the T.A. Sullivan Insurance Agency...

MIKE SULLIVAN has re-joined the family business that has served the Merrimack Valley for more than 45 years. Mike is thrilled to continue serving the people and businesses, by providing great products and services. To reach Mike, call 978-204-2758 or email him at [mike@tasullivanagency.com](mailto:mike@tasullivanagency.com)

T.A. Sullivan Insurance has been voted "BEST OF THE BEST" Insurance agency by Market Surveys of America for the 13th straight year.

### TWO CONVENIENT LOCATIONS

135 Merrimack St., Methuen  
(T) 978-681-8200  
(F) 978-681-7775

344 South Union St., Lawrence  
(T) 978-683-4700  
(F) 978-794-8570

**We are  
expanding our  
real estate and  
insurance  
business lines and  
are looking to hire  
people that are  
in the business  
or are interested  
in learning!**





Dr. Dario Gonzalez MSc CAGS Periodontics  
 Dr. Adela Agolli Tarshi MSc CAGS  
 Dr. Marci Mazzuca MSc CAGS  
 Dr. Shila Sharifi Prosthodontics  
 Dr. Sharmi Shah MSc CAGS  
 Dr. Beatrice Deca CAGS  
 Dr. Rares Deca CAGS  
 Dr. Michael Kacewicz Orthodontics

where dentistry meets design...

Cosmetic Dentistry | Periodontics | Prosthodontics | Endodontics | Pedodontics  
 Orthodontics | Preventive Dentistry | Oral Surgery | Dentures | Sedation Dentistry



 **DentalBright**  
 advanced family dentistry

**\$58.00 Special**  
 Cleaning, X-rays & Exam

- Limit one coupon per patient.
- Not valid in conjunction with other offers.
- Must be paid in full on day of service.

 **DentalBright** 978.975.8888  
 advanced family dentistry

488 Essex Street Lawrence | DentalBrightGroup.com

**978.975.8888**