

A New England Press Association Award Winning Newspaper

NOVEMBER 2011 VOLUME 8, ISSUE 11

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





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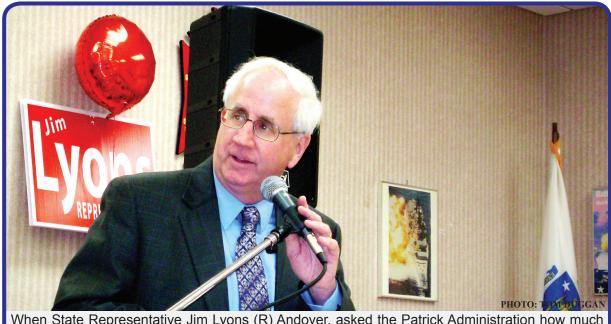
LOW COST **EXHAUST** PAGE 16



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LYONS DEMANDS ANSWERS



When State Representative Jim Lyons (R) Andover, asked the Patrick Administration how much of the taxpayers money was being spent on health care for illegal aliens, he was stonewalled for months. But, Lyons pried it out of them and we all learned that the number is \$93 million.

See Story: Page 15

INSIDE THIS EDITION

Jeff Katz On Occupy Wall Street, P. 3 North Andover.....4-5 Thinking Outside the Box..... Methuen......10-12 Georgetownn-Haverhill......13 Tea Party/Politics..... Tom Duggan's Notebook......18-19, 34-35 Local Political Cartoonist......19 Presidential Politics......22 World Views......23 Ye Gay Old Valley..... The Doctor is IN......25 Pennie Hale & Dr. Sung..... Comedy-Entertainment.....29 Puppy Girl-Tracy Zysk.....





Christine Morabito TEA PARTY PAGE 16

Kate



Lesbian Columnist Dani Langivin **PAGE 23**



Shawn Hansen's TV Corner **PAGE 29**

The Doc. is IN Dr. Rami Rustum PAGE 25

VALLEY PATRIOT OF

Hero in Our Midst: Corporal Kenneth Killilea Pt. 1

Helen Mooradkanian VALLEY PATRIOT VETERAN COLUMNIST

Corporal Kenneth Killilea, U.S. Marines Corps (ret.), 4th Division, is a survivor of Iwo Jima. He saw action in five major invasions in the Pacific

during World War II. In all five, he took

Killilea's Division was the first to go directly from the U.S. into combat

part in the first assault wave of Marines that secured the beachhead.

without further training. It began with

the Marshall Islands, on the perimeter of Japan's empire. It ended on Iwo Jima, closest to Japan's mainland.

During that "island hopping" expedition across the Pacific, the 22-year old Haverhill, Mass., native, who had once doted on his 8-cylinder Packard. was transformed into a member of the "Suicide Six," who repeatedly volunteered to scout out the enemy hiding in caves, bunkers and ravines. He willingly sacrificed his life for others.

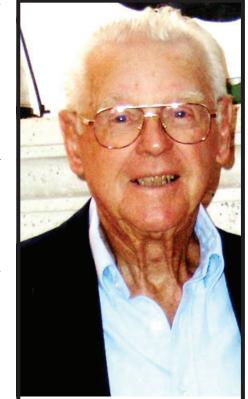
The five invasions followed in quick succession. Each battle was more vicious than the one before.

- Roi and Namur in the Marshall Islands, January 31–February 3, 1944. The two tiny islands were secured pretty quickly.
- Saipan in the Marianas, June 15-July 9, 1944, was the bloodiest, a decisive battle that marked the beginning of the end for Japan. It also marked a pivotal moment for Killilea's faith.
- Tinian, also in the Marinas, July 24-August 1, 1944, was secured in 11 days. From its airstrip, the longest in the world, B-29 Super Flying Fortresses were able to drop the Atomic Bomb on Hiroshima and Nagasaki.
- Finally Iwo Jima, February 19– March 26, 1945, saw the most vicious fighting of all.

This "island hopping" was part of the U.S. Navy's strategy to bridge the vast expanse of the Pacific and reach the Japanese mainland.

For Killilea, it paralleled a spiritual journey, one that led him closer and

KILLILEA: PAGE 36



Corporal Kenneth Killilea, USMC

Corporal Ken Killilea, U.S. Marines, at recent Haverhill, Mass., dedication ceremony of granite memorial honoring WWII veterans of "The Greatest Generation.

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209A Restraining Order Law Should Go

The Fatherhood coalition of Massachusetts is trying to get signatures to place a measure on the ballot to abolish the state's restraining order law often referred to as "209A." (see story page 17)

The proponents of this ballot initiative say that the law destroys families and discriminates against men, not to mention the fact that it presumes the law's targets are guilty until proven innocent.

The Fatherhood Coalition has a point.

Under the State's 209A law, a man can be put in jail merely because a woman claims to be in fear. As a result, many innocent men are dragged from their homes, separated from their children, and their names placed in a criminal database that will follow them for the rest of their lives. Typically this is done with no crime being charged, no evidence presented, and with no due process.

We agree that domestic violence and stalking need to be dealt with by the police with support from our courts. But there are other laws that deal with these problems ... laws that have effectively dealt with these crimes for many decades before our disastrous 209A statue was enacted.

The current 209A law is so skewed in favor of women and against men that if a man with a 209A restraining order merely runs into his accuser by happenstance he can be arrested and jailed for violating the court order even though the encounter was unintentional and benign.

Our criminal justice system must operate based on objective fact finding and those that make charges must be held accountable for the truth of their accusations. Of the tens of thousands of 209A filings made each year, how many accusers have ever been prosecuted for issuing false charges? How many people have been victimized by this atrocious law?

Massachusetts' 209A law is a travesty and has left tremendous carnage in its wake.

This law needs to be abolished and our police, with the backing of our courts, must be allowed to provide for the immediate protection of our citizenry while making it clear that any false accusation will be treated as a criminal offense and prosecuted as such.

No longer should false accusations made by those with ulterior motives (seeking an advantage in custody disputes, gaining sole possession of a marital home, or ensuring commencement of child support payments) be met with a wink and a nod.

Justice for all must be the goal of our justice system. Nothing less should be considered acceptable. We hope our readers support the initiative to abolish this law.

News tips

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

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

The Valley Patriot is published monthly before the tenth of each month by the Valley Patriot, Inc., PO Box 453, North Andover, MA 01845. Copyright (c) 2011, 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.

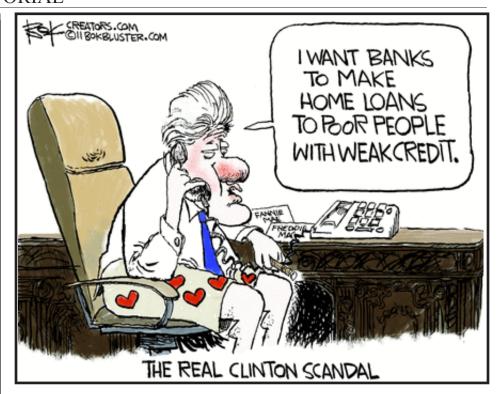
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The Valley Patriot is printed by Graphic Development in West Hanover, Mass.

Local daily news updates are online at www.valleypatriot.com



Senator Tarr on human trafficking bill

BOSTON – Calling the exploitation of people "a global problem whose ramifications can be seen at the state level," Senate Minority Leader Bruce Tarr (R-Gloucester) is asking the chairs of the Conference Committee on human trafficking to convene a meeting of the committee "as soon as possible so that we can work towards a favorable resolution without any further delay."

"Several months have elapsed since both the House and Senate unanimously endorsed their respective proposals and appointed a Conference Committee to work out the differences between the two bills," Tarr noted in a letter that was hand-delivered earlier today to Senator Mark Montigny (D-New Bedford) and Representative Eugene O'Flaherty (D-Chelsea). "While I understand the importance of proceeding in a deliberative manner when considering legislation of this magnitude,

I am concerned that with each passing day that goes by without a resolution, we are effectively denying justice to the victims of human trafficking who are relying on us to help end this terrible scourge."

The House passed its version of the human trafficking bill on June 6, and the Senate endorsed its own version on June 30. Senator Tarr was one of six legislators appointed on July 14 to the Conference Committee that has been charged with reconciling the differences between the two bills.

"I know that both of you are committed to passing an effective human trafficking statute, and have invested many hours to make this a reality," Tarr wrote. "I want you to know that I am prepared to work closely with you and to assist you in any way I can to help facilitate an expedited and successful resolution in this matter."

State Senator Bruce Tarr, Gloucester



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Occupy Movement endorsed by Nazi Party

Jeff Katz RADIO TALK SHOW HOST/TALK

We're now more than a month in to the "occupy" movement and there does not seem to be any end in sight. The question is, is that a good or bad thing?

If we are to believe the official narrative crafted by the occupiers they are a homegrown collection of concerned men and women angry at Wall Street. Now before we go any further, I do have to ask how one can be angry at a street? What motivates the anger? Too many pot holes? Lots of red lights? No parking?

Oh, okay they are angry at what Wall Street represents. But what exactly is it that Wall Street represents? Retired cops. firefighters and school teachers getting pensions due to money managers who are based at a building on Wall Street. Gotcha, not that Wall Street it's the other Wall Street

The Wall Street which is all about corporate greed. But again, I am forced to ask the occupiers to please define a word, in this case greed.

At this point, the occupy crowd normally moves on to something else.

Student loan debt! Medical Care! Mortgages! The logic, (and yes I am making those annoying air quotes while I type that word) of the occupy gang is that there should be lots of free stuff, like, education through the graduate school level.

Who pays the professors and maintains the buildings, I ask. Free medical care for everyone they demand. Well, alright then but who pays the doctors and nurses and keeps the hospitals up, I'd like to know? People who cannot afford to pay for homes should have their mortgages

forgiven. And how about those of us who only took out mortgages for homes we could afford? Do we get that wiped off the books too or are we left to pay for those who intentionally got in over their heads? The silence from the tent dwellers by this point is usually deafening, but they still have some energy left for incessant drumming and a few good chants.

Bankers! Zionists! Jews! Now stop me if you've heard this before. Ragtag mobs of uninformed people, angry at their lot in life are told to gather and learn about those who are really responsible for hurting them.

It's the bankers they are told. The posters of the evil bankers with their hook noses and funny stars. It is the Zionists who are controlling the government proclaim the speakers. Of course, the leaders of these mobs remind the assembled gangs that if it were not for the Jews, everything would be just fine. Come up

VALLEY PATRIOT EXCLUSIVE

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

will be right with the world apparently. I know that the economy is in the tank, unemployment is high and it can be extremely

with a solution for the

Jewish problem and all

difficult to get by right about now. Want to discuss serious issues of the day?

Sounds good to me. Try to come up with some concrete plans to make positive changes, and I will be right there with you regardless of party affiliation. But what we are seeing from the occupy movement is a handful OF puppet masters off to the side happily pulling the

strings of the willingly useful idiots. As one who lost family members the last time that large mobs marched and railed against the Jews, I am a little concerned.

There are good reasons that Occupy Wall Street has now been endorsed by the Communist Party USA, former KKK leader David Duke and the American Nazi Party, don't ya think?

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Watson Opposes Meals Tax at Town Meeting

Tracy Watson

VALLEY PATRIOT GUEST CONTRIBUTOR

On Tuesday November 15th North Andover will be conducting a Special Town Meeting. Among the articles on the warrant is Article 9 (Local Options Meal Tax). This article would add an additional .75% tax on top of the current 6.25% tax bringing the overall tax on food and beverages to 7%.

While the proponents of this initiative would lead you to believe that this tax will not really affect anyone, that message simply is not true. If passed this new tax will affect almost every single food establishment in North Andover and in turn every single customer they have.

Proponents of this tax will also tell you about neighbors in the Merrimack Valley who have adopted The Local Options Meal Tax already. But what they leave out of the conversation is that our neighbors who have enacted this tax have done so because they were facing bleak circumstances and draconian cuts were being proposed to balance their budgets. North Andover on the other hand has been able to avoid any cuts to services and have experienced no lay-offs all while balancing our budget without having to place

this burdensome tax on our restaurant businesses.

Many other communities in Massachusetts have also adopted this optional tax. However this tax has been most attractive to communities with high tourist and commuter traffic, where community leaders can claim that most of the revenue actually flows from out of town people, therefore placing less of the burden on local residents.

Joseph O'Brien, the Mayor of Worcester was recently quoted as saying, "We have a lot of visitors and 30,000 college students with a good bit of discretionary income. "Can we say the same for North Andover? If not then who will this burden fall to?

More troublesome than the burden it places on local restaurants and residents though is the lack of solid accurate figures. The Department of Revenue projects that North Andover would receive \$413,000 each year if this measure is adopted but in many cities and towns where this measure has already been adopted they are quickly finding out that the DOR projections are not totally accurate.

For instance, in the first six months of 2011 Fall River saw more than 38% less than DOR projected, Westport saw a 60% difference and New Bedford received 40% less than expected. Our own neighbor Lawrence had numbers come in 25% less in actual over projected revenues. In these uncertain economic times it is fiscally dangerous for North Andover to depend on consumer dollars not yet spent.

I also feel that very important points are being lost in the mix of this debate. What is being forgotten is that our restaurants, pubs, bakeries, donut shops, pizza shops and on and on already are contributing at a higher rate to our community. Currently residents have a tax rate of \$13.52 per thousand while our businesses pay \$18.63 per thousand.

More importantly than the fact that our businesses are paying a higher rate for their properties is the fact that they also bring jobs to our community. Noteworthy as well is that they are quite willing to support our schools, our sports teams, associations and our non-profits with donations of not only product but financially as well. These establishments are true partners with North Andover. They are an integral part of our community.

Even if you wish to believe that this tax will not really hurt anyone and that it will not cost the individual consumer all that much you must accept the fact that it will transfer hundreds of thousands of dollars from the private sector to the public sector. In these fiscally fragile times for all small businesses why would we want more money leaving them? In particular while North Andover seems to be in the middle of a restaurant boon?

North Andover has been holding our own and increasing our tax base with numerous restaurants and other businesses locating within our borders. More are in the pipeline for 2012. I see this tax as one that discourages business. Let alone the fact that it unfairly targets one business population. Which in and of itself begs the question...who's next?

This initiative is called the Local "Options" Meals Tax because the folks have an option. I view this option as a lifeline that North Andover should again hold off on implementing unless we find ourselves in the same dire situation as our neighbors found themselves in when they adopted it.

Because of these reasons and so many others I ask you to join me in voting NO on Article 9 at North Andover's Special Town Meeting on November 15th at 7:00 p.m. at North Andover High School.

Fitness Together Business Owner Steps Out for Diabetes

By Martha Hicks Leta

For the second year in a row, Maureen Sullivan, owner of Fitness Together North Andover served as her studio's team captain in the Boston Step Out Walk to Stop Diabetes on October 22 on Boston Common. Sullivan's studio is part of a collaborative effort by participating Fitness Together Studios throughout New England, which have pledged to raise \$25,000 for the American Diabetes Association.

During the course of the day, Sullivan met a number of people who approached the Fitness Together table to share their personal stories of family members who have either type I or II diabetes.

"One young woman spoke about her

experience babysitting her young cousin when he was a child and having to admin-

ister his injections, "says Sullivan. "He had an older brother who did not have the disease. The young boy would cry every time he had his injections. This young woman shared a moment when the young boy turned to his older brother and said, 'When I grow up, there will be a cure of my disease and I'll be normal just like you." Sullivan continues, "She said she

never forget this moment years ago when her young cousin made his comment."

It's no surprise this woman has shared

such a personal story with Sullivan, who is, for all intents and purposes a total stranger. Maureen says a lot of women who come

> to her studio need someone to talk to as much as they need fitness expertise, and over the years she's learned to be a good listener.

Sullivan is clearly impressed with the young woman's story. "Here we are years later, closer to a cure, but still a high number of people suffering from the disease.

That is why she walks every year."

As Sullivan points out, this cause matters a lot to a lot of people and the money raised is a big part of it. MC'd by Mix 104 morning drive disc jockey Karson, the opening ceremony featured team leaders and corporate sponsor presentations. Fitness Together studio owner and Marketing Director Steve Lichtman presented a check to the ADA for \$20,000 from all Fitness Together Studios participating in the 2011 ADA co-operative program.

Maureen Sullivan is proud to be part of that effort. "It is a pleasure to be an owner of Fitness Together and be partnered with the ADA to continue to find a cure for diabetes."

To learn more about Fitness Tog ether's fitness programs and type 2 diabetes programs, contact Maureen Sullivan at Fitness Together in North Andover at 978-659-0047 or check out the web site at www.ftnorthandover.com

Activities From the North Andover Senior Center

The North Andover Police Department received a call from a town resident who was concerned about receiving a MEDICARE phone call. A call was received from a female caller with a strong accent who called her to tell her she was scheduled to receive a new Medicare card. The caller confirmed the woman's address (which can be obtained on-line or in the phone book) and then began asking specific questions regarding the woman's bank. At that point the woman terminated the call. The call was from a private number and could not be traced. When you receive your MEDICARE card it is issued through Social Security. Your Social Security number is used for the purpose of identifying you and the program you are enrolled in. Under no circumstances would Medicare call a client and request information regarding personal bank information or to issue a new card. Remember you are in charge when you pick up the phone. If you feel the call is legitimate, request a number to call back or have them request the caller to send the information through the mail. Social Security of Massachusetts would NEVER call to assign a new number or card.

DOCUMENT SHREDDING: Saturday, November 12, 9 a.m. to 12 noon at the parking lot at Public

Works, 384 Osgood St. There may be a nominal fee for each reasonably sized box you bring to the site to be shred-

ded. **POOL TABLE** AT THE **SENIOR** CENTER: The North Andover Youth Center has donated a pool table to the North Andover Senior Center. The Zumba Gold w/Tallie, Wed 4-5 Zumba Fitness w/ pool table is Tallie, Thu 4:30-5:30 Zumba Fitness w/ Tallie, Sat

set up in the

interfere. ZUMBA WITH



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> THANKS-**GRAMS GIVING** FEAST: Thursday, November 17, 12 noon,

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HOLI-DAY FAIR: Saturday, November 26, 9 - 2 pm, Hand Knitted items, baked goods, jewelry

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STRESS RELIEF: Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Pranic Healer. \$5 donation to the Senior Center.

FOOT CARE SCHEDULE CHANGE: Dr. Connolly is scheduled to see clients on the 2nd Wednesday of every month starting September 14 from 1 - 4 pm by appointment only.

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

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

THE FIX – IT SHOP: (New Hours) The 1st and 3rd Monday of the month

SENIORS: PAGE 13

9:30-10:30am Zumba Fitness w/ Mary.

Major Scientific Breakthrough!! New Human Subspecies Identified: Homo Occupaduses

Doctor Chuck Ormsby VALLEY PATRIOT EDITOR/COLUMNIST

For years they have lived among us. We thought they were one of us. Certainly we share a remarkably similar physiology. To paraphrase Shakespeare's Shylock, "If you prick them, do they not bleed? If you tickle them, do they not laugh? If you poison them, do they not die?"

They do not inhabit a different geography, although we often wish they did. They seem to thrive by living among us; in fact, their very survival apparently hinges on

our presence. Clearly, the geography they inhabit is not their defining characteristic.

On the contrary, homo occupaduses are distinguished from homo sapiens based on their unique mode of survival. Instead of using their brains to produce the goods and services needed for survival, they use their admittedly limited cranial capacities to avoid work while extracting the goods and services they need from productive homo sapiens.

Clearly this qualifies them as a subspecies based on an ecological subdivision. If their distinctive means of survival and their

utter dependence on the productivity of the remainder of their species doesn't qualify them for subspecies status, what does?

How was this breakthrough accomplished? It might never have occurred if the subspecies homo occupaduses had not made a colossal mistake. The survival strategy of this peculiar subspecies



depends on blending in and not being identified by their host as parasites. But, fortunately for the productive among us, a particularly bold subgroup has recently coalesced to demand we grant them a greater

It is logical for parasites to be attracted to hosts that possess the greatest and most accessible store of the loot they seek. One would expect homo occupaduses to be attracted to large, wealthy cities since they host the most productive homo sapiens ... the capitalists. Of all the world's cities, what city and section would attract them

> the most? New York City and Wall Street, naturally.

There you have it, the Wall Street occupiers: Homo Occupaduses.

Now that we have discovered and isolated this despicable subspecies, it is possible to study them in greater detail.

After several weeks of close scrutiny and drawing on observations made over decades prior to the actual identification of this subspecies, thirteen secondary characteristics, beyond the unifying parasitic means of survival, have been identi-

These thirteen characteristics are: compulsive

dishonesty, a pack mentality, a preference for employing force instead of persuasion, arrogance, a sense of entitlement, slothfulness, short term thinking, a hatred of private property, an ignorance of history, hatred of the U.S. and Israel, low IQ, the substitution of screaming for rational discourse, and body odor.

One occasionally encounters a member of homo occupaduses that does not share all thirteen of these characteristics, but such encounters are rare - like finding a three-legged elephant.

If you think you have found an exception, it is wise to investigate further. For example, you might encounter a seemingly intelligent member of homo occupaduses but find out later that they were routinely using a teleprompter.

Which brings us to the obvious policy question: What should we do with them?

Clearly they should not be extended the right to vote, especially on issues of importance like taxation. Who in their right mind would let mosquitoes vote on how much blood should be extracted to ensure that they are satiated? Should they be allowed to live among us? Obviously they are a threat to the well being of all productive

Definitions

Species (n.) Biol. the major subdivision of a genus or subgenus, regarded as the basic category of biological classification, composed of related individuals that resemble one another, are able to breed among themselves, but are unable to breed with members of another species.

Subspecies (n.) Biol. a subdivision of a species, esp. a geographical or ecological subdivision.

Ecology (n.) the branch of biology dealing with the relations and interactions between organisms and their environment, including other organisms.



homo sapiens. Maybe only those with a willing and productive homo sapiens sponsor should be allowed to remain. Without a consenting sponsor, one that can produce the needed goods and services for a homo occupaduses survival, surely their survival will of necessity be based on the theft of goods and services from the unwilling. How, in good conscience, can that be allowed?

The other reason that a willing homo sapiens sponsor should be required is that such a sponsor can insist on a modicum of bodily hygiene; not to mention insisting that the dependent homo occupaduses perform some chores around the house while acquiring a useful skill. Who knows, it may be possible to actually convert a few borderline occupaduses to productive members of society (a highly speculative conjecture for which there is little reliable

evidence, but further research may be warranted).

While we are sorting out these policy questions, I advise all homo sapiens to avoid letting the occupaduses know we have identified them. If they find out that we are on to them, they will meld back into polite society and resume the covert tactics which have served them well for so many generations.

Finally, if you know any homo occupaduses, I suggest you buy them a one-way ticket to Greece where they will feel right at home with millions of other homo occupaduses.



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

You can email him at: ccormsby@comcast.net

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The Skyline, the Ice Bar and Free Markets Galore ... where else but Hong Kong?

Natalya Orlando

VALLEY PATRIOT GUEST COLUMNIST

As the plane descended, I saw the spectacular coastline and mountainous region which make Hong Kong a destination of such natural beauty.

This was my first time in Asia and hoped it would be one of many. Fifteen hours later, I was finally on the other side of the world. From the moment I landed there, it was nothing short of amazing. As a special administrative region of the People's Republic of China, Hong Kong is under the "one country, two systems" referring to how their political system differs from mainland China. Hong Kong is allowed to be a sovereign state and enjoys a high level of autonomy for the next one hundred years as stipulated by the British government upon passing control back to China in 1997.

The first weekend I was there, I toured Hong Kong and got to see the famous city skyline of Kowloon. I walked along the Avenue of Stars under the beautiful night sky illuminated by the bright lights along the water. Modeled after Hollywood's Walk of Fame, Kowloon pays tribute to some of their famous residents such as the late Bruce Lee, Jet Li and Chow Yun-Fat. Halfway along the Avenue of Stars, Hong Kong's most famous resident, Bruce Lee is memorialized in bronze against the backdrop of the skyline. Serving as a

sad reminder of his premature death, the statue depicts him striking his classic pose as seen in his 1972 movie, "The Fist of Fury."

World renowned for their economic prosperity and high quality of life, Hong Kong is the world's freest economy according to the Index of Economic Freedom.

Jointly created by the Wall Street
Journal and The Heritage Foundation, it
measures the degree of economic freedom
in every country around the globe. Implementing Adam Smith's belief that individual liberty results in greater prosperity
for all of society, they designate which
nations are more conducive to economic
prosperity. As a supporter of free markets
and limited government, I witnessed their
economy firsthand in a program through
Georgetown University.

In conjunction with the Asia Institute for Political Economy, I spent the month of July studying economics and Hong Kong's free market economy. Our professors covered various topics such as: the theories of classical economists Friedrich Hayek and John Maynard Keynes, equality vs. inequality, taxes, economic prosperity and free trade. In contrast to government intervention, we focused specifically on why a non-intervention public policy will result a prosperous and vibrant economy. Another component of this unique program was to hear from the

leading political, business and economic experts in Hong Kong today. Memorable guest speakers included: President of the American Chamber of Commerce in Hong Kong Richard Vuylsteke, Economist writer Thomas Easton and co-founder Andrew Work, of Hong Kong's leading free market think tank, The Lion Rock Institute.

While there, I wanted to absorb the culture and interact with the residents which arose with our first out of class activity. An exciting yet challenging assignment for our economics class was to negotiate for five items at the night market. Temple Street marks the location of Hong Kong's longtime tradition of vendors lining the streets selling their goods at rock bottom prices. The night market was bright, humid and crowded as I witnessed shoppers haggling with merchants in mandarin. I spent a lot of time just wanting to get lost in Hong Kong and immerse myself into their customs and traditions. A lot of us spent time exploring Lan Kwai Fong which is a section of cobble stone streets aligned with numerous shops, restaurants, bars and clubs. Known for its nightlife, Lan Kwai Fong is home to the unique Balalaika Russian Ice Bar & Restaurant. Well known for their closed in freezer ice bar, it can accommodate a small party and is stocked with a full bar, ice counters, ice seats and fur mats.

While there, I wanted to see other parts

of Asia which prompted a visit to China's other administrative region, Macau for the weekend and Lantau Island. I also toured an old Chinese fishing village, sang at karaoke, visited an interactive exhibit in the dark, went to a trolley party, ate dim sum, climbed the highest peak for a stunning view of Hong Kong and was caught in a typhoon. Hong Kong was not the only destination I could have chosen from, but I clearly chose the right one. Due to China's oppressive government and communist policies, I have had some people say "Why China?"

Anyone who has been there would understand. Hong Kong felt like paradise with its tropical climate and stunning landscape. It is an enchanting place full of history, high rise buildings, mountains, bays, parks, waterfalls, and sections reminiscent of a jungle. It is after all, Asia's Gateway City, known for its skylines, the ice bar and free markets.



Natalya's love of politics and international affairs prompted her to attend graduate school at the Brussels School of International Studies in Europe and also participate in Georgetown's free markets

program this past July in Hong Kong. She is a licensed realtor and notary public in Massachusetts, but is currently on the campaign trail for Ron Paul.

Redistricting for 2012 Lawrence, Andover, N. Andover

Jamison Tomasek

VALLEY PATRIOT POLITICAL COLUMNIST

The results of the Massachusetts legislature's redistricting commission, at least as far as the House and Senate are concerned, are official. In a fair world we would have legislative districts that represent a common interest and have geographic integrity, but no one has ever called the political environment in Massachusetts fair. While the committee trumpeted their transparency, once it came down to actually drawing the districts the Democrats got together behind closed doors (as they do on all issues) and came up with their plan.

What transpired locally? Well they made a mash of the Lawrence and Greater Lawrence House districts. They could have made Lawrence into two districts, which would result in two city residents representing the city. Instead they had to take into account the fact that Rep. David Torrisi (D- N. Andover) can't win his own hometown, so they had to shave off part of Lawrence and put it into his district to make certain he had enough votes to win again. They took aim at Rep. Paul Adams (R-Andover) and pretty much took the

most favorable chunk of his district away and gave him more Democratic precincts. He has already moved to stay within it.

Rep. Jim Lyons (R-Andover) actually got a better district, though the entire town of Andover should be one district, which it was for many years until 2002. Many people expected this to happen and Adams and Lyons to face-off. Lyons got a precinct in conservative North Andover added and picked up two conservative precincts in Tewksbury, which Adams won handily in 2010. He lost other

precincts in his six-town district, making it less gerrymandered than before.

So what does the 17th (Adam's current district) look like after redistricting? It's the three Andover precincts that border Lawrence, E-1 in South Lawrence (the most Democratic voting areas of E) all of

Democrat voting Tower Hill (D) and to weight it even further, part of solid Democratic B and C and a solid Democratic

precinct in Methuen. Most Republicans (like statewide candidates) lost 80% to 20% (or worse) in those precincts in 2010. Rep. Marcos Devers (D-Lawrence) picks up areas south of the river in E and F that were formerly part of Torrisi's and Adam's districts, while maintaining his base in the north.

Adams, who knocked on 10,000 doors in 2010, will be need to knock on

7,000 new doors in 2012, many of them requiring him to deploy his Spanish language skills to be successful. He will need to win the three Andover Districts 2 to 1, do well in the precincts he already had before and then get 25-30% of the vote in his new precincts.

Rumor has it that City Council president Frank Moran is already planning to run for this seat and he will be a formidable candidate and of course enjoy the benefits of both the state and city machines. It's unclear whether Adams will run an anti-Lantigua campaign, which would help in Andover and with Anglos in Lawrence. This would be a bit problematic for him as the Mayor supported him in 2010. The redistricting committee ignored calls from Latino groups to create a majority-minority (meaning Latino) Senate district combining Lawrence with parts of Methuen and Haverhill. This is not surprising as Sen. Barry Finegold (D-Andover), who would be the most effected as Lawrence provided his margin of victory in 2010, was on the committee. Another note is that Methuen, Haverhill, and other Merrimack Valley towns were barely affected by the restricting process.

So another census and more gerrymandering helps continue the dominance of the Democratic Party in this state, but don't let that stop you from getting involved. This state still needs you to keep up the fight, and potentially level the playing field next time around.



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VALLEY PATRIOT STAFF

At Large City Council

All three Lawrence City Councilors at Large were reelected last month garnering more votes than the three challengers. Council President Frank Moran topped the ticket city wide with Roger Twomey placing second and Dan Rivera winning a seat on the council again placing third. Failing to secure a seat as city councilors at Large were Chally Ramos, Ed Rodriguez and George Salas.

Lawrence Mayor Willie Lantigua endorsed Moran and Twomey but in a surprise move had recorded calls go out to thousands of homes on election day saying to vote against Dan Rivera, a long term Lantigua ally who had approved nearly every major initiative Lantigua put before the city council in the last two years. Lantigua also made personal live phone calls to thousands of Lawrence voters begging them to vote against Rivera and endorsing Salas to replace him. Though Lantigua was successful in getting Moran and Twomey elected at-large, he failed to secure a spot for Salas.

For his part, Lawrence City Councilor Roger Twomey played both sides of the Lantigua fence accepting his endorsement after two years of rubber stamping nearly all of his initiatives before the

council. Lantigua had once publicly called Twomey a "racist" when he was the head of the licensing board and had Lawrence Mayor Mike Sullivan send Twomey's name down to the city council to be fired.

Asked if he had planned on refusing Lantigua's endorsement, given that the bulk of his campaign support came from Lantigua opponents, Twomey dodged the question saying he neither sought nor asked for Lantigua's endorsement but he refused to reject the endorsement.

District "A" Prospect Hill

Mel Perkins was unsuccessful in trying to unseat Lantigua ally Sandy Almonte as the District "A" councilor on Prospect Hill. Almonte defeated Perkins who is the husband of former City Councilor Jude Perkins who also worked in city hall until recently when she filed a lawsuit against the city and the Lantigua administration.

District "B" North Common

Four term Lawrence City Councilor Grisel Silva was defeated handily by Mayor Lantigua's hand-picked candidate Estella Reyes. Silva had been an onagain, off-again supporter of Lantigua and once declared that critics of Lantigua was "racist" when they demanded that he give up his State Representative seat after becoming mayor in 2010. Silva had been involved in numerous scandals in previous years but always managed to get reelected by 20-30 votes. This year, with no mayoral race to keep Lantigua busy, Silva was one of two incumbents that Lantigua targeted from the beginning of the campaign.

Lantigua, as he did in every district except the white neighborhoods in South

Lawrence, sent out sample ballots with the names of his favored candidates already marked. "They were coming in all day," one election worker told the Valley Patriot. "they came in with Lantigua's sample ballot,

them had no idea what they were doing and most didn't even speak English, but they knew that they wanted to vote for Lantigua's candidates and when it was over Grisel got beat."

But it wasn't just Lantiua's power that defeated Silva. The vocal and sometimes bombastic councilor had no ground game on Election Day. Her ability to get out her strong base of support that had sustained her in previous elections was nearly non-existent.

District "C" Arlington Neighborhood Former Lawrence City Councilor Jorge Gonzalez was handily defeated by newcomer Kendrys Vasquez, (a Lantigua backed candidate) who also has ties to Lawrence Community works, a non-profit that gets government money from the city to build and rehab low income housing. Gonzalez had no GOTV (Get out the vote effort) on Election Day and raised almost no money while Vasquez had an overwhelming presence on the campaign trail. For his part Vasquez, at a very young age, has been involved in dozens of civic organizations and volunteer efforts throughout the city for the last five years.

District "D" Tower Hill

School Committeeman Sammy Reyes, known as the man who took down Superintendent Wilfredo Laboy in the print shop scandal that lead to indictments and a guilty plea by his brother Israel was defeated by incumbent councilor Oneida Aguino. Aguino was backed by Lantigua and has been a strong supporter of every major proposal Lantigua put before the council. She did little campaigning, though purple garbage barrels with her name on it began to pop up all over Broadway in Lawrence. Reyes had no campaign "team" and no ground game on election-day. He told the Valley Patriot on Election Day that he was worried he may not win. "You see them coming in to vote with Lantigua's picks in their hands and I just don't get it. How can someone just vote for who someone else tells them to vote for? Don't these people have minds of their own? I mean she has done nothing for this district in the last two years and now people are going in to vote for her because Willie says so? That's just really discouraging."

District "E" Mount Vernon

City Councilor Eileen Bernal won handily in her bid for reelection against newcomer Kathleen Runge. Runge campaigned hard but was no match for Bernal, whose husband Less Bernal is one of the best political minds in the Valley having run successful campaigns for David Torissi in North Andover, Senator Sue Tucker in Lawrence, Andover and Tewksbury, Barry Finegold in Andover and Lawrence and several local candidates. Bernal's votes over the last two years have made Lantigua more than happy with her performance. But Lantigua didn't campaign for Bernal as the voters in District "E" have traditionally opposed Lantigua and his efforts to control the city. Had Lantigua sent out endorsements to the Mount Vernon area it would have cost her votes. But, whether it was Bernal (who rubber stamped most of Lantigua's major initiatives) or Twomey (who did



the same), the voters of Mount Vernon failed to hold them accountable for their allegiance with Lantigua. Both Bernal and At-Large Councilor Roger Twomey won overwhelmingly in their home district paving the way for a hand-picked Lantigua candidate in two years to defeat Bernal

District "F" South Lawrence East

Lawrence City Councilor Marc Laplante said on WCAP radio the Saturday before the election that he was "worried" after learning that Lantigua was knocking on doors in his neighborhood and personally asking Latino voters to defeat Laplante. The two term councilor had no opponent in the primary but Mayor Lantigua personally recruited the brother of his aide in city hall and got enough write in votes for Randy Jaime to challenge Laplante in November.

Laplante stepped up his ground game and doubled his efforts in the final week before the campaign and was still making phone calls to voters asking them to come out and vote, even ten minutes before the polls closed. In the end Laplante said he even surprised himself to see how successful his get out the vote effort was.

"We were concerned, very concerned, even as the vote tallies were coming in. Willie Lantigua is a master at elections and I'm just glad that the voters of District "F" let their voices be heard and that they came out to support my efforts on the council."

At the end of the day Lantigua was successful in getting seven of the nine councilor seats occupied by his allies with only Laplante, and Rivera left to challenge him and hold him accountable for the way he spends the taxpayer's money.

Thank you to the voters of District "F" for the opportunity to serve you and the children of Lawrence.



Jim Blatchford

Lawrence School Committee

THANK YOU!! For your vote support! JEN COOPER SCHOOL COMMITTEE DISTRICT E

Today's Forecast is Partly to Mostly Cloudy

Peter Larocque VALLEY PATRIOT COLUMNIST

When the weather is partly to mostly cloudy, seeing clearly becomes diminished as it is at times in the politics. A politician's loyalty to their constituents becomes unclear and cloudy and at times just downright too difficult to see. So the question before us that needs to be answered by each politician is the best interest of your constituents your Priority, or what is in the best interest of your political party's agenda your Priority?

One political party holds to the belief that Government and its social programs have the answers to all that ails America today. Another political party holds to the belief; the less government intervention into the lives of Americans the better. One political party believes and acts like the money government receives by taxing its citizens is theirs and that they can re-distribute it as they see fit, (example, Solvndra). The other holds to the belief that the money government receives is still the people's money, but still manages to re-distribute it, (example, No Child Left Behind). I will be writing a future column discussing the difference between Limited Government and Small Government, these are not synonymous.

Going back to around 1933 to 1936, the Federal Government came up with what was called the "New Deal", a series of economic programs passed by the U.S. Congress in response to the Great Depression. Programs that focused on the "3 Rs"; Relief, Recovery, Reform. That is, Relief for the unemployed and poor; Recovery of the economy to normal levels; and Reform

of the financial system to prevent a repeat depression. Well, how's that working out for us today? It looks to me in retrospect "The New Deal" is responsible for ushering in the welfare state which gave us the entitlement mentality and is benefiting one political party more than the other.

What has caused me to reflect on this is due to the thinking of some of today's government officials and the term being thrown around which is, "onetime money". Recently in the City of Lawrence there have been a couple of "onetime money" situations that have caused me to not clearly understand the priorities. First, the money whether it is "onetime money" or not, still originates from the same point, the pockets of its taxpaying citizens. Government doesn't generate or create its own money, it gets its money from us and then re-distributes it to where they see fit, this practice is called the re-distribution of wealth. The City of Lawrence recently received \$631.000; "one time money" to hire Police Officers which we all know is a need in Lawrence. Prior to this welcomed announcement, there was another announcement without a news conference of approximately \$10Millon Dollars, "onetime money" to build a sound barrier wall on Rt.93 spanning the distance of Andover. The nearby neighbors of Rt. 93 have been complaining of the noise coming from the highway. So politicians decided to re-distribute this "onetime money" in this time of need. Does anybody see what maybe a problem with this? What is more of a priority, more Police Officers in Lawrence or a Wall on Rt.93? When I asked the politicians this question, the response was, "this is

onetime money"! So the same politicians decide to give \$631,000 to Lawrence as "onetime money" to stop the escalation of crime in Lawrence and on the other hand decide to give approximately \$10Million Dollars to prevent noise. One might think that priorities are partly to mostly cloudy, wouldn't you think? The explanation we get from our well meaning Politicians, this is "onetime money and all we can do is keep trying to get more grants". Hearing this answer, we the people are supposed to now just say, okay thank you very much and then go away quietly.

What about doing the obvious, switch the two "onetime monies", approximately \$10 Million for Police Officers and \$631.000 for a wall? Why not since all the money comes from the same place? This is a major problem with the practice of re-distribution of wealth. A Fundamental Truth that should be known by every US Citizen is, when you or I reach into our pockets and give money to someone else who needs it, that's called charity! When the government reaches into our pockets and gives it to someone else, that's called socialism! In this situation, we have politicians who are of the opinion that they know better than those who they are serving. Not following simple fundamental financial principles causes Politicians to have their priorities mostly cloudy. What good does a wall on a highway do when the safety of the people and their property on the other side of that wall are in jeopardy?

This isn't just a Lawrence problem! The City of Newburyport is getting \$8 Million Dollars to build a bike path spanning I-95 as part of the Whittier Bridge Improvement Project. Did anyone ask the citizens of Newburyport for their opinion? I personally have nothing against bike riding, I like bike riding and according to my family, I need to do more of it!

Where is the speech, "We all need to share in the sacrifice and take responsibility to do more with less"? I guess this only comes out when budget cuts are needed to be made in Public Safety, i.e., Police Officers and Firefighters!

The building of walls and bike paths coincides with Representative Jesse Jackson Jr's (D-III.)804Billion Dollar jobs plan unveiled in October of 2011 which calls for the US Government to hire the nation's 15 Million unemployed Americans for \$40,000 each, costing 600 Billion Dollars,104Billion Dollars to bail out States and another 100Billion Dollars to bail out cities. Here we have proof positive that for one certain political party, their agenda of Big Overreaching Government is Priority!

This is why I have always held to the belief that as far as local politics goes, and I am referring to the City Council Level, it shouldn't matter if there is a (D) or (R) before their name. At this level the priority always should be the constituents!

So in conclusion: we can see very clearly that for some of our Politicians their loyalty to their constituents is partly to mostly cloudy! On the other hand, their loyalty to the agenda of their political party is very clear. Only the citizens who are knowledgeable of their rights under the U.S. Constitution will be able to determine when sun glasses are needed!

God Bless you all and have a Happy Thanksgiving Holiday!

Election Night, 2011 in Lawrence OFFICE CORNEL DISTRICT B PROPERTY COUNCIL DISTRICT B PROPERTY COUNC

Congratulations are in Order:

Diana Fay DiZoglio VALLEY PATRIOT METHUEN REPORTER

Senator Steven A. Baddour told the Valley Patriot on elction night, "Congratulations to all of the winners in Methuen's municipal elections. I am very proud that there was a diverse ballot of candidates this election. When concerned citizens put their name on the ballot, they show the community that they are truly concerned about the welfare of the City of Methuen. I look forward to working with our community leaders on the issues that face Methuen every day."

"Congratulations to all of the winners. This is an important time in Methuen politics and an important time for our future. We have some new blood and I am looking forward to working with everyone," said State Representative Linda Dean Cambell.

Mayor Bill Manzi commented, "It was a great night for Methuen. Congratulations to Mayor Elect Zanni. He did a great job and worked very hard. Also, congratulations to the council candidates. I think that we are going to have a great new council; best of luck to everyone!"

Our Mayor Elect: Stephen N. Zanni:

During his victory party at The Merrimack Valley Golf Course, Mayor Elect Zanni commented, "I feel great! I am elated of course although we are going to have a lot to do over this next month. Right now, I am just really happy and look forward to being a mayor for all of Methuen."

Our City Councilors-At-Large:

Unsurprisingly, Jennifer Kannan topped the ticket for City Councilor at Large with 5033 votes. Jennifer Kannan, in what will now be her third term, plans to make public safety a top priority and to fully support MHS renovations. "I will do my best to make Methuen a great place to live! To everyone who went through this process from June through today, I congratulate you for your hard work for the residents of Methuen", said Kannan.

Joyce Campagnone came in 2nd with 4724 votes and stated, "I know that the voters had a big selection to select from and I want to thank them for electing me in, once again. I am glad to have another opportunity to serve the people."

Michael E. Condon trailed closely behind with 4633 votes. "Thank you. The weather was beautiful yesterday and it was a great a great day. We are really excited," said Condon. He had been driving around town on Election Day in a big red van, with his campaign sign taking up the length of the van. He had a catchy jingle, written about Methuen, blasting from his outside speakers as he beeped and waved at bystanders. "We try to liven things up. People are standing around all day. I am from the old school and campaigning is supposed to be fun!"

Our Central District Councilors:

Lisa J. Yarid Ferry made out with 1,234 votes, which put her in first place. "All of my hard work paid off and the voters heard my message. I will do my very best to be there for the people of the central district; that's my priority. These are my neighbors, my friends and the people closest to my heart," said Ferry. During her victory party at The 1859 House in Methuen Square, Ferry proceeded to get

up to the microphone with her band and sing a few celebratory tunes.

Following in 2nd with 976 votes, James Atkinson stated, "I want to thank everyone who supported me on this campaign—especially my family." Mr. Atkinson's first plans in office are to begin analyzing the budget for possible cost-savings and to speak with citizens regarding public safety issues especially as it relates to the fire and police department. "I want to make sure that we have all of the tools we need to keep Methuen residents safe," said Mr. Atkinson

Our East District Councilors:

Ron Marsan topped it in Methuen's East District Council race with 1,927 votes. "I would just like to thank all of the people that did come out to vote for me. I sincerely appreciate and will do my best." Coming in 2nd with 1,865 votes, Tom Ciulla remarked, "I am going to work extremely hard in my new seat. I especially want to thank Precinct 7, The Valley, as they gave me such a huge vote. I will never forget what they did for me."

Our West District Councilors:

Jeanne Pappalardo came in 1st with 1,877 votes. "This will be my last two years due to term limits—and I am in favor of term limits. I just want to thank all of my very loyal supporters for everything they have done for me over the last four years." said Papparlardo. Sean Fountain came in 2nd with 1,762 votes.

Our Methuen School Committee:

Mary Jean Fawcett topped the ticket with 4,633 votes. Deborah Quinn was a close 2nd with 4,423 votes. Coming in 3rd with 4008 votes, Mark Graziano stated, "I would thank everyone for voting for me today. The biggest plan is to tighten up the budget with a fiscally conservative approach." Mr. Graziano said he has 13 yrs. of experience with school finance and hopes to "help the superintendent and the business manager build a budget that is financially sustainable not just for today, but for the future."

At 4th with 3,984 votes, Lynne Hajjar Kumm commented, "I am a parent of schoolchildren and think that a parent's perspective is needed on the school committee. I ran on 'Excellence Matters', because I believe that every child should have the opportunity to reach their highest potential."

Evan Chaisson at 5th with 3,975 votes stated, "I thank those of you who were at the polls holding signs. A most heartfelt thank you to everyone who came out, on this beautiful November day, to vote for me." B. Pierog Grondine finished 6th with 3,639 votes.

Our Tech High School Committee:

For the GLTS School Committee, Kenneth Henrick topped the ticket with 4,681 votes and Thomas L. Grondine came in 2nd with 3,852. "I will do my best to give the students of Methuen the best representation; they deserve it" said Mr. Grondine.

The Housing Authority now has Robert M. Sheehan who received 5,429 votes and Kathleen A. Mulligan who received 5,425. Arthur Nicholson, III pulled in 6, 419 votes to top the ticket for The Memorial Library. Josephine Napolitano came in 2nd with 5, 505.

The Valley Patriot offers its sincerest congratulations to all of Methuen's winning candidates! Best of Luck!

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EVERY VOTE COUNTS: The Hotly Contested Mayoral Race

Diana Fay DiZoglio VALLEY PATRIOT METHUEN REPORTER

Methuen mayoral candidates Stephen N. Zanni and Al DiNuccio both ran rigorous campaigns on opposite platforms. While Zanni was deemed the more fiscally liberal supporter of municipal employees, DiNuccio was known as the voice for change as he looked to rein in spending.

Zanni barely topped the ticket with only 28 more votes than DiNuccio and 98 blanks. While some argued that there is no need for a recount as everything is now done electronically, DiNuccio begged to differ. Post election results, he commented on his follow-up plans.

"We are not conceding this race," said DiNuccio. "We are going for a recount and will go through the proper channels to get a recount started. There were 98 votes not cast for mayor and those are the votes we are going after."

According to DiNuccio, the recount process consists of gathering, 10 signatures from each precinct for 120 total and

filing the paperwork in three days. The state and the city would be involved in the recount. "We are going to go hand count every signature. If someone put even a dot in the circle, it doesn't go through the machine. So, we have to hand count them and we'll contest every single one," he concluded.

Referring to DiNuccio's mention of a recount, Zanni stated, "he is entitled to a recount of course and that's fine. We'll wait to see what happens with that. For now, I am just happy and I think a lot of people are happy. I want to be a mayor for all of Methuen."

Co-owner and manager of Merrimack Valley Golf Club, Kevin Kattar commented on the importance of getting voters to the polls. "These 28 votes changed the dynamics of the entire city. Especially, in a small city like this, every vote does count! This should be a message to all of the young people and everyone," said Kattar.

ON TAKING THE HIGH ROAD: Mayoral Candidates' Families in Spotlight

Diana Fay DiZoglio

VALLEY PATRIOT METHUEN REPORTER

At polling locations across the Commonwealth this past Tuesday, families of candidates came face to face with their challenger's family. Many were forced to hold signs alongside their challenger's kin for hours at the polls. As anyone who has ever volunteered in a campaign can attest, come Election Day you are tired, stressed out and emotions are running high.

In Methuen, it was a long and debate-filled trail for the mayoral candidates and their families. Their children have, of course, had a front row seat to watching both the public praise and ridicule. Still, there they all were on Tuesday, smiling and ready for action at the polls. While the mayoral race had many issues surrounding it this election season, both candidates deserve praise for their children who were all class acts across the board.

The DiNuccio Home: Regarding some of the negativity expressed toward Al DiNuccio during the campaign about the current issues facing Methuen residents, his daughter April said, "We just have to bite our tongue and let my dad prove that he is going to bring about a good change. We are very family oriented, so whatever he needs we are there with him trying to get the message out about what we are trying to change for Methuen. I can only hope for the best for him. I am proud of him, he has worked really hard and I give him tons of credit. He was out there every

single day trying to show what he is going to do for this city."

DiNuccio's son, AJ, said, "We are looking for new and better things and to get the career politicians out." When asked about how the family's role along the campaign trail is concerned, he said that the family is very supportive. "My mother and father do everything for us. We are keeping in good spirits for my father and I hope that everything works out for him. We made calls, held signs, did handouts and anything else we could to get him in there. We didn't really take in the negative stuff. We just stayed positive and went along with what we had to do." In conclusion, AJ commented, as he looked across the street at his father, "I am proud of him. That's my father right there and I will always be proud of him no matter what."

The Zanni Home: Steve Zanni's son Jeff called the campaign "energetic and exciting." "We really want to see Methuen move in a positive direction. It's something that my dad has really wanted for a very long time. He put his whole heart and soul into this entire campaign. For myself, in following my dad along his campaign trail, it was unbelievably moving to see how well received he has been by the people of Methuen."

Zanni's daughter, Mrs. Zanni-Pesce said, "This has been a really positive experience. We have definitely tried to stay

MAYOR, page 34

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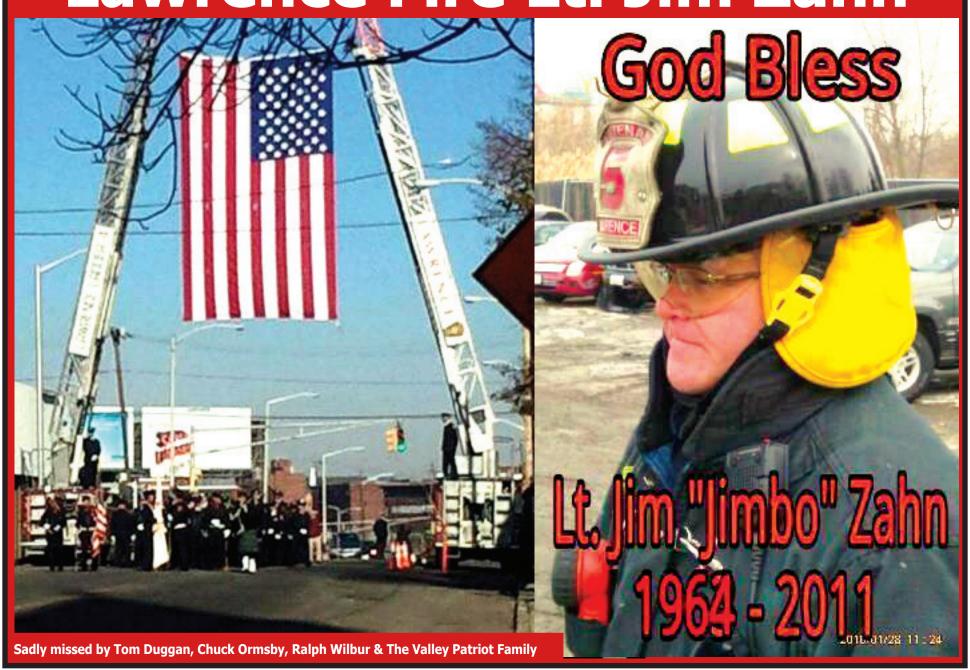
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Remembering a hero who walked among us... Lawrence Fire Lt. Jim Zahn



Random Thoughts with Ronnie Ford

Ronnie Ford

VALLEY PATRIOT OPINION COLUMNIST

Well, here we go again. The main line of attack is building and Willy The Great is getting ready to face his arch enemies on the political battlefield. With great gusto on both sides! Wild Willy guarantees a fight to the finish and to take no prisoners. "The Mayor" reiterates that he is really going to show those terrible people who is boss. I hear that not only is victory imminent by the Willy Warriors, but punishment after the altercation will be swift and just. Huh? The Lantigua camp has recruited some voters in key precincts and is aiming as a warm-up for two councilors. Where did he get these additional registered (I am sure) voters to join the army of kindness and understanding and lucidness? I think Willy brands them the power of the people, as long as he oks it. Willy Da Mayor, do yourself and us a favor and resign before you embarrass yourself any further. Lawrence doesn't need the headlines of your idiotic performances. The citizens of Lawrence deserve a whole lot better! This is going to be top billing, so keep watching and reading.

The chatter now is that the big guys are going to cut SSI and Medicare. Whether they mean it or not is just another on-going lie. It ticks me off. Write a Congressman or Senator about any particular problem or beef you have and you will get back a form letter with a stamped signature on it. When I was first discharged from the United States Army, I gave some help

to a friend of mine by writing a letter to Congressman Thomas Lane. I received not only an answer, but an invitation to go to his office on Essex St. in Lawrence. He explained personally what I had to do and offered more help if I needed it. I did, and God bless his soul, I received more help. You know what? He cared! I think that maybe the society we live in has handed us this crew of care-nots. Again I ask you to spread the word and throw the bums out. Get someone who cares about the people. And if they do not do the job, out they go. Let us dig in and find some modern Edith Norse Rogers, Tommy Lanes, Brad Morse, and Paul Cronin, May God bless them and rest them. They worked for the people they represented. Where are they?

Has anybody been by the refurbished Howard Playground lately? It looks great! Complete with what looks like a refreshment booth. However, there are about ten greatly spaced nicely paved parking areas along the left side of the wall. BUT, they are all blocked off with very handsome chains. HELLO! Why? Are they for Da Mayor and his minions? Not for the lowly citizens? Where did the money come from if Lawrence is so broke? Some benefactor? Please explain Willy, or are you going to do your usual? The mayor would not return phone calls or he is still looking at his feet!

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

Ronnie may be contacted at radiotalk@ comcast .net

The Merrimack Valley Irish Connection

Sooey Old Church

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

The former parish church of Sooey was picturesquely located in the town land of Sooney directly adjacent to the old Sligo road. Whilst the founders or circumstances of the building of the church are unknown it is likely to have been built sometime in the 1700s and was a building of modest dimensions.

The original name of this town land was Looney. The modern name, Sooey is a translation from Samhadh or "place of the sorrel (Bush).

Lewis's Topographical Dictionary of Ireland (1837) describes the church: a union or district called Sooey which comprises also the parishes of Ballysumag and Kilross, the chapel is a thatched building in very indifferent repair situated at Sooey' He makes no mention of the construction of the new Church of the Assumption in Sooey which would have been well underway at the time of the survey and which was completed by 1837.

One of the last priests to conduct services in the old church was Fr. Patrick Duffy on 29 October 1831 having ministered in Sooey for 23 years. He is buried in Kiltycloghan grave yard.

During the 1831cholera epidemic in Sligo a curate from Sooey called Fr. Gilleran worked relentlessly to ease the suffering of the sick and the dying. He is said to have sat up night and day with a horse whip in one hand to prevent near death victims from being carried off, to be replaced by arrivals that might have a chance to live.

It was believed locally that it was Fr. Gilleran that W.B/ Years immortalized in "The Balled of Father Gilligan" Other sources say it was based on an old Kerry folk tale. It is likely that the in conception arose due to the similarity the poem and

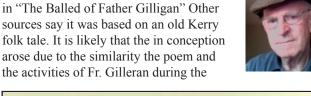
epidemic. It was reported that the Black Fever resulted in the reduction of population of Sligo from 15,000 inhabitants to a

There is no trace today of the original building. Whilst it is likely that the misconception was used in the construction of the Church of the Assumption, some dressed and carved stones can still be seen in the field walls in the immediate vicinity of the old church. A stone holy water font is reputed to still be located somewhere in this area, however it is most unlikely that such an important relic would not be removed elsewhere for safe keeping. The original path used by parishioners to travel to the church went close by Jim Clerkin's old family home and indeed the path worn by their shoes in the filed limestone can still be viewed to this day. It is said that the road running by the position of the old church has a stone flag laid on it, directly opposite the entrance to where the church was located. The roadway is now so overgrown however, that this marker, if it exists, cannot be seen. *The Riverstown Story, pps 95/96.

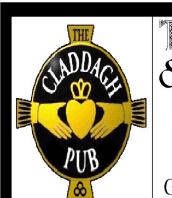
> May there always be work for your hands to do. May your purse always hold a coin or two. May the sun always shine on your windowpane. May a rainbow be certain to follow each rain. May the hand of a friend always be near you. May God fill your heart with gladness to cheer you.



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







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GEORGETOWN TODAY

Martha, Martha, Martha... 3 DWI's

Lonnie Brennan

VALLEY PATRIOT OPINION COLUMNIST

While the local papers detailed multiple articles regarding the most recent incident of Georgetown Housing Authority Member Martha Robertson, the chatter around town about this, and other elected and appointed officials, has been deafening.

One person said it best 'thank God it was a tree she hit, and not a child.'

You see, for those few who might not have heard, Ms. Robertson is an elected official in the Town of Georgetown, now with her third drunk driving arrest (convicted twice in the past), as detailed in the local papers.

This time, it was just before 12:30 in the afternoon, and on school grounds at Triton Regional.

Stop, and pray for her, now. Pray that she wakes up, dries out, and gets her life together. And resigns.

Yes, just when you thought that perhaps things were settled down at the Housing Authority (see below), where Ms. Robertson has served as chairperson on/off for many years (because, as she explained at one meeting, she gets along with Housing Director Diane Jodoin, while some of the previous members have not), and as the major defender of Ms. Jodoin in all activities (see below), we're back looking at the Housing Authority again. Ugh!

Yes, most of us have seen it on Channel 9, and certainly suspected it, but few have smelt it up close and personal. At least one member did, and went to the police station following a meeting to have a chat about it, concerned that on her way home someday, Ms. Robertson might present a

danger.

'She stunk to high heaven, you could smell it', the former board member confidentially related. 'I was afraid she was going to hurt someone.'

Unfortunately, an elected official under the influence of alcohol and/or prescription medication is not unusual, and doesn't appear to be illegal in certain circumstances; just stupid.

History Re-Cap: Some might remember Ms. Robertson for her ardent support of director Jodoin who came under fire a few years back for a series of activities. Ms. Robertson was instrumental in more than one meeting to keep Ms. Jodoin protected, and at the helm. For years, despite objections by one lone board member, Ms. Robertson (who lives in a state-subsidized 3-bedroom condex-like apartment at the Housing Authority's 99 Jewett Street location, with her adult children), allowed the director to use a rubber stamp to affix Ms. Robertson's name on checks.

It took that sole board member four years to finally get the attention of the State Department of Housing and Community Development, which put an abrupt end to the rubber stamp usage, detailing in writing the inappropriate methods being used by Ms. Robertson and Ms. Jodoin.

Ms. Robertson has supported director Jodoin to the max. That support included not allowing discussions and entry of agenda items from individual members who conflicted with Ms. Jodoin. Ms. Robertson also affixing her signature on several letters to previous board members

GEORGETOWN, page 25



Mayor James J. Fiorentini in Haverhill City Hall standing on the new carpet

Mayor Finishes Phase 1 Improvements to City Hall on a Shoestring

Mayor James J. Fiorentini announced that phase one of city hall improvements has been completed. Phase two will continue next week with painting and additional carpeting. The Mayor secured the Essex County Sheriff's Crew to paint for free, supplies and paint are paid for by the city. The second phase of the project is expected to be completed next week.

A local interior designer, Caryl Hoffman from Hastings and Hoffman Interiors, donated her time to advise the Mayor on the interior needs of city hall. Caryl recommended replacing the carpeting and painting and identified the colors and designs.

Mayor Fiorentini stated:

"Phase one of the project looks great, phase two will continue the momentum. Residents who have visited city hall since the work has begun have been very pleased with the results."

NORTH ANDOVER SENIORS FROM PAGE 5

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. If there is a Monday Holiday please call the Center for the date change.

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

Shopping online can be a convenient way to look around and compare prices. But when it comes to buying prescriptions drugs online, be cautious: You could end up with drugs that are fake or include dangerous ingredients. Or, scammers who set up legitimate-looking websites could trick you into giving up personal information that they can use to steal

your identity, take your money and send defective drugs, or simply vanish and send nothing at all. How do you deal with a reputable pharmacy? The FDA recommends using only websites of U.S. based pharmacies licensed by a state's board of pharmacy. The National Association of Boards of Pharmacy has contact information for your state's board, as well as a list of online pharmacies that has been accredited through its Verified Internet Pharmacy Practice Sites program. These pharmacies are licensed and meet other criteria. Avoid sites that: Don't require a prescription, don't have a licensed pharmacist available to answer questions, don't provide their physical business address and phone number, are based outside the

United States or aren't licensed by the state board of pharmacy where they are based. A disreputable seller could send drugs that are fake, expired, mislabeled, or the wrong dosage. The drugs could contain dangerous ingredients, or may not be stored or shipped correctly. And if this site is based outside of the United States there is very little the United States government can do if you get ripped off.

GALA OF TREES: The Friends of the North Andover Senior Center presents the Gala of Trees, November 14 – December 16. View trees from 8:30 – 4:30 pm, Monday – Friday @ the Senior Center. Drawing of prizes will be held at the Selectmen's Breakfast (date TBA) tickets are available at the front desk.

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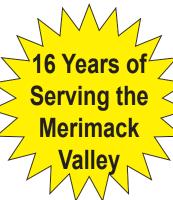
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State Spends 93 Million on Healthcare for Illegals

Tom Duggan
VALLEY PATRIOT REPORTER

State Representative Jim Lyons (D) Andover, has turned Beacon Hill on it's dome by demanding to know how much money the state is spending for health care on illegal aliens. Last month Lyons made the Patrick Administration and the democrats on Beacon Hill blink, forcing the administration to admit that the taxpayers of the Commonwealth pay more than \$93MIL on health care for illegals in Massachusetts.

"My thoughts are that our tax dollars should be going to our citizens and only our citizens, period. In order to receive benefits in Massachusetts you need to be a legal citizen of the state and the country, or defined as a legal immigrant."

"I think that's one the things during the campaign I found out, people want to know how their money is being spent and if it's being spent wisely. This isn't about noon-citizens for me. If you look at how other tax dollars are spent, we have education collaborative in Chelmsford, they are missing \$30 million dollars! I mean these guys pay themselves half a million bucks with absolute non accountability. This kind of waste has to stop! It's not just one area that I am concerned with here. How the government spends people's money and getting access to that information is paramount to serving the public. I say let the sun shine on where all the money is going and let there be transparency."

"People have had it," Lyons continued. They've had it with watching their tax dollars being spent with no accountability. The first thing we have to do to protect the tax payers money, is to know where it's going. As legislators and citizens we know we are making choices as to how we are spending our money and the people deserve to know what those choices are.

Getting Answers

Lyons says that it started on May 14th of this year when he attended a cost containment conference on health insurance In the Massachusetts sponsored by State Senator Barry Finegold.

I was there with Governor Patrick's Secretary of Health and Human Services, Bigby, and there were a lot of doctors there talking about how to contain the cost of what we spend on health care," Lyons told the Valley Patriot.

"One doctor says 'I am an ER doctor in East Boston' and proceeded to tell the story of a man who came into the ER and was admitted to the hospital incurring \$350,000 worth of medical care. This person is not a citizen of Massachusetts, he isn't a citizen of the country and yet the bills were paid by taxpayers of the Commonwealth."

"I almost fell over. Clearly any discussion about cost containment in health care has to addresses what we spend on citizens vs. non-citizens," he said boldly.

Lyons had been asking for information on the breakdown of money spent on illegal aliens for months and says he started asking Secretary Bigby during the cost containment conference. "She was sitting next to me and I asked if I could get that information and she said she would get it

to me," he says.

Lyons called Secretary Bigby's office multiple times in the coming weeks and was promised he would get the information, but after speaking with two other people in Bigby's office and being granted a meeting with the Patrick Administration he was told they were supposed to bring the financial breakdown with them for the meeting.

"When I got there they didn't have the information, they just gave me a breakdown of the requirements of those who receive health care services but not the information I was looking for."

Finally, Lyons says, when the vote came up for a \$480MIL supplemental spending package (which put \$350MIL into the rainy day fund and \$150MIL on various social programs), Lyons used a procedural maneuver to force the Deval Patrick administration to turn over the numbers.

"I had been asking for this for months," Lyons says. "The people of this state have a right to know how much of their money is being spent on people who are not citizens of the state or citizens of the commonwealth," he added.

"So I had filed legislation to amend the supplemental budget to force the governor to outline how much money was being spent on non-citizens. That was passed in House, sent to the Senate and the senate pulled my amendment out of the budget." Lyons says when the amendment came back to the House for approval they tried to ram though a vote without even having a quorum present in the hall.

So Lyons called for a roll call saying



Andover State Rep. Jim Lyons forced the Patrick administration to admit that the state spends \$93MIL on health care for Illegal aliens. "This has to stop," Lyons told the Valley Patriot.

he doubted that a quorum was present to push through the vote. Since the legislature normally doesn't' want a roll call vote where the public can have a record of how they voted, Lyons beat them at their own game.

"Finally on Friday," Lyons continued, "rather than have to take a roll call vote, at about 2 o'clock in afternoon, Secretary Bigby called and said she wanted to meet me and that she would, in fact give me the amount of money that we are spending on healthcare for non-citizens. I said' fine, that's a good first step'. Ten days later when the governor signed the supplemental budget she provided that number, \$93 Million dollars.

Local Single Family Homes & Condo Sales Up

Prices for Area Homes Sold Year-to-date in 2011 Remain Stable

(MERRIMACK & NASHOBA VAL-LEYS) — The Northeast Association of Realtors (NEAR) — which represents more than 1,200 Realtors throughout the Merrimack and Nashoba valleys — reported today that sales of single family homes and condominiums locally were up significantly for the month of September compared with September of 2010. Year-to-date, the median price for single family homes and condominiums sold locally remained basically stable – dropping for single family homes by 2.9 percent to \$310,000, and rising for condominiums by 1.7 percent to \$179,000. NEAR's report is based on data from MLS Property Information Network based in Shrewsbury.

The data also showed that area single family home sales during September beat last September's sales pace by 20.3 percent, and condo sales rose by a steep 31 percent over last year. The report also noted that the median price of single family homes sold in September was up

by 8.4 percent versus last September, to \$315,000, while the median price for condos sold last month was \$174,800, down by 3.2 percent compared with last year. The median price is the point at which half the properties sold cost more, and half cost less.

Meanwhile, the number of multi-family properties sold during September fell by 11.8 percent compared with last September, and the median price for multi-unit homes was also down by 7.9 percent, to \$175,000. However, the number of multi-family property sales during September rose compared with August of this year by 12.5 percent, to 45 sales.

NEAR President Tom Courtney said, "It's a positive sign to see three straight months of year-over-year sales increases. Prices continue to be more affordable and interest rates are at historical lows. The combination of these two things makes it very beneficial for people who are in the market to buy." He also said, "Mortgage

financing headaches continue to plague the home sales market, since lenders have now tightened credit to the point where some would-be buyers with stable jobs and reasonable credit scores are being denied financing. It's a case of slamming the barn door once the horse is long gone." He added that various lenders will often differ in their approaches to a particular case, so buyers who are turned down by one lender should consider trying another, which may come to a more favorable conclusion.

The report also reflected that as of October 15, the inventory of homes for sale in all categories locally had remained basically flat since last month. Notably, while single family and condo inventory is now comparable to the level of a year ago, the number of multi-family properties for sale has decreased by 14 percent versus October of 2010. The local inventory for all three property types remains well

below the peaks set in 2006 and 2007.

Also included were details on the average length of time it took to sell a property locally, which remained relatively stable for all three property types. For properties sold in September, the average number of days on market were: 1) for single family homes, 106 days; 2) for condominiums, 139 days; and, 3) for multi-family properties, 114 days.

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.

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Sept 2011 vs. Aug 2011	# Sold Aug 2011	# Sold Sept 2011	Mo over Month Change	Median Price Aug 2011	Median Price Sept 2011	Mo over Month Change	Avg. DoM Aug 2011	Avg. DoM Sept 2011	Mo over Month Change
Single Family	305	243	-20.3%	\$340,000	\$315,000	-7.4%	108	106	-1.9%
Condo	107	93	-13.1%	185,000	174,800	-5.5%	119	139	16.8%
Multi Family	40	45	12.5%	191,000	175,000	-8.4%	134	114	-14.9%

Year-to-date Jan – Sept	# Sold YTD 2010	# Sold YTD 2011	Yr over year Change	Median Price YTD 2010	Median Price YTD 2011	Yr over year Change	Avg. DoM YTD 2010	Avg. DoM YTD 2011	Yr over year Change
Single Family	2,042	1,956	-4.2%	\$319,250	\$310,000	-2.9%	103	114	10.7%
Condo	792	726	-8.3%	176,000	179,000	1.7%	122	128	4.9%
Multi Family	462	372	-19.5%	180,000	179,950	0.0%	83	96	15.7%

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Former UN Ambassador Bolton's Harsh Criticism for Obama

Christine Morabito MERRIMACK VALLEY TEA PARTY

It disappointed many conservatives when former United Nations Ambassador John Bolton announced he was not running for president. His invaluable foreign policy experience is sorely lacking in the current administration; and the world is taking notice.

Obama is "the first president since Franklin Roosevelt, since Pearl Harbor, who doesn't put protecting America's security at the top of his priority list. He doesn't wake up every morning thinking to himself, 'How can I make America safer?" so said Bolton in his September 8 speech in Nashua, New Hampshire. Instead, Obama "wakes up every morning saying 'How can I restructure America's economy? How can I tax and redistribute more wealth? How can I change America fundamentally?' which is what he said he wanted to do in the 2008 campaign. ... He addresses national security only when he has to."

As Bolton sees it, the president's refusal to acknowledge the global war on terrorism is, among other things, "patronizing to Muslims. They are as aware as we are, through their own tragic experience, what happens when radical jihadists engage in terrorism, often against their fellow Muslims. ... It doesn't matter whether you talk about it or not, it's still out there.'

Acquiring nuclear, chemical and biological weapons remains one of Al Qaeda's highest priorities. Bolton cited recent press reports showing that Al Qaeda in the Arabian Peninsula is trying to produce a biological weapon using the deadly agent, ricin. Ten years after September 11, he believes we are still incredibly vulnerable, yet, "we now have people on the editorial pages of major newspapers and in the administration itself saying 'The war on terror is overstated. ""

The ambassador criticized Obama for being prepared to accept a nuclear Iran. "For all the threats we've seen ... the administration has acted like the greatest threat to international peace and security in the Middle East is Israel's construction of apartment buildings in East Jerusalem. ... If Mahmoud Ahmadinejad got his fondest wish, and Israel disappeared tomorrow, the problems of potential nuclear strife in the Middle East, the problems of international terrorism would go on as if nothing had ever happened."

Although he has yet to endorse a presidential candidate, Bolton, like many of us, resents the choice being made for him. "The professional political commentariat ... is trying to narrow down the Republican field as quickly as they can ... so they can spend the next 14 months [now 12] trashing that person in order to help Barack Obama get reelected.'

Why not run for President? Despite his desire to spotlight foreign policy, Bolton is aware that not all of his views have broad-based appeal. For starters, he is against ethanol subsidies, a position, he joked, which would not be very popular

As a strong voice for reform in the U.N., he often drew controversy. When asked about Agenda 21, the U.N. policy designed -- among other subversive objectives -- to disarm Americans, he repeated remarks he made while serving in the U.N. "We're not going to agree to any treaty that, if it were law in the United States, would violate the Second Amendment." The insidious Agenda 21, warmly embraced by the Clinton administration, was their way of "trying to put something through the U.N. that would have never made it through the Senate."

Regarding immigration, he admitted, "... another reason I'm not running for president. I believe we should increase



legal immigration. More insistence on Americanization would help people do well in this country."

The hawkish Bolton considers Obama's lack of interest in foreign policy both dangerous and naïve. While he admits the defense budget is not without its share of waste, he worries about severe cuts to military spending. "Today, we have the smallest number of ships in the Navy at any point since 1916 ... at 280 and going down." -- A far cry from Reagan's vision of a 600 ship navy to defend our

Why is the 2012 election so critical? As Bolton opines, "Our adversaries ... have taken note of the lack of leadership in the White House. They see the weaknesses and indecisiveness, they see it in international affairs, and they see it in the domestic context. ... although ... if you asked Ahmadinejad and Kim Jong II what they thought of healthcare, I'm sure they would favor a public option too."

This administration has virtually ignored the increase in Iran and North Korea's nuclear capacities and "the threat of an increasingly assertive China ... increasing their nuclear and ballistic missile capabilities and dramatically expanding their conventional armed forces." They also overlook Venezuela, with its massive oil deposits, and the world's second largest uranium reserves, while they develop a close, and thus nefarious, relationship with Iran.

Despite Obama's bad policies, Bolton believes that America will recover, but not without adequate attention to national security. "You cannot separate national security from the renewal of American prosperity ... If we're not able to defend our interests around the world, defend international trade lanes, have stability in international affairs, we will not have sustained prosperity here at

TEA PARTY, page 26

Occupy vs. Tea Party

Christen Varley TEA PARTY ORGANIZER/ACTIVIST

Since we're approaching the two month mark for the Occupy movement, I think it is now fair to ask a few questions. What do you want? How do you propose getting it? When are you going home? Will you reimburse taxpayers for what you've cost us? After all, they are occupying public property in cities across the country at great expense to taxpayers. I have tried to keep up on a daily basis with Occupy news and have yet to see a coherent message, mission statement or policy initiative. What I have seen is chaos, crime and

From the beginning, the media has attempted to compare the Occupy movement to the Tea Party movement. This in itself is ironic considering it took the Tea Party movement nearly a year to be identified as a movement. Granted, the nature of the protest – take possession of the property of others while demanding handouts – has created a stir. Police raids and arrests are news. Rape, assault, prostitution, vandalism, drug dealing, public intoxication, public urination, public defecation and public fornication are headlines. I don't begrudge Occupy their disproportional media attention. I do, however, resent comparisons to the Tea Party movement.

Let's start with the Tea Party and police involvement. There hasn't been any unless you count police and park ranger details organizations have paid for to "police" their demonstrations, something

Occupy protests have yet to be billed for. To date, no Tea Party protesters have been arrested while participating in a protest, rally, March or demonstration. No rapes have been reported in nearly three years of Tea Party activity. No assaults of one demonstrator on another have been documented either. (There was one incident where union members assaulted a black man selling pro-Liberty t-shirts at a Tea Party event but you probably didn't hear about that.)

Unfortunately, the numbers may be difficult to verify within the Occupy movement since they discourage reporting crimes to police. They prefer to handle such incidents within the organization. The proposed punishment for inappropriate actions on another person within the Occupy movement - confiscate the offending party's blanket.

Tea Party organizers clean up after themselves after an event. There are no incidents of vandalism. Area business owners and merchants do not complain of an increase in theft nor have they had to lay off employees because an event scared off customers. Tea Party organizers work with city officials to ensure taxpayer funded public property is protected, as are residents, commuters and visitors. We obtain the required permits, pay the required fees, purchase insurance policies (to protect taxpayer assets) and follow the rules as outlined by our host city. Because of this, we have developed cordial relationships with city officials despite our differences in political opinions.



The real differences between the Tea an end to it. The Tea Party came into being er, are ideological. While we both start at the same point – government collusion with special interests is an outrage - the similarity ends there. Whereas the Tea Party goes on to pinpoint the remedy for widespread, bi-partisan corruption is to scale back government size, scope and power, Occupy believes more government to oversee government is the solution. Whereas the Tea Party wants an end to bailouts and a return to personal responsibility, Occupy wants bailouts and special favors for their allies on the Left. The Tea Party wants you to have more freedom to earn money and then to keep more of the money you earn. Occupy wants what it sees as its fair share – a figure they nail down somewhere between 50 and 100% of what you earn. While the Tea party sees the Constitution as a document worthy of adherence as it provides for accountability and transparency in governance, Occupy wants

Party and Occupy movements, howev-because people recognized that resources are finite - you cannot spend what you do not have. Occupy is so consumed with infighting about how to distribute the donations it has received, it seems to have missed the news that we, as a nation, are broke.

It would have been a nice outcome if the Tea Party and Occupy had been able to come together in mission and help to return our nation to its roots of limited government, free speech, free markets, personal responsibility and individual Liberty but that train has left the station they chose their 99% v. 1% comparative. The 53% just isn't on board. The Tea Party has identified a way to accomplish this objective - elect constitutional conservatives and monitor their every move. Occupy is still throwing temper tantrums - at continued expenses to us. I guess we'll just have to move forward in spite of them. No worries, though. At the rate they're going, more than half of them will be in jail by Thanksgiving.

Christen Varley is the head of the Greater Boston Tea Party you can email her at cvarley@greaterbostonteaparty.com

Poulten takes control of WCA

VALLEY PATRIOT STAFF

LOWELL - In 2007 Clark Smidt of Andover and Sam Poulten of Chelmsford bought 980AM WCAP radio in Lowell from longtime owner Maurice Cohen. At the time, the two pledged to expand the reach of the station and promised to keep the focus of the station "live and local."

Since then the two partners have locked horns over the direction of the station and the use of local talent. At the time Smidt told The Valley Patriot that former owner Maurice Cohen had brought the two men together as they had both shared an interest in purchasing the

But the honeymoon didn't last as the two disagreed over the local content and the running of the station, on air guests and the stream of complaints about Smidt's on air behavior in the radio industry.

Just this year, Donna Halper author of "The Golden age of Boston Radio" was an on air guest with Jack Baldwin talking about her book and the radio industry when Smidt burst into the on air studio and began to berate Halper for not including more information about him in her book.

The radio industry blogs went wild as former employees of Smidt began to spread the word about Smidt's latest on air tirade, sharing their "horror stories" about Smidt's treatment of them at stations he had previously owned.

At the time, Smidt was majority owner of the radio station and soon filed a court action against Poulten to take full control of the operations of the station. Poulten filed his own court action asking the court to order "injunctive relief" and court papers show the Smidt had been negligent in paying the station's taxes.

The two finally agreed to settle their dispute out of court

"There was a disagreement over some fundamental issues like the directions the station was headed in and our initial commitment to the listeners to keep WCAP "live and local," Sam Poulten said in an exclusive interview with The Valley Patriot.

"My plan is and has always been to pass this station on to my children in the hopes that they will keep it "live and local" and make sure WCAP's broadcast license stays in the Merrimack Valley. A year ago it was obvious we had a difference of opinion which Clark which he tried to resolve with a lawsuit."

They eventually agreed that the issues would be settled in a mediation but in the meantime Smidt offered to leave and be bought out. On October 31st of this year the Federal Communications Commission approved the transfer of the WCAP broadcast license to Poulten. The license must be renewed every five years.

Poulten is now in control of the stations day to day operations and he says there are some exciting changes coming to station.

"We are now going to be expanding our news programming, we now have a news hour running during the day, which is a combination of regional news and a features of Jack Baldwin and Evan Heidenrich called "Ripped from the Headlines". It's a show where our on air talent combs through all the newspapers of the day and talks about the hottest stories of the day."

"We are also pleased to report our rating have gone up," Poulten said proudly, "... in August, September and October. That more people are listening to the radio station. That's exciting. We are now focusing more on interactive radio, expanding our web presence, getting as many local people on the air as possible, taking many more phone calls, many more features and doing specialty programs like covering local elections in Lowell but also in Lawrence, North Andover, Haverhill and especially Methuen."

Poulten also announced last month that Paying Attention! With Tom Duggan has returned to the airwaves, (noon-2pm on Saturdays) focusing on Lawrence, Methuen and the northern part of the Merrimack Valley.

Duggan had been fired by Smidt over the telephone a year earlier after broadcasting his show for more than seven years, preceding the change in ownership that had left Smidt in charge. Duggan

also now has a much larger role in news production as the Valley Patriot is now part of the regular newscast.

"We not only brought back Tommy Duggan, who is a very popular on air personality and can help us with news gathering and other duties, but we have also signed on a new show featuring former WBZ sportscaster Bob Lobel who will start a daily show (from 1-3PM) after Thanksgiving.

"We have renewed our partnership with the Salvation Army to do the yearly radio-thon and even partnered up with (another newspaper). We have a brand new live, jazz show that's already on the air every Friday night (from 10-midnight) sponsored by Lowell Bank and we broadcast that live from the Back Page Lounge on Merrimack Street in Lowell. We have a new Monday night sports program called "The Tailgate" airing from

Poulten says that they have signed on with the Lowell Spinners and UMASS Lowell's Riverhawk Hockey and will air those sports events live, as well as expanded coverage of local restaurants, live music events and local charities.

"what's probably most exciting is that we are now starting to reestablish our relationship with Sal's Pizza and the great Sal Lupoli and we are planning on building a broadcast studio at Sal's Riverwalk

WCAP, PAGE 34

Fatherhood Coalition looks to repeal 209A Restraining Order Law

Tom Duggan

VALLEY PATRIOT REPORTER

The Massachusetts Fatherhood Coalition is trying to repeal the state's 209A restraining order law saying that the law makes criminals out of men who have not broken the law, "often with only the word of an angry wife or girlfriend who has an ax to grind," says Joe Ureneck Chairman of the Massachusetts Fatherhood Coali-

The coalition is gathering signatures to have a ballot measure placed before Massachusetts voters hoping to get a repeal of the restraining order law saying the entire law needs to be completely scrapped.

Under the 209A law a woman can claim they are in fear of a boyfriend or husband (and with no evidence) the police have no discretion but to issue the order immediately placing custody of the children in the hands of the accusing party even if no crime has been committed and no evidence of threats or violence exist.

"We feel the 209A law which has been in effect for twenty years, is a big problem for a lot of families in Massachusetts. It's a discriminatory law against men and it doesn't prevent violence. It doesn't prevent abuse. If someone is crazy a piece of paper isn't going to stop them from committing violence. In fact, a restraining order will usually push people like that over the edge since, at that point they fee like they have nothing to lose," Ureneck added. "The deck is stacked against men in these cases and children are being deprived of their fathers."

"The problem is that the media only shows one side," Says Fatherhood Coalition member Doug George of Quincy. "The few men who are violent get all the headlines and it gives the public the impression that men can't be trusted, that men need laws to stop them from committing a crime in the future. But it's a betrayal of what our system of justice is built on. Instead of the police and the court system reacting to crimes and prosecuting crimes that have actually been committed, they are jailing men for what they might do based on the word of an ex-wife or an exgirlfriend who clearly has a motive."

That motive, George says, "is money."

"Follow the money. There's a cash incentive in all this for the woman making the accusation. There's a cash incentive for the lawyers who profit from it. There's a financial motive for the woman because, just an accusation and the presence of a 209A restraining order on a man's record affects who gets custody. It determines who pays child support. You know there's a substantial amount of money for police training and the courts get millions in funding for programs associated with restraining orders. We understand the original intent of the law was to protect women and families but the law is doing the exact opposite," he charged.

Ureneck agrees. "We did some research, and we found \$100M comes from the feds to Massachusetts to fund state agencies, the courts, the police, social services, health services, all to support the 209A law. It's an industry now. On the other hand we have budget of zero. We just want laws that are fair to fathers and children. Did you know that because of the way the law is written, if a man has a 209A protection order against him he can be arrested for unintentional contact? That means if you happen to be in the same place as the woman who took out the order you go to jail."

Ureneck says he has been arrested multiple times for bogus allegations of violating a restraining order and has won in court every time, "but," he adds, "I have spent countless thousands in lawyers bills, and I have spent so much time in

jail, time I will ever get back, even though I was found not guilty."

In one case he admits, "I was arrested for violating a restraining order one day because I was in traffic when my ex pulled up next to me. She went the police saying I had violated the order and they said I was technically in violation so I spent 18 days in jail."

"And," he adds, "even if the woman who takes out the order initiates contact, calls on the phone or sends an email, merely responding to the communication lands you in jail. Just imagine. Your ex takes out a 209A and then sends you an email or calls you and the minute you communicate with her you land in jail. Tell me that's a just law? Tell me that complies with innocent until proven guilty? In some cases the communication doesn't even take place but on the word of the woman, again with no evidence, the guy goes to jail. This is an outrage and it's really unconstitutional. The public needs to know the details of what is going on and how this law is destroying families.

Ureneck admits that repealing the 209A law in Massachusetts is an uphill battle and doesn't expect to win this time around but educating the public about the unfairness of the law will help them get it repealed in the future.

"We know we are not going to win, but we are trying to get the information into people's minds and our long term goal is to show people how this law is destroying families so that some day we can repeal the law. Let me put it this way," he added. "We have gone to The Governor's Council to raise the issue for years. (The Governor's Council approves judges for confirmation to the bench).

"When we first went there we said it's a problem and 209A laws are being abused and destroying families. We have to have judges who understand this. And when



Joe Ureneck, Chariman of the Massachusetts Fatherhood Coalition

we first went to them they looked at us like we had two heads. Now, years later, the Governor's councilors are raising the issue on their own before new judges are confirmed. No issue changes overnight we know we are not going to have an immediate affect but the more you raise issues the better your chances of winning the battle in the future, in our opinion that's what makes it worth doing."

Doug George says that the current assault and battery laws are more than sufficient to protect women and families from violent domestic partners. "Let the current A&B laws be the standard. There has to be evidence and the person gets a trial and can defend themselves they are not considered guilty till proven innocent. Look, we have daughters, we want the laws to protect them against violence but this law doesn't do that. This law creates broken families and makes criminals out of men who have not broken any laws.

TOM DUGGAN'S NOTEBOOK

METHUEN- Methuen Ranger Band is hosting a Meat Raffle Bingo to support the Band, Nov 18th Gaythorn Hall on RT28 Salem /Methuen line. You can bring your own snacks & water...there is a cash bar. Tickets can be bought at the door \$2.00 then \$1.00 a game. All proceeds support the Methuen Ranger Band GOLD Medal winners!

RETIREMENT - Right at Home Boston North is pleased to announce the opening of its 4th office located at Colonial Gardens Gracious Retirement Living, 105 Cherry Hill Drive, Beverly, MA. Colonial Gardens is a new independent living community on the Danvers/Beverly line that provides seniors with beautiful apartments and cottages along with a wonderful meal plan available in the community dining room. It offers an option for seniors on the North Shore who would like to move to a beautiful senior community but do not feel ready to move to a full assisted living facility.

Right at Home at Colonial Gardens office is located on the first floor, Unit 101 and will be offering home health care services to individual residents 24 hours a day. The services will be homemaking, companionship, personal care, home health aide and nursing care. The office further the values of Right at Home by bringing their affordable, award winning home care services to seniors so that they can remain independent in the residence of their choosing.

NORTH ANDOVER PLAY – North Andover High School Drama Guild presents Shakespeare's timeless comedy - A Midsummer Night's Dream at North Andover High School on Saturday Nov 12, 2011 2:00 PM, Sunday Nov 13, 2011 2:00 PM, Prices: \$10.00 - \$15.00. North Andover, MA 01845

GRAB YOUR BOWLING BALL AND HELP PROJECT BREAD Strike Out Hunger! Participants will bowl alongside Team Ramiro and Pebbles of JAM'N 94.5. Teams of up to six adults can bowl for a good cause at this event hosted by Project

ROYAL House of ROAST BEEF
(978)
794-4996

464 Lowell St - Methuen

Bread, a nonprofit organization dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts. Thousands of Massachusetts residents cannot afford food. In these tough economic times, more and more people are struggling to pay for the necessities of life, including rent, medical care, and meals. Money raised through Project Bread's Strike Out Hunger will help those people have food on their tables in the upcoming winter months. Strike Out Hunger is an 18+ event that will feature a raffle with exciting prizes, free light snacks, and, of course, bowling. Each team will complete a full game and can have multiple lanes if they meet the fundraising minimum of \$650 for each one. Prizes will be awarded to teams and individuals at the end of the evening. To register, first recruit teammates, who can be friends, family members, and coworkers, and then go to www.projectbread. org/strikeouthunger. Each bowler must pay a \$20 registration fee, which covers bowling shoes. Once you raise \$650 or more as a team, join Project Bread for a fun event that makes a big difference in the lives of your neighbors. Event is Tuesday, November 15th, 5PM – 10PM at Lucky Strike/Jillian's, 145 Ipswich St. Boston, MA 02215

NORTH ANDOVER SCHOOL OF DANCE Performed at Epcot -(Grassroots Newswire) November 8, 2011 – The North Andover School of Dance members became stars of their own Disney show

October 10, 2011 when they traveled from North Andover to Epcot at Walt Dis-

ney World Resort in Florida to take part in a Disney Performing Arts Program. Dance groups, choirs, ensembles and marching bands from around the world apply to perform each year as part of Disney Performing Arts at both the Disneyland and the Walt Disney World Resorts. Once selected, they are given the opportunity to perform at the resort for an international audience of theme park guests. Millions of performers have graced the stages of the Disney Parks in the more than 25 year history of the program. Disney Performing Arts offers band, choral, dance and auxiliary performers the opportunity to learn, perform and compete at the Walt Disney World Resort. For more information, visit www.Disney-PerformingArts.com or call

1-800-603-0552.

LOWELL - LIDIA'S ITALY IN AMERICA LIVE! At Lowell Memorial Auditorium December 4, 2011

Mill City Management Presents Lidia Bastianich on her tour of Lidia's Italy in America Live! Lidia will be at the Lowell Memorial Auditorium on December 4, 2011 at 7pm. Tickets are on sale now. Tickets are available for purchase in person at the Lowell Memorial Auditorium box office located at 50 East Merrimack Street in Lowell, by calling the box office at (978) 454-2299 or online at www.lowellauditorium.com. Lidia Bastianich is one of the best-loved chefs on television, a best-selling cookbook author, restaurateur, and owner of a flourishing food and entertainment business. Lidia has married her two passions in life – her family and food, to create multiple culinary endeavors alongside her two children, Joseph and Tanya. Her cookbooks include Lidia's Italy in America, Lidia Cooks from the Heart of Italy and Lidia's Italy – all companion books to the television series, "Lidia's Italy in America" and "Lidia's Italy" as well as Lidia's Family Table, Lidia's Italian-American Kitchen, Lidia's Italian Table and La Cucina di Lidia. Lidia is the chef/ owner of four acclaimed New York City restaurants - Felidia, Becco, Esca and Del Posto, as well as Lidia's Pittsburgh and Lidia's Kansas City. For more information, www.lowellauditorium.com. Click on the "Press Room" link located towards the top of the homepage and then click on "Media Tools. Please contact Emily Wiseheart at (978) 937-8688 x229 for interview requests or if you have any questions about accessing the materials.

LOWELL - RODNEY ATKINS December 15, 2011 at Lowell Memorial Auditorium

Mill City Management Presents Rodney Atkins at the Lowell Memorial Auditorium on December 15, 2011 at 8:00pm. Tickets will be on sale for \$10.25 from November 7-11, special price compliments of Country 102.5 WKLB. Tickets then go to \$22.00 starting November 12. Tickets will be available for purchase in person at the Lowell Memorial Auditorium box office located at 50 East Merrimack Street in Lowell, by calling the box office at (978) 454-2299 or online at www.lowellauditorium.com. Though his new crop of songs has some edge, and the vocal energy may be amped up a notch, Rodney is still the same, hard-working, patriotic, rock-solid country boy that fans have grown to know and love since his debut with 2003's Honesty.

HAVERHILL - Haverhill Council on Aging Plans Pre-Holiday Party with Bodacious Babes!! Haverhill Council on Aging is pleased to announce a pre-holiday extravaganza at the Citizens Center, 10 Welcome St, on Friday, November 18. Entertainment will be provided by the popular "Bodacious Babes!" The party will begin at 1:00 with hot apple pie and ice cream compliments of Senator Steve Baddour. The Bodacious Babes provide high-energy entertainment, and they are lots of fun. Music includes standard oldies from the 50s and 60s and much more. Tickets are \$3 per person. Contact Kathy Bresnahan (ext. 11) or Rita LaBella (ext. 16) at 978-374-2390 to make your reservation.

HAVERHILL COUNCIL ON AG-ING Offers Free Flu Clinic - Wednesday, November 16 A free Flu Clinic will be held at the Citizens Center, 10 Welcome St., on Wednesday, November 16 from 3:00 to 6:00 p.m. for Haverhill residents ages 6 months to seniors. Medicare and some insurance cards will be accepted. People currently uninsured will receive free Flu shots. For additional information contact Mary Connolly, Public Health Nurse, at 978-374-2390 ext. 15.

LAWRENCE - The Lawrence Chess Club will meet on Wednesday, 16th November 2011 from 6-8pm. at The Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event. Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. We can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required. 3rd Wednesday of each month.

ANDOVER: The Andover Hispanic Internal Revenue Employees (H.I.R.E.) Chapter in Partnership with the Andover Diversity and Equal Employment Opportunity Advisory Committee (DEEOAC) is sponsoring a special: The fund raiser to benefit the Lawrence Performing and Fine Arts High School Dancers will take place on Saturday, November 12, 2011 at Camelot, the Knights of Columbus 505 Sutton St. North Andover, Massachusetts. Tickets, for a donation of \$10.00, are available through members of HIRE or the DEEOAC and can also be purchased at the door. The dance will include a DJ, cash bar. raffles, food and more. The dancers from the Lawrence Performing and Fine Arts High School will attend and dance for us. If you have questions, please contact Mimi Edwards @ 9747, Maricell Butler @ 978-382-3756 or Rosa Lazo @ 508-982-2061.

JUNIOR MAULERS - Friday, Nov. 11th @ 3:30pm, the 8th grade team will be playing a scrimmage game against Brooks Academy freshman team. This is a great opportunity for the boys to visit one of the most prestigious schools in this area. Brooks is hoping to connect with Mill City and our youth to allow for advantages for our kids. Everyone is welcome to attend,

A message to all you Millionaire Bashers from good old "Honest Abe"



"Labor was prior to capital, but property is the fruit of labor. Property is desirable, and is a positive good to the world. That some should be rich shows that others may become rich, and hence is just encouragement to industry and enterprise.

"Let not him who is houseless pull down the house of another, but let him work diligently and build one for himself, thus by example insuring that his own shall be safe from violence when built."

Abraham Lincoln.

EXHAUST PROBLEM? NO PROBLEM! LOW COST EXHAUST



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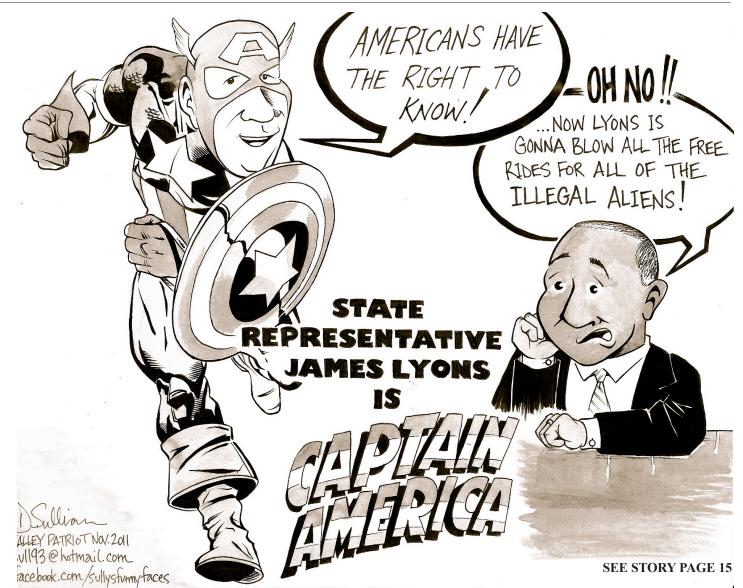
should be a great game. Come and support our kids. Brooks School address: 1160 Great Pond Road, North Andover, MA

METHUEN VILLAGE AT RIVER-WALK PARK - Guitarist Doug Rickard Performs at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and stateof-the-art Alzheimer's care, invites the public to a performance by Doug Rickard on Wednesday, November 16 at 2:00 p.m. Doug will take us on a musical journey with his songs, storytelling, and guitar. Advance RSVP encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www. MethuenVillage.com.

The Sutton Hill Swooners 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 Sutton Hill Swooners on Friday, November 18 at 6:30 p.m. This group will perform a variety show of music and songs. 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.

Country Singer Brenda Terry 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 country western singing and guitar-playing sweetheart Brenda Terry on Tuesday, November 22 at 2:00 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.

LAWRENCE - NECC Student Literary Magazine is Top in the Nation Parnassus, Northern Essex Community College's student literary and arts magazine, was just named the top two-year magazine of its kind in the country by the Associated Collegiate Press (ACP). "This is the highest award Parnassus has received in its 46-year history," exclaimed a jubilant Patrick Lochelt, NECC English professor and faculty advisor to Parnassus. Northern Essex was the only two-year college to receive a Pacemaker Award recognizing general excellence in collegiate magazines from ACP, which is the largest national membership organization for college journalists. Parnassus was judged on the quality of the writing and editing, photography, art and graphics, layout and design, and overall concept or theme. Published each spring, the magazine includes student poetry, creative nonfiction, and fiction, and photography and artwork. The 2011 Parnassus featured a short story written by



NEWS ITEM: Andover State Rep. Jim Lyons demanded answers from the Patrick Administration as to how much money was being spent on health care for illegal aliens in Massachusetts. After stalling him for months, they finally had to turn over the info when Lyons held up a \$450MIL budget appropriation.

guest author Stephen King. A member of the Parnassus staff, Mary Ellen D'Angelo-Lombari of Methuen had two short stories and two poems included in the publication. "I loved being involved in Parnassus," said D'Angelo-Lomvari. "It's a lot more fun than work and everyone brings something to the table." Parnassus was a finalist in the Associated Collegiate Press Pacemaker Awards in 2009 but this is the first time the magazine has received a Pacemaker, the highest honor given. Parnassus also just won first place in the eastern division of the Community College Humanities Association awards, winning first place in its division for the third year in a row.

ANDOVER - DCS Ski Registration is Underway - The Andover Department of Community Services' after school Bradford Ski Club registration is underway. This popular 6 week ski and snowboard club is offered to children in grades 3-8 beginning in January. The program offers packages that include lessons and rentals, both optional. High Plain, Sanborn, West Elementary, and West and Wood Hill Middle School students attend on Tuesdays, beginning January 3rd while Andover School

of Montessori, Bancroft, South, Doherty Middle School, and St. Augustine's attend on Thursdays, beginning January 5th. The first 55 students registering from each school will be enrolled. The motor coach from St. Augustine's is already filled after only a week of registrations. A wait list has been started for that school. Emergency Information sheets, rental forms and applications are available at the DCS office. For more information and to register for the above programs contact the Department of Community Services, 36 Bartlet Street, Andover, MA 01810. 978-623-8274.

NORTH ANDOVER- Smolak Farms Join the Newfoundland Club of New England to continue the Holiday tradition of the Christmas Tree Pull on Saturday, December 11th, 2011, from 11:00AM until 2:00 PM at Smolak Farms. The tradition continues this year at Smolak Farms. Each year, families go out into the fields to choose and cut their Christmas tree! The varieties of trees at the Farm include Fraser Fir, Balsam Fir, Douglas Fir and Concolor Fir. The Newfoundland dogs, often termed the "Gentle Giants" will be at Smolak Farms to pull Christmas Trees, assist families by taking the trees to the vehicles, pose for pictures, and they will even be offering rides for the little ones! Donations will be accepted. All profits will be donated to the NCNE Rescue & Referral Service and the Newfoundland Club of New England Charitable Fund. All donations will be greatly appreciated.

NORTH ANDOVER Smolak Farms Pie Recipe Contest! Just in time for Thanksgiving, Smolak Farms of North Andover is in search of the latest, greatest, most delicious pie you can cook up. Think your pie recipe takes the cake? Enter the Smolak Farms Thanksgiving Pie Recipe Contest and find out! The lucky winner will be filmed by how2heroes and featured on the website making their pie! The winning pie will also be featured on NECN"s TV Diner with Billy Costa! As if fame and bragging rights aren't enough, the winner will receive a certificate to the Smolak Farms farm stand, and the winning recipe will appear on the Smolak Farms Pie Menu for the entire

month of December 2011! The top five selected pies will be recreated in the Smolak Farms "Test Kitchen" and judged by a panel of representatives from how2heroes, TV Diner and Smolak Farms. *Must be 21 years of age or older to enter. Bakers need to submit a pie recipe and photo of their pie toinform@smolakfarms.com SUB-JECT – Smolak Farms Pie Recipe Contest. All entries must be received via website, mail or email by midnight on November 21st, 2011.. Each pie entry will be judged on the following criteria: Overall Appearance of pie and recipe: Crust, Filling, and appeal, Overall Appearance of Photo: Atmosphere and Overall Appeal: Impressiveness, Creativity (based on originality). The judging criteria will be based on a 0-9 point system for each of the above categories. All category points will be added to determine the winners. In the event of a tie, the judges will re-judge the pies/photos until a winner is decided. Each recipe must include U.S. standard measurements, complete preparation instructions, cooking time and temperatures, number of servings, size of pans and any special utensils or cookware.

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Bill Would Require Judges to Consider

NOTEBOOK, PAGE 34



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New England Marching Band Championship Results

Held at North Andover High School

Marching Band Division 1: FIRST PLACE: Joseph Case Cardinals Marching Band, 2nd: Weymouth Wildcat Marching Band. 3rd: Dedham Marauders Marching Band. 4: Bishop Hendricken High School Marching Band.

Marching Band Division 2: FIRST PLACE: Bishop Feehan Shamrock Marching Band. 2nd Shepherd Hill Regional High School Marching Band. 3: Billerica High School Marching Band.

Marching Band Division 3: FIRST PLACE: Melrose Red Raiders Marching Band. 2nd Everett Crimson Tide Marching Band. 3rd North Middlesex Regional High School Marching Band. 4th Lowell High School Red Raiders Marching Band

Marching Band Division 4: FIRST: Wakefield Warrior Marching Band. 2nd: Malden Golden Tornadoes Marching Band. 3rd Reading Memorial Rocket Marching Band

Marching Band Division 5: FIRST: Dartmouth High School Marching Band. 2nd Blackstone-Millville Regional High School Marching Band. 3rd: Stoughton Black Knights Marching Band. 4th North Andover Scarlet Knight Marching Band

RACE FOR THE WHITE HOUSE

Economics 101 999 at New Hampshire presidential debate

Alex Talcott VALLEY PATRIOT CAMPAIGN CORRESPONDENT

Hanover, NH – Long before Republican voters and the media class turned blue holding their breath for a white-knight 2012 presidential candidate, New York City Mayor Michael Bloomberg publicly decided against a run in late 2010. The business and financial television network bearing his name broadcasted a presidential debate at Dartmouth College on October 11.

Bloomberg Television co-sponsors of the debate, which featured an economic roundtable format, were The Washington Post and WBIN-TV, recently launched by New Hampshire Republican Party Finance Chairman and 2010 U.S. Senate candidate Bill Binnie. PBS's Charlie Rose moderated. All eight invited candidates debated: Michele Bachmann, Herman Cain, Newt Gingrich, Jon Huntsman, Ron Paul, Rick Perry, Mitt Romney, and Rick Santorum

A sharp, polished, unflustered, thorough Romney was the – or at least a – debate winner according to most pundits. In response to a question posed by Cain on whether Romney could name all 59 points of his economic plan, a composed Romney asserted, "Simple answers are always very helpful, but often inadequate." Cain is running on a "999 Plan" that was the focal point of much of the debate. It calls for scrapping the Internal Revenue Code and replacing it with a nine-percent federal flat income tax, nine-percent corporate tax, and nine-percent national sales tax. Romney classified the 999 Plan as a tax plan and said that a president needs to have more than tax and energy policy, the latter referring to Perry's domestic energy initiative and both of which are topical components of Romney's more comprehensive proposal. U.S. Senator from Ohio Rob Portman – a Dartmouth alumnus and former Director of the Office of Management and Budget and U.S. Trade Representative – told Bloomberg Television that he likes Romney's "very specific" plan, though he has not endorsed a candidate. "[Romney's] got more pages of policy than anyone out there right now."

Cain defended the 999 Plan as bold, simple, fair, efficient, transparent, and revenue neutral. It was subject to jokes by Huntsman (first thought it was the price

of a pizza) and Bachmann (flip it upsidedown; devil is in the details) and an audience poll by Santorum to show that voters in no-sales-tax New Hampshire would resist a 9% national sales tax and any new taxes ripe for raise by Congress.

Perry, critiqued for stumbling and fading in earlier debates, started slow and meandered. He focused his debate performance on teasing a domestic energy plan to be unveiled three days later in Pennsylvania.

Huntsman invoked the political sideshow of the week, a Perry-supporting pastor who called Mormonism a cult in a candidate introduction, and joked that he would not make Romney's faith an issue. Huntsman, like Romney, is a member of the Church of Jesus Christ of Latter Day Saints. The audience was delayed and tepid in its response, likely, in part, due to limited familiarity with Huntsman's biography. On economic priorities, Huntsman said the U.S. needs to regain its industrial base. To stay ahead of China and India, the U.S. must maintain a strong commitment to innovation and entrepreneurship and improve "freedom in the marketplace" by reforming taxes and regulations.

Paul noted "some inroads on the Federal Reserve," the central banking system long excoriated by the Congressman. Legislation sponsored by Paul last year affected "a partial audit of the Fed," from which we've learned a whole lot. They were dealing in \$15 trillion; \$5 trillion went overseas to bail out foreign banks." Paul credited Bloomberg and Fox with helping bring about transparency with Freedom of Information Act requests and legal actions.

Santorum discussed a tongue-in-cheektitled zero-zero-zero plan that would eliminate corporate taxes on manufacturers, allow tax-free repatriation of foreign capital, and repeal all Obama administration regulations. He said the U.S. should strive to outgrow China economically, even using "go to war" language. A late debate point on the connection between nontraditional family structures, values, and poverty earned kudos in a Union Leader editorial and a National Review magazine editor Rich Lowry tweet.

Gingrich continued his 'team player' approach, complimenting his Republican friends with the stated priority of defeating President Obama in the 2012 general election. Earlier in the day, in a Main Street,

Hanover interview, Gingrich praised the public policy research of recently announced Nobel Prize economists **Christopher Sims** and Thomas Sargent. The history PhD, who taught at West Georgia College and continues to teach at the National Defense University, asked about other indispensable economics sources, replied, "All modern economics starts with Adam Smith's Wealth of Nations and Theory of Moral Sentiments. You have to read both." Gingrich often refers audiences to his 21st Century Contract with America, a platform and set of legislative proposals and executive orders available for download at Newt. org. Suggestions and proposals for the developing Contract are welcome;

Gingrich emphasizes

that reducing government will necessitate "growing citizenship." He distinguishes an Obama agenda of "bureaucratic socialism" from American exceptionalism and free markets.

Bachmann touted her credentials as a former federal tax attorney and small business owner. Bachmann and her husband, a clinical therapist, own a two-office Christian counseling practice in Minnesota.

Liberté, punditry, fraternity Democratic National Committee Chairwoman U.S. Representative (Florida) Debbie Wasserman Shultz spoke before the debate to a New Hampshire Democratic Party gathering at the Hanover Inn. She appealed for activism in support of President Obama's reelection. On her House colleagues from New Hampshire, Charlie Bass and Frank Guinta, the former returning to Congress and the latter winning a first term in 2010, she said they have "done the bidding of the country's most fortunate." Obama, on the other hand, is "on the side of the Occupy Wall Street protesters." After the debate, Wasserman Shultz told me Republicans' disregard for the value of regulations - from environmental to financial - was "basically allowing the fox to guard the henhouse."

Dartmouth Professor of Government Linda Fowler suggested the candidates have not campaigned more in greater Hanover strategically, perhaps because they think the area is too liberal. A state representative for Hanover proudly declared his district the most Democratic in New Hampshire in his introduction of Wasserman Shultz.

Dartmouth senior Sterling Beard — editor-in-chief of the independent, conservative Dartmouth Review and a modified history-government major from Abilene, Texas — remains "very much open-minded" about the race. He has not ascertained a favorite candidate among his newspaper staff members or the student body at large. "It's a wide open melee. Who knows who will get the youth enthusiasm?" Beard said students are more concerned about the job market and their individual employment



PHOTO: ALEX TALCOT

prospects, though he did note a number of 2008 Obama voters have whispered to him that they will not support the president again due to his failure to deliver on jobs.

Dartmouth Professor Andrew Samwick, who served as Chief Economist on President George W. Bush's Council of Economic Advisors, opined, "Grading on a curve, Romney wins." Samwick, who also serves as director of the Nelson A. Rockefeller Center for Public Policy and the Social Sciences at Dartmouth, explained, "On exams I give, you have to answer the question I give you." In a debate, unlike a college test, Romney was wise not to "take bait" and, rather, to present his message. Samwick was generally impressed with the other candidates holding their own.

Paul's New Hampshire Campaign Chairman, State Senator Jim Forsythe, recalled it was "mainly economic issues" that first interested him in Paul, whom he learned about while serving as an Air Force pilot in the former Soviet Union. In addition to Paul's advocacy for free markets, his foreign policy – "not antiwar...noninterventionist" – resonated with Forsythe.

When I advised that, like Romney, he was vying to become just the second president with a master of business administration degree, Santorum reflected on the skills he gained in business school: "how to analyze problems, selling, accounting, management." Santorum said he applied these skills to his private law practice before his elected public service. He noted low staff turnover in his Senate office, which he attributed to "hir[ing] the best, get[ting] a lot out of them," and motivating and inspiring his team.

Gingrich, joined by his wife Callista, followed Bachmann and Huntsman in addressing students at an overflow debate watch party in Leede Arena. Gingrich, who has been leading with ideas, is growing his organizational presence in the state. Gingrich's press secretary, R.C. Hammond, said the campaign is going to

PRESIDENTIAL DEBATE, PAGE 23



Rick Santorum spoke with The Valley Patriot in the post-debate "spin room," Hopkins Center, Dartmouth College.

Occupying Earth

Paul Murano

VALLEY PATRIOT COLUMNIST

No one seems to notice the relationship between two converging occurrences in the news recently. Person number seven billion has joined us on this spinning and rotating rock we call earth, on Halloween day according to demographic analysts. Welcome to the human race number 7 billion! In the meantime some of those seven billion have been occupying Wall Street....and Boston and Oakland and DC and New York and many other places. In this crowd you find a gamut of people from unemployed workers to old 60's hippies, socialists and anarchists. But perhaps the largest demographic in this slice of the living 7 billion who are protesting is recently graduated college students - with hefty student loan bills that cannot find work. They are angry and have decided to vent it toward "Wall Street". The end goal is a bit perplexing; but I guess they're saying to management types everywhere: "Stop being greedy" and expect to get the response: "Okay, good idea". But they're also mad at government for bailing out the "bad guys". The problem with aiming at these two "villains" is without them you are left with anarchy. Both socialism and libertarianism depend on the uprightness of people in government and in business respectively. The problem, however, is deeper and more complicated.

This is where population comes in. We have been conditioned by the lies found in the landmark book "The Population Bomb" of 1968, which predicted mass starvation and major social upheavals in the 70's and 80's, and demanded immediate action to limit population growth. Since then, with the help of the pill, the western world has moved from having five children per family to a paltry 1.5. This has in fact caused a very dangerous underpopulation problem. Europe is now in the process of dying out and the only thing keeping the U.S. afloat is massive Latino immigration coming up from the south. But even still there is a large discrepancy between retirees and young workers that is going to get worse. This adds up to less human ingenuity, less job creation, less people working, and more social security and health care benefits to be paid. Couple this with the creditor nation we have become with its unending debt and you have serious problems.

The fault is ours

For now I will refrain from mentioning the foundational cause of this crisis contraception – since I have written extensively on this popular evil in previous articles. Perhaps we should ask the people who were fortunate to come into existence during our contraception era why they paid \$50,000 per year to go to college. Because of this the idea of college has evolved from being a place where natural curiosity is satisfied by learning about the human condition, the world, and the purpose of life -- to becoming a jobpreparation factory. And even the holdouts who still see college as a place of learning and formation are often propagandized by professors who were themselves baptized into the falsehoods that are the foundation of the relativist and materialist philosophy plaguing our times. Academia has also created a silly tenure system that enables professors to earn hefty salaries while filling students with an ideology of cynicism, perpetuating the immorality on campuses that destroys character and hope.

Why is college so expensive? One big reason is student loans; the same principle that crashed the housing market and made the economy as fragile as a china shop in an earthquake. The more you pay for something with future money the more prices go up. In areas of the economy where insurance and loans are heavily involved prices skyrocket, consumers are squeezed, and things eventually crash. Get rid of student loans, teacher tenure, and the silly idea that everyone has to go to college (which in effect makes undergraduate college "the new high school") and you will see tuition drop like a rock, more people able to afford it without a lifetime of slavery to debt, and the quality of the experience raised. College has evolved into a rite of passage for young people to "find themselves" among the artificial society of campus life. To be blunt, for many college is the place where you spend \$200,000 to be fed false ideology, lose your virginity, become cynical and angry, and be saddled with debt. Only those who choose the right school (not the most prestigious one), for the right reasons, and take the right professors are those who truly benefit from the experience. As a former student who teaches college himself, I would be extremely cautious if I were a parent discerning my child's future as well as her character in choosing a college.

OCCUPYING EARTH PAGE 36

Ye Gay Ol' Valley_

It's the End of the World as we Know it!

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

We can only hope that this is true. I believe that it is. I also believe that the Mayans are right the end of the world is near, maybe as near as December 21, 2012. I do not believe that the end of the world as we know it is fire and brimstone. I believe it is a shift in how we conduct ourselves as its inhabitants. I believe it is an awakening and a transformation of mankind to move away from selfishness and greed and selfsatisfaction. This is what the Mayans predicted, not the surging of oceans, erupting of volcanoes or destruction of the holy lands, but a new mentality that moves away from gluttonous consumer materialism toward, "the beauty of our interconnectedness," as stated on www.adishakti. org where I found an article about the real meaning of the end of the Mayan calendar in 2012.

There is surmounting evidence that we, as a human race, are moving toward a new cycle and its effects reach back for generations. In the last century we have seen women gain the right to vote, the civil rights movement give equal opportunity to African Americans, Hispanics, homosexuals and other minority groups. Women are no longer only subjected to being wives, mothers, teachers, nurses or spinsters. We can become anything we damn well please and don't need a man to tell us that we are worthwhile. Gay marriage is legal in six states. Don't ask don't tell has been repealed and, contrary to popular belief, it hasn't sucked the life or dignity out of serving in the military. We have anti-bullying laws, sexual harassment laws, child protection laws, and laws to protect the rights of the handicapped.

Other evidence is the surmounting fight against evil and corporate corruption from the 'little guy'. Rebel forces supported by organized military operations have brought down three violent terrorists: Saddam Hussein, Osama bin Laden and most recently Moammar Gadaffi. We have average citizens protesting corporate greed in Occupy Boston, Occupy New York and Occupy Washington. What we are seeing is a shift. The world has been dumped upon for far too long by the few and the many are damn tired of it. What is happening in the world today is exactly what brought down the Roman Empire

after one thousand years of rule: government corruption, corporate greed, constant threat from terrorists, and moral decay.

Little by little, step-by-step, decadeby-decade we are seeing more and more people band together and demand a change. The Mayans didn't predict the destruction of the world, they predicted the death of the afore-mentioned and a rebirth of mankind. At least that's what I got from Tony our toothless tour guide when we visited Chichen Itza in 2009 and from my research of the cycle of the Mayan calendar. In my research what I discovered is that the Mayans were saying, "As we perceive the 2012 completion date as a reminder to us from the Ancients that right here and now we are living in precious times, we can realize how critical it is that we align together in respect for life, becoming more and more conscious of how our intentions and actions affect the Whole."

After 9/11 more and more young people entered into fields like social work, psychology, teaching, and environmental science. Volunteerism spiked, as did those donating to charity. I know since then I have joined more committees at work to try and better the lives of the teachers I work along side and the students that sit in front of me every day. Although I struggle sometimes to pay the bills in these trying times I donate what money I can and to as many charities as my wallet will allow and I believe many of my peers do the same. This is a new world not a dying world. We need to stop saying I, me, mine, and say us, we, ours. As a human race it is time we band together and take control of our lives, our environment, our world and our future. "We can shake off the wounded victim mentality, and arise as Medicine Warriors, here to do the necessary work to help lay the ground for a New Era to root, conscious of our obligations to future generations." Just like we have only one heart, we only have one world. It is being run down and abused. What are you going to do to rebuild and make it a better place for us all?



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 Dani-BLangevin@aol.com

NEW HAMPSHIRE PRESIDENTIAL DEBATE: FROM PREV. PAGE

open offices by the end of October and "will have a sign for every lawn."

Dave Carney, Perry's chief strategist and a Hancock, New Hampshire resident, talked down debate expectations and significance. "It's a long campaign. Debates are important...to some extent." He defended Perry's performance as "solid, very competent," and said, "We want to get better every day." Carney spoke of Perry's forthcoming energy plan as a fast job creator and credited Perry with knowing the name of Romney's economist, jabbing Romney for blanking on it. Perry visited a debate watch party at Beta Theta Pi, a Webster Avenue fraternity with a conservative reputation. Politico's Maggie Haberman relayed a Twitter report from Lindsey Boerma of CBS News and National Journal that Perry told reporters after the Beta stop, "I just try to get up every day and do my job, and debates are not my strong suit." Earlier in the day, pledges of the Alpha Chi Alpha fraternity were on a rush mission for photographs with candidates. Three pledges successfully obtained a photo opportunity with Gingrich, and "bonus points" were available for a photo with Santorum.

debate, where he handed out Frisbees printed "Fred Who?" in recognition of his marginal public name identification Karger said Dartmouth was "where it

On the outside

Former New Mexico Governor, construction entrepreneur, and adventurer Gary Johnson was the odd man out. Literally. In the post-debate spin room, I spotted printed material for a ninth candidate placard for "Johnson." Brinck Slattery, Johnson's New Hampshire State Coordinator, thought Johnson could have brought "real-world business experience" to the debate, distinguishing his private sector experience from that of Romney and Huntsman. "Running a huge corporation is a lot more like working for government." On the day of the debate, Johnson completed a seven-day, 500-mile bike ride through New Hampshire with scattered campaign stops.

Veteran campaign operative and gay activist Fred Karger of California campaigned on the college green before the printed "Fred Who?" in recognition of his marginal public name identification. Karger said Dartmouth was "where it all began" for his campaign. After a February 2010 speech to the college's Gay-Straight Alliance and before a University of New Hampshire visit, Karger decided to run. He has returned to campus fifteen to twenty times, visited classes, and done area precinct walks with volunteers and staff. A first-time candidate after decades of campaign-side work, including for Ronald Reagan, Karger is "just living this dream." His economic message is one of "bringing back the American spirit of optimism and getting along." The messenger can be key; Karger said Reagan "talked us out of that [19]81 recession." Karger mentioned ideas, goals, and approaches, including federal government microloans to small businesses, stopping outsourcing, speeding up the patent process, technical college job training, and encouraging the most basic of entrepreneurship through swap meets.

Community banker and former Louisiana Governor and U.S. Representative Buddy Roemer visited Occupy Wall Street protesters in New York.

Next NH Primary debates scheduled Diane Bitter, vice chair of the Granite State Patriots Liberty Political Action Committee, thought the next presidential debate in New Hampshire "might be the next and last." With the multi-state jockeying to hold early primaries and caucuses having seemingly subsided by late October, the GSPLPAC will host the next debate November 10 at Exeter High School with a Constitution theme and a "national media network" partner, to be followed by an ABC News/WMUR-TV debate in Manchester three days before the primary and a NBC "Meet the Press"/Facebook/ New Hampshire Union Leader debate in Concord on the final Sunday before the First in the Nation Primary.

Alex Talcott is the public affairs principal of Vaura Consulting LLC and an adjunct instructor of social science at Newbury College.

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THE DOCTOR IS IN

Back Pain During Pregnancy

Rami Rustum, M.D. VALLEY PATRIOT MEDICAL COLUMNIST

Back pain or discomfort is common during pregnancy and should be expected to some degree by most women. Back pain may be experienced during any point of your pregnancy; however, it most commonly occurs later in the pregnancy as the weight of the baby increases. Back pain can disrupt your daily routine or interfere with a good night of sleep. The good news is there are steps you can take to manage the back pain that you experience.

The prevalence varies with reports, showing between 50 to 70 percent of all pregnant women having back pain.

Back pain

What causes back pain during pregnancy?

Back pain during pregnancy is related to a number of factors. Some women begin to experience lower back pain with the onset of pregnancy. Women who are most at risk for back pain are those who are overweight or had back pain prior to pregnancy. Here is a list of potential causes of back pain or discomfort during pregnancy:

- Increase of hormones hormones released during pregnancy allow ligaments in the pelvic area to soften and the joints to become looser in preparation for the birthing process of your baby; this shift in joints and loosening of ligaments may affect the support your back normally experiences
- Center of gravity your center of gravity will gradually move forward as your uterus and baby grow, which causes your posture to change
- Additional weight your developing pregnancy and baby create additional weight that your back must support
- Posture or position poor posture, excessive standing, and bending over can trigger or escalate the pain you experience in your back
- Stress stress usually finds the weak spot in the body, and because of the changes in your pelvic area, you may experience an increase in back pain during stressful periods of your pregnancy



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!

What are the Clinical Presentations and most common cases?

The most common onset tends to be

during the 5th and 6th month of gestation, and the pain is usually worse later on in the day. 67% of women suffer from pain at night. Factors that aggravate the pain include: standing. sitting, coughing or sneezing, walking, and straining during a bowel movement. During the physical exam, the paravertebral muscles are tender to palpation, the muscles of the back are weak during testing, and there is possible decreased ROM in flexion. The description of the pain is not localized at times, and

may be intermittent. It is possible for the pain to radiate down as far as the calf.

There are other musculoskeletal disorders to consider, including Sciatica, Meralgia Paresthetica, Thoracic/Rib pain,

Hip pain, coccodynia, spontaneous abortions, osteomyelitis, osteoarthritis, osteitis condensans ilii, metastatic cancers, and

Diastasis Recti.

- Differential Diagnosis for Disc Disease: Morning pain and stiffness, weight bearing. age of the patient, increased abdominal pressure provokes pain, sleep not usually disturbed, eases as day progresses and then gets worse again, history of repeated micro trauma, movement eases pain but not for long (e.g. fidgets), going uphill provokes pain, sitting too long provokes pain especially in low chairs, getting out of a chair provokes pain

- Facet Joint Involvement: Non weight bearing, related to movement specifically rotation, pain increased by lateral compression, history of minor injury, pain is not usually referred to an extremity, eases with rest,

menstruation prior to pregnancy because of the effects of cyclic hormones on prepregnant SIJ ligaments.

not affected by coughing or sneezing
- Sacroiliac Involvement: There is a
definite laterality to pain, pain does not

midline, can refer pain to the leg, turn-

ing in bed provokes pain, getting out of

the car provokes pain, pain is referred to

the groin or genitals, pain is related to

How can you treat back pain during pregnancy?

There are a number of things you can do to treat back pain during pregnancy. Some of the steps you take to avoid back pain may also be used to treat current back pain. Here are some other common interventions:

- Ice or heat
- Braces or support devices
- Sleep on your left side and use a support pillow under your knees
- Medications used to treat inflamma-
- Use a licensed health care professional such as a chiropractor or massage therapist

Could it be sciatica?

- When low back pain radiates into the buttocks and thighs, it's often confused with sciatica a condition that's actually relatively uncommon. True sciatica, which can be caused by a herniated or bulging disk in the lower part of the spine, affects only about 1 percent of pregnant women.
- If you have sciatica, your leg pain will usually be more severe than your back pain. You're likely to feel it below the knee as well, and it may even radiate to your foot and toes. And you'll probably feel a tingling, pins-and-needles sensation in your legs or possibly some numbness.
- With severe sciatica, you may have numbness in your groin or genital area as well. You may even find that it's hard to urinate or have a bowel movement.

How can you prevent or minimize back pain during pregnancy?

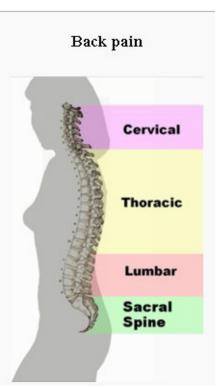
Back pain may not be prevented completely, but there are things that you can do to reduce the severity or frequency. Here are a few steps you can take to help reduce the back pain you are experiencing:

- Use exercises approved by your health care provider that support and help strengthen the back and abdomen
- Squat to pick up something versus bending over
- Avoid high heels and other shoes that do not provide adequate support
- Avoid sleeping on your back
- Wear a support belt under your lower abdomen
- Make sure your back is aligned using a chiropractor
- Get plenty of rest. Elevating your feet is also good for your back

Enjoy your baby!!

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- 4. Sneag D, Bendo J. Pregnancy-related low back pain. Orthopedics. 2007; 30: 839-845.



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How Eating Affects Your Sex Hormones

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

We have all heard the saying, "You are what you eat". Another extension of that phrase is, "Your sex life is dependant on what you eat". Have I got your attention? The key to eating properly is to maintain a steady supply of glucose (blood sugar) to all the cells of your body. The problem is the average American does a very poor job of maintaining their blood sugar. Instead, they suck down a donut and coffee in the morning and their glucose rises rapidly.

Mid-morning the blood sugar drops, they get more coffee, a soft drink or candy bar. Guess what? Blood sugar spikes up again. Lunchtime rolls around, glucose crashing, we chow down a huge Sub sandwich. Get the picture? Blood sugar going up and down all day, every day, month after month, year after year is very bad. When the glucose spikes a hormone named insulin is released in large quantities. When you live on this blood sugar roller coaster long enough it leads to a condition known as Insulin Resistance. Insulin is the hormone that carries glucose into the cells of your body. When you become Insulin Resistant, insulin cannot carry glucose into your cells and you start the downward health spiral.

Another major problem caused by repeated insulin surges is a change in your sex hormones. The major sex hormones are estrogen and testosterone. Both hormones are present and needed by both males and females. Estrogen is the predominant hormone in females and testosterone is predominant in males. When we have these repeated insulin surges over the course of our lives it will activate

special enzymes in our bodies that convert our sex hormones.

Insulin surges in a female convert the estrogen into testosterone. This leads to unwanted hair growth on the face, hair loss on the head, fatigue, depression and infertility. In males, the insulin surges convert testosterone into estrogen. This creates a condition known as Andropause that is characterized by male breast tissue growth, enlarged belly, weight gain, depression, and low libido. We see these conditions in men and women regularly in our office. Imagine the frustration of a young couple trying to have a baby. She is infertile because of insulin surges and he has no libido. Thankfully, we have been successful in helping many get their blood sugar stabilized, health restored and achieve pregnancy.

If you want to maintain your health and keep a proper balance of sex hormones, you must learn to stabilize your blood sugar. Some techniques we use in our practice are eating smaller, more frequent meals, as well as avoiding refined carbohydrates as these cause a huge insulin surge. If you balance your blood sugar you will keep all the cells in your body healthy. You will also keep your love life alive.



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

reached at 978 688-6999. Or visit his website at www.DrJinSung.com

Let's talk about Food

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

There are so many delicious food temptations at this time of year. Let's face it it's going to be a challenge for a lot of us. I personally do not ever dread the holidays because it's a time for family, celebration and happiness. I look forward to Halloween, Thanksgiving and Christmas every year because of all the gatherings and fun events. I love spending time with my children and grandchild and making this time of year memorable for them.

As a child I remember Halloween as a time with friends. We would dress up, go out right after dinner and not return home until our candy bags were too heavy to carry. I took great pleasure in going through everything, sorting all the different sizes and varieties of treats and finding the best hiding spot in our house so that my brothers wouldn't raid my stash. Thanksgiving was a time when everyone was in our home, helping with the cooking, enjoying each other's company, picking at appetizers for hours and then sitting together at one large table to enjoy a home-cooked meal. I always pretended that I was a waitress. I would take everyone's dessert orders and deliver them to their place in the living room. My grandmother would always put a dollar in my pocket as my tip. Christmas was a time of transformation. Our house always looked particularly light and special. I don't know if it was the lights on the Christmas tree, the plug-in candles in the windows or just that everyone was in the holiday spirit. On Christmas day, we always sang Happy Birthday to Jesus – a tradition I believe I may have started and one that I carried on in my own home with my kids. The food at Christmas was much like the food at Thanksgiving. However, with all the decorations and the beautiful red tablecloth, everything



seemed to taste better.

Now as an adult, I think back to what my mother used to say each and every holiday. She would say, "How am I supposed to get through the next couple of months without gaining 50 pounds?" She would make cookies or other treats with us. My brothers and I would eat whatever we wanted. When I was young, I was very active and thin. I had a healthy relationship with food. My mother, however, was like how I became as an adult. She would tell herself to put the items away but she would eat whatever was left over. Then she would feel like a failure and regret her gluttony. I once asked her, "Mom, why do you always say you're not hungry and then eat lots of food when no one is looking?" It was an innocent, naïve question but she was not happy with me for noticing what she was doing. I believe I embarrassed her but now I understand what she was doing. She was trying to resist temptation, and then when she wasn't able to resist, she gave in. She was trying to be a good example for her children but then she

FOOD, PAGE 31

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TEA PARTY: FROM PAGE 16

home.

Bolton encouraged the New Hampshire audience to question presidential candidates about their strategy to protect our nation from those who wish us harm. He is looking forward to the 2012 debate on foreign policy between Barack Obama and the Republican nominee. "By that time the president ... will have mastered the art of pretending to be commander in chief."

In closing, he said this: "As important as it is to replace Obama with somebody who at least understands what America's system of Liberty gives us ... a president

has to be able to walk and chew gum at the same time. They've got to be able to focus on national security as well as a domestic economy."

Please join our next Tea Party event: November 16 at 7 p.m.

Guest: Staff Sgt. John Katseros US-AAF, ret.

VFW, 32 Park Street, N. Andover



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

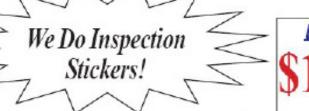


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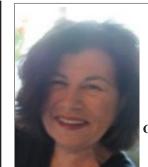
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Live the WOW!

Time is of the Essence! Waste it Not. When it is Gone, it is Gone Forever. That's Why People Living the WOW! Make the Most of it Every Single Day.

Thomas Connors

Time Flies! And it seems to fly even faster the older we get. As kids in school, the day seemed to just drag on; one boring class after another. Now, as adults, it seems like there is never enough time in the day to do all the things you want and have to do. Getting your own kids off to school, fighting traffic in order to be on-time for work, getting your work done in only eight hours, then getting supper ready and, finally, finding time to relax. When all is said and done, all of us could use a few more hours during the day to really feel complete and satisfied.

We All Get the Same 24 Hours! Yet, people Living the WOW! somehow manage to get more out of their 24 hours and reach a level of personal satisfaction that eludes too many of us. Why is that?

Listening to a lot of people complain they don't have enough time in their day to even attempt Living the **WOW!**, let alone actually accomplishing it, is something I often hear. You get the impression that having enough time is as elusive as the Holy Grail or finding the Fountain of Youth. The issue is not finding more time. The real issue is making the most of the time you DO have. And THAT is the where People Living the **WOW!** have perfected their approach to the things they do every day.

Pay Attention to the Things You Choose to Do! Stop wasting your time on stuff that is useless, mindless and gets you nowhere.

Here are what I consider the 3 biggest time wasters that throw people off course on a regular basis. If you ever want to make the most of your LIFE learn immediately to avoid them or at least fight them off

1) **The Television**. For decades it has prevented more people from getting ahead than any other influence. It promises little more than a false sense of escapism from the real world going on around us. Instead of facing our challenges, the television encourages us to pretend they don't even

2) **Technology Toys.** They certainly are entertaining. They're also highly addictive. And their target is kids. Despite any arguments from manufacturers that their products are geared toward adults, kids are the ones wasting time playing these extremely violent and mindless games. The sad fact is that this technology, put to good and productive use could be teaching our youth to be some of the brightest and most well educated young people on the face of the earth. Instead, test scores and reasoning skills continue to go lower and lower.

Texting on cell phones is in the same

category. It's addictive. Wastes time. And does little in the way of getting anybody closer to Living the **WOW!** Yet, people spend useless hours doing it.

3) **Gossiping**. Let's put it this way. It has existed since the beginning of time. Time spent gossiping takes away from any form of productive behavior. And gets you nothing in return.

More Precious than Silver or Gold. Time cannot be replaced. Once lost, it can never be made up at the end of the day. When it is gone, it is gone forever!

Recognize this very simple fact of life. TIME and what you do with it here on earth determines the kind of life you eventually live and whether you achieve anything meaningful in your life or not. How you spend it determines the quality of your life and who you become. TIME is either there for you to help others by giving back or taken up by wasted and virtually useless activities.

People Living the **WOW!** acknowledge this fact and lead their lives with this in mind

Focus on the Time in your day. Align it with your Priorities. And be passionate about making the most of it.

Every day you lose focus and give in to the many distractions that are out there, you cost yourself many hours, days and eventually years of wonderful lifetime experiences. Many of which could very well have been a **WOW!**

Join us at American Training as a VOL-UNTEER for example. Help us with our arts & crafts projects. Help prepare a hot lunch for some of our people with disabilities.

Oh, wait! Did I just hear you say you can't do that because you have to gossip about your neighbor? Or was it because

you have to watch (God forbid!) Jerry Springer every morning on the boob tube?

Which activity do you think you will get the most out of?

How much of a difference can using Your TIME wisely make in this world? Calculate Our Lord's time on this earth as an example.

He died at 33. Take away the first 10 years as His growing years. That leaves about 23 years to make His mark.

In those 23 years, He lived the Greatest Life the World has ever seen. He was born in a lowly and lonely manger, taught teachers with knowledge well beyond His years, performed miracle after miracle, died on the cross, saved us from our sins and rose from the dead. Talk about making good use of your time here on earth!

Although none of us is God, it is still important to Use Your TIME equally as well. Be conscious of it every day. Insist on making your mark in this world by making every minute count. You too can Live the **WOW!** by performing your own miracles in the eyes of your family and those you reach out to. When people acknowledge your magnificent accomplishments you will say to yourself ...

"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, spiritu-

al and working life. You can reach Tom at Tom@ AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843} © 2011. You can also visit Tom at his BLOG ... TomConnors-ThinkPad.blogspot.com



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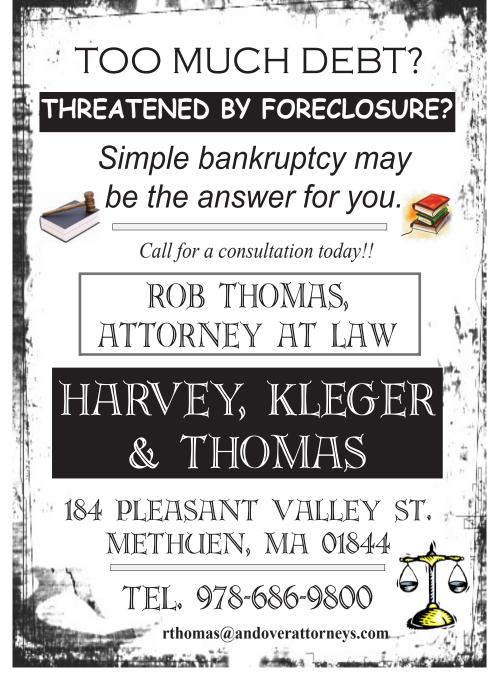
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SHAWN HANSEN'S COMEDY CORNER:

Stop Clowning Around

Looking at today's society, one may think of how a particular person is in the line of business they are in. For example, the hit television show of Blue Bloods has a long line of New York police officers that are from the same family as Clown Bello Nock comes from a long line of entertainers.

As his mother's side of the family of seven generations was involved in the theater, and opera, his father's side of seven generations dressed up as clowns from Switzerland.

"My name is Bello Nock, it's one of my true original birth given names," said Nock. "The full name is Demetrius Alexandro Claudio Amadeus Bello Nock."

Beginning his career in 1976 as Little Michael Darling in Peter Pan, Nock realized his love for entertaining people, and making them laugh.

"I was brought up, and trained to be a Dare Devil," said Nock talking about a daring man on the flying trapeze. "A passion of making people laugh, but taught how to be a Dare Devil from my parents, you come up with something that's totally unique in the Circus, and that's a Comical Dare Devil."

Looking at the world from a completely different perspective, Nock remembers his father being good friends with Evel Knievel (Robert Craig Knievel), and reminisces on how they would argue who would become more famous, and perform more stunts.

"My mother's friends were Lucille Ball, Red Skelton, and Emmett Kelly, people of the theater," said Nock. "Listening to them over dinner it was all about how they could set themselves up for the punch, as the goof, setting themselves up as the underdog in the vision of live entertainment."

Growing up in Sarasota, Florida, and New York, Nock feels that his father had an enormous amount of fame that he had to take over, and be cooler then his father.

In his career he headlined for the Ringling Brothers Circus, and was a featured performer for eight-years, and was the only person to have the circus named after them (Bellobration) in their 140-year history.

Performing for the Big Apple Circus of Broadway for three and a half months at a time out of a year in four different occasions, Nock felt having his name in the title on Broadway was something he will remember for the rest of his life.

"Doing a show every night you would think that doing a show every night it would get easy," said Nock. "It doesn't because there's a new audience every night, and they come there with a certain amount of expectation of what they think the Circus is."

Performing at the Lowell Memorial Auditorium the weekend of October 28 in the Bello Nock Circus: The Defying Gravity Tour, Nock will ride the world's smallest bicycle on a 20-foot high wire

"I'm going to do a slay pole that's a flexible tube like a flexible lamp post, or a flexible flagpole that's 40-feet high in a 45-foot high arena right over the seats."

Despite the fact that Nock is going to nock down some of the toughest tricks in clown history, he said the toughest thing to do is to make everyone laugh, because there will be people from all generations at his shows.

"It's not a kids show, but at the same time, it's not a grown ups show," said Nock. "It's a family show. If you are eight years old, four years old, 28 years old, 82 years old, 48 years old, the entire family, you'll have fun at this."

The last few times Nock appeared in the Boston area was with the Ringling Brothers, and the Big Apple Circus. This time it will be at the Lowell Memorial Auditorium.

For more information about Nock, go to www.bellonockcircus.com.

Sixteen Candles are better then one

Shawn Hansen

An organization called Sixteen Candles was incorporated this past summer on June 13 with the mission to provide foster children a sixteenth birthday party they won't forget for the rest of their lives.

For the past year and a half Comedian Jody Sloane has had the opportunity to take care of a foster child named Brittany.

"She has become an important part of my life, and being with her has given me a greater appreciation for family, community, and the importance of giving back," said Sloane.

COMEDY /ENTERTAINMENT

As Brittany turned 16-years old this past July, the two spent months planning out her, sweet sixteenth birthday party.

"During this time, I could not help but think of the thousands of foster children across our state who would love to celebrate their sixteenth birthday surrounded by the people that matter most to them," said Sloane.

On average,

foster care children are between the ages of 13-17 in the state of Massachusetts, and most of them will experience four or more placements during that time.

Being a foster child makes these teenagers vulnerable, and burdened by their childhood experiences of neglect, abuse or abandonment.

"Foster care providers are a Godsend to these children but often do not have the means to make the occasion a special one," said Sloane. "We have created Sixteen Candles to put the focus on the teen, even if just for a day, to remind them that they are special and deserving of an event that celebrates their life.

The organization of Sixteen Candles is not employed by everyday workers, but is employed by volunteers.

"Our Board of Directors meet at least four times a year," said Sloane. "They are members of the community."

Throwing a fundraiser for a foster child per month, the first event for Sixteen Candles entitled, "Stand Up For Cynthia," was held on Oct. 13 at Chester's Bell Tower in Lawrence for Cynthia of St. Ann's of Methuen, Comedians Sloane, Amy Tee, Ellen Moschetto, and Erin Livingston put

> on a show for these Merrimack Valley teenagers. This gathering was put together in order to raise money for Cynthia's birthday party next month.

> "Our fundraiser launch party was a huge success," said Sloane. "We pulled in about \$1800 that evening on ticket sales and raffles. This will pay for Cynthia's Party and some administrative costs."

The additional costs Sloane was referring to include IRS filings, business cards and printed materials. Extra money from the first fundraiser will go towards their next party.

"Each party costs approximately \$950-1475," said Sloane. "We are able to make these events possible for this small amount through the generous donations and discounts of some donors."

The reason for having each party is not only to have a sixteenth birthday party for foster children, but to raise money for the next event they plan.

"The party includes a dress and shoes, a day at the salon for hair, make-up, and nails, limo to the party, photo booth, decorations, cake, a D.J. and food," said Sloane. "The more we can acquire in donations, the more parties we can have."

To meet the criteria in order for a foster child to be thrown a sixteenth birthday

HANSEN, PAGE 36





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Tracey Zysk VALLEY PATRIOT DOGGIE COLUMNIST

Thursday October 6, 2011 I was reading the North Andover Police log, like I do every morning, when I saw a post that went straight down my spine. The police log had a post that stated "At 7:04 p.m., a caller reported that a truck had struck a dog on Waverly Road. The dog was taken to Andover Animal Hospital."

As a dog walker with a majority of my dogs on Waverly, Mass Ave and the side roads in between, I instantly got a really sick feeling in my stomach. I knew, I didn't know which one, but I knew by the feeling I had, one of my clients had experienced the unthinkable; their family pet was hit by a truck.

Anticipating the phone call, I was still wondering which one it may be. My phone would ring, I would check the number before I would answer, then the call, and I saw the number and thought to myself. "No, it can't be." I listened to the message of my client asking me to give her a call back. Nervously I did, Kim Oswald answered and said "Tracey, Kobi died, he was hit by a truck on Waverly."

My heart sunk....I was speechless, heartbroken and in shock all at the same time. How? Kobi? What? I know how

Kobi is, I know how Kobi walks on leash, I know how Kobi moves. I know everything about Kobi. This really didn't make sense to me how this happened.

Kim explained somehow Kobi got out of the house and was on the side of Waverly. That happens, anyone that has a dog knows at some point their dog will get loose out of their home. Accidents happen. The Oswald's understand that too. Yes, their Kobi got out and yes their Kobi did get hit by a truck. But what is unsettling to the Oswald's is when Kobi was hit the driver left the scene. He didn't stop he didn't report it into the police. He left their family member, their dog, their love, to die on the side of the road. Fortunately, there was a witness who got the license plate number and called this into the police.

Who would even think to leave a scene of an accident, especially when it involved a family pet, a dog or cat? This person just left Kobi, the family companion, the dog that would run aside the Oswald's son Nick when he would rollerblade, the dog that would play with his treats in the kitchen and wouldn't eat them until you covered them in peanut butter, the dog that would snuggle with Kim on the couch when the kids where at school. This person felt the best way to handle this situation was to just leave and forget about it. Someone would eventually help this dog and someone else would have to be the one to tell the Oswald family. This person did the unthinkable, he just left and Kobi died. Maybe if he had pulled over, maybe if he had done the right thing, maybe there would have been time to save Kobi, but no, he just left and Kobi died alone. Kobi and the Oswald's never got to say their final goodbyes. This man took that away from them, he didn't stop, he didn't help, he just drove off. He denied the Oswald's their final moment, their final closure.

Well in Massachusetts, this is against the law! Mass. Gen Laws 272 PAR 80H The operator of a motor vehicle that strikes, injures or kills a dog...shall report forth with (to owner or police) such ac-

If you are ever in the situation and this type of accident does occur, please pull over immediately and call the police. Think before you leave, this dog or cat is more than just an animal, this is a family member, this is a loved one, this dog or cat has a loving home and a family that cares and deserves the respect to say their goodbyes.

Kobi – miss you, love you, and many,



many will never forget you oxoxoxox Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units. Tracey may be reached at wigglewalk@comcast.net. Become a fan on facebook at Wiggles & Jiggles Pet Care and follower of www.traceythedogwalker.blogs.com

Festivities For A Cause Salem Animal Rescue League Holds Amber Moonlit Night Dinner & Auction

Tracey Zysk VALLEY PATRIOT DOGGIE COLUMNIST

SALEM, NH - The Salem Animal Rescue League (SARL) announces its annual Amber Moonlit Night Dinner & Auction at the Brookstone Park Event Center in Derry, New Hampshire. The event will take place on Saturday, November 19, 2011 from 5:00 – 10:00 pm. All proceeds from this event will go directly to the care of the nearly 1,000 animals SARL rescues

"This is one of our most important events of the year", said Lisa Giuffre, Executive Director. She adds, "Not only does it provide SARL with vital resources to continue the important work we do, but it is a fabulous night out with great food. mesmerizing entertainment and terrific items to bid on."

Amber Moonlit Night is an evening of fine dining and entertainment that also raises awareness for homeless pets in

the community. The evening includes a cocktail hour, seated dinner, and auction leading up to a dazzling entertainment portion of the evening. This year, the magic industry's only two-time Gold Medal Champion and celebrity entertainer, George Saterial, will perform his repertoire for dinner attendees. His international acclaim has been achieved by merging a truly original concept with classic style, an obsession with perfection, charisma, and tireless practice and work. Mr. Saterial has performed around the world in theater, television, film, music videos, cruise ships, corporate special events and has even performed on ice at a six-thousand-seat arena. He has also entertained an impressive list of celebrities including Clint Eastwood, Mick Jagger, and Tony Randall.

Tickets can be purchased individually online at www.sarl-nh.org or by calling (603) 893-3210. There is also an option

to purchase a VIP table, which includes preferred seating for 10 guests, two bottles of wine, sparkling water, and a centerpiece to take home at the close of the event. Auction items for this year include jewelry pieces by designer David Yurman, a NASCAR 2012 Brickyard 400 Experience for Two, and a 7-night Caribbean Getaway at St. James's Club in Antigua. Auction items may be viewed and bid upon online from November 7 – 16 at www.biddingforgood/amn2011. Bidding for many items will be online only while several will also be available at the dinner

Sponsors for 2011 include The Ronald R. Kimball Family, Brookstone Park Event Center in Derry, UBS Financial Services in Hyannis, Canine FunTime, Realistic Concepts in Keene, Lawrence General Hospital and Kitchen Magic. To find out more about select sponsorships still available, contact Lisa Giuffre, Executive Director, at 603-893-3210 x201. About Salem Animal Rescue League

Salem Animal Rescue League (SARL) was established in 1992 by a group of devoted volunteers. Since that time, the organization has grown to include volunteers, administration and a veterinary department all with the same level of commitment and determination to saving the lives of abandoned, neglected and injured animals by providing a safe haven, compassionate care and new permanent homes for them. SARL educates and promotes awareness about humane care and treatment of animals and is committed to reducing overpopulation primarily through its 100% spay/neuter policy to improve the quality of life of the animals and public we serve. To learn more about SARL, its community programs and annual events, please visit www.sarl-nh.org or call 603-893-3210 to speak directly with a staff member.

Prepare and Protect Your Pets from our New England Winter

 $\begin{array}{c} Tracey\ Zysk \\ \text{valley\ patriot\ doggie\ columnist} \end{array}$

Mother Nature.. Wow, that was quite the surprise you threw at us last month. The worst winter storm in history for the month of October.

But it was a reminder that we all need to prepare for every ever changing weather condition. We must also be prepared for our animals too.

First of all, it's time to bring those cats inside. Yes, as frisky as they are, those outdoor cats need to be transitioned to the indoors for the winter. Start now and get them use to it. Our winters are just to cold for our feline friends to be strolling around the neighborhood for hours or days at a time. As for our dogs, most are big snuggle bugs anyway and really won't have a problem staying in the cozy warm house.

But please remember your environ-

ment and what may be in your pet's surroundings.

- 1. When an animal is outdoors in the winter there tends to be a lack of fresh water available or it may freeze in the cold. If you are going to keep bowl outside either change it daily or maybe purchase a heated bowl. Whatever you decide animals need clean fresh water. Snow water is dirty and filled with
- 2. Clean your yard of any toxins your pet may get himself into, also remember in this time of year we will be putting anti freeze in our automobiles. Anti freeze is poison and can kill your pet if he licks it off the ground.
- 3. After your pet does go out check the paws. In the winter the paws may become chapped, the pads may become cracked, nails will breaks. The snow and

PETS, NEXT PAGE



PUPPY LOVE! with Kate Whitney

As an avid animal lover, I just can't seem to keep my mind off our furry

I have always loved animals. When I was younger I wore a sweatshirt that read "Animal Doctor" because it was my dream to become a veterinarian. When I was six year old, I got my first kitten and shortly after my dad surprised me with a white pony for Christmas. I had two cats growing up, they both passed away last year, but I still have my pony.

One thing I've learned about animals is that they can live a long time. This is something to remember when considering if having a pet is the right choice for you...remember that they are a big responsibility and can be expensive, so make sure you are ready before you take the plunge!

It's been almost eighteen years since I got the pony for Christmas, and he's still hanging out in the backyard (thanks to my parents who took care of him while I was away at college!) After my two cats passed away, I rescued two new kitties who are both amazing. Brady was found in a cemetery when he was about three months old, and Bella was found in a parking lot when she was two months old. Finally, the newest addition to the group, Dash, a twelve week old, chocolate lab/ retriever mix puppy was rescued from Virginia.

In addition to my love for animals, I've also always loved to do volunteer, non-

profit work. I have combined my love of animals with my desire to do non-profit, and I've recently joined up with an organization called One Tail at a Time Rescue out of Haverhill. This rescue organization was founded by Meg Reynolds of Haverhill. I have never met anyone with a bigger heart than Meg. She makes finding rescued puppies homes, her full-time job.

This new passion of mine became a reality when I happened to see a woman at the

vet's office with a beautiful little puppy. I asked where she got the puppy and she told me she found it on petfinder.com.

So one day, I thought I might just check out petfinder.com....and the rest if history! This is a fabulous website where the viewer can browse through thousands of homeless pets.

I stumbled upon the group called One Tail at a Time Rescue and saw that they needed foster homes so I thought I would inquire. The next thing I knew, I was filling out a "foster" application.

Being a "foster home" means providing a safe, loving, temporary home for a puppy or dog, while the rescue reviews applications for adoption. Usually the puppy is in your home for only a few days, maybe a week. Most of the time it's very temporary.

After I returned the application, I received an email that said I could have a puppy "tomorrow" to foster. One thing led to another and I found myself waiting in my car outside Main Street Animal Hospital in Haverhill.

While I was waiting for Meg to arrive, I felt both nervous and excited at the same time. Not only did my parents (I still live at home) have no idea about my new venture, but I had never done something like this before.

When Meg finally arrived, she brought me to the back room of the animal hospital. There in the metal crate, were three adorable puppies with their tails wagging. "Which one do you want...Pick one" she said. I had absolutely no idea how I was going to choose one puppy over the

> other, they were all so precious! The doctor came in and advised me to take the calmer dog, considering this was my first time. I thought that was great advice; therefore I chose the lab/ retriever female puppy named "Red".

When I got home my mom and dad practically fell on the floor when they saw me walking in carrying this adorable little puppy. They panicked because they thought this was my own puppy, and they didn't think I needed anymore pets. After

I assured them that we were just fostering her for a few days, their heart-rate became normal again.

As each day went by, I fell more and more in love with Red. I took her everywhere, she was my little buddy. I called Meg and told her I wanted to keep Red, that I would do anything to adopt her. She told me that there was already an application in for her and that everyone always

loves the first foster dog and wants to adopt. She told me to be patient and to keep fostering and maybe one day I would find another I would want to keep. On the fourth day of fostering Red, I received a call from Meg. who said she needed to meet because Red was going to her new adoptive family.

I cried driving to meet Meg, I cried as I handed Red over, I cried as I drove home, and I even cried that night. I was so sad. A week passed and I received another call from Meg. "I have another puppy for you," she said. My heart was racing during the whole car-ride to meet her. I had such a great experience with Red that I couldn't wait to foster again.

Meg opened the back of her Explorer, SUV and there were about five dog crates inside, filled with the cutest puppies I had ever seen. She handed me a black lab named Brandy. The story that follows is the same story as with Red. -Brandy was a great dog, such a sweetheart. I actually went to the adoption when Brandy was meeting her new parents. Since I had lived with her for a week, I was able to give

them an inside look as to what Brandy liked, didn't like, and what her habits were. And, just as I did with Red, I cried as I drove away.

My third foster experience had a bit of a different ending, however, this time I kept her. Dash, a 12wk old chocolate lab/ retriever mix, is now a permanent part of

> my family. I love her, and I'm still fostering today. Right now I have 8 wk old Patsy and Penny, also some of the cutest puppies I have ever

The best part about fostering is receiving pictures and updates from the adoptive they have moved on. You become that it makes you happy to see what a

families after so attached to these puppies

great life they have.

These puppies are rescued from a very "high-kill" shelter in Virginia. If it wasn't for Meg, these puppies would most likely have been euthanized. The dogs know the tough past they've had, and all they wish is for a safe and love-filled future. There is nothing better than coming home and seeing their tails wagging, eager to give you big, wet kisses!

Next month: How you can foster a puppy (or adopt a puppy that is already in a foster home), tips on how to care for your pet and advice on the best way to keep up on your puppy's health.

For more information about adopting or becoming a foster puppy you can email Kate at kwswingrite@aol.com

PROTECT YOUR PETS: From Page 30

Let's Talk about Food: From Page 26

gorged on sweets.

Food is a part of many occasions, celebrations and events. Most people enjoy baking, cooking and serving their favorite dishes. My daughters like to bake with me. My son likes to eat. This Halloween was the first year that my son didn't go Trick or Treating. My youngest daughter did. The day after Halloween, she noticed that "someone" had raided her candy bag. I guess I forgot to tell her to find a good hiding spot!

Pennie Hale is a Methuen resident, you can email her at

penniehalelacouture@gmail.com



ice can really do a lot of damage and it will be hurtful and uncomfortable.

If needed put a light oil or cream on the paws to keep them moist and always wipe your pets paws with they come back into the home. This will help remove all the salt and debris that has become attached to the paw.

4. Coats and sweaters- believe it or not, most dogs like their outfits. I'm not recommending dressing your dog up in a full line of doggy clothes to go out and play but a nice warm sweater or a fleece dog coat does help keep their body temperature close to their bodies.

5. Frostbite can and does happen. When your dog or cat comes back in the home, check the ears, toes, tail and any area that is light with fur. Signs of frostbite are red and swollen areas or skin that is pale or white. If this happens put a towel with warm water on the affected area. Some animals even like a heating pad on their blanket or bed.

6. Worst case and let's hope this never happens to any of your pets but hypothermia can occur. Hypothermia occurs when an animal has been exposed to very cold temperatures or winds for an extended period of time. Symptoms include shivering, low blood pressure,

drowsiness, stumbling and exhaustion. If this was to happen, immediately get your pet inside, it is important to get the body temperature up. Help your animal drink warm water, not hot water. Keep getting the warm water into the animal's body. Also cover your pet in warm towels, and rub the body of the animal with your hands. Massage lightly, this will help get the blood flow and circulation moving.

Winter is a solid four months of our lives here in New England. Let's be proactive and take a few simple steps to protect our pets from the uncontrollable environmental changes. In return, this will allow us to enjoy the nicety the season does have to offer.

Tracey Zysk, owner of Wiggles & Jiggles Pet Care in North Andover MA is a local pet care professional. She has been featured on local radio, tv and newspapers educating the general public on animal care and animal health & wellness. Tracey is a proud supporter of Police, Fire & Military K9 units.

Tracey may be reached at wigglewalk@comcast.net. Become a fan on facebook at Wiggles & Jiggles Pet Care and follower of

www.traceythedogwalker.blogspot.com

News from the American Legion

John Lenotte

I have a couple of items to cover this month. The first is pride in one's organization. The National American Legion Commander, Fang A. Wong of New York is using pride as a lead in to his program for this year. For this article, I want to use the definition in the dictionary. Pride: A source of personal satisfaction. Some easy examples are pride in sports teams. We see this in adults and children of all ages wearing items that have team logos. Patriots, Red Sox, Celtics, Bruins, Boston College, Notre Dame as well as local high school teams. Some people wear items from a college they attended or perhaps their child/children attend. On occasion I see company logos on shirts, jackets or hats. These all mean some pride. Should we not also have pride in volunteer organizations we belong too. Of course, I will mention the American Legion as my specific example.

As an officer and a member of the

Legion, I frequently wear something with a Legion logo. It might be a hat, shirt, jacket or even a belt buckle. And yes, I do have a sticker or two on my vehicle!

That is because I am PROUD to be a member of the American Legion. I am proud of the history and the programs that the Legion supports. If you are a member of the Legion or any other organization, why not promote that group by wearing something, even if it is a lapel

pin to demonstrate your support.

If you are not proud to be a member, perhaps you need to evaluate why you belong.

My second topic is the upcoming

Veterans Day. And yes, it is as always on November 11th. Most cities and towns have a parade. The crowds are often small in comparison to Memorial Day

> perhaps some are working that day. However, schools are out and a good number do have it as a work holiday. I will be marching on Veterans Day for those who cannot. Will you also march for them in your local community? With today's all volunteer force, the troops and their families need our show of support. Is that not the least you can do? And last but not least,

elections are coming up. This month we will have our local elections and then soon the primaries will be upon us as we approach the presidential election in November 2012. Senator Brown will be up

for reelection as well as all the members of the Massachusetts delegation to the U.S. House of Representatives. Every year I hear friends, neighbors, co-workers complaining about the economy, taxes and other topics. However, many still do not vote. It is easy to complain. It is also easy to register to vote and yes, actually to even vote. We have seen in recent close elections that every vote counts. But ONLY if you actually go out and VOTE. People around the world are dying for the right to vote yet many in our country take it for granted. I hope this year you will come out and be counted as one who voted.

May God Bless America, the troops who protect our way of life and 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

November Is National Family Caregivers Month

Celeste Begley COMMUNITY RELATIONS COORDINATOR

November is National Family Caregivers Month, a time to thank, support, educate and empower family caregivers. According to the National Family Caregivers Association, more than 65 million people, or approximately 30 percent of the U.S. population, provide care for a chronically ill, disabled or aged family member or friend during any given year and spend an average of 20 hours per week providing care for their loved one.

Many individuals in need of care—including the elderly and disabled persons—would have difficulty remaining safely in their homes without the support of their relatives and caregivers. The NFCA began to honor family caregivers in 1994 to draw attention to the many challenges facing them, advocate for stronger public policy to address family caregiving issues and raise awareness about community programs that sup-

port family caregivers. President Clinton signed the first proclamation of National Family Caregivers Month in 1997, and every president since then has recognized National Family Caregivers Month every November.

Whether caring for a parent, relative or friend, our nation's caregivers self-lessly devote their time and energy to provide for the health and well-being of a beloved family member," said Rosaleen Doherty, Co Owner of Right at Home Boston North "During National Family Caregivers Month, we honor the individuals who care for family members who could not otherwise look after themselves."

Caregiving takes its toll physically and emotionally. Caregivers tend to their loved ones' health and well-being but often neglect their own health. The NFCA stated that 23 percent of family caregivers who provide aid for loved ones for five years or more report their health is fair or poor.

"The best way to ensure you will continue to be there for your loved one is to take care of yourself," Doherty said. "Stay in touch with friends and family members, as they provide support to help you cope with the demands of caregiving. Exercise and eat a well-balanced diet. Incorporate humor into your day. And most importantly, seek help when you feel overwhelmed. Right at Home can provide respite services so you can take time for yourself and get the physical and mental rest you need."

If you are a family caregiver, the NFCA's website, nfcacares.org, is a valuable resource for information, support and advice. Remember to take time this month to celebrate who you are and the importance of what you are doing. While November may be the official month to recognize your efforts as a family caregiver, every month—and every day—is one in which you make a difference in the life of a loved one.

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

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

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

A Right at Home serves all of Essex County and cities and towns North of Boston in Middlesex and Suffolk Counties.

For more information on Right at Home, visit www.rightathomemass.net or read the Rosaleen Doherty's care giving blog at www.rightathomemass.net and click BLOG.





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A Business in Crisis A Company in Decline

Total Test

Michael Salach
PRESIDENT, THE BAY STATE CONSULTING GROUP, INC.
& THE PRESIDENTS ROUNDTABLE

One day a business will be sold, acquired, merged or transferred, and therefor, (unfortunately), according to a joint study (by McKinsey Consulting and The London School of Economics), approximately one third (1/3) of its value is lost as the firm declines in performance from performing to Turnaround.

What's worse, most Presidents, CEO's and Owners of SM Businesses don't realize what the overall value of their

business is; what its performance level (or more importantly its overall health) is. In many cases they lack the vision or strategies to grow their businesses profitably or insure that their businesses perform at an optimal level.

Is your business in decline? I have a fundamental question to ask. If you don't know, why don't you know?

After all this is one of, if not your greatest asset and you should not only protect it, but position it for extraordinary returns. The more obvious and perhaps the more important questions are how did this happen? Why didn't you see this coming? And if you saw it coming why didn't you take action?

In this environment of economic crisis, intense competition and restrictive funding, more and more companies are quietly slipping into decline. In fact, if your business was healthy, you could not only "weather the economic storm", but would have been in a position to have taken advantage of it.

As you might have expected owners in the small, medium and large markets in particular are excellent practitioners, but as their businesses grow their businesses outpace the managerial skills required to manage and larger more complex business. In an ever changing and more complex economy – they simply "lost control" of their companies and in many cases didn't realize that it was happening. To quote that great philosopher Pogo "we have met the enemy and it is us"

In some cases, owners have intentionally or unintentionally chosen to ignore the symptoms and hope that things will change - a family member(s) will assume managerial responsibility or infuse additional capital, an acquisition is on the horizon, new products are going to be introduced that would increase both revenue and profitability – all of which will cure the ills of the business – unfortunately, with structural issues these options rarely work and hope is not a successful strategy.

So you might ask is this SM market phenomenon? The answer is not really, but he SM market business owners are much more vulnerable, primarily because they do not have the power of "big" and therefore a single large mistake or series of smaller mistakes can be fatal.

But regardless of the industry, market, market segment or size of a business each company migrates through five (5) stages of a business life cycle – start-up, early stage, growth, mature and decline, as well as, three phases of performance, performing & profitable, underperforming & unprofitable and finally turnaround (potential bankruptcy). Understanding the

stage of the business cycle and developing or acquiring the skills that are necessary to successfully navigate through that stage is often times the difference between success and failure.

In addition to understanding the stage of the business life cycle there are also internal sign i.e. symptoms of problems within the business that are warning the owners that the business is headed in the wrong direction and "generators of performance that can prevent the decline of a business, if the owners are aware of them and are willing to make change.

These symptoms include events such as poor cash management, violation of bank covenants, turnover of key employees, undercapitalization, loss of critical clients or late introduction of new products to name a few. Finally, there are "generators of performance". The generators of performance can not only improve the performance of the busi-

ness, but also act as a report card on the management capabilities of the business. The symptoms and generators of performance are easily identified and implemented and more importantly prevents the loss of "economic value" and crisis management if acted upon.

Most owners do not understand what stage of the business life cycle their businesses are in nor do not recognize the symptoms that are shouting at them that their business in trouble and as a result their business quietly slip into decline and clearly they don't understand the generators of performance. If they did the business would have been healthier. However, most of them do recognize that they need help and some are willing to ask for assistance.

If would like to understand or gain some additional insight as to what you should do to in both the short and long term to address the needs of your business or identify the high impact issues that will begin to increase the "economic value" of your company, please join me at The Presidents Roundtable to discuss strategies and operational issues or visit my website at www.michaelsalach.com or call me at 508-523-8300. We will help you to understand more about business life cycles, identify the symptoms of a business in decline, as well as, describe and apply the generators of performance.

How many of them know who their profitable customers are or conversely who is who their unprofitable customers are? Do they know how their customer buying patterns or behaviors have changed

Michael Salach, President of The Bay State Consulting Group, Inc., has recently introduced The Presidents Roundtable a Forum targeting Presidents, CEO's and Owners of the Merrimack Valley to identify, share and assist each other to improve the overall performance of their businesses while increasing the "total economic value" of their businesses.

The focus of the group is not only identifying strategies, but more importantly assisting in executing the very initiatives that make an difference. Businesses like products move through cycles

Ask the Reverse Mortgage Guy

Bob Irving CSA®

Bad information still circulates among seniors even as federally insured Reverse Mortgages from HUD reached record levels through 2009. While 2010 & 2011 saw less dramatic growth, these myths continue to originate from well-meaning but misinformed relatives, friends or even trusted advisors and media sources... who recall times past when the HECM reverse mortgage did not exist, was not insured and these reverse mortgages were not regulated by the federal government.

Following are 10 (+) reverse mortgage myths still circulating. Perhaps the assumption that there are only 10 of them is the greatest of all reverse mortgage myths!

MYTH #1 - THE BANK OWNS THE HOME: As is the case with a conventional mortgage, the borrower continues to own the home. Title remains intact. You do not "sign the house over" to the lender. Of course, the reverse mortgage lender does have a lien against the property. But you make all decisions that impact your home, not the lender. Sell it if you want, leave it to the kids in your will, etc.

MYTH #2 - BORROWERS COULD LOSE THE HOME: The borrower cannot be forced from the home as long as taxes and insurance are paid current and the home is reasonably maintained. Even if the borrower uses up all the money obtained from a reverse mortgage... the lender cannot require repayment until after the last borrower permanently leaves the home

MYTH #3 - AT THE END, THE BANK TAKES THE HOME: Wrong! When all borrowers have permanently left the home, the borrower or the estate must pay off the balance owed to the lender... but ownership remains with the borrower, the heirs or the estate. The heirs or the estate might elect to sell the home and pay off the reverse mortgage balance and pocket the difference (net equity). Or an heir might inherit the home, obtain a conventional (forward) mortgage locally and pay off the reverse mortgage balance with those funds.

MYTH #4 - NOTHING LEFT FOR THE KIDS: Under federal rules for government insured reverse mortgage programs it is impossible to initially borrow 100% of the equity in the home. In many cases there will be substantial "net equity" (home value minus loan balance) remaining in the property. Lenders are required to provide an Amortization Schedule that projects net equity through each year of the loan up to borrower age 99. The point at which all equity might be used up can be estimated from this document. Many borrowers probably will not live to an age where all equity is depleted.

MYTH #5 - MONEY CAN ONLY BE USED FOR REPAIRS: What you use the money for is entirely up to you. There are no restrictions on use of the funds. Use the cash to pay credit card debt, supplement monthly income, complete needed home repairs, pay medical expenses or buy long term care insurance. By the way – the money you receive from a reverse mortgage is not actually income – therefore, it is not taxable. You will not receive a 1099

or W-2 from the lender. Check with your tax advisor for confirmation.

MYTH #6 - WE COULD END UP
OWING MORE THAN THE HOME
IS WORTH: An important (and unique)
safeguard with reverse mortgages is that
the borrowers or the estate can never
owe more than the home is worth at the
time of repayment. If the borrower owes
more than the home value, the difference
is made up by FHA Mortgage Insurance
in the case of HUD/FHA programs or
absorbed by the lender in the case of most
private programs.

MYTH #7 - OUR CHILDREN WILL BE BURDENED WITH THE DEBT: HECM reverse mortgage loans are "non-recourse" loans. In simple terms, these loans are unique in that the borrower, the heirs and/or the estate have no personal liability for the debt. The only way the lender can be made whole is through the home value. If the home is eventually sold for less than the loan balance, the deficit is paid by FHA mortgage insurance or absorbed by the lender. The lender has no legal recourse against borrowers, lenders or the estate. Children, heirs or the estate do not inherit the debt.

MYTH #8 - HOME MUST BE DEBT FREE TO QUALIFY: Many homeowners actually do have an existing mortgage... and a majority use reverse mortgages specifically to eliminate a monthly mortgage payment... and improve their monthly cash flow.

MYTH #9 - THE FEES ARE OUTRA-GEOUS: Compared to what? Fees and charges are closely regulated on these federally insured loans. Still, this is one of the most misunderstood issues with respect to reverse mortgages. Total costs are high but not all money goes to the lender. Under HECM federal programs the normal costs include (a.) an origination fee paid to the lender, (b.) 3rd party closing costs paid to attorneys, title companies, appraisers, etc., and (c.) an up-front FHA mortgage insurance premium (waived in the case of the new HECM Saver product). A monthly service charge is sometimes levied by the lender to pay the costs of bookkeeping, accounting and statements. Many lenders allow you to roll all of these fees and costs into the loan balance so there is no initial out-of-pocket expense at all. The new HECM Saver program sharply reduces up-front costs since that fee can be as much as 50% of total costs.

MYTH #10 - IT'S CHEAPER TO MOVE TO A SMALLER HOME: Maybe... if that's really what you want. This strategy might be right for some... but senior homeowners should carefully analyze all costs before assuming that a smaller house is a cheaper option. Selling your existing home could cost \$12,000 to \$18,000 in real estate commissions alone. Add many thousands more to move furniture and appliances to a smaller home could be the most costly solution... not cheaper. Most seniors who do a reverse mortgage have already determined that they want to remain in the existing home for as long as possible.

You can email Bob at rhirving@gmail.



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TOM DUGGAN'S NOTEBOOK: FROM 21

Immigration Status Before Allowing Bail.

Senator Steven A. Baddour (D-Methuen), Vice-Chairman of the Senate Committee on Ways and Means, today co-sponsored a bill entitled "An Act to Require Judicial Consideration of Lawful Alien Status for Bail." The bill, filed by former Massachusetts judge, now State Representative Daniel Winslow (R-Norfolk), would require judicial officers to consider a defendant's citizenship or lawful alien status in making bail decisions.

Under current Massachusetts law, a judge or a clerk may only allow bail to assure a defendant's return after consideration of a list of factors enumerated in the current statute. The proposed legislation would add citizenship or lawful alien status as a factor that must be considered on the issue of bail

"Today, if an illegal immigrant commits a violent crime, meets the criteria for bail, and posts the required money



Emily Wiseheart of the Lowell Auditorium shows off her copy of The Valley Patriot.

he or she can be released on personal recognizance, without regard to flight risk. This is completely ridiculous," said Senator Steven A. Baddour. "We should not assume that people who are breaking the law by virtue of being in this country will stick around to face justice in our courts for their new and additional crimes." Baddour added, "This is just commonsense.'

Decisions to hold criminal defendants on bail would remain a state court deci-

sion, independent of ICE detainer actions. The bill will likely receive a hearing in the next few months of the Legislative session.

North Shore Business Forum - ROB LUTTS, SUCCESS STORY

DANVERS, November 18 – Robb Lutts, of Cabot Money Management, will speak on November 18 on . The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$10 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nsbforum.org



Tom Duggan is president of Valley Patriot, Inc., a former Lawrence School Committeeman, former political director for Mass Citizens for Marriage, a Police Survivor and hosts the Paying Attention! Radio Program from noon-2pm on WCAP every Saturday. You can email him valleypatriot@aol.com.

METHUEN FROM PAGE 10

positive on our trail and reiterate all of the great things that have been happening in Methuen instead of dwelling on the things that might not be going as smoothly as they could be. If you look at the debates and at all of the articles, there has only been negativity coming towards us-not from us. If anybody knows my father, they have used the words 'gentleman' and 'classy'. My dad comes from an old school of politics where you just let the records show for themselves and spoke on your attributes. We have just stayed positive and focused on everything that's great about the city and great about the election. It's a shame that there has been any negativity going on."

For this reporter, the temperature at the polls was a friendly one. I did not hear trash talking amongst family members, volunteers or candidates. What I did hear were positive comments like, "Let's agree to disagree for the day and keep a positive attitude." Here's to hoping for a continued high-road approach in Methuen from our candidates, the elected, and their families.

You can email Diana at dianafaydizoglio@gmail.com

William X Wall Experiment Station is State-of-the-Art, 'Green' Building following \$30M Upgrade

LAWRENCE – The Massachusetts Department of Environmental Protection (MassDEP) today celebrated the opening of the newly expanded and renovated Senator William X. Wall Experiment Station in Lawrence, following a \$30 million upgrade that transformed the old state environmental laboratory into a state-of-the-art "green" building.

The old facility was built in 1954 and was inadequate to handle the complex testing protocols required by to-day's environmental science. The new facility is designed as a Leadership in Energy and Environmental Design (LEED) building, as MassDEP is seeking the top sustainability designation – LEED platinum.

The green upgrades include: a 52.5kW solar photovoltaic system for on-site renewable energy production; use of the existing site as a Brownfield redevelopment, while maximizing open space; use of rain gardens and detention basins for improved environmental management of storm water; water-efficient landscaping; a high-performance roof and smaller green roof to reduce the heat-island effect; a rain-water reclamation system for reuse to flush toilets and operate the cooling tower; water-efficient plumbing system with 40 percent water savings; optimized energy performance with 21 percent reduction in energy use over the LEED building baseline and estimated savings of more than \$50,000; windows that allow daylight to 75 percent of the space; and plug-in charging stations for two electric vehicles.

"Governor Patrick has challenged state agencies to lead by example, and this state-of-the-art laboratory meets that challenge with its cutting-edge energy efficiency, renewable energy and water management upgrades," said Energy and Environmental Affairs Undersecretary Philip Griffiths, who attended the ribbon-cutting ceremony. "This model facility will keep the Commonwealth out front with its environmental innovations."

The Wall Experiment Station is Massachusetts' principal drinking water laboratory, and the facility annually performs 15,000 lab analyses of contaminants in water, wastewater, air, soil, hazardous wastes, fish and other samples. The facility also certifies more than 126 commercial and municipal labs for compliance analysis of both potable and non-potable water.

"The Wall Experiment Station has a long history of excellence in the protection of public health and the environment, but the old facility had become inadequate to support today's complex environmental protection mission," said MassDEP Commissioner Kenneth L. Kimmell. "This new laboratory will allow MassDEP to test for an expanding suite of chemicals and emerging contaminants, and serve as a critical link in the Commonwealth's disaster preparedness efforts."

The four-year, two-phase project renovated the historic 22,000-square-foot facility, located at 37 Shattuck Street, and expanded the lab by an additional 13,000 square feet. During the entire construction period, the laboratory continued to operate at full capacity, occupying first a small section of the old building and later moving into the finished new lab wing while the rest of the old build-

ing was fully renovated. MassDEP, the Massachusetts Division of Capital Asset Management (DCAM), and the design team of the architectural firm, Perkins+Will, and RDK Engineers planned the project. O'Connor Constructors, Inc. was the project's construction manager.

"The Department of Capital Asset Management is pleased and proud to be a partner with MassDEP, our design and construction teams and many architects who worked on the impressive expansion and renovation of the Senator William X. Wall Experiment Station," said DCAM Commissioner Carol Cornelison. "The energy efficiency and water management upgrades used in the construction of this new laboratory are in keeping with the Patrick-Murray Administration's efforts to build cutting-edge, energy-efficient buildings to provide significant cost savings to the Commonwealth."

"The state-of-the-art renovation and expansion of the Wall Experiment Station reflects MassDEP's commitment to the fundamental role of science in driving environmental decisions and policy. EPA is particularly excited to continue its partnership with MassDEP's laboratory in the areas of drinking water, air monitoring, and emergency response," said Curt Spalding, regional administrator of the U.S. EPA's New England office. "MassDEP should feel very proud of its long tradition of using scientific data to restore the health of the Commonwealth's ecosystems."

The expanded Wall facility also now houses the state occupational safety laboratory, a unit of the Massachusetts Department of Labor Standards.

The Lawrence Experiment Station was founded in 1887 by the Massachusetts State Board of Health as one of the first laboratories in the world dedicated to environmental research. The work conducted there laid the foundation for modern methods of wastewater treatment and drinking water purification used throughout the world. In 1975, the American Society of Civil Engineers designated the facility as a "National Historic Civil Engineering Landmark."

In 1993, the laboratory was named in honor of former state Senator William X. Wall, who represented Lawrence in the Legislature for 40 years. He had filed the bill that resulted in the construction of the 22,000-square-foot Station, which was occupied in 1954. Members of Sen. Wall's family attended today's ribbon-cutting ceremony.

LEED is the nationally accepted benchmark for the design, construction, and operation of high-performance green buildings. LEED promotes a whole-building approach to sustainability by recognizing performance in key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection, and indoor environmental quality.

MassDEP is responsible for ensuring clean air and water, safe management and recycling of solid and hazardous wastes, timely cleanup of hazardous waste sites and spills, and the preservation of wetlands and coastal resources.

WCAP FROM PAGE 17

in Lawrence so we can bring what's happening in that part of the Valley to the airwaves. We want to come into Methuen and Lawrence and Haverhill and bring people, live up the minute news and events as they happen just like we do with Yankee Doodle in Billerica, the Chelmsford's 4th of July parade the Lowell Winterfest, and this year we broadcast live from the Feast of the Three Saints in Lawrence.

That is the direction I have always wanted to take the

station in," Poulten admits. It's always been my vision to make WCAP not just a Lowell station but a staitopn the entire area can rely on when thinks like the recent power outages happened. WCAP really is live and local now and we are a family, we are all moving in the same direction, onward and upward."



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The RECURRING **DREAM** by Bill Arcand

Book review by Dottie Avery



The Author of THE RECURRING DREAM, Bill Arcand, was born and raised in Lawrence. MA. He moved to California in the early 70's where, he says, "there was a great movement of the Holy Spirit and revival was sweeping all across the land, especially in California." He

continues on with, "People were coming out to California getting saved and going back home and getting others saved". If you've read his book, you will understand that when Mr. Arcand talks about "getting saved", he's not referring to being dragged to the shoreline by a good looking lifeguard. His idea of "getting saved" isn't quite so literal. He's referring to his soul.

The book, THE RECURRING DREAM, is written in the form of a play and I believe is written in order to 'save' the reader. It centers on the atrocities of abortion, and what the "botched" abortions would have been like had they lived. Some of the babies that did live (due to the brave ones working in abortion clinics stepped in and actually saved babies from garbage cans) got up and told their stories at the meetings attended by Christians.

The focal point of this book is to bring the reader to understand what it means to be a good Christian and the consequences of our sins.

The Recurring dream allows the reader to remember the lessons that most of us learned in CCD classes as youngsters. It inspires the reader to think twice about how we're living our lives and the real life ramifications of the decisions we make.



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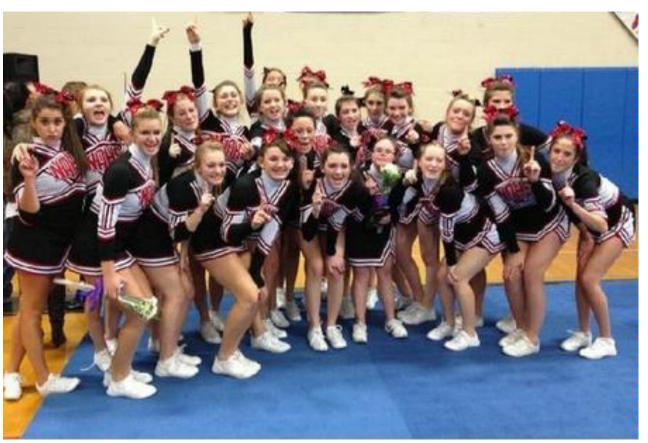






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The North Andover fall cheerleading squad captured the CAL Championship for the third time in the last four years last month at Triton Regional HS.



HERO IN OUR MIDST: KILLILEA: FROM PAGE 1

closer to a crisis in faith.

Saipan: a scene out of hell

On June 15, 1944, by 9 a.m., the first wave of 8,000 Marines landed on Saipan, the largest of the Mariana Islands—the first U.S. troops on Japanese

"Some 30,000 Japanese with massive tanks and artillery were waiting for us completely hidden from view.

"Our assault wave had to climb to the top of the hill, lugging bazookas,

machine-guns, flamethrowers, and then position them for firing.

"By day, the Japanese hid in the numerous caves on that mountainous island, firing from ridges and ravines honeycombed with machine-gun emplacements and bunkers.

"In the dead of night, we'd suddenly hear the thundering roar of 44 massive tanks heading straight for us-but couldn't see them! Thankfully, our anti-tank grenades obliterated 24 of them.

"Those three weeks on Saipan were horrific.

The Japanese were extremely cruel, unbelievably tenacious fighters. With dying breath, eyes bloodied and unseeing, they shot to kill. They never gave up. They preferred suicide to surrender."

On July 7, three weeks after the invasion, the Japanese staged the largest suicide charge ("banzai") of WWII. It was like a scene out of hell. "A tidal wave of nearly 4,000 out-of-control Japanese charged head-on—shrieking blood-curdling screams, hurling hand grenades, stabbing with bayonets, daggers, rifle butts and pitch forks. They were hell-bent on killing Americans.

"It was kill or be killed. We just fired in the dark, not knowing whether we

> were effective or not. The 4,000 enemy were killed.

A crisis in

There on Saipan, Killilea lost his fear of death. And his faith

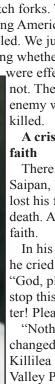
In his distress, he cried out, "God, please stop this slaughter! Please!"

"Nothing changed," Killilea told the Valley Patriot. "The slaughter continued. So I thought, 'I guess God is not there.' "

I vowed: 'From now on, I will walk through the valley of the without Jesus!' My machine-gun

became my 'bible.' My hand grenades became the books of my 'bible.'

Killilea experienced a dark night of the



"At that point, shadow of death

Unlike battlefield conversions, Ken soul. In anguish, he turned his back on

Corporal Kenneth Killilea, U.S. Marine Corps (ret.), is a survivor of Iwo Jima and recipient of the Purple Heart. In WWII, he took part in five invasions in the Pacific Theater and was in the first assault wave in each one. His experiences are recorded in the History Channel's DVD "The Lost Evidence: Saipan," and also in the DVD "Kenneth Killilea" made for the Haverhill Veterans History Project.

God. Yet God never abandoned him. He waited...

"It was a horrific 25-day battle," Killilea said. "But we focused on our objective. We advanced 1 foot at a time, 1 yard at a time. No distractions. We just moved forward. No retreat. No holding back. And we secured Saipan."

Battle of Iwo Jima

When Killilea hit the beach on Iwo Jima, just before 9 a.m. on February 19, 1945, the beach looked empty. "But the Japanese were watching, concealed within a vast network of bunkers and caves connected by 11 miles of tunnels. They waited till the beach filled with our troops, then opened heavy fire. We were sitting ducks.

"Confusion reigned. There were no front lines.

"The loose, jet black volcanic ash made it very difficult to gain a footing-or dig foxholes. We had virtually no cover. The stench of sulfur filled our

'We won Iwo Jima only because of the tenacity of the foot soldier that advanced inch by inch."

On the morning of February 23, 1945, the Marines raised the American flag on Mount Suribachi. Killilea heard the victorious whooping and hollering, sirens and ship whistles blasting, but couldn't see anything. The battle raged another 32 days. Fighting to capture the airstrip, the six Marines with Killilea were killed when an artillery shell exploded. Only Killilea survived. Shrapnel broke his right leg and riddled his right side, and he was hospitalized States-side six months before discharge.

General Hagee, Commandant of the Marine Corps, told Killilea in 2005: "The Marines of Iwo Jima raised the bar of the Corps."

Divine appointment

Over the years, however, Killilea felt "lost, empty, without hope. I could not get rid of the despair. No pastor, no counselor, none of the psychiatrists I

went to were able to help me," he said.

"For the sake of my children, I went to church, became a church member and even served as deacon for many years. But I was only going through the motions. Finally, I stopped going to church. I played golf instead."

Then about three years ago, in Naples, Florida, Ken Killilea had a Divine appointment.

His wife told him a Vietnam Veteran, a Marine, would be speaking in church. He decided to go.

When Killilea saw Lance Corporal Randy Kington, dressed in his Marine blues, paralyzed from the waist down since 1966 and wheelchair-bound for the rest of his life, then heard his conversion to Jesus Christ on the battlefield, something was released in him.

"Randy's face shone with a radiance that dispelled the darkest night," said Killilea, eyes glowing at the recollection. "You knew immediately that Randy holds the right hand of Jesus.

"I have to meet this man!" he told his wife. "For the first time, I revealed the vow I had made on Saipan. Randy and I talked as one combat Marine to another, although a generation apart. Randy understood.

"Finally Randy said to me, 'I forgive you, Ken. And if I forgive you, Jesus forgives you.'

"No lightning bolt hit me," said Killilea, "but I sensed an overwhelming Presence of love enveloping me. I no longer felt lost. I was found. I had peace and joy. My life became transformed. Now I tell everyone about my experience, Randy's testimony and his book "What A Life."

Amazing Grace. Ken Killilea thought



JeHslem Maanadkavdan isiaurBrand-KallevaRatribe Herarabhymniste and alforgnerabuniness Kviter Shetis also amember of the Merrimack Valley Tea Party, You can email her at hsmoor@

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Corporal Ken Killilea, U.S. Marines,

was a member of the "Suicide

Six," volunteers who went on

reconnaissance with their sergeant to

search out the Japanese concealed

on Saipan (the bloodiest battle) and

Tinian in the Mariana Islands.

SEAN HANSEN: FROM PAGE 29

party, Sixteen Candles has sent out information about the organization to local agencies that work directly with foster children. If they have a child that will be turning 16 and has a 3.0 grade point average in school, and is involved with the community, the agency can submit their name. The names are then placed in a pool as a child is then selected by lottery.

"Our next party has received money donations, or discounts from local businesses such as All American Limo of Andover, Spa N'Joli of Methuen, and the Fabulous Boutique of Lawrence," said Sloane. "We are still in need of a caterer for our next

For more information about Sixteen Candles, go to www.SixteenCandles.org, or send Sloane an email at JodySloane@

Shawn Hansen is a graduate of UMass Lowell.



He wrote for "The Campus Report," and was sports editor. Hansen now writes for "The UMass Lowell Connector," and the "Billerica Minuteman." To get in touch with sports journalist Shawn Hansen of The Valley

Patriot, email him at smharticle@gmail.com

OCCUPYING EARTH: FROM PAGE 23

So contrary to popular belief, we have a serious underpopulation problem that is affecting the economy and bringing college grads to the streets to protest the social scam they have all freely accepted. Their confusion about what they are protesting is an extension of their confusion about life. If we were wise we would instead be protesting the media and

academia for being the main contributors to this problem.



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

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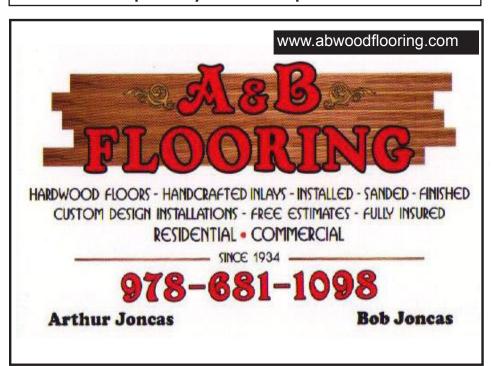
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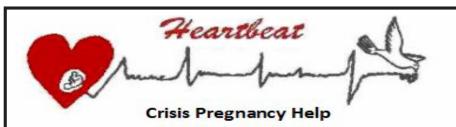


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