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2011

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SEE OUR AD P. 3

## LAWMAKERS FILE BILL ON ILLEGALS



After months of sitting on the sidelines while the Tea Party Groups demanded "Secure Communities" (allowing local police to cooperate with Federal officials when dealing with illegal aliens), legislators finally propose legislation to curb services to illegals and support secure communities.

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**The Doc. is IN**  
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## VALLEY PATRIOT OF THE MONTH

### Hero in Our Midst: Staff Sgt. John Katsaros Part II

**Helen Mooradkian**  
VALLEY PATRIOT VETERAN COLUMNIST

Last month we described the miraculous escape of downed airman, John Katsaros, USAAF, of Haverhill, whose life was saved during WWII by the French Re-

sistance. Smuggled out of Nazi-occupied France in a 3-month, 3,000-mile escape, he gathered strategic intelligence used to liberate France. For this, he received France's highest honor. Part II follows.

**Legion of Honor: Chevalier**  
On September 6, 2011, in Haverhill,

in a ceremony attended by military and political dignitaries, Staff Sergeant John Katsaros, USAAF (ret.), received the Chevalier in the French Legion of Honor for his "outstanding contribution to the liberation of France from Nazi occupation in World War II."

Consul General of France, Christophe Guilhou, granted this prestigious medal to Katsaros, on behalf of French President, Nicolas Sarkozy, who signed the decree. The medal was created in 1802 by Emperor Napoléon.

"This honor," the Consul General said, "is a token of France's eternal gratitude. France has never forgotten the tremendous sacrifice and contribution that went into helping liberate our country. Mr. Katsaros, thank you for your courage, perseverance, and dedication. You are a true hero."

On his three-month, 3,000-mile escape through enemy lines, he gathered extensive, strategic military information for the USAAF Intelligence and Britain's Special Operations Executive (SOE), founded by Winston Churchill.

The escape route Katsaros followed was mapped out by the British SOE working with the French Resistance. They code-named him "Burgundy," and smuggled him in various disguises from the north of France near Reims, where his B-17 was shot down, to the south, across the Pyrenees into Spain, then Gibraltar and England. He flew home on President Roosevelt's personal plane.

As Consul General Guilhou pointed out, "It is imperative we honor men such as Mr. Katsaros for their courage and sacri-

**KATSAROS: PAGE 44**



PHOTO: TOM DUGGAN

Staff Sgt. John Katsaros, USAAF, ret., rescued by French Resistance in WWII, received France's highest award on Sept. 6th: "Chevalier" in the French Legion of Honor. His medals include: Purple Heart, Distinguished Flying Cross, Air Medal with Cluster, French Resistance and WWII Victory Medals, POW Medal, Bronze Star, British Flying Boot. He will speak Nov. 16, 7 pm, MV Tea Party, VFW, North Andover.

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# EDITORIAL

## Dangerous Ideas

Presidential candidate Ron Paul continues to promote the flawed concept that terrorists should be protected by the constitution.

He recently decried the killing of Al-Queda operative Al-Awlaki, saying that because the Muslim terrorist was an American citizen he should have been arrested, prosecuted and tried in a criminal courtroom.

If Mr. Paul had his way the constitution would be a suicide pact. This is the same kind of thinking that led to 9/11.

War is not a Criminal justice matter. Those who think we can fight a war with warrants and trials are naïve and dangerous.

There are domestic crimes to be investigated by police, prosecuted by DA's and tried in criminal courts. Then there are wars which are to be conducted by the military and the CIA. This man wasn't a domestic criminal who held up a bank, he was a soldier in a terrorist army.

We should never confuse the protections of our constitution on criminal justice matters with matters of war. And make no mistake about it we are at war, or at least they are!

But people like Ron Paul want our military heroes to serve warrants on the battlefield instead of killing our enemies. We say this is just one more reason Ron Paul should never hold elected office, much less be president.

## Booing should be denounced

Last month a gay soldier asked a question during a Fox News, Republican presidential debate.

While asking his question via satellite, one man in the crowd booed the soldier. We do not know exactly why the audience member was booing; we do know that no loyal American soldier should be disrespected in this manner.

We also know that since this happened there has been no outrage from the Republican Party or their candidates.

Sure, Senator Santorum said that he didn't hear the booing and denounced it. But the silence among conservatives and Republicans over the disrespect of an American hero has been deafening.

We also believe that if the Democrats had a similar incident where a soldier was booed for supporting the war in Iraq (for example), the outrage among conservatives and Republicans would have been loud and clear. The protesting and hand wringing would have gone on for weeks.

We strongly denounce the behavior of the person who booed our soldier, whatever his reasons were. And we believe the response by the GOP and conservatives should have been just as loud and just as fervent as if this had happened during a Democrat debate.

### News tips

Phone in news tips to (978) 771-4091, or you may email tips to us at [valleypatriot@aol.com](mailto:valleypatriot@aol.com). We respect the anonymity of our sources if requested.

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

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

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

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### TO THE EDITOR,

Like so many women across the country, I'm proud to be a wife of an incredible man who chose to be a Professional Fire Fighter/Paramedic. I am disabled, and find it difficult, as he like others in his profession, works long, strenuous shifts (sometimes he's held over), and does overtime, that is if overtime is available. Most cities, and towns first cut back on emergency responders during negative economies, this also includes Police Officers and are forced to work as a skeleton crew. Because FF/Paramedics are grossly underpaid, they are forced to work at least 2 sometimes 3 jobs to make up for the low weekly insult called pay, and the expense of so, so benefits they receive for the arduous work they are forced to perform. In a September 4, 2011 issue of the Ravalli Republic, Scott Rickard, and Economist for the Center Of Applied Research at MSU Billings, states, "Throughout the country, Firefighting has highest percent of multiple job holders..

Most lay people would be surprised what the physical requirements are for FF's, the initial schooling, and training to become a Paramedic, as well as the requirements to continually maintain certifications for FF's, and Paramedics alike. Studies are showing more patients are being successfully resuscitated with pre-hospital care. My Physician worked as an EMT through medical school, and is impressed at the advancements FF/Paramedics are receiving to better service their community. The nature of calls FF's do in the harshest of circumstances is inspiring as they have a rare enthusiasm for their profession.

Myself, like others, have watched Joe Shortsleeve, Chief Correspondent at WBZ-TV, publicizing cover-ups within the Government. Until he scrutinized some Boston FF's for taking a fire engine to get lunch, was it 4 times in a couple of weeks? I had to think the last time I had lunch only 4 times in a couple of weeks, I couldn't

**FIREFIGHTERS: PAGE 7**

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# Texas Governor Rick Perry is ALL Heart!

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

Heartless, eh? I must confess, I've really been trying to deal with the news I received in September from Texas Governor Rick Perry. Seems that Slick Rick knows me better than I know myself. Here I was laboring under the misconception that I was a patriotic American. A hard working man trying to do the right things for my wife and my three children. Doing the best that I could to provide a strong moral compass to my kids. Trying to provide enough spiritual enlightenment to them that they appreciate what they have. Working to make sure they do not covet what someone else might possess because they had rightfully earned it.

My wife and I welcome Shabbat to our home on Friday evenings by lighting candles in keeping with the Jewish faith. As part of our Friday dinner we give the children coins to deposit into a tzedakah box which is then donated to those who need it more than we do. I suppose the right thing to do would be to just keep that money in my own pocket and wait for the government to pick it.

A large part of our lives involves charity. Financially speaking, we don't have much but we are still sure to make multiple charitable donations. We also donate huge chunks of what could otherwise be leisure time. You'll find us volunteering to help at schools, helping with after-school clubs, active with our boys in Cub Scouts, etc. Who the heck knew that these are all the outward signs of people who are heartless?

During one of his most miserable debate performances to date, Governor Perry launched in to a diatribe about illegal aliens and their children. He pontificated about the need to provide taxpayer subsidized in-state college tuition for those in the nation illegally. Now up until this point,



VALLEY PATRIOT EXCLUSIVE

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

TALK 1200 BOSTON

I simply disagreed with him. But when he turned to face the camera and declared that millions of us who disagree with that position were heartless, well I'd tell you that my heart sank but of course that's not possible, right Governor?

We in Massachusetts have seen up close and personal what happens when you reward illegal behavior. Our part-time Governor Deval Patrick has rolled out the welcome mat for illegal alien invaders and we've watched them get liquored up and take to the roads. We've watched the illegal aliens commit the crimes that Americans

just don't want to commit anymore. In South Boston you can visit with Barack Obama's illegal alien Auntie Zeituni who is currently living in taxpayer funded

housing while collecting a taxpayer funded pension for a job she never had! After that you'll probably need a drink, so head on over to Framingham where you can visit with Barack Obama's illegal Uncle Omar Obama, a/k/a/ Onyango Obama a/k/a Obama Onyango as he works the counter at Conti Liquors. If Barack's Uncle Omar asks to see your ID before he sells you your booze, be sure to ask to see his too!

It just seems to me that if you are going to provide tuition breaks it makes more sense to give them to a family from New Hampshire than one who is here illegally from New Zealand. Of course, the bigger question here is about the larger agenda at work. See, the in-state tuition scheme is the first part in the amnesty puzzle. After all, even if the illegal aliens receive a college degree, they are not allowed to work in the United States. Guess what is coming down the pike? The argument that we've already paid for their education, so we've got to grant them amnesty and eventual citizenship so that they can work

PERRY: PAGE 8

## Fibromyalgia? Chronic Fatigue?

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

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

**Do You Have Any of the Following Symptoms?**

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

- \* Recurring headaches
- \* Fatigue & Stiffness

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

Fibromyalgia is often called the invis-

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

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

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

**No One Should Have To Suffer The Way You Do.**

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

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

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

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

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

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

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

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



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

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# North Andover Fall Festival a Huge Success!



It was a entire day and evening of fun at the Knights of Columbus in North Andover as the North Andover Merchants Association raised money for the Knights of Columbus' charity for children with disabilities.

## State Marching Band Competition Comes to NA

The North Andover Music Association in conjunction with the North Andover High School is once again hosting NESBA's - the New England Scholastic Band Association Marching Band Competition. Fourteen High Schools from across Massachusetts will perform in competition on Saturday, October 15, 2011 at 5pm, at Walsh Stadium, North Andover High School.

The core philosophy of NESBA is to provide exceptional performance opportunities for all students, using the marching band activity and competitive performances as a tool in effective music and visual arts education. Over the past thirty years NESBA has become a leader in providing

students with multiple performance opportunities and in helping school programs fund their arts programs. With relationships being developed with local, national and regional organizations, NESBA is committed to helping New England musical organizations find a place to perform and enjoy the gift of music and friendship.

The North Andover Music Association is a non-profit parent-run organization providing support for the music programs, staff and students throughout the North Andover Public Schools. The North Andover Music Association's Mission is to support a Positive Experience for all Students in the Music Programs of All North Andover Public Schools. Over 60

NAMA volunteers will staff the event and ensure the event is enjoyed by all.

Over two thousand students and marching band fans will fill Walsh Stadium with talent, big sound, color and lots of energy. Participating schools that are expected to perform are Andover High, Weymouth, Bishop Hendricken, Shepard Hill, Bishop Feehan, Billerica High, Lowell High, North Middlesex Regional, Melrose High, Malden High, Reading High, Methuen High, Stoughton High and of course North Andover High School. The award winning North Andover High School Chorus is also scheduled to perform.

Local eateries including Stachi's and Taki's will help to feed the crowd, and

all are welcome to attend and feel the beat and pageantry of our amazing High School Marching Bands!

Gates are open at 4pm, the competition begins at 5pm. Tickets are \$8 for adults, \$5 for students and seniors. For more information and links to forms for program ads, best wishes ads and flyers, please visit: <http://northandovermusic.org>

The event is sponsored by: The Valley Patriot, St Michaels, The Dollar Value Store, Vivenzio, Wiggles & Jiggles, K&C Music, A&M Apparel, Abbot Financial Management, Giant Glass, Lafond Insurance, The VFW, Cannon Attn, Cullpeppers, Beliveau, Dentist, First Smiles, Attorney Paula Porten, Dentist, Poly Pyle Travels, RemaxSchruender, Bradford S.O.M., Birkahm Yoga, Taki's Pizza, Stachi's Pizza.

## Activities From the North Andover Senior Center

There are many questions families need to ask about older drivers and driving safety. Driving is a symbol of freedom, yet most of us will reach a point when it is no longer safe to drive or our vehicle may be in need of modifications in order to maintain independence on the road. Join us for an informative program with an occupational therapist from New England Rehabilitation Hospital to discuss the challenges of driving on the aging population. This program is free of charge and is sponsored by the Merrimack Valley Memory Support Coalition. This is a Community Education program; all are welcome to attend. We encourage you to bring the older driver and your family. Ongoing discussions and objective assessments will help the older drivers and their families evaluate the risks in their unique situations. Please join us on Wednesday, September 28, 2011, 4:30 - 5:30 p.m. at the North Andover Senior Center, 120 R Main Street, North Andover. For further questions or to register, contact 978-688-9560.

**SHINE PRESENTATION:** Elder Services will be doing a presentation on Medicare 2012, Wednesday, October 12 @ 1 pm, seating is limited so be sure to call the Senior Center at 978-688-9560 to reserve your seat for this informative talk. Free of charge.

**NEW OPEN ENROLLMENT DATES: DON'T BE LEFT OUT!** (Oct. 15 through December 7th) enrollment for Medicare Advantage and Drug Plans. Open enrollment is much earlier this year and early preparation is key. What should you do first? Review your PRESCRIPTION DRUG and HEALTH INSURANCE NEEDS. By September 15th, see your physician and review your medications! Check for: contraindications,

possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic? PREVENTION is the best medicine! While at the doctor's, review preventive services under Medicare and sign up for the Annual (FREE) Wellness Visit to UNDERSTAND the plan changes. By October 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to [www.medicare.gov](http://www.medicare.gov)! You may expect a lot of marketing material soon, but please know that help is available if you find it confusing. OBTAIN INFORMATION AND ASSISTANCE. If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your regional SHINE Program at 1-800-AGE-INFO or the North Andover Senior Center for an appointment 978-688-9560. DON'T BE LEFT OUT! Choose your prescription drug and health insurance plan by December 7, 2011, for January 1, 2012.

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

**MEN'S BREAKFAST:** Thursday, October 6, @ 9 am. Christopher E. Hopey Ph. D, President of Merrimack College will be the guest speaker.

**HARVEST DINNER:** Sunday, October 23, 1-4 pm at the Senior Center. Roasted Chicken Dinner, mashed potatoes, green beans, cranberry sauce and apple crisp. Entertainment by Russ McQueen. Tickets: \$15. for adults and \$6. for children under 12. This event is open to the public and is sponsored by Wheelabrator of North Andover and the Friends of the North

Andover Senior Center. Tickets are on sale at the Senior Center.

**SUPPER CLUB:** Thursday, October 20, The Tavern @ The Irish Cottage, Methuen. Bus: \$2, Order off the menu. Depart Senior Center at 4:00 pm.

**HALLOWEEN PARTY:** Friday, October 28, 12:30 - 2:30 pm, Refreshments, games and prizes. Tickets are \$2, Per person and limit is 100 seniors. Wear a costume for the contest.

**TRAINED SHINE VOLUNTEERS** offer free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. Call the North Andover Senior Center and ask for a SHINE appointment, (Serving Health Insurance Needs of Elders). Call for information on the Summer Schedule.

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

### ZUMBA WITH TALLIE!



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

You will learn how to set up email and search the internet and more.

**4-WEEK BASIC 1 COMPUTER COURSE:** Starting Tuesday, September 13, from 1- 2:30 pm. This class is to teach you how to turn on the computer, log in and set up email. \$25 per person due at sign up.

**4-WEEK BASIC 2 COMPUTER COURSE:** Starting Thursday, September 15, from 1 - 2:30 pm. This is a four

**SENIORS: PAGE 20**



# Parents of Public School Children Beware!

## Transformative Education – A Looming Disaster

Doctor Chuck Ormsby  
VALLEY PATRIOT EDITOR/COLUMNIST

Learning about the latest educational fads must be one of the most boring experiences known to mankind. But if you have a child in a public school and you care about his or her education and future prospects, you should be forewarned that the latest, politically-correct education fad is on your doorstep.

The new elixir is called Transformative Education and public schools are being duped into adopting this pseudo-education philosophy. Before proceeding, please read the summary in the nearby box.

If your eyes glaze over as you read this, I sympathize with you. Count yourself as lucky that you didn't have to read the whole article, or even worse, the remainder of the conference proceedings.

All lies must be mixed with little bits of sweetener and self-evident truths. These are added to make the poison more palatable. Who would disagree that "transformation is to be the goal of any education community"? Or that students need a "safe, supportive, sustainable, nurturing ... environment"?

Yes, we want to transform students from being ignorant children with few skills to knowledgeable young adults with a broad and useful set of skills. And, of course, we want to do this in a safe, supportive ... Oh heck, this is such obvious pabulum it doesn't deserve further attention.

If the leaders of our public schools have not been stressing these attributes every day they go to work, I propose we take them out to the school yard next week and beat them with a stick. <(-)

Such indisputable filler is the Trojan horse of all new-fangled education philosophies. None of these sweeteners are new or add anything of value to the obvious list of policies to be honored by any educational institution.

There are two major objections to this latest fad: What is included AND what is missing.

**First, what is missing:**

Do you see any references to academic content? There are none, unless you think

### A Vision for Transformative Education

(Taken from TransformEdu.Org Conference Proceedings)See: <http://www.transformedu.org/Conference/Proceedings/AVisionforTransformativeEducation/tabid/70/language/en-GB/Default.aspx>

"These perceptions together form a vision of transformative education that is consolidated into the following interwoven aspects":

- Transformation is to be the goal and the process of all educative encounters
- Transformative education entails a safe, supportive and sustainable environment and allows an organic and nurturing process (Meaning: Sufficient finances for the physical environment, Effective training for all educational staff, Human relations to underlie the whole educational process, (Be of) human-scale – in class size and overall learner-educator ratio)
- For education to be transformative, there should be a transformed view of the relationship between the learners, teachers and institutions (e.g., ... for education to be transformative, teachers should be perceived as role models, facilitators and mentors, co-inquirers and critical friends, experienced co-learners, respectful guides and compassionate helpers in the educational process)
- What can be learned and how to go about learning must be negotiated through dialogue
- Individual transformation can have a significant effect on overall human development as well as social transformation

that our public schools are training community organizers.

Are there any innovative pedagogical techniques? Not unless you think casting teachers "as role models, facilitators and mentors, co-inquirers and critical friends, experienced co-learners, respectful guides and compassionate helpers in the educational process" represents an educational breakthrough.

All teachers understand that they need to develop a relationship with their students; one that is conducive to learning. For some students this is best achieved with a smile while others require a not-so-polite kick in the butt. Some students challenge themselves and merely need encouragement while others require a frank discussion of the consequences of ignorance.

Students and teachers are not co-learners. Certainly a teacher should always be learning, but the student teacher relationship is not one of co-equal learners. The teacher is the teacher over 99% of the time for grades K-12.

Are educational priorities that relate to established fields of study (e.g., language arts, mathematics, science, and history) provided, or is guidance given regarding suggested achievement goals? No. In fact, the article rails against such "prescriptive" curricula.

**Faults with what is included:**

Given the glaring absence of any guidance concerning key issues, the consistent smattering of leftist political jargon is very unsettling. Least offensive is the knee-jerk support for "adequate" funding for facilities, teacher training, and the support of low "class size and overall learner-educator ratio" – now called "human scale," a new buzz phrase to confuse and disarm the public.

More offensive is the admitted agenda of promoting "social justice," leftist code for advancing a socialist state, promoting wealth re-distribution, and demanding equal outcomes (not equal opportunity).

After outlining their vision in the original article, the authors concluded by unveiling their real agenda: "Despite the fact that our main analysis focused on individual transformation and personal growth, the real underlying discussion was on a larger scale of transformation – social transformation and ultimately building a better world. In today's world, when we are constantly confronted by social injustice and inequality, the unbalanced distribution of material resources and, above all, political power residing in the hands of a few, (the) transformative

educational vision has an important role to play in making a difference in the world situation." [Emphasis added.]

Is this what our public schools need? Is this what parents want as the philosophy that guides their children's education? Will this serve to improve academic outcomes? Will this provide the basis for our students to succeed or excel in college?

Public schools have produced abysmal educational outcomes for decades. A high percentage of students departing our public schools (especially urban school districts) read and write at or below the eighth grade level. Their math and science skills are often even worse.

What our schools need is a REAL transformation, not a politicization of the educational process.

What would be most helpful is expanding competition in education; i.e., providing meaningful school choice for students and parents.

**Short of that, administrators and school boards must:**

- Set high, quantitative academic goals with specific achievement dates
- Ensure that a well coordinated curriculum is in place that sets high expectations for academic achievement at every grade level
- Set standards for teacher performance and ensure that effective teacher performance evaluations are consistently carried out
- Insist that ineffective teachers rapidly improve or be dismissed and that high performance teachers be adequately rewarded (with higher pay or bonuses)
- Use the bully pulpit to actively encourage parental involvement
- Insist that disruptive students be removed from regular classrooms
- Be on the alert for education fads that waste resources or do not effectively improve academic results

Locally, the Lawrence School Committee is searching for a new superintendent who will be "transformative."

If the transformation they want is a real and rapid improvement in academic outcomes, the Committee should seek a superintendent who will aggressively pursue the policies listed above while rejecting destructive education fads like Transformative Education.

Absent this, Lawrence parents should grab their children and head for the exits as fast as they can.

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

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# Voter ID, Secure Communities-Don't Get Your Hopes Up

**Jamison Tomasek**  
VALLEY PATRIOT OPINION COLUMNIST

It is very hard to be positive about Lawrence. There has been a lot of press lately about a number of issues important to, and potentially positive for, the city, but there is no reason to think anything is getting better soon.

Voter ID efforts are underway in Massachusetts and there is another article in the paper describing exactly what is going on. A ballot petition has been submitted, but the Attorney General who had to review all petitions, has rejected it because she claims that the only way to get a state ID is to pay \$25, and this then constitutes an unreasonable barrier to voting. A lawsuit has been filed and the State Supreme Judicial court will rule on it. If they say it is unconstitutional it's not going to go

further. The signature collecting currently being organized (they will need 70,000 certified) will be for naught. Even if it did get to the ballot in November 2012 and passed (not a sure thing, as big money will be up against it and many people will fall for the "\$25 is a poll tax" argument), the legislature and courts could block it. The people in power don't want it. Voter ID wouldn't even be an issue if we had political leadership with a shred of decency and a belief in the American way, or if city clerks and election officials all took their job and oaths seriously.

This month has stories of illegal immigrants in MA committing violent crimes and law enforcement trying to get around the governor blocking Secure Communities (a program to forward criminals' fingerprints to ICE- Immigration & Customs Enforcement). These illegal immigrants

would have not been in circulation if Secure Communities had been in place. In a normal state there would be outcry that something should be done. However not much appears to be changing due to the attitude of the "we love illegals" Patrick administration. This is how big the problem is. A local police department ended up with three illegals in their holding cell. They call ICE and ICE says "Only three? We can't be bothered making the trip up to the Merrimack valley for less than 10 illegals."

Also in the news is that Lawrence also just got \$600K in a special state appropriation targeted for police. It was highlighted in a press conference with all the local politicians lining up to take credit, except the Mayor, who was strangely mute. The state cuts local funding on one end and then doles it out on the other, probably

to give local political leaders opportunities like this. Everyone knows that the city now has permanently stationed state troopers. This must have considerable cost but no one mentions it. The grant is great but it is one-time money. Crime is an ongoing problem. What about next year when the funds are gone? No one focuses on a long term solution (and the Mayor says nothing, so maybe he doesn't think it's a problem). Surrounding communities that are net givers (unlike Lawrence) should note the money came from their taxpayers, and maybe they should be the ones taking "credit."

The situation in Lawrence continues to be bad and cries out for bold and decisive action. Unfortunately that is not the typical response we get from those in power in this state.

## FIREFIGHTERS: FROM PAGE 2

recall.

I believe Mr. Shortsleeve may have "observed" a sluggish period, which happens with all workplaces, that's probably why he did this story. Mr. Shortsleeve should have done more investigating, something he he is well known for.

The reason these FF's took the whole crew, and engine is in the instance they are dispatched to a serious call, a crew of any apparatus CAN NOT be divided due to the fact they would be unable to render services required for that call.

I've worked in both public, and private sectors working alongside FF's, and PO's, they are the most helpful individuals, caring about the community with which they work in, and live in, many cases they are one in the same. Some work in upper class towns with which they can not afford live. Maybe Mr. Shortsleeve "observed" them getting lunch, however, did he investigate how many times they never were able to get lunch, even dinner for that matter? I can say that I'll speak to my husband at 9pm, and he is just getting to eat his dinner,

maybe having some breakfast, no lunch, due to station duties, required daily training, and 911 calls. While Mr. Shortsleeve is snoozing in his cozy, dry, and warm bed during the night, my husband as well as thousands of FF's across the country, are being dispatched to calls, then only to go to another job, then 8-24 hours later (sometimes held over), completely exhausted, he comes home to do chores at home, and trying in between to spend time with his family, never complaining. Does Mr. Shortsleeve in his investigations ever see that FF's are still in the top 20 (just behind Police Officers) of most dangerous jobs of 2010 concerning occupational injuries, illnesses, and fatalities? Mr. Shortsleeve, while at work, how often are you troubled about an occupational injury, or illness that may disable you, or even end your life?

On the eve of Hurricane Irene, we were preparing for the storm. At around 2am, we received a call that our eldest son was in a serious car accident, something you never prepare for. We were told he was talking, however, he was transported by ambu-

lance to the hospital! Both mortified, my husband met the ambulance at the hospital, I at home for our other children, all I could do was cry, and pray. My husband works the ambulance in that town as his 2nd job, and would have had to see our son in an accident (not an uncommon occurrence).

The FF's, and Paramedics stated that the scene was a wreck, however, his seat belt saved him! It was FF's, and Paramedics that responded, not Mr. Shortsleeve. The car was in pieces, leaving FF's to remove debris, vehicle fluids to avoid a hazardous materials incident which could also catch fire, while another serious accident going on at the same time (FF's are required to perform numerous duties). I'm gracious for their professionalism, and compassion, they knew not it was our son until seeing my husband at the hospital. Mr. Shortsleeve, did you take witness to the Emergency Responders during the storm? They were non-stop, possibly without lunch! In my town, I've called the FD to our home recent as it had filled with gas fumes due to a problem with the oven, afraid for my children, the FF's took the extra time to reassure my children that everything was okay, there was no more threat of a fire, again finding myself thankful we have the best on-call FD anywhere!

Mr. Shortsleeve, I hope you never experience any emergencies, however, if you do, please rest assured that when you call 911, you will get the service that is well beyond what you pay for, how can you put a price on the safety of your family? The service residents receive from Emergency Responders is priceless! We do have FF's to thank for stricter building codes, and making many things fire proof! Fire Departments, and Emergency Responders alike, hold open houses to better educate their communities, in my community, they're always available for questions or concerns the public may have.

Being a part of a FD family is an honor,

if a FF or family member is ill, injured, or a death occurs, it effects them all, they cover shifts with out pay for however long is needed, they stand for, and behind each other through the fat, and skinny! I wonder Mr. Shortsleeve if you have ever had the privilege of being part of such devotion amongst coworkers?

The "observations" reported by Mr. Shortsleeve, and WBZ on the Fire Department has negatively impacted them. I'm certain this was not an investigation, but rather "observations" poorly thrown together into a report. It's time for Mr. Shortsleeve, and WBZ to sincerely, and formally apologize to the FF's everywhere put in a negative light. We all err, we're human, and don't always say or do the right things. My husband has the same education as Mr. Shortsleeve, he has a Bachelor's Degree from a renowned Catholic College. The difference is that he has made the choice to help people in need where you have made the choice to criticize, sometimes the undeserving, however, you are forgiven.

Please support your local Fire Department, and Emergency Responders for their hard work making your community a safer place to live.

I have found an inspirational adage on We Party Patriots website for Mr. Shortsleeve, and WBZ as well as others who are ill-informed regarding Fire Fighters, (you can't buy lunch for this kind of pocket change)! The author is unknown:

On average homeowners pay \$1.40 per day for a full time Fire Department including salaries, and benefits. If you own a smart phone, you pay on average \$3.40 for it. That phone won't die for you, protect your property, save your life, perform CPR, or drive you to the hospital in an emergency.

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# Senator Finegold Gets \$631K Grant for Lawrence Police

VALLEY PATRIOT STAFF

LAWRENCE – State Senator Barry Finegold (D) Andover, held a press conference Monday at Lawrence City Hall to announce a state grant approved in Governor Patrick’s budget for \$631,000 to beef up the Lawrence Police Force.

“It’s something we are going to fight for every year, something we are going to keep advocating for,” Finegold said admitting that the money for Lawrence Police is not automatically going to be renewed next year.

Asked if there were any restrictions on how the grant money can be used, Secretary of Public Safety Mary Ellen Hefernan said, “The restrictions are for the chief to decide how he wants to deploy the officers. It’s for police officers that were laid off. It’s to bring them back, but how the money is used is up to the chief.”

Under the Charter of the City of Lawrence, Police Chief John Romero is considered a department head that must follow the directives of Mayor Lantigua. In essence, Chief Romero can spend the money the way he wants if the Mayor lets him, but Mayor Lantigua could direct him to spend the money differently.

Finegold said that the money is part of a grant awarded to several communities “...to help out cities that had a lot of [police] layoffs, Fall River, Lowell, and other cities that are high crime areas. To



me the priorities have to be public safety, because if we can’t keep the city safe, then economic development and education will fall.”

“We were able to give Lawrence about 2/3 of what they were looking for,” Hefernan added.

“Because we had so many folks looking for money from this line item, its formula driven, and Lawrence was at the top of the list.”

Mayor Lantigua did not speak at today’s press conference and left the room when the press conference started.

## Lawrence Company Volunteers to Help Maintain Ball Fields

LAWRENCE, MA: Lawrence City Councilor Marc LaPlante has announced that the Lawrence company, Tompkins Landscaping, has begun work to maintain the South Lawrence East ball fields.

“When the South Lawrence East Little League had its gear and equipment stolen two years ago, individuals and companies throughout the region and country responded with funds and equipment to ensure that Lawrence children continued to play baseball without interruption,” said LaPlante. “The support continues today with Billy Tompkins of Tompkins Landscaping stepping up to make sure that the South Lawrence East youth have adequate fields to play ball in time for next season.”

Upon a recent visit to the ball fields by LaPlante, Tompkins, Lawrence DPW Director John Isensee, and South Lawrence East Little League President George Herman, weeds were growing waist high and the turf was spotty with the baseball diamonds totally compromised.

“My main factor was seeing the effects of dwindling budgets to properly maintain the city’s fields and the after effects. Every citizen should have pride in the appearance, and be proud of their respective town or city, especially the areas where their children practice sports and play games on,” said Tompkins.

“Donating even just a little bit of time to help out is a great example of what could be done. If everyone helped out, donated, or assisted even just a couple hours to maintain, beautify, and keep their city or town looking great it would go a long way in dealing with the situation at hand,” added Tompkins.

Budget cuts have had a significant affect on the Lawrence Department of Public Works’ ability to provide the necessary maintenance at the fields.

“Given the staffing for the Streets and Parks Department, it is nearly impossible to service all of the ball fields and parks to a standard that is acceptable to all,” explained Isensee. “In trying to be as creative as possible, we still struggle to maintain to acceptable conditions.”

**BALL FIELDS, page 18**

## PERRY FROM PAGE 3

and “repay” us.

Well, I’d love to write some more but you’ll have to call me the Tin Man since I am off to see the wizard. Sure hope The Wiz can help me get that heart I am apparently lacking. Who knows, maybe he can also help Rick “The Scarecrow” Perry find a brain.

Be sure to join The Jeff Katz Show page on Facebook and follow @jeffkatzshow on Twitter.

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# Our Politicians Failed Us in the City of Lawrence

**Bob O’Koniewski**  
VALLEY PATRIOT COLUMNIST

Election time is once again upon us here in Lawlesstown.

The choices we make on Tuesday, November 8 will dictate how the remaining two years of the Lantigua cabal at city hall will go – that is, if he is still around.

Elections have individualized meaning for voters, but they all come down to one thing: A referendum on where we are at and where we are going.

Concerning incumbents, I tend to view these things as a type of employee performance review: Is the incumbent meeting the demands of the job? Is he or she responsive to those that pay his/her salary? Does he/she set reasonable, useful goals and work to meet them? Is there a special skill he or she brings to the table that is a key part of the workplace that would be a detriment if missing? Does the person answer to me, the taxpaying boss, or to some other entity?

But the overarching question at times

like this always comes down to one thing: Are we as a city better than we were two years ago when these cats got hired?

As I tend to think that most hours of most days I am a somewhat rational person, to me, these are all reasonable questions. Unfortunately, most voters do not go to the necessary rational lengths to make reasonable judgments. Instead, we get people who vote for someone because they share a nationality, or they speak well, or they smiled at me at the grocery store, or my kid plays Little League with that guy’s kid. You get the idea. For these people, I wish long-term oxygen use for them because evidently their surrounding atmosphere is depleted of this vital element. These airheads, for example, have given us a president so out of his depth we may have suffered complete, irreparable harm as a nation. But I digress.

Going in to November, in the city council races, I have to look at four slots filled with incumbents: my District “A” councilor Sandy Almonte-Rosado, and the

three At-Large incumbents Frank Moran, Dan Rivera, and Roger Twomey.

Let’s take the District “A” slot first. Sandy will not be getting my vote. And not really for any personal or subjective reason other than I think she brings a middle school mentality to a grown up’s world. (By way of full disclosure, my wife was a candidate for this seat two years ago when it was an open seat, the other candidate being Joe “Where Are They Now” Armano.) I am always willing to give someone a fair shot whether I voted for them or not. After all, even the blind squirrel can find the occasional nut. Whether you agree or disagree with a particular councilor’s point of view, you can respect what they say if they act like a grown up and have a well thought out approach. You may not agree with it, but at least it is a starting point for a potentially productive discussion.

To listen to her at council meetings and the inane, irrelevant things that come out of her mouth make me want to jam knit-

ting needles into my ears. In addition, she has to be the least responsive politician I have come across in my lifetime. Oh, I am sure she calls back “her” people, but if it is coming from my spouse or my neighbors, that sound you hear are the crickets amidst the silence of her response. This is a person who quit a full time job to take a part time job as city councilor, and now wants the council to increase the pay to \$35,000 a year to cover her immaturity. Simply pathetic. Maybe if we didn’t have burned out buildings throughout the district for years now (on which her signs are placed, by the way), or people getting shot on my street one Easter and all around us along with the increased drug activity at my doorstep, or the illegal dumping throughout the neighborhood, maybe we can shake it off to the rookie syndrome. In this instance, I’m sorry – I think not. She is simply so out of her depth she needs scuba gear.

District A better than two years ago?

**FAIL, PAGE 18**

## Living a Principled Filled Life

**Peter Larocque**  
VALLEY PATRIOT COLUMNIST

There is a principle of life which is found in Proverbs 22:7, “...and the borrower is servant to the lender.” In one’s private life, when this principle is not adhered to and the practice of unnecessary borrowing gets out of control, at some point the flow of cash is shut off. Those of us who work for a living, own our homes, pay our bills on time understand this principle. Sure we would like to pay cash for everything, but in today’s society, it’s just not available. So we have mortgages, auto loans, insurances, necessary payments that we find ourselves servants to. On the other hand there are those who have a- “rent-a-center” lifestyle for everything and find themselves servants to the lenders, but have a could care less attitude because there is always a government program somewhere to help bail them out. Likewise in the realm of how government op-

erates the consequences and results seem similar to the previous attitude because the flow is limitless. Following this same practice is also why politics in the City of Lawrence remains the same. The City of Lawrence lives on borrowed money which makes it servant to the bank. The Governor pushed through the State Legislature a bill that allowed Lawrence to deficit borrow money from the bank to pay its bills. The same Governor appointed an Overseer to oversee how the money borrowed was going to be used. Shortly after this borrowing took place, the layoffs of police and firemen began with the result of Public Safety being jeopardized.

So for those of us who understand and do our best to adhere to this principle of borrowing in private life, we as much as possible purchase only that which we can afford and we set priorities. But oh! If this only could be true in government! These same old boys in the State Legisla-

tion who represent Lawrence, who fought hard for the City of Lawrence to be able to deficit borrow its way to prosperity somehow and someday came up with 10Million Dollars! So immediately they re-hired laid off police officers and opened a closed fire station! No they didn’t, that would have been too obvious, and they instead decided that a wall following a section on RT.93 that spans the area of Andover to stop noise to nearby homeowners was priority! This wall proves that there is a huge disconnect between what we as citizens need and ask for, and what these democrats believe we should have. They think and believe that they know better than we do!

How can things of this nature take place? The reason is very simple. In real life, the money we have, we worked very hard for. So how we spend it is a decision we make by setting priorities because in real life there are serious consequences for

making mistakes. On the other hand, government money doesn’t come from hard work of the government. It comes from us, it is money that begins with us because we have worked hard for it and then are taxed by our government and then put into the government coffers. Now the principle (practice) of taking from those who have and handing it over to those who have not can be carried out without any consequences because the supply seems limitless. Therefore walls can be built on highways while the need for police and firemen go unfulfilled and public safety remains in jeopardy. But Lawrence also gets what it deserves. Lawrence keeps the good old boys in public office so that they can continue to take from those who have and give it to those who have not. This is the Democrat Party Circle of Life! As long as they continue giving our hard earned money to those who are able to

**PRINCIPLED, PAGE 18**

# Jen Cooper: More Red Flags than China

**Mark Gray**  
VALLEY PATRIOT GUEST COLUMNIST

Although this opinion could be about any politician in Lawrence, let’s talk about one.

Red flag 1.: Being supported by people who blindly supported Laboy.

Red flag 2.: Being supported and involved with people who stole from our kids.

Red flag 3.: Being involved with school administrators when the very post you seek demands you to be a check to that administration.

Red flag 4: Being a supporter to representatives like Finegold and Torrisi who this district is trying to be rid of, because

they are detrimental to the social advance of our community.

Red flag 5: Not having the backbone to come out and call people names like ‘racist’ and instead working in the shadows to lead others into doing it.

Red flag 6: Not knowing that commenting on radical Muslim terrorists is an American right under freedom of speech.

Or for that matter, that Muslim is a religion and a self appointed name from a nation half way around the world sovereign in of itself.

Red flag 7: Seeking to dismiss the American right to nominate a candidate because they included Lawrence in their address or used Mr/Mrs in their name.

Red flag 8: Being supported by those who consistently complain about crime and drugs but don’t lift a finger to fix the problem, not the least of which is to vote for someone new.

Red flag 9: Being opposed to the school administration, up until the time you decide to run for school committee.

Yes, I’m talking about Jenn Cooper, candidate for school committee District E.

It is likely that being first on the ballot and a very low voter turnout will enable this person in with ‘political click’ to get elected.

I think the danger of having such a person will not only be harmful to the district but will move the districts reputation

back into the harmful light that the rest of Lawrence viewed our district due to political hacking. Lawrence will continue to suffer if we do not bar the current group of politicians and the people they support to run for office from doing so.

I am so disturbed at having someone like this in office, as well as other harmful politicians that I will spend the next two years being involved in either running against or finding others to run for office in the future.

Time for YOU the reader, to talk to your neighbor. Do they support you and the community or political hacks and themselves?

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## How the Race Was Won or... Go West Young Man

William Manzi

METHUEN MAYOR

The Methuen Mayoral primary results are in, with Al DiNuccio topping the ticket, and Steve Zanni finishing second. Both Ken Willette and Jack Cronin finished some distance back, in third and fourth place respectively. So what happened, and what is likely to happen in November? A number of things jump right out at you, and while the numbers need to be looked at in more detail they already tell the story. But before we get to numbers let's look at some other factors.

One of the hard truths that comes out of this campaign is that running for Mayor is not like running for School Committee or City Council. And that truth was most evident in the campaigns of Jack Cronin and Ken Willette. In order to be successful in a Mayor's race you must raise some money, and have a message that can be put forth with adequate campaign resources. If you are going to try to run a "live off the land" campaign then you had better be ready to have a group of enthusiastic volunteers and plenty of shoe leather to get around the City. Both of those candidates worked hard, and have done wonderful things for the community. But the campaigns were more reflective of lower office campaigns, and just could not reach critical mass with the resources they had available.

So, based on that then you would expect the candidate with the most money to win? Well, not necessarily. The DiNuccio campaign had more resources than Willette or Cronin, but certainly less than Zanni. But the enthusiasm in the campaign

came from DiNuccio, who has a committed group of volunteers who more than made up for the difference in resources. They were out early and often, and drove a singular message that resonated in the primary. The anti-tax anti-union message carried, and was relentlessly driven by the campaign. Help from established politicians, including City Councilors Jeanne Pappalardo and Patricia Uliano, certainly helped in key areas, although the campaign eschewed political endorsements. The DiNuccio folks ran a very good campaign, and the results are reflective of that.

Steve Zanni ran a more traditional campaign, with three separate mailers, and significantly more resources. And for a while it looked like Zanni might squeak through. After I had compiled 8 Precincts, (4 in the East, and four in the Central) Zanni had a slight lead. And that was heading into Zanni's home district, the West. (Also the home District of DiNuccio). It was set up for a battle of strength vs. strength, with both DiNuccio and Zanni, in previous elections, showing their greatest strength in Precincts 8 and 11 in the West. Those two Precincts told the story of the night, with DiNuccio winning both handily. The margins in 8 and 11 allowed DiNuccio to overcome the Zanni lead built in the Central. Winning the West, and winning big in the home Precinct of Steve Zanni, were the keys to victory for Al DiNuccio. The Zanni forces will regroup, and hope that higher voter turnout in the general election in November will lead them to victory. But mark round one for DiNuccio.

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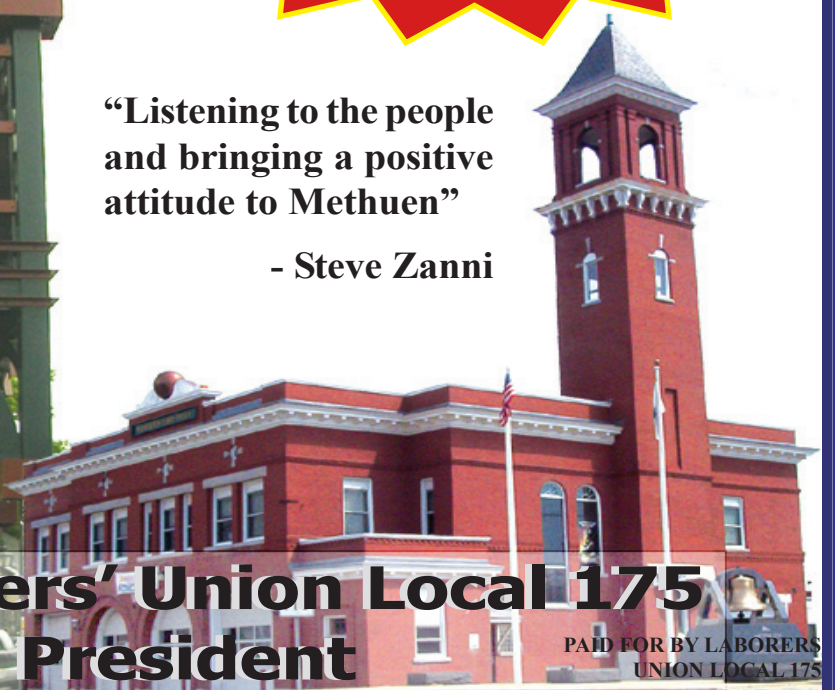
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- \* Previously served Methuen School Committee

Qualified by Education

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- \* Masters in Administration, Fitchburg State College

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Meat & Bacon	Meat & Bacon	Meat & Bacon	Meat & Bacon
Meat & Ham	Meat & Ham	Meat & Ham	Meat & Ham
Meat & Turkey	Meat & Turkey	Meat & Turkey	Meat & Turkey
Meat & Chicken	Meat & Chicken	Meat & Chicken	Meat & Chicken
Meat & Beef	Meat & Beef	Meat & Beef	Meat & Beef
Meat & Pork	Meat & Pork	Meat & Pork	Meat & Pork
Meat & Lamb	Meat & Lamb	Meat & Lamb	Meat & Lamb
Meat & Veggie	Meat & Veggie	Meat & Veggie	Meat & Veggie
Meat & Fruit	Meat & Fruit	Meat & Fruit	Meat & Fruit
Meat & Nuts	Meat & Nuts	Meat & Nuts	Meat & Nuts
Meat & Seeds	Meat & Seeds	Meat & Seeds	Meat & Seeds
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Meat & Spices	Meat & Spices	Meat & Spices	Meat & Spices
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Meat & Oils	Meat & Oils	Meat & Oils	Meat & Oils
Meat & Vinegars	Meat & Vinegars	Meat & Vinegars	Meat & Vinegars
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Meat & Salts	Meat & Salts	Meat & Salts	Meat & Salts
Meat & Acids	Meat & Acids	Meat & Acids	Meat & Acids
Meat & Bases	Meat & Bases	Meat & Bases	Meat & Bases
Meat & Flavors	Meat & Flavors	Meat & Flavors	Meat & Flavors
Meat & Textures	Meat & Textures	Meat & Textures	Meat & Textures
Meat & Colors	Meat & Colors	Meat & Colors	Meat & Colors
Meat & Smells	Meat & Smells	Meat & Smells	Meat & Smells
Meat & Tastes	Meat & Tastes	Meat & Tastes	Meat & Tastes
Meat & Looks	Meat & Looks	Meat & Looks	Meat & Looks
Meat & Feels	Meat & Feels	Meat & Feels	Meat & Feels
Meat & Sounds	Meat & Sounds	Meat & Sounds	Meat & Sounds
Meat & Smells	Meat & Smells	Meat & Smells	Meat & Smells
Meat & Tastes	Meat & Tastes	Meat & Tastes	Meat & Tastes
Meat & Looks	Meat & Looks	Meat & Looks	Meat & Looks
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# Firefighters Oppose DiNuccio Over Stand on Ambulance Privatization

Tom Duggan  
VALLEY PATRIOT REPORTER

Methuen Firefighters Union President Tim Sheehy publicly called for all firefighters who live in the City of Methuen to oppose the candidacy of mayoral candidate Al DiNuccio during a meeting of the Professional Firefighters of Massachusetts. The meeting was held at the Lawrence Firefighter's Relief Inn in Lawrence Friday afternoon.

Sheehy spoke before the more than 400 union firefighters from across the state telling them that DiNuccio was "100% against the firefighters" and urged those who lived in Methuen but work in neighboring communities not to display lawn signs or support DiNuccio's candidacy for mayor.

The Methuen elections for mayor will be held Tuesday, November 6.

"We normally have 96 guys (on the Department), we're down to 86 guys and this guy wants to cut us further," Sheehy said into the microphone. "They had a debate last night and all he talked about was the fire department, and cutting us, privatizing our ambulance, which (means) we would probably lose another 20-30 people," he concluded.

"For all locals, we have guys (who work in) Lowell, Dracut, Andover, North Andover, even as far as Boston (who live in Methuen). To all union firefighters there are some firefighters living in Methuen who are union firefighters who actually have this guy's sign in their front yard. I need to speak to them. You need to speak to them. We are all in this together, this isn't a situation like, this guys just not our candidate, this guy is 100% against the fire department. His name is Al DiNuccio, please any fire departments here who have firefighters living in Methuen, do not vote for this guy."

Contacted at his campaign headquarters after the event, Al DiNuccio said "it's really sad that they aren't listening, adding that Sheehy was doing a disservice to the members of the firefighters union "because he didn't give them accurate information."

"Al DiNuccio is looking to cut the fire department budget plain and simple," Union President Sheehy told the Valley Patriot. However it comes out we will be

out men or overtime, I don't see how that helps."

### Running the Numbers

Mayoral candidate Al DiNuccio said if people look at the numbers "It's a no brainer."

"There are sixteen firefighters working the ambulance service with over a \$1M in the overtime budget," DiNuccio said in an exclusive interview with the Valley Patriot.

"By privatizing the ambulance service we would eliminate none of those firefighters. The firefighters who are working the ambulances right now will become floaters or work swing shifts. These guys would come in to cover for firefighters who are on vacation, out sick, etc. So the only thing I can see as their objection is that yes, they are going to lose overtime. But, if someone is on vacation or out sick, why should the city have to pay overtime to fill that shift?"

"My plan keeps all sixteen firefighters full time, getting full time pay, and puts \$1M into the pockets of the taxpayers on day one. But if you listen to them, I'm the guy who is going to close fire stations, houses are going to burn to ground and babies are going to die. This is what they are telling people and it's funny. I think as a community we should be allowed to look at this, but they don't even want to explore the idea because they don't want to lose their overtime. Well, overtime is not a right, it's not a benefit. It's something the city should only be paying if we absolutely have to. I don't think we absolutely have to. It would be foolish not to at least look at it," DiNuccio said.

Union President Sheehy spoke to the Valley Patriot about Al DiNuccio during Friday's event, saying, "I'm disappointed that I had to do this. But he (DiNuccio) didn't say he wanted to study it, or look into it, he said he wanted to do it. He said he wants to privatize the ambulance service in Methuen. Al DiNuccio's plan would hurt our members but more importantly it would hurt public safety in Methuen. I don't think anyone really wants that."

"He's absolutely doing a disservice to public safety in Methuen by not telling the truth," DiNuccio charged back.

"He (Methuen Firefighters Union

**AMBULANCE, page 18**

# Why Al DiNuccio Represents a Fresh Start for Methuen

Kenneth Willette  
VALLEY PATRIOT OPINION COLUMNIST

Starting this endorsement article, I would be remiss by not taking this opportunity to personally thank the hundreds of voters who expressed confidence in my candidacy for Mayor of Methuen. While we ultimately will not advance to the final round, we achieved a strong third place finish, promoted a multifaceted conservative agenda and likely set the table for Al DiNuccio to become the next Mayor of Methuen--- a leader who will not be influenced by the self-centered, tax-and-spend machine politics of the past; who will start the process of ending the lawsuits caused by political meddling; and who will give Methuen residents an open and transparent municipal government that they truly deserve.

I can state this political belief with confidence, because Al and I shared the same goals and vision for the City of Methuen, especially since we campaigned as rivals who respected each other and presented bold ideas, including a conservative and realistic approach to balancing the budget, restoring integrity in government, and highlighting public safety. As we competed in four debates (one radio and three televised engagements), I realized that Al would not back away from his ideals, that he would vehemently challenge the status-quo and that he actually conducted research on the major issues of the day.

We both declined union donations and endorsements, and we were proud to not receive donations from individuals found guilty of ethical violations. We pledged not to raise property taxes, vowed to implement term limits, promised adherence to civil service rules and called for managerial studies of the police and fire departments. During the later stages of the campaign, Al and I formed a mutual understanding that materialized into a verbal commitment---the victor would receive the endorsement of the runner-up. Unfortunately, in this case I achieved that distinction, in no small measure to the late arrival of Jack Cronin, whom I stipulate had a sizable base of senior citizens and independent-minded voters similar to me.

When two candidates with similar support networks are competing against each other in a multiple person race for one available seat only, which is obviously different from a multiple seat councilor contest or a school committee race, you often have the split results witnessed during the 2011 Methuen preliminary election. But let me make this point perfectly clear--- Jack Cronin had every right to run for Mayor, I do not question his reasoning, I will not attack him person-



PHOTO: TOM DUGGAN

ally and I know it was very difficult for many mutual friends to decide between us. I do not begrudge anyone, and I hope my statements in this column reflect the finest spirit of our democracy. I also hope that many of Jack Cronin's supporters will now cast a decisive ballot for Al DiNuccio in the November election. Many seniors have not experienced a cost-of-living adjustment in four years, have undervalued homes, and are dealing with rising medical and insurance costs. They are also not pleased with the depleted services in Methuen yet grapple with annual property tax increases. They are not naysayers, but advocates of constructive change.

When two of the top three finishers are espousing a plan not to raise property taxes, are traveling door-to-door and listening first-hand to the grievances of hardworking and often lifelong Methuen residents and are advocating constructive changes, the voters are clearly not satisfied with local politics as usual.

This column should also not be interpreted that Al automatically will be elected Mayor in November. Al is not taking anything for granted. He has assembled an extensive grassroots organization, re-opened his campaign headquarters, placed hundreds of signs across Methuen, received the support of ticket topping officials from the City Council and the School Committee, and conserved his resources for the stretch run. Al is also reaching out to different groups to listen intently about their ideas to better Methuen. He has attended recent forums and debates, and he has attempted to converse with both elected and appointed leaders in Methuen's government. Al will focus on the issues, prepare for the final debates, build on his momentum and mobilize his troops. Al will rise above any counterproductive personal remarks and any unwarranted attacks on his character.

**DINUCCIO, page 18**

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## The Merrimack Valley Irish Connection

## How the \*ESB changed the face of rural Ireland

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

\*Rural electrification came to the parish in 1957. This changed the face of the countryside. Electric milking machines were used to milk the cows instead of the arduous task of doing it by hand. It revolutionized work in the home and on the farm. It was a boom to the busy housewife who did most things by hand until this time. The moment the current was switched on was breath taking as the houses were revealed in a new light.

The 60watt bulb highlighted obscure corners, and showed areas of the kitchen deep in turf dust and cobwebs left untended for years. Older people of the that time were known to rush from their houses after switching on to stare at the sudden illumination, thinking their dwellings had caught fire.

The age of the oil lamp and lantern disappeared forever. It took the drudgery out of life with a whole host of electric appliances to make easier. Life speeded up as a result and today there are even more gadgets on the market to alter our lives beyond recognition. We have two group water schemes in the parish today providing water supply to the community for domestic and agricultural purposes. The supply in the Keash area comes from Loch na Le'ibe, while the Culfadda supply comes from a spring well in Lisananny. Both schemes were organized in the mid 1970s.

Being a rural community, Keash parish was self sufficient in the 19th and early part

of the 20th century. Most items in those days were produced in the home. Items we take for granted nowadays like mass-produced clothes, shoes and hardware were not available.

However there was a variety of old crafts, trades and professions practiced in the area. The local blacksmith looked after the needs of the farming community by insuring the horse was properly shod for doing the farm work. Forges were common in the parish and here were ploughs, gates, shovels, axes and pickaxes were made. In the later of the 20th century the blacksmith work declined as the tractor took the place of the horse.

The thatcher was a much sought after tradesman in the early years of the 20th century. Nearly all the houses were thatched with wheat or oaten straw or reeds. The thatching had to be renewed every few years as the thatcher in each area of the parish was almost constantly employed. By the 1960's the thatched cottage had all but disappeared and the art of thatching with it.

Shoemakers were common in the parish at this time. Clogs were made chiefly in the Culfadda district. The shoemaker made and repaired the shoes for the young and old alike. Gloves and footwear age reputed to have been made from rabbit and hare skin also.

Tailors and dressmakers were also very skilled people. Hunts and Curleys in the Rathmullen area were reputed to be first-class tailors who made the suits of cloths for men.

The Duffy family in Rathmullen were renowned dressmakers. They looked after the needs of the ladies. A variety of other trades were also practiced, the saddler, the tanner, and the copper, but with the advent of mass-produced factory goods the needs for all these trades and skills declined.

The home itself was a hive of industry. Woman spun the wool on the spinning wheel. The wool was used to make jumpers, socks, gloves, scarves and garments of all kinds. In the latter part of the 19th Century linen made from flax, which was grown locally was woven into cloth.

Quacks or herebalists looked after people's health when access to the medicine was not that affordable. They were not qualified medical practitioners but dealt in, potions and lotions for all ailments. Herbs and plants in the district were utilized for these purposes. Animals were also cured in similar fashion.

Up until the 1950s farming methods in the district changed little; nearly all was done by hand, as it had been for hundreds of years before. Before the arrival of the turf cutting machine, peat was hand cut. It was then spread out to dry and later on made into clamps to season. Often it had to be transported by donkey and creels to the roadside before taking it home. Saving the hay was a difficult job when the weather was bad. In the early years of the 20th Century the meadow was cut with a scythe and later with the horse drawn mowing machine. In the autumn each farmer thatched and secured his rack of hay and stacks of oats for the winter.

The threshing machine did the rounds from farmyard to farmyard to thresh the oats. The straw was made into ricks and grain would be taken to the mill to make into oatmeal for porridge, or to be crushed as feed for cattle. The coming of mechanization changed all this. The old methods of cuttings and saving the turf and the hay were changed forever. The threshing machine disappeared from the scene in the late 1950's. After the 1960s there was the virtual disappearance of the horse and tillage, pigs and poultry as farm enterprises in the parish. This was due mainly to the increasing profitability of the competing enterprises such as milk and beef. This was also due to the fact that only large-scale pig enterprises, poultry and tillage remained viable. Increasing mechanization together with high rainfall have insured a great increase in silage making and corresponding reduction in the growing of oats, potatoes and the saving of hay.

Today the old methods and machinery of farming can only be seen in museums, heritage centers or specialized farms that are seen as a tourist's attraction for visitors. \*Margaret Kearns, Keash and Culfadda, a local history, pgs. 96,97,98.



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

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# **MAYOR 2011**



## FAIL FORWARD - Self-Motivation For When The Going Gets Tough

Dianna Dizogglio  
VALLEY PATRIOT COLUMNIST

One hopes that tough times will produce humility, strength of character, and eventually growth and change. As anyone who has faced a challenge knows, however, this process is A LOT easier said than done.

When you are faced with losing your home, your car is broken down and you've lost your job—how are you supposed to stay positive and just believe that you will have the strength to persevere? I am far from having this figured out, but I have been pushed recently to deeply consider this question.

As I sat on the couch in my best friend's

apartment, I thought about my 93 Honda Civic that had finally just died on me. I thought about the fact that I had just lost my job; my rapidly depleting bank account; and the fact that I had been getting almost no callbacks from jobs I had applied to.

I thought about my education and how I had worked so hard to get my degree. I thought about the worried looks on my Nana's face concerning my wellbeing. I thought about my reputation, and I thought about my health.



"God, please let this work out", I thought to myself. "I am tired, I am broke, and for months now I have been trying my best to not completely lose it. I know you're looking out for me as you always have, but this time it's really hard to trust things are going to work out."

I began to think about the motivational books that I had been reading on how adversity motivates, creates resilience, develops maturity, and can bring greater opportunities.

I thought about the fact that I have been exercising like crazy just for the extra endorphins. I thought about how my church attendance has gone way up since I started going through this recent rough patch.

And then, when I thought about how much I was thinking—to the point where I was thinking about my thinking—I laughed.

I laughed at myself; I laughed at my statistically standard tendencies; I laughed at my entire situation.

I laughed at the drama that I have recently encountered. I laughed at people's negative and positive comments; I laughed at the way that my employment situation

**FAIL FORWARD, PAGE 31**

## FAILED LEADERSHIP: FROM PAGE 19

Nope. Sorry, Miss Rosado-Almonte. Maybe next time.

Now for the three at-large seats. First, again, by way of full disclosure, I will not comment on Roger Twomey because I am too close to the situation. Two terms ago I was very active in Councilor Twomey's first election and I cannot be objective in what I have to say so I will keep that counsel to myself. A decent man, an intelligent man, a hardworking man. Good luck, Councilor Twomey.

As for Councilors Frank Moran and Dan Rivera, I will not be voting for them.

I personally think both are decent people but the manner in which they have allowed this city to deteriorate legitimately brings to question whether they should be re-elected. In my view, we are certainly a worse city under their stewardship than we were two years ago.

As far as I am concerned, they have failed us. They have abandoned us. They have answered to a higher calling at city hall who is not Mr. and Mrs. Taxpayer but one William Lantigua, mayor and master of all that surrounds him. And it all goes back to one, albeit rather major, issue — our public safety.

Without fully staffed public safety the social fabric of a community can be torn asunder. In a community like Lawrence, a fully staffed police force is a necessity, a vital necessity, and not a luxury. During his time as police chief, John Romero took great strides to beat back the Vandal and Visigoth hordes knocking at our gates. In the areas of fighting car thefts, gangs, drugs, violence, Chief Romero met the challenges head on and succeeded. He brought the citizens and taxpayers into the fold as part of that team. One month of Willy Lantigua and his cast of characters on the council and all those accomplishments were cast aside.

And I do not want to hear about all the money we don't have. This city has plenty. It is how it is prioritized for spending that is the problem. Unfortunately for Moran and Rivera and his council mates they fall into the trap of inside the box thinking: We need budget cuts and everyone needs to take a haircut. Well, that may work in Andover and Wellesley, but here at the ground zero of criminality, we need our police and we need them fully staffed, equipped, and trained.

Families suffer economic disruption and hardship all the time. However, there are certain bills you always need to pay — your mortgage, your oil or gas, your electricity. These are areas you cannot ignore; you need shelter and you need warmth

and light. There's no option here.

The police are this city's mortgage. Without it you have no protection from the elements. If there is one thing that should be staffed up first and foremost at the level the chief needs to continue with his work it is the police force. And for dropping that ball last year, I will be voting elsewhere.

I've enjoyed watching my property values plummet each month as we are fed a steady diet of shootings, killings, drug activities, thievery, beatings, home invasions, muggings, political corruption, riots, bar closings, and all the other elements of general chaos and mayhem the mayor and the city council allow to exist in our community.

We need councilors to take up the bully pulpit and drive this community to a higher level of success. Instead we get enablers who allow a government to destroy that which we need in this city to survive and thrive. I don't want huggers and lovers — we need fighters and commitment to the homeowners and taxpayers who pick up the tab around here.

As far as I am concerned they have failed us and abandoned us. Only they know their motives. We can only speculate. But now you know mine come November 8 in Lawlertown. May God help us (or at least U.S. Attorney Ortiz and DA Blodgett).

## DINUCCIO: FROM PAGE 15

I am strongly urging all of my supporters, especially those who may have avoided the preliminary election, to join with me in supporting Al DiNuccio for the general election. This is a defining election in our city's history, because we can move away from costly and divisive machine influence, favoritism, political infighting and closed meetings to an era of televised meetings, office hours at different locations, an open door policy, an end

to political interference in the police and fire departments and good faith talks with the various unions without the leverage of union donations and special interest monies. We have much work ahead of us, and I look forward to helping the DiNuccio Team.

Ken Willette is a member of the Methuen School Committee, and a former City Councilor. You can email him at [kennethwillette@verizon.net](mailto:kennethwillette@verizon.net)

## PRINCIPLED: FROM PAGE 9

work but chose not to, they will be re-elected over and over again. This is how they maintain their base; the election of 2010 in Lawrence taught us this.

The solution to this problem is keep doing the right thing in your personal life. Do not allow the bad practices of others or the government to influence what you do. Continue to pay cash as much as possible and pay your bills on time. Set the right priorities! By you and I choosing to do the right thing, this will keep our families safe, financially and otherwise. All hell can break loose around us, but do-

ing the right thing will keep us above the bad stuff! Especially living the way God would have us live our lives. God's promises for protecting us and for provision are not based on how others or government acts! This is what Living a Principled Filled life is all about!



God Bless you all,  
*Peter Larocque is a former member of the Lawrence School Committee. . You can call him at 978-682-0900, email him at [peterlarocque@hotmail.com](mailto:peterlarocque@hotmail.com)*

## BALL FIELDS: FROM PAGE 8

"Mr. Tompkins recognizes our shortcomings and the needs of the youth in that location, and has generously provided manpower and equipment to which he is to be applauded," concluded Isensee. "Tompkins Landscaping's generosity for the betterment of the community is truly refreshing and much appreciated."

"I couldn't be happier that a Lawrence company has taken the initiative to im-

prove the ball fields to help our children play baseball and softball. Our youth deserve to play on fields where they can learn important values like sportsmanship, teamwork, and the value of practice.

Who knows, one day maybe one of our ballplayers will give back to our community as Billy is doing now," said Little League President Herman.

## AMBULANCE: FROM PAGE 15

President Tim Sheehy) came to me and we talked about this and I told him all this. Overtime is big waste of money. Outsourcing is something we have to take a serious look at."

"We are currently losing money. Here's the funny part: we only have a 71% collection rate on ambulance services. Now, there's a bill in the State house that is going to pass, that says we as a city, will no longer collect ambulance money from the insurance companies anymore. We are going to have to collect directly from the people who get services. The projection on that is, we will go down to a 34% collection rate."

"Now the problem I have is, 34% of what? We don't know. They won't tell

us. Is that 34% of the gross? Is it net? Nobody will answer it. It's pretty sad it almost looks like the budgeting on this is designed to hide the numbers."

Now, think about what just happened at the debate last night," he said.

"I can't get the actual figures, but last night you heard one candidate say we make \$400,000 on ambulance services, one said \$1.4 million and one candidate said it was \$1.2 million. Nobody knows!"

"I will tell you one thing when I am mayor the numbers will be available and the public will be able to find out what those numbers are."

DiNuccio said that by law, no fire department or ambulance has to report their income or expenses but, by law all private

ambulances have to report their income.

Then when you take into account that 81% of all the injuries in the Fire Department occur in the ambulance service, and you add to that a current 71% collection rate, privatization starts to look like a real bargain for Methuen. They (firefighters) don't want you to hear that, they want to tell people Al DiNuccio is a bad guy."

The union president of the Professional Firefighters of Massachusetts called for an official vote opposing the mayoral candidacy of Al DiNuccio after Sheehy spoke Friday afternoon. The motion to oppose DiNuccio's campaign was unanimously accepted.

\*Also during the meeting of Professional Firefighters of Massachusetts, members

voted unanimously to endorse the candidacy of former school committeeman and retired firefighter, Dick Sullivan who is running for City Council in Newburyport. The union also unanimously voted to make a \$500 donation to his campaign.



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



# The Benefit of Home Schooling

Paul Murano

VALLEY PATRIOT COLUMNIST

For the past nine years I have taught at four colleges, and I've come to know what to expect. This year, however, I started a new job at a small Catholic college and it has renewed my faith in this country.

Up until now I have been used to dealing with goodhearted students that suffer from today's widespread spiritual cancer, the crisis of thought. They were brought up in today's hedonistic and relativist media culture, have been exposed to sound-bite and even bumper sticker politics ("Change"). Often they are the victims of broken families, growing up with an absent deadbeat father and/or an absent working mother. They have been victims of what education has become - the memorization of inconsequential facts, and the flooding of minds with useless information - keeping natural curiosity, thought, and creativity from blossoming. In papers I correct I am continuously crossing out "feel" and replacing it with "think." They have been so used to telling people, even themselves, how they feel about issues rather than what they think. Knowledge without wisdom or understanding. They have been pressured by peers along the way into doing things they'll regret the rest of their lives, and

the resultant attempt to feel good about themselves the fear of facing the truth of what they've become also closes the mind to truth. Because of all these factors and more that young people are forced to endure today, most are unable to enjoy the freedom that clarity of thought brings.

I'll give you two examples. When I shared a natural law analogy between the two sensual appetites that exist to keep us alive, food and sex, an otherwise talkative class turned into an uncomfortable silence. In short, the analogy goes like this: There is great pleasure attached to the two survival activities, eating and sex, because life is a basic good, and it makes perfect sense that nature has this extra motivation to sustain and propagate life. While the natural end or purpose is the continuance of life in the individual (food) and for the species (sex), the personal motive for eating and sexual relations may be different (pleasure, love, etc.). The natural law dictum is simple: One can not say yes to pleasure and no to purpose. That is, while one's personal motive may not be nutrition or impregnation respectively, the natural end of both activities must be respected and never intentionally thwarted. It is a violation of our human nature to begin the act (of eating or sex) to attain its pleasure, but intentionally thwart its natu-



ral end. Regarding food this would render bulimia an unnatural and disordered act; regarding sex it would render contraception, abortion, homosexual acts, masturbation, and heterosexual sodomy the same. Although disordered desires in people and should be handled with compassion, they never justify violating the natural law. This is a very simple principle that has been lost in most people today due in part to the aforementioned cultural influences. A second example is just as perplexing.

Until this year most of my students polled said if they had the option they would save the life of their dog instead of a stranger. If they had to swerve the steering wheel of their car on a dark rainy night to hit only one of these two parties, a majority each semester stated they would hit the stranger.

But this semester I have been pleasantly shocked. With these new students the inner barriers to clarity of thought seemed

**HOME SCHOOLED, PAGE 40**

## Boston Red Sox Wild Card Failure

Nate Richards

VALLEY PATRIOT HIGH SCHOOL COLUMNIST

On what was the most nail biting conclusion to the regular season in sports history, our beloved Boston Red Sox fall short to the Baltimore Orioles late Wednesday night. Now the big question that is seems to be swarming Boston is what will happen to our beloved Terry Francona? Will the blame be put onto the head honcho, Theo Epstein?

Going into the regular season for the Boston Red Sox, the expectations were high, but with players like Carl Crawford, Jarrod Saltalamacchia and Adrian Gonzalez, that was expected. Both the players and the fans had this feeling that this was the year that their team would win it all.

That unfortunately was soon shot down. By the middle of April the team's record was already at a diminishing 2-20, and their so called vaunted line up was hitting .224, and the pitching staff was allowing 6.6 runs a game. Alarms sounded through-

out Red Sox nation. In the mix of all this panic, it was learned that no American League team had ever overcome so shaky a start to even qualify for the playoffs, let alone take a serious bid at the World Series. Surely such an omen meant that the Red Sox were doomed.

Except, it didn't, and they weren't. Since April 15th, Boston had a record of 42- 20, (.677), by far the best in major league baseball over that period of time. That offense that Red Sox nation thought were all just "hype" were now hitting .288, driving in 5.7 runs a game, while the once



destructive pitching staff's earned run average was sparking at 3.46. In the month of April alone, Boston slammed out 23 home runs and were averaging more than 7.2 runs a game, outscoring opponents by 3.3 runs per contest. For awhile, Red Sox nation was at ease with their team, they had a solid first place spot for over two months, always being at least a game and half ahead of their rivals, the New York Yankees.

As the end of the regular season started to come to a close, the Boston Red Sox seemed to be in a good spot. Then came September. Going

into the month of September the Sox were leading their division by a long shot, everyone, thought that the Sox were going to clinch the wildcard and do pretty decent in the playoffs, but that was soon to be challenged. In September the Red Sox were 7-20, the worst record in the month of September ever. Flash forward to September 26-28, the last regular season series. Whoever won this series would clinch the Wildcard and move onto the Postseason. The Red Sox would have to sweep the series, in order to even think about clinching the wildcard. Sox ended up loosing the series, to the Baltimore Orioles, in what some people say was the worst downfall in sports history.

Now, Red Sox nation is in Awe. Going into the last month in the regular season, most people thought that it would be the Boston Red Sox storming the field and cracking open the bottles of Champaign in the locker room, celebrating the clinching

**RED SOX, PAGE 35**

## Security too Restrictive at North Andover High School

Zack Murray

HIGH SCHOOL COLUMNIST (NORTH ANDOVER)

Up until this September, North Andover High School was the last public high school in the region without a regimented security program.

Seniors had the ability to leave school campus for lunch, provided they returned on time for their next class. Students were allowed to walk freely to their lockers, or to the library to get a head start on their school work.

As of the 2011-2012 school year the faculty at North Andover High has instituted a near lockdown procedure for day-to-day schedules. All outside doors are locked at 7:45AM save for a few of the North entrance doors, in which visitors and late students must go through to enter the school. During lunch, students are placed into the cafeteria and a small area just outside of it, which is then cordoned off by a small, yellow, children's playpen-

fence type of gate. Should someone need to go to their locker or visit the library, they require a special pass from the librarian to go there.

During class time, students who leave their classroom hold a color-coded hall pass, particular to each wing of the building they are housed in.

If a student is found outside of their wing with the pass, they get in trouble. Nobody is allowed to leave class within the first five minutes and the last five minutes of class. There are also designated teachers who watch the hallways during class periods. It is safe to say that there have been incidences in the past where kids have skipped classes, but I have not found it to be an epidemic of any sort.

Kids being truant or skipping classes entirely should be dealt with on a case-to-case basis. Restricting access to the library or other school materials during the student's only free period is both over-protective and wrong. If someone was

to need a computer for an urgent e-mail regarding homework or if they needed to print something out, they are denied access and are forced to take zeroes on whatever the assignment was.

I've personally experienced a point where the principal did not want to accept the fact that I had a pass and told me to use the main office phone to make sure it was okay to go up to the library during lunch. Even after I had received the "Okay" to go up there, the very next day the principal would not allow me to leave the cafeteria.

The new rules have stirred up an outcry from nearly every student. People have begun to refer to the school as a prison, or a juvenile correctional facility. I am still not sure what the faculty is trying to prevent; the presentation we were shown did not address the logistics of these new policies. We were only told what to do, when to do it, and how to do it.

Perhaps it is just a show of force,



meaning the school is just trying to show off how well it can "control" a large group of students. Perhaps it is something else. Whatever the reason, students should be informed of what is going on.

In my view, the new rules are rather harmful to student learning, and it may be quite some time before the staff realizes that.



## Crimes Down in 2011

Today, Mayor James J. Fiorentini announced that total crimes in the City of Haverhill are down a total of 11% for the first eight months of the year compared to same time in 2010 and are down from 2009. Crime is also down 13% for the first six months of 2011 compared to 2010 and down from 2009. The Mayor has always prioritized public safety and has never laid off a single police officer. Haverhill should be proud and celebrate this success!

“Public safety has been a top priority of my administration,” Mayor Fiorentini said. The police are doing an excellent job keeping our city safe. We are in the

process of hiring new officers to join our department to fill some vacant positions.

People should know that crime cycles go up and down depending on economic trends. We cannot say with certainty that the crime rate will continue to go down. What we can say with certainty is that Haverhill is moving in the right direction and that we have an excellent and dedicated group of police officers.”

Police Chief Alan DeNaro stated: “It appears the numbers are trending down due to the hard work and dedication of the Haverhill Police Department.”

## Haverhill Bank and Economy Co-operative Bank Agree to Merge

Haverhill Bank and Economy Co-operative Bank of Merrimac have agreed, in principle, to merge. Both are depositor-owned institutions and expect to complete the union by the end of the year, subject to regulatory approvals.

Both banks are state-chartered co-operatives and will operate under the Haverhill Bank name, charter and bylaws once the merger is finalized. Economy Co-operative Bank’s Merrimac office will join Haverhill Bank’s six locations as a branch. Officials of both banks cited improved economies of scale and more efficient operations as reasons for the merger.

Economy Co-operative Bank Vice President and CEO Gary B. Gozycki said Economy’s depositors will enjoy many advantages. “Depositors will benefit from access to additional branch locations, a larger array of products and services and the convenience of more ATM and electronic banking

options,” he explained. Gozycki, who has served Economy Co-operative Bank since 1984, plans to retire from banking upon the completion of the merger.

The combined bank will have approximately \$235 million in deposits, \$30 million in capital and 70 employees. There will be no layoffs or office closings, officials said. Attorney William J. Barron, a member of Economy Co-operative Bank’s board of directors, will join the Haverhill Bank board.

Haverhill Bank was born “The Haverhill Co-operative Savings Bank Fund and Loan Association” in 1877. It successfully merged with Citizens Co-operative Bank in 1963, Whittier Co-operative Bank in 1983 and Northeast Community Credit Union in 2008. It became the oldest cooperative bank in Massachusetts in 1994 when the first cooperative bank chartered was acquired. Economy Co-operative Bank commenced operations in 1889.



From Left to Right: Anne Powers, Charles Henderson, Zachary Powers and Mayor James J. Fiorentini

## Mayor Honors Young Lifesaver

Haverhill, MA: Last month, Mayor James J. Fiorentini honored 6 year old Zach Powers, who recently saved the life of his grandfather by quick thinking and calling 911.

Grandfather Charles Henderson is a diabetic whose blood sugar became dangerously low causing him to pass out. Zach, who was visiting, found his grandfather on the ground and through training from family members, called 911 and described the neighborhood to the Police so they could respond. Paramedics told Charles that he would have most likely died had Zach not

called the emergency number.

The Mayor presented a Citation from the City of Haverhill recognizing Zach for being a lifesaver and for his family in providing such important emergency instructions.

“Zach is a hero to his family,” Mayor Fiorentini said, “without his actions, I would not have the pleasure of meeting Charles Henderson today. I appreciate the training that Zachary’s family has provided him in responding to situations such as this. Zach’s calm and cool response surely saved his grandfather’s life!”

# NORTH ANDOVER SENIORS FROM PAGE 5

session workshop to learn basic skills and look at sites that are fun and helpful for day to day use. \$25 per person due at sign up.

**WORD PROCESSING COURSE:** Level 2 - Starting September 13, Tuesdays, 9 – 10:30 am. \$25 per person due at sign up.

**STRENGTH TRAINING:** Tuesdays from 1 – 2 pm. This is a six week program of strength training geared to your individual ability. Builds strength, balance and increases bone density. Six weeks for \$24. or drop- ins \$6 instructor Patty Ferrullo. Starting Thursday, September 8th, this

class will run twice a week on Tuesdays and Thursday. Sign up for 2 days a week is \$48 or \$6 a class.

**ZUMBA, ZUMBA , ZUMBA** with Tallie: Monday-Zumba Basic 3:30-4:30, Wednesdays- Zumba Gold 3-3:45 and Zumba Fitness-4-5, Thursday-Zumba Fitness 4:30-5:30 and Saturday mornings-Zumba Fitness, 9:30-10:30. All are welcome – 10 Class punch card for \$40., Walk in rate \$6. Zumba Gold – 6 class punch card for \$24.

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

**NEW SCHEDULE FOR TAI CHI:** Tuesday mornings, Intermediate class 9-10, Beginner Class 10:10 – 11:10. Please call to register or sign up on Tuesday morning.

**WII SPORT BOWLING :** Stop by the Senior Center on any Thursday morning between 9 and 10 to try your luck at Bowling with the Wii System. It’s fun, good exercise.

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

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

**POOL TABLE AT THE SENIOR CENTER:** The North Andover Youth Center has donated a pool table to the

North Andover Senior Center. The pool table is set up in the Nutrition Side and will be available when there are no activities that will interfere.

**SCRABBLE** Mondays, 12:30 – 2:30, come on in and play.

**FOXWOODS:** Next scheduled trip, Tuesday, October 28, \$25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael’s parking lot at 6:30 am.

**SUPPORT SERVICES AND PROGRAMS**

**STRESS RELIEF:** Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Pranic Healer. for a \$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.

## ESSEX PHYSICAL THERAPY & CHIROPRACTIC OF ANDOVER

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

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



Dr. Michael Provenzano

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

493 Essex St. Lawrence, MA (978) 686-7111	Messenger Chiropractic 89-93 Washington St. Haverhill, MA (978) 374-0700	16 Haverhill St. Andover, MA (978) 470-1499
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# There is Plenty of time to Apply For Fuel Assistance!!!!

GREATER LAWRENCE COMMUNITY ACTION COUNCIL, INC. FY' 2012 LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

The Greater Lawrence Community Action Council, Inc., 2012 Fuel Assistance Program will begin registering appointments to take Applications for FIRST TIME APPLICANTS\* on October 15, 2011. (Prior year applicants have been mailed an application again this season.)

## CRITERIA FOR ELIGIBILITY:

- **Residency:** Participants must reside in Lawrence, Methuen, Andover, North Andover, Reading or North Reading.
- **Low Income:** Participants must prove they meet Federal and State Income guidelines by providing income and documentation showing gross household revenue for all household members 18 years and older for a minimum of 4 weeks (one month) prior to their application date.

Persons whose heat is included in their rent (including those individuals who reside in Federal Section 236, Section 211 (D) (3) and Section 202 developments and in state Section 13A rental housing) may be eligible for assistance.



APPOINTMENTS MAY BE MADE BY CALLING THE FUEL ASSISTANCE OFFICE

## (978) 681-4950

Staff members will provide all necessary information.

Our office is located at 305 Essex Street (2nd Floor),  
Lawrence, MA 01840

**PRIOR YEAR APPLICANTS: PLEASE RETURN YOUR APPLICATIONS BACK TO US AS SOON AS POSSIBLE. FUNDING IS LIMITED AND CANNOT BE GUARANTEED AFTER APRIL 1, 2012.**



**OUTREACH IS AVAILABLE FOR 'FIRST TIME' HANDICAPPED AND ELDERLY APPLICANTS WHO ARE TOTALLY HOMEBOUND: PLEASE CALL (978) 681-4950.**

# Al Programa De Energia!!!

FY' 2012 PROGRAMA DE ASISTENCIA PARA LA ENERGIA PARA  
HOGARES DE BAJO INGRESO



El Programa de Asistencia para la Calefaccion del Concilio de Accion de la Cornunidad de Lawrence (GLCAC, Inc.) a cornenzado a hacer citas para 2012 para el ano 2013. "PERSONAS QUE SOLICITAN POR PRIMERA VEZ." En Octubre 15, 2011. (A los solicitantes del año anterior la solicitud les fue enviada por correo.)

## CRITERIOS PARA ELEGIBILIDAD:

- **Residencia:** El solicitante debe residir en Lawrence, Methuen, Andover, North Andover, Reading o North Reading.
- **Bajos Ingresos:** El solicitante debe estar dentro de los limites de ingreso Federales y Estatales. Debe proporcionar prueba de ingreso y documentation que muestre las entradas gruesas de todos los miembros de la familia de 18 años en adelante por un minimo de 4 semanas (un mes) anterior a la fecha de la solicitud.

Personas que tienen la calefaccion incluida en el alquiler (renta) (incluyendo aquellos que tienen Seccion Federal 236, Seccion 211 (D) (3), y Seccior 202 Desar-rollo y en Seccion Estatal 13Ade vivienda) pueden ser elegibles para la asistencia.

**PUEDE HACER UNA CITA AL PROGRAMA DE ASISTENCIA PARA LA CALEFACCION LLAMANDO AL TELEFONO (978) 681-4950. Empleado de programa le proveera toda la informacion necesaria.**



PARA PERSONAS ENCAPACITADAS QUE NO PUEDEN SALIR DE SUS HOGARES, TENEMOS PERSONAL DISPONIBLE PARA LLENARLE LA EN SU HOGAR AL LOS "SOLICITANTES NUEVOS AL PROGRAMA:"

## (978) 681-4950

**SOLICITANTES DEL AÑO PASADO: POR FAVOR ENVIAR SUS APLICACIONES LO MAS PRONTO POSIBLE. LOS FONDOS ESTAN LIMITADOS Y NO LE PODEMOS GARANTIZAR ASISTENCIA DESPUES DEL 1 DE ABRIL DEL 2012.**





TOM DUGGAN'S NOTEBOOK

**MEDIA LIES:** Last month every single news outlet in America reported that Country Music singer Hank Williams “compared President Obama to Hitler”.

Williams was addressing a story of President Obama playing golf with Republican Speaker John Boehner when he said: “It’d be like Hitler playing golf with (Israeli Prime Minister Benjamin) Netanyahu.” Is it possible that college educated journalists missed the day they were taught the difference between a “comparison” and an “analogy” in fifth grade?

Let’s put it another way: if someone colorfully points out that “Valley Patriot President Tom Duggan having dinner with Lawrence Mayor Willie Lantigua is like Hitler having dinner with a Jewish Rabbi”, would that person be comparing me to Hitler? Or would they be drawing an analogy about the two events? If Hank Williams had actually “compared” Obama to Hitler (IE:: Obama hates Jews as much as Hitler) I would be the very first to condemn it. But he didn’t. And the “journalists” who reported on this story know that. In fact, most of the written reports didn’t even include his actual statement because they didn’t want their readers to judge for themselves.

Maybe this was just a distraction from a story about Roseanne Barr who said “I first would allow the guilty bankers to pay, you know, the ability to pay back anything over \$100 million [of their] personal wealth because I believe in a maximum wage of \$100 million, and if they are unable to live on that amount ... they should, you know, go to the reeducation camps and if that doesn’t help, then being beheaded.”

For some reason that story got far less attention, and was for worse as it was a call to violence.

**METHUEN ELECTION: FOUNTAIN AND PAPPALAREDO ARE BEST CHOICE**

While the Valley Patriot has a policy against the *newspaper* officially endorsing candidates, each of our board of directors is free to opine on who their favorite candidates are in any election cycle. So, with the blessing of my board I thought I would like to share my thoughts on some of the Methuen candidates.

**CITY COUNCIL- WEST END** – (vote for 2) Incumbent city councilor Jeanne Pappalardo has been a solid district councilor. She calls it like she sees it, she lets the voters know where she stands on issues before the council and she doesn’t play the usual flip flopping games that other politicians think nothing of doing. Pappalardo may not always vote the way I would like her to (and she was very wrong for not voting to indemnify Mayor Manzi in the Solomon Lawsuit) but with Jeanne you always know where she stands. She is extremely responsive to neighborhood issues and gets back to her constituents when they seek her help. Challenger Sean Fountain is a North Andover Firefighter who has an exceptional grasp on public safety issues, understands budgets and has addressed the issues much better and has shown much more than incumbent Jim Hajjar. Fountain is committed to getting funding for a Methuen Youth center and will certainly take care of seniors in town. Incumbent Jim Hajjar is a very nice man but you can only vote for two, and in this business being a nice guy just isn’t enough.

**CENTRAL DISTRICT** – Hector Montalvo (cable access TV host) may not have the respect of the political insiders, but when candidates for office are given the opportunity to participate in a debate, they ought to participate no matter who the moderator is. Public debates are for the

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**(978)**

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**464 Lowell St - Methuen**



voters who are watching, not the people hosting it. So I was disappointed to see that Lisa Ferry and Jamie Atkinson failed to show up for the Methuen cable access debate last month, robbing voters of the chance to hear where they stand on the issue. While I love Lisa Ferry and I hope she wins as one of the next district councilors, she should have been at the debate if at all possible. One candidate who did show up for the debate is Fadi Chahine who gave the voters an opportunity to hear what he had to say on the issues and was livid that Ferry and Atkinson refused to participate. I like Fadi, though we don’t agree on everything I hope he wins too.

**FOR SCHOOL COMMITTEE** only two candidates have shown me that they have what it takes: Evan Chaisson and Debbie Quinn.

**WAITING IN LAWRENCE-** Last month Donna Chevaire sat patiently waiting for her turn to speak on an important educational issue during a Lawrence School Committee meeting. Donna is an administrator in the Lawrence Public Schools, which means she is up early and works all day. Yet the Lawrence School committee made her sit for hours while they bickered, watched presentations, debated the process of choosing a new superintendent, and then at 10:45pm, after three and ¾ hours of waiting to speak, Mayor Willie Lantigua asked her to come back at the next school committee meeting so they could conduct other business. This is an issue that has bothered me for a long time and it doesn’t just happen at school committee meetings. On multiple occasions this year alone, citizens wishing to do business with the Lawrence City Council have had to wait through dozens of monotonous agenda items while councilors grandstand and make speeches only to either be asked to come back or are finally given the chance to speak at a very late hour. With so few people willing to show up at a public meeting these days, Lawrence officials should be much more accommodating to those who do. Making people wait through self-aggrandizing speeches and taking items on the agenda ahead of those who bothered to take time out of their schedules (and away from their families after working all day) needs



State Rep. Dan Webster  
Pembroke shows off his  
copy of TheValley Patriot!

to stop. Just because elected officials in Lawrence have to sit there for an entire night doing the city’s business doesn’t mean those who wish to address a concern should have to dribble for hours waiting for their chance to speak.

**TAKING CARE OF THE VETS:** Lawrence City Councilor Roger Twomey and Methuen council candidate Ron Marsan are both holding events for veterans. Councilor Twomey is holding a pancake breakfast on November 6 from 8:30AM to 11:30AM at the Reliefs In on Market Street. The event is free to all veterans. East End Council candidate Ronnie Marsan is holding his Veterans’ Day Breakfast after the election on November 11th at the Country Kitchen on Hampshire Street in Methuen from 5AM to 11AM. I want to applaud both candidates for thinking enough of our men and women who serve(d) in the military to hold an event in their honor.

**LAWRENCE ELECTIONS**

Lawrence Mayor Willie Lantigua has been working overtime to defeat the only two city councilors who oppose him: Marc LaPlante in South Lawrence and Grisel Silva in North Lawrence. Now get this: he has had at least seven of the nine city councilors rubber stamping anything he wants for the last two years and he isn’t happy with that. In fact, if Willie has his way ad LaPlante and Silva are defeated giving him a unanimous nine member council to rubber stamping his proposals, he still wouldn’t be happy. Willie would just turn on the weakest of his own supporters and campaign against them in the next election because he is a power hungry dictator and that is what dictators do. I hope Silva and LaPlante both win on Election day (November 8th) but they can’t do it without help. Lantigua is pulling every trick in the book to defeat these two, including having his minions in city hall take election day off last month to campaign for his candidates.

Cousins still hasn’t learned. Last month we called out Republican Sheriff Frank Cousins for not notifying the public when prisoners escape, and exposed the fact that he is illegally holding pre-trial detainees at the CAC (the Farm) on Marston St. Yet the day we printed this edition of The Valley Patriot, we were told by deputies in Law-

rence that there are still more than a dozen pre-trial detainees being illegally held at “The Farm” on Marston Street. Apparently, Cousins has nothing to fear from the public disclosure of his misdeeds as he has the support of the very law enforcement officials that are charged with holding him accountable. We also learned after our story came out last month that prisoners being held at a “sober house” on Oxford Street were caught using drugs at the facility, that an inmate with an electronic monitoring bracelet escaped and when he was caught by the fine deputies of the Sheriff’s department it was learned that the bracelet hadn’t worked in days. Sheriff Cousins, like all elected officials must be held accountable to the public. But that isn’t happening. Rest assured that The Valley Patriot will continue to pursue stories where the Eagle Tribune, the Globe and the Herald refuse to. Anyone wishing to share information on the shenanigans going on at the Essex County Sheriff’s office should contact The Valley Patriot as we are happy to press public officials on their conduct, whether they are friend or foe.

**LAWRENCE CHESS CLUB** will meet on Wednesday, 19th October 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. They 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.

**\* SAINT JOSEPH’S COLLEGE** STANDISH, ME Saint Joseph’s College of Maine will host a Fall Open House for prospective high school students and their families on Saturday, Oct. 22, from 9:30 a.m. to 2 p.m., at its campus on Sebago Lake in southern Maine. In addition, a Nursing Focus Day will be held Friday, Nov. 4, from 10 a.m. to 2 p.m., and an Athletic Open House will be held Friday, Nov. 11, from 10 a.m. to 2 p.m. Each open house offers prospective students a chance to tour the Standish campus, attend information sessions on the application process and financial aid, enjoy lunch and have the opportunity to learn more about one of the more than 40 majors and programs offered. Saint Joseph’s College is located 18 miles from Portland, Maine, and two hours from Boston. For additional information or to register, please call 800-338-7057. [www.sjcme.edu/admissions](http://www.sjcme.edu/admissions) Permalink: <http://readme.readmedia.com/Saint-Josephs-College-of-Maine-Hosts-Fall-Open-Houses/3010777>

**\* FUNNY WOMEN...SERIOUS BUSINESS** luncheon to benefit Rosie’s Place - Annual Benefit Luncheon for Rosie’s Place with comedian Patty Ross and Boston media women Latoyia Edwards, Lisa Hughes, Kate Merrill, Maria Stephanos and Susan Wornick, as they discuss the funny – and sometimes not so funny – business of being a woman. WHEN: Tuesday, October 25, 2011. Noon to 2:00 p.m. (Registration begins at 11:00 a.m.) WHERE: Hynes Convention Center, 900 Boylston Street, Boston, MA, 0211. All proceeds benefit programs and services for women and children at Rosie’s Place. Individual tickets are \$150 each. To purchase tickets, visit [www.rosiesplace.org](http://www.rosiesplace.org). For sponsorship information, please contact Katie Amoro at (617) 318-0211 or [kamoro@rosiesplace.org](mailto:kamoro@rosiesplace.org).

**HAVERHILL CULTURAL COUNCIL SEEKS FUNDING PROPOSALS** - Proposals for community-oriented arts, humanities, and science programs due October 15th. The Haverhill Cultural Council has set an October 15 postmark deadline for organizations, schools and individuals to apply for grants that support cultural activities in the community. According to Council Chair Leota Sarrette, these grants

**EXHAUST PROBLEM? ..... NO PROBLEM!**

**LOW COST EXHAUST**

50 Winthrop Ave in Lawrence  
(by the Water Fountain)  
978-687-7044

**SEE OUR COUPON ON PAGE 28**





can support a variety of artistic projects and activities in Haverhill -- including exhibits, festivals, field trips, short-term artist residencies or performances in schools, workshops and lectures. The Haverhill Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grass roots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

**HAVERHILL CULTURAL COUNCIL** will distribute about \$18,000 in grants. Specific guidelines and complete information on the Haverhill Cultural Council please visit [ci.haverhill.ma.us/departments/human/cultural/](http://ci.haverhill.ma.us/departments/human/cultural/) Application forms and more information about the Local Cultural Council Program are available online at [www.mass-culture.org/lcc\\_public.asp](http://www.mass-culture.org/lcc_public.asp).

**THE NORTH ANDOVER CULTURAL COUNCIL** has set an October 15 postmark deadline for organizations, schools and individuals to apply for grants that support cultural activities in the community. According to Council spokesperson Edward Wang, these grants can support a variety of artistic projects and activities in North Andover -- including exhibits, festivals, field trips, short-term artist residencies or performances in schools, workshops and lectures. This year, the North Andover Cultural Council will distribute about \$4,470 in grants. Previously funded projects include performances at Stevens Memorial Library and other poetry, music, and visual arts programs throughout the town. For specific guidelines and complete information on the North Andover Cultural Council, contact Edward Wang at 978-683-6621 or at [ewang1@comcast.net](mailto:ewang1@comcast.net). Application forms and more information about the Local Cultural Council Program are available online at [www.mass-culture.org/lcc\\_public.asp](http://www.mass-culture.org/lcc_public.asp).

**NORTH SHORE BUSINESS FORUM**  
**The Importance of Time Management In Your Business**

Tuesday, October 11, 2011 / 8:00 -10:00 am. Effective time management is a fundamental key to success for business owners and busy professionals. This workshop will teach you how to develop goals and how to prioritize your activities to achieve those goals. You will learn to identify and eliminate time wasters and how to focus on your highest value tasks. Using technology as a time enhancer will also be discussed. At the end of the session, you will walk away with a specific plan to use your time most effectively, helping you to grow your business.

This workshop is taught by Jim "Pouli" Pouliopoulos, The Growth Coach®, a certified Strategic Mindset® business coach with over 25 years experience in a variety of industries including high-tech, medical, government and professional services. He has contributed to the success of large companies including General Electric and IBM as well as a number of successful small businesses as a marketing consultant, product manager, director of marketing and sales, spokesperson, public



**NEWS ITEM:** Despite taking an oath to defend the Constitutions of the United States and the Commonwealth of Massachusetts, Governor Deval Patrick continues to claim voter ID and Secure Communities are "racist" and refuses to support protecting the Constitution and the right to vote.

speaker, trainer, facilitator, market researcher and engineer. Additionally, Jim is an adjunct faculty member at Bentley University and Worcester Polytechnic Institute where he teaches business and marketing courses. COST: \$10 LOCATION: The Center, 88 Middle St., 2nd Floor, Lowell, MA 01852 RSVP: [shargis@comteam.org](mailto:shargis@comteam.org), 978-322-8400

**RIGHT START ENTREPRENEURIAL TRAINING** - \*\*\*The next 6 class series begins October 12, 2011\*\*\*

6-class series runs every Wednesday Aug 31, 2011 – May 9, 2012

Wednesday nights from 6:00 – 9:00 pm \*except for the week of November 23, 2011

The Right Start Entrepreneurship Training Program provides a solid educational foundation on which to build a small business. Practical, flexible, and taught by small business professionals, this six-class series will help you learn the difference between success and failure. Starting August 31st, this series runs continuously throughout the year so that you can either take all six classes in a row or once a month, as needed to fit your schedule. Training provides a firm foundation of practical knowledge to build your business and covers these topics: Intro to Business,

Marketing, Sales, Bookkeeping and Taxes, Financing, and Business Law. Get the tools you need for success!

COST: \$90 for all 6 classes  
LOCATION: Community Teamwork Inc., 155 Merrimack St., (Bon March Building) 3rd Floor, Lowell, MA 01852  
RSVP: [shargis@comteam.org](mailto:shargis@comteam.org), 978-322-8400

**HOW TO PROTECT YOUR BUSINESS** Thursday, October 13, 2011 / 6:00 -8:00 pm

This workshop will first focus on different business formations, and their advantages/disadvantages, as well as rights and liabilities of business owners in different business forms: sole proprietorships, partnerships, corporations, and LLCs. Then, the instructor will focus on the strategies and techniques to protect small businesses through a variety of liability insurances and business succession planning. This workshop is taught by Attorney Ye Huang, who specializes in business law and estate planning law, with 14 years experience in financial protection and business succession planning. Besides practicing law, he also manages MetLife New England Agency Lowell Branch in Lowell, MA. Active in his communities, Attorney Ye Huang also serves as Chairman and

President of Asian American Association of Quincy. COST: \$10 LOCATION: The Center, 88 Middle St., 2nd Floor, Lowell, MA 01852 RSVP: [shargis@comteam.org](mailto:shargis@comteam.org), 978-322-8400

**Marketing Your Business Monday**, October, 24, 2011 / 8:00 -10:00 am. Understanding and applying strategic marketing can help grow your business in any industry, market or economy. This workshop will teach you the four basic functions of marketing and how they impact your business operations. You will learn the five strategies to grow your business in any environment. At the end of the workshop, you will have a clear set of effective marketing plans that you can implement immediately.

This workshop is taught by Jim "Pouli" Pouliopoulos, The Growth Coach®, a certified Strategic Mindset® business coach with over 25 years experience in a variety of industries including high-tech, medical, government and professional services. He has contributed to the success of large companies including General Electric and IBM as well as a number of successful small businesses as a marketing consultant, product manager, director of marketing and sales, spokesperson, public speaker, trainer, facilitator, market researcher and engineer. Additionally, Jim is an adjunct faculty member at Bentley University and Worcester Polytechnic Institute where he teaches business and marketing courses. COST: \$10 LOCATION: The Center, 88 Middle St., 2nd Floor, Lowell, MA 01852 RSVP: [shargis@comteam.org](mailto:shargis@comteam.org), 978-322-8400

**CONNECTING YOUR BUSINESS TO THE COMMONWEALTH OF MASSACHUSETTS** - Thursday, October  
**NOTEBOOK, PAGE 42**

# Sean Fountain

## *Methuen West End Council*

### **Because.... Change is GOOD!**

Paid for by the committee to elect Sean Fountain

**NO Tax Increases - Live Within Our Means**  
**Create Youth Services Dept. & Youth Center**

ELECT

# Mike Condon

**COUNCILOR AT LARGE**

*For ALL of Methuen*

Paid for by the Committee to Elect Mike Condon

**Vote**  
**Nov. 8th**

**VOTE**

Experience, Integrity,  
& Independence

# D.J. Deeb

**REGIONAL SCHOOL COMMITTEE**

*for Methuen*

**VOTE on Tuesday, November 8th**

Paid for by the Committee to Elect D.J. Deeb





Melvern Taylor and the Fabulous Mel-Tones (of Lowell) were rocking out at the Blue Mermaid in Portsmouth, NH last month and were catching up with all the news in the Valley Patriot in between sets.

To download MP3's of Melvern Taylor's music you can visit:

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

Jeff Katz, Boston's best radio talk show host (on Talk 1200's AM) was at the sight of Ground Zero during the memorial services for the tenth anniversary of the 911 Muslim attacks on America. We were honored to learn that during station breaks at Ground Zero, Katz was seen reading the September 2011 edition of The Valley Patriot.

You can listen to the Jeff Katz program weekday mornings from 5-10AM on 1200AM on the radio dial or listen live on line at [www.talk1200.com](http://www.talk1200.com)



# METHUEN VILLAGE CASINO NIGHT A BIG HIT!



**Methuen Village Assisted Living held a Casino Night raising \$5,000 for Boston University Alzheimer Research Center**



**Marc LaPlante**  
Lawrence City Council  
District F

**Responsive  
Accountable  
Accessible**

**Re-elect Marc LaPlante on Nov. 8th  
As your District "F" Councilor**

Paid for by the Committee to Elect Marc Laplante, 29 Durso Ave.  
[marclaplane@rocketmail.com](mailto:marclaplane@rocketmail.com), (978) 683-6910





# Kemal BOZKURT

## Lawrence School Committee

### District "A" Prospect Hill

- \* Reduce the achievement gap by increasing extended day learning programs for all grade levels.
- \* Create Gang Intervention Collaborative to enhance safer learning environments.
- \* Kemal supports Exam Schools
- \* Increase part time Pre-K & Kindergarten classes to full time
- \* More expansion of Pre School Programs
- \* Expansion of After School Programs
- \* Coordinate with police & other Agencies for School Security

**Your  
Independent  
Voice!**



Vote for Kemal Bozkurt  
on Nov. 8th & Let's make  
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Make a Donation on-line to our  
Campaign for Lawrence's Success!

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North Andover High School is hosting  
the N.E Scholastic Marching Band  
Association Marching Band Competition!

Saturday October 15, 2011 - Showtime at 5pm - Gates open at 4pm

Fourteen high school marching bands from  
across Massachusetts are scheduled to  
perform and compete in this exciting  
showcase of young musical talent!



Tickets: Adults \$8  
Seniors & Students \$5

More info: [www.northandovermusic.org](http://www.northandovermusic.org)



# Obamacare Is Flatlining – Do Not Resuscitate! Part III

Christine Morabito

MERRIMACK VALLEY TEA PARTY

In previous columns I exposed the lies and treachery that preceded the passing of the Patient Protection and Affordable Care Act, the law we affectionately call Obamacare. Since there is virtually nothing worth saving from this piece of legislative malpractice, a powerful movement is underway to repeal and replace it. Congress voted in favor of repeal but the effort lacked several votes in the Senate. Until it comes up again you can visit this website to sign the repeal petition: [www.repealitnow.org](http://www.repealitnow.org)

Short of repeal there are, thankfully, other options. At least 12 states are considering nullifying the law, their right and their duty under the 10th Amendment, when a federal law oversteps the powers granted to Congress by the Constitution. By forcing states to bear the burden of creating public exchanges, a case can plainly be made for federal government overreach. Here is the website to sign a nullification petition in your state: [www.jbs.org/state-legislative-action-alerts](http://www.jbs.org/state-legislative-action-alerts)

Another option is for Congress to defund Obamacare. The House has already passed amendments to defund various parts of the law. U.S. Senator Richard Shelby (R-Ala.), Ranking Member of the Appropriations Subcommittee on Labor, Health and Human Services, Education, and Related Agencies, plans to offer an amendment to deny all funding. If no money is allocated, the law cannot be implemented. This requires a 2/3 majority in the House and Senate to withstand a veto which the president will most surely employ.

The Obama Administration recently fast-tracked the legislation to be reviewed by the Supreme Court on the grounds of its Constitutionality. This brings up a serious problem: Supreme Court Justice Elena Kagan. After filing a Freedom of

Information Act lawsuit, watchdog groups Media Research Center and Judicial Watch have uncovered documents linking then solicitor general Kagan to the health care bill in its infancy, when she helped to craft a legal defense for predictable future lawsuits. Kagan has a clear and intentional conflict of interest and should, in good conscience, recuse herself from the case. But will she?

If and when we rid ourselves of the scourge of Obamacare, how about we actually fix health care? Despite what lovers of big government will tell you, it is possible to provide a safety net, reduce costs and give people control over their health care decisions.

First, it is high time we rethink the meaning of health insurance. When we purchase home, car or flood insurance we are protecting ourselves in case of a rare catastrophe that might bankrupt us financially. These policies do not cover oil changes, batteries or light bulb replacement because these things are not rare. Imagine how much more these plans would cost if they covered routine maintenance. This is one example of how our health care system has gone horribly wrong. A case must be made for individuals having the option to choose a catastrophic plan, one without the myriad of ridiculous mandates – from hair plugs to breast reduction. The more the government forces insurance companies to cover, the more insurance will cost.

There are steps we can and must take to cut costs, but we must disavow ourselves of the notion that health care should be free. Sally C. Pipes, renowned health care and economics expert, points out in her book, “The Truth About Obamacare,” that in 2009 the average American spent \$2,853 on health care, which is the same amount he spent on eating out. When put into perspective, health care spending is hardly the threat to civilization it was



made out to be during the Obamacare debate. Still, our system is far from perfect.

During World War II, employers, desperate to compensate workers, began providing health care to their employees after the government instituted wage controls (much like hiking along the Iran - Iraq border, wage controls are a horrible idea). Since then, employer provided health insurance is purchased with pre-tax dollars, lessening one's total tax burden. Those who purchase their own policy have to do so with after-tax dollars, which is hardly fair. If we eliminate the employer from the equation, people could obtain their own insurance (with pre-tax dollars), they could shop for a plan that best suits their needs and the plan would be portable, meaning they could take it with them from job to job. Prices will drop when doctors and insurance companies compete for our business and there is transparency in pricing of services.

Medicaid, a state-run program, currently receives matching funds from

the federal government. The more the state spends, the more it gets, giving them no incentive whatever to control costs, police fraud or help people become self-sufficient. If the current system were replaced with a federal block grant, it would create the aforementioned incentive. States that exceed the amount in the grant would be on the hook for the difference. There are innumerable ways to cut costs if the parties involved are so inclined. When someone else is paying the bill, we don't care what things cost. Exhibit A: The open bar.

Enrolling in a Health Savings Account (HSA) is an excellent way to plan for future health purchases without having to pay taxes on those contributions. Under Obamacare, allowable HSA contributions are cut in half -- so much for Obamacare making health care affordable. Their reason for restricting allowable contributions is simple: If everyone enrolled in an HSA, the government would lose out on all those tax dollars – and make no mistake, they want their money. If the government was as concerned with your health care as it was about collecting taxes,

TEA PARTY, page 33

## Why Tea?

Christen Varley

TEA PARTY ORGANIZER/ACTIVIST

Citizen Petition season is upon us and with it, the opportunity to get out, enjoy a beautiful New England autumn and spread the Tea Party message of Liberty. The process of getting a Citizen Petition on the ballot in Massachusetts is a time consuming, uphill battle but it is the most effective way to circumvent our one-party dominated, ideologically blinded legislature and institute common sense policy via the popular vote. We have before us the opportunity to secure the requirement that all voters present a government issued photo ID and it is an opportunity we should embrace wholeheartedly.

While there are a plethora of petitions for which to volunteer, the Voter ID initiative is, in my opinion, the most critical. If we, as activists, citizens and taxpayers cannot rely on the accuracy and integrity of the popular vote, our actions in the name of preserving and protecting our Constitutional rights are all for naught. Requiring those casting a ballot to provide a government issued photo ID is the best way to ensure a fair and representative outcome to every vote at every level of government.

Currently, thirty of our fifty states require a form of ID be shown to cast a ballot. Thirteen of these require a photo ID be submitted. The time has come for Massachusetts to do the same. In April of 2008, the United States Supreme Court upheld the voter ID law enacted in the state of Indiana. The definitive verdict is

in – there is no argument against requiring a photo ID from voters.

This is not a Democrat versus Republican issue. Our neighbor to the south, Rhode Island, has recently passed legislation that requires a photo ID be presented at the time of voting and it passed with bi-partisan support. This is not discriminatory or racist. In Georgia, voter ID laws went into effect in 2008 and statistics show that the percentage of minority voters increased in 2008 and 2010. Why they turned out is inconsequential. The fact that an ID requirement did not prevent them from turning out is fact.

The effort to bring a Voter ID requirement to Massachusetts is in jeopardy, though. Governor Patrick has stated he will not sign any law that makes voting more difficult. I guess he hasn't read the reports out of Georgia. The Attorney General's office refused to certify the ballot question because they call the requirement onerous and they equivocate the \$25 fee for a state issued photo ID to a poll tax. Apparently Attorney General Coakley never boards an airplane or cashes a check. We are now seeing Progressive grassroots activist organizations across Massachusetts and the nation using this initiative to mobilize and fundraise. They will work tirelessly to block any effort we might make to promote this initiative should we collect the needed signatures and receive approval from the SJC to place the question on the ballot. Have no doubt, the Left does not want voters in Massachusetts having to prove they are



eligible to cast a ballot.

The reasons for requiring a photo ID be presented at the time of voting are too “common sense” for most Progressive ideologues to comprehend. They are blinded by their need for all opposition to be silenced. The mere idea that citizens want accountability and personal responsibility to be enforced at the polls is beyond their comprehension. We are not appealing to them. We are appealing to thoughtful, intelligent citizens who see that a government out of control will do whatever it takes to keep hold of that control. We are appealing to every person who ever witnessed suspicious activity at a polling location. We are appealing to anyone who ever went to vote and found that a ballot had already been cast in his or her name. We are appealing to an overwhelming majority of Massachusetts' activists, citizens and taxpayers.

The Mansfield Selectman that filed

the petition, Olivier Kozlowski, has received permission to collect signatures while the Supreme Judicial Court considers his appeal of the Attorney General's refusal to certify the question. He rightfully points out it is the state legislature's responsibility to, if desired, create a Voter ID card or make provision to provide for a free or at a low cost a state ID card. There are already multiple bills under consideration at the State House that would require voters to present ID. New legislation is being filed to provide for a free or discounted ID based on income as well as a provision to place photos on EBT cards.

Selectman Kozlowski is asking for Tea Party and political activists off all affiliations to assist in the effort to collect 100,000 signatures, well above the approximately 70,000 required, on the petition. Visit us at [voteridma.com](http://voteridma.com) or on Facebook – Voter ID MA. To view other petitions, visit Citizen Petitions Filed on [mass.gov](http://mass.gov).

You can email Christen at:

[cvarley@greaterbostonteaparty.com](mailto:cvarley@greaterbostonteaparty.com)



# Legislators Unveil Illegal Immigration Bill

BOSTON – With the recent tragic death of Milford resident Matthew Denice, Sen. Richard T. Moore, D-Uxbridge, and Rep. John V. Fernandes, D-Milford, joined together with Sen. Bruce E. Tarr, R-Gloucester, and Rep. George Peterson Jr., R-Grafton, in drafting comprehensive legislation that absent a federal solution to legal and illegal immigration, addresses the strains placed on personal, municipal, and statewide finances as a result of illegal immigration.

“An Act To Enhance Community Safety” addresses the impact illegal immigration has on our local police, our local schools, our local housing markets, and our local economies.

“This legislation offers a comprehensive solution to the problems created by illegal immigration,” stated Moore “This is not a partisan issue and we must work together in the name of public safety,” added Moore.

This legislation, first and foremost, addresses the implementation of the Secure Communities Program. With increased interest across the Commonwealth, this legislation includes a report to the legislature by the Executive Office of Public Safety (EOPS), in which they are to identify how they are assisting with the deployment of the Secure Communities Program.

The legislation attempts to address an increase in the strain placed on schools, hospitals, courts and other institutions as a result of illegal immigration in many

Massachusetts communities. “We agreed to draft and file a comprehensive piece of legislation which will seek to address all the issues within the control of state government,” Moore said.

Moore, Fernandes, Tarr and Peterson said the bipartisan sponsors of the bill will be helpful as it moves through the legislative process. Senate co-sponsors are: Sen. Steve A. Baddour, D-Methuen, Sen. James E. Timilty, D-Walpole, Sen. Robert L. Hedlund, R-Weymouth, Sen. Michael R. Knapik, R-Westfield, and Sen. Richard J. Ross, R-Wrentham and Rep. Stephen L. DiNatale, D-Fitchburg.

“Enough is enough,” said Bruce Tarr, “and many publicized incidents over the past several months have proven time and again that the price for tolerating the acts of those who refuse to respect the laws of our nation and our Commonwealth is harm to our citizens and abuse of our resources. The time is long overdue for us to act in a comprehensive way to protect public safety and ensure that public funds benefit only those who deserve them.”

Tarr told the Valley Patriot “Over the past several months we have repeatedly seen examples of people who violate the laws of our nation and our Commonwealth and cause harm. We need to act now to ensure that taxpayer funds aren’t used to reward those who remain in Massachusetts illegally, and that our law enforcement officials have the tools available to provide public safety. This

***“Enough is enough,” said Bruce Tarr, “and many publicized incidents over the past several months have proven time and again that the price for tolerating the acts of those who refuse to respect the laws of our nation and our Commonwealth is harm to our citizens and abuse of our resources. The time is long overdue for us to act in a comprehensive way to protect public safety and ensure that public funds benefit only those who deserve them.” ~ State Senator Bruce Tarr***

legislation responds to those needs.”

According to State House News Service, Massachusetts State Senate President Senate President Therese Murray is now questioning Gov. Deval Patrick’s hesitance to embrace Secure Communities, a federal program to cross-check the immigration status of arrestees and queue up serious undocumented offenders for deportation.

“I’m really not sure. I have not had a full discussion with him on it,” she said. “We have to do it anyway. All of the states have to do it by 2013” State House News Service reported.

During an appearance on Marshfield-based WATD-FM, Murray pointed to a weeklong crackdown by U.S. Immigration and Customs Enforcement that concluded Wednesday and resulted in the arrest of 2,900 “criminal aliens” around the country, including dozens in Massachusetts.

“I think that this roundup they just did really points that we have a problem,”

said the Plymouth Democrat. An aide later confirmed she supports the activation of Secure Communities in Massachusetts.

Murray also said she agreed with a group of Republican county sheriffs pushing for tools to perform immigration checks on inmates, adding that most county jails already implement a “system of biometrics” to verify the status of prisoners.

The bill comes about one month after Milford resident Matthew Denice died in a motor vehicle accident. Denice, 23, was killed when Nicolas D. Guaman, an illegal immigrant who was driving drunk, struck Denice’s motorcycle, police say.

“While we’ve worked to address some of these issues in other bills and the state budget, I think certainly the incident with Matthew Denice’s death has caused us to redouble our efforts and try to be more comprehensive in our approach,” Moore said. “For the first time, we have a bill that

**ILLEGALS, page 34**

## In Massachusetts, it’s Casinos, Casinos, Casinos

Senator Steve Baddour  
MASSACHUSETTS STATE SENATE

The talk of Beacon Hill these past weeks has been casinos, casinos, casinos. Last month, the House of Representatives introduced a new version of last year’s failed bid to bring casino gaming to the Commonwealth. And now, the bill is before the Senate – ready to be amended and I predict, ultimately passed.

As with any significant policy change that the Legislature considers, there are inherent benefits and detriments, and I recognize and understand that there are strong feelings amongst both opponents and proponents of casino gambling. However, we cannot legislate the right of any person to make their own choices. There are people gambling in Rhode Island, Connecticut, Atlantic City, and Las Vegas right now. Many of those people are Massachusetts residents, and they want to be able to gamble closer to home.

Currently, Massachusetts residents spend over \$1 billion per year in resort casinos and gaming facilities outside of the Commonwealth. New Hampshire is again considering expanded gambling, including a potential casino site along the North Shore/Merrimack Valley Area, and Rhode Island recently began considering an expansion of their existing slot facilities to include table games. Establishing expanded gaming in Massachusetts will allow us to keep money that is spent in casinos right here at home. The gaming bills also have requirements that casinos in Massachusetts must develop marketing plans towards out-of-state residents to help mitigate the flow of money to outside casinos.

It is estimated that the passage of these bills will create over 6,000 immediate jobs associated with the construction of resort-style casinos, and would create about 9,000 permanent positions associated with the operation of the gaming facilities.

ties. In these tough economic times, where unemployment rates remain near 10% on the state and national levels, the addition of over 15,000 jobs will help put people - especially construction workers, electricians and other blue collar workers - back to work now.

This year’s expanded gaming bill would allow three resort-style casinos in three different regions of the Commonwealth as well as one slot machine parlor. Each casino license would be competitively bid, with a starting fee of \$85 million; the slot parlor license would be competitively bid starting at \$25 million, generating at least \$280 million in immediate revenues for the Commonwealth. In addition, the casinos would be required to pay a 25% tax on all gaming revenues, estimated to generate hundreds of millions of dollars in tax revenue.

We all know that over the past decade, tax revenues in the Commonwealth have plummeted as a result of the global economic climate. As tax revenues fall, the amount of local aid the state is able to dedicate to each city and town for schools and other essential services also suffers. Local aid levels have still not recovered to pre-recession levels, but the passage of expanded gaming would generate hundreds of millions of dollars in additional revenue, a large portion of which will be

dedicated to every city and town in the Commonwealth, to alleviate the pressures of decreased local aid and tax revenues.

There are also several measures built into the bills to mitigate the costs of casinos. While the bills create a new Division of Gaming under the Attorney General’s Office and an independent Gaming Commission, casinos will be required to pay an annual slot machine fee to pay for the costs associated with these departments. The Attorney General’s Division of Gaming and the Gaming Commission, as well as a new gaming investigative department under the State Police, will create one of the strongest gaming regulatory authorities in the nation.

In addition, casinos will be required to negotiate “impact agreements” with host communities, and the community will have the opportunity to approve the presence of a casino. These agreements will establish a sum of money to be paid by the casinos in order to pay for costs host communities will expend due to the casino. Also, funds must be paid by each licensed casino to pay for programs related to problem gambling and addiction; currently \$25 million is going to be set aside to fund programs associated with addiction services.

I understand and appreciate the concerns expressed by opponents of expanded

gambling. Casinos can cause harm to the host-communities and surrounding areas but the requirements in the bill that any casino developer obtain the approval of the host municipality and sign an impact agreement to pay for any such harms will, I believe, alleviate the financial impact on these communities. In addition, the requirement that casinos and the one licensed slot parlor contribute a significant portion of the revenues to gambling addiction programs provides an ideal opportunity to fully invest in the kinds of programs that will identify and treat these issues early on.

During initial debate, I have supported a series of measures and amendments to the Senate bill that will increase transparency and ethical standards related to expanded gaming. The license application process will be entirely transparent and all applications will be public record, viewable by any member of the public. Also, I voted for an amendment that would prohibit legislators from taking a job with a casino for at least a year after leaving public service, and people with an interest in casinos would be limited to donating no more than \$200 per year to candidates, the same limit we place on lobbyists. Lastly, I supported an amendment to require that the proposed host-community vote to approve a casino to take place during a general election, to increase voter turnout, and an amendment that bans campaign contributions to any local official who has direct oversight of casino negotiations. It is my strong belief that these changes will help reduce conflicts of interest and back-room deals.

I understand that not everyone will agree with me on the issue of allowing expanded gaming in our state. I do, however, believe my vote to support this effort will in the long term prove to be one that put our state on a new road to jump starting our economic recovery.

# Sean Fountain

## *Methuen West End Council*

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David Sapir

GUEST ESSAY

A town had fallen on hard times. Like any other town, it had its share of rich and poor, good and bad, honorable and dishonorable people.

A prosperous man looked out a window of the fine house he worked hard to build for his family. Across the street, the town drunk was abusing his wife. Both men’s wives were stricken with fever the previous week, and the prosperous man’s wife had died. He loved her deeply and she had loved him deeply, and in his terrible state of loss he cursed life for being so cruel and unfair. And so he came to despise the town drunk.

The previous week, the town drunk looked out a broken window of the shabby house others had built for his family. Across the street, the prosperous man was leaving to attend his wife’s funeral. The town drunk watched him and looked with envy upon his fine clothes, fine shoes, his fine home and handsome appearance. The town drunk had once worked for the prosperous man. He was paid well and treated with respect, but was fired for frequently coming in late and drunk. As the prosperous man walked away, the town drunk looked around his dirty, cold house and cursed life for being so cruel and unfair. And so he came to despise the prosperous man.

All over town people felt this way about their fellow neighbors during these hard times.

But that all changed when a progressive thinking group of highly educated fellow citizens discovered the culprits responsible for everyone’s hard times. They were absolutely sure that they were absolutely right. And when they shared their discovery with everyone, something amazing happened.

Citizens united people.

Rich and poor, good and bad, honorable and dishonorable people all stood together in unity and celebrated the progressive discovery that witches were among them and cursing them all in secret. Witches were responsible for everyone’s hard times, and as soon as they were found and burned to death, prosperity and fairness would return for all.

One by one many people were convinced, and once they were, it became obvious that each and every person in town was either a witch or a fellow citizen. So no one blamed the progressive group of

citizens for being so absolute and intolerant towards any person who disagreed with them.

The progressive thinkers told the prosperous man that a witch had probably placed a powerful spell on his wife out of envy for her beauty and the fine life she’d had with him. It was the only way to explain his misfortune. And so the prosperous man stood in unity with the town drunk and joined the hunt for the witch that cursed his wife.

The progressive thinkers told the town drunk that a witch had probably placed a powerful spell on him that was keeping him drunk, keeping him poor and making him fail. It was the only way to explain his misfortune. And so the town drunk stood in unity with the prosperous man and joined the hunt for the witch that cursed his life.

Once people had accepted the existence of witches as an absolute fact, each and every person in town quickly fell under suspicion as being a potential witch. A prosperous man was now closely scrutinized to make sure he wasn’t a witch using powerful spells to curse town drunks that hadn’t lost their wives to fever. A town drunk was now closely scrutinized to make sure he wasn’t a witch using powerful spells to curse people for being more prosperous.

The town remained united despite ever worsening hard times. Intense fear, grief, anger and paranoia soon took hold of every person. Every day, all day and all night, the hunt for witches never stopped. No one felt safe, even among family and close friends. People stopped speaking freely and avoided contact with each other because a witch became whoever someone else said was a witch. Proof of witchery became whatever someone else considered offensive. Very strict laws and mandates were quickly passed. Calling someone else a witch soon became the only way a citizen could absolutely prove they were not a witch themselves.

Sensible people both rich and poor openly rejected the progressive thinkers. They refused to join the hunt and refused to accuse anyone of being a witch. For displaying such bravery and decency in public, they were the first witches burned to death by the reformed community of citizens, which now called itself the United Solution Activists.

With the blessings of the church and

THE CHOICE: PAGE 37

Reader Unhappy with Officials in West Newbury

Ralph Wilbur

GUEST OPINION COLUMNIST

West Newbury selectmen, Knowles and Cushing are sitting on a time bomb and they know it. They will stall, procrastinate, prevaricate, and lose whatever evidence they can manage to get away with, hoping, in time, all will blow over. Considering that Selectman Atwood recently came across a file describing overly aggressive police behavior from more than ten years ago, with L’Esperance cited as one of the aggressors, one has to wonder what else would turn up to expose just how much Selectmen knew, and looked the other way. They both were well aware of the 10 year reign of terror and turmoil created in the Moulton St. section of West Newbury by a woman who has been in and out of the Newburyport District Court like a revolving door for only a fraction of her criminal behavior and with only a slap on the wrist to show for it. This impotent outcome was due to collaboration efforts of Knowles, Cushing, L’Esperance, present Chief Holmes and former Chief Dennis.

From assaulting an off duty police officer with a steel pipe, to threatening to shoot people, to trespassing on neighbor’s property, to stalking pedestrians and horseback riders in her car...these are just a few of her outrages. Her calls to police are legend. Literally, hundreds and hundreds of calls (all documented), all responded to by cruisers and officers coming to her house, sometimes 2 or 3 times a day. All were false reports of crimes supposedly committed by neighbors and passersby. Can you imagine the cost to taxpayers for police resources pandering to these hundreds of calls by the town’s marauding public nuisance? This went on for years.

There was a Selectmen’s meeting when town citizens spoke up. A video of that meeting is available. The Daily News reported at the hearing, “Other residents complained she shouted vulgarities at passersby, and they suspected she was responsible for spreading nails along the roadside to discourage parking, scratching the finish on parked cars with a key, and spreading grease on the rocks and pillars near the water to prevent people from sitting down.” One member of the public commented at the meeting to Chief Dennis, “If this doesn’t constitute a public nuisance, what in your view does?” The Daily News noted, “...they’re asking for the Board’s help in dealing with what they say is long term harassment...” While mouthing interest and concern to impress listeners that something would be done, the reaction of selectmen was deliberately indifferent, and cries for help went unheeded. The Daily News covered that story, but never followed up to ascertain the outcome.

All this went on under the watch of

Knowles, Cushing, Holmes, Dennis and L’Esperance. L’Esperance, by the way, called the shots on what arrests were to be made in West Newbury. He was the department’s “Enforcer.” Chief Dennis was the weak-kneed figure head, and Sergeant Holmes, as usual, went along to get along, taking advantage of any quirk of circumstance that would advance her career. Her career went well, but her method had nothing to do with the pursuit of justice. Amazingly, Holmes is now the West Newbury Police Chief!

How was this continued harassment and terrorizing of a neighborhood tolerated by town government? Dennis and the old Chief were buddies and were often seen having breakfast together on taxpayers time. But, there’s another more certain and darker reason why the Moulton St. problems never stopped. Terror on Moulton St. served a perverse purpose for town government.

The town nuisance was a known and consummate liar who had been in and out of court a dozen times for offenses against the community, but when she made accusations against Mrs. Devine, the whistle blower, the police filed charges and arrested Mrs. Devine... all, on the word of a woman who has falsely accused and slandered dozens of pedestrians and other innocent neighbors year after year. The records substantiating this are all available. Before moving to West Newbury, Mrs. Devine never had difficulty with police or abutting neighbors. But, now in West Newbury, the victim became the accused criminal and the criminal, according to “West Newbury law”, became the victim, a metamorphosis that could only happen in a corrupt environment.

Meanwhile, Selectmen Knowles, Kemper and Cushing were like the famous monkeys, one who covers his eyes and sees no evil, one who covers his ears and hears no evil, and the third that covers his mouth and speaks no evil. That analogy fits these West Newbury Selectmen perfectly. They knew what was going on then, as they know what is going on now, and they continue to turn a blind eye. They are equally as responsible as the police who turned justice on its head and orchestrated 3 arrests of Mrs. Devine and 3 days in Framingham’s Women’s Prison for good measure (without a court hearing) to frighten her and shut her up.

These strong arm measures, investigated mostly by L’Esperance, were police reactions to a known liar’s false allegations made with absolutely no third party witness to corroborate anything, and made by a person with a long history of causing trouble, not only for Mrs. Devine, but the entire neighborhood.

Nothing fundamental has changed in West Newbury since this miscarriage of justice. The Town Nuisance has now moved away. Former

WEST NEWBURY, PAGE 31

Why I support Jen Cooper for School Committee

Peter Larocque

VALLEY PATRIOT COLUMNIST

Hello my name is Peter Larocque and I am supporting and voting for Jennifer Cooper for Lawrence School Committee representing District E.

The reasons why are simple. She will represent the entire District, not just those who are of the same predetermined opinion. Jennifer will represent and ensure that Every Child and Parent in the District has a voice at the Policy Making Table that affects Education in Lawrence. Jennifer has a proven track record of doing exactly this. Jennifer is a Member of the Lawrence Methuen Community Coalition Substance Abuse Task Force. This Coalition focuses on stopping underage drinking and Educating the Community on trends in designer drugs and drinking habits impacting youth today. Jennifer was the Founder and First President of the Sacred Heart Neighborhood Associa-

tion. It was Jennifer who brought citizens together making a collective voice at Lawrence’s Planning Board meetings for an entire year and stood up against Nassar Ford on South Broadway becoming more Public Housing with a Shopping Center. The Planning Board eventually heard their voice and rejected the project. Jennifer also led the fight with other citizens once the Manzi Dodge location changed from an Industrial Zone to a Business Zone so that a Night Club/ Restaurant could move



to that location.

After a long fight which involved going to Boston, the project was denied due to back taxes not paid by petitioner. Jennifer’s investment of time and ability to work with others to ensure all rules are followed by everyone is a testament to her character! So as a voter in District E, you can be assured that Jennifer has absolutely no attachment to City Hall; her interests begin and end with the District.

Jennifer wants to take this same spirited determination and unquestionable hard working character and put it towards

representing and making policies to ensure a sound education for every child in the District E along with all the rest of the children of Lawrence! Jennifer also is invested in the Lawrence Public Schools because that’s where she and her husband Andrew send their children.

They are also invested in the City of Lawrence because they are home owners at 53 Bowdoin Street. Furthermore, Jennifer can be trusted with the Public’s Interest and will take the time to listen and hear all concerns, good or bad from every parent that comes forth with issues that have a profound effect on their children’s education! Believe me; I am very confident that Jennifer is up for the challenge!

So it is with a great appreciation for Jennifer’s already hard work for the District that I stand today and ask every voter in District E to place their vote for Jennifer Cooper for Lawrence School Committee District E. You will not be disappointed that you did!



# City Clerk's Issue shines light on delinquency of Plan E Government

Gerry Nutter

VALLEY PATRIOT LOWELL COLUMNIST

The City of Lowell operates under the Plan E form of Government. That form calls for the City Council to be the presiding body, hire a City Manager to run the day to day activity and have an Auditor and the City Clerk as the only other two departments that report directly to them.

In June of this year, it was brought to the attention of city officials that the City Clerk Richard Johnson may be helping himself to some petty cash. The Police were notified, a camera set up and the clerk caught. A trial date is pending and he has resigned. Several extenuating circumstances contributed to his actions.

While the Clerk was suspended pending the police investigation the Mayor chose a recent former Asst. City Solicitor to be "Acting" Clerk for 60 days to "give the office a fresh set of eyes." At the time he also stated that this person would NOT be a candidate for the full-time job.

That quickly turned into the "Acting" Clerk wanting the full-time job, a former City Councilor claiming interest and the Asst. City Clerk convinced the Mayor and others were out to get her, fighting for her reputation.

Well the entire City Clerk's Office is a mess according to a report by the "Acting" Clerk and the Mayor and present council have handled the matter like an episode of Dallas, filled with politics, backroom deals and a mysterious job description.

It includes appointing the Mayor's choice as Acting Clerk, leaking innuendo and rumors about the Asst. Clerk, having the Council NOT extent the Mayor's choice but appointing the Asst. Clerk and a job description that included being responsible for the Elections which the Clerk has NEVER done under the current Plan E system. Then the next day more leaks about the assistant's role in the original clerk's actions.

The Mayor then calling an Executive session to discuss her role and her choice to make it an open and public meeting and finally both the Mayor's choice and the council choice, the current Asst. BOTH claiming they don't want the Acting or permanent job and now they are going to appoint a different current Asst. Solicitor who CAN'T be at Council meetings on Tuesday even if that is part of the job requirements.

This council looks like the gang that can't shoot straight and look foolish in their conduct and actions. The City Manager for a change isn't getting any blame because the Clerk's office doesn't report

to him.

This highlights the inability of a part time city council being able to supervise vital city departments. Plan E states clearly that the Clerk, Auditor and Manager work for the Council. However it offers no guidance or direction about how 9 people who work part time as councilors are supposed to supervise a department that they know nothing about.

This department had no written policy or procedures, no job descriptions and would not give customers receipts that had any traceable accounting, just a piece of paper that said City Clerk's office. No one conducted audits even though this department handled cash on a regular basis and not one councilor new anything about the day to day functions, yet they are responsible for that dept.

The City Council had no one monitoring an office that they by charter control. You would think in an election year at least one or two challengers would call them out on this, sadly no, they have not, and they have had to be prodded and provoked to make any comment.

You wonder why someone hasn't taken this up to suggest a full blown Charter Review to move the Clerk's Office under the control of the City Manager and away from the council who have shown the inability to watch over the everyday events in this department.

Plan E doesn't give any Council the ability to supervise a department and as a result the Clerk's Office in Lowell has been allowed to run autonomously.

City Councilor Edward "Bud" Caulfield said that although the city clerk works for the council, "Let's be honest, the only concern we have about the clerk's office is how many times we can run down there to file a motion."

The entire episode shows that the current Plan E system needs to be looked at and while some have tried to get a Charter review commission appointed, especially after the council canceling past primary elections, this council has dragged their feet and buried any attempt at a charter review.

It is too bad that during an election year no candidate is stepping forward to try and create a real issue and point out a huge flaw in the Plan E system that needs to be addressed before we repeat this episode again in future years.



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

## THE DRACUT UPDATE

Cathy Richardson

DRACUT SELECTMAN

Fall is here!!

This is my favorite time of year, as it is for many of you. Dracut started this fall with two spectacular events that are worth reviewing and appreciating as a reflection of the kind of community she is proud to be.

The first noteworthy event was Dracut Old Home Days on 9/10/11. The weather was perfect. There were over 200 booths, and 13,000 attendees from all over the Merrimack Valley. The day included the very popular train ride, entertainment all day at the gazebo with a welcome return of Snow White and the Dracut High School marching band, and the expansive antique car show. Dracut Firefighter Activity day is also included. It is nice to see such community support for local vendors and entertainers.

This year the private group that organizes the event did decide to eliminate any political groups from having booths.

Normally the Dracut Republican Town Committee and the Dracut Democratic Town Committee have participated however last year seemed to be highly political for some of the attendees due to the inordinate number of candidates who had booths.

Last year, the political climate leant itself to many candidates running for various offices and they chose to make themselves visible in events like Old Home Days. I am hopeful that the town committees, as elected bodies of the town, will be able to again participate next year.

The event is held on (public) town property. Some have commented that the organizing committee's decision to not include political entities is a violation of free speech. Although I do understand that the organizers were trying to address concerns by attendees who were vocal about their displeasure, I also do feel the elected groups who work in town should be able to participate in town wide events.

The other noteworthy event is the 300th anniversary of "The Old Yellow Meeting House," now known as Christ Church United. This congregation hails back to an origination by Thomas Parker, who, at age 19, started a small congrega-

tion where now Lowell General Hospital stands. At that time, local Native Americans still fished at the falls and Dracut's boundaries extended to the banks of the Merrimack River where the ferry crossings were eventually built before the bridges.

I am sure that little band of Christians could tell us incredible stories of their day.

This church has an interesting history, including the eventual merger in 1969 with the Hillside Church in Dracut. It has been a landmark to its residents and travelers for many generations and has been a beacon of hope throughout the town's history. It has been in continuous service for 300 years which is a testament to the congregation and the pastors who have served.

Rev. Larry Zimmerman most recently retired from CCU after 30 years of service and the congregation has welcomed a new pastor, Rev. Vanessa Bostick, who hails all the way from Texas. The church serves the community annually with a Christmas Dinner that is open to the public, and is especially for those who do not have family to share the day with.

The organizers of the 300th anniversary events are putting together a historical book that will highlight many of this year's anniversary events and will be available for purchase in time for Christmas in 2012. This is good news for those of you who start your Christmas shopping in the summer!

I have a special fondness for CCU as my Richardson family's roots have always been in that church. The cathedral chimes in the sanctuary were donated by my father, Roscoe Richardson, Jr., in honor of my grandparents, Roscoe and Euphemia Richardson, in 1983 and the renovations and addition to the church in 1989 were funded in part by a gift from my father's estate after his death. My father was a person who took his faith seriously and was generous to those in need without any recognition, fanfare or accolades. The good people of CCU are like him and do the work of angels in our town without a lot of reward. Thank you to the congregation at CCU and congratulations on your 300th birthday!



Massachusetts Lions District 33N Governor Jeannine Gentleman....Traveled To Lowell Recently To Present Lowell Lions President Marcel V. Plouffe With The "Best Small Club Award." This Award Was The First Ever For The Lowell Club In Their 88 Year History Of Association With Lions Clubs International



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FAIL FORWARD: FROM PAGE 18

was handled, and I laughed at the fact that I have been cleaning toilets just to make ends meet during this interim period.

Finally, I laughed.  
It took me 28 years to genuinely grasp the fact that life happens and is completely and utterly unfair. So, I thought about getting angry at my unfair life ... and instead; I laughed.

I know that there are many people out there facing huge economic challenges, family issues, and feelings of being the only one. There are some with crushed self-esteems, anger, frustration, and fear of failure.

In my own experience, I have found that failing is a regular part of life. Sometimes I just don't make the cut and need to work harder. Other times, I fail because of outside factors that I can't control. Whatever the case, I have learned that there are generally only two options to consider.

- Option 1: Be a Failure
1. Focus on the problems; turn back on goals; run away from the issues; and become a bitter old lady/man.
- Option 2: Fail Forward
2. Accept the current situation and use its lessons to launch you into your next success. Seek advice from successful, honest people; accept constructive criticism—and actually apply it; work wherever there is an option to work; stay active and

positive about personal/professional goals.  
“In order to achieve your dreams, you must embrace adversity and make failure a regular part of your life. If you're not failing, you're probably not really moving forward.”—John Maxwell.

If you are a person of faith, say your prayers. Make anger your ally by funneling that energy into bettering yourself and working your tail off wherever you have the opportunity. Make the decision to outperform and overachieve in EVERY area of your life—not just in what benefits you. Take pride in serving others, and get involved in your community.

When life throws you a curve ball, take the bruise and get back up to bat! No apathy and no acceptance of being stuck in 2nd gear.

When you can't get the encouragement that you want or need from others; encourage yourself! Create your own opportunities, and find a path to get out of that valley! Climbing a mountain is tough work and you don't get to the top with weak muscles. Allow all of your failures and adversity to strengthen you for your journey upward.

Live by President Theodore Roosevelt's words: “Do what you can, with what you have, where you are.”

Think, Cry, Laugh, Grow... and FAIL FORWARD!

Ye Gay Ol' Valley

Fairies, Dykes, and other Mythological Creatures

D. B. Langevin  
VALLEY PATRIOT LESBIAN COLUMNIST

Yes, Linda Harvey, there really are gay people. In case you are not familiar with her, Linda Harvey is a marketing mogul. She has started multiple publications spearheading multi-million dollar marketing campaigns. She is the founder of Mission America, a Christian, pro-family and highly anti-gay organization. Some of the statements, accusations and comments Harvey has made in the past about the LGBT community have echoed what has been said by all right wing, conservative, anti-gay activists for years. Such as, gay marriage should not be accepted and gay teachers are a danger to our children's minds. According to Harvey via the Right Wing March, “Kids should not be put in the confusing position of having a teacher they like and respect in many ways who's also known to be practicing homosexual behavior.” She even went so far to say, “No homosexuality should be in our schools, period.” So, should we be expelling our gay, lesbian, bisexual, and transgendered students? I suppose we should eliminate those open stalls in the boy's room and one-room showers. No more patting each other on the butts during sports games. And be careful of high fives and fist bumps because they could evolve into other body parts bumping together.

Those are all old school thoughts of process from the anti-gay right-wingers, but Harvey begins to push the envelope. First she starts by aligning Muslim extremists with gays, lesbians, feminists and progressives. In Harvey's eyes we all hate the West, freedom and worst of all Jesus Christ. This woman has clearly been sniffing way too much bleach when washing the sheets on which her sins were made. Most of the people I know in the gay community believe and worship Jesus Christ, as well as, savor their American freedom. I'd like to know where she is getting her information. I have read about white, male, Christian terrorist attacks and Muslim extremist terrorist attacks and groups of so called

Christians attacking abortion clinics, but I have yet to read in the news of any member of the gay community committing any sort of terrorist attack on any group of people. So, who is emulating Christ in these scenarios?

What really made my jaw drop along with practically pissing myself with laughter was her recent claim that programs to support and respect the LGBT community should not exist because, “There's one big fact that's not backed up. There is no proof that there's ever anything like a gay, lesbian or bisexual or transgendered child, or teen or human.” Harvey is actually suggesting that homosexuality does not exist. There are no homosexuals at all. Seriously? I'm willing to bet this gay educator's paycheck that Ms. I'm Superior to you because I'm Christian and I don't believe that gays are real once told her children to be good or Santa Claus won't bring them any gifts. I bet, too, that she hid Easter eggs every spring, tucked a dollar bill under her kids' pillow when they lost a tooth and told them to rub a rabbit's foot because it was good luck. No gay people, my pink eye.

She says there's not proof. What proof does she need? Perhaps the five states with legal gay marriage should send her all of the marriage certificates that show same sex couples in legal committed relationships. We sure has hell can't prove it through a sexual encounter. Have you seen this woman? No respectful lesbian would touch her with a ten foot <insert adult toy of your choice>. She wouldn't be convinced that a man was gay if they didn't want to bed her because, let's face it, Linda Harvey's dance card was never full. And if none of us exist, why is she spending so much time, energy, Internet and radio space fighting against us. What would she do if we really didn't exist? Who would she go after? I have to think that her marketing career wouldn't be as successful as it is if it weren't for us queers.

I'm tired of wasting any more of my time and energy on this malignancy. I'm

FAIRIES PAGE 44

WEST NEWBURY: FROM PAGE 29

Police Chief Dennis has moved on with his retirement intact as Chief in another community. And, former Corporal L'Esperance, now in disgrace, was promoted to Sargent just before leaving with West Newbury's endorsement to Salisbury.

The alleged crimes of L'Esperance are now well known, the subject of a 31 page official report. But, the culture of depravity this report recites was nurtured in West Newbury, and those holding the final measure of responsibility for that culture remain yet in public positions.

Today, Selectmen Cushing and Kemper sit on a report critical of the financial practices of former town finance director Tracey Blais. She is married to former police chief Dennis. The

two names of the married couple are different, which for a long time, disguised the fact that matters of town concern were really, “all in the family.” Now that the bad news from that arrangement is coming out, Kemper and Cushing refuse to make public the report paid for by West Newbury taxpayers. They continue the cover-up of shielding the machinations of the Kemper, Cushing, Blais, Dennis clique from public scrutiny.

While the exodus of these characters from West Newbury was a good thing, the fundamentals that begat their behavior are alive and well today with West Newbury's current Police Chief Holmes, Selectman Knowles and Cushing still in control. Holmes's ascent to Chief was striking. It began by her suing the

town for discrimination and ended in her being appointed Chief! This all has the trappings of a soap opera.

Holmes is cut from the same cloth as L'Esperance. While L'Esperance wore his arrogance on his sleeve, Holmes is more subtle and clever. Hers is an administrative arrogance that ignores the law and moves the line between right and wrong in the direction most favoring her personal agenda.

The Devines moved to West Newbury to build a home which after 11 years remains unfinished. They presently live over their garage. The main structure is still but a shell and construction has been continually stalled by the financial drain of legal expense to defend against malicious police prosecution and

retaliation. Ultimately, all charges against Mrs. Devine were dropped. But there are new ones fabricated by Chief Holmes to keep the fires of persecution burning.

In West Newbury differences between right and wrong become blurred, if not invisible, as the self-interest of town leaders has repeatedly asserted control over conscience. Lust for power and control is the motivation that guides their principals.


Every individual could help by staying informed, taking charge of their community and help right the wrong doings of others. The decent people of West Newbury need to pay attention and rid their town of those depraved personalities that have created a malignancy of corruption in a town where there should only be peace, tranquility and cooperation.



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THE DOCTOR IS 

# What you need to know about Herbal Medicine

Rami Rustum, M.D.  
VALLEY PATRIOT MEDICAL COLUMNIST

Herbal medicine refers to using a plant’s seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Herbalism has a long tradition of use outside of conventional medicine. It is becoming more main stream as improvements in analysis and quality control along with advances in clinical research show the value of herbal medicine in treating and preventing disease.

Medicinal plants have always been considered a healthy source of life for all people.

Therapeutical properties of medical plants are very useful in healing various diseases and the advantage of these medicinal plants is being 100% natural.

Nowadays people are being bombarded with thousand of unhealthy products, the level of sensibility in front of diseases is very high and that’s why the use of medicinal plants can represent the best solution.

Nearly one-third of Americans use herbs. Unfortunately, a study in the New England Journal of Medicine found that nearly 70% of people taking herbal medicines (most of whom were well educated and had a higher-than-average income) were reluctant tell their doctors that they used complementary and alternative medicine. Many herbs can interact with prescription medications and cause unwanted or dangerous reactions. Be sure to consult your doctor before trying any herbal products.

**The history of herbal medicine**

Plants had been used for medicinal purposes long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants. Indigenous cultures (such as African and Native American) used herbs in their healing rituals, while others developed traditional medical systems (such as Ayurveda and Traditional Chinese Medicine) in which herbal therapies were used. Researchers found that people in different parts of the world tended to use the same or similar plants for the same purposes.

In the early 19th century, when chemical analysis first became available, scientists began to extract and modify the active ingredients from plants. Later, chemists began making their own version of plant compounds, and over time, the use of herbal medicines declined in favor of drugs.

Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the last 20 years in the United States, public dissatisfaction with the cost of pre-



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scription medications, combined with an interest in returning to natural or organic remedies, has led to an increase in herbal medicine use.

**How do herbs work?**

In many cases, there is no knowledge about what specific ingredient in a particular herb works to treat a condition or illness. Whole herbs contain many ingredients, and they may work together to produce a beneficial effect. Many factors determine how effective an herb will be. For example, the type of environment (climate, bugs, soil quality) in which a plant grew will affect it, as will how and when it was harvested and processed.

**How are herbs used?**

The use of herbal supplements has increased dramatically over the past 30 years. Herbal supplements are classified as dietary supplements by the U.S. Dietary Supplement Health and Education Act (DSHEA) of 1994. That means herbal supplements -- unlike prescription drugs -- can be sold without being tested to prove that they are safe and effective. However, herbal supplements must be made according to good manufacturing practices.

The most commonly used herbal supplements in the U.S. include echinacea (*Echinacea purpurea* and related species), St. John’s wort (*Hypericum perforatum*), ginkgo (*Ginkgo biloba*), garlic (*Allium sativum*), saw palmetto (*Serenoa repens*), ginseng (*Panax ginseng*, or Asian ginseng; and *Panax quinquefolius*, or American ginseng), goldenseal (*Hydrastis canadensis*), valerian (*Valeriana officinalis*), chamomile (*Matricaria recutita*), feverfew (*Tanacetum parthenium*), ginger (*Zingiber officinale*), evening primrose (*Oenothera biennis*), and milk thistle (*Silybum marianum*).

Often, herbs may be used together because the combination is more effective and may have fewer side effects. Health care providers must take many factors into account when recommending herbs, including the species and variety of the plant, the plant’s habitat, how it was stored and processed, and whether or not

there are contaminants (including heavy metals and pesticides).

**What are the common used herbal medicine?**

Herbal medicine is used to treat many conditions, such as asthma, eczema, premenstrual syndrome, rheumatoid arthritis, migraine, menopausal symptoms, chronic fatigue, and irritable bowel syndrome, among others. Herbal supplements are best taken under the guidance of a trained health care provider. Be sure to consult with your doctor or pharmacist before taking any herbs. Some common herbs and their uses are discussed below.

- Ginkgo (*Ginkgo biloba*) has been used in traditional medicine to treat circulatory disorders and enhance memory. Although not all studies agree, ginkgo may be especially effective in treating dementia (including Alzheimer’s disease) and intermittent claudication (poor circulation in the legs). It also shows promise for enhancing memory in older adults. Laboratory studies have shown that ginkgo improves blood circulation by dilating blood vessels and reducing the stickiness of blood platelets. By the same token, this means ginkgo may also increase the effect of some blood-thinning medications, including aspirin. People taking blood-thinning medications should ask their doctor before using ginkgo.

- Kava kava (*Piper methysticum*) is said to elevate mood, well-being, and contentment, and produce a feeling of relaxation. Several studies have found that kava may be useful in the treatment of anxiety, insomnia, and related nervous disorders. However, there is serious concern that kava may cause liver damage. It’s not clear whether the kava itself caused liver damage in a few people or whether it was taking kava in combination with other drugs or herbs. It’s also not clear whether kava is dangerous at previously recommended doses, or only at higher doses. Some countries have taken kava off the market. It remains available in the United States, but the Food and Drug Administration (FDA) issued a consumer advisory

in March of 2002 regarding the “rare” but potential risk of liver failure associated with kava-containing products.

- Saw palmetto (*Serenoa repens*) is used by more than 2 million men in the United States for the treatment of benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate gland. A number of studies suggest that the herb is effective for treating symptoms, including too-frequent urination, having trouble starting or maintaining urination, and needing to urinate during the night. But a well-conducted study published in the February 9, 2006 edition of the New England Journal of Medicine found that saw palmetto was no better than placebo in relieving the signs and symptoms of BPH.

- St. John’s wort (*Hypericum perforatum*) is well known for its antidepressant effects. In general, most studies have shown that St. John’s wort may be an effective treatment for mild to moderate depression, and has fewer side effects than most other prescription antidepressants. But the herb interacts with a wide variety of medications, including birth control pills, so it is important to take it only under the guidance of a health care provider.

- Valerian (*Valeriana officinalis*) is a popular alternative to commonly prescribed medications for sleep problems because it is considered to be both safe and gentle. Some studies bear this out, although not all have found valerian to be effective. Unlike many prescription sleeping pills, valerian may have fewer side effects such as morning drowsiness.

- Echinacea preparations (from *Echinacea purpurea* and other *Echinacea* species) may improve the body’s natural immunity. Echinacea is one of the most commonly used herbal products, but studies are mixed as to whether it can help prevent or treat colds. A meta-analysis of 14 clinical studies examining the effect of echinacea on the incidence and duration of the common cold found that echinacea supplements decreased the odds of getting a cold by 58%. It also shortened the duration of a cold by 1.4 days.

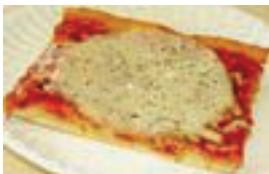
Buying standardized herbal supplements helps ensure you will get the right dose and the effects similar to human clinical trials. Ask your doctor or pharmacist about which herbal supplements are the best choice for your health concerns.

**Alerts you need to know!**

Used correctly, herbs can help treat a variety of conditions and in some cases may have fewer side effects than some conventional medications. But because they are unregulated, herbal products are often mislabeled and may contain additives and contaminants that aren’t listed on the label. Some herbs may cause allergic reactions or interact with conventional drugs, and some are toxic if used improperly.

**HERBAL MEDICINE, PAGE 34**

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# A Missing Key To Weight Loss: Neurotransmitters

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

A Missing Key To Weight Loss: Neurotransmitters

Neurotransmitters (NT) are chemical messengers produced by your body to send signals along a nerve pathway. In order for messages to be relayed along the miles of nerves within your body, neurotransmitters must be produced, released, received and cleared from the spaces between the nerves, the synapse.

For example, if you step on a sharp piece of glass in your bare foot you immediately feel pain. The pain message is relayed along a series of nerves from your foot to your brain. The message jumps from nerve to nerve by specific neurotransmitters.

Neurotransmitters are proteins that are produced inside your body. They are synthesized from amino acids obtained from the foods you eat. Different combinations of amino acids form different neurotransmitters. If your dietary choices do not supply all the necessary amino acids you could potentially wind up with a specific neurotransmitter deficiency. There are dozens and dozens of different neurotransmitters produced in your body and each one has a different purpose. Some have the job of exciting other nerves and some have the job of calming down or inhibiting other nerves. Each neurotransmitter has a unique molecular form that allows it to attach to only one type of receptor on the next nerve. It is similar to a specific key to open your front door and a different one to open your office door. If you try to open your front door with your office key you won't get the desired effect. If you don't eat the right foods you won't have the necessary amino acids to produce neurotransmitters to give you their desired effect.

Some of the more common neurotransmitters you may have heard of are GABA, acetylcholine, glutamate, serotonin, epinephrine, and dopamine. Different causes of NT deficiencies include poor dietary intake, emotional stress, physical stress, medication use/abuse and surprisingly, weight loss diets. Studies from several major universities have shown the same thing: Improper weight loss diets will deplete your body of serotonin, which in turn leads to increased cravings, lack of motivation, and increased moodiness all of which leads to rebound weight gain.

Another symptom of NT deficiency is depression. Most people in today's world are either taking an SSRI (selective serotonin reuptake inhibitor) or they know somebody who is. These are the most commonly prescribed antidepressant medications. The most common complaint I hear from patients, particularly females, is the weight gain associated with taking these drugs.

Different NT deficiencies can lead to abnormal thyroid gland function. If your thyroid gland starts to slow down, so does your metabolism.

Thus, your weight goes up. You can try one of the many fad diets to lose weight, but if you don't crank up the thyroid again by balancing NT's, you will never succeed.

NT's affect the way the adrenal glands function. This

is a big issue in today's fast paced, high stress world. Adrenals are already stressed by poor diet, emotional stress, poor sleep habits, excess caffeine and soft drinks. Add to that NT imbalance and you are staring at adrenal fatigue. Blood sugar dysregulation, cortisol surges and insulin spikes all just compound the problem.

Traditional health care is not equipped to deal with these types of chronic health problems. Typically you will be given a drug to cover up the symptoms, your metabolic condition will persist, and you will have to deal with the side effects of the medications, most notably, unwanted weight gain. This is a flawed system of trying to regain health.

In our office we utilize a very detailed history including asking about any drugs or medications you have ever taken. We also have all of our patients fill out two very in-depth questionnaires: one that explores their metabolic profile and another that evaluates their NT levels. This is the only way to truly get at the root cause of patients chronic health problems and helping people regain their health while losing weight.

Dr. Jin Sung is a chiropractic physician



specializing in non-invasive therapies for the management of chronic health conditions. He is located at 126 Merrimack Street in Methuen, MA. He can be reached at 978 688-6999 or visits his

website at [www.DrJinSung.com](http://www.DrJinSung.com).



# Let's talk about Food

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

I used to be morbidly obese. How did that feel? On a consistent basis, I felt depressed and tired. I had low self-esteem and felt isolated. I never really wanted to go anywhere because I couldn't find clothes that fit well or looked attractive. I always wore my hair up because I was always hot, even in the winter. My cheeks were always red. Quite frankly, I didn't even want to go to my kids' bus stop because I didn't want to embarrass them. My kids didn't seem to notice that their mother was fat and didn't ever protest when I was outside with them. They love me! I just wanted to spare them from any possible comments their peers might make about their fat mom.

When I was that overweight my physical body always ached. I had pain in my joints, my hands and feet were always swollen, my back always hurt, I had deep grooves in my shoulders from the straps of my undergarment, and I never felt comfortable in my own skin. The process of choosing an outfit was frustrating. I would always try to find something to minimize the size of my body. Nothing ever worked. On most days, I would end up wearing an over-sized t-shirt and sweatpants. They were the only items of clothing that fit and were comfortable enough to wear.

Every once in a while I would make attempts to exercise. I got a gym membership. On my first day there, I was only able to walk on the treadmill. No less than four people came over to me and asked if I was okay. I answered, "Yes". When I went in to the ladies' room afterwards, I looked in the mirror. My face was bright red and I looked like I was about to have a heart attack. It was then that I realized why those people were showing concern for me. I never went back to that gym. Any further attempts at exercise were done at home, where I was most of the time anyway.



Perhaps at that time I was agoraphobic. I definitely had the fear of leaving my home and having people see me have a panic attack. Sometimes when I did leave the house, my heart would race and I feared that I would be gawked at or made fun of. I never wanted to be out with my children and have them see their mom full of anxiety. I remember a trip to an amusement park when I was very heavy. I actually had to sit in the test seat to see if I could fit on the actual roller coaster. We had to walk up a flight of stairs to get to the platform, and when doing so, a young boy looked at me and said, "look at the fat lady, she's never going to fit in the seat". I did. However, that moment was quite humiliating.

My family members told me to just forget about the young boy's insensitive remark but I couldn't. I was embarrassed. But months later, I used that memory as motivation.

Losing seventy-five pounds is a great accomplishment. I achieved that through hard work, dedication and motivation. I have gained 9 of those pounds back but I believe I will never, ever be that overweight again. It was neither healthy nor

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## TEA PARTY: FROM PAGE 26

we might actually get somewhere.

Not one provision in Obamacare addresses the crippling cost of malpractice insurance. When one in eight doctors is sued every year, the effects trickle down to everyone in the insurance food chain. Until we enact tort reform, providers will continue to practice defensive medicine such as running multiple tests and hiring lawyers and administrators just to deal with the mounds of paperwork required to fend off what are often frivolous lawsuits.

We can buy virtually anything across state lines, why not health insurance? As long as states can limit our choices to just

a few, insurance companies will have a monopoly, there will never be fair competition and we will always pay more. Let's allow the free market to do what it does best – solve problems.

You are invited to our next Merrimack Valley Tea Party meeting:

Wednesday October 19th @ 7 p.m.

VFW Hall, 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](mailto:christine.morabito@hotmail.com)

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## CURBING ILLEGAL ALIENS: FROM PAGE 32

is covering nearly all the steps we need to take as a Commonwealth to ensure that taxpayers – not illegal immigrants – benefit from public programs and are as safe as possible from those that are here illegally seeking to do our citizens harm”, said Baddour. “We cannot and should not be spending monies from taxpayer-funded public benefit programs on those who are breaking the law.”

Denice’s death has sparked a call for illegal immigration reforms including adopting Secure Communities, a federal initiative designed to facilitate communication between federal immigration authorities and local police.

Joao Brito of the Netherlands was arrested and charged in May, 2011 for his connection to the vandalism of a vehicle in Boston. Fingerprints from the arrest revealed that Brito was wanted by Dutch authorities for sexual abuse of children and human smuggling, information obtained because of the successful use of the Secure Communities Program being implemented in Suffolk County.

And then on the morning of Saturday, September 24, 2011 Eduardo Torres was charged with his 6th OUI. During a sobriety test Torres provided police officers with a fake name and only after booking did they learn that he had 2 previous OUI arrests in Massachusetts and 3 in California. It was also discovered that Torres had previously been deported out of the country.

The bill unveiled today would require

individuals or businesses seeking to register a vehicle to produce documentation such as a federal tax identification number, license or social security number. The bill would also strengthen penalties for people who drive without a license or knowingly allow someone else to drive their vehicle.

“It’s a major concern,” Peterson said of driving without a license. “As we move forward, I think we need to tighten up our rules and regulations to ensure that anyone with a Massachusetts driver’s license is a legal resident of the Commonwealth and the United States.”

Current fines for driving without a license range from \$100 to \$1,000. The bill would create a \$500 fine for a first offense, \$500 to \$1,000 fine and/or a 30-day jail term for a second offense, and \$1,000 to \$2,000 fine and/or a 60-day jail sentence for a third or subsequent offense. Police may require the suspect to forfeit his or her vehicle after the third offense.

In addition to illegal immigrants, “it’s recognizing there are people who are citizens as well as illegal aliens, who don’t have a license and still drive continuing to pose a danger to the public,” Moore said.

The legislation also ensures that state-subsidized housing is reserved for legal Massachusetts residents and aims to help local building officials prevent multi-bedroom apartments from housing several families.

Employment provisions of the bill include establishing penalties for employ-

ers who knowingly hire unauthorized workers and requiring companies seeking public contracts to participate in programs to verify the eligibility of their employees, according to the documents.

“I firmly believe that the source of the problem is employment,” Fernandes said of illegal immigration. “If people can’t work, they either won’t come here or won’t stay here.”

Further provisions of the bill include those which:

\*Require anybody submitting an affidavit of indigence to submit their social security number in order to verify their income eligibility which would be transmitted through the Department of Revenue

\*Require that an applicant sign a statement certifying that there are no outstanding excise tax liabilities on the motor vehicle

\*Require that the Registrar maintain a record of vehicles and trailers that are registered after satisfying the application requirements

\*Require a report to the Legislature, as well as a cost estimate from EOPS, detailing the existing hurdles Massachusetts faces in connecting the various databases in order to effectively execute the license plate reader technology

\*Require that the immigration status of anyone detained for DUI be ascertained within 48 hours of confinement

## HERBAL MEDICINE FROM PAGE 32

erly or at high doses. Taking herbs on your own increases your risk, so it is important to consult your doctor or pharmacist before taking herbal medicines. Some examples of adverse reactions from certain popular herbs are described below.

• St. John’s wort can cause your skin to be more sensitive to the sun’s ultraviolet rays, and may cause an allergic reaction, stomach upset, fatigue, and restlessness. Clinical studies have found that St. John’s wort also interferes with the effectiveness of many drugs, including the blood thinner warfarin (Coumadin), protease inhibitors for HIV, birth control pills, certain asthma drugs, and many other medications. In addition, St. John’s wort should not be taken with prescribed antidepressant medication. The FDA has issued a public health advisory concerning many of these interactions.

• Kava kava has been linked to liver toxicity. Kava has been taken off the market in several countries because of liver toxicity.

• Valerian may cause sleepiness, and in some people it may even have the unex-

pected effect of over stimulating instead of sedating.

• Garlic, ginkgo, feverfew, and ginger, among other herbs, may increase the risk of bleeding.

• Evening primrose (*Oenothera biennis*) may increase the risk of seizures in people who have seizure disorders.

Some herbal supplements, especially those imported from Asian countries, may contain high levels of heavy metals, including lead, mercury, and cadmium. It is important to purchase herbal supplements from reputable manufacturers to ensure quality. Talk to your health care provider for more information.

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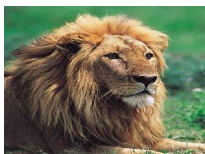
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# RED SOX FROM PAGE 19

of the wildcard, but through this extremely intense series against the O's, it seemed that Red Sox nation were on the other side of the stick this time.

The only thing that seemed to be circling in Boston is who is to blame for all of this. Some people say, it's Terry Francona, others say it's the players, but whose fault is it really? According to Boston's management team, they think the manager Terry Francona is to blame of the disastrous downfall of the team.

Francona, unfortunately got the short end of the stick in the situation. After eight years managing, two world series titles, Francona, announced his departure from the Boston Red Sox on Friday, October

30th. Looking back at this season overall, yeah, there was some moments were some team members could have stepped up and boosted the teams morale, but just because that didn't happened, that doesn't mean that a manager who has brought the team so far since 2004 should be put into a situation were he is forced out of Boston.



Tell me what you think of this.  
Email me your response at [ztns13@aol.com](mailto:ztns13@aol.com).  
Nate Richards is a student at North Andover High School.

## Attorney Ellen Shimer-Brenes, Esq



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SHAWN HANSEN’S TV CORNER:

House M.D. Season 8

Shawn Hansen  
VALLEY PATRIOT WOW! COLUMNIST

In New Jersey at the fictional Princeton-Plainsboro Teaching Hospital [PPTH] the misanthropic genius Doctor Gregory House (Hugh Laurie) is coming back to diagnose his fans in an eighth season.

Over the years, as the leading doctor of a team of diagnosticians, House usually gets in disputes with fellow physicians, including members of his own team.

As Dr. James Wilson (Robert Sean Leonard) is House’s best friend, he is the man House turns to if he needs any advice.

Being head over heels for Dr. Lisa Cuddy (Lisa Edelstein) since the first season, House doesn’t know how to act in front of Cuddy as he always ignores her, is rude to her, or acts in an asinine way.

Hiring Private Investigator Lucas Douglas (Michael Weston) to keep track of Wilson in Season 5, he developed a relationship with Cuddy, and became her fiancé the next season. Not liking this one bit, House figured a way to lurk them away from each other.

This past season the relationship House had with Cuddy went back to being normal as he ruined it. Not being there emotionally and sometimes physically for her and her daughter wasn’t what she wanted.

Aside relationships, House’s team includes Dr. Eric Foreman (Omar Epps), Robert Chase (Jesse Spencer), Dr. Remy

“Thirteen” Hadley, and Dr. Chris Taub (Peter Jacobson).

The people House has working with him are characters of there own, and all have unique individual stories.

Foreman had a life that seemed covered up from the past whereas he could have broken the law a couple of times with his friends and brother, which he does mention in a scene that took place a couple of years ago.

Chase chased his girlfriend Dr. Allison Cameron (Jennifer Morrison) away from the stomping grounds of New Jersey when their relationship stopped breathing. Thirteen has been dealing with the fact that she has Huntington’s Disease and had to help kill her brother so he wouldn’t suffer from the disease anymore. She spent six months in prison for being a conspirator of his death.

As Taub deals with his wife/ex-wife Rachel Taub (Jennifer Crystal Foley) who he apparently had an affair on before coming to PPHT, he is a doctor who is not afraid of standing to tell his patients the truth, which House never does.

In the past seven years, House has been shot, addicted to Vicodin, has gone to a Mental Hospital, and has driven a few doctors to quit their positions at the hospital. On Oct. 03, 2011, the series is kicking off the season with House in jail. This should be an interesting season opener, so tune in to Fox at 9 p.m.

THE CHOICE: FROM PAGE 29

the law’s full support, the U.S.A. burned their own family members, friends, lovers, rivals, newborns and unborn. They burned them all to death as witches because every citizen was certain. They were certain the accused was a witch or certain they’d burn as a witch themselves if they tried to interfere in any way.

Each citizen had to burn or be burned. The decision became known as The Choice. A soul freely made The Choice and burned to death but was granted eternal life for refusing to burn fellow citizens, or a soul freely made The Choice and burned for all eternity to remain a fellow citizen. For a believer, The Choice was very hard to make. For a citizen, The Choice was pure religious nonsense. As for those the U.S.A. burned to death not a single one of them was a witch, regardless of their sins or stature in life.

Some were burned because they were selfless heroes and some were burned because they were lowly cowards. Some were burned because they were pretty and some were burned because they were ugly. Some were burned because they were brilliant and some were burned because they were dull. And so on and so on.

Life was unbearably cruel, hard and desperate for the remaining U.S.A. citizens after every witch in their community was finally found and burned to death. But life was fair and equal for every citizen. Every U.S.A. citizen was unemployed and living in a shabby house. Every U.S.A citizen didn’t have enough food or clean water. No one from the U.S.A had fine clothes, fine things or an education. Every U.S.A. citizen was a guilty criminal, and every U.S.A. citizen drank hard, often and alone to cope with all they had done and lost forever. Employers were burned. Employees were burned. Bankers were burned. Builders and farmers were burned. Artisans and writers were burned. Teachers were burned. Babies were burned. When fever struck two U.S.A. citizens or twenty, all of them died because all of the doctors were burned.

Today, hard times have fallen on

America.

And a progressive thinking group of highly educated fellow citizens have discovered the culprits responsible. Many Americans and much of the world agree they are absolutely right. Rich and poor, good and bad, honorable and dishonorable, gay and straight, legal and illegal, Democrat and Republican, God fearing and atheist, and employed and unemployed of every color and background are now standing together in agreement. They are united by a single belief. They are absolutely certain that Racists are among us and cursing us all in secret. They have been absolutely convinced that Racists and their way of life are completely responsible for all of the world’s problems and hard times. Every Racist works as hard as possible to keep as much money and property for themselves as possible. Every Racist says whatever they want, lives however they want and owns whatever they wish. Racists rule the world and our lives with a powerful spell called Capitalism and an evil curse called The Constitution.

Racists are responsible for ruining our economy, poisoning our planet, evicting us from our homes, laying us off, making us poor, making us violent, making us addicts, making us sick, making us fail, keeping us dumb and keeping us down. Social Justice demands reform of The Law. Every citizen shall be entitled to equality and fairness at all times because The Law shall be entitled to every citizen equally and fairly at all times. Every citizen serving The Law believes it is hateful, intolerant and offensive to ever question The Law. The Law entitles each soul The Right to freely and openly choose to serve as a citizen. For the good of The Community, every citizen must willingly and publicly agree to submit unconditionally to The Law. That is The Law.

The Choice is to disagree.

David Sapir is a writer, artist and inventor from Kingston, MA. David can be reached on Facebook or by contacting him at davidjsapir@aol.com.

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# "I'm Animal Friendly" License Plate Marks Milestone

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

On September 24, 2011 I had the wonderful opportunity to meet Karen Smith of the Massachusetts Animal Coalition at the New England Pet Expo in Wilmington MA. When I stopped at Karen's booth, which was well decorated and nicely organized, but more importantly, it was more informative than I ever imagined.

Karen was representing the Massachusetts "Animal Friendly" License plate campaign. She had plates available for all to see and pamphlets of information. We have all seen the plates, and we are familiar with what these plates represent however how many of us know the details? Karen provided to me information from the Massachusetts Animal Coalition in a recent press release that I wanted to pass on to our animal loving Valley Patriot readers.

The Massachusetts Animal Coalition (MAC) has just awarded \$176,000 to 29 animal organizations and control facilities across the state. These grants tip the scale: as of today's date over 1 million dollars have now been given out to numerous animal shelters, rescue organizations, and municipal animal control departments. The funds – used to help support vital spay and neuter programs – are raised



through the sale of the "I'm Animal Friendly" charitable license plates. More than 8,000 "I'm Animal Friendly" license plates have been sold since the program's inception in 2004.

"Massachusetts drivers are really showing their care and concern by not only purchasing the plates, but also renewing them," says MAC Board Member Anne Lindsay. "Although this program only touches the tip of the iceberg, given the scope of the problem of animal homelessness, continued sales of the plates will move us closer to the day when all Massachusetts animals have a home."

The grants are used to fund programs providing spaying and neutering to cats,

dogs and rabbits at minimal cost. Proceeds are granted out each year by MAC to non-profit animal organizations and city and town animal control departments within the Commonwealth. As of today's date, a total of \$1 million has been granted, and more than 22,000 animals have been spayed or neutered as a result of the "I'm Animal Friendly" license plate program. The plates are available through the MA Registry of Motor Vehicles. They are tax deductible and can be purchased online by Massachusetts motorists at or at any full-service RMV branch.

"The license plate program has made a huge difference in the numbers of animals we are able to get spayed and neutered,"

states Chris Arnott of the Lowell Humane Society. "For example, Jinx is a nine year old cat who was surrendered to the Lowell Humane Society. She had given birth to 15 litters in her lifetime, all yielding 5-7 kittens each. Jinx was spayed thanks to the MAC grant."

Massachusetts Animal Coalition (MAC) is a statewide, non-profit organization comprised of animal professionals and individual volunteers dedicated to working together to decrease the number of homeless, neglected, displaced and abused animals in Massachusetts. MAC promotes collaboration, providing ongoing education programs, and encouraging responsible and humane animal care practices.

"MAC's goal is to work toward an end to homeless animals in our state," says Ms. Lindsay. "The plate program is a significant way for everyone in Massachusetts to help reach this goal."

If you would like addition information regarding this program please contact: Anne Lindsay (978) 549-3879 Email: annerlindsay@gmail.com

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

## October is National Adopt a Dog Month

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Well when you have three animal writers for the Valley Patriot all PRO ADOPTION...you know we are all very excited about the month of October being the American Humane Association Adopt a Dog Month.

Why adopt? Well why wouldn't you? There seems to be many misbelieve and stereotypes about adoption dogs that are simply not true. People believe if they adopt a dog it will never be able to be trained. They also believe the dog will have several emotional issues or may be aggressive. Then there are those that feel they can only have a pure breed from a breeder.

Well, all of these are totally incorrect. In fact, dogs want to please and make their owners happy. Therefore, if you are compassionate enough to adopt a dog and give him a good home, your dog will realize and appreciate that. He will want to learn and will enjoy being trained. He wants to

do well and since he was in a shelter he is now ready to please. He has already been through more pain and hurt than we can ever imagine. Several of these dogs, were abandoned, abused or tossed aside.

Behavior is a learned trait. It can also be corrected. It doesn't matter if the dog has been in a shelter or from a breeder and with one owner. The question is what are YOU teaching the dog? The dog will reflect what you taught him. Believe me, I have seen some of the most unruly dogs come from homes that purchased the dog from a store or a kennel. The dog acts on what it was taught. Don't punish him for your behaviors or lack of discipline. Take a good look at what you are doing and then take the corrective action from there. Once again, a shelter dog wants to make you happy. If you have concerns about his behavior when you adopt, start him in a six week training program and I promise you will be amazed at how well he actually does. Patience is the key and with positive reinforcing and some encouragement your dog will be a very well trained



and behaved dog.

The breeder theory...really? You honestly think that because you purchase a dog from a breeder you will be buying a better quality dog? No, that is not true. All you are doing is spending way too much money. Breeders charge \$800.00 - \$1500.00 and even over \$2000.00 for a dog. Not to mention you will still be spending on spay or neuter and then a couple more series of vaccinations. A shelter dog tends to cost \$300.00 - \$500.00 includes the spay or neuter and will be completely up to date on shots. Then there are those that say they only want a pure breed. Well, guess what? 1 out of 4 dogs in a shelter is a pure breed.

My Lani, my sweet, sweet Lani, you all have read my articles about her. She is a beautiful pure breed Boston terrier that I adopted from a rescue league. Her history was horrible; she was a puppy mill mother. All she did for three years was live in a crate in a puppy mill in Texas. Her purpose in life was to reproduce puppies so her pure breed litter could be sold in stores. You would walk into the mall and buy one of her pups for approximately \$900.00 as Lani was still living in that crate, in that mill, still reproducing more

puppies to have them taken away from her for you to purchase at your local pet store.

After three years, my Lani was rescued and then adopted by me. She is the most compassionate loving dog I have ever encountered, she is well trained, is healthy and a complete love. I ADOPTED my pure breed, well behaved, Lani.

With October being Adopt A Dog month I hope you consider adoption as an option. Puppy Girl Kate Whitney is with One Tail at a Time Rescue and Chris Arnott, freelance writer for the VP is with the Lowell Human Society. Both organizations have information in our paper and I hope you reach out to either Kate or Chris when considering adding a furry friend addition to your family.

Save a Life Adopt a Rescue and please don't shop – ADOPT!

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.tracey-thedogwalker.blogs.com

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# PUPPY LOVE! with Kate Whitney

Happy fall everyone!

This is such a beautiful time of year here in New England. Get out with your dogs before the winter comes and the weather is too treacherous (yes, it's coming) and you don't want to go out. Go for a hike in the woods and get a glimpse of the beautiful changing leaves. Go for a walk along the Charles River in Boston and breathe in the sweet smells of autumn.

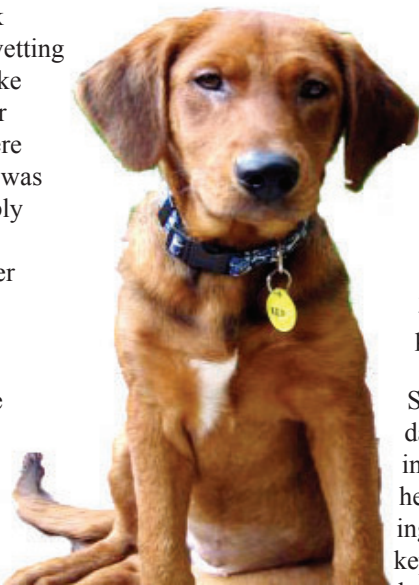
There are many charity walks coming up, too. Grab your pup and head out to show your support for some great causes (just be careful of the pads on their feet if they aren't used to walking long distances on pavement).

My dad is always sending me things to read online or cutting out articles in the newspaper for me to read. Often times they are about women in business, entrepreneurs, running a successful business, etc. But the fun ones he leaves for me have to do with dogs.

Recently my dad sent me an article that was written about changing your adopted dog's name. This topic has really intrigued me...ever since I adopted my two "babies" Dash and Honey.

Dash was dumped at the shelter when she was only four weeks old. Torn from her mother way too young, she has some anxiety issues today. But that is beside the point, and only makes me love her more. When she came up here to MA through the rescue I volunteer for, she came up with lots of paperwork (transport certificate, vetting info, etc.). On the intake papers from the shelter down in Virginia (where she is from) her name was Cheyenne. She probably came in with no name and the shelter gave her that name.

When she came up here to MA, she was re-named Dash. I have no idea why. Probably because she was a bit skittish (even at 3 months old, poor baby), and would dart/dash around nervously (today, we even call her "baby dash" because she is frightened easily). She was my 3rd foster dog. As a few



days passed by and we waited for applications to come in for her, something clicked for me. I knew this dog was not going to leave my home; she was going to be adopted by me. You know the old saying when it comes to love, "you just know".....well I "just knew" with Dash. She was such a sweetheart and something about her just called out to my heart. Ok, so why am I telling you this story about Dash?

Moral of this story #1 is that I kept her name and didn't change it. She was responding to the name very well and I didn't feel the need to change it and mess her up. So Dash it was and Dash it will be forever! I've come to be okay with the name, although many people say "oh like Dash, the store owned by the Kardashians?" And NO, it's NOT like that! I've had Dash for about 4 years now (she turned 4 in August, wow how time flies), which is way before the Kardashians!

My other baby is Honey (HoneyBunny). She is from the same shelter in VA that Dash came from, but they are about 3 months apart in age and in intake date at the shelter. She didn't come to MA as Honey, she came as Betty. "Betty" came to me as my 6th foster dog. She was the sweetest little thing I had ever held. When I looked into her beautiful honey colored eyes, I swear I saw a human.

There was just something about her... and just like that, I knew. This dog was going to be my 2nd dog. Dash was getting a sister. (Side note: one might think that I'm what we in rescue call a "failed foster parent" but technically I'm not because even though I adopted two of my fosters, I still foster! And have fostered over 30 dogs. I just wanted to point that out).

Ok back to Betty/Honey. So it had only been a few days that Betty had been in my care when I adopted her, so I didn't mind changing her name. I would have kept the name Betty, but one day something happened.

I was at the counter making a sandwich, and Betty came over to my side. I looked down at her and said "what honey?" – As

in "what sweetie," the way a parent or adult often talks to a child. I know growing up my parents called me "honey" all the time. And just like that, a light went off. Her beautiful fur was the color of honey and she was the sweetest baby. So I decided to call her Honey. And boy was it the best suited name for her. She is SUCH a Honey-Bunny!

Ok, so now that I've told you my personal experiences with name changing, here is a little info for those of you who still have questions. Many times people want to change their dog's name because they simply just don't like the name they were given.

This is fine in most cases. I'm speaking to those of you who have adopted/rescued (THANK YOU) your dog. Many times at the shelter, dogs are given names solely as a means of identification. Instead of using numbers, names feel a little more personal.

My rescue will pull dogs that have only been a number their whole life...but when they come to us, they are given a name a second chance. To see the sweet face of puppy #1619 scheduled for euthanasia the day after tomorrow, be pulled from death row, transported up here to MA, given the name Bailey, and adopted into a warm loving home with treats and a comfy bed...there's nothing quite like it. But that's why those of us in rescue do it. Ok, getting off topic. Sorry.

Many times it's a good idea to change a dog's name. If bad or negative connections are made between that dog and its name, that's a perfectly acceptable reason to change it. Many dogs have been picked up as strays on the side of the road or in a field and were given a name at the shelter. Most likely the dog hasn't had the



assigned name for very long, and it would be fine to change it. If the dog has had a rough beginning and needs a "fresh" start, changing the name is acceptable. And definitely change the name if you notice that the dog quivers or shows fear when you call him by his original name.

I would say NOT to change the name if the dog had been in a loving home for many years and was recently dumped at the shelter for one of the many excuses we always hear (it got too big, we had a baby, we had to move, I'm allergic, I don't have time – ugh, please... we could write a book). In this case, the dog has had a good life and has positive associations with its name. Changing the name could lead to confusion and transgression in its new home. In this case, I would say to keep the name it has.

I feel that for the most part, changing the name can lead to a fresh start for both you and your new best friend. If you do decide to change it, go slow and make sure to give lots of praise and reward. Whenever you say the new name and your dog looks at you, give her a treat and a big "GOOD GIRL, YES!" and lots of hugs. Speak softly and lovingly, don't rush them. You can also link the old and new name together, saying both names, and then finally just saying the new name. Remember, be patient. You want this experience to be a positive one...after all, isn't that why you are giving him a new name?

For those of you who haven't felt the amazing feeling of giving a homeless dog a place to call home, I urge you to try it. But remember that adopting is a big commitment and a dog is a living, breathing creature that needs lots of care. If you and your entire family are not ready for this responsibility, please do not adopt.

## Sean Fountain

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# Wiggles & Jiggles

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## Food Addiction: From Page 30

sensible. Weight maintenance will always be a part of my life. Every day, I am faced with temptation. Every morning I must make a commitment to myself to remember how I used to feel, how I feel now, and how I wish to feel in the future. I have received lots of feedback from people who have read my column. My last column was about carb addiction. Many people responded to that topic. Carbs are comfort foods! It's what I craved. It's what I still crave. Many others say they have the same addiction. Overeating is what got me to the state of morbid obesity. Eating carbs comforted me but only temporarily. Using food for any other reason than nutrition is not healthy. Overeating on a consistent basis and choosing high-calorie, high-carb, low-in-nutrients foods leads to obesity. I've been there.

Am I thin now? No! I still have 20 to 25 pounds to lose. However, right now weight maintenance is my goal. I am focusing on not gaining weight. When the time is right I will start the weight loss process again. And I will share every step

of that process with you.

If you struggle with an addiction of any kind, I urge you to seek support. If you struggle with a food addiction or disorder, know that I understand. I would like to hear your story.

What I know for sure is that several things help me with my struggles with weight. Talking about it is at the top of that list. Talking about food addictions, disorders, obsessions and unhealthy thoughts about food is a common daily occurrence for me. Discussions about healthy food recipes and exercise routines are also common. What I would like to do with this column is to offer you, the Valley Patriot reader, the opportunity to share your own personal stories with me. I am not a food, weight loss or eating disorder expert. I am not someone who is qualified to offer advice or tips. I would, however, love to read your story and possibly share it with other readers and continue my own personal story in a monthly column. If you are interested, please email me at pennielacouture@verizon.net



# October Is National Cyber Security Awareness Month

## Cyber Safety for Seniors

**Celeste Begley**

COMMUNITY RELATIONS COORDINATOR

October is National Cyber Security Awareness Month, making it an excellent time to talk with your aging loved one about staying safe while online.

According to the FBI's Scams & Safety Web page, seniors are highly targeted by scammers of all kinds because they are widely expected to have a nest egg saved up, own their own house and have excellent credit. Because children in the 1930s, '40s and '50s were taught to be polite and trusting, scammers also expect older generations to be easier targets. Many scammers think seniors are even easier targets online because they did not grow up with today's technology like younger generations did, and therefore scammers don't think they will be as savvy about Internet safety and risks.

Seniors are also less likely to report scams. They either do not know who to report a scam to, or they are simply embarrassed. Whatever the reason, this tendency also puts seniors at higher risk.

The best way to protect your loved one from scammers is to educate him or her about what to look for. Here are three of the most common phishing scams targeting seniors, as listed by AARP:

Scams using the name of well-known companies, like Microsoft

These emails claim to represent a well-known company and may even look very much like the company by using company identifiers such as logos. These emails will

make some sort of claim as a precursor to asking for personal information, such as your logon password.

Scams that say you have won a lottery

These emails will tell you that you have won a lottery, even though you did not enter one. They may try to align with a well-known company to try to look credible. Again, these emails will make a claim to try to get personal information from you—such as that they need your bank account number to deposit your winnings.

Scams that pretend to be security software

Also known as "scareware," rogue security software claims to be effective security software, but does not actually protect the computer. Often, the software actually causes false security alerts—or worse, will lead you to make fraudulent transactions to gain personal information or take your money.

Seniors, like all Internet users, will also benefit from general computer security practices such as using antivirus software, setting up a firewall, and never opening emails from unknown addresses or following links to unknown sites. The Department of Homeland Security's National Cyber Security Awareness Month website offers even more information about computer safety basics.

"Make sure your loved one knows that if they are scammed, they can come to you for help without fear of being judged," said Jay Kenney, Co Owner, Right At Home Boston North "Many seniors do not report fraud because they worry that their



By 2013 36% of seniors are expected to be not only online but also users of social networking platforms. ~ datainteractive.net

friends and family may think they are no longer able to look after themselves." To report a scam, contact the FBI or submit a report online through the Internet Crime Complaint Center.

The Internet has predators, but it doesn't mean seniors shouldn't use it. "There is risk in everything we do. If we travel by airplane, we know that there is a small chance that the plane can experience engine trouble or worse," as explained by Norton in its "Cyber Safe Seniors" guidebook. "If you follow some general rules and guidelines ... you will find the Internet a non-scary, fun, and enchanting place to visit."

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](http://www.rightathomemass.net) or read the Rosaleen Doherty's care giving blog at [www.rightathomemass.net](http://www.rightathomemass.net)

## HOME SCHOOL: FROM PAGE 19

to be missing. There was no fear of where reason might lead and what it might uncover. Both of the examples above on natural law and the value of life were clearly understood without hesitation, for the cloudiness and reactionary fear of truth due to woundedness and cultural conditioning were missing. And apparently while other kids spent much of their time in front of the TV and with video games, these kids were reading the classics. I was intrigued. How did they escape the snares and pitfalls of contemporary society? If we could only bottle it and sell it to others. The mystery was solved, at least in part, when I found out a good majority of them were home schooled most

of their lives. Despite the usual criticism that it stifles a child's social life, it can have so many important benefits that last a lifetime. This has confirmed what I have thought for a long time: Home schooling is an important alternative in today's world; and it could be what ultimately saves civilization.



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

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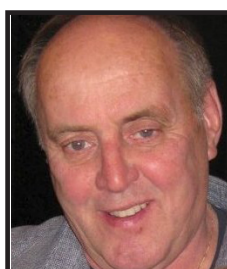
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## Senator Tarr, Rep. Vallee to File Bill for Active Duty License Plates

BOSTON – Senate Minority Leader Bruce Tarr (R-Gloucester) and State Representative James E. Vallee (D-Franklin) announced today they will be filing legislation requiring the Registry of Motor Vehicles (RMV) to provide special active duty license plates to Massachusetts residents currently serving in the U.S. Armed Forces.

The proposal would allow full-time active duty military personnel serving in the U.S. Army, Navy, Marine Corps, Coast Guard or Air Force to request a distinctive emblem from the RMV designating their branch of service. The emblems – which would be subject to a fee of not more than \$35 to cover production costs – would be designed to be affixed to the license plates of private passenger motor vehicles and motorcycles. "Our state has always had a strong legacy of men and women serving our country and protecting our freedoms, and since the terrorist incidents of September 11th, their sacrifices have been substan-

tial," said Senator Tarr. "Now, more than ever, it's important that our state give official recognition to the service men and



women who make us proud every day to be Americans. The distinctive license plates created by this proposal will also allow all of us to understand who these brave men and women are, and to offer our gratitude whenever possible."

"These plates will serve as small, daily reminders of the big contributions our military personnel make to the Commonwealth and the country," said Representative Vallee, the House Chairman of the Legislature's Joint Committee on Veterans and Federal Affairs

Tarr and Vallee are hoping to draw strong bipartisan support for their bill by making it available for co-sponsorship to their colleagues in the House and Senate.

Connecticut recently passed similar legislation. Ohio also allows active duty military personnel to receive special recognition on their license plates.



# American Legion News

John Lenotte  
VALLEY PATRIOT VETERAN COLUMNIST

September has been a busy month with the American Legion. On September 1, we had a new National Commander, Fang Wong of New York elected and installed at the National Convention in Minneapolis. He is the first Chinese-American to be National American Legion Commander. Past Hampden County Commander Louis Brault and I had the privilege of delivering a check for \$3,380.00 to then National Commander Jimmie Foster for the Legacy Scholarship Fund. This was raised by Post 338 Legion Riders in Southwick. We had one rider on the Legacy Run, Jerry Bennett from Hamilton Post 194.

On Labor Day, several of us marched in the Marlboro parade. This is another great event to participate in. On October 2nd some of us will be in North Adams for the Fall Foliage Parade. These are large parades, similar to the Haverhill Santa Parade. It is too bad more don't turn out for Memorial Day and Veterans Day!

There are some that feel membership numbers don't count. Well, I had the honor to visit Washington, DC for the Legion Fall Conference along with others from Massachusetts and around the nation. On September 20th, the Legion Washington office briefed members from all the Departments about Legion legislative priorities for this session of Congress. This list is listed on the Legion national website.

The next day, September 21, we were at a breakfast meeting where one of the speakers was US Senator Max Baucus. This was followed by all of us going to the Senate's Dirksen building. Commander Fang Wong gave testimony to the joint House and Senate Veterans Affairs Committees. The House Chairman is Rep. Jeff Miller. He also spoke at our national convention in Minneapolis. The Senate Chairperson is Senator Patty Murray who is also on the Super Committee along with Senator Baucus. And they were interested

in what the Legion priorities are and what the National Commander had to say! The room was filled with about 200 Legionnaires and the National Auxiliary President, Kris Nelson.

We then went to the offices of our elected officials to present the priority list. Representatives Keating and McGovern were available to talk with us. In the other offices, we spoke with legislative aides who work on DoD and Veterans issues.

The Legion has 2.4 million members, along with the Auxiliary and SAL, the total is about 4.2 million. That is a lot of VOTES. And that does not include friends and family

who are not members. Our elected officials can count! That is why membership and your voice count. I hope you will look at the priority list and get your opinions known to our Congressional officials.

If you are eligible to join the American Legion or one of the other veteran service organizations I hope you will do so. And yes, we are SERVICE organizations. That is what we do, what we are all about. Yes, those that have a member's lounge and function hall have the ability to raise money and do more but it is about the programs. Andover, Groveland, Ipswich and Topsfield are examples of Legion Posts that do not have a home but still manage to raise money and do good work in their community. Check out our website ([www.legion.org](http://www.legion.org) or [www.Masslegion.org](http://www.Masslegion.org)) and you may be surprised.

In conclusion, I have one tip from a congressional staffer: The best ways to contact their offices are email or mail to the local office. Mail to the Capitol is still delayed in processing due to the anthrax issue a few years ago.

I hope you will join me in getting your voice heard!



John Lenotte is the American Legion, Commander, Wilbur M. Comeau Post 4 Haverhill and Vice Commander, Dept. of Massachusetts. You can Email him at [JohnLDistrict8@verizon.net](mailto:JohnLDistrict8@verizon.net)



# Ask the Reverse Mortgage Guy

Bob Irving CSA®  
1ST INTEGRITY MORTGAGE

FHA last week made some changes to lender requirements that could mean more reverse mortgage call center operations. I'm not certain this is a good thing for senior borrowers. Robert Wagner, Fred Thomson and Henry Winkler could be calling at dinner time or in the late evening very soon if you innocently respond to their slick cable TV ads targeted specifically to senior homeowners. Beware!

"Call now and get a free DVD about reverse mortgages..." is the common message. Reality is that these

advertisers are simply looking to identify you as a sales prospect... and obtain your name and phone number. Telephone calls to "follow up" will soon come pouring in from sales people in call centers around the country. Sometimes these "leads" (your information) are sold to other companies/brokers and sometimes the call center is operated strictly for the benefit of the sponsoring lender that placed the TV ads. Many clients tell me that the phone calls to them are made repeatedly day after day for months.

A face-to-face meeting with a local, experienced reverse mortgage professional (5 years or more as a specialist in the product) is a far better source of information. But if you do make a conscious decision to speak with these call center personnel, here are a few questions to ask before you ever begin to reveal your confidential information:

- 1 - Are you personally licensed by the Commonwealth of Massachusetts (or the State of New Hampshire) to originate reverse mortgage loans in Massachusetts (or New Hampshire)?
- 2 - What is your National Mortgage Licensing System (NMLS) ID number?
- 3 - What is the name of the lender you represent and what state are you calling me from?
- 4 - How long have you been originating reverse mortgages?
- 5 - Are you personally willing to meet with me face-to-face in my home to provide information and answer questions about reverse mortgages?

Pay close attention to exactly how these

questions are answered. If the answers are deflected in any way, let that be a warning sign. A phone center sales person might respond to question #1 above with a reply such as "My Company is permitted to operate in all 50 states". That response dodges the question. You want to know if the person you are speaking with is specifically licensed in your state. Do you really want to deal with someone who will not honestly respond to a specific and direct question?



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

Armed with a response to question #2 above, go to the internet to [www.NMLSConsumerAcces.com](http://www.NMLSConsumerAcces.com) and plug in that ID number to learn who the person actually represents, exactly where they are licensed plus other significant details about their background. If licensed in Massachusetts, they have passed a C.O.R.I. criminal records background investigation plus a credit check. You are, therefore, reasonably certain that you are not dealing with a felon... or with an individual with a history of personal financial difficulties. You certainly don't want people of this character providing financial advice to you.

Question #4 above is very obvious. Many of the call center operators are young enough to be your own grandchild. There is nothing wrong with being young... but somebody your own age probably knows how to relate to you better and understand your issues/situation(s). I do love my grandchildren very much... but I don't want their advice in making of significant financial decisions.

The most important question might be #5 above. If the caller is (a.) unwilling/unable to come to my home to discuss details of the complex reverse mortgage product, (b.) answer my questions face-to-face and (c.) provide an opportunity for me to size them up in person... why would I ever want to do business with them? What will I do when I run into a problem during loan processing, or several years later when an issue pops up? Will they still be around or will they have moved on to selling used cars or insurance. Be careful who you deal with! It's your own home that is at stake.



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The American Legion

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# TOM DUGGAN'S NOTEBOOK: FROM 21

27, 2011 / 10:00 am -12:00 pm. This workshop is offered in partnership with the Operational Services Division (OSD) of the Massachusetts state government. OSD administers the procurement process

of the Commonwealth. This OSD workshop is designed for businesses who are interested in learning how to do business with the State. This workshop

includes: Where to find bidding opportunities, Bidding process for Statewide Contracts, Comm-PASS Overview, Marketing to public entities and OSD programs and services that support the business community. COST: no fee LOCATION: TBD RSVP: shargis@comteam.org, 978-322-8400 www.lowellsmallbusiness.org

**NORTH SHORE TEA PARTY MONTHLY MEETING** on Tuesday October 11, 2011 7:00 PM, at the Prince Restaurant, 517 Broadway Saugus, MA. Our Main Speaker will be Ray Hanna from Act for America who will discuss the mission of ACT for America. The ACT! for America vision:

- A citizen action network that aggressively promotes and implements educational programs that teach and enable citizen participation in the defense of America on the community, city, state, and national level.

- A citizen action network that is vigilant and quick to respond to anti-American and anti-Israel media bias and "politically correct" apologists for radical Islam in the media, academia and politics.

- A citizen action network that holds our elected officials accountable for defending and protecting the United States and its only democratic ally in the Middle East, the State of Israel.

- A citizen action network that promotes public policies and legislation that defend America and democratic values against the terror and tyranny of radical Islam.

- A citizen action network that will partner with like-minded organizations to coordinate effective public relations campaigns to speak against media bias and religious bigotry wherever it exists:

In the western media – television, radio, and print media among the intellectual elite; on American college campuses; Churches, Synagogues and Mosques; on the local, state, and national level; worldwide. As a well-informed and well-organized citizen action network, ACT! for America will be the front-line voice for freedom-loving Americans everywhere.

actforamerica.org/index.php/learn/about-act-for-america

## PACS BREAK SPENDING AND CONTRIBUTION RECORDS DURING THE 2009-10 ELECTION CYCLE. (FROM OCPF)

Massachusetts Political Action Committees broke several expenditure and contribution records during the 2009-10 state election cycle which included statewide races and the largest number of legislative candidates since 1992, according to OCPF's biennial study of PAC activity. PACs reported a total of \$6.8 million in expenditures for the 2009-10 election cycle, breaking the previous record of \$5.8 million set during the 2007-08 cycle. PACs make expenditures to donate to candidates, political parties and ballot question committees, and pay for administrative and other costs. During the 2009-10 cycle, \$2,744,437 was donated by PACs to state and county candidates, a new high for that category. The previous contribu-

tion record was \$2,684,944, set during the 2007-08 cycle.

PACs are political committees organized to receive and expend funds to support or oppose candidates, generally based on

—Tracey Zysk

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finance reports filed with OCPF. The total number of PACs is a fluid number, but is generally more than 300 at any one time. A total of 302 PACs were organized at the end of 2010. The 2009-10 OCPF PAC study, available at <http://www.mass.gov/ocpf/studies.htm>, identifies how PACs made contributions by office, party and other categories, and also identifies which PACs donated the most money to candidates. Union and labor PACs were the top contributors in the 2009-10 cycle, accounting for 17 of the top 20 PACs in terms of contributions to state and county candidates. The Retired Public Employees PAC was the top contributor, donating \$134,900 to state and county candidates during the two-year cycle.

Legislative candidates received \$2,024,558 from PACs during the 2009-10 cycle, and statewide candidates received \$471,099. There were 433 legislative candidates in 2010, the most since 1992.

The average PAC contribution to an individual candidate in both 2009 and 2010 was \$314 and \$335, respectively. The \$335 average is the highest ever recorded, surpassing the previous high of \$331 posted in 1983.

PACs also gave to party committees, other PACs, ballot question committees and county and municipal candidates.

By party, Democratic candidates received \$2,562,227, or 89 percent of the total donated by PACs. A total of \$235,045 went to Republican candidates and committees.

The Massachusetts Office of Campaign and Political Finance is an independent state agency that administers the state campaign finance law. The agency website is [www.mass.gov/ocpf](http://www.mass.gov/ocpf).

**FOREST STREET UNION CHURCH ANNUAL PENNY SOCIAL.** Saturday October 15, 2011, at the VFW Hall, 26 River Street, Methuen, MA. Doors Open @ 4PM. Drawing Starts @ 6PM. Door Prizes, 50/50 Raffle, Snack Bar. Great Family Fun for more information email them at [foreststreet15@verizon.net](mailto:foreststreet15@verizon.net).

Hayride at Smolaks October 27th 3:45 PM – 5:30 PM. Smolak Farm is located at 315 South Bradford Street in North Andover. Enjoy after school fun for kids and grand kids; a guided narration about Smolak Farms while on a tractor drawn hayride. A knowledgeable guide will share the history of the farm as well as the different crops grown. We will stop for a chance to pick your own sugar pumpkin and then head back to visit their 150-year-old barn for a taste of their famous apple

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



PHOTO: TOM DUGGAN

The Guardian Angels have been patrolling the streets of Lawrence in the past month. We caught up to them late one Saturday night only to find that they were walking around with copies of The Valley Patriot. Look for a story about the Angels in the next edition.

cider donuts and a cup of apple cider. The perfect fall outing! This event is rain or shine. All of the hay wagons are covered. Wagons cannot accommodate strollers or wheelchairs. Please dress appropriately and consider wearing closed-toe shoes. Please arrive on time, the hayride begins promptly at 4PM This event is open to the public, families and kids welcome! Space is limited and reservations are required. Please RSVP with payment by Monday, October 24. Essex Heritage members \$11/Non-members \$15. Please register

in advance online at [www.EssexHeritage.org/membership](http://www.EssexHeritage.org/membership), call 978-740-0444, or send checks to Essex Heritage, 221 Essex Street, Salem, MA 01970.

Salisbury Lions Club participates in Anton's Cleaners' Coats for Kids Drive. The Salisbury Lions Club is participating as a Community Partner in Anton's Cleaners Coats for Kids winter-coat collection drive. As a Community Partner, the Salisbury Lions Club is collecting gently used, warm winter coats (infants to adults) to assist Anton's Cleaners in reaching its goal to collect 60,000 good, quality coats – the kind someone would give a friend – in this, the 17th anniversary of Coats for Kids. The

2011 Campaign kicks off on now and will continue through early January 2012, Coats may be dropped off at the Salisbury Senior Center, 43 Lafayette Road. Please let them know the coats are for the Coats for Kids Program. Once collected, the coats will be delivered to Anton's Cleaners to be cleaned at no charge and distributed through distribution partners such as Massachusetts Community Action Programs, Salvation Army, BUMC Outreach Van Project, and Catholic Charities, among others, who will insure that coats get to those who cannot afford one during the cold winter months. Anton's Cleaners is a family owned business with 43 stores in Eastern Massachusetts and Southern New

Hampshire.

## \*SETTI WARREN AND STEPHEN ZANNI WIN STRAW POLL AMONG DEMOCRATS IN METHUEN.

(EDITORS NOTE: WARREN HAS ALREADY WITHDRAWN FROM THE RACE)

The Methuen Democratic City Committee held its Fall Breakfast on Saturday, September 10th at the Methuen Senior Center. Over a hundred people attended the breakfast. The featured speaker was State Treasurer Steve Grossman. State Senator Steven Baddour and State Representative Linda Dean Campbell also attended and spoke.

Newton Mayor Setti Warren, who is also a candidate for U.S. Senate, attended and spoke to breakfast goers about why he is running for the Senate. Candidates for Mayor of Methuen and Methuen City Council were also given the opportunity to speak about their candidacy.

The Committee conducted a straw poll featuring the U.S. Senate race and the Methuen Mayoral race. Setti Warren was selected as the winner of the Senate race and Stephen Zanni was selected as the winner of the Mayoral race. Full results are below:

U.S. Senate Race: Setti Warren - 63; Elizabeth Warren - 56; Alan Kahzie - 10; Bob Massie - 5; Herb Robinson - 2; Tom Conroy - 1; Marisa DeFranco - 0

Methuen Mayoral Race: Steve Zanni - 109; Al Dinuccio - 13; Jack Cronin - 11; Ken Willette - 4

## \*\*FIREFIGHTER FUNDRAISER

A fund raiser by the Lawrence Firefighter's Union Local 146, friends and family of retired firefighter Lt. Jim Zahn, will be held on October 15, 2011.. Lt. James Zahn worked for the Fire Dept. for 22 years. He was a very dedicated and loyal member of Union Local 146. Jimmy could always be counted on to do the right thing. Many members can tell you of his generous and kind hearted nature. He always worked two jobs and still had time for every cause. The most important thing in Jimmy's life though is his family. Jimmy's wife Jeanne and their 4 children Amanda, Emilie, Timothy and Elizabeth are at the core of Jimmy's heart. Last summer Jimmy was diagnosed with adeno carcinoma, a form of bowel cancer. He has undergone two cycles of chemotherapy and is currently going through clinical trials at the Dana Farber Cancer Institute. It has been a rough year for his family,



Emily Wiseheart of the Lowell Auditorium shows off her copy of The Valley Patriot at the Methuen Village Casino Night last month. (see P. 25)



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NOTEBOOK: FROM PREVIOUS PAGE

friends and coworkers alike. Jimmy retired in September and is looking forward to spending more time with his family. The fundraiser is being held to offset the rising costs of daily life and hopefully make things a little easier for everyone involved. The fund raiser will be held on October 15, 2011 6p.m.-12p.m. at the Relief’s Inn, 1 Market St. Lawrence, MA. Tickets for the event are \$20.00. Tickets are available in any firehouse in Lawrence, at the door or by calling me. There will be a DJ, food and raffles. Donations of any size will be accepted. We are especially looking for prizes for the raffle. We would love it if you could attend. Bring some friends too.

**\*\* GUITARIST DOUG RICKARD PERFORMS AT METHUEN VIL-LAGE:** Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to a performance by Doug Rickard on Wednesday, October 19 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](http://www.MethuenVillage.com).

**THE IRISH GUY PERFORMS AT METHUEN VILLAGE:** Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to a performance by Kevin Farley, “The Irish Guy” on Friday, October 21 at 7:00 p.m. Kevin will perform on 11 different instruments, 12 if you count his voice! Advance RSVP encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit [www.MethuenVillage.com](http://www.MethuenVillage.com).

**PIANIST JOHN D’AMBROSIO 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 pianist John D’Ambrosio on Tuesday, October 25 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](http://www.MethuenVillage.com).

**PROJECT GENESIS –** Home Buyer Training Seminars. Learn about the home buying process.

Each series consists of four sessions. Topics include an overview of the home buying process, the mortgage application process, legal aspects, home inspections, household budgeting and down payment assistance programs. The next series will be held on September 27, 28, October 4 and 5, 2011 from 6:30 p.m. to 9:00 p.m.

Another series will begin on October 18th. The fee is \$60.00 per household which includes all materials. To register, visit our website [www.mvhp.org](http://www.mvhp.org) or call our office at 978-459-8490. Thank you for your continued support!

COMMUNITY SERVICE AND SMALL BUSINESS

**DANVERS, October 21 -** Fran Dichner, President and Owner of the Aries Group, will speak at the North Shore Business Forum on October 21 on how community service helps small business. 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](http://www.nsbforum.org)

**NETWORKING DANVERS, October 28 –** Bring plenty of business cards for a networking event at the North Shore Business Forum on October 28. 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](http://www.nsbforum.org)

BROWN URGES CONTINUED USE OF THE “SECURE COMMUNITIES” PROGRAM TO FIGHT TERRORISM, CRIME - (Reiterates Call To Remain Vigilant Against Ongoing Threat Of Terrorism)

U.S. Senator Scott Brown (R-MA) attended a Senate Homeland Security and Governmental Affairs Committee (HS-GAC) stating his support for the Secure Communities program. “Protecting our borders from illegal entry is vital to the security of our nation,” said Sen. Brown. “I believe the Secure Communities program is an important tool to help ensure that known terrorists and criminals who have entered the United States illegally or overstayed their visas are unable to remain in the country.” The hearing featured testimony from Janet Napolitano, Secretary of the Department of Homeland Security, who, among other topics, discussed measures taken by the FBI, Department of Homeland Security, and the National Counterterrorism Center since September 11, 2001 to combat terrorism at home and abroad. “We must never let our guard down against the terrorists who are still plotting attacks on our citizens and country every day,”

added Brown. “In order to mitigate these threats, federal agencies must continue to implement effective counterterrorism programs, prevent homegrown violent extremism, and ensure the security of our borders.”

5TH ANNUAL TIP FAMILY 5K RUN/WALK IN MEMORY OF TIP



PHOTO: DOT AVERY

An Ordinary, Yet Extraordinary Italian-American: Alfred M. Zappala Esq.

Dot Avery  
VALLEY PATRIOT GUEST CONTRIBUTOR

When you meet Atty. Alfred M. Zappala, he seems like any ordinary Merrimack Valley man. He was just sitting there chatting with his friends. Yet, his charisma and outstanding friendliness is what prompted me to think, this is no ordinary man, and I was able to immediately pick him out of the crowd of his fellow Italians. Although there were many people there at Borrelli's Italian Kitchen on Tuesday, September 13th for his book signing, I knew, without a doubt, who he was. We introduced ourselves, and although you meet many people in everyday life, I felt a genuine feeling of ease. Al Zappala is the type of person that makes you feel welcome, like you've been his friend for years. Two of his three children, Jennifer and Matthew were with him, and were obviously very proud of their dad.

Mr. Zappala said that his second book, Gaetano's Trunk, was written about his first love....Italy. It takes a humorous look at life in Sicily and his inspiration for Gaetano's Trunk, came from his grandfather, who was from Trescatagni, a village on the slopes of Mt. Etna. His fondest memories from his childhood are walking the streets of Italy with his grandfather who would teach him all things Sicilian during their walks. He was quick to assure me that "the young learn from the

old", and his grandmother and grandfather, along with his own parents, were his learning tools.

When Atty. Zappala isn't spending time in Sicily, he has his own law practice in Lawrence and he has trained over 8,000 aspiring lawyers to successfully become attorneys. Attorney Zappala has taught for many years at both Suffolk Law School and Northeastern Law School. He also has taught at New England Law School and Southern New England Law School and is considered an expert on the bar examination.

Atty. Zappala's books are available at Borelli's Italian Kitchen, Amazon.com and Kindle.com....you definitely need to read them, trust me!!

The cooking demonstration (I mean really, who doesn't want to learn how to prepare his yummy Italian recipes?) will be held on November 13, 2011 at Borelli's. He has shared the wonders of Italy by importing various products from Sicily, including one that was voted the best in its category at the nation's premier food event, The Fancy Food Show.If you would like more information about, or would like to contact Alfred Zappala, the information is below:

Alfred M. Zappala,esq. [alfredzappala@yahoo.com](mailto:alfredzappala@yahoo.com). Tel: 978-204-6574. [www.alfredzappala.com](http://www.alfredzappala.com) or [youtube.com/watch?v=oWZ9SP7GDeM](https://www.youtube.com/watch?v=oWZ9SP7GDeM)

VOLUNTEER BRENDA WALLER  
Sunday, November 6, 2011

PLACE: Claddagh Restaurant & Pub  
Medals Awarded 339 Canal Street to Top 3 in each Lawrence, MA category

TIME: WALK 10:30 AM RUN 11:00 AM  
COST: Pre-entry \$20 Post Entry \$25. Or \$50 in Sponsorship Pledges

Pre-Entry: October 29, 2011 Make Checks Payable: TIP of Merrimack Valley Mail Entries To: TIP Family 5K

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**QUICKBOOKS-COMPREHENSIVE**  
2-night Workshop -Wednesday, October 26, 2011 & Thursday, October 27, 2011 / 6:00 -8:00 pm. Is your accounting system really just a box full of receipts and scribbled notes? Feel like you're flying by the seat of your pants? Not doing as well as you should and unsure how to fix it? WAIT NO LONGER...HELP IS AT HAND! Quickbooks is the easy-to-use accounting program millions of small businesses use to organize their finances and provide the information they need to increase profits and grow their businesses. This class will cover basic accounting principles and is designed for beginning

Quickbooks users. Learn to: Post Transactions, Generate Financial Reports, Generate Invoices, Pay Bills, Print Checks...and much more!

COST: \$125 for both nights LOCATION: Community Teamwork Inc. Computer Lab, 3rd Floor, 155 Merrimack Street, Lowell, MA 01852 RSVP: [shargis@comteam.org](mailto:shargis@comteam.org), 978-322-8400

Connecting Your Business to the Commonwealth of Massachusetts - Thursday, October 27, 2011 / 10:00 am -12:00 pm. This workshop is offered in partnership with the Operational Services Division (OSD) of the Massachusetts state government. OSD administers the procurement process of the Commonwealth. This OSD workshop is designed for businesses who are interested in learning how to do business with the State.



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

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# HERO IN OUR MIDST, KATSAROS: FROM PAGE 1

fices. Moreover, younger generations must never forget that it is due to their sacrifices that we are able to live in a free and democratic world today."

French Ambassador to the United States, Pierre Vimont, wrote to Katsaros: "The French people will never forget your courage and devotion to the great cause of freedom . . . and your personal, precious contribution to the United States' decisive role in the liberation of our country."

Behind enemy lines

Katsaros became the vital link exposing enemy secrets as he moved within the vast network of cells within the Resistance.

Newly declassified government documents reveal his espionage in the 3rd edition of "Code Burgundy: The Long Escape." Among them: Hitler's top-secret weapons, the Jet Bomber and the ME-262 Jet Fighter; the V-2 bomb that flew undetected

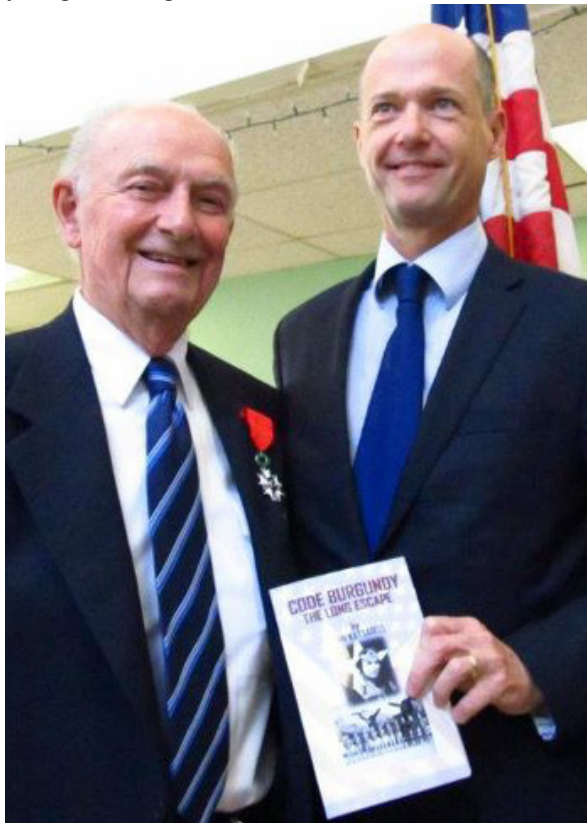
then dropped, silently; the Ho 2-29 stealth bomber (600 mph at 60,000 ft) that could fly undetected by radar from Berlin to NYC and back without refueling—carrying the Atomic Bomb before we had it!

He uncovered the European-wide holocaust of Jews, Catholics, and Gypsies;

sites of German stalags (POW camps), names of German commanders, transport of POWs and their number; anti-aircraft machine-guns stationed along key railway routes.

## Journey without a roadmap

Little did the Resistance know, when they stormed "La Bonne Maison" farmhouse near Reims and rescued Katsaros in



Staff Sgt. John Katsaros, USAAF (ret.), Haverhill, received the French Legion of Honor—Chevalier award from the Consul General of France Christophe Guilhou, who holds the 3rd edition of Katsaros' book "Code Burgundy: The Long Escape." Katsaros will speak Nov. 16, 7 p.m., VFW, No. Andover.

a blaze of gunfire, that their daring rescue would have such far-reaching impact—linking men, nations and generations.

"I owe my life to the French Resistance," said Katsaros, who formed a deep bond with all his helpers, especially the three Resistance leaders who executed his first rescue: Pierre Demarchez, leader of the Chaumazy cell, Jean Joly, leader of the Reims cell, and René Felix, Reims cell.

"These men were focused, shrewd, and calculating in their strategy. They were

fearless, driven only by their love for France and their love of freedom."

His second rescue was orchestrated by the Reims police chief, another Resistance leader. Katsaros, captured at the bakery run by Pierre and Julienne Demarchez,

was being transported when . . . A clever ambush of the German convoy. A surprise blockade. "Official" vehicles. A stunned Gestapo. And Katsaros sped away in a cloud of dust! Not a shot was fired!

Often instructions came one at a time. "Follow me." "Go to . . ." "Look for a man who . . ." "Wait there until . . ." People slipped in and out of his life, whispering instructions, giving messages.

General Dwight D. Eisenhower, Supreme Allied Commander, wrote in his book, "Crusade in Europe," that "without the great assistance (of the French Resistance), the liberation of France and the defeat of the enemy in Western Europe would have consumed a much longer time and meant greater losses to ourselves."

## Lessons in survival

Katsaros assumed many disguises: deaf-and-dumb nephew injured in a British air raid, police deputy, "gendarme" (military police) who walked the beat with his rescuer, "French citizen" with photo ID and documents expertly forged.

"These men and women showed me what courage is. Their boldness gave me strength and hope. 'I never felt lonely because I became part of their family. From them, I learned how to survive: devise plans, avoid capture, escape when seized, endure hardships and never lose hope."

"This was not just my war. It was our war, and we fought it together, side by side. They felt it was their duty to protect me, save my life, and send me home safely."

He became the beloved son of Pierre and Julienne Demarchez, who nursed him to health in their home for several weeks, at great risk to themselves. When discovered, Julienne was tortured by the Gestapo, but steadfastly refused to reveal anything. Later imprisoned at Ravensbrück, she said she would do it all over again for the cause of freedom.

## Clarion call: protect freedom!

John Katsaros' mission did not end with WWII. He is part of a greater purpose linking freedom-loving patriots, and nations.

Today his mission continues to unfold, honoring the heroes of the past and inspiring future generations to fight for freedom.

The French Resistance was like a swift-flowing river underground, invisible, bringing life, freedom, and hope to those bound in darkness. Nothing could stop it.

When walking the line between life and death, a bond develops with those who saved you. It can never be broken. It spans generations. Katsaros' visits to his rescuers, and their visits here, attest to this.

It also crosses continents. The international Air Forces Escape and Evasion Society (AFEES), which Katsaros heads as president includes 300 living WWII airmen and the more than 600 helpers who saved them, who meet annually.

As a gift to the people of France, a



John Katsaros disguised as a French "gendarme" (military police), one of many he used to escape the Nazis in WWII.

French translation of Katsaros' book "Code Burgundy" is now being prepared, which he will donate to schools and libraries as a memorial to the heroism of these patriots and an inspiration to future generations.

To Americans, Katsaros urges, "Cherish your freedom!" During his escape, he said, "every close call made freedom taste even sweeter." He has given more than 100 talks across the United States before the Air Force Academy, aviation groups, grammar and high schools, colleges and universities, veterans groups and churches, to keep alive our precious heritage—and to remind us how fragile freedom is.

As President Ronald Reagan observed: "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same."

(To order book, contact author: jkatsaros3@comcast.net, 978-869-3035)



Helen Mooradkian is our new Valley Patriot Hero columnist and a former business writer. She is also a member of the Merrimack Valley Tea Party. You can email her at hsmoor@verizon.net

## FARIES: FROM PAGE 32

going to get on my winged unicorn, fly to my enchanted castle and get ready for my magical ball. Hopefully the seven little men I hired to clean and keep up the grounds have done their job. Shhhhhh, they're illegal. I'm paying them in pixie dust under the table.



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

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