



# THE VALLEY PATRIOT

"Congress shall make no law..."

valleypatriot.com

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2012

A FREE MONTHLY JOURNAL OF NEWS, COMMENTARY AND EVENTS, SERVING MA & NH

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### A Guaranteed Fix for the Lawrence Schools Dr. Charles Ormsby: See Page 3

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#### INSIDE THIS EDITION!

##### Jeff Katz on Trayvon Martin P. 2

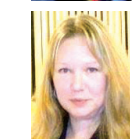
Veterans.....	1, 33, 35
Editorial.....	2
Jeff Katz-OpEd.....	2
Thinking Outside the Box.....	3
Puppy Girl & Tracy Zysk.....	4-5
Andover.....	6
North Andover.....	6-9
GARDNER, N. CENTRAL MA!.....	10
Methuen.....	11-15
Jack's Irish Craic.....	14
Haverhill.....	15
Lawrence.....	2, 16-18, 37
Lowell-Dracut.....	19
Tom Duggan's Notebook.....	22-23, 38
Local Political Cartoonist.....	23
World Views.....	25
Tea Party/Politics.....	26
The Doctor is IN.....	27
Dr. Sung.....	28
Pennie Hale & Food.....	30
Cooking with Colleen.....	30
Sheila's Recipe Corner.....	30
LIVE THE WOW!.....	31
Shawn Hansens Music Review.....	39



**PuppyGirl  
Kate  
Whitney  
PAGE 4**



**Christine  
Morabito  
TEA PARTY  
PAGE 26**



**Pennie Hale  
Let's Talk  
About Food  
PAGE 30**



**Dani Langevin  
Lesbian  
Columnist  
PAGE 25**



**The Doc. is IN  
Dr. Rami  
Rustum  
PAGE 27**

## VALLEY PATRIOT OF THE MONTH

### Heroes in Our Midst: Cpl. Tony Lutz and George Lutz

Helen Mooradkian  
VALLEY PATRIOT VETERAN COLUMNIST

When 25-year-old Corporal George A. (Tony) Lutz, II, U.S. Army, of Virginia Beach, VA, was killed by a sniper's bullet outside Fallujah on December 29, 2005, only six weeks into his deployment in "Operation Iraqi Freedom," his tragic death set in motion a series of events nationwide that no one could have foreseen. Least of all his heartbroken family.

This is, in part, the story of Tony and his legacy, his passion for God, America and family. It is also the story of Tony's father, George A. Lutz, Sr., who, in his grief, reached out to comfort other military families with the comfort he himself received.

Above all, it is a compelling story of healing—and hope. Of death swallowed

up in victory.

The father's journey began simply. Soon it turned into a mission. Now it's become a nationwide movement. On Memorial Day 2008 George Lutz launched the national non-profit Honor and Remember Inc. ([www.honorandremember.org](http://www.honorandremember.org)), and unveiled publicly the Honor and Remember Flag, designed to be a national symbol of remembrance for all military who died in defense of our nation's freedoms, whether in combat or not. It pays tribute to heroes from all wars, even as the POW-MIA flag honors those captured and missing.

George Lutz took his mission to all 50 states (2010), to Congress (2011) where 153 members co-sponsored HR 546 in its support. (You can sign a petition of

**LUTZ: PAGE 33**



Corporal George A. (Tony) Lutz, II, U.S. Army, whose death in Fallujah, Iraq, inspired his father George A. Lutz, Sr. to design the Honor and Remember flag to show public gratitude for the sacrifice of all our military who died in the line of duty. Tony's posthumous awards include: Bronze Star, Purple Heart, Iraq Campaign Medal, and Combat Action Badge. He also received National Defense Service Medal, Global War on Terrorism Service Medal, Armed Forces Service Medal. George A. Lutz, Sr., founded Honor and Remember Inc. in 2008, and the distinctive Honor and Remember flag he designed now flies officially in 11 states that have adopted it. It is pending in another 12 states. Several military associations (U.S. Army, Navy, and Air Force) have endorsed it, as have Vietnam Veterans of America, Blue Star Mothers, Gold Star Wives, Sons of the American Revolution. Sponsors include Amerigroup, General Dynamics, and Regent University.

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## VALLEY PATRIOT EDITORIAL

## News Media Racism - Latinos Used as a Football

The media coverage of the recent Trayvon Martin case (where a black man was shot to death by a Latino) should have Hispanics in the United States in an uproar. Oddly enough, we have not heard one story in one media outlet showing this to be true.

Without speculating on whether or not Martin was the victim or George Zimmerman was a murderer, we prefer to use the space in this editorial to point out how Americans of Latino descent are abused by the press and how the classification of "Hispanic" changes depending on the skin color of other people.

What the Trayvon Martin case has made most clear to anyone who is paying attention, is that the way a Latino is reported on in the news hinges on how dark their skin color is.

Case and point: When a white police officer is accused of beating a Latino, the Latino is classified as a "minority" (and equated with blacks) in the news and the implication is always made about the "white" officer's motives.

We have seen this in multiple cases in Lawrence and in Boston recently.

But in the Trayvon Martin case, (a case where the assumed victim is black, and the assumed perpetrator is Latino), news broadcasters consistently choose to classify the Latino as "white" majority.

To choose how to portray a person's race in the media based on the color of the victim's skin shows how truly racist, self-serving and

political the news we see, hear and read every day has become.

What's worse, the very fact that this Florida case is so overly covered in the news while so many other cases of black on black crime, black on Latino crime and Latino on Latino crime goes willingly ignored, shows us the racist motives of the American news media.

Why?

The political leanings of most news reporters, editors and TV anchors is rooted in the belief that the darker the person's skin, the more deference they need to show to that person, (and that person's race) and that the darker the person's skin, the more sensitive others of the same race are and the more likely that they will rise up and cause civil commotion over a perceived injustice.

That results in more stories for the news media to cover, the employment of more reporters, camera men, editors and anchors. It also results in more distrust among different races of people and usually leads to more racial violence.

We are curious as to why Americans of Dominican, Puerto Rican, Mexican and other Hispanic descents have not expressed any outrage over the blatant racism in the media against Latinos.

If George Zimmerman was the 6 foot black man who had the gun and had shot a short, Latino George Zimmerman, we know that

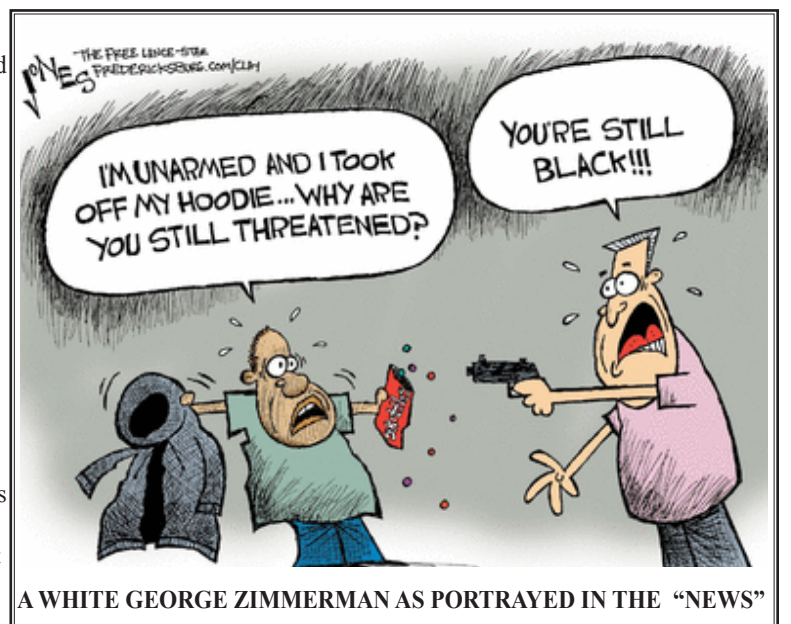
the news would not have covered this case at all.

The local news media in Florida who might cover it, would be bending over backwards to extricate the races of the two men from their stories, deciding for us (once again) what facts are important to a story and what facts are not.

Despite the fact that Latinos have shown no outrage over a Latino being portrayed as a white gunman, we at the Valley Patriot are more than incensed.

What's more, we believe that George Zimmerman has been unfairly portrayed as guilty by the news media before all the facts are in, simply because his skin color is lighter than the man he shot.

We do not know whether George Zimmerman justifiably shot Trayvon Martin or if he was a gun toting murderer as the news reporters in this country want us to believe.



We weren't there. And neither were you. Until we hear all the evidence it's important to remember that.

But it's also important to remember that if you are a Latino involved in controversy, your classification on the nightly news will depend upon the race of any other person you end up having a dispute with.

To us, that has always been the definition of racial prejudice.

We are just puzzled as to why nobody else seems to think so.

## Media Narrative in Trayvon Martin Case

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

The fine people of Sanford, Florida have recently had to welcome the circus to town. The visit of one of the greatest shows on earth follows the killing of a seventeen year old man named Trayvon Martin. Martin was shot and killed by George Zimmerman a little over a month ago. The fact that Zimmerman killed Martin is really the only major factor which has been conclusively determined. It was not a team of crime scene analysts who made this decision. We know this because Zimmerman told the police. After his confession, things get a little muddier. Even with multiple investigations ongoing, two of America's greatest carnival barkers have pitched their tents in Sanford.

On the night in question, Martin was walking through a gated community and was apparently spotted by neighborhood watch volunteer Zimmerman who thought something seemed suspicious. Retreat View Circle had apparently been the scene of multiple burglaries and Zimmerman seemed to think Martin might be involved. We simply don't know many more details at this point, except that Zimmerman called the Sanford Police Department, advised them of the situation and were told by the dispatcher to go back to

his vehicle. Zimmerman told police that as he was following the dispatcher's advice, Martin punched him, jumped him and began to smash his head on the ground. In reading the police reports, there is, at the very least, a suggestion that Zimmerman and Martin may have been struggling for possession of the 9mm pistol which was being carried legally by Zimmerman.

The initial police report makes quite clear that Zimmerman had blood on his head and notes that his shirt was wet and covered with grass. The responding police officers performed CPR on Martin and then the Sanford Fire Rescue personnel performed lifesaving efforts to no avail. Sanford Fire Rescue also provided medical attention, according to the report, to Zimmerman; apparently treating him for contusions and lacerations to his head. There are six adult witnesses who are listed in the police report as well.

So far, this situation seems to be fairly bland, don't you think? A tragedy to be sure but not exciting or spellbinding or colorful. That is exactly how most police investigations proceed. A quest for the facts. A determination to find the truth. It is the very rare exception when there is some sort of SVU eureka television moment. As I write this column investigations are being conducted in to the Tray-

von Martin killing by the Sanford Police Department, the Seminole County State's Attorney Office as well as the Florida Department of Law Enforcement. They should be allowed to do their work without the distractions created by self serving political hacks. Sadly, as mentioned, the circus has come to town.

Jesse Jackson who fathered a child with a woman not his wife at the same time he was counseling Bill Clinton on honoring your marriage vows has parachuted into town. The same man who brought you the "Hymietown" debacle and pumped up the entirely fraudulent Duke Lacrosse rape case is now a point man on this.

Al Sharpton who gave the world the Tawana Brawley hoax and incited the deadly attacks at Freddy's Fashion Mart is exploiting this tragedy for his own personal gain, as well. Any number of political bottom feeders have also decided that the facts are not important. Better they say to rush to judgment and declare Zimmerman guilty of an unprovoked murder and string him up immediately if not sooner.

The leader of the racist New Black Panther Party offers up thousands of dollars as a bounty on the head of Zimmerman. A group demanding "justice for Trayvon" robs and vandalizes a Walgreen's. Martin's mother trademarks his first name so that she may sell shirts. And the president himself weighs in on the case and demon-



strates that he too is acting "stupidly."

The facts are the facts in this case. Zimmerman killed Martin. Anything past that is pure speculation. It is entirely possible that Zimmerman was a racist who killed Martin in cold blood. It is also equally as possible that he did kill Martin in self-defense.

Sadly, with the race baiting ringmasters now controlling the narrative we may never know the truth.

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#### News tips

Phone in anonymous news-tips to (978) 683-3952, or you may email tips to us at [valleypatriot@aol.com](mailto:valleypatriot@aol.com). We respect the anonymity of our sources if requested.

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

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**PUPPY LOVE! with Kate Whitney****Info on animal testing available on-line**

This month I decided to write about a subject that is not very pleasant - testing on animals. I was on the People for the Ethical Treatment of Animals (PETA) website one day ([www.peta.org](http://www.peta.org)) and came across a whole section that promotes awareness about this topic. As I read through what was on the website, I only grew more curious.

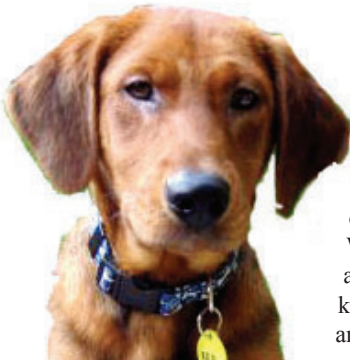
I googled the subject and found hundreds of websites that talk about animal testing. At first I was pretty emotional and I cried. I couldn't believe what I was reading. Then that sadness turned to anger and disgust. I scrolled through the endless number of websites trying to learn all I could about testing on animals. I channeled that anger I had inside into writing this article.

I hope that you find this topic as eye opening as I did, and maybe it will even convince you to change some of your habits, to start reading labels, and only buy products that are not tested on animals.

I feel like I should put a warning on this article because some parts are pretty disturbing. However, I think it's important that the American people who love animals know what is being done to millions of innocent ones.

To educate myself on this topic, I tried to read as much as I could and watch as many news clips that I could find.

There is one video on PETA's website that I began to watch and had to turn it off after about six seconds. It's a video that shows the animals in actual testing situations. It was



absolutely, horrifically disgusting. If anyone thinks they can handle the video the website is <http://www.peta.org/actioncenter/testing.asp>. For anyone who doesn't believe this exists, or who needs to see something to get them mad, watch the video. But don't say I didn't warn you.

Some of you might have heard about animal testing but don't really know what it entails. Well, you're in luck because after researching the topic, I now know the ugly, horrible truth and I am going to share it with you. So what does it mean when a product is tested on animals, and what animals are used for testing?

The number of animals that are tortured and killed in US laboratories every year is in the millions. Companies pump their products into animal's stomachs, rub the product onto their skin, squirt it into their eyes, or force the animals to inhale them as aerosol sprays.

1 Animals that are used for testing include monkeys, birds, rats, baboons, mice, dogs, cats, rabbits, farm animals, and guinea pigs.

On the PETA website, there is a list of companies that do and do not test on animals. The companies that are featured on the list include cosmetic, personal care, and household cleaning product companies.

What's inexcusable about this list, is that there is no law that requires animal testing of these products.

Each company purposely chooses to test their products on innocent animals. Put another way, these companies do not have to test



on animals but do anyway. Personally, I think this is just ridiculous and it makes me mad.

Not featured on the list are companies that are required by law to test on animals, such as pharmaceuticals, automotive and garden chemicals, food additives, etc.

For your convenience here are a few of the companies that do NOT test on animals.

2. Abercrombie & Fitch, Almay, Avon Products, Inc., Bare Escentuals, Bath & Body Works, The Body Shop, Bumble and Bumble, Burt's Bees, Crabtree & Evelyn Cosmetics, Hello Kitty, L'Occitane, M.A.C. Cosmetics, Revlon, Trader Joe's Company, and Victoria's Secret (for a full list, visit <http://www.caring>

**PUPPY PAGE, PAGE 31**



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# Protect Your Pets From Household Poisons

Tracey Zysk

VALLEY PATRIOT PUBLISHER

Spring is here and with the sun, warm weather, and fresh air comes the ultimate SPRING CLEAN. As you are beginning to tear apart those closets or starting all those lawn routines, we must not forget our pets. Those sneaky snoopers can and probably will sniff, lick or even eat everything they come in contact with.

This could leave our curious little ones with a tummy ache, vomiting or even worse toxins in their blood. Some of these items may be household cleaners, some will be outside chemicals and others may even be foods that owners didn't even realize were harmful to their pets.

In fact, Animal Poison Control Center reported in 2010, that they had 167,000 poison cases with the number one culprit being human medication.

A couple of years ago I walked into a client's house and her dog was very lethargic. Not typical behavior for this high energy spitfire. When I took her outside she started to urinate blood. Immediately the owner and I got her admitted to her vet hospital. The outcome was the dog had gotten into her owner's calcium pills. Fortunately, this

was caught in time and the dog recovered with no permanent damage to her kidneys or any other organ.

In the kitchen please keep your pets away from:

- chocolate
- grapes and raisins
- onions and garlic
- candy and sugar
- fatty table scraps
- all household cleaners
- trash

In the yard keep your pets away from:

- lawn seed
- fertilizer
- plants
- any chemicals
- gasoline and oils
- mouse and rat traps

Please keep all medications locked away at all times!

If you use a landscaping company or

a house cleaning service please remind them that you have pets in your home and your pet's safety is your first concern. Ask these services what chemicals they may use that could be dangerous to your animals. If it is a one day treatment you may want to make arrangements for your pet to not be on the property or if it is a chemical you are not comfortable with you may want to ask that they use a different product line.

Do you have an Animal First Aid Kit? You can purchase one at any local pet supply store or you can make your own. Keep the basics in it.

- Mine includes
- tick tweezers
  - digital thermometer

- bandage scissors
- plastic syringe for giving medication
- small flashlight
- sterilized gauze pads
- ACE bandage wraps Hydrogen peroxide

- topical antibiotic ointment
- saline eye wash
- instant cold pack

If we all take a few minutes and walk through our homes or around our properties, we may be surprised at what we see. Stop, take a moment, and remove anything of concern. Five minutes of your time, could mean a life time for your pet.

In case of an emergency call your vet or call the Animal Poison Hotline

Save this number, it could save your pet's life 888-232-8870

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](mailto:wigglewalk@comcast.net). Become a fan on facebook at Wiggles & Jiggles Pet Care.



## RIP Axel - Chelmsford K-9

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

On March 23, 2012 Chelmsford Police K-9 Axel took his final ride in his police cruiser. Axel, a 5yr old Czechoslovakian shepherd passed away from a strong fought battle with cancer.

A couple of years ago I had the pleasure of interviewing Axel's handler Officer David Leo. In that interview Officer Leo raved about his dog, his partner. He couldn't have been more proud to speak of Axel's accomplishments from search to narcotic tracking. Officer Leo was thrilled to train with his dog and more excited about letting Axel work on a call. I clearly remember the adrenalin Officer Leo had talking about his partner.

A K-9 handler and his dog were never separated. As the work shift ends the relationship doesn't. K-9's go home with their handler and integrate into the family life. A K-9 officer and his dog are together 365 days a year, seven days a week. They really are the true example of a "partner".

RIP Axel, you will be missed by the Chelmsford police dept, your community, your family and every person you came in contact with in your career. Most importantly in the heart of your handler, your partner and your friend .....you will never be forgotten...



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](mailto:wigglewalk@comcast.net). Become a fan on facebook at Wiggles & Jiggles Pet Care.



Tracey Zysk, Valley Patriot Doggie Columnist, and owner of Wiggles & Jiggles Pet Care recently received a 10 yr milestone award from the North Andover Merchants Association and a Proclamation Award from the Commonwealth of Massachusetts for her years of service in the pet care industry.

Tracey Zysk  
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Tracey Zysk

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# OUR TOWN: The Village of Shawsheen

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

Historic Shawsheen Village in Andover, MA. is a well-known section of the town. It has been noted as an outstanding example of classic revival styled homes on lovely treed streets that was developed in the early 1900's by the careful planning of William M. Wood.

Mr. Wood was president of American Woolen Company and he set out to plan a complete area of brick classical homes, residential duplexes and four-plexes for those who worked at the mill, as well as recreational facilities for Shawsheen.

The story of this area, however began in 1858, when William Wood was born to an immigrant family in New Bedford, MA. At the early age of 12 years, Mr. Wood became the breadwinner of his family, due to the death of his father.

He worked hard, and became adept at whatever work he took on. He was intelligent, quick to learn and endured a long and difficult climb up the ladder of success. He became a manager at a



textile mill in Lawrence, where his skills were noted by the owner, Mr. Frederick Ayer. Then Mr. Ayer decided that the future would be in woolen mills. William, never one to be set aside, asked for a position as a salesman for the new enterprise. In the first few years of the American Woolen Mill he had sales of over two million dollars.

Three years later he became general manager of the mills, married Mr. Ayer's daughter Ellen, and became the force behind the growth of the American Woolen Mills, with holdings in three states.

However, in 1912 the Massachusetts Labor Law was enacted. This law dictated the number of hours that women and children could work and as a result the mill owners reduced their workers pay

as well. The workers were outraged and thus began the infamous strike known as "The Bread and Roses" strike of 1912.

This chapter of history is an important one to remember, as it impacted the state of workers rights and reached into the Halls of Congress. Several notable people at the time were engaged in the battle of words and actual confrontation, between those in favor of the strike and those against the strike.

In March 1912, the workers at the American Woolen Mill and Mr. Wood reached agreement and thus started a most remarkable relationship between the workers and management.

Now, to the end of the story. Mr. Wood developed plans for a community for his employees beginning about 1918. It con-

sisted of brick homes for management, wooden homes for the workers, which they rented from the company, two woolen mills, and a ten-story warehouse. A new rail line also brought workers from Lawrence to the mill site. The area is now known as Brickstone.

As a planned community, no garages or driveways were permitted those with private cars had to park them at the garage at the corner of Main Street and Haverhill St.

Shawsheen School was built by the town of Andover on land donated by the Wood family. Recreational facilities such as sport fields, a swimming area, and Balmoral Spa used by the community as a social center for dancing and lectures was used for many years.

The mill closed in 1953, many of the homes in "brick" Shawsheen and "white" Shawsheen have remained a desirable residential area of Andover. The homes are now privately owned.

To the present day, this historic area is a part of the Shawsheen Renaissance Project, of Historic Andover.

## Notices From the North Andover Senior Center

Changes to SSI State Supplement Program (SSP) as of April 1, 2012. SSI (Supplemental Security Income) is a federal program of the Social Security Administration that provides monthly payments to certain individuals 65 or older, blind or disabled. Massachusetts provides additional money to SSP recipients who live in this state. Until now, the federal government has been directly depositing both payments to peoples' bank accounts or by mailing them checks. As of April 1st, there will be a new system for receiving SSI payments. If you currently receive one (combined) check from Social Security you will receive a check from Social Security and from the Commonwealth of MA. If you normally have the check deposited in the bank for you, you will see two deposits that will add up to the same amount. The Massachusetts deposit appears as "SSI SUPP". This change allows the state to save money by administering its own payment system. In sum, your SSI payment will be the same but you will receive payments from the federal government and from Massachusetts. The conversion will occur automatically and your payment totals will not be affected.

If you have any questions about this change, please call the Massachusetts SSP Customer Service Center at 1-877-863-1128. Thank you.

**GOLF LESSONS:** Golf lessons with PGA Pro John O'Connor at Far Corners Golf Course. Class limited to 8 students.

Wednesday May 2, 9, 16 and 23 from 10-11am. Clubs provided if necessary. \$99 due at sign up see Receptionist.

**SHRINERS CIRCUS:** Friday April 20th 10-2, limited free tickets, Transportation \$2 Sign up at Reception.

**KEEP MOVING SPRING WALKS:** Moore State Park, Paxton, MA. Thursday, May 24. Bus leaves Senior Center at 9:15 am. The 2nd walk is at Fort Independence, Castle Island, S. Boston on Friday, June 15th. Bus leaves at 9:30. There are 1 mile and 3 mile routes to walk. Bring a picnic lunch with you and meet seniors from all over Massachusetts. Sign up is required.

**EARLY STAGE ALZHEIMER'S SUPPORT GROUP:** A new group will begin in April and continue until June. Anyone interested in participating in these support groups please call Donna Delaney at 978-688-9560 to book a screening. The coalition members have been trained by the Alzheimer's Association of Massachusetts.

**GREASE AT THE REGENT THEATER, ARLINGTON, MA:** Friday, April 20, 2012 @ 2 p.m. Grease the Musical. Tickets: \$12.

**TALL SHIPS 2012:** Monday July 2, 2012-\$89 Due at sign up. Includes transportation, lunch, entertainment & cruise.

**TANGLEWOOD & THE POPS:** Sunday July 8th, 2012-\$125 Includes transportation, lunch, reserved seats under the shed and professional tour director.

**BREATHING & MEDITATION**

**WORKSHOP:** Friday June 8th at 3 p.m. Trial Class sponsored by Dahn Yoga.

**BRIDGE II:** Wednesdays, 1-3 pm, 8-week session for \$64. Beginning April 11, Sign up at the Reception Desk at the Senior Center.

**FOXWOODS:** Next scheduled trip, Tuesday, April 10, \$30 Includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 6:30 am.

**MYSTERY RIDE:** \$4 Lunch and transportation, social visit with another Senior Center. April 12, 10-3. Reservations accepted 2 weeks in advance on April 3.

**SUPPER CLUB:** Dine Out at Lee Chen. 4:30, Bus \$2, April 19, 2012. Separate checks. See Reception April 1.

**LECTURE SERIES:** Monday, March 26, Guest Speaker will be John Packard from the Brooks School.

**GIRL TALK with Lu:** Every Wednesday, 12:30-1:30, no fee. Drop in. The group will explore life's transitions and related women's issues.

**STRESS RELIEF:** Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Pranac Healer. Cost \$5.

**FOOT CARE SCHEDULE:** Dr. Connolly is scheduled to see clients on the 2nd Wednesday of every month from 1 - 4 pm by appointment only; \$30 fee.

**BLOOD PRESSURE CLINIC:** Held every Wednesday, 9 to noon.

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# Great Adventurer Charlie Salisbury ... seeking next adventure

Eva Montibello  
VALLEY PATRIOT REPORTER

The title of this story may not be the typical way that North Andover residents see their former Town Moderator. When I first met Charlie, I could see the sparkle in his eye and within the first few minutes of conversation hear his commitment to fairness, integrity and growth. Married to high school sweetheart, Martha, for more than 51 years, Charlie is wise and youthful ... an interesting and refreshing combination of characteristics.

Charlie comes from a family that loves politics. His father, a local lawyer, first encouraged him to get involved in the early 1970s. Charlie started off as an appointee to the Advisory Board; then elected as a Selectman for 12 years; then served 21 years as Town Moderator.

When asked about how he felt about 'retiring' from his role at Town Moderator ... I could hear that given a few months break, he may be back in the game – seeking a new place to make a positive difference in local politics.

My first question: "What does a town moderator do?"

Charlie's answer: "Give everyone a fair chance to be heard during town meetings." (Hmmm ... must have been the look on my face ... as he sensed that I needed further explanation.)

He continued, "A town moderator is very similar to an umpire. Encourage the fair discussion of both sides of the issues, making sure everyone is heard but at the same time, ensuring that the meeting moves forward."

This is one example why he was a great moderator.

Charlie also helped the town meetings stay openly participatory. On average, North Andover town meetings host about 500 people with some 'hot topic' meetings with upwards of 2,700 people in attendance.

With just over 18,000 voters in North Andover, 2% - 15% of the population of the town was in attendance, showing strong community involvement. It is a positive indicator that town meetings are 'worth' coming to and that voters would be heard.

The biggest hot topic issue was trash fees.

After passing an unbalanced budget, \$1.5M short, one strategy was to add trash fees of \$200-300 per household. More than 2,700 voters showed up at the special town meeting to share their thoughts as a community, and to collectively solve the budget issue.

First, the High School Field House

## Charlie Salisbury

Born & Raised in North Andover  
1960 Graduated Brooks School  
1961 Married Martha  
1964 Graduated MIT  
1971-1978 Town Advisory Board  
1978-1990 Board of Selectmen  
1991-2012 Town Moderator  
2012-Beyond

... The Adventure begins!

filled with people, then the auditorium, then the cafeteria ... with communications equipment in each area to ensure that those who wanted to speak – would be heard. Standing room only when the meeting convened. In the end, the fees were voted down, and the budget was amended by cutting \$1.5M to balance the budget.

True community collaboration in action.

The recent election for the new Town Moderator was a spirited contest among three candidates.

"Mark DiSalvo will bring new blood, new ideas and new energy to the Town Moderator role", Charlie shared wishing the new candidate warmest wishes at his newest endeavor.

Longtime resident and friend, Tracy Connolly Watson had this to say about Charlie, "I wish Charlie nothing but the best and expect to see him very involved in Town politics as time goes on. It's time for his voice to be heard from the other side of the podium!"

Charlie graduated from MIT with an Electrical Engineering degree and worked for IBM, with one of the key programs that Charlie managed were the development of 'Scientific Centers'. Scientific Centers were the 'think tanks' of IBM – a program on the edge of product innovation and research ... leading to new, breakthrough knowledge.

Future adventures for Charlie and Martha include trips to Florida, spending time with his two children and four grandchildren and keeping his eyes open for the next adventure.

Hold tight ... Charlie will be back!



Eva Montibello is a child sexual abuse prevention advocate that resides in Haverhill with her two year old son.

Visit [enoughabuse.org](http://enoughabuse.org) for tips on how to prevent child sexual abuse in your family and community. [evamonti@yahoo.com](mailto:evamonti@yahoo.com)



Last month friends, family and colleagues put politics and partisanship aside to honor Moderator Charlie Salisbury at the Republican Town Committee's Annual Spring Fling. Dignitaries and elected officials from every level of government were on hand to thank Salisbury for his more than 41 years of service to the people of North Andover. Above, Selectman Rosemary Smedile presents an award to Charlie Salisbury.



Former Senator and Lieutenant Governor Candidate Richard Tisei of Wakefield with Charlie and Martha Salisbury at the VFW. More than a hundred people turned out to honor Charlie as he chose this year not to seek reelection as Town Moderator. This is the first time in 41 years that Salisbury is not serving as a town official.

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# 15% of N.A. Voters Choose New Town Officials

Tom Duggan  
VALLEY PATRIOT PUBLISHER

Less than 16% of the Town's registered voters bothered to go to the polls last month and cast a ballot for Selectman, Town Moderator, School Committee and Housing Authority.

With only 3,053 in town caring to participate in the election, long time political activist Mark DiSalvo defeated political newcomer Dr. Frank MacMillan and finance committee member Attorney Ramsey Bahrawy to secure the Town Moderator's seat.

DiSalvo garnered more than 50% of the vote with 1,512 votes. Dr. Frank MacMillan received 1,072 votes (35.5%) and Attorney Ramsey Bahrawy received 430 votes (14.5%).

DiSalvo told the Valley Patriot just minutes after his win that he attributed his win to "hard work and a good sense of the people of North Andover"

The Town Moderator not only presides over town meeting but also appoints people to the various boards and commissions such as the finance committee and the Cable advisory board.

DiSalvo said he plans on appointing qualified people to town boards.

"Now I am going to appoint people exactly as I said all along, people who are competent with reasonable skills with good knowledge and can represent the entire community."

"The first thing I am going to do as Town Moderator is to become more prepared for the job. I will spend more time preparing for the job to become more intimate with the motion books and the other things that are necessary to prepare the warrant for the June 12th Town Meeting. I will be sitting down with the town clerk in order to review the warrants and the board of selectmen as they come in we will work to create a fair and open and efficient town meeting."

Asked why he thought the voters chose to elect Mark DiSalvo over him for Town Moderator, Dr. MacMillan said told the Valley Patriot "Well the voters have spoken and I certainly respect people who

Your 2012 Newly Elected Officials in North Andover				
<b>Moderator</b>	<b>Board of Selectman</b>		<b>School Committee</b>	
				
<b>Mark DiSalvo</b>	<b>Richard Vaillancourt</b>	<b>William Gordon</b>	<b>Laurie Burzlaff</b>	<b>Andrew McDevitt</b>

showed up to vote. As a first time candidate I'm actually pleased at how well I did. I ended up getting about 35% of the vote in town and I split the other 50% with Ramsey. I think we showed that we are a force to be reckoned with but it just wasn't our time."

Also claiming victory on Election Day last month were political newcomer Dick Vaillancourt of the North Andover Merchants Association who topped the ticket in that race garnering 2,165 (44.8%) and incumbent Bill Gordon who received 2,008 votes (41.5%), leaving Joe Edward

Smith in third with 640 votes (13.2%).

In the school committee race, voters returned incumbent Laurie Burzlaff to the committee with 1,811 votes (41.5%) and elected newcomer Andrew McDevitt with 1,541 votes (44.8%) leaving political activist George Vozeolas the odd man out with 985 votes (22.6%).

Burzlaff and McDevitt campaigned together throughout the campaign and had the support of the rest of the school committee as well as the teachers union.

George Vozeolas, who was not victorious on election night, said that he believes

the majority of the town voters were coming out for the moderator's race and the fact that Burzlaff and McDevitt were campaigning together "definitely hurt my chances."

I also should have gotten out a lot sooner to campaign I was really relying on the fact that all I hear in town is how unhappy people are with the school committee and how we needed someone to shake things up. We know that the DiSalvo people and the school committee insiders were helping my two opponents and I was relying on those people to come out and vote. As you can see by the numbers" he concluded "those people just didn't come out today. I wish them both luck but I am not going away. I think we need someone to force the school committee to stop doing everything behind closed doors. We need someone to force them to release information to the public and even though I didn't win I will be there to do that.

The least covered race in town on Election Day was the Housing Authority race, which was not much of a race with only one name on the ballot.

Steven Long was the only candidate for housing authority and received 2,271 votes (98.5%).

Newly elected (or re-elected) officials were sworn in the next day at Town Hall by Town Clerk Joyce Bradshaw (photos next page).

"I am truly honored that the people of North Andover have put their faith in me," DiSalvo said after being sworn in.

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**Consoli & Wilshusen**  
 ATTORNEYS AT LAW

# Photos from the 2012 North Andover Elections

1.

2.

3.

4.

5.

6.

1) Newly Elected Town Moderator Mark DiSalvo being sworn in by Town Clerk Joyce Bradshaw. 2) Steven Long new member of the Housing Authority, Moderator Mark DiSalvo, Town Clerk Joyce Bradshaw, School Committeeman Laurie Burzlaff, Newly elected Selectman Dick Vaillancourt and Selectman Bill Gordon (Andrew McDevitt not pictured) in front of the Town Seal in Town Hall after being sworn in. 3) Laurie Burzlaff being sworn in. 4) Bill Gordon with his supporters outside the Post Office on Main St.. 5) Mark DiSalvo enjoys his victory on election night with his daughter Celia. 6) Frank MacMillan campaigning with his son.

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# North Central MA-Greater Gardner Area

PUBLIC MEETINGS

GARDNER

**April 10th** License Commission Meeting, 4:30PM, City Council Chambers

**Planning Board** 7:PM, City Hall Annex-2nd Floor Meeting Room

**April 11th** - Elm Street School Council, 7:30AM, Elm Street School Conference Room

**CDBG Steering Committee** 10:30AM, City Hall Annex Conference Room

**April 12th** Budget Review Meeting of Gardner Public Schools 4PM, Superintendent's Conference Room, 70 Waterford Street

**April 26th** Superintendent's Conference Room, 70 Waterford Street, HMS Conference Room

**May 8** - License Commission, at 4:30PM, Council Chambers

**May 9th** CDBG Steering Committee, at 10:30 AM, City Hall Annex Conference Room

PUBLIC EVENTS

LEOMINSTER

**April 12th** - Music and Movement with Nancy Bell, 2pm at the Leominster Public Library/Dr. Martin T. Feldman Children's Room 30 West Street 978-534-7522 ext. 4 [www.leominsterlibrary.org](http://www.leominsterlibrary.org)

**Family Fun Night**, 6pm at the Leominster Public Library/Dr. Martin T. Feldman Children's Room

**April 14th**, Fishing Derby, 7am – 11am, at the Barrett Park - 40 Barrett Parkway

**Apr 18th**, Magic by Scott Jameson, at 3pm, Leominster Public Library/Dr. Martin T. Feldman Children's Room

**Apr 19th**, Birds of Prey with Tom Riccardi, 3pm Leominster Public Library/Dr. Martin T. Feldman Children's Room



Former North Andover Resident and Fitchburg Mayor, Lisa Wong reads The Valley Patriot. You can email comments or concerns about your city to Mayor Wong at [mayor@ci.fitchburg.ma.us](mailto:mayor@ci.fitchburg.ma.us)

## Fitchburg City Council - 2012

All City Council meetings are scheduled to begin at 7:30 PM in the City Council Chamber on the 1st floor of City Hall at 718 Main St. Meetings will be held on:

May: Tuesday, May 1st& 15th,  
June: Tuesday 5th & 19th  
July: Thurs, 5th & Tuesday 17th  
August: No Meeting  
September: Tuesday 4th & 18th  
October: Tuesday 2nd & 16th  
November: Thursday 8th & Tuesday 20th  
December: Tuesday 4th & 18th

Conservation Commission

Meetings are usually on the last Tuesday of each month at 6pm in the Veterans Memorial Room, 1st floor, City Hall. Meeting dates are occasionally subject to change. Applicants are advised to call the Department of Community Development at 978-345-1018 to confirm meeting dates.

# GOP Councilor-At-Large Scott Graves Esq. Seeks State Rep. Seat in 2nd Worcester District

Christine Wilson  
VALLEY PATRIOT GUEST COLUMNIST

Gardner City Councilor and Attorney Scott Graves is a conservative republican running for State Representative in the Second Worcester District. The District

PUBLIC MEETINGS

ASHBURNHAM

**Wed. 4/11 - Bd of Assessors 6PM**  
**Tues. 4/17 Bd of Selectmen 6:30**  
**Mon. 4-23 Con. Commission 6:30**  
**Wed. 4-25 ZBA Hearing Notice #12-01 9PM**  
**5/08 Water-Sewer Com. 6PM**  
**5/09 Board of Assessors 6pm**

ACTIVITIES

LEOMINSTER COUNCIL ON AGING -SENIOR CENTER

**A.A.R.P. - 2nd Thursday at 1: 15pm.** at Eagles Hall

**CARE GIVING SUPPORT - On ag-ing.** 8am to 4pm daily.

**CASE MANAGEMENT - Confiden-tial.** 8am to 4pm daily.

**CHORAL GROUP - Swingsters - Mondays 9am.**

**COMPUTER LABS - Daily & Weekly Classes.**

**DANCE CLASSES**  
Fridays 10AM and 1PM

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includes Gardner, Winchendon, Ashburnham, and Westminster.

“There is only so much a person can do at this level,” Graves told the Valley Patriot. “I believe that I can be more productive as a State Representative.”

Being in politics for the last 11 years, Graves says he understands the challenges that municipalities face because he’s lived it. “I enjoy fighting for the people who can’t fight for themselves”

It is important to be a “local” politician. “Though you have to be in Boston, you have to be involved locally, otherwise how are you to know what this area needs.”

Graves is a longtime resident of Gardner, and lives in the same neighborhood that he was born and raised in. Being the first of his family to enter college and having grown up in a blue collar family, he had to work several jobs while attending

college. Graves understands the struggles of having to work full time and go to school. Thru his hard work and diligence, he has obtained three college degrees, including a Master’s Degree from Mass. College of Pharmacy in Boston, and a Law Degree from Suffolk University Law School.

Graves has been in local politics for 11 years. He has spent 7 of those years as a councilor at-large, and serves as the Chair of the public safety committee for the council. He served on the traffic commission and noted that in last 3-4 years there has been a 40% decrease in traffic accidents.

“I believe that [being a] lawyer is essential for reviewing and changing laws,” he said. “Who better, than someone who looks at law all day every day. We need a fighter on Beacon Hill. A person who can fight without making enemies is critical,



as well as compromise without wavering from your principles, because win or lose there is always another fight.”

Graves believes that State Government should spend less on itself and Boston and invest more in the cities and towns in order to stimulate good, positive economic growth. “We need jobs, and we need State money to run our communities efficiently and safely.”

He supports the Constitution of the United States and says that “Judges have no authority to make laws from the bench”

He believes that does not support taxing small businesses because by doing so will only destroy businesses and jobs. He does however believe that business should pay their fair share of taxes.

Lastly, on Graves’s website he states that getting the results with the state legislature requires ability, tenacity, resilience and the ability to formulate and articulate arguments in favor of your people. In a world of law-makers on Beacon Hill, for good or for bad, lawyers carry weight. Together with my political background and general experience, it might just open the door.

Others bidding for the seat is incumbent Rich Bastien R, John Zlotnic-D and Dustin Cabral-D. Primary day is Thursday September 16, 2012.

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# How did Methuen manage to hold line on taxes?

William Manzi

VALLEY PATRIOT CONTRIBUTOR

The Boston Globe recently published a story on the municipal finance system (<http://www.bostonglobe.com/metro/regional/north/2012/03/28/the-new-normal-mass-cities-and-towns-are-making-with-less/WGZ1VN16u1FD7eeHsD5aM/story.html>) that detailed the fact that Methuen, on a percentage basis, was tied for first in the State (with Woburn) for being the highest (on a percentage basis) amount below the Proposition 2.5 levy limit. The data was culled from the end of my Mayoral term, and is reflective of my Administration's strong record of conservative fiscal management. In dollar terms these numbers reflect a savings of \$4.4 million for the property tax payers of Methuen, a full 6.43% below the maximum levy.

The story is reflective of the real problems facing municipalities, and the further dependence on the residential property tax that is reflected in some of the statewide numbers. From the Globe:

"Statewide, 75 percent of the 351 communities in Massachusetts are collecting the maximum amount possible in property taxes, up from 67 percent in 2007, the start of the recession. Cuts to state aid and other forms of local revenue have forced cities and towns to rely more heavily on property taxes to make ends meet. Last fiscal year, property taxes rose to 56.5 percent of total local revenues, the highest level in three decades."



As is obvious from the numbers, municipalities, due to escalating fixed costs, steep cuts in state aid, and normal cost escalation, find themselves using the maximum levy available under Proposition 2.5, creating political problems, including stakeholders fighting over a shrinking economic pie.

How did Methuen manage to hold the line on taxes? Good management is about making choices, and we certainly made some difficult ones during my tenure as Mayor. But those choices also involve making necessary investments to protect the community, providing the services that make our community the desirable place to

live that it is.

We have achieved the strong financial results for taxpayers while making those necessary investments. We produced a finance plan for our High School expansion/renovation that does NOT ask for a debt exclusion or Prop 2.5 override. At \$100 million I am not aware of any other project in Massachusetts that can make the same claim. Our results, when the High School project is factored in, are even more impressive.

My tenure also protected vital public services. I managed to successfully complete over 30 collective bargaining agreements that protected employment, especially within the public safety sector.

We had no public safety layoffs during my tenure as Mayor, nor did we have layoffs in any other sector. We also negotiated six separate single year health care agreements with our Section 19 Health Care Coalition that produced huge savings for both our employees and taxpayers. My Administration managed these health care successes without having the benefit of the new Health Care Reform Act until my final months in office. Despite our staying local rather than migrating to the GIC we managed to change the local plan design, through collective bargaining, to bring savings to the system.

Despite my emphasis on public safety and managing to keep those resources in place for our citizens we managed to maintain vital services for our seniors, to maintain the accreditation for Nevins Library, and to make vital and necessary investments in our infrastructure.

Each community is different, but it is becoming increasingly difficult to maintain services without asking property tax payers to pay more in local taxes. I am very proud of our record of fiscal stewardship that is reflected in the Boston Globe story. Good managers make hard choices, and at the local level those choices can bring down political difficulties on the manager making them. But managers willing to stay the course and negotiate difficult political waters can still produce great results. I am proud of the record we compiled in Methuen over the past six years!

You can email Mayor Manzi at: [billmanzi1@comcast.net](mailto:billmanzi1@comcast.net)

## The Baddour Horse Race It is Election Time

Jack Roy

VALLEY PATRIOT CONTRIBUTOR

This is a great time of year -- it is election time.... This is the year when we discuss, argue, persuade and then vote on who will be the President, the Senator, the Congressman, the State Senator, the State Rep and all the other positions that are to serve the public. This is the time for us to get informed, for it is the time for Democracy, the bedrock that keeps this Republic functioning, a time when the winner takes all.

In the coming weeks and months, we will be treated to well-dressed individuals, addressing all the issues that pertain to all areas of interest. Words will cover all our problems, every single question will be answered as if it were the most important issue on the planet. We will be pleased that those running for office or re-election are actually listening to the concerns of the citizens.

Every baby will be kissed and every hand shaken. American flags will ride on the candidates' lapel. Then, based on these great words, this concern for our problems, this attention to every need, these well-dressed individuals may receive our backing and our vote.

But is that all there is? Has this continuous cycle gotten us what we truly want? We elect these folks and then... we may not hear from them until the next election cycle. We start talking about the typical politician, the non-response to the needs of the public and too many times, become disenfranchised with the entire process.

To me, there has to be a better way. We treat the election cycle based on today, instead of basing it on history. We want to believe that the professional politicians have actually changed for the better. It is as if we go to the horse race and bet all

our money on the horse with the prettiest colors.

I wonder how often that horse actually wins the race?

Talk does not matter. Dress does not matter. But what matters is how many races that horse has run in the past. What is the horse's record? What is the horse's training regimen? Who is the horse's trainer and what is the bloodline? In other words, what is the horse's history?

So how does this apply to the election? Very simply. What have the candidates done to deserve your vote? Have they participated in civic matters or in organizations that promote civic responsibility? Are they involved in the community, not just with their colleagues, but working with people to promote a cause they believe in? Do they stand up and support measures that improve the community, even if it might turn off a few people?

So many politicians become involved when it is time to run for office. But how many have served within the community prior to running for office? Do the candidates practice what they preach? Are we voting for a politician or are we voting for a citizen activist, like us, who is willing to serve? Which is better, the professional politician or the citizen activist? I must say, there is much to say for the person who has been in the trenches without the cameras rolling, without the reporters reporting, without the chance to kiss a few babies.

Citizen legislators are the answer. Finding people not interested in a career but instead, interested in making the community better. We need candidates who believe in the power of the people, not in the power of the position. And when we find these candidates, we should ask them "What can we do to help?"

After all, the horse who wears pink doesn't always win.

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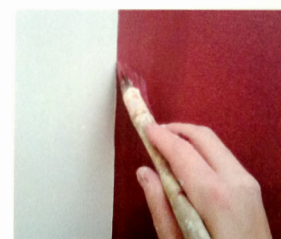


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# TOMORROW'S HEROES: Local Marine Recruits

Tom Duggan

VALLEY PATRIOT PUBLISHER

The United States Marines are indisputably the greatest fighting force in the history of mankind. Last month local recruits gathered with their families at the VFW in Methuen for a family night. Drill Sergeants and recruiters responsible for their recruits gave a demonstration of what the young recruits will be experiencing when they arrive at Parris Island.

Seventeen year old Teddy Trout a soon-to-be 2012 graduate of Lowell Catholic says he ships out for Parris Island on September 10th this year.

"I wanted to give something back," Trout told the Valley Patriot. "I wanted to do something with my life, something better than community college. I wanted to experience something other people don't get to experience. It's going to make me a better man, build my self-esteem."

Recruit Trout says he plans on joining the infantry after basic training. His mom served honorably in the U.S. Navy.

Shane Guarino, also graduating from Lowell Catholic this year said he was interested in becoming a marine because, he said, he was thinking about his future and the opportunities the Marines will give him in and after he serves his tour.



PHOTO: TOM DUGGAN

Marine Sgt. Makary, Recruits Ray Martinez of Methuen, Keith Erickson of Methuen, Teddy Trout of Lowell, Shane Guarino of Lowell and Marine Sgt. Urozo at the Methuen VFW last month for "Family Night" where family members of new Marine recruits were given a small taste of what their sons and daughters will experience when they arrive at Parris Island Marine Recruit Depot.

"I joined the marines so I could advance my education. I feel like a lot of people go to community college and that's really for anybody, so I wanted to do something different, I wanted to learn leadership and organizational skills. This is something that will prepare me for my future." Guarino says he also wants to be in the infantry after he finishes basic training at boot camp.

Keith Erickson graduated from Methuen High School in 2010 and ships out in June. "I wanted to be the best of the best, that's it," he said when asked why he joined the marines. "I probably would have gone to a two year college if I didn't join the marines, so I thought this would help me get more education. There are a lot more opportunities to get higher education in the Marines and they pay for it." Erickson said he plans on working Motor transport when he graduates from boot

camp.

Ray Martinez, also a Methuen High Graduate said he joined the marines out of a sense of duty. "I want to protect the nation and be part of the greatest fighting force in the world," he said.

"Before I enlisted I was incredibly overweight. A lot of people think that if they are overweight they can't get in, but you can get fit in the pre-training and you can get in. It's about motivation and they motivate you in the marines."



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## RONNIE'S RANTS

Random Thoughts with  
Ronnie Ford

Ronnie Ford

VALLEY PATRIOT OPINION COLUMNIST

Central Catholic High School introduces their first Spanish American Hall of Fame recipient. His name is Jonathan Cruz. Jonathan stands at six feet seven inches.

And believe me when I tell you, the size of his body isn't even close to the size of his class and personality. Not much for bragging or story telling, the large framed Cruz is just a good decent person. One of those people we need more of on this earth. I hope the youngsters will emulate Jonathan.

No trouble from Jonathan, except when it comes to facing him on the basketball court. His ability and agility unquestionably will mark him as one of, if not the best basketball talent to ever enhance the walls of the Marist School.

You are doing fantastic Jonathan, keep it up. CCHS, URI, and Quinnepiac College, hold your head high as we salute you along with the Spanish Americans that are greatly appreciative and proud! Please let us not forget the two great Hall of Fame recipients from Methuen, Casey Grange and John Rimas Jr. That's the way to do it!

## ELECTRONIC BENEFITS TRANSFER (EBT)

Electronic Benefits Transfer is an electronic system that allows a welfare recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received. It is used in all 50 states. The District of Columbia, Puerto Rico, the Virgin Islands and Guam. This has been in use since 2004. Isn't this special? Every month Uncle Sam makes a deposit to each person with an EBT card.

What ever happened to accountability? How about going down to the welfare office with a photo ID and picking up your check? While there, government employees can eye ball you and ask logical questions. Such as, has your status

changed, are your address and telephone still the same? Some people being devious will find ways to get money from ATM's and so forth, to buy liqueur and cigarettes and other things that are not covered by the magic card. All the while John Q. Public forks over all the free monies while working his job and trying to make ends meet honestly. Now you and I know that there are gazillions of recipients who are not qualified to receive these free goodies, because there are no checks and balances. Uncle Sam has deep, deep pockets!

Not!

When are we going to wise up and get rid of these bleeding liberals in the congress who give everything away? Between the stimulus plan that went nowhere, the gas prices that moves everything up higher from food to furniture to clothing, and yet, we keep the same Buffoons in office time and again. What is wrong with us? Its name is Apathy!

The Annual Neighborhood Reunion which includes anyone who attended the Assumption, Tarbox, Hood, or Lawlor Schools. If you hung around the Downey Flake Donut Shop, or Lawlor's Drug Store, or came from the Arlington District in the '40's 50's and early 60's, come on down.

The date is Monday June 25, 2012 at Jackson's Restaurant on the 110 Boulevard in Methuen, Mass. The time is 6:00 P. M. and you will have a great buffet that is only \$8.00 a person. There will also be a 50/50 drawing which will benefit the Wounded Warriors Fund. So come on down and laugh and see friends you have not seen for a while. Laugh till your stomach hurts!

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

And, we wish you enough.

*Ronnie Ford is the former host of Hot-Line on WCCM.*

*Ronnie may be contacted at radiotalk@comcast.net*



## The Merrimack Valley Irish Connection

St. Nathy's College, Ballaghaderin,  
Roscommon

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

\*The role and influence of the church in education and society can be seen in the following annual report from the diocesan examiner, in a letter from Father McCarrick, to Bishop Morrisroe in April 1942.

"My Lord,

I am glad to be able to report Lordship that the vast majority of the Teachers of the Diocese continue to give most efficient service in the teaching of Christian Doctrine. Need I say that such a happy state of affairs is most timely, in view of the ever-increasing attractions to vice which the modern world presents. I have often referred to the powerful influence for good that a good teacher can use.

Little scraps of advice culled from the experience of life, given to those under his/her care, now and again, or, as we say, by the way, may mean the difference between eternal salvation and moral shipwreck. This is more necessary than ever to counteract and lack of maternal control, which must bear the greatest portion of the blame for the blighted lives of some of our girls - in some instances of tender years. No amount of specious excuses can exonerate mothers from the charge of not fulfilling their most serious obligations before God. Should they not make certain and insist that their children, but especially their daughters esteem self-respect as their greatest natural attribute. If such were the case there would be much less cause for grief.

Here, let me ask, the language and deportment what those of a Catholic girl should be? I know in some cases they are not. I have learned on excellent authority what spiritual harm is caused in our dance halls and especially on the return journey. Some of our young maidens have lost the beautiful ideals of womanhood, which command the admiration of every decent-minded man.

I fear that they have discarded the Irish characteristic of feminine reserve, which is such a wonderful natural help on the practice of virtue. I am here stating what I feel should be known every mother worthy of the name.

Another matter upon which if should like to comment is the amalgamation of schools. Since I began my duties as Examiner in 1922, 1939 schools have been amalgamated. Serious objections which I need not here specify, New sources of information dangerous to the adolescent mind are to be encountered, and must nec-

essarily add to the teacher's worry. This is the first and most important objection.

Secondly, without detracting in the slightest degree from the attainments of the very best of male teachers. I maintain that they cannot give the training essential to growing girls. They have not the capability and that is all. The female pupils miss the touch of feminine character formation, which a woman only can impart, and the unhampered by the presence of the opposite sex. Their sense of refinement, too, seems to suffer in such surroundings. .... Increased efficiency can be bought at too dear a price.

Perhaps, I should refer also to the alarming depopulation of the countryside. In this matter I obtained statistics of some parishes, in the compilation of which, I most gratefully acknowledge the aid rendered by Priests and teachers concerned. One parish of less than 700 number 339 people who could be conveniently married, without hindrance, and are not. The number of children baptized during the last year in one area comprising three schools was 9.

A parish, which in the year 1901, had a population of 6403, had just 3776 thirty five years later. In the year 1920, the number of children baptized was 194; nineteen years later, the number was 39. A district of 480 families contains at the present time, 107 homes where normally one boy should have been married, and 92 girls similarly circumstanced bringing the total of eligible to 199.

In a parish also of less than 700 families, there are 285 people of marriageable age who are unmarried. In a certain school area there are 84 of the 117 families were there is not one school - going child. In the year 1922, the number on rolls in a school area was 147; this year the number was 39. In another school area about 4 miles removed the figures read in 1922, 235 this year 63.

The figures regarding some town lands in the parishes concerned are even more startling. In one I find that out of a total of 18 homes, there is not one school-going child, nor has there been for some time. In another there are 27 homes, in 24 of which there is not a single child attending school. In a third, 12 of the 18 householders are unmarried.

The number of teachers in the Diocese has decreased by 77 since the year 1922. If we add to this the number at present on parish list the total figure - bordering on 100 - will very forcibly bring before our

IRISH: PAGE 39

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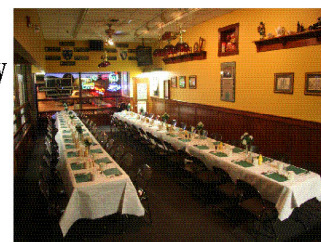
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TEACHERS OF THE YEAR: Ellen Tanguay of the Salem School District, Lucy Nickerson of Presentation of Mary, and Jason LaPointe from the Methuen School District. Student of the year Emily Dionne of Presentation of Mary. Reanna Lombardozi (inset) Emily West (SEE PAGE 21).

## Methuen Salem Rotary Honors Teachers and Students of the Year

Dinna Dizoglio  
METHUEN REPORTER

On April 3, Methuen, MA/Salem, NH Rotary hosted their second annual Celebration of Achievement Banquet at Merimack Valley Golf Club. President Elect Trudy Lawler call it the "signature event" which "recognizes teachers, students and awards scholarships". "It's something that we work toward all year long", she added.

Student of the Year Awards are presented to Salem and Methuen residents who are Juniors in High School. This year's recipients were Reanna Lombardozi of the Salem School District, Emily West Geary of the Methuen School District and Emiley Dionne of Presentation of Mary.

Teacher of the Year Awards were presented to Ellen Tanguay of the Salem School District, Lucy Nickerson of Presentation of Mary, and Jason LaPointe of the Methuen School District. Methuen High School Principal Jim Giuca called Mr. LaPointe a "fourteen year veteran of Methuen High School" with "solid performance". Mr. LaPointe's colleagues also commended him for his "willingness to assist his fellow teachers".

The Rotary awards three scholarships of two thousand dollars to Methuen and Salem residents who are seniors in high school. This year's recipients were Kristina Carlson of Salem High School, Jessica Chaya of Presentation of Mary, and Michelle Abou-Raad of Central Catholic. In her speech at the annual event, Methuen's Miss Abou-Raad commented on her commitment to "the Rotary's mission of



"Service above Self". "I believe children are the future of society; therefore, they need to be educated and fostered in order to make a difference. I cannot be any more grateful for the success of this promising program, and I cannot wait to see it continue even after I graduate from Central Catholic" said Miss Abou-Raad.

Rotary board member Veronica Calixto said, "While the club has done this for over 30 years, this is the second year that the club has hosted this event to celebrate with the honorees. It's great that we can honor students and teachers for their outstanding community involvement."

The Valley Patriot staff commends Methuen/Salem Rotary members and honorees for their hard work and dedication in our local communities.



## Mayor Announces Earth Day City-Wide Cleanup

Mayor James J. Fiorentini is inviting all Haverhill residents to participate in this year's Earth Day City wide clean up.

The clean up will take place on Saturday, April 21st from 8:30am to 1pm starting at the Citizens Center at 10 Welcome St. This year's event is a collaboration of the City of Haverhill, Haverhill's Brightside, the Greater Haverhill Chamber of Commerce, Haverhill Bank, Covanta, Magellan Aerospace, Shoe City Hardware, Spring Hill Natural Water, Starbucks, Sweet Things Bakery-Café, the Tap, Team Haverhill, Haverhill Beef, Cedar's Mediterranean Foods, Inc, and an army of dedicated and invaluable volunteers.

This year, interested volunteers are asked to pre-register so the coordinators will be able to plan ahead and have the best clean up ever. The website is <http://haverhillearthdaycleanup.eventbrite.com>. The first 150 volunteers to register will receive a t-shirt.

Volunteers are asked to bring their own gloves and tools - trash and leaf bags are provided.

As in the past, the City's Parks and Recreation Director Vincent Ouellette is the chief coordinator for this event and if you have any questions, please feel free to contact him at 978-374-2388, x 28. You can also email [cleanup@cityofhaverhill.com](mailto:cleanup@cityofhaverhill.com). All clean up locations are on City property.

"We are fortunate to have so many dedicated volunteers and groups working to make our City clean," Mayor Fiorentini said.

"This year we are hoping to have more participants than ever before throughout the City. Using an online registration system will facilitate our preparation and plan for the day. Let's make this year's clean up the best ever!"



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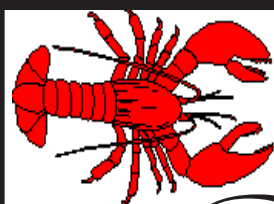
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# We are Lawrence? Four More Years of Obama

Peter Larocque

VALLEY PATRIOT POLITICAL COLUMNIST

The response to an article in March’s Boston Magazine entitled, “Lawrence, Ma: City of the Damned” by city politicians and community activist young and old has me scratching my head.

I do understand some of their reasoning, but in the end it is just more of the same, the blind leading the blind. As citizens of Lawrence, we should all know by now the statements made in the article; I will spare you a reiteration of them.

We also should be aware of the response to this article by Councilor at-Large Dan Rivera. There have been many editorials written in all the local papers concerning this one article including a video produced entitled, “We are Lawrence” available on facebook, featuring some of Lawrence’s political and community activist who got together at a local restaurant to discuss a course of action to respond to the article.

Some of the remarks by those attending were; “the young people of Lawrence believe what they are told”, “the world is a better place outside of Lawrence”, “Lawrence students are upset and confused by what they are being told about their city”.

The action that was birthed from this meeting was the “We are Lawrence Rally” which took place at Pemberton Park on Tuesday afternoon March 13, 2012. This was followed by a march in Boston on March 21, 2012 in front of the offices of The Boston Magazine asking the magazine to write a follow up story that is more balanced with the positive progress of what is happening in Lawrence. I must ask the question, why did you march wearing masks?

Before I give my reasoning behind my blind leading the blind statement, let me say that I applaud all those who participated in these “We are Lawrence Rallies and marches”!

I tip my hat to all of you and say good job! Citizens’ working together for a good common goal is always commendable! But unfortunately the Mayor ruined your good intentions by giving an interview at the “We are Lawrence” rally in Lawrence. Mayor Lantigua said that the reason for all the negative articles written about him and the great City of Lawrence was due to racism! Then we wonder why our young people are upset and confused! This is what I am talking about when I say, “The

blind are leading the blind!”

The real reason why our young people of Lawrence are upset and confused is not because of all the negative press that the city receives. The reason for their confused state of mind is because of the mixed message they are constantly being bombarded with by the State’s and City’s Elected Officials.

On one hand they are told again and again that the city is improving and moving forward and that the city is making progress toward the goal of being self sufficient. Then, on the other hand before you can say, “self reliance and self governing” a politician’s hand goes out to receive another bailout of some kind.

For example, Lawrence received \$6,749,168 dollars from the American Recovery & Reinvestment Act of 2009 under the title of State Fiscal Stabilization so that teachers would not be laid off. Then the city was granted permission in 2010 to deficit borrow 24 Million dollars so that Police and Firemen would not be laid off. After permission was granted, Police and Firemen were laid off anyways. Also with that permission to borrow, a State Overseer was appointed to Lawrence to oversee Lawrence’s City budget. Most recently, a State appointed Receiver/Superintendent came to Lawrence as a result of the Massachusetts Department of Elementary and Secondary Education Takeover of Lawrence’s Public Schools. This Takeover was due to an 81 page report by the DOE on the status of Lawrence’s Public Schools which highlighted the fact of a lack of Leadership and Direction given to the School Administration by Mayor Lantigua who also chairs the School Committee along with the other Members of the Lawrence School Committee.

Now I ask? Where was the rally put on by Lawrence’s politicians and community activist when Lawrence politicians had their hands out to receive all this bailout money? Where was the rally put on by Lawrence’s politicians and community activist when Lawrence received its appointed Overseer? Where was the rally when Police Officers and Firemen were laid off? Where was the rally put on by Lawrence’s politicians and community activist when Lawrence’s Public Schools were taken over and a Receiver/Superintendent was appointed? Where is the rally put on by Law-

**WE ARE LAWRENCE?: PAGE 28**

Jamison Tomasek

VALLEY PATRIOT OPINION COLUMNIST

While it looks exceptionally likely that former Massachusetts governor Mitt Romney will be the Republican nominee for President, don’t plan on seeing him and all those kids and grandkids in the White House.

Many believe that President Obama will win another term and here’s why.

The Electoral College is currently tilted towards Democrats.

There are 538 electoral votes (one for each state’s senators plus representatives and three for DC), and 270 are needed to win. In our evenly divided country, Bush in 2000 and 2004 won very narrow electoral victories.

Despite Obama’s low popularity numbers, these same circumstances are in play in 2012. Florida (deciding state in 2000) and Ohio (2004) have to go Romney’s way, in addition to taking back all the normally Republican states McCain lost in 2008.

The accompanying chart shows how close it is, with Obama likely getting more. National Republican efforts reportedly have shifted to taking control of the Senate rather than supporting efforts to take the presidency. Polls show Romney behind in key states.

Romney doesn’t have a base, and it’s hard for him to be centrist. Two ways to win elections: 1. Take a position in the middle and hope the middle vote for you. Obama took this track in 2008, using phrases like “reaching across the aisle (meaning pushing bipartisan legislation) and “common sense approach” to portray himself as such. Never mind that he hasn’t actually acted as a centrist, now he’s in, and he can help write the story (with the support of the media).

The Republicans, at least as they are portrayed in the press, appear to be more conservative, thereby conceding the middle ground to the President. The second approach is to bring out your “base” or people who would naturally vote for

you in big numbers. In 2004 George Bush got out social conservative voters in high percentages, and this swung key states like Ohio. Mitt Romney is a person with a record of being all over the place with social issues. Social conservatives, as evidenced by his long primary travails, will only skeptically back him. In order to get

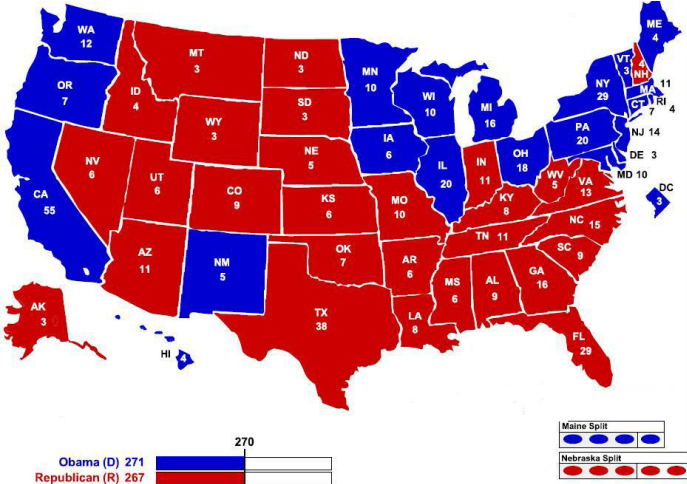
nominated he moved further right on many issues, so he can’t really stake out a spot in the middle either.

Demographic changes are influencing elections. The Democratic Party has in its camp public sector unions that today represent one of the largest unionized workforces. Young people are disproportionately Democratic.

They also have people of color in their pocket who vote Democratic in high (80+) percentages, and everyone who works in the mostly government funded nonprofit segment know which side their bread is buttered. These groups make up a majority in many large states.

Lastly and most importantly the woman factor works against Romney. Something about Obama definitely appeals to women. Conversely Romney does not, though better than his Republican rivals. Currently women favor Obama over any Republican by a significant margin. Additionally Republican primaries have been sending out negative signals to the independent woman.

While many of the issues (Planned Parenthood, insurance coverage of contraception) are legitimate topics for debate, the messages that will probably get through, supported by negative advertising, are could be heard by many as anti-women. Things may change. Maybe the economy takes a nosedive (NOT hoping for this!). Maybe Mitt runs a brilliant, flawless campaign, and shows people a side that hasn’t been seen. Maybe Obama says or does something really stupid. But all things being equal, get ready for four more years.



## First Hispanic Astronaut to Visit The Valley

Dr. Franklin Chang Diaz, the first Hispanic NASA astronaut, will present a Northern Essex Community College White Fund lecture titled “My Personal Journey through the American Dream” on Sunday, April 22, from 2 to 4 p.m. at the Lawrence Senior Center, 155 Haverhill St., and again on Monday, April 23, from 8:45 to 10 a.m. at Lawrence High School, 70-71 North Parish St.

Both presentations are free and open to the public and are part of a series of events celebrating the college’s 50th anniversary and the Inauguration of President Lane A. Glenn.

Chang Diaz will make a third presentation, sponsored by the NECC Contemporary Affairs Club, from noon to 1 p.m. on Monday, April 23, at Northern Essex Community College’s Haverhill campus in the David Hartleb Technology Center, 100 Elliott St. This presentation is also free and open to the public.

The first two presentations also received support from the NECC Fund, the

Lawrence Cultural Council, and NECC’s Hispanic Cultural Enrichment Program.

When Chang Diaz arrived in the United States in 1968 from Costa Rica, the 18-year-old had \$50 in his pocket and couldn’t speak English. By 1977 he had earned his Ph.D. in applied plasma physics from the Massachusetts Institute of Technology. In 1981 he became the nation’s first Hispanic NASA astronaut. He went on to become a veteran of seven space missions logging more than 1,600 hours in space, including 19 hours in three space walks.

He is also founder and current chairman and CEO of Ad Astra Rocket Company, a US firm developing advanced plasma rocket technology with operations in Houston, Texas and Guanacaste, Costa Rica. Today, he is an adjunct professor of physics at Rice University and the University of Houston.

For a full schedule of events, visit the college’s 50th anniversary website at <http://www.necc.mass.edu/celebrating->

50-years-of-making-a-difference/

The White Fund’s purpose is to have a free series of interactive presentations for Lawrence area adults, youth, and children. The audience is encouraged to seek wisdom, cultural enrichment, and intellectual enhancement by attending and participating.

Funded by a generous financial gift from the Honorable Daniel Appleton White, the White Fund Lecture Series has provided cultural conversation featuring well-known lecturers in fields such as history, literature, travel, the arts, and politics.

The White Fund is collaborating with Northern Essex on this series.

For additional information, call 978-738-7403 or visit the website [www.necc.mass.edu/whitefund](http://www.necc.mass.edu/whitefund)

The views expressed in the White Fund Enlightenment Series Presentations are the views of the speaker and do not necessarily reflect the views or policies of Northern Essex Community College.



In 1981 Chang Diaz became the nation’s first Hispanic NASA astronaut.

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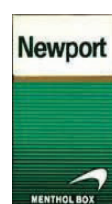
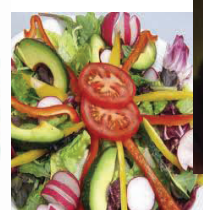
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# LAWRENCE NON-PROFITS OWN \$558M

In July of 2008, The Valley Patriot published a list of the assets owned by Non-Profits in the City of Lawrence and the incomes of each organization. At that time there were 227 Non-Profits in Lawrence that owned more than \$427 Million in property assets and had a total NON-taxable income exceeding \$515.8 million. Four years later, With Lawrence drawing in little more than \$40 million in local property taxes (and receiving 100% funding for it's schools from the state, and aprox. 80% of the city's overall budget from the state) Non-Profits in Lawrence owned more than \$558MIL and more than \$639MIL in income.

NON-PROFIT	ASSET AMT.	INCOME AMT
ACTING OUT THEATER COMPANY (c/o LINDA SCHOONMAKER)	\$10,509	\$94,683
ADELANTE INC	\$28,859	\$309,430
ALLAN J BATTERSHILL FUND OF THE LAWRENCE ROTARY CLUB	\$170,589	\$8,398
ALLEN J ASH LAWRENCE BAR ASSN EDUCATIONAL TRUST(c/o MCINNIS)	21,483	\$877
AMERICAN FEDERATION OF TEACHERS LAWRENCE FEDERATION OF PARA PROF 3 (c/o PAMELA HALLORAN PRES)	\$0	\$0
AMERICAN LEBANESE AWARENESS ASSOCIATION INC	\$395,051	\$37,303
AMERICAN TRAINING INC	\$8,616,731	\$17,133,231
AMERICAN YOUTH FOOTBALL INC (c/o ERIC J TINE)	\$128	\$61,903
AMESBURY GARDENS TENANTS ASSOCIATION INC	\$6,077,905	\$1,596,844
ARLINGTON COMMUNITY TRABAJANDO INC	\$24,619	\$83,617
ASIAN CENTER OF MERRIMACK VALLEY INC	\$317,744	\$302,748
BAVARIAN READING AND PROGRESSIVE SOCIETY (c/o BOSTON BUSINESS SERVS)	\$89,885	\$233,178
BENEVOLENT & PROTECTIVE ORDER OF ELKS OF THE USA	\$4,012,949	\$1,009,608
BERKELEY RETIREMENT HOME	\$3,267,630	\$3,014,643
BERKELEY SOCIAL CLUB INC	\$105,788	\$179,446
BIG BROTHER-BIG SISTER ASSOCIATION OF GREATER LAWRENCE INC	\$40,298	\$245,365
BLESSED STEPHEN BELLESINI O S A ACADEMY INC (C/O Merrimack College)	\$3,202,836	\$1,296,000
BREAD & ROSES HOUSING INC	\$1,310,238	\$666,357
BREAD & ROSES INC	\$566,934	\$253,174
BREAD AND ROSES HERITAGE COMMITTEE INC	\$10,153	\$26,722
C L A S S INC ONE PARKER ST	\$6,267,191	\$7,971,416
CASA DOMINICANA INC (c/o ADMINISTRATION)	\$37,527	\$135,811
CENTRAL CATHOLIC HIGH SCHOOL INC	\$31,772,330	\$17,073,862
COMMUNITY CENTER TRUST LAWRENCE LODGE 902 O S I A	\$999,968	\$109,924
COMMUNITY DAY CARE CENTER OF LAWRENCE INC	\$19,901,122	\$79,476,476
COMMUNITY MEDICAL ASSOCIATES INC (c/o EDWARD L DUDLEY III)	\$162,385	\$165,593
COMMUNITY OF HOPE INC (c/o TRACY L NORTON)	\$1,117	\$921
ELDER SERVICES OF THE MERRIMACK VALLEY INC	\$10,443,607	\$35,393,728
ESPERANZA ACADEMY INC	\$2,584,293	\$1,145,222
ESSEX ART CENTER INC	\$481,714	\$510,613
FAMILY SERVICE INC 430 N CANAL ST	\$1,064,124	\$2,203,456
FCP INC - 360 MERRIMACK ST STE 9	\$2,768,288	\$13,988,895
FHI LAWRENCE ANDOVER INC (c/o YVONNE ALLARD)	\$565,764	\$208,533
FIDELITY HOUSE INC 1 PARKER ST	\$4,184,566	\$10,705,349
FIRST CHOICE CREDIT UNION 55 MARSTON ST	\$7,340,374	\$325,653
FRIENDS OF LAWRENCE HERITAGE STATE PK	\$12,694	\$19,770
FRIENDS OF THE LAWRENCE PUBLIC LIBRARY INC (c/o PHYLLIS C TYLER)	\$11,691	\$31,903
GARDEN STREET APARTMENTS INC	\$616,517	\$72,924
GARDNER CHARITABLE FOUNDATION	\$2,026,932	\$479,107
GERMAN OLD FOLKS HOME INC	\$539,037	\$899,897
GR. LAWRENCE CHAMBER FOUNDATION INC	\$22,076	\$7,306
GREATER LAWRENCE COMMUNITY ACTION COUNCIL INC	\$12,246,864	\$29,706,980
GR. LAWRENCE COMMUNITY BOATING PROGRAM INC	\$190,552	\$352,497
GR. LAWRENCE FAMILY HEALTH CENTER INC	\$22,325,645	\$46,746,447
GREATER LAWRENCE REVOLVING LOAN FUND INC	\$242,198	\$1,589
GR.LAWRENCE COMMUNITY BOATING PRGRM INC	\$190,552	\$352,497

\*SOURCE: Taxexemptworld.com

NON-PROFIT	ASSET AMT.	INCOME AMT
GROUNDWORK LAWRENCE INC (c/o HEATHER MC MANN)	\$125,518	\$509,543
HABITAT FOR HUMANITY INTERNATIONAL INC (c/o LARRY SHARP)	\$2,646,280	\$1,072,192
HENRY J NASSAR CHARITABLE FOUNDATION (c/o H J NASSAR MOTOR CO INC)	\$0	\$8
HOME CARE INC	\$1,245,076	\$6,103,958
HOME HEALTH FOUNDATION INC	\$58,795,035	\$7,380,799
HOME HEALTH VNA INC	\$16,240,206	\$16,240,206
HOMES OF CARE I INC (c/o ARTHUR BRADY)	\$826,010	\$79,253
HOMES OF CARE II INC (c/o ARTHUR BRADY)	\$936,893	\$515,179
HOMES OF CARE III INC (c/o THOMAS M CONNORS)	\$454,559	\$53,001
HOMES OF CARE INC (c/o ARTHUR J BRADY)	\$558,921	\$19,074
IGLESIA CRISTIANA EL SHADDAI	\$0	\$45,343
IMMIGRANT CITY ARCHIVES INC	\$465,782	\$216,340
INTERNATIONAL ASSOCIATION OF FIRE FIGHTERS (c/o HECTOR SANTIAGO)	\$69,098	\$82,451
INTERNATIONAL INSTITUTE OF GR. LAWRENCE INC	\$840,272	\$1,409,922
JUDGE JOSEPH F BACIGALUPO LAWRENCE BAR ASSOCIATION EDUCATIONAL TRUST (c/o JAMES J MCINNIS)	\$16,505	\$987
KID START INCORPORATED	\$1,853,279	\$3,417,805
LAWRENCE BOYS CLUB	\$10,385,080	\$1,651,461
LAWRENCE COMMUNITY ACCESS TELEVISION (c/o JAMES R ROSS)	\$631,359	\$331,694
LAWRENCE COMMUNITY WORKS INC	\$18,585,155	\$5,607,985
LAWRENCE CULTURAL ALLIANCE (c/o FRANK E FALVEY)	\$2,193	\$49,500
LAWRENCE FAMILY DEVELOPMENT AND EDUCATION FUND INC (c/o MS PATRICIA KARL )	\$8,128,605	\$1,852,647
LAWRENCE GENERAL HOSPITAL	\$125,251,603	\$182,764,828
LAWRENCE PARTNERS IN EDUCATION INC	\$1,769	\$110,575
LAWRENCE POLICE ATHLETIC LEAGUE INC	\$3,741	\$76,481
LAWRENCE POSTAL EMPLOYEES CREDIT UNION	\$460,667	\$23,345
LAWRENCE ROD & GUN CLUB INC	\$378,643	\$50,986
LAWRENCE ROTARY FOUNDATION INC (c/o GORDON HARRINGTON & OSBORN PC)	\$94,192	\$52,986
LAWTOWN BOXING GYM INC (c/o EDWIN CANDELARRO)	\$166	\$2,330
LAZARUS HOUSE INCORPORATED	\$5,478,419	\$7,665,252
LEADERSHIP AND LITERACY FOUNDATION INC (c/o SUSAN LEGER FERRARO)	\$30,517	\$39,400
LGH CHARITABLE TRUST INC	\$21,503,535	\$4,534,660
LGI INC (c/o JONATHAN LEAVITT)	\$9,144	\$63,325
LITTLE LEAGUE BASEBALL INC (c/o PAUL D LAMBERT)	\$6,780	\$41,183
LUMBINI BUDDHIST ASSOCIATION INC (c/o HENRY LE)	\$192,270	\$115,235
MARY IMMACULATE ADULT DAY HEALTH DAY CARE CENTER INC	\$2,494,594	\$1,992,041
GRAND LODGE OF MASONS IN MASS (c/o ROBERT BARRY)	\$130,572	\$65,721
MENCIA FOUNDATION INC (c/o ANGELA GUTIERREZ)	\$10,315	\$13,817
MENTAL HEALTH RESOURCE PLUS INC	\$1,120,565	\$1,384,091
MERRIMACK RIVER COMMUNITY CHILD CARE INC	\$142,619	\$524,021
MERRIMACK RIVER WATERSHED COUNCIL INC	\$648,480	\$120,113
M. VALLEY CHAMBER OF COMMERCE INC	\$931,624	\$810,145
M. VALLEY COMMUNITY SERVICE CORP INC (c/o JOSEPH F SWEENEY)	\$2,315	\$394,580
MERRIMACK VALLEY DAY CARE INC	\$57,034	\$315,728
MERRIMACK VALLEY HOSPICE INC	\$19,782,466	\$14,293,779
MERRIMACK VALLEY PROJECT INC	\$169,094	\$153,510
MERRIMACK VALLEY SMALL BUSINESS DEVELOPMENT COUNCIL INC	\$35,260	\$94,476

FOR MORE PLEASE SEE PAGE 37

# Standing up for Victims of Murder

The Merrimack Valley Chapter of Parents of Murdered Children, (POMC) invites you to the 4th Annual Candlelight Vigil on April 23, 2012, in recognition of National Crime Victim's Rights Week. This year's theme, Extending the Vision: Reaching Every Victim" and the theme colors are blue and black.

The event opens at the Lowell Senior Center 5PM with informational booths and social gathering. We then will culminate for the candlelight walk at 7:30PM and proceed to City Hall at where the speaking engagement will take place. Some of the speakers who will be in attendance are, Senator Eileen Donoghue, Sheriff Peter Koutoujian, Rep. Tom Golden and Community VOICES, Laurie Myers.

Also speaking is Assistant DA Pam Wechsler, Chief of the Lowell Region for the Middlesex District Attorney's Office. ADA Wechsler has a lengthy and extensive career as a prosecutor, holding leadership positions at the Suffolk DA's Office, the Attorney General's Office,

and the Department of Justice before taking a hiatus to write for television crime dramas, including Canterbury's Law, Conviction and three Law and Order series (Law and Order, Trial by Jury and Criminal Intent).

(Please note: If it rains we will have the vigil at the Senior Center.)

2012 National Crime Victims' Rights Week will recall the ideals that inspired the decades-long struggle of the victims' rights movement and challenge all Americans to honor victims' rights. This event is for all survivors of all crimes. "We will have information booths for anyone looking for help," said Arnie Muscovitz, Chapter Leader of the Merrimack Valley Chapter of POMC. Mr. Muscovitz went on to say "This is a great awareness tool and hopefully it would make people more educated and prevent these horrible crimes from happening."

Only a few decades ago, unfairness, indignities, and disrespect confronted many victims of crime. Victims of

Crime in America, the 1984 report of the President's Task Force on Victims of Crime, described a "hellish" justice system, focused on offenders and indifferent to victims' needs.

As of 2010, every state has passed victims' rights laws, and 32 states have constitutional victims' rights amendments. All states have victim compensation funds, and more than 10,000 victim assistance programs exist throughout the country. Such changes have made victims participants, rather than bystanders, in the criminal justice system.

Yet much work remains. Victims' rights are not always enforced. Some victims receive no notice when a trial is scheduled or an offender released. Some courts deny victims' right to be heard at sentencing or to be present at trials, or they fail to order restitution or issue protection orders to keep victims safe. Some victims never learn about victim compensation or receive victim services, an increasing reality during our current economic downturn. Such failures block

victims' access to their rights. "Arnie Muscovitz has been a tireless advocate for the families of victims and we are grateful for all that he continues to do," said Senator Eileen Donoghue. "Community cooperation is vital to ending these acts of violence, and we cannot cooperate unless we communicate. This day is important for encouraging communication on the issues facing victims' families."

Community members are encouraged to join in the week's activities and get involved in helping victims of crime.

"Without Arnie Muscovitz and his leadership, the knowledge of how many families locally and nationally who have been impacted with such tragedy has such a profound effect, says Mayor Patrick Ó. Murphy

I leave you with this..... "The death of a loved one leaves a heartache no one can heal, the love of a loved one leaves a memory no one can steal."

## Daniel Lahiff Pays \$5,000 Civil Penalty, for Conflict of Interest Law Violations

**Lowell Regional Water Utility Executive Director Improperly used Utility generators and employees for personal purposes**

The Ethics Commission approved a Disposition Agreement in which Lowell Regional Water Utility ("LRWU") Executive Director Daniel Lahiff admitted to violating MG.L. c. 268A, *the conflict of interest law*, by using an LRWU generator in his home, by soliciting an LRWU employee to transport and connect an LRWU generator to his home furnace during power outages, and by using another LRWU employee to perform private contracting work. Pursuant to the Agreement, Lahiff paid a \$5,000 civil penalty for the violations.

According to the Agreement, in December 2008, when ice storms caused widespread power outages in the region, Lahiff transported an LRWU generator to and from his home and solicited an LRWU employee to connect the generator to supply electricity to Lahiff's residence. The generator remained at Lahiff's home for approximately 24 hours. In 2009, during another power outage that occurred when Lahiff was out of state, Lahiff solicited the same LRWU employee to transport the LRWU generator to and from Lahiff's home and connect it so to restore power for a member of Lahiff's family who was in the home. Connecting the generator to the furnace involved electrical work to create a bypass in the circuit board.

The employee transported the generator and performed the electrical work on his own private time. Lahiff paid the employee approximately \$100 in each instance. The Agreement states that in each instance,

Lahiff received a discount of at least \$300 from what he would typically have had to pay to rent a generator and to hire someone to perform the electrical work.

The Agreement also states that in 2009, Lahiff solicited another LRWU employee to install a wood floor in Lahiff's residence. The employee charged Lahiff a discounted rate of \$150 for four hours of labor, less than the fair market value for the labor of at least \$375.

Section 23(b)(2) of the conflict of interest law prohibits a municipal employee from knowingly, or with reason to know, using or attempting to use his official position to secure for himself or others unwarranted privileges or exemptions which are of substantial value and which are not properly available to similarly situated individuals. According to the Agreement, Lahiff violated section 23(b)(2) by securing the LRWU generator for his own personal use, by soliciting an LRWU subordinate to transport and connect the generator, and by securing the services of a subordinate to install a wood floor at a discount.

"Public employees are prohibited from using public resources, including public equipment and the time and services of public employees, for personal purposes," stated Executive Director Karen L. Nober. "Private business relationships between supervisors and their subordinates are inherently exploitable, and are generally prohibited unless specific safeguards are in place."

## Robinson Middle School Legacy Wall Project

Come share your fondest memories, reunite with old friends and help us design the schools legacy wall by creating your own legacy tile.

Join Us April 26th 7-9pm @ The Robinson Middle School for Alumni Night  
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This donation also helps this year's 8th grade class graduates build their own Legacy Wall

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## DRACUT HAPPENINGS

Please refer to the Town of Dracut Website [www.dracut-ma.us](http://www.dracut-ma.us) for meeting locations

- April 9th
- Finance Committee 7pm  
Dracut School Committee 7pm  
Permanent Building Comm. 5pm  
Affordable Housing 6pm
- April 10th
- Board of Selectmen 6pm Exec. Session  
Board of Selectmen 7pm  
Veterans Park Concessions 6pm
- April 11th
- Planning Board CANCELLED  
Permanent Building Comm. 5pm  
Agricultural Commission 7pm

- April 16th
- Town Hall Closed Patriot's Day
- April 18
- Council on Aging 2:30pm  
Historical Commission 7pm

- April 24th
- Board of Selectman 7pm

- April 25
- Planning Board 7pm

- April 26th
- Zoning Board of Appeals 7pm

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At a celebration that every pet lover can appreciate and understand, "A Remembrance of Special Pets" was held on Sunday, April first, at Ciao Bow Wow in North Andover. Store owner, Melanie LaRocca, hosted the champagne and cake event to give her many customers and friends the opportunity to memorialize their pets who had passed away. Attendees brought pictures of their dogs, cats, and horses, and shared stories about the happy times their pets brought to their owners' lives. Interfaith minister Reverend Ann McCann led the memorial, finishing with the words "As long as we live, they too will live; for they are now a part of us because. . ." and attendees chorused "We remember them." Knowing they were among others who had experienced the pain of losing a pet, guests felt comfortable sharing their heartfelt stories. Ms. LaRocca, seeing the tears and laughter and happy participation of her guests, decided that Ciao Bow Wow would house A Remembrance of Special Pets as an annual get together.

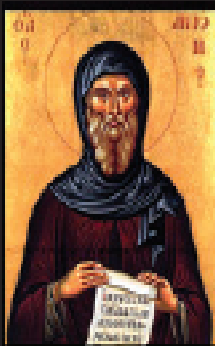
Remembering

James

"Jimmy" Tarshi

The Joy, Laughter and Charity You Brought  
To Us All Will Live On in Your Memory

Sadly missed by Family,  
Friends, and Colleagues



*"And we are not afraid, but are content to  
die for then we will be at home with  
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Left to right: Judge Mark Newman, Allen Hope President of Local Construction Company, Brian Monaghan Cheif Probation Officer, Joe Feilds Probation Officer, Rick St.Onge Probation Officer, Hung Nguyen Graduate of the Fatherhood Program Middle Left to right: Attorney Dick Consoli, Naftaly Frias Graduate of Fatherhood Program. Front left to right: Paul Mortan Claddagh Pub, Frank Audy, Probation Officer. Photo by Samantha Audy



Carissa & Judy Speight Methuen, Mass. with their grandmother Carmela DiLorenzo

## 105 Years Young and Still Going Strong

As anyone with elderly parents can attest, caring for them can be a daily struggle. For Alfred & Betty Santantino, it means caring for Betty’s 105-year old mother Carmela DiLorenzo. She is described as healthy and active by her daughter. On the 6th of February 2012, the Santantino family of Milk St. Methuen celebrated the 105th birthday of the family’s matriarch, Carmela DiLorenzo. Born in Naples, Italy, in 1907, and being the only daughter of a family of 11, she credits her longevity to “good Italian homemade food, a glass of table wine, and a large loving family.” DiLorenzo is a mother of 5 children (3) girls and (2) boys a grandmother to 9, and great grandmother to 18.

Her years in America have been peaceful and fulfilling despite the suffering through World War II and the language barrier. Carmela, her husband, and children immigrated to America in 1956. She never learned English, but, fortunately her kids picked it up quickly. Carmela lived in Lawrence until the death of her husband, Pasquale DiLorenzo, in 1999; he was 91 years of age.

Some of her favorite activities are cooking and playing the Italian card game Scopa. She’s also a fan of Megabucks and the slot machines at The Foxwoods Casino. She’s also banking on hitting the jackpot on scratch tickets. “I want to win a lot of money and share it with the family,” said DiLorenzo. In 2007, the city of Lawrence rewarded her longevity with a key to the city and designated February 6th as Carmela DiLorenzo day. “It’s not easy,” Santantino said, “Caring for your elderly parent, but you do it all out of love.”-Sent in by Judy Speight



LAURA HILLARD QUINN WITH SENATOR SCOTT BROWN AT THE HUNTINGTON DISEASE FUNDRAISER IN LEXINGTON U.S. Senator Scott Brown Competed in Free Throw Competition at Huntington’s Disease Society of America Hoop-a-Thon in Lexington last month when he faced off against nationally recognized basketball reporter Jackie MacMullan at the Lexington High School gym in an annual event that raises funds for HDSDA. Attendees collected pledges for each free throw they made in a five-minute period.



Emily West Geary from Methuen High School was one of three students named Student of the Year by the Methuen-Salem Rotary Club during this years Scholarship Banquet held at the Merrimack Valley Golf Club on Howe Street Methuen.

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Pictured Left To Right Are: Massachusetts Lions Eye Research Fund President Ted Irvin and District 33 N Zone 1 And 2 Chairperson Stacie Whittier, receiving The District Governor’s Team Excellence Award. From Massachusetts Lions District 33N Governor Jeannine Gentleman. This Award is for excellence earned by the two veteran Salisbury Lions In Team excellence, Leadership, Membership Growth And Retention: Lions Irvin and Whittier Where The only two Lions on the east coast to qualify for this High International Lions Clubs Award

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TOM DUGGAN'S NOTEBOOK

**WILFREDO LABOY** - I know there are people out there who hate Wilfredo Laboy, and maybe for good reason. But, after three years of investigations, rumors of millions of dollars being stolen or misspent, accusations that Laboy was the anti-Christ of the public sector, accusations against dozens of school department employees, and a barrage of biased press reports that were sometimes outright libelous: it seems the exorbitant amount of money spent on prosecuting Wilfredo Laboy was hardly worth the 90 days in jail he was sentenced to (and he didn't even serve that). Quite frankly I don't think Laboy should have gotten any jail time. It is and has always been my belief, that while the prison system is letting violent offenders out early because of overcrowding, letting any non-violent offender take up a precious jail space is a threat to public safety. Surely there was something else the judge could have sentenced Laboy to rather than allowing someone violent to revolve out of the system to make room for a 60 year old man who had never even been arrested before, isn't a threat to the public and was convicted of a white collar crime. What is truly sad about the Wilfredo Laboy trial is that there were many, MANY others who were involved in wrongdoing (and some still are) who either got a free pass to testify against Laboy or were never charged at all. That seems like a pretty hefty price to give one guy the equivalent of 45 days in jail.

**The Cahill Indictment** – Former State Treasurer Tim Cahill has been charged and indicted by Attorney General Martha Coakley for running lottery commercials at the same time he was running for Governor against Deval Patrick. Commercials that never mentioned Cahill by name and didn't benefit him at the polls on election day. So, let me see if I have this right... for YEARS (at least five by my count) Martha Coakley did absolutely nothing about the public corruption in Law-

rence Mayor Willie Lantigua's administration. She did nothing to hold him accountable when he consistently violated campaign finance laws, freedom of information laws, and a myriad of other infractions that Lantigua (who endorses republicans like Frank Cousins and Paul Adams) has been involved in. Yet, less than two years after Cahill's run for Governor she has already investigated and indicted Cahill. Ironically, (or maybe not so ironically) Coakley has announced she is running for reelection... in two years! Maybe there is more here than meets the eye, but from what we have seen and heard so far about Coakley's accusations against Cahill, this one doesn't pass the smell test. Did Martha Coakley hold any press conferences or appear on any tv or radio shows while she was running for office that were directly tied crowing about her job as attorney general? I seem to remember a lot of public appearances by our beloved AG while she was running for US Senate. I guess the key to breaking the law and staying off Coakley's indictment priority list is to be a Democrat, give her use of your campaign office when she runs, and refrain from leaving the Democrat arty to run against an incumbent.

**Bar Problems in Lawrence and Lowell** – Sometimes the solution that seems to be a difficult problem is really so simple it stares you in the face and you still can't see it. So is the case with the recent spate of Bar brawls in Lawrence and Lowell in the last several months. Politicians reacting to the violence in both cities took similar approaches to the problem (roll back last call and have more restrictive regulations on bars). I think we should be thinking outside the box and just do away with last call completely. If you think about, the real problem in Lawrence and Lowell all boils down to the fact that every bar gets out at the same time, pouring drunken patrons into the streets and causing havoc.

Doing away with last call would mean that people who frequent drinking establishments would go home when they wanted to (all at different times) and there would be much less conflict on the streets. Of course, politicians will NEVER do that because that would actually solve the problem and give patrons more freedom to do what they want.

**TEA PARTY RALLY** - On Sunday, April 15th, the Worcester County Tea Parties are holding the fourth annual Tax Day Rally. This patriotic event will take place at Lincoln Square, Worcester starting at 2:00pm. Tea party members will be showcasing their unique style of political activism. As always the rally is free and open to the public. Hear the perspective of these informative speakers: Andrew Bernstein, Philosopher, novelist, and author of Capitalist Solutions. Aaron Goldstein, Liberty advocate and writer for the American Spectator. Mary Connaughton, CPA and Pioneer Institute Director of Finance and Administration. Mary was a former board member of both the Massachusetts Turnpike Authority and the Commonwealth Corporation, as well as a member of the Massachusetts Commission on Judicial Conduct. Alicia Anderson, Student, Shrewsbury Schools. The Worcester County Tea Parties are a response to the excesses of bloated and wasteful big government. We seek the return to our founding Constitutional principles of personal responsibility, dignity for every individual, equality under the law, liberty, and economic freedom for all regardless of race, creed, color, and wealth. The Worcester County Tea Parties will accomplish these objectives through recruiting, educating, organizing, and mobilizing the citizens of the Commonwealth. For more information check the website: <http://www.worcesterteaparty.com>

**ACHLS ANNOUNCES FREE TUITION** The American College of History and Legal Studies (ACHLS) has announced that it will

grant free tuition to qualified persons who start their junior year at ACHLS in 2012-13. Those who thereafter choose to spend their senior year (of 2013-14) at ACHLS instead of going to MSL in 2013-14 (or who are ineligible to go to MSL then) will have to pay only half tuition (or \$5,000) in their senior year. These tuition plans carry forward the plan begun in 2011-12: i.e., free tuition in the junior year and half tuition in the senior year for those who do not transfer to MSL after their junior year. Michael Chesson, the Founding Professor and Dean of ACHLS, said that "The elimination of tuition during the junior year will tremendously assist students pursuing their undergraduate education. With the rising cost of tuition at other colleges, the ACHLS offers the alternative of a rigorous education, a convenient class schedule, and no cost to students in their junior year." ACHLS is located in Salem, New Hampshire. For information about ACHLS, to schedule a visit, request further information, or to apply, visit [www.achls.org](http://www.achls.org) – email [info@achls.org](mailto:info@achls.org) -- or call 603.458.5145.

**BJ'S CHARITABLE FOUNDATION** to donate \$32,500.00 to 5 nonprofits in The Valley. BJ's has announced that they will be making donations to the following local charities:

- Bread & Roses (Lawrence, MA) \$12,500 - To purchase food to be served at the Nightly Meals Program and to distribute through the Emergency Food Pantry. Bread and Roses offers a soup kitchen, food pantry, clothing, childcare supplies, a welfare resource center, and free medical screenings.

- Lazarus House Incorporated (Lawrence, MA) \$5,000 - To pay the direct service, program-related portion of the salary of the Food Coordinator a portion of utilities and a portion of supplies to prepare food for St. Martha's Food Pantry.

- Emmaus Inc. (Haverhill, MA) \$5,000 - To pay a portion of the direct service, program-

NEXT PAGE

Methuen High Students Confront IDD Together in Best Buddies Initiative

DIANA DIZOGLIO

Methuen—On March 30th, the Timony auditorium was filled with parents and supporters of the Best Buddies Initiative for a student organized fundraiser. Best Buddies was started to raise awareness and create a support system for students with intellectual and developmental disabilities (IDD). According to their mission statement, it is a "volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with IDD."

The program included an array of modeling, skits and dance performances by Methuen High students. One notable performance was that of Michael O'Donnell, Alexandra Pacheco and Conor Clark. The enthusiastic trio contributed a Milli Vanilli styled, satirical dance number to a popular Justin Beber tune. "We were just at practice goofing around and they decided to add it to the show", said student volunteer Michael O'Donnell. "I love helping out", he added.

Dr. Dante Santone is a proud father of a daughter who was diagnosed with aspergers. "This gives all of these kids a sense of purpose, unity and belonging. Not just to the kids with disabilities but to all of them", said Dr. Santone.

Student volunteer Conor Clark said, "Not many people get this chance. It changes your life."

Best Buddies has set a goal to become a household name by the end of 2020. The Valley Patriot would like to help Best Buddies reach that goal. For more information please visit [bestbuddiesmassachusetts.org](http://bestbuddiesmassachusetts.org).

Devers Earns "Legislator of the Year" Award

State Representative Marcos Devers (D-Lawrence) was honored as the Legislator of the Year from CLASS, Inc. on Thursday, March 22, 2012.

"I feel humbled and honored with this unexpected and delightful distinction." Said Representative Devers "My commitment to families, children and persons with disabilities is one of the main aspects that drive my performance and advocacy at the State House"

Representative Devers served as Vice-Chair of the Joint Committee on Children, Families and Person with Disabilities, working and advocating on behalf of the disabled community interests.

"We are honored to recognize Representative Marcos Devers this evening as our Legislator of the Year. Representative Devers has had a long relationship with CLASS even before holding public office and a genuine interest in our efforts on behalf of families who have children with



disabilities." Said Robert Harris, President of CLASS, Inc. "His commitment to families has been recognized by the Massachusetts Legislature with his selection to serve as Vice-chair of the Joint Committee on Children, Families and Persons with Disabilities." concluded Mr. Harris.

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Ali Petrozza, a freshman from North Andover, received the Swimming Most Valuable Player Award during the Winter Athletic Award Ceremonies at Austin Preparatory School in Reading. Ali was also named a Catholic Central League All-Star and the League Most Valuable Player.

related salary costs for the Direct Care program manager of Mitch's Place. Emmaus Inc. is a Community Housing Development Organization (CHDO) whose mission is to relieve the plight of the homeless through emergency shelter, permanent affordable housing, education and job training, and comprehensive support services

- Boys & Girls Club of Greater Haverhill (Haverhill, MA) \$5,000 - To purchase pencils, pens, rulers, tape, staplers, flash cards, notebooks, workbooks, and calculators for the "Power Hour" Homework Assistance program.

- Asian Center Merrimack Valley (Lawrence, MA) \$5,000 - To purchase books (ESOL), preschool supplies including art tools, books, tricycles and a sand box, writing supplies for art and science programs, the printing of the annual Asian Center Review and the transportation costs for the preschool field trips for the Family Literacy Program. The Asian Center helps immigrant families help themselves become active members of the larger community

The BJ's Charitable Foundation grants funds quarterly to organizations where BJ's clubs are located.

**THE LAWRENCE CHESS CLUB** will meet on Wednesday, 18 April 2012 from 6-8pm at The Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event. Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. We can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required. Third Wednesday of each month.

**NECC - NECC Theater Group Holds Comedy Night.** The Top Notch Players, Northern Essex Community College's theater group, will hold a comedy night fundraiser on Saturday, April 21, at 7 p.m. at the Claddagh Pub, 399 Canal St., Lawrence, to help defray the cost of their participation in the Edinburgh Fringe Festival this summer. The Comedy Night, which is open to the public, will feature NECC instructor and professional comedian David Rattigan and fellow comedians Mike Turco and Matt D. All three are acclaimed Boston comics. Tickets are \$20 in advance and \$25 at the door. The doors open at 7 p.m.

A dozen NECC students will spend nearly two weeks in Edinburgh, Scotland, where they will participate in the Festival performing an original adaptation of the play Spoon River Anthology called "American Gothic; The Poems of Edgar Lee Masters". This group of theater and music students, many of whom have never traveled out of New England let



**NEWS ITEM:** With the Lawrence Public Schools under complete control by the Department of Education, Receiver Riley has hired a "cabinet" including a new Assistant Superintendent at \$128,900, plus benefits (represents less than half a year's work), a newly created position "Chief of Staff" at \$115,000 (for less than half year's work, and "Scholars Re-engagement Manager for \$65 (representing less than half a years work).

alone to the British Isles, will participate in the festival as part of the college's study abroad program.

The cast and crew, who are all members of the Top Notch Players, along with theater professors Susan Sanders and Jim Murphy, will spend 12 days and 11 nights participating in the Edinburgh Festival where they will perform "American Gothic; The Poems of Edgar Lee Masters," four times as part of their involvement in the festival. Upon completion of the trip, the students will receive three college credits through NECC's study abroad program. Ranging in age from 18 to 40, the student actors will juggle multiple roles and characters using songs and dances from the mid-1800s to the early 1900s as transitions. For additional information or tickets contact Jim Murphy at 978-556-3377 [jmurphy@necc.mass.edu](mailto:jmurphy@necc.mass.edu) or Susan Sanders at 978-556-3374 or [ssanders@necc.mass.edu](mailto:ssanders@necc.mass.edu)

**Leominster Police Association - Join us on Saturday, May 19th, 12p.m. - 4p.m. at the Leominster Eagles, for our 10th Molly Bish Child Safety Day!** This is a FREE family/community event that is held rain or shine. Public safety displays and plenty for the kids to do! Participants are; Molly Bish Foundation, Leominster Police, Leominster Fire, Leominster Emergency Management, Leominster Crime Stoppers, UMass Life Flight, Worcester County Sheriff's Office, Mass National Guard, WSRS 96.1, Canobie Lake Park, Cheer Central Stormz, Magician Fran Flynn, Masters of Music, MJS Promotions, exotic animals and burgers/dogs/snow

**NOTEBOOK, PAGE 38**



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## Two NECC Grads Receive Scholarship



Two recent Northern Essex Community College graduates, Franklin Burgos of Lawrence and Shuxin (Yan) Zhang of Methuen, are two of just five students statewide to receive the Massachusetts Educational Opportunity Association (MEOA) Scholarship this year.

Both students graduated in May of 2011 from NECC. Burgos earned an associate degree in criminal justice. He is studying criminal justice at UMass Lowell. Yan graduated from NECC with an associate degree in accounting and continues to study accounting at Bentley University.

The MEOA Student Scholarship Program was created in 1988 to assist undergraduate students in their pursuit of higher education. Five scholarships of \$750.00 are awarded annually to eligible college students who

have demonstrated the ability to overcome great obstacles and strive for educational excellence.

Founded in 1984, the Massachusetts Educational Opportunity Association (MEOA) is a non-profit organization made up of educators, policy makers, professionals in the private sector and other individuals committed to ensuring that secondary and post-secondary educational opportunities are appropriate and accessible to students from disadvantaged backgrounds.

Both Burgos and Shuxin received support from the Pathways to Academic and Career Excellence (PACE) Program while students at Northern Essex. PACE is a student support services program funded by a TRIO grant from the U.S. Department of Education.

This is the fourth consecutive year that a Northern Essex PACE student has received a MEOA scholarship. Last year the scholarship went to Sheila Corsaro of Lawrence who is now studying psychology at Merrimack College. In 2009 it went to Denya Blanco of Methuen, who is a continuing NECC student, and in 2008 both April Amirault-Doherty of Merrimack and Daniel Emery of Amesbury were recipients. For additional information contact Kristen A. Arnold, PACE Program Transfer Advisor (TRIO-SSS) at [karnold@necc.mass.edu](mailto:karnold@necc.mass.edu) or call 978-556-3418.

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## Ye Gay Ol' Valley

## The Gay Terrorist

D. B. Langevin  
Abbi Massey

VALLEY PATRIOT LESBIAN COLUMNIST

Army specialist Bradley Manning was arrested on May 29, 2010 for downloading and sending thousands of sensitive military reports related to missions in Iraq and Afghanistan to WikiLeaks, a website known for divulging classified information. Upon his arrest, Manning was charged with 22 counts which include indirectly aiding the enemy and possible treason.

During the first ten months of his incarceration, Manning was placed in solitary confinement. From my research, I've learned that during this time Manning was also subjected to cruel and unusual punishment which has been confirmed, acknowledged and reported to the U.S. Government and UN General Assembly by UN special rapporteur, Juan Mendez. According to Mendez's investigation, Manning endured severe solitary confinement that was detrimental to his physical and mental state, forced to remain naked for the majority of his detention, and given one hour of exercise a day when, if he stopped moving, would be returned to his cell. And, at this point, his detention is indefinite.

I first read about these conditions in the March issue of The Advocate, an activist magazine for the homosexual community first published over four decades ago. Their articles are timely, informative, interesting and most of the time agreeable. However, their March article about Bradley Manning entitled "The Most Dangerous Man in America?" was all but one of those things. It was not agreeable at all to this member of the gay community.

The Advocate's spin on Manning's arrest, charges and incarceration is due to the fact that he is an openly gay man. This infuriates me. I find it hard to believe that the United States government would waste its time, energy, security forces and money to punish a soldier simply because he is gay. The man leaked almost half a million pieces of classified military information to a company he knew would be more than happy to share with the public risking the safety of our military personnel their operations and not to mention the security of the world. Even so, the article states that, "Manning is not an enemy combatant but an American citizen." In this American citizen's eye and mind, he is most certainly both.

What caused Manning to betray his uniform and country? Part of the reason, he says, was because he was angered by the military's Don't Ask, Don't Tell policy. However, he joined knowing this policy was in place. I don't buy into this. He has also stated that he was bullied by his fellow service men because of his sexuality. I'm sure this is true and it disgusts me.

As a member of the military you are trained to uphold the strictest and most honorable conduct. You are fighting for people's freedoms and should respect their choices. Those men and women who



take the oath of military service should be held up to a higher standard and we should not expect them to be splashed across the news for homophobic actions, rape, urinating on dead enemies or, the worst yet, going on a shooting spree and killing innocent civilians. At the same time, Manning should not use the excuse of his bullying to justify jeopardizing national security.

"Manning is the forgotten soldier, emblematic of the struggles queer service members face," wrote The Advocate. That may be, but it still does not justify what he did. Apparently Manning was seeing a counselor and expressed his growing frustration over the war in the Middle East, being a gay man in the military and feeling like he was a woman in a man's body. It was days after this admission that Manning downloaded and sent the sensitive information. The Advocate wonders if his being labeled a traitor after his arrest was because he was either a soldier, gay or felt like a woman. Ludicrous! It was because he is a traitor.

Manning, an intelligent young man, was quickly rewarded with the rank of Army intelligence specialist. He lost that rank when he punched a female officer in the face. Classy guy. Along with talking to a counselor he also spoke to commanding officers about his being bullied. The Advocate paints him as a very troubled gay soldier who was, "... deployed anyway." He was a soldier! He signed up for this. He should expect to be deployed especially as an intelligence specialist.

Being gay is not a crutch. It's not a badge to justify special treatment and it is certainly not an excuse for illegal or treasonous behavior. Manning, although his treatment has clearly been severe and, as reported by Mendes, against the Geneva Convention, cannot and should not be blamed on his sexuality. Manning is charged for putting national security on the line. Plain and simple!



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

## Morality Matters!

## Mrs. Kennedy and the Politics of Anti-Catholic "Catholicism"

Paul Murano

VALLEY PATRIOT COLUMNIST

Victoria Reggie Kennedy, wife of the late Senator Ted Kennedy, was slated to be the 2012 commencement speaker at Anna Maria College in Paxton, a Catholic college in the Diocese of Worcester. Her invitation was rescinded by the college last week when the bishop got wind of it. In a press release Mrs. Reggie Kennedy responded: "By objecting to my appearance at Anna Maria College he (Bishop McNamara) has made a judgment about my worthiness as a Catholic. This is a sad day for me and an even sadder one for the Church I love."

Nothing can be further from the truth than her last sentence. With all respect, it is a very happy day for the Church when a bishop displays the courage and gumption to stand up for his Church and protect her against the heresy that has been eating away at her potency for the past forty years. What is sad here is how clueless Mrs. Kennedy seems to be that the anti-Catholic "Catholicism" she apparently adheres to, common within the political world for the past three decades and made possible only by accepting blatant contradictions, is the number one enemy of the Church today. Why do you think President Obama has surrounded himself with anti-Catholic Catholics in his administration?

For the most part the Kennedys, the Clintons, and now the Obamas know that the only real power that stands in their way of securing a secular humanist state-controlled utopia of promiscuity, abortion, androgyny, divorce, same-sex marriage, euthanasia, and other movements contributing to our culture of death, is the Catholic Church.

Bishop McNamara and Anna Maria College should be applauded. Blatant contradiction cannot go unchecked. A Catholic cannot reject essential Church teachings on human life and the family and expect to represent the Church

in a public way. Taking public stands in favor of the choice to kill one's preborn children, to promote the intrinsic contradiction of "same-sex marriage", and to support the Obamacare mandate that forces religious institutions to provide the means for couples to impede the unity and procreativity of sexual love, makes one an enemy of love.

Reason dictates too that a Catholic cannot choose, as Kennedy and Reggie did, to participate in an invalid marriage from a civil ceremony before any annulment was granted from a previous marriage; for a Catholic understands that until an annulment is granted by the authority Christ gives His Church a sexual relationship with another is presumed to be adultery.

One cannot reasonably condone and promote any of these things and comfortably call oneself Catholic. It is like claiming you love baseball while rejecting the idea of using a bat to hit a ball or the notion of running around the bases to score runs.

Those that condone and promote the desecration of life and love in such a fundamental way cannot reasonably expect to be honored at a Catholic College as a role model, which is one aspect of what a keynote speaker is. Academic institutions have a key role in exposing contradictions to light. Unfortunately all too often the media and academia accept them as long as it relates to the teachings of the Church. Thankfully it was finally called out this time from the bishop of Worcester and Anna Maria College.



Paul Murano teaches philosophy at North Shore Community College and theology at the College of Saint Mary Magdalen. He is host of *Beneath the Surface* television show at Burlington Cable Access TV and is co-host of the *Paying Attention* Radio program. Paul is also chairman of Heartbeat Pregnancy Help center in Burlington and is a singer/songwriter/musician.



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# Message to Tea Party, Scott Brown is Not the Enemy

Christine Morabito  
GREATER BOSTON TEA PARTY

The Tea Party's relationship with U.S. Senator Scott Brown has been dysfunctional at best. In February, leaders from 7 Massachusetts Tea Parties sat down with Brown's staff to establish an open dialogue and express concerns about his voting record. Despite siding with Conservatives about 70 percent of the time, Brown's more controversial positions have left Tea Party members scratching their heads.

Perhaps the most contentious issue has been the senator's support for the Dodd-Frank Wall Street Reform and Consumer Protection Act. The law claims to protect consumers, end bailouts and prevent another financial crisis. However, many conservatives argue that this 1,408-page law restricts available credit, slows job creation as a result of massive government intrusion and creates a protected class of "too big to fail" banks.

Brown's Legislative Director, Nat Hoopes explained that Dodd-Frank, which had bipartisan support, consolidated regulatory agencies, creating a Consumer Protection Bureau. Brown was credited with strengthening the bill, calling for tightened regulations on those credit rating agencies he believes did a terrible job leading up to the financial crisis. According to Hoopes, Brown was disappointed that the failures of Fannie Mae and Freddie Mac were not addressed, but felt it was necessary to strengthen industry rules to stave off another financial disaster.

As someone hawkish on national defense, Brown has been criticized for backing the New START Treaty with Russia, a country with questionable alliances. Hoopes says Brown listened to months of

testimony on the issue and believed it was in the country's best interest to discontinue stockpiling nuclear weapons and risk them falling into the hands of terrorists.

Many conservatives believe New START makes us more vulnerable to threats posed by Iran and North Korea. Even Mitt Romney has called the treaty the president's "worst foreign policy mistake yet." Senator Brown and his colleagues were assured that New START merely calls for a reduction in existing nuclear weapons and will not restrict U.S. missile defense capabilities. However, Obama's top defense advisor, Phillip Coyle, is a man openly hostile towards missile defense. Hence, the skepticism.

Turns out, there is cause for concern. President Obama was overheard at the recent Nuclear Security Summit, whispering to Russia's president, that he would have "more flexibility" after the 2012 elections. This is quite alarming given the fact that Russia would rejoice in us abandoning our missile defense programs. Scott Brown is adamant that he will strongly oppose any such arrangement.

For advocates of limited government, it is difficult to understand Brown's need to "reach across the aisle" to the extent that he does. He states he does not want to be "another loud and angry voice" in Washington. We can sympathize with not wanting to be an obstructionist – but only to a certain extent. When our president shows no regard for the Constitution and even less regard for the will of the people, a healthy dose of obstructionism is quite appropriate.

Hoopes said finding that balance has not been easy. Senator Brown walks a fine line between obstructionism and moving the country forward. His ability to work



PHOTO: TOM DUGGAN

across the aisle has brought many rewards. His wildly popular Stock Act, designed to eliminate insider trading among members of Congress, passed 417-2 in the House and 96-3 in the Senate. The Hire a Hero legislation, which creates incentives to businesses who hire veterans, and the repeal of the 3 percent withholding requirement on government contractors are now law. Brown's Crowd funding legislation, which allows entrepreneurs to more easily share stocks via the internet, was recently passed as part of the Jobs Act. For a freshman senator to have had 4 significant bills passed in his first 2 years is unprecedented.

Nevertheless, Brown faces a tough reelection. His presumed challenger, Harvard Law Professor, Elizabeth Warren is the Tea Party's worst nightmare. A self-described "rock thrower," Warren has been a divisive and unapolo-

getic advocate for wealth redistribution. The professor also took credit for creating "much of the intellectual foundation" for the Occupy movement – although I challenge you to find anything remotely intellectual about them.

Brown has many advantages in this race. His staff describes him as a tireless campaigner who actually enjoys meeting his constituents. The elitist, Warren, with her inflammatory rhetoric provides a stark contrast. Massachusetts liberals are worked up into a lather about losing what they consider Ted Kennedy's seat, and are vowing to be avenged.

Another hard pill to swallow has been Brown's support for Obama's recess appointment of Richard Cordray to direct the Consumer Financial Protection Bureau. Brown's team explained that some Senate Republicans vowed to block any nominee and would not allow the Senate to recess. Whether or not the Senate was technically in recess, is the

**MESSAGE, PAGE 38**

## Beyond the Obamacare Debate

Christen Varley  
TEA PARTY ORGANIZER/ACTIVIST

I spent the better portion of last week reading, watching, and waiting for news from the Supreme Court. The hearings held to determine the constitutionality of the individual mandate, as well as the entirety of Obamacare, are over and we Americans must now wait for the verdict. I don't think it's any secret that I would like to see this legislation completely scrapped and I say that as someone whose job will be lost if that happens. (No one will pay me to advocate against policy that no longer exists.) I think, however, that most of us realize the decision we are so nervously awaiting is about much more than Obamacare.

As a tea party activist, I have watched the entire Obamacare drama play out like I watch videos of traffic accidents. I've been fascinated and horrified at the same time. Obamacare is a disaster for our economy, a disaster for increasing access to quality health care and a disaster for the preservation and protection of constitutional freedom in our country. It needs to go.

The policy is so flawed there is no "fix". If, as a nation, agree there is a need to address the costs and delivery of health care services, fine. Obamacare addresses

neither. It does not lower costs or increase access to care. In fact, it does the exact opposite. Obamacare merely provides an incredibly expensive insurance card to almost every individual residing within the United States.

It is hard for me to conceive, after hearing the arguments put forth by both sides, how the justices could allow the individual mandate to stand. There simply is no precedent for requiring people to engage in commerce as a condition of existing. Of course, for every person who understands that common sense statement there is another who claims that power must exist.

Now that the decision is out of our hands, we should be thinking about how we would address the either outcome. We need to be prepared to continue the battle for repeal or the battle to hold on to the few federal legislative seats we have and how we can attain more. One thing we can be sure of, the left will be either emboldened or enraged and we will need to be prepared to defend our freedoms more than ever before.

Tea party organizations across the country went on full offense this past week. They rallied in DC, at federal buildings and in state capitols all over the country in support of repealing Obamacare. The President and his administration seemed



Cvarley@greaterbostonteaparty.com

perplexed at our efforts. The left, via their cohorts in the media, had a lot of fun at our expense. But you and I know from the conversations we had with family, friends, neighbors, and coworkers that the overwhelming sentiment in our country is that Obamacare is not good and may even be harmful. We need to ride this wave. We need to keep having talking. Win or lose on repeal, the Obama administration and the left are going to keep the conversation going. We must be prepared to have these conversations as well.

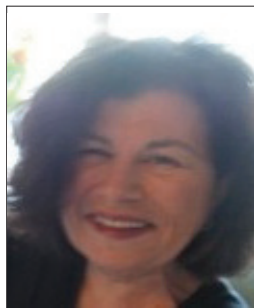
Repealing Obamacare is not about choosing rich over poor, white over black and Hispanic. Repealing Obamacare is about preserving our very basic freedoms. When Supreme Court Justice Antonin Scalia compared Obamacare's individual mandate to the government making you eat broccoli, he was not making a facetious statement.

He was taking the argument to its next logical step. If government can now declare something is good for all of us, it can require us to purchase it. I don't know about you but I'm pretty

insecure about government making decisions like this. Look at how many in the current administration are still convinced global warming is real. Imagine what these crackpots, with their reliance on engineered, politically motivated science, might require of us next.

So no matter what the Supreme Court decides on Obamacare, the battle goes on. We cannot for one moment lose momentum. We need to continue the discussion – with facts and logic. Voters are looking for solutions to problems the current administration has failed to solve. Policies that assist us in recovering from economic crises are policies that allow the ingenuity of an independent free market to expand to meet demand. Policies that create jobs are those that cut taxes on the job creators so more capital is available for investment in business expansion. Policies that will solve our cost and delivery issues within the healthcare industry are those that eliminate mandates and regulations.

We have seen what big government does – it stifles growth and tramples freedom. Let's continue talking about giving smaller government a chance.



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# Pain Management at End-of-Life

Rami Rustum, M.D.  
VALLEY PATRIOT MEDICAL COLUMNIST

Pain relief at the end of life is a top priority task for patients, family caregivers, and healthcare professionals. Failure to achieve such goal has enormous consequences with tremendous distress to patients, a sense of failure by family caregivers, and moral distress of professionals who understand that the goal of a peaceful death rests on a foundation of effective pain relief.

Even before end of life, nearly half of patients with cancer report moderate to severe pain; up to 30% report the pain as severe; and an estimated 25% will die in pain. Persons with other non-cancer diagnoses also report significant pain. Dr. Cicely Saunders, founder of modern hospice care, conceptualized pain associated with the dying process as “total pain.”

Total pain is the sum of four components: physical noxious stimuli, affect or emotional discomfort, interpersonal conflicts, and non-acceptance of one’s own dying. These four components may individually or in combination affect patients’ perception of their total pain. Lack of physicians’ understanding of the influence of each of these four components may result in less-than-optimal pain management at the end of life.

The “gold standard” of pain management is constant pain assessment. Pain is whatever the patient says it is. Simply asking patients about their pain is the best way to obtain this information.<sup>4</sup>(p301) Patients describe nonphysical components of pain as “discomfort.” Byock<sup>5</sup> wrote that in dying persons, pain is never purely physical. Things related to when and how they will eventually die influence their pain. These things include being abandoned; becoming undignified in terms of what they do, how they look, and how they smell; being a burden to their families—not only a physical strain, but also a financial hardship; and dying in pain alone.<sup>5</sup> Any one of these concerns causes individuals to suffer and therefore must be addressed to provide good management of pain symptoms.

Physical pain is not universal with every death, but discomfort is usually



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present.

**1- Types of Pain:**

**-Acute Pain**

Acute pain results from nociceptor stimulation, usually is time-limited, and often responds to analgesic medications or osteopathic manipulative treatment. Pain perception is usually the result of an acute injury such as a surgical intervention and can occur at end of life.

**-Chronic Pain**

Determination of chronic pain is based on duration of pain beyond 3 months after an acute injury. Acute pain can be resolved, but chronic pain must be managed and presents an entirely different challenge to both patient and physician. The two goals of treating patients with such pain are reduction of related symptoms and restoration of maximal function. Chronic pain is often multifactorial, sources being as diverse and additive as that from migraine headache, osteoarthritis, dental caries, diabetic neuropathy, and cancer—all of which may occur in the same patient. Delineating and targeting treatment for each symptom allows for optimal symptom relief and better global functioning.

**-Somatic Pain**

Somatic pain results from stimulation of nociceptors in the skin and deep musculoskeletal tissues. It is described as

being a well-localized “deep aching feeling” with tenderness to palpation. Common sources of somatic pain are arthritic joints, osteopathic lesions, fractures, and abscesses.

**-Visceral Pain**

Visceral pain occurs from stretching or activation of nociceptors in the linings or serosa of organs. In contrast to somatic pain, visceral pain is difficult to localize. Visceral pain is described as “deep pressure,” “cramping,” “spasms,” or “squeezing.” Nausea, diaphoresis, and emesis are frequently present. Palpation over the site may elicit an accompanying somatic pain.

**-Neuropathic Pain**

Neuropathic pain results from damage to the peripheral nervous system or the central nervous system (CNS), or both. It is described as “sharp,” “electric,” or “burning” pain, singly or in combination, and is usually found in the same distribution pattern as a sensory peripheral nerve. Pain resulting from trauma to the CNS that partially or completely separates the CNS from the peripheral nervous system is termed deafferentation pain.

Central pain may be the result of a cerebral vascular accident and is characterized as “vice like” or “throbbing,” or both; headaches are described as “dull” and “never-relenting.”

**-Breakthrough Pain and Incident Pain**

Breakthrough pain is characterized as a temporary increase in pain from the basal, acute, or chronic pain level. It is frequently described as worsening pain at the latter part of the regularly scheduled analgesic-dose interval. Incident pain can occur during diagnostic or therapeutic procedures, or it may be caused by physiologic maneuvers such as valsalva when passing flatus. Physicians should anticipate each of these types of pain and have the appropriate comprehensive pain management in place.

**2- Anxiety:**

Anxiety may be due to many organic causes and may occur in the course of pain management if patients are not receiving the prescribed pain medication(s), or are given an inadequate amount or reduced frequency. Anxiety may also be caused by altered metabolic states such as coronary occlusion, hypocalcemia, hypoglycemia, hypoxia, delirium, occult bleeding, tumors (especially pheochromocytoma, thyroid, parathyroid, insulin-producing tumors), and sepsis. Relief of the organic-based symptoms caused by these conditions often ameliorates the patients’ anxiety. Acute alcohol withdrawal, rapid tapering of steroids, and side effects of bronchodilators can cause symptoms of anxiety. Anxiety may also be preexisting and should be managed as any other comorbid medical condition.

Even when patients are adequately treated, the thought that pain relief will not be available at the end of life causes some to have great anxiety. Abandonment by their physicians, families, or friends, as well as fear of dying alone, is another source of symptomatic anxiety at the end of life.

**3- Interpersonal Interactions:**

An interpersonal conflict influences the development of pain as much as any other aspect of total pain. Families and individuals who coped well before end of life may require little additional support, but patients in families with marital discord or other conflicted relationships may experience total pain. Mounting financial stress along with family discord may cause additional disharmony.


The loss of status within the workplace or in the family can intensify pain symptoms. Whereas analgesic medication and anxiolytics cannot quell the pain of interpersonal conflict, counseling often can be of assistance. Patients at end of life can achieve comfort and a sense of completion in personal relationships by physicians’ addressing Byock’s five key points:

“I forgive you.” “Forgive me.” “Thank you.” “I love you.” “Goodbye.”

**4- Non-acceptance:**

Acceptance at the end of life is the self-acknowledgment of the imminence of death. Buckman’s Three-Stage Model of the Process of Dying offers a guide for physicians to anticipate how patients accept their finality in terms of personal spirituality. In the initial stage, the patient has awareness of the definitive reality that the disease process will possibly result in death. Reactions to such awareness are characteristic of the individual’s basic personality and may include fear, shock, anger, guilt, and vacillation between hope and despair.

In the middle stage, most patients resolve their anger and denial. Depression is common in this stage as individuals are aware they will indeed die, but they do not view death as immediate. Supportive family and friends are helpful if the dying persons do not have negative interper-







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# Can Hypoglycemia and Diabetes be Managed?

## Lab testing ranges are EXTREMELY BROAD!

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

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

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

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

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

Hypoglycemia is a condition in which



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

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

Insulin resistance is high blood sugar that hasn't yet reached the point of diabetes. It's called "pre-diabetes" and is a

result of the cells becoming resistant to insulin, so that no glucose can enter the cell to make energy.

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

This is why it's important to monitor triglycerides as well as glucose. The process of turning glucose into triglycerides demands an increased amount of energy causing you to feel tired after eating. So when you are eating a high-carbohydrate diet filled with white bread, pasta, and

refined sugar, you cannot keep your blood sugar level stable.

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

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

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



*Dr. Jin Sung is a chiropractor and the owner of Functional Chiropractic, Inc. He manages chronic patients both neurologically and metabolically to achieve the best outcome. He can be reached at 978 688-*

*6999. Or visit his website at [www.DrJinSung.com](http://www.DrJinSung.com)*

## FROM PAGE 16: WE ARE LAWRENCE?

rence's politicians and community activist when Mayor Lantigua consistently uses the Race Card? Rallies are good for the purpose of bringing people together, but when used inconsistently and only when it fits into Beacon Hill's Democratic Party's political agenda, this is why our young people keep getting upset and confused. Where is the rally put on by Lawrence's politicians and community activist concerning that it is now 2012 and the recommendations put forth by citizens during the 2010 City Charter Review have been ignored! One of those recommendations was the removal of the Mayor as the Chairman of the School Committee. Would we be today where we are if that change was implemented? We will never know! Now I'm hearing that there are those who are calling for the State Police to now step in and takeover Law-

rence's Public Safety issues. If so, would there be a rally? How much State intrusion do we want in Lawrence?

A wonderful example of citizens coming together against what would seem as impossible odds, took place recently in Bridgeport, Connecticut. There the Public Schools of about 20,000 students were taken over by the Connecticut State Board of Education. Bridgeport had their elected School Board replaced by an appointed one by the State. Well that decision did not sit well with many parents and residents and they fought back with more than just marching carrying signs. They took their fight all the way up to the Connecticut State Supreme Court! Eventually the court ruled that the State Education Officials violated the law when they dissolved Bridgeport's elected school board in July and

replaced it with an appointed board. The State's highest court ruled that members of the dismissed board had not received any training, as required by state law, before the disbandment. The court ordered that the dismissed elected board be reinstated.

Now imagine this happening in Lawrence? Impossible, because almost every elected politician (not including School Committee Members Jennifer Cooper and James Blatchford) who represent Lawrence has drunken the cool-aid made by Commissioner Chester and believes that the Takeover was necessary! The only other elected official representing Lawrence who has consistently spoken against the Takeover is State Representative Dave Torrisi! I must call it like I see it! For this reason I feel compelled to support his re-election bid! Senator Barry Finegold, State Representative's Marcos Devers and

some time Republican Paul Adams, along with Lawrence's Mayor and all the City Councilors are on board with the Takeover. Let's remember that this Takeover was orchestrated by the Democrat machine all the way from Boston, from the Governor on down. If anything is to be damned in Lawrence it should be their re-elections! I hold to my belief that Lawrence's Schools didn't need to be taken over; all they really needed was a good qualified Superintendent. I also still believe that this Takeover is Unconstitutional!

So in my humbled opinion, Lawrence's Leaders are still doing the young people of Lawrence a grave disservice by continuing to send them the mixed message of, Stand up for the progress in Lawrence and the Image of the city, while at the same time, blindly except every State intervention!

God Bless the City of Lawrence.

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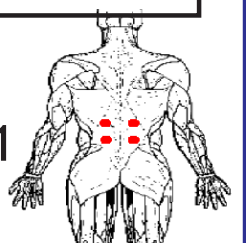
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WHAT’S COOKIN’ WITH COLLEEN!

Review:

San Juan Water & Beach Club Hotel,  
2 Tartak Street, San Juan, Puerto Rico

Star Power (Maximum rating is 5 stars) ★★★★★

Colleen Flanagan

VALLEY PATRIOT RESTAURANT REVIEW



This month’s review will be unusual in that I will be reviewing, not a local restaurant, but a great venue for an enjoyable vacation in the Caribbean. Of course, there are

numerous opportunities for wonderful experiences when visiting the islands of the Caribbean ... this is just one of them. The hope is that some of the experiences we enjoyed and the research we did in preparing for this trip may help you arrange a similar sojourn.

First, our get away was planned about two weeks before we left. This is not usually the best strategy but, if you are flexible, you can often find a last minute deal. Our goal was to spend approximately four nights yet get as much “on-site” relaxing vacation time as possible.

We jumped on the internet, found CheapCaribbean.com and looked over the offers from Belize, the Dominican

Republic, Jamaica, the Bahamas and the numerous other warm water destinations. The seemingly endless alternatives, especially when you consider choice of flight schedules, was daunting, to say the least! After considerable hand wringing, we kept coming back to a deal offered by the San Juan Water and Beach Club Hotel in San Juan, Puerto Rico. It was listed as 4-stars yet it offered very reasonable pricing. The reviews were favorable and time was running out, so we decided to take the leap. We are VERY happy we did!

Before discussing our specific experiences, let me suggest a key consideration – especially if you are planning a short 4 or 5 day trip. Pay a little extra to get flights that arrive early on your first day and depart “late” on your day of departure. What is often described as 5 days and 4 nights turns into 3 days or less if you arrive late and depart early. We chose flights that maximized our time at the destination. We arrived at 2PM on our first day and, because the hotel was only 10 minutes away from the airport, we felt we had almost a full day (some beach time, a local walk, a relaxed dinner) to enjoy before spending our first night. Our last evening was relaxed as was our final

morning since our flight did not depart until 2:30PM. Compare this to what you would experience if you arrived at 11PM and departed at 7AM! The hotel was nothing less than spectacular in what mattered ... the location, our room, the view, the rooftop pool and bar, the services (free internet), and the staff. Everything whispered: “You are now in paradise!” The only thing that wasn’t spectacular was the modest lobby which I later came to appreciate. It is one tenth the size of the palatial marble lobby at the Intercontinental Hotel just a 3 minute walk down the street which charges considerably more (despite many poor reviews) and sports a casino. When I want to sit in a hotel lobby (or go to a casino), I’ll walk down to the Intercontinental!

The San Juan Water and Beach Club Hotel is right on the Isla Verde beach, probably the most beautiful beach in the San Juan area. When you walk out of the hotel, the staff sets up your beach chairs and umbrellas and provides beach towels, all at no charge. In March the water is just



right but the sun is powerful so bring sun-block. The pool and bar on the roof (11th floor) provide a spectacular alternative to relax in sinful luxury. After you decide you have had enough sun and surf, cabs are waiting to take you wherever you would like to go for very reasonable fees. Just make sure you ask the fare before jumping in. We spent the better part of two of our full days in Old San Juan (\$21 cab each way). If you enjoy history, you can’t beat the 16th Century forts in Old San Juan, not to mention Ponce de Leon’s home, several old cathedrals, and enough great shops to make you want to cash in your 401K.

If we were spending more time away we might consider resorts outside the San Juan area, but the convenience to the airport, the 5 star beach, the historical sights and shops, and the great restaurants (don’t miss the nearby Momoyama Restaurant for their sushi and teppanyaki or Ruth’s Chris Steakhouse) really can’t be beat. You can even enjoy a Mofongo if you are adventurous! Give the San Juan Water and Beach Club a try --- You WILL love it!!

LET’S TALK ABOUT FOOD ADDICTION

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST



Sabotage! Why is it that whenever you make it known to your family, friends and co-workers that you are dieting, they seem to want to contribute to your diet failure?

I cannot count the number of times that I have been quietly eating my carefully planned, calorie-counted meal when someone offered me a cookie, a piece of cake, a donut or some other high-calorie treat. I don’t understand the logic behind that.

I also have noticed that on a daily basis, I will be faced with a decision. I know that at some point, I will have to decide whether or not to accept an offer to eat out, to attend a party, to sample someone’s new recipe, or to drink that high-calorie

coffee beverage that a friend brought for me.

At a recent trip to the grocery store I noticed that in the same aisle as the “diet food”, you can find CANDY! Sabotage! Why in the world would those two categories of food be in the same aisle at the grocery store? Is that helpful to the dieter? When I read the aisle sign, I thought to myself, “It’s almost as if the manager is saying - hey dieter while you’re here picking up your diet food, don’t forget your candy bar because we all know that’s why you’re here anyway!”

And even if the dieter is able to get to the checkout with their carefully selected items, what do we find right there on the way out? Candy, candy and more candy.

When I have opted to dine out with friends, I always make that decision based on the idea that I can always find something on the menu that is low-cal and healthy. However, when I look at menus, in most cases I see that the salads are full of high-calorie ingredients and there is no salad dressing that I can eat.

I end up selecting a small garden salad

with no dressing. It makes me think that restaurant managers don’t think of their calorie-conscious guests.

A healthy, carb-free, high-protein, low-calorie diet is what works best for me.

I know that it is ultimately my decision to make healthy food choices all day, every day. My goal is to lose weight. I know how to do it. I have been successful in the past. If I was able to resist all temptation, I would have reached my weight-loss goal long ago. It would help if I wasn’t constantly faced with sabotage!

Why is it that people feel the need to sabotage the dieter? Is it because they don’t really want us to lose weight? Is it because they are trying to be humorous?

Apple Sauce	Diet Foods
Can Fruit	Ethnic Foods
Candy	Energy Bars
Peanut Butter	Syrup

Is it because they don’t know that what they’re doing is hurtful?

Offering a cookie to a carb addict is not helpful, funny or nice. If someone offered a glass of wine to an alcoholic, people would be enraged. Why is it acceptable to offer sugar to a sugar addict? I know it is my responsibility to make healthy food choices. It is not practical for me to expect to never be faced with temptation. I can’t expect family, friends, co-workers or anyone else to know that I don’t always have self control when faced with sugary foods. But when I see sabotage I call sabotage!

So, here is a message to all diet saboteurs: STOP IT! Contribute to my success! Not my failure!

Sheila’s Recipe Corner: Plum & Almond Tart

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

As the weather warms up, what could be more delicious than the lusciousness of a wonderful summer fruit, plums, & the lightness of almonds & the decadence of this dessert? Perfect for any occasion.

Crust:  
1 3/4 cups flour  
8 T chilled butter  
5 T cream  
Pinch of salt  
Filling & topping:  
3.5 T softened butter.  
1/3 cup sugar  
2 eggs, beaten.  
pinch of salt  
1.5 cup (6 oz) ground almonds or almond

meal (AKA almond flour)  
6 large semi-ripe plums.  
¼- 1/3 cup Damson plum jam.  
2 T slivered almonds.  
Crust:  
Sift the flour & salt into a medium mixing bowl. Cut in the butter until the mixture has the consistency of fine bread-crumbs. If the mixture is too buttery, add more sifted flour & continue to cut in until has the consistency of breadcrumbs.  
Stir in the cream & mix to form a soft



dough & shape into a ball. Wrap the dough in plastic film & chill for 30 minutes.  
Preheat the oven to 400°F. In the meantime, prepare the filling & topping.  
Filling & topping:  
Cream the butter & sugar until light & fluffy. Alternate the addition of eggs & the ground almonds/almond meal. The ground almonds will be more “rustic” in texture & the almond flour will be more refined in texture.  
Roll out the chilled pastry on a lightly

floured to fit into a lightly greased 10”-11” spring form pan.  
Pour & spread filling onto the crust. Cut plums in half, remove pit, & then cut each plum into quarters (if plums are small, just cut them into halves). Arrange the pieces on top of the almond topping.  
Bake the tart for 30-40 minutes or until browned.  
Heat the jam & put through a sieve to remove any chunky bits. Brush over the top of the tart to make a glaze. Sprinkle over the sliced almonds on top. Remove from pan to service plate. Serve with crème anglaise, whipped cream, or straight up.  
You can email Sheila Mullins at: sheila\_a\_mullins@hotmail.com



# Live the WOW!

Get Involved! Your Family and The World as you Know It are Falling Apart Because Too Many People Sit Back and Abdicate All Responsibility. People Living the WOW! Take a Different Tact. They are Fully Involved in the Lives of Their Family and Community.

Thomas Connors  
VALLEY PATRIOT WOW! COLUMNIST

Evil flourishes when good people do nothing! It's as simple and serious as that. People Living the WOW! may realize they cannot change the world, but, boy, they know they can affect their little piece of it. They are an example of stewardship for the rest of us; including you.

Let's face it. It's our own fault. We have no one else to blame. We defer to letting new-age, supposedly free-thinking "progressives" slip our country right out from under us. And even more frustrating, they do it with our blessing. All because it's simply more convenient for us.

While we shop for our big SUVs, sip umbrella drinks to the sounds of waves lapping the shore and spoil our children rotten they are burying our values in a moral graveyard. They even go so far as to contort our religions to sacrilegious jokes by late-night so-called "entertainers". Jesus has been relegated to being a "pretty good motivator" whose image became pornographic "art" paid for by you and me through our hard earned tax money. And the Holocaust? Well, at least one public school system removed it from its history books because, you know, some people now question whether it ever really happened. Try telling that to the survivors who are reminded every day of the horrors of Dachau.

**Speak up! Write Letters! Start having your Voice heard and Views considered. For Your Family's Sake. They have been missing from our public debates for far too long.**

Getting Involved doesn't affect just one aspect of living. It affects your entire life. Parents, you need to get Involved in your Family's life again. Both of you. Mother and Father. Get on the same page. Discipline consistently and with the same message. Sure, that might mean having to get more Involved with your spouse and your marriage, but, they are worth it?

The results will be astonishing as you see your children begin to grow and actually mature into influential and contributing young adults. All because of your example.

**Virtually every day I see the affects of broken families and parents who abdicate any semblance of responsibility for their children's development.**

Parental abandonment of any sense of emotional responsibility for holding a family together and bringing up children is so rampant throughout our communities that it borders on being epidemic. And it is not a class issue; poor versus well-to-do. Lack of Involvement and neglect touches both groups and those in-between as well.

At American Training and through our programs for young people and people with disabilities too many come through

our doors with little or no Family support or encouragement. We work tirelessly to get Involved with each life because we believe that even these **LIVES Matter**. We make no distinction. We look for, find and develop the good in people and build upon skills to ensure true freedom for the future. That's why we strive to make every day a **WOW!** for the people with whom we work.

**You KNOW right from wrong. It doesn't take a college graduate with a philosophy degree to tell you the difference.**

Trust in your common sense and the values you were taught. Those are the things that will get you and your loved ones closer to Living the **WOW!**

STOP listening for reassurances from others. You absolutely KNOW what's best for your Family. You even know what's best for your Community; for your Country.

But over the last few decades you have been taught to value education so much that you can't think for yourself anymore. And if you do think, you have been ridiculed if it doesn't follow a certain prescribed pattern. In fact the premise has been made very clear among too many academics. Feel free to speak out ... "as long as it's what we want you to say and it agrees with our position."

**People Living the WOW! do not Abdicate Responsibility for Making Their Families and Communities Flourish.**

And Neither Should You!  
Understand that nobody can have the positive influence on your Family and Community the way you can IF you make the effort to exert it. You have that special connection, that emotional cache with

your Family members that will cause them to listen and learn IF you Involve yourself in their lives. When you come from a position of sincerity and genuine concern it is felt and appreciated. Sure, there will be challenges to your authority and relatively minor spats and squabbles but those are all part of life and growing up.

When you develop the attitude that it is all up to you to create the life you want for your Family and Community, you will definitely make the **WOW!** part and parcel of who you are.

**Take advantage of the here and now to finally make the change you want deep inside you to happen. There is no better time than the present.**

As this month presents us with the Holy remembrances of Easter and Passover, wouldn't it be miraculous for us to gain a sense of renewal for our Families and Community? A reawakening across America where what we know is good flourishes and what we know is evil is stamped out forever. And wouldn't it be outrageously memorable knowing YOU were responsible for it all!

Now, that's a **WOW!**



Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the WOW! a regular part of your personal, spiritual

and working life. You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843} © 2012. You can also visit Tom at his BLOG ... TomConnors-ThinkPad.blogspot.com

## PUPPIES FROM PAGE 4

consumer.com/resources\_companies.asp)  
Some companies that DO test on animals are 3: (for a full list go to above link as well)

Arm & Hammer, Bic Corporation, Clairol, Clorox, Cover Girl, Johnson & Johnson, Oral-B, and Pantene.

Something that we give to our dogs every day and don't really think twice about is dog food. Take a minute to think about the following statements:

Dogs and cats are confined to tiny lab cages for years and are forced to participate in horrible experiments in order to test dog and cat food. Lonely dogs are driven mad from confinement in barren steel and cement cells. Dogs are dumped on cold concrete flooring after having chunks of muscle cut out of their thighs.

Experimenters severed dogs' vocal cords in order to keep them quiet. And lastly, sick dogs were languishing in their cages desperately needing veterinary care.4 You would probably say I'm crazy and made those statements up, right?

And things like that don't happen? Wrong.

Those things all did happen and they were exposed when PETA conducted an undercover investigation that lasted nine months to expose a laboratory that conducts cruel animal testing for companies like Iams and other major companion-animals food companies.

Don't believe it? Watch this video and see for yourself, at; <http://www.petatv.com/tvpopup/video.asp?video=iams&Player=wm>

Want to view pictures and learn about some of the dogs used in the experiment? Type in this link <http://www.iamscrueity.com/photos.asp> and make sure you have a box of tissues next to you. Why are these animals suffering like this?

PETA found that testing like this occurs so that the companies can add "new and improved" to their packaging. You can find a complete list of food companies that do not test on animals by visiting the link [http://www.caringconsumer.com/resources\\_companies.asp](http://www.caringconsumer.com/resources_companies.asp) and scrolling to the bottom. Here are a few that are on the list:

Nature's Variety, PetGuard, Veterinary Nu-

tritional Formula, and Active Life Pet Products

So why haven't these cruel ways of testing on animals changed? New research methods, like computer models, cell cultures, and human studies are more accurate, less expensive, and much more humane. 5 Researchers are hesitant to change their ways.

They are comfortable with the testing routines they know. Change is slow coming, and unless we start to do something, things will never change. If you want to start living a cruelty-free life visit <http://www.peta.org/living> to find out how.

After writing this article, I threw out anything in my house that was on the "tested on animals" list. I will never buy products that are tested on animals ever again. The testing often provides misleading and inaccurate results and even if a product has blinded an animal, it can still be marketed to us.

So why is this testing even done? What good is it doing?

Apparently some researchers haven't noticed that humans and animals differ significantly, making animal drug tests dangerous and unreliable.

I'm not telling my readers to stop using products on the "do test on animals list" or not to buy Iams food dog food. People are allowed to make their own decisions and live their lives as they please. I just hope that this opened your eyes to some things that maybe you never knew.

So even if you change just one product you use, you will be making a difference, and possibly even saving a life.

(Endnotes)1 <http://www.peta.org/actioncenter/testing.asp>, 2 [http://www.caringconsumer.com/resources\\_companies.asp](http://www.caringconsumer.com/resources_companies.asp), 3 [http://www.caringconsumer.com/resources\\_companies.asp](http://www.caringconsumer.com/resources_companies.asp), 4 <http://caringconsumer.com/pdfs/companiesDontTest.doc>, 5 <http://www.peta.org/actioncenter/testing.asp>, 6 [http://caringconsumer.com/info\\_consumers.asp](http://caringconsumer.com/info_consumers.asp)

If you are interested in adopting a puppy or becoming a foster parent to a puppy waiting for a home you can email Kate at [Kwswingrite@aol.com](mailto:Kwswingrite@aol.com)

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# HEROES IN OUR MIDST, THE LUTZ'S: FROM PAGE 1

support on the website.) Several Congressional offices display the flag. Lutz also appeared on Fox News, CBN, CNN and Dennis Miller's radio show.

"Today we have the largest number of living veterans of any time in our history," George Lutz says. "These fallen are among the least honored in our history, from Vietnam and Korea. We cannot let them be forgotten."

## Growing movement across U.S.

Two years ago, George Lutz drove cross-country visiting each state capital and meeting with governors, state legislators, businessmen and citizens to establish support for the flag. He covered 29,000 miles in 5 and one-half months. His journey began June 7 at CBN, with first stop Dover, Delaware. It ended November 11, Veterans Day, in Arlington National Cemetery, where his son Tony is laid to rest. Last year, he took his mission to Congress, visiting all 541 offices. Today he continues to travel around the country presenting personalized flags.

Already 11 states have adopted the Honor and Remember flag. Another 12 have pending legislation. It is adopted by: Pennsylvania, Delaware, Maryland, Virginia, North Carolina, Oklahoma, Louisiana, Oregon, Utah, Arizona and Kansas. Pending states include: Alaska, Colorado, South Dakota, Texas, Ohio, New Hampshire, Connecticut, Rhode Island and others.

Twelve state chapters, including New Hampshire, now promote the flag and its mission.

The flag flies at professional sporting events, including NASCAR. The newest sponsor, American Majority, a leading national conservative grassroots movement, displayed the flag for the first time at the nationwide series Bristol, Tennessee, race on its #81 MacDonald motorsports car. The flag now flies at several tracks across the country.

National endorsements include: Vietnam Veterans of America, Associations of the U.S. Army, Navy, and Air Force, American Gold Star Mothers, Blue Star Mothers of America, Gold Star Wives of America, Sons of The American Revolution. Corporate sponsors include Amerigroup, General Dynamics, Geico, and Regent University.

This movement has captured the heart

of the nation and is well on its way to becoming a national symbol of remembrance.

## "Lest we forget"

"Tony was a fearless soldier who supported the war in Iraq 100%," George Lutz told us. "He looked forward to his mission, which he felt was his calling from God." He told his dad, "God is literally my shield." The day before he was shot, Tony said, 'I'm not afraid to die. I know where I'm going.' And he talked openly about his faith and heaven."

As a psychological operations specialist with the Army's 9th Psychological Operations Battalion, 4th Psychological Operations Group, Tony engaged both enemy forces and Iraqi civilians in a battle to "win their mind" through broadcast messages, dropped leaflets, and "face-to-face" communications. Because of his valuable skills-set, he was accompanying Marines in volatile Fallujah when felled by a single sniper's bullet.

An Army comrade said of Tony, "He laid down his life for us. He laid down his life for his family. He laid down his life for the people in Iraq, who deserve the same freedoms we have."

For Tony's dad, George Lutz, the loss was devastating. "For months I was numb with grief. Until one day the Lord broke through to me with the words, 'Your son is with Me.' That was the turning point.

"I was grieving as a father grieves on losing his son. Then I thought about God sending Jesus to die for us. And I felt as if God were saying to me, 'I know what it feels like because I did it. I sent My Son, and it hurts. I know it hurts but I did it.' This just gave me a peace."

From then on, George Lutz began attending funerals of veterans from WWII, Korea, Vietnam, Iraq and Afghanistan. He visited with their families, giving comfort and hope. Invariably, two questions repeatedly cropped up:

"Did my son (husband, father) die in vain?"

"Will people forget the sacrifice made for freedom?"

"Those words 'in vain' bring a lot of hurt to a lot of people, especially from wars like Vietnam and Korea," Lutz said. "I thought about that a lot. The American flag symbolizes the price of freedom and unites us as a nation. The POW-MIA



The family of LTJG Thomas Taylor, USN, gratefully display the hand-sewn Honor and Remember flag bearing their loved one's name. It is one of more than 700 personalized flags presented by George A. Lutz, Sr., center back, who designed the flag as a visible reminder to all Americans of the sacrifice our military has made for our freedoms. Through donations, personalized flags have been given to Gold Star families, families of the USS Cole bombing, and all the Fort Hood families. To learn more, or to order a standard or personalized flag, go to [www.HonorandRemember.org](http://www.HonorandRemember.org)

flag honors a very special group. Yet we have no official national symbol of public gratitude for those who died defending our freedoms."

## The flag's symbolism

This led George to design a unique flag for this forgotten group, using military symbolism. The red stands for the blood shed by our military throughout our nation's history. The white recognizes the purity of that sacrifice. The blue star recalls the World War I symbol hung in windows indicating a family member away at war. The gold star symbolizes the ultimate sacrifice of the fallen hero who will never return. The folded flag signifies the final tribute given the family. The flame reminds us of the hero's eternal spirit living on in the memory of loved ones.

Lutz has presented more than 700 personalized flags to veterans' families from WWII to Afghanistan, with nearly another 1,000 waiting. Each personalized flag bears the veteran's name, date and country where he was KIA. Each presentation is always a public ceremony to honor the fallen. Last April the Louisiana Governor

publicly presented 60.

Healing has begun for families once imprisoned in grief: the widow who had tried to commit suicide, the elderly couple whose only son died in Vietnam unrecognized in 40 years, the five Navajo Indian families on a remote reservation. George Lutz reached out to others with the love of God, and found healing himself. Hymn writer F.M. Lehman wrote, "The love of God is greater far than tongue or pen can ever tell. It goes beyond the highest star and reaches to the lowest hell." Scripture records, "God so loved the world that He gave His only begotten Son..." (John 3:16). The apostle Paul declared, "Who shall separate us from the love of Christ?" Neither "tribulation... death nor life" (Romans 8:35-39).



**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](mailto:hsmoor@verizon.net)

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# STEVEN BADDOUR

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**I am particularly proud of the contributions I made in reforming our transportation system, improving public safety, and keeping government spending in check.**

**As I leave the Senate, I will miss the daily contact with local officials, community & civic leaders, business owners and constituents — who have remained my motivation throughout these years.**

**Thank you for your unwavering trust, confidence and support. I remain humbled and grateful.**

A handwritten signature in black ink, reading "Steven A. Baddour". The signature is fluid and cursive, with the first name "Steven" and last name "Baddour" clearly legible, and "A." as a middle initial.

# News from the American Legion

**John Lenotte**  
VALLEY PATRIOT VETERAN COLUMNIST

At the end of February a number of Legionnaires from Massachusetts went to Washington D.C. for the annual Legion Washington Spring Conference. Several of us went down on Sunday the 26th and returned late Tuesday the 28th.

Others came back the following day. Some of the conference highlights are on the Legion National website, [www.legion.org](http://www.legion.org). I shall not repeat that information here. I sat in on the National Legislative Commission meeting and with several others later attended a “know before you go” session.

This was a briefing by the Legion Washington office staff on what they see as legislation that will come up for a vote during the current session of Congress. We were given copies of a “drop sheet” that contained the position of the Legion on this legislation.

This drop sheet is available online at the Legion site. When you look at this drop sheet, you will see that a lot of it centers around the DOD and VA budgets.

Back in September, the VA budget

was understood to not be subject to cuts. Now, the Office of Management and Budget is claiming that it MAY be on the table! This was a hot issue for us.

And we heard from a senior Army officer from the Pentagon that they saw no difficulties in cutting 70 thousand plus Army troops in the next five years. How demoralizing is that to those who planned on a career? What of the troops who are not cut? What will they be thinking in terms of job security?

What of those who may want to join in the future? Where will these 70+ thousand find work!!!!

And you have probably heard of the plans to change the military retirement plan. Another incentive to NOT want a career in the military.

And yet, we were told they want to retain senior NCOs and company grade officers to train the next generation of soldiers.

And that they will continue to depend heavily on the Guard and Reserve. Do they really think many of those will continue to re-enlist?

Armed with this information and the

drop sheets, we broke up into teams and visited the Massachusetts Congressional delegation. In some cases, we were able to meet with the Congressman, in others, we met with a Legislative aide who works the VA and DOD areas.

For the most part, they are with us.

Senator Brown, as you know is with us on the Flag Amendment, as are Representatives Keating, Lynch and McGovern. Rep. Olver is retiring and his district impacted with the restructuring.

Representative Capuano’s office did not return any of my several emails to arrange a meeting. I hope some of you in his District will send an email showing your displeasure. As you know, The American Legion cannot endorse any candidate. But we can make note of where they stand on issues important to us.

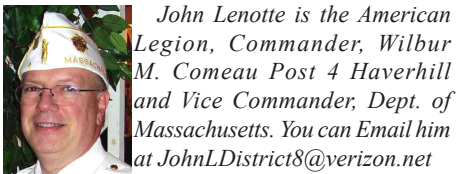
There are many internet sites that have information on how our delegation votes. I hope you will look at this information and become an educated voter. A couple of things I have heard from several Congressmen, many of whom were from other states. They are with us on

the VA and DOD budgets. But they need the votes of their fellow Congressional delegates! And they need us to get the word to OUR Congressional delegation on what we feel is important.

And email and phone calls are the fastest way to get the message delivered. Letters should be sent to the local office. Any letters sent to Washington still go to a central processing facility due to the anthrax threat. This delays mail up to 2 weeks.

The biggest message we can deliver this year is GET OUT AND VOTE. Please join me this November in getting our voices heard. The Massachusetts Legion Family is about 60 thousand strong. Veterans and their families in this state are over 1 million strong. That is a lot of votes and can send a clear message.

May God Bless our troops and protect them and their families.



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

## END OF LIFE: DR. RAMI RUSTUM FROM PAGE 27

sonal conflicts. Others in this intermediate stage have an intensified positive emotional resolve.

The third stage is defined by dying individuals’ acceptance of the imminence of their death. Non-acceptance is evidenced by intense distress with the proximity of death and is a source for increased total pain. This model is helpful for physicians who may anticipate the need for support of patients at the end of life.

Pain management in End-of-Life Care

Effective pain management at the end of life applies the concept of total pain. Before physicians prescribe analgesics, an assessment is required to determine the nature of the pain. They must treat patients for reversible physical causes and address interpersonal and spiritual pain. Analgesics will be most effective if physicians explore all components of total

pain.

Opioids are often the medication of choice for end-of-life pain. They are safe and effective for the treatment of patients with moderate to severe pain, and they have side effects that can be managed effectively.

Myths continue to limit the use of opioids. Physicians often avoid using opioids fearing the addiction of their patients. Addiction is known psychiatrically as substance abuse, a condition defined as a maladaptive pattern of substance use manifested by recurrent and significant adverse consequences related to the repeated use of the substance. Patients’ pre-opioid state—not merely exposure to opioids—determines their potential for opioid abuse. Active substance abusers requiring end-of-life pain management challenge the most tolerant of medical

care systems. Analgesic therapy must be given until death. Physical dependence must also be medically managed during dying.

Patients and their families may delay the use of opioids fearing their use foretells imminent death, and patients may fear that opioid use early in their care will diminish the effectiveness of such medication. It is the responsibility of physicians to counsel patients that this result will not be allowed to occur. Dose adjustment, appropriate monitoring, and management of adverse reactions must continue for all patients.

Nausea, sedation, and pruritus, are common temporary side effects of opioids and usually resolve in 3 to 5 days. Antihistamines such as diphenhydramine and hydroxyzine are effective for treating patients for nausea and pruritus. The elderly may experience confusion, hallucinations, and cognitive impairment with opioid use. A different opioid at a lower dose may help; however, advancing disease may be the cause of confusion in the elderly.

Constipation is the most frequent side effect with sustained opioid therapy and should be anticipated and prevented. Constipation may cause bowel obstruction. The liberal use of laxatives, hydration, and exercise facilitate bowel function with ongoing opioid therapy. Intermittent pressure applied to the lower thoracic and lumbar spine with the patient in the supine position for approximately 2 minutes every 2 hours is effective.

Opioid overdose is rare. Signs of opioid toxicity include myoclonus and respiratory depression. Physicians should consider opioid toxicity when patients’ level of consciousness declines and respirations are fewer than 6 per minute. These conditions may also represent disease

progression or active dying. Other physical signs of opioid toxicity are myoclonic twitching, constricted pupils, and skeletal muscle flaccidity with cold or clammy skin.

In summary, good pain management at the end of life could be one of the most difficult issues facing patients and physicians. Physicians, regardless of their type of specialty, will encounter patients at end of life. Knowledge of total pain concepts incorporated into end-of-life pain management offers much to patients and their physicians.

All physicians should be concerned with relief of symptoms, and relief is obviously the concern of all physicians, and they should focus on end-of-life care as part of comprehensive patient care.

Pain therapy may become an issue for care at any time in the dying process. Physicians must be able to address adequately the role of pain with end-of-life patient care. Knowledge of the principles of providing proper pain management at the end of life can enhance the physician-patient relationship.

Ref: 1- Pain Management in End-of-Life Care: Jimmie P. Leleszi, DO; Jeanne G. Lewandowski, MD

2 - Storey P, Knight CF. UNIPAC Three: Assessment and Treatment of Pain in the Terminally III. 2nd ed. American Academy of Hospice and Palliative Medicine. New York, NY: Mary Ann Lieber, Inc Publishers; 2003

3 - Saunders CM. The challenge of terminal care. In: Symington T, Carter RL, eds. Scientific Foundations of Oncology.

*Dr. Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. You can contact him at: [ramirustum@comcast.net](mailto:ramirustum@comcast.net).*

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NON PROFITS FROM PAGE 18

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MERRIMACK VALLEY YMCA INC	\$14,049,470	\$11,349,528
MI MANAGEMENT INC	\$3,164,934	\$2,865,569
MI NURSING-RESTORATIVE CENTER INC	\$21,313,610	\$20,438,238
MI RESIDENTIAL COMMUNITY II INC	\$4,762,440	\$1,222,151
MI RESIDENTIAL COMMUNITY III INC	\$3,757,570	\$1,176,433
MI RESIDENTIAL COMMUNITY INC	\$6,843,397	\$1,250,333
MI TRANSPORTATION INC	\$2,048,350	\$677,406
MINISTERIO LOS MILAGROS DE JESUS INC (c/o JULIA POLANCO)	\$37,096	\$103,761
NATIONAL ASSOCIATION OF LETTER CARRIERS (c/o J M DOLAN)	\$183,677	\$50,256
NATIONAL EMPOWERMENT CENTER INC	\$388,167	\$622,894
NEIGHBORS IN NEED INC	\$131,020	\$245,629
NORTHEAST INDEPENDENT LIVING PROGRAM INC	\$1,316,114	\$1,957,494
NOTRE DAME EDUCATION CENTER	\$189,949	\$430,050
NOTRE DAME HIGH SCHOOL	\$9,185,571	\$6,262,916
POLISH AMERICAN CITIZENS CLUB INC	\$26,697	\$171,996
POP WARNER LITTLE SCHOLARS INC	\$65,407	\$55,526
PRO-EMPLOYMENT AND SOCIAL WELFARE FOUNDATION INC	\$12,678	-\$85
PSYCHOLOGICAL CENTER INC	\$699,545	\$3,783,394
ROSARY RING INC (c/o RANDALL A HURLEY)	\$14,915	\$117
ROTARY INTERNATIONAL (c/o WALTER W TOPHAM)	\$105,201	\$53,656
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ST MARY-IMMACULATE CONCEPTION	\$3,731,095	\$3,731,095
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THREE SAINTS INC	\$749,070	\$226,455
UNITED LEBANESE CEMETERY CORPORATION (c/o DAVID BESHARA)	\$235,738	\$21,687
UNITED LEBANESE CHARITABLE SOCIETY INC	\$422,407	\$12
UNITED LEBANESE SOCIAL AND CULTURAL SOCIETY INC	\$230,495	\$87,213
WESTFORD INITIATIVE FOR SENIOR HOUSING INC	\$6,793,687	\$294,154
WHITE FUND INC	\$1,056,024	\$106,572
WILLING SHEPHERDS OF JESUS CHRIST INC	\$64,578	\$188,951
WOMENS RESOURCE CENTER INC	\$296,722	\$505,737
WORLD RIDE AGAINST CANCER INC (c/o RICHARD DRORBAUGH)	\$14,569	\$43,593
YOUTH DEVELOPMENT ORGANIZATION INC	\$8,242	\$193,554
YWCA OF GREATER LAWRENCE	\$3,870,907	\$4,541,609
TOTAL 249*	\$558,285,073	\$639,723,665

\*There were dozens of Non-Profits in the City of Lawrence that listed \$0 in all categories, they were excluded from the listing.



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TOM DUGGAN’S NOTEBOOK: FROM 23

cones/cotton candy and refreshments while they last!

**METHUEN VILLAGE** - Vaudevillian Show at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to a performance by the Comedy Masque Review on Monday, April 16 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).

**John D’Ambrosio 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 of John D’Ambrosio on piano on Tuesday, April 24 at 2:00 p.m. John will invite all to sing along! 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).

**NEW MOON - DAVID WILCOX CONCERT** April 21st-David Wilcox, singer/songwriter performs at the New Moon Coffeehouse on Saturday April 21st at 8:00 pm. The musical duo Lori Diamond and Fred Abatelli open the show. The coffeehouse is located in the Unitarian Universalist Church, 16 Ashland St, Haverhill MA. Admission to the show is \$20; \$10 for those ages 18 and under. Tickets for this show are available at the door starting around 6:30; doors open at 7:30. Tickets may be reserved prior to the show by visiting [www.newmooncoffeehouse.org](http://www.newmooncoffeehouse.org), or by calling 978-459-5134. The New Moon Coffeehouse is a nonprofit, an all-volunteer organization dedicated to supporting and enjoying the creative talents of acoustic performers. We strive to bring you the best performers in a relaxing, friendly, smoke and alcohol free environment, where you can enjoy a great show, good coffee, and awesome desserts.

**ELECTRONICS RECYCLING EVENT** - The Treble Chorus of New England will hold an electronics recycling event on Saturday, April 14 from 9 to 1:30 PM at West Parish Church, 129 Reservation Road, Andover, MA. Residents from surrounding communities are welcome to bring electronic items to the church for recycling. The cost to dispose of items is \$10 each for computers, printers VCR’s DVD players, media drives, monitors, keyboards, microwaves, fax machines, scanners, video equipment and other electronic items and \$25 to dispose of TV’s. For more information please contact Bernadette Lionetta @ 978-470-2588 or [BLionetta9@verizon.net](mailto:BLionetta9@verizon.net) Treble Chorus of New England is a 501 (c) 3 nonprofit organization.

**VETERANS DAY** - Volunteers are needed for placement of the new flags on Veterans’ graves for Memorial Day. If you are able to assist, please call the Methuen Department of

Veterans’ Services 978-983-8585. Your help in this matter is greatly appreciated!! Sat., May 5, 2012 ~ Elmwood Cemetery 9-Noon, Sat, May 12, 2012 ~ Walnut Grove Cemetery 9-10:30, Sat, May 19th, ~ Mary Immaculate & Bellevue Cemeteries, 9-Noon.

**LAWRENCE - YARD WASTE PICK UP** Schedule from April to July 2012 - Collection Weeks: APRIL 23-27, MAY 14th- 18th, June 4-8, June 25th TO 29th, July 16 -19th. The City of Lawrence DPW Yard Drop-Off Recycling Center 1 Auburn Street is open 8:00 AM to 12:00 PM, each second and fourth Saturday of each month from May 2012 through October 2012 will be accepting residential yard waste in brown paper bags only. • Monday – South Lawrence West, Tuesday – South Lawrence East plus downtown and Water Street area, Wednesday – Prospect Hill, Thursday – Arlington district, Friday – Tower Hill. Trash and Recycling will still be picked up every Tuesday! If you have any questions, please call Joel Chalas, Recycling Coordinator at (978) 620-3311 or (978)620-3090.

**HELP FOR ELDERS** - Elder Services is currently recruiting & training more volunteers to help the elderly remain safely in their homes for as long as possible; the volunteers will help with: With door to door Transportation to medical appointments and with an advocate, to accompany the elder into the medical appointment. Also with food shopping & picking up prescriptions. With companionship, someone they can just talk with.

**Request** - This is a wonderful program for our elders who have no one to help them. However, Elder Services needs many more volunteers throughout the Merrimack Valley to answer all the calls for help we are receiving. We hope the folks who are reading this Ad can put a few hours aside each month and help support this critical need. Contact: Gerry at, 978-946-1445

**North Shore Business Forum - YOU CHARGE HOW MUCH? DANVERS,** April 20 - Ruth Sheets, of Ducks In A Row, will speak at the North Shore Business Forum on April 20 on how to price products and services. 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)

**BRING A NEW PRODUCT TO MARKET DANVERS,** April 27 – Marc Cooper, of Imagination Products, will speak at the North Shore Business Forum on April 27 on inventing, developing, manufacturing and selling a new product. 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)



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MESSAGE: FROM PAGE 26

million dollar question. Brown had met with Cordray and believed he was the best candidate for a necessary position. Ironically, Elizabeth Warren had been deemed unacceptable for this very appointment.

Although Brown and the Tea Party often disagree, his Deputy Chief of Staff, Gregory Casey assured us that the senator studies every bill and does not make decisions lightly. In the plus column, the senator has maintained his no-tax pledge, voted twice to repeal Obamacare, and supported Cut Cap and Balance. His sponsorship of the Fish Act helped to reign in the oppressive powers of the National Oceanic and Atmospheric Administration

(NOAA) to put fishermen out of business by making it impossible for them to keep up with the rules.

The dilemma for the Tea Party is making peace with the fact that Scott Brown is not as ideologically conservative as we are. The alternative is living in a state “represented” by both John Kerry and Elizabeth Warren. Perish the thought.



*Christine Morabito is a resident of Haverhill and a President of the Greater Boston Tea Party. You can email her at [christine.morabito@hotmail.com](mailto:christine.morabito@hotmail.com)*



Lawrence resident Mark Hurley and Tamara St. Leurent were spotted hanging out with rock-gods on the rise, Foxy Shazam this past Friday at the Hard Rock Café in Boston. WAAF’s Mistress Carrie hosted an acoustic concert where Foxy Shazam played three songs, including their hit single “I Like It” from their current album “The Church of Rock and Roll.”



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# Shawn Hansen's Music Corner: Review the Dropkick Murphys

Shawn Hansen

VALLEY PATRIOT MUSIC COLUMNIST

Each year on St. Patrick's Day one may think of the party they are going to that evening, or how many green beers it will take them to get sloshed out of their minds. They could also be thinking of the fact that they are going to see the Dropkick Murphys perform at the Tsongas Center in Lowell.

After appearing on stage playing solo, Frank Turner of the Frank Turner Band was selling merchandise, and taking pictures with fans on the concourse of the Tsongas Center.

"It's great," Turner said when talking about playing as the opening act for the Dropkick Murphys [DKM]. "This is the last day of a long tour with the Dropkick Murphys. We're doing two shows in one day, so it's going to be a long day."

Singing "I Still Believe" with a variation of other Frank Turner Songs, fans cheered the phrase "I Still Believe" when it came to the moment in the song when he sung those lyrics.

With the song based upon the question of who would have thought Rock and Roll music would have saved everyone, Turner had a jam packed Tsongas Center on their feet in applause when he left the stage.

From a city in South England called Winchester, (England, not Massachusetts) Turner said he grew up playing in a number of different punk, and hardcore bands.

"I spent many years touring around England with that kind of stuff, then just

about 7-years ago I decided I needed a change in my life, and I started playing acoustic, and here we are," said Turner.

With influences such as Black Flag, Minor Threat, Dead Kennedys, Bob Dylan, Johnny Cash, Bruce Springsteen, Iron Maiden, and Judas Priest, Turner aspires to go nowhere but straight forward with his band.

Touring around the world, Turner said, "It will sound cheesy if I say the U.S.A.," when talking about his favorite places to tour. "I do love playing in the U.S.A. though it's great. I love America, and have thought of getting a place in America when I decide to stop, because I enjoy this country a lot."

Turner's favorite countries to perform are his home, and native land of England, Germany, Australia, and America.

Turner, and his band will be back in Boston to perform this fall.

On tour with the Dropkick Murphys was a band out of Melbourne, Australia named The Ramshackle Army [TRA].

"This show has been crazy because we're a local band from back home," said Kat Chish who plays fiddle with TRA.

"We got to play with the Dropkicks when they came to Australia, and then they invited us over to play with them over here in New Jersey, New York, Connecticut, and Boston with them."

Explaining that they will be playing with the Dropkick Murphys in Washington D.C. at the Shamrock Festival the following week Chish said, "This has just been mind blowing because these guys are



a massive influence."

As a massive influence the Dropkick Murphys ended the afternoon matinee performing a series of their songs as Tessie seemed to be a fan favorite.

With a song representing the Boston Red Sox fans cheered louder, and louder when the band from Quincy sung, "Tessie is the Royal Rooters rally cry, Tessie is the tune they always sung. Tessie echoed April through October nights."

Walking around the arena before the show ended multiple people were talking about how hearing the song Tessie makes them think of the Red Sox, and Fenway Park.

For more information about the Dropkick Murphys go to their website at [www.dropkickmurphys.com](http://www.dropkickmurphys.com). For the Frank Turner Band go to [frank-turner.com](http://frank-turner.com), and for The Ramshackle Army go to [myspace.com/theramshacklearmy](http://myspace.com/theramshacklearmy), or [facebook.com/theramshacklearmy](http://facebook.com/theramshacklearmy).

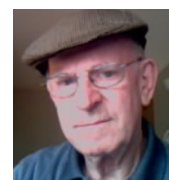
## IRISH CONNECTION: FROM PAGE 14

minds the extent of the depopulation to which I refer. What are the reasons for the decline of the marriage rate? Personally, I think of two namely, the utter selfishness of the modern world, and the distrust that arises in the minds of men regarding some of our very modern womanhood.

I remain, Your Lordship's obedient servant, R. McCarrick.

PS: It occurs to me that this Report and

Criticism may be of interest to parents. Should any priest, therefore, wish to read it for people he is at full liberty to do so.



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](mailto:Jack5772@comcast.net)

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