



THE VALLEY PATRIOT

"Congress shall make no law..."

A New England Press Association Award Winning Newspaper

2004

2012

DECEMBER, 2012
VOLUME 9, ISSUE 12
Edition 110

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Holy Family Hospital Under Fire

Mother of famed Big Band Singer and Grammy nominee, Brian Evans; Helen Bousquet went to the Holy Family ~ Caritas Hospital in Methuen for knee surgery, but died after the hospital failed to hook her up to a sleep apnea machine. Bousquet was in Evan's new video "At Fenway" with TV and movie legend William Shatner. Bousquet's death has spurred several investigations of the hospital.



Helen Bousquet with Legendary TV and Movie Star William Shatner at the filming of the music video "At Fenway" earlier this year, which was written and recorded by Bousquet's son, big band singer, Brian Evans.

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VALLEY PATRIOT OF THE MONTH A POSTHUMOUS CHRISTMAS WISH FROM JIM CASSIDY

James Cassidy,
Posthumously

FORMER VALLEY PATRIOT VETERAN COLUMNIST

For years The Valley Patriot was blessed to have had WWII Hero, Commander Jim Cassidy, as our veteran columnist and our friend. Jim wrote many spectacular pieces over the years, this month we want to share just one of our favorites about Christmas, from December, 2005.

Merry Christmas!

A Rose for Christmas
Jim Cassidy

"It's never too late to be all you can possibly be." These profound words and the following inspirational story were told to me by a young friend of mine.

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi, handsome. My name is Rose. I'm 87 years old, can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" And she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I'm here to meet a rich husband, get married and have a couple of kids..."

"No, seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age. "I always

dreamed of having a college education and now I am getting one!" she told me.

After class we walked to the student union building and shared a chocolate milk shake. We became instant friends. Every day for the next three months we would leave class together and talk non-stop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me. Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students.

She was living it up!

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was

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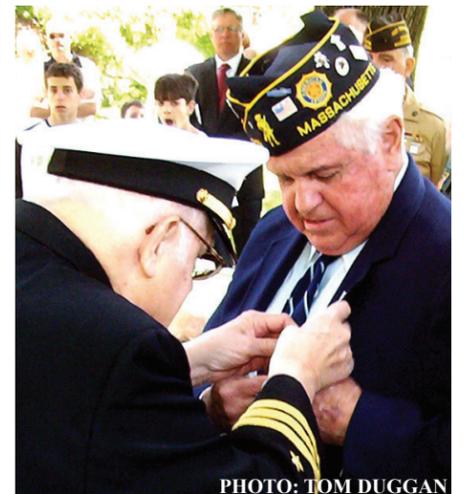


PHOTO: TOM DUGGAN

Former Valley Patriot columnist and WWII hero James Cassidy receiving his Bonze Star, some five decades late. Cassidy died in 2011.

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Are We a Society of Men or of Laws? It Matters

A society run by the whims of men and unfettered by laws can imprison you without cause or due process. It can steal your property and silence your protestations. Ultimately, the result is a breakdown of civil order and a descent into chaos.

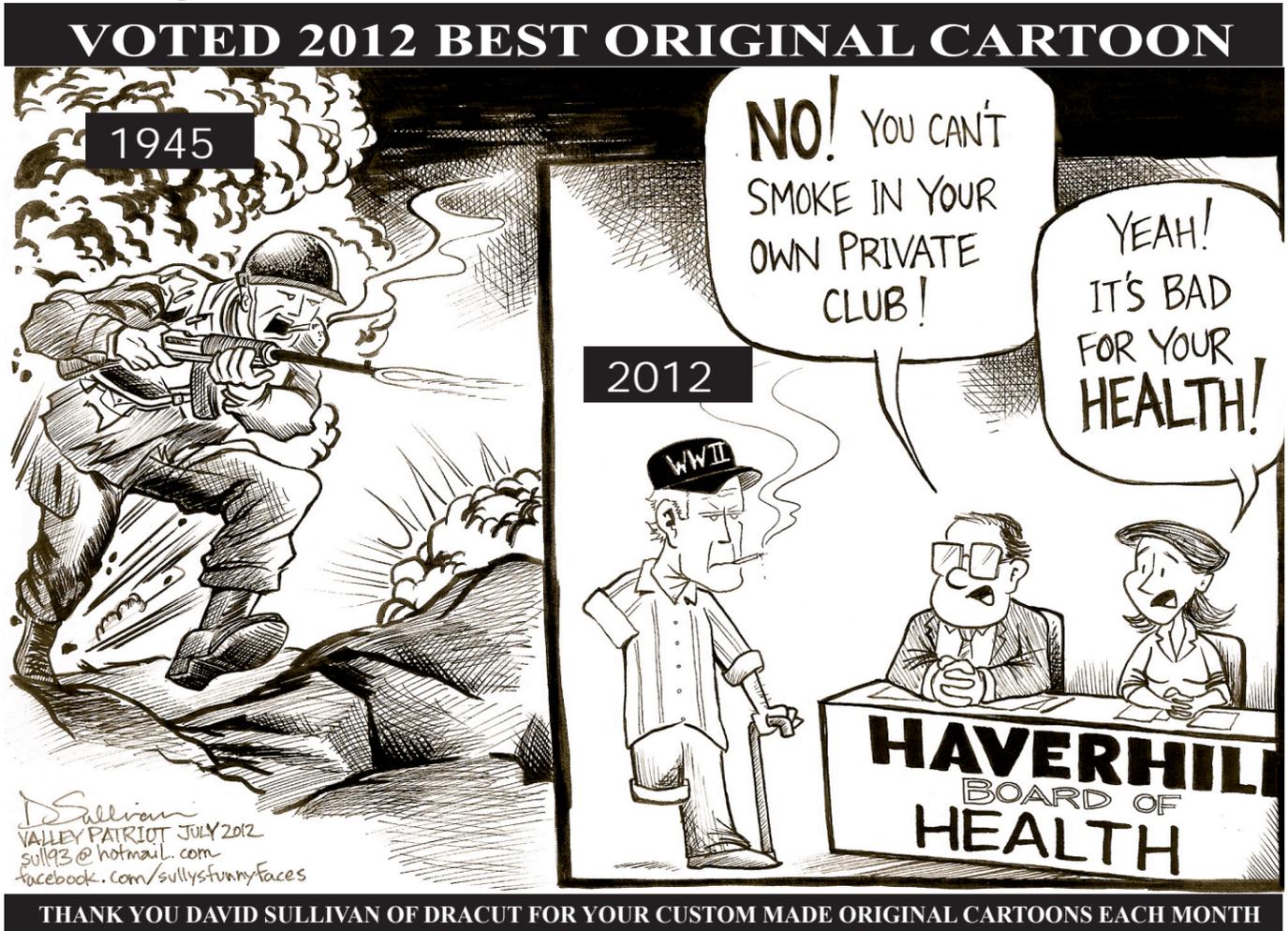
It is the rule of law that assures us that our freedoms are safe and that the government's use of force is bound by and controlled by agreed legal constraints. Without it, society will inevitably crumble.

Space does not permit an exhaustive cataloguing of recent violations of the rule of law – that would take an encyclopedia. Instead we cite the local example of law breaking and lack of respect for our constitution.

Locally, Lawrence Mayor William Lantigua and his cronies have decided that they are not subject to either the Freedom Of Information Act (FOIA) or the related directives of the courts. Under FOIA, a request for information that is rightfully in the public domain must be granted within ten days and then provided "forthwith." The only burden on the requestor is to pay reasonable costs (defined under the law) for producing the information.

The case at issue, one that involves The Valley Patriot (TVP), has been chronicled in detail in this paper (see: valleypatriot.com) and will only be briefly summarized here. A FOIA request made by TVP of the City of Lawrence in February of this year and re-re-submitted in July has been ignored by Lantigua and City Attorney Boddy – ignored with the exception of charging us \$61.81 for producing the requested information. Of course our check was cashed and no information subsequently provided.

The reader will not be surprised to learn that full disclosure will likely prove that the Lantigua administration had been involved in serious criminal activities ... their refusal to provide the requested information is understandable, but nevertheless a violation of the law.



THANK YOU DAVID SULLIVAN OF DRACUT FOR YOUR CUSTOM MADE ORIGINAL CARTOONS EACH MONTH

Laws are often ignored, but the courts are the venue that civilized societies employ to adjudicate such differences of opinion – differences such as, "Should our laws be followed?" The Valley Patriot took this "difference of opinion" to the Lawrence Superior Court in October and the case was heard by Superior Court Judge Thomas Murtagh.

In multiple rulings, Judge Murtagh consistently ruled in favor of The Valley Patriot and even granted a contempt motion against the Lantigua administration. The latest ruling required that Lawrence

release the requested documents immediately and un-redacted. As of December the Lantigua administration has outright refused to comply.

FOIA, a duly enacted law, has been ignored. The right of the citizenry to know what government is doing behind closed doors has been repeatedly violated. The state's legal apparatus – the mechanism we depend on to maintain the rule of law – has been rendered impotent.

Lantigua is following the lead set by President Obama and Governor Patrick. Unless effective action is taken by the

court soon to stop such blatant disregard for the law and for the directives of the courts, we will lose our grip on civilization.

It is time for the court to give the Lantigua administration an ultimatum: Produce the requested information within 24 hours or those responsible will be jailed for contempt of court and will remain there until such information is produced, in full.

It is now or never. Are we a society ruled by the whims of men or ruled by laws? We are about to find out.

Jew Hatred ...The More Things Change ...

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST

In the 1800's French writer Jean-Baptiste Alphonse Karr proclaimed "plus ca change, plus c'est la meme chose." The phrase means "the more things change, the more things stay the same." It was true when he wrote it and it is true today, as well.

Anti-Semitism is once again raging all over the world and this vile ideology is being aided and abetted by any number of people. Some of those helping to stoke the fires of Jew hatred are active participants, some are the quintessential useful idiots and some are feeding the crocodile in hopes they won't be eaten. All of them deserve to be scrutinized and held accountable for their behavior.

Let us start with the successors to

Adolph Hitler, who today continue to advance his final solution. Vicious anti-Semites like Iran's President Mahmoud Ahmadinajad are actively working to eradicate not just the nation of Israel but they see their real mission as eliminating every Jew from the planet. Hitler raised armies and built gas chambers, Ahmadinajad supplies weapons to terrorist groups like Hamas and Hezbollah and builds nuclear bombs. Iran and other Islamo-terrorist nations employ the same language that the Nazi machine did. They actively work to dehumanize Jews. They work diligently in the public relations arena and of course, receive a great deal of assistance from the anti-Semites at the United Nations.

The American left wing has a major over-representation of the useful idiots. Those who are blissfully unaware of the

facts but choose to offer their opinions anyway. Look at the leftists who gleefully condemn the only democracy in the Middle East. They happily trash the only country in that part of the world which would allow them to speak freely. The useful idiots speak lovingly of the innocent children allegedly harmed by Israel even as the evidence shows that many of these so-called victims were actually dressed to look like they were injured only to be revealed later that they were fine. Of course, the useful idiots cannot be bothered to speak of the thousands of rockets being fired into Israel or the Jewish children actually killed by them.

Finally, the cowards who seek to feed the crocodile in hopes they might not be eaten today as Churchill observed are the saddest of the lot. These cowards actively work as faux journalists, fraudulent diplomats and modern day kapos. Take a look around and you will see countless examples at the highest levels of government and the media.

The latest affront to decency came just a few days ago, as the United Nations provided a new improved status for Palestine. It really is a fascinating event. Despite history which shows us that the Jewish people were given the land thousands of years ago and have always been connected to it, the United Nations sees fit to undermine this Holy Covenant. Ignoring the fact that the Hashemite Kingdom of Jordan was established as the homeland for those who now claim to be Palestinians, the United Nations once again looks to evict G-d's Chosen People from their land.



Jeff Katz is a former police officer, former talk show host on Talk1200AM and won the Associated Press Award for Best Talk Show In Boston two years in a row. He is now an exclusive columnist for The Valley Patriot. Email him at jeffkatz@clearchannel.com

With Palestine now granted additional United Nations status, I do wonder if the useful idiots and their ilk will now begin to offer support for other fictional lands like Atlantis, Neverland and Narnia? I mean really, fair is fair, right?

The Valley Patriot is published monthly before the tenth of each month by the Valley Patriot, Inc., 75 Main St., North Andover, MA 01845. All contents Copyright (c) 2012, Valley Patriot, Inc. All rights reserved. Subscriptions are \$50 per year and sent via U.S. Mail.

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

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

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The Valley Patriot is printed by Graphic Development in West Hanover, Mass. Local daily news updates are online at facebook.com/valleypatriot

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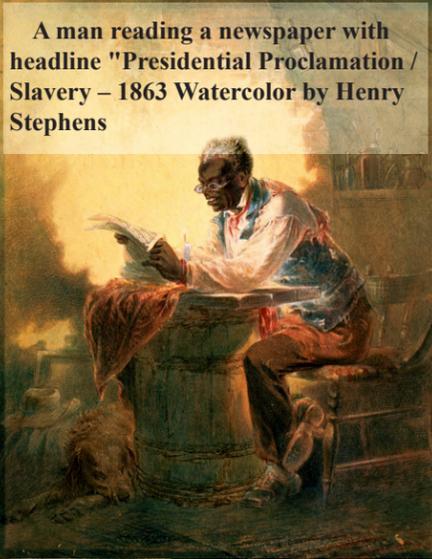
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150 Years after The Emancipation Proclamation ... Slavery Re-introduced into the U.S.

Dr. Charles Ormsby
VALLEY PATRIOT EDITOR



On September 22, 1862 President Lincoln used the news from Antietam (fought on September 17, 1862) to announce his proclamation freeing the slaves in those states still in active rebellion against the Federal Government as of January 1, 1863.

Amazingly, 150 years later, our recent national election endorsed a philosophy that embraces many of the core tenets of slavery. Ironically, this tightening of our shackles is being led by our first black president, was endorsed by well over ninety percent of American blacks and was supported by a super-majority of Jews who have had a history with slavery – and worse.

While The Emancipation Proclamation was announced somewhat precipitously, the abolition of slavery was a work in

progress prior to Lincoln's presidency and it wasn't fully realized until December 1865 when the Thirteenth Amendment to the Constitution became effective.

The current re-imposition of slavery is also a work in progress – one that is now approximately 75 years in the making – but the pace is quickening and the outcome becoming more certain. The recent election was a major victory for those who seek to cement our present course.

Those with a shallow understanding of slavery are blind to it if iron shackles and whips are not in plain sight. We have become accustomed to the American portrait of slavery as practiced on southern plantations, but many of us have lost sight of the broader meaning of slavery: the denial of individual liberty. We are used to recognizing slavery when private entities practice it and in the process deny individuals their basic freedoms and the products of their labors; but we often lose sight of it when practiced by governments. Except in the most extreme cases, e.g., Nazi death camps, the Soviet Gulag, or North Korean "re-education" camps where the conditions were/are substantially worse than they were on American slave plantations, the term slavery is unlikely to be used to describe the condition of servitude resulting from government oppression of individual liberty.

Today, in America, our government has abandoned its role as the guardian of individual liberty. It has, instead, aligned itself with a coalition of constituencies seeking to enrich themselves by expropriating the products and services produced by others. This represents a fundamental shift in the

status of the Founding Fathers' American experiment. The lights in that "City On a Hill" are being turned off, one-by-one. As the city dims and becomes less distinct, we are losing sight of what it once represented. Like Atlantis, once it's gone, we may never be able to re-discover it.

The social system embraced by the current administration and its supporters shares the key attributes of slavery: One group, using force and backed by the government's power, steals the labor and property of others while denying them the right to pursue their goals with their fellow human beings.

America's producers are not bound by manacles or beaten with canes when their "cooperation" is demanded as were many slaves on American plantations. Their enslavement has a kinder face, but if they refuse to obey their master, the consequences are very real. They will first receive legal demands, then court dates, then the confiscation of their property and/or imprisonment will be ordered ... all backed by police with guns and with the authority to shoot if necessary.

It doesn't much matter if your jailer has a smiley face.



The constituencies that have joined the government-supported gang of oppressors have taken decades to assemble. In a democracy the gang just needed to amass 51% of the citizenry and that has now been accomplished. While a comfortable majority is preferred, the gang does not

want a much higher percentage – it would just mean splitting the spoils among a greater number of thieves.

Where will the present gang of oppressors go from here?

Once a majority of the voters is bought and paid for, the statistics that are leading this movement will accelerate the eradication of what's left of our personal freedoms. ObamaCare, much of which goes into effect precisely on the 150th anniversary of The Emancipation Proclamation, is a major step forward in that direction.

The Supreme Court will now be stocked with justices who are willing to ignore the obvious intent of the Constitution because they have no use for the Founders' goal: to protect individual liberty and the individual's right to his life and property.

Taxes and regulations (polite names for legalized theft and dictatorial rule) will be expanded while those legal protections of our property and our right to make everyday decisions that still exist will be systematically eradicated.

Our right of free speech and freedom of the press (starting with increased government control of the media) will be abridged as will our Second Amendment rights.

But then comes the funny part. Once our liberties have been obliterated, many of the useful idiots that helped make up the 51% will no longer be needed.

This is a good thing for the statist, because they won't be able to afford them anyway. When the socialist, state-run economy collapses, there will be no resources to pay for the EBT cards, the Medicare benefits, government pensions, Social Security benefits, or even the myriad of government jobs ... except those government employees with the whips and guns needed to keep order. We wouldn't want the plantation to descend into chaos, now would we?

This is the face of your new plantation. Get used to it. It might be helpful to practice saying, "Yes, Master. Yes, Master. Anything you say, Master."



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



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Volunteering in Andover For the Holidays

Ann Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

Christmas 2012 is coming. This year many of us are facing a coming year with an uncertain future. But this is the season to wish everyone you meet, with Merry Christmas, or Happy Holidays. Christmas carols, perhaps a little snow, sending Best Wishes to family and friends, and the red kettles and bells of the Salvation Army is out and happy to accept donations to the red kettles. The Salvation Army has always been available to those who are facing hardship, and so we begin our Holiday Season.

Here in Andover, the Andover Youth Service is once again offering "A Lot of Trees," Christmas trees, wreaths, garlands, kissing balls, of all sizes and swags are being sold to support the many programs available to children and young adults, middle school through high school. The Andover Youth Services is very important for this community, offering winter and summer activities for the youth of the community.

The A Lot of Trees sale site is open now until December 22, 2012. Monday through Friday 3:00 pm through 8:30 pm, and on Saturday and Sunday 9:00 a.m. through 9:00pm. The sale is located at West Middle School, 70 Shawsheen Road, Andover. Volunteers are welcomed. Contact AYS at 978-623-8241.

Another special event the Teen Clothing Drive is now in operation. The AYS group "The Force", has joined with teens from Lawrence for this program. Donations of boots, coats, scarf's, gloves, sweaters and sweatshirts are appreciated. The donations may be left at the Andover Youth Services office, 37 Pearson Street, Andover. Until December 17, 2012.

The Holiday Ball will be held on December 15, 2012 from 6:00 to 10:00 pm.

Tickets are \$ 25.00 per couple, \$15.00 for singles. Music will be performed by D.B.'s orchestra. Tom Webster, from the Dance of New England, will give dance instructions.

Tickets for the dance will be available at the Senior Center, 36 Bartlett Street, or the Andover Book store off Main Street,

Andover center.

Call 978-623-8321. The Andover Senior Community Friends sponsors this event.

In Andover, there are many places where our gift of time is very much appreciated.

A visit to someone who maybe in a nursing home or a rehab center, would very be welcomed. Older citizens, who live in a group home or who live in their own home, but have few visitors, might welcome a visit a few times a year. One young volunteer from the high school pays a visit to Marland Place senior home, plays cards and listens to one of the seniors talk about his life and the places he has gone and the people he knows.

Churches have many programs all year long that could use help from volunteers, who offer a few hours of their time. South Church along with other churches in the area have outreach programs going on throughout the year. For information call or visit the church office during the week.

There may be some activity that you would be able to help.

Many non-profit organization usually use help in many ways from stuffing envelopes, help with distributing "Meals on Wheels", for shut-ins, work for a few hours sprucing up the yards, for those who can't do yard work anymore, but would so appreciate your help. Call the Andover Senior Center for a volunteer program, that would be totally welcomed.

Under the Town of Andover, MA., website there several groups that need volunteers for many commissions that would appreciate interest and help from Andover citizens.

Volunteers do not have to give gifts or money. They can give the best gift of all, doing for others what you may want someday for yourself. We can all appreciate the gift of time and interest. And we never know when we will receive the gift of a friendly face, when we are in need of one.

MERRY CHRISTMAS, HAPPY HOLIDAYS

Notices From the North Andover Senior Center

Many residents may be surprised at how diversified the North Andover Senior Center is becoming.

We entertain and interact with North Andover seniors daily who have relocated from many distant and exotic locales. Most of these seniors have interesting stories to share of their roots in countries such as Israel, Sri Lanka, China, Egypt, Pakistan, Russia and India to name a few. Recent census data has revealed that there are more than 56 million people aged 60+ in the U.S. and of that population 5.5 million speak a primary language other than English, Spanish being most common.

Nearly 4 in 10 older adults in the U.S. who speak another primary language speak English either unsuccessfully or barely at all.

Another unsettling fact is that 38% of foreign born seniors are living below the accepted federal poverty level in this country.

Many of these seniors are eligible for assistance that can improve their health, independence and economic well being. Our goal is to adapt to the needs of our evolving community and eliminate any cultural barriers that may exist in order to serve the needs of our ever changing senior population.

Without our assistance, these individuals may not be able to maintain their financial autonomy, health, stability or overall independence. Our Center strives to embrace all facets of diversity- social,

economic, cultural or other and to be culturally responsive to their developing needs as they begin new experiences in our thriving communities. So instead of the standard wish of "Happy Holidays", you just may hear our seniors exclaim, "Ubha Nath thalak Vewa"! (Sri Lanka)

ROCKINGHAM MALL SPECIAL HOLIDAY TRIP, Dec 17th, Bus leaves Senior Center at 9:30. \$4.00 round trip.

Volunteer Medical Transport Drivers are needed! You can set your own schedule, morning or afternoon, any day of the week. Call the North Andover Senior Center for more information. Speak with Cahla at 978-688-9560 for application and assistance.

Foot Care: RN Catherine Languedoc Foot Care Specialist will be available on the third Friday of every month from 9-12. Upcoming dates are, Dec. 21st, Jan. 18th, Feb. 15th. Dr. Connolly is available on the second Wednesday of the month from 1-4. Upcoming dates are Dec. 12th, Jan. 9th, and Feb. 13th. Please call to schedule an appointment.

FOXWOODS: NO TRIP IS PLANNED FOR DECEMBER.

THE FIX - IT SHOP: On the first and third Monday of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work

needed, plus parts. Proceeds benefit the Senior Center.

SUPPER CLUB: Annual Christmas Dinner, December 20th at The Bradford Tavern, in Rowley. Bus \$3, dinner on your own. Bus departs @ 4 pm. Sign up with reception in person beginning Wed. DEC 5th.

LECTURE SERIES: Monday, December 10th 10-11:30. Speaker John Russell from the TRIAD Program.

WALKING GROUP: Monday through Friday 9 am. Walk at your own pace around the youth center on Johnson Street.

BOWLING GROUP: For more information stop by Academy Lanes Wednesdays at 11:45 am, \$8 week. Contact person Arlene Coon.

ONE ON ONE COMPUTER LAB CLASSES: Thursdays, 9-11:30 am, 45 minute sessions, \$7 each at the Senior Center. Call to reserve your slot.

New Hearing Clinic: Miracle-Ear will be at the North Andover Senior Center the 3rd Wed of the month, 10 to noon. Sign up with reception for a free screening.

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

SHINE VOLUNTEERS: Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. The 1st, 3rd and 4th Tues. of the month, 12-3. Call center for appointment.

ZUMBA WITH TALLIE!



Mon 3:30-4:30 Zumba Basic (Mary),
Wed 3-3:45 Zumba Gold w/Tallie,
Wed 4-5 Zumba Fitness w/ Tallie, Thu
4:30-5:30 Zumba Fitness w/ Tallie, Sat
9:30-10:30am Zumba Fitness w/ Mary.



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North Andover Fire Dept. 4th Annual Toy Drive for Local Children in Need

Tracey Zysk
VALLEY PATRIOT COLUMNIST

Matt Davis and the North Andover Fire Department will be hosting their "4th Annual Toy Drive for Local Children."

Firefighter Matt Davis started this drive four years ago with a vision that every child would wake up Christmas morning with a toy. No child should go without.

Working with approximately fourteen other local fire departments a toy drive was formed. The mission is to keep it local: All toys are distributed to children north of Boston. Matt works closely with the North Andover Youth Center, Woodridge Homes and a few other local

groups that are resources for children in need. Last year most of the toys stayed in North Andover.

The North Andover Merchants Association donated \$250.00 of toys to Matt. All toys were purchased in town from local merchants.

Residents are encouraged to bring new, unopened and unwrapped toys -- for kids of any age group to either North Andover Fire Department stations. Station 1 is located at 124 Main St., right next to Town Hall. Station 2 is at 9 Salem St. Call 978-688-9590 for more information. You can bring toys to the Fire Department for this charity up until Dec. 20.

JOIN US DECEMBER 15TH

Menorah Lighting on the Common



Join The Valley Patriot, The New Chabat of North Andover and Chabat Lubavitch Jewish Center of Merrimack Valley on SATURDAY, December 15th at 7PM for latkes, hot cocoa and donuts on the North Andover Common for our Annual Menorah Lighting. PLEASE COME AND SHOW YOUR SUPPORT. For questions please call the Valley Patriot at 978-771-4091 or Rabbi Bronstein at 978-815-1768

Convoy of Toys for Sandy Victims

Tracey Zysk
VALLEY PATRIOT COLUMNIST

December 12, 2012, will not only be the historic day of 12.12.12 it will be a meaningful and memorable one as a convoy of trucks will be leaving Massachusetts and heading down to New York and New Jersey. The mission of this trip: "Delivering Toys to the Children of Hurricane Sandy."

Trombly Bros. a full service repair and towing company located in North Andover, along with The Conference of Northeast Towing Association and Statewide Towing Association has a group of seven towing companies all from Massachusetts forming a convoy and delivering toys to these families for the holidays.

After the Trombly's visited New York and New Jersey delivering equipment for the hurricane recovery and witnessing all the destruction left behind from Hurricane Sandy,

they knew they had to do more.

Mark Trombly, a father of twins, couldn't even imagine a child going without a toy on Christmas morning. "This is the time to give, they need everything because they lost everything. If we can make children smile after what they all just experienced, then this toy drive is more than worth it."

The local community couldn't agree more with the Trombly's. The North Andover Merchants Association, a group of local North Andover businesses, donated \$200.00 of toys, mittens and hats to the Trombly toy drive. The North Andover Police Dept. matched the Merchants donation and also donated \$200.00 of toys.

If you would like to donate a new, unwrapped toy please drop the toy off at:

Trombly Bros. located at 41 Sutton St North Andover MA (978) 683-1031

The truck will be leaving by 12 noon on December 12th.



Martial Arts and Toys for Tots

Tracey Zysk
VALLEY PATRIOT COLUMNIST

Sensei Louie Rodriguez of the Merrimack Valley Martial Arts Academy located in North Andover is hosting a Toys for Tots toy drive.

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community.

Sensei is passionate about the Toys for Tots program. It is a program that follows the same philosophy he teaches his students in martial arts.

"As an instructor, I continue to study martial arts to be a better mentor and teacher. My mission is to help guide students to become happy and responsible adults. Martial Arts has taught me the importance of values and responsibility. As a teacher I strive to pass this

knowledge on to the next generations. I commit to instruct exciting Martial Arts skills and values such as confidence, discipline, commitment and integrity. By setting the example of community outreach and helping those in need, I believe helps my students have a better understanding of what is needed in our world today. Community service helps build a stronger and more ethical character. Toys for Tots sets up programs all over the country to help children in need. Toys will be donated to those in need right here in our Merrimack Valley communities."

If you would like to donate a new, unwrapped toy to the Toys for Tots collection please drop your toy off at Merrimack Valley Martial Arts, 200 Sutton St (back building) North Andover. Toys will be collected until December 20th

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Lantigua Takes Medical Benefits, Will Terminate Hero Firefighter

Tom Duggan

VALLEY PATRIOT PUBLISHER

“Is this how we treat firefighters who put their lives on the line? I mean, I live in Lawrence. I have all my life. I served my country and when I came out of the service I chose to serve my community. This is the thanks I get.” ~ Lawrence Firefighter Tim Atwood

Lawrence Mayor William Lantigua has scheduled a termination hearing for Lawrence Firefighter Tim Atwood on Wednesday, claiming he is incapable of doing the job duties required of all firefighters.

Atwood was injured in the line of duty back in January, when his doctor says that diesel fumes from the South Broadway fire station (Ladder 4) caused lung damage and breathing problems, making it impossible for him to fight fires. Atwood initially said he did not want to go out on disability, but wanted instead to be re-assigned to “fire alarm” (answering phones and doing other light firefighting duties.)

“They didn’t want to make a reasonable accommodation, and at first, put me in for disability and early retirement. It was strange. I didn’t want to get paid to stay home, there are things I can still do on the fire department and I wanted to keep working,” Atwood says.

But Mayor Lantigua and his administration not only denied Atwood the transfer to Fire Alarm to accommodate his illness, he forced Atwood to use his sick and vacation time while he ran out the clock, scheduling and canceling hearing after hearing till Atwood’s accrued benefit time ran out.

“First they say I can’t transfer, as they



Lawrence Firefighter Tim Atwood is decorated Army, decorated Navy and has served as a firefighter for more than 9 years. Now, Chief Bergeron and Mayor Lantigua are trying to fire him for not being able to physically perform the duties as a firefighter because of his asthma.

wanted to get rid of me with disability and early retirement. Fine, under the Heart and Lung Act they could have put me on disability and then early retirement. I would rather work in some capacity as a firefighter but if that’s not what they wanted to do, I have to pay my mortgage and I have three kids so what choice do I have?”

But Atwood says what happened next was nothing short of amazing.

“Instead of moving forward with my disability or early retirement, they denied me disability, they denied me early retire-

ment, and then they billed me for my medical insurance coverage. Now they are trying to fire me.”

The City of Lawrence stopped Atwood’s paycheck and stopped paying his medical insurance, forcing him to go on unemployment and file for MassHealth so he could get medical treatment for his lung problems.

“I don’t get it, I really don’t,” a despondent Atwood said.

“There’s a Deputy Police Chief who

was indicted and he is still getting paid. I’m injured, I have letters from Doctors saying I can do light duty, and I want to work. But, they take away my benefits, stop my paycheck before I’m even fired, force me onto MassHealth, send me a bill and now they are trying to fire me saying I cannot do any job duties as a firefighter. Is this how we treat firefighters who put their lives on the line? I mean, I live in Lawrence. I have all my life. I served my country and when I came out of the service I chose to serve my community. This is the thanks I get?”

A History of Service and Putting his Life on the Line

Tim Atwood served his country in both the U.S. Army (from 1982 to 1986), and the U.S. Navy (from 1989 to 1996.)

He has been awarded The Peacetime Army Accommodation Medal, The Army Achievement Medal, The Navy Achievement Medal, and both the Army and Navy Good Conduct Medals. He had been stationed in Korea and Panama and was honorably discharged.

He became a Lawrence Firefighter in 2004.

“I took the test, passed all the physicals and was deemed physically fit by the city to do the job when they hired me,” Atwood tells the Valley Patriot. “And I have been doing that job for the last nine years.”

Workplace Hazard

But Atwood says that a problem at the South Broadway fire station caused him lung problems because the fire apparatus at the Ladder 4 station was not properly

FIREFIGHTER: PAGE 8

Mayor Fires City Worker, Denies Unpaid Leave Time for Dying Wife

Tom Duggan

VALLEY PATRIOT PUBLISHER

Former Lawrence City worker Tom Sapienza has been fired by Mayor Lantigua as a laborer with the Department of Public Works and has been replaced by former State Representative Jose Santiago.

Santiago has been a long time adversary of Lantigua and the two have a long sordid history as political allies, then adversaries and then allies again. Santiago was Lantigua’s candidate for State Representative this past year against Marcos Devers. Devers defeated Santiago with more than 80% of the vote on Election Day.

Tom Sapienza has been out of work since June 7, 2012, on an unpaid leave of absence approved by Lantigua, as he has been caring for his terminally ill wife.

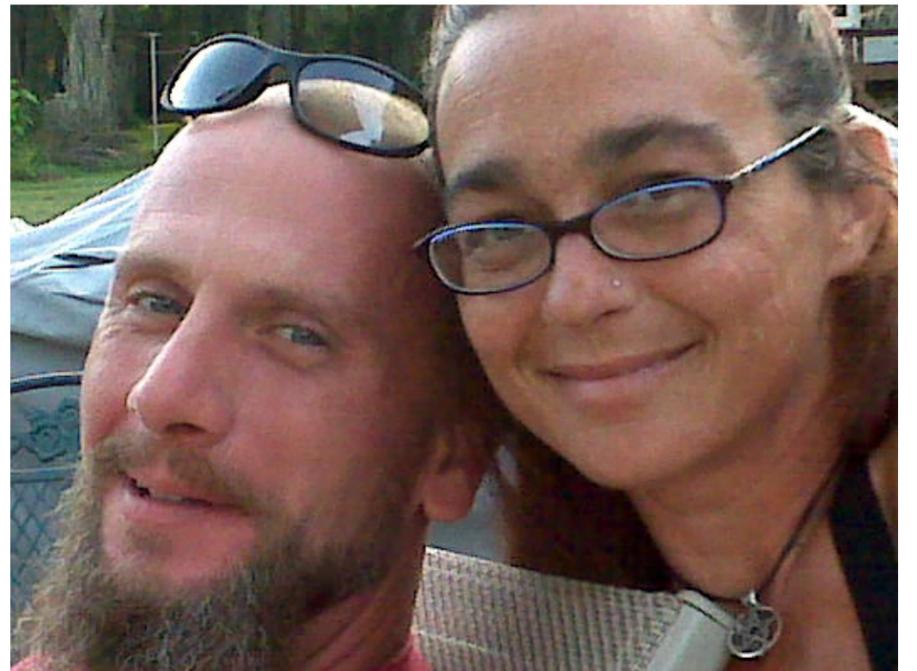
Mrs. Sapienza is diagnosed with Meta-

static Lung Cancer, which has now spread to her brain. Mrs. Sapienza has undergone unsuccessful chemotherapy and radiation treatment and has less than a few months to live.

On August 7th of this year, Tom Sapienza requested an extension of his unpaid leave to care for his dying wife. Mayor Lantigua was provided the requisite medical documentation supporting the Family Medical Leave Act and approved the extension of that unpaid leave through October 25, 2012.

But when Sapienza requested another extension of his unpaid leave (for an additional ninety (90) days), again providing all the medical documentation to support his request, he did not receive a response from Lantigua until November 14th. That response consisted of a demand that Sapienza return to work on Monday, Novem-

SAPIENZA: PAGE 11



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Political Will Needed in Lawrence Government

Joseph D'Amore
VALLEY PATRIOT COLUMNIST



With headlines announcing Grand Jury indictments of two city officials and the already completed take-over of Lawrence public schools many are suggesting comprehensive receivership of the City of Lawrence is warranted. For an assessment of this possibility the major precedent for state control of a municipality is the City of Chelsea.

Chelsea was placed in receivership in the autumn of 1991. Laws proposed by then Governor Weld were implemented to suspend local government, removing the mayor from office and relegating local officials to advisory status to support state appointed receiver James Carlin. The receiver was given powers for two -five years initially and had wide discretion to materially modify and even undo city contracts, increase revenues through fees

and property taxes, revamp zoning regulations and operate the school system. Initial success was seen in stabilizing the city's finances which had deteriorated from years of mismanagement and corruption. The receiver retained unilateral powers ushering in a wholesale restructuring of the municipal employee contract, drastic reduction in overtime permitted by the fire department and a wide crackdown on businesses and their owners who were delinquent on property taxes, water and sewage bills. The focus was predicated on primarily closing the structural deficit that existed but also to reverse the institutionalization of abuse of power, political influence and corruption that had gripped the city and lead it to a financial ruin and rampant crime.

Upon close inspection of Lawrence, the fiscal situation is different irrespective of the reported, multi-jurisdictional investigations of Mayor William Lantigua in several areas including bid rigging, corruption and campaign finance indiscretions. The Mayor and the City Council have produced balanced budgets two years

in a row and are guided by the de-facto state fiscal overseer Robert Nunes who is primarily managing the city's state deficit borrowing facility The FY 11 \$229,000 million budget effectively eliminated a deficit and incorporated already implemented layoffs, pay freezes and service cuts. With increases in Chapter 70 state aid for the schools, property tax increase at the legal prop 2 1/2 limit, a first round of deficit borrowing well below maximum levels allowed all led to a budget with deliverable, though not widely acceptable merits. The current budget though dependent heavily on state and federal grants is also balanced. The city and special funds are \$94 million and the schools will need \$152 million. Recently two rating services Moodys and S&P cautiously improved the city's credit ratings on \$90 million of general obligation debt but not on \$24 million borrowed to pay off past operating debts. Though there are lingering concerns on dependency on temporary state and federal grants the current situation contrasts sharply with what Lawrence faced two years before with a \$15 million

shortfall and looming uncertainties regarding borrowing needs. Additionally, with schools now in receivership and a fiscal overseer already appointed the possibility of a fiscally-driven reason for receivership is greatly diminished.

If receivership does occur in Lawrence it would have to be for reasons based on leadership failings not exclusively dependent on fiscal management. Clearly the indictments and potential future ones must produce clear evidence of structural corruption and mismanagement patterns and then the political will that was championed by Governor Weld to intervene would have to be embraced by Governor Patrick too. Other than a vote of no confidence by the City Council or a third but successful foray into recall that might usher in an exit, the current Mayor will remain in place at least until the next election in 2013 and the undercurrents of uncertainty will be preserved. If a court order jettisons the Mayor from public office Lawrence will have two choices to face; pursue a Special Election for an

POLITICAL WILL: PAGE 11

LAWRENCE COUNILOR MARK LAPLANTE'S CRIME REPORT

Members of the Street Narcotics Unit assigned to Special Operations conducted a narcotics investigation on Abbott Street which resulted in the arrest of 2 suspects and the seizure of 3 firearms, 35 grams of heroin, a quantity of cocaine, approximately 150 assorted pills and liquid methadone. The investigation shifted when the suspect became involved in a domestic dispute with his wife and was wanted on domestic charges. The suspect made statements that he would shoot his wife and the police. Police tracked the suspect to Haverhill, Massachusetts and when the suspect and another male left in a motor vehicle they were stopped in Lawrence. The suspect had in his possession a loaded firearm, 35 grams of heroin, cocaine and pills. The other suspect had in his possession liquid methadone. Both suspects were placed in

custody and transported to the station. The investigation continued which led to the recovery of two additional firearms one of which was a sawed-off shotgun. The suspects were charged with Possession of Firearms without an FID Card (3 cts.), Possession of Class A Heroin w/Intent to Distribute, Possession of Cocaine, Possession of Methadone.

Emmett/Lafayette/Phillips St

December 4 - The Street Narcotics Unit assigned to Special Operations conducted a significant narcotics operation in South Lawrence which resulted in the arrest of 5 suspects and the seizure of 2 firearms, 250 grams of heroin, 10 grams of cocaine and over \$4,000. The main target house was 123 Emmett Street which is located directly behind the Weatherbee School. The other two locations were residences on Phillips and Lafayette Streets. The

investigation was several months' long and encompassed surveillance and several controlled narcotics purchases. As a result of the investigation 3 search warrants and 5 arrest warrants were obtained for these locations and suspects. The Street Narcotics Unit and the Entry Team executed the 3 warrants at the exact same time. All of the targets of the investigation were located and arrested. The suspects were charged with many Distribution of Class A, B and School Zone offenses.

Foster St - November 30

Members of the Street Narcotics Unit assigned to the Special Operations Division



executed a search warrant on Foster St., which resulted in the arrest of 5 suspects. The unit had been investigating an address on Foster St., for a month regarding heroin sales. The detectives utilized a confidential informant to make controlled purchases of narcotics which led to the application of a search warrant for the residence. On the day of the search warrant the detectives observed a motor vehicle registered out of Lowell, Massachusetts show up at the location with two suspects inside. A male exited the vehicle, entered the house and left after 30 seconds. When the vehicle left the residence, it was stopped and an investigation revealed that they had purchased a quantity of heroin. Both suspects were placed under arrest for Possession of Class A Heroin and Knowingly Being Present Where Heroin is Kept. The warrant was

CRIME: PAGE 13

FIREFIGHTER ATWOOD: FROM PAGE 7

hooked up to a primal vent at the time.

"We need the primal vents in the station for the diesel fumes. I had been feeling sick at work a lot and had scheduled a doctor's appointment, but the night before my appointment I had worked a 24 hour shift and was having hard time breathing. My Acting Lieutenant told me I should call the deputy and request to go home, but I had an appointment in Boston right after my shift, so I went to the appointment instead."

That day, Atwood's doctor wrote a note to Fire Chief Bergeron saying he was injured in the line of duty, automatically

making him eligible for 111F disability benefits. But the Lantigua administration decided to fire him instead.

"I have all the medical documents. I did everything that was required of me. They kept making me go back to doctors, scheduling hearings and then canceling them, and all the while making me use up all of my accrued time (sick and vacation)."

"I don't know who I pissed off, or what is going on behind the scenes but, this isn't right. It just isn't right. I have kids. I have a mortgage. And after my years of service they basically are throwing me out

into the streets and saying, 'screw you.'"

Atwood says, to add insult to injury, the city is claiming on the one hand that he can't work as a dispatcher at Fire Alarm on Bodwell Street (doing light duty), but on the other hand, Chief Bergeron sent Atwood a letter saying that if he resigned as a firefighter he could be hired back as a civilian dispatcher at the same facility, (doing the same job with fewer benefits and a major reduction in pay).

Documents obtained by the Valley Patriot back Atwood's claim of lung problems, disability eligibility and the runaround he has received at the hands of the Lantigua administration.

"At first I wanted to work," Atwood says.

"I didn't want to collect a check for not working. I can answer phones, there are things I can do on the department but they won't let me. If they give me ILD benefits, the law says they will have to put me on early retirement and they just don't want to do that."

"Why can't the mayor say to the Fire Chief 'put him at fire alarm' and then this whole thing will be over? They are paying indicted cops to stay home but they don't want to pay me to work? It's almost surreal! I can't believe this is happening."

Atwood will stand before Civil Service this month for yet another appeal.

The Valley Patriot will post a full report on valleypatriot.com

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Holy Family Investigated after woman dies post-knee surgery

Son continues crusade to honor his mother and raise awareness

After a November 13th meeting at The State House with State Senate Minority Leader Bruce Tarr and representatives from Will Brownsberger's office and the Department of Health, a formal investigation has been initiated into The Holy Family Hospital and Steward Health Care Systems.

The investigation follows the death of Helen Bousquet, who died after being left in an unmonitored recovery room despite a known heart condition, a condition of sleep apnea, and who had been dosed out on morphine and throwing up all day the day that she died.

Evans issued numerous releases, individually, of each action he took (including all complaint filings) via the Reuters newswire.

"I did what I had to do to get people to wake up," says Evans. "There is no pill I can give anyone to make them fully understand this overwhelming loss," he says. "Those press releases got NECN to do a story about my mother, so the method worked and I intend to continue to get the word out in any way that I have to. I can't bring her back, but I can make sure her death saves others."

Evans says he has received numerous communications from former patients

who have described similar circumstances at The Holy Family Hospital. Evans communicated his concerns to the Mayor of Methuen, who never responded to him. The FBI is assessing the situation, according to numerous news stories, and US Senator John Kerry initiated the investigation by forwarding Evans complaint to the Board of Medicine.

Meanwhile, Evans is attempting to have a memorial sign placed beneath both ends of "M Street" in Hampton Beach, where she resided year-round. Actor William Shatner, producer Narada Michael Walden (the famed producer of Whitney Houston, and also Helen's son), and Mirage president Felix Rappaport have also voiced their support for the memorial.

"My mother mattered to me, if not the Holy Family Hospital, and there are consequences for what this place did. I am that consequence. I will not let my mother's death mean nothing, and she lives every day in me and what I do. This has changed the course of my life, and as a result, it will change the course of Holy Family Hospital and Steward Health Care System if it is the last thing I do, and I'm fine if it is."

Evans will now donate all royalties he receives from his next album, "At Fen-

way," which features a DVD of the music video set to debut in April to charities his mother admired, and he also intends to donate proceeds to the American Sleep Apnea Association.

"My mother didn't have to die if these fools who knew she needed a sleep apnea machine to sleep put two and two together. At Holy Family Hospital, your head has to roll out of the recovery room for them to pay attention, in my opinion. Not monitoring her for one single minute was too long, obviously."

The Board of Medicine is investigating Dr. Ronald Marvin, her orthopedic surgeon, Dr. Anthony Straceski, her cardiologist, and Sharda Kaul, her general physician. The health department is also investigating the hospital itself. Evans filed complaints with the Health Fraud Unit, the Department of Justice, the FBI, and attorney general Martha Coakley.

"To date, I am disgusted with the attorney general's office who seem more interested in gloating about fining Burger King fifty grand than lifting a finger to investigate my mother. If she continues to ignore it, I'll make certain, as will all of my friends, that voters remember her actions or inactions. They need to put their ego in check and do their jobs. People are



Brian Evans and his mom Helen Bousquet before her knee surgery at Holy Family Hospital that resulted in her death.

dying," Evans says, in his opinion.

"If it were not for State Senator's Tarr and Brownsberger, nothing would be happening. Fortunately, they are alert at the wheel."

Colizzi Memorials - Serving The Valley for Generations

Michael Colizzi, president of Colizzi Memorials was born and raised in the Pleasant Valley section of Methuen.

He and Candice, his wife of twenty years, both attended Methuen public schools and have been immersed in the culture and history of Methuen. They are third generation memorial service professionals and their family roots run deep in the memorial industry here in Methuen.

Michael has built his reputation on the rock solid traditions of "RESPECT, HONESTY and INTEGRITY."

Colizzi Memorials is dedicated to providing the community with the very highest levels of customer service and satisfaction available in the industry. Your cherished memories of your beloved will forever be memorialized under the skilled eye of a craftsman.

The Colizzi family believes that they are in the "RELATIONSHIP" business not just the memorial business. They take great pride in the long lasting relationships that they have built with the many families that they have been honored to serve. Ensuring that each and every family is treated with the respect and dignity that they deserve is the cornerstone of Colizzi Memorials commitment to total customer satisfaction.

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COLIZZI: PAGE 21

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RONNIE'S RANTS

Random Thoughts

Ronnie Ford

VALLEY PATRIOT OPINION COLUMNIST

Jose Santiago and Willy Lantigua used to be as close as two bugs in a rug. Then came the split and now they are back together again. The affable Mayor appointed Jose to a position in the City. Isn't love grand? Now, Jose is not a bad guy, and personally, I like him. But, like so many times in the past, he makes mistakes that thrust him in front of the public like a train wreck on Times Square. Jose at one time had it all, and the makings of a good Representative for Lawrence. And from there, who knows what would have transpired? If Jose is unleashed in a political come back, he should be very careful regarding any moves he makes. Do you think that Willy gave him this job so that Jose will not run against him? Or will he ask him to run his campaign? Hmmm. You know the old saying, keep your friends close, but keep your enemies closer! Good Luck Mr. Representative, BE CAREFUL!

Thank God those two idiots who abused the three year old boy in Plaistow, New Hampshire so badly have been apprehended. I hope whomever the Judge is will throw the book at them both. They deserve to be incarcerated for life. No parole. Death is too good for them. They should never be allowed to walk in the sunshine ever again. Scum.

Speaking of judges, what about the Judge in New York that acquitted Douglas Kennedy of assault on two nurses?

Kennedy was trying to leave the hospital with his two day old son so the baby could get fresh air! In January? Two days old and not properly dressed? Little Dougie kicked one nurse and she fell to the floor, which was caught on tape. He punched and twisted the arm of another nurse. Yet, Judge John Donohue ACQUITTED Kennedy! How sweet is that! NOT! Me thinks that the Irish Judge is on the Kennedy payroll! Or else he had someone take the bar exam for him. Stupid. You know the saying money talks, and bull *&##* walks! The nurses should get a huge raise and bonus for trying to protect the welfare of their patient.

How about Lizzie Tish Warren, the Indian Grandma. Can't even answer simple questions on her own. Good thing the Gov. was there to catch her. Boy is she ever going to be in lock step with Obama. Well, folks it will be interesting, hang onto your wallets. They will be picking our pockets clean!

Give yourself a Christmas present. Drop in at St. Monica's Perpetual Adoration, and greet the real reason for Christmas God! You will not be sorry! Wishing You all a very "Merry Christmas"! Not happy holidays, MERRY CHRISTMAS!

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

Ronnie may be contacted at radiotalk@comcast.net

The Merrimack Valley Irish Connection



The Life, Imprisonment, Sufferings and Death of Anne Devlin (1851),

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

It was Quigley's duty on that evening to keep a lookout in Marsharsla Lane to prevent surprise. Some of the Country car men had noticed what was going on that night. They communicated the information to each other. There were some car men's stages in Dirty Lane and all was hurry and bustle in those places getting the loading ready to get out of the town before night. They were all in the street with their horses in part loaded, and a considerable deal of excitement was evident. At this moment Quigley went out and, perceiving the confusion, thought that the army was coming over the Queen's Bridge from Barract Street. He ran in and in haste said, "All is lost, the Army is in Dirty Lane."

This mistaken alarm drew them out before the appropriate time. Most of Arthur Devlin's men fell in Francis Street and the Coombe. They endeavored to keep together the whole night. Arthur did not return until daylight on the Sunday. I think more soldiers fell that night than the public knew of. I am well informed that no person was allowed to go through Francis Street on the Sunday morning until the dead soldiers were carted off from it. Still anxious to know the fate of my brother and cousin I suppose, I said "You have left them among the dead." I don't know what my brother would do but I don't think that Arthur would run away. It was then that Mr. Emmet and Stafford came over to me and told me of Quigley's mistake.

On the days of Mr. Emmet's trial and execution [September 20th, 1803] I was kept securely locked in my solitary cell. I felt what I cannot describe. I plainly saw my position and was resolved to make the best I could of it. Sighs could do nothing for me and I was resolved to have none of

them, as they would only please my persecutors....After the execution I was ordered into a coach which drove off rapidly to Birmingham Tower at the Castle. the jailer sat in front of me with a pair of pistols partly concealed. A soldier sat on each side of me with a drawn bayonet.

Coming down to St. Catherine's Church in Thomas Street, the coach stopped at a signal from the jailer. The windows were on a sudden let down. I looked out. Horror overcame me when I perceived the blood of Mr. Emmet on the scaffold where his head had been cut off.

Dogs and pigs were lapping up his blood from between the paving stones. In a few minutes more I was at Dublin Castle. The Secretary was soon with me and preached to me a feeling sermon, but it was lost on me. They were sure of obtaining the conviction of Mr. Russell and they wanted to draw in Mr. Thomas Cloney and some others who were in prison. I told them I knew nothing of them or their visitors, who were but few, that it was not likely they would allow me, a strange servant maid, know their secrets. On which the questioners looked sternly on me, and one of the officials said "Your cousins in Wicklow were deeply involved in this as well as in the former rebellion and a near relative of yours was the principle agent in Dublin for them."

After some other importunities and promises of reward and protection, I told the officials it was useless to ask me any more questions that I had nothing to tell. They smiled and said something in a language I did not understand. In few minutes more I was on my way back to Kilmainham Jail, and although dark and dismal the abode, I was glad to get to it to be free from their importunities.

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Mayor Zanni Tours Century Box

In early November, Mayor Zanni was joined by local, state and federal officials in breaking ground on an expansion project for Methuen's Century Box. On Thursday, Mayor Zanni followed up on this groundbreaking by joining company founder Al Kagan in touring their existing facility.

"It truly was a fascinating experience to see the scope of work performed right here in Methuen," said Zanni. "It is exciting that Century Box is keeping its operation here in Methuen - and their expanding!"

Century Box was purchased by Al

Kagan in 1978, and moved to Methuen in the early 1980s. Employing approximately 100 people, Century Box prints and manufactures packaging for a variety of items, including paper products, utensils, toiletries, and food items.

Kagan's two sons took over the company five years ago.

"I feel a responsibility to our hard working employees," said Kagan as he explained keeping his business in Methuen. "We have very little turnover, and I am loyal to these employees that helped us build this successful business."

Municipal Tax Rates and Surpluses

Bill Manzi

FORMER METHUEN MAYOR

Municipal budgeting, like most everything in government that relates to taxation, has become highly politicized. And like much that occurs in budgeting those politics, in many instances, show that budgetary doublespeak is not restricted to federal politicians.

Municipal budgets are set to a "fiscal year", which runs from July 1 through June 30th. They are obviously adopted prior to July 1. What is commonly called "setting the tax rate" usually occurs in the November/December time frame, five or six months after the adoption of the budget. Typically the Mayor or Manager will submit a request for a classification factor (essentially determining what percentage of the levy will be borne by business, and what portion by residential) which will fund the budget that had been approved back in July. And that is the key part of setting the "classification factor"!

Unless there is a mid-year adjustment in revenue (positive or negative) or some other changes from the budgetary estimates the legislative body, you might think, has an obligation to vote a factor and move on. It rarely is that simple.

The double speak that I referenced earlier comes from those who often times vote for budgets, but then speak vociferously against raising the revenue to fund what they have voted for. As folks wonder why politics can sometimes lead to anger and frustration this is one of the things that makes Mayors and Managers crazy.

When you have a politician railing against over-spending at tax time, but that same politician pushes for more spending at budget time, or refuses to offer up cuts to whittle down the tax burden during budget hearings people tend to get frustrated at the hypocrisy. And as I am fond of saying "bad will begets bad will".

We see it all the time, and it rarely is reported on in the media, where attention is lavished on those "standing up for the taxpayers" while refusing to make politically painful cuts. Some call that politics, others call it a little bit of hypocrisy that should be

tolerated. I call it the type of cynicism that has corroded politics, and that has made governing very difficult. A prerequisite for media attention should be that your math actually works.

There has been some attention paid to this process lately, as both Lawrence and Lowell have had "free cash" certified by the Massachusetts Department of Revenue at over \$6 million. Both cities deserve accolades for achieving those financial results, with Lowell in particular deserving of being singled out for outstanding financial management. These results have led to discussions about the proper level of reserves, and whether in such instances some could be returned to the taxpayers.

I think that there are some pretty smart folks in Lowell, both in management and on the City Council that will make that determination. I can say that generally it is best to build adequate reserves, as a community that has done so is rewarded by a better bond rating, which translates into lower borrowing costs, and has a degree of financial flexibility that ultimately best serves its citizens.

I was asked by Alex Bloom of the Brockton Enterprise about such an issue in Brockton, where some citizens are urging the City Council to expend some reserves in order to subsidize the tax rate. I do not presume to tell Brockton leaders what to do, as they also have some pretty smart folks in management and on the City Council. I do think that generally speaking it is not the best idea, although it has been done in Methuen when City Council refused to vote a rate to support a budget they adopted. Always remember that any portion of the budget paid for with "one time money" leaves the following years budget short by that amount, and is a recipe for eventual budget problems and failure. The real way to give property tax payers relief is by cutting the budget, which often times requires tough choices. The easy way is to vote for budgets and then rail about their costs. All too often, especially lately, we choose the easy way for local, state, and federal budgets.

SAPIENZA: FROM PAGE 7

ber 20, 2012.

Sapienza again communicated to the city his need for a brief extension, asking the Lantigua administration to extend his leave because he is the primary caregiver for his wife. Sapienza says he merely wanted assurances that when his wife passed away, he would have a job to return to; he says he was not and is not looking for money and/or pay.

But Mayor Lantigua's office is holding firm in their position to terminate Sapienza saying that they made every reasonable accommodation for as long as they could before making the decision to terminate the DPW worker's employment.

Sapienza has hired an attorney and is expected to file a discrimination claim against the City of Lawrence with the Massachusetts Commission Against Discrimination.

"What people need to understand," a source in Mayor Lantigua's Office told the Valley Patriot, "we have to follow the

law. There is only so much the city can do, and Mayor Lantigua has gone above and beyond to help this gentleman, but we are at the end of our options and the Mayor needed to fill the position. He was laid off in 2010 and the Mayor went out of his way to bring him back knowing his situation."

Mayor Lantigua's hired Jose Santiago as a "temporary" employee and did not go through the normal hiring process.

"All he (Sapienza) wants is a job to come back to," one source close to Sapienza told the Valley Patriot. "He doesn't want money, he doesn't want any extra compensation. He just wants to be able to care for his wife and be there for her in her final days without losing his job. There is no reason why the city can't continue to let him be on unpaid family leave for such an extreme case."

Sapienza is being represented by North Andover Attorney Ellen Shimer Brenes.

FROM 8: POLITICAL WILL

interim mayoral position or succumb to outside political pressures to deliver the city into receivership. Both of these actions will require a great deal of political will ; for receivership a willing governor and for a continuance of self-control a will

of the people and some and courageous individuals who will seek office.

Either of these will have to be successful to lift this deeply conflicted and broken city from its current state of affairs.



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The Redefining of America

Peter Larocque
VALLEY PATRIOT COLUMNIST

What we all witnessed early Wednesday morning, November 7, 2012, the day after the election for the Presidency of the United States of America, didn't just begin a few days before. It was a long time in the making. I have listened to many reasons, countless amounts of opinions of the how and why President Obama won re-election, now with your permission I would like to offer my take on why.

One reason was that the Republicans were just outright campaigned! The Republicans were done after the Primaries. The Primary season for the Republicans was way too long and it was the nastiest and dirtiest I have seen in my lifetime. Some of the Republican candidates demonized success and gave to those on the left lots of ammunition to go after whoever the Nominee would have been! The only reason Romney was still standing at the end was because he had the most money. The Bible clearly tells us in Mark 3:25, "and if a house be divided against itself, that house cannot stand."

The Republicans never fully recovered from the Primary Season but like others I still was among those supporting Romney for President because I believed he would have done a much better job with our Country's economy. But early Wednesday morning it became very clear that it was not going to be, President Obama easily won re-election.

But how come so easily? This was an election about the economy and President Obama had offered nothing but more programs to make it even worse! Why then didn't the man with the business experience win? Then to my surprise and amazement, I saw an exit poll that showed that the majority of those who voted in the 2012 election blamed the economy on former President Bush and not President Obama. President

Obama was allowed to deflect and escape any criticism to the contrary.

So when you couple together the bad Primary season of the Republicans and the President for four years hammering Americans and convincing the majority of them that the economy was former President Bush's fault, there was little Romney could have said or done to reverse the damage!

But I ask myself, what was it that made the President so easily convincible? This my friends began many years ago, long before Obama even thought of running for the United States Senate and it began with the education of our young college students. Those of us who sent our kids off to college to become teachers, engineers, doctors, nurses, and lawyers never gave thought that they would be indoctrinated by their professors into the far left agenda of the Democrat Party.

A liberal agenda that included redistribution of wealth is good and normal and that life is fair, therefore everyone deserves financial equality! Republicans are old, white and rich Americans who are selfish, racist, and are part of the Wall Street Establishment. Conservative Republicans are at war with women and if you elect them you will lose your right to privacy and your right to choose under any condition! Also in addition, The Constitution of the United States of America is progressive, it changes and evolves and adapts to the times in which we live. Then last but not least, our country was not founded on Biblical principles.

I remember when my own son would come home from college for the holidays, or spring break and for the summer, my wife and I would have to cleanse him from all this left leaning doctrine. Now imagine years of this going on in many homes across America and not many of our young minds being purged from this kind of thinking.

AMERICA: PAGE 35

Zappala Releases new Book

Attorney Alfred M. Zappala is pleased to announce the imminent release of his third book on Sicily, "Figghiu Beddu". The book is already available as a Kindle download from www.kindle.com. The soft cover book will be available at www.alfredzappala.com

The book, which will be released in three weeks, takes a humorous and serious look at everyday life in Sicily. Mr. Zappala lives in Aci Catena, Sicily most of the year and returns to the states to teach law and to public speak on Sicily every winter.

Mr. Zappala's first two books on Sicily, "The Reverse Immigrant" and "Gaetano's Trunk" which were released in 2010 and 2011 both were well received by the public and Figghiu Beddu is a continuation of his adventures in Sicily. His book also talks about the important Sicilian Project that he founded which is currently a program that teaches English to Sicilian students in Sicily.

Mr. Zappala speaks publicly on Sicily and has traveled extensively these past two year locally educating the public about Sicilian culture, his writings and The Sicilian Project.

He has been a featured speaker at the Sicilian American Cultural Association (SACA) in Chicago, Illinois and he has addressed many local gatherings in Massachusetts and New York, including locally at many libraries and civic clubs in the area.

Attorney Zappala has taught for many years at both Suffolk Law School and Northeastern Law School and is considered an expert on the bar examination. Attorney Zappala limits his law practice to matters pertaining to Italy and Sicily through affiliation with Italian counsel there.

In May of 2010, The Italian Government awarded him The Distinguished Service Award through the Italian Trade Commission for work he has done with Sicilian companies. He is a dual American and Italian citizen.

Further Information:
Alfred M. Zappala
PO Box 1632
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Christmas in Your Heart and In Your Town

Lonnie Brennan
VALLEY PATRIOT COLUMNIST

We didn't exchange names, just said hello as I pulled back my breakfast platter (admittedly my second platter, yum yum) to give him some more room as he took a seat on the corner stool next to me and my bride at Theo's on a drizzly December Saturday morning. He thanked me, said all was fine, plenty of room, with a big smile.

Less than an hour later, as my bride and I got up to leave, we felt like we just had a nice breakfast with a friend we had never before met, and that we had each touched one another's hearts. She's still talking about it.

What did we talk about? Oil. Heating that is. A little about firewood, something about the upcoming tax hikes that no one understands just yet, mostly little things.

He's retired, has been for a long while. His bride is deceased. She collected only one Social Security check before being taken to heaven. But, they had spent a lot of time together, bike riding, skiing, not just here, but all over the world. He spends a lot of time at home. Clearly intelligent,

thoughtful, and full of good thoughts, but with his love gone, a sadness that we can all feel.

At Christmas time, we meet many angels. Sometimes, they open a door for us, give us a word of advice, somehow help us to not turn left when we need to turn right, sometimes they even sit down with us and share some thoughts. They remind us of what is good in life, what we have, what we don't have, what matters, what doesn't matter, and what is precious. Look around you. Now. You'll be surprised at the number of angels you've never really noticed before. Now think: what's the best way to thank them? Act like them. Go ahead, give it a try.

There are a lot of events happening around the area this December. As always, I post them to www.GeorgetownToday.org. If you have a posting, send it along. It's free. Ditto for businesses. Free. We post anything that wouldn't embarrass your grandmother.

There's a blood drive at the Pentucket

Workshop Preschool on the afternoon of the 11th for the Boston Children's Hospital. Sam Trapani is organizing a collection of new teddy bears. You can drop them off in bins at the Penn Brook or the Perley schools. For the past 10 years, the Department of Social Services of the North Shore has been using the bears 'all year long to give to children in need of a hug during difficult times. "We know this year is exceptionally challenging for many but sometimes a something as small as a teddy bear can make a difference and bring a smile."

Whittier Tech invites you to attend a Winter Concert on Dec. 13 at 8 pm in the Whittier Auditorium. Free admission. A Christmas Pageant (think 'birth of Jesus') will take place at St. Mary's Church on Sunday, December 23rd at 5 p.m. Got nothing to do? Drop in. Parents, kids, seniors, anyone. Come find a spot, squeeze on in and check it out.

Did I mention that the Scouts are selling wreaths, kissing balls, and trees on the

Knights of Columbus property on Main Street. Wave to the Erie 4 truck as it passes as Santa takes a ride on the truck to attend 50 home parties around town this year. The folks at Erie's fire company have been helping Santa spread joy around town each weekend. Check out their site for more info at www.Erie4.org.

So, where are you doing your shopping? For Jewelry, we have Sedler's Antique Village (along with many other treasures, new and old). Pratt's Hobby shop, Instant Replays, and West Boxford Provisions, along with The Pool Guy and The Soccer Shoppe all have wonderful presents. Hint to wives: NAPA and Georgetown Building Supply are like toy stores to us daddies, so feel free, hint, hint, to doo some looking around there.

In addition to the great gifts at West Boxford Provisions, the West Village has two other shops you need to visit: Paisley's is selling trees, decorations, and most importantly they have again turned their greenhouse into a winter wonderland for local crafters and businesses, selling soaps, decorations, jewelry, and other locally made items. The place is a treat and Deb and her dad are just the best. Be sure also to make your way into B. Cheeky next to the West Village post office. They have 'Lavishly Fragrant Hand Poured Soy Candles' and other great treasures. Saturday is a great time to visit them.

But folks, do me a favor: spend cash or debit only. Don't go into debt even a penny for Christmas shopping. Use your mind, not your dollars. Give kindness and thoughtfulness, and feel the freedom of not having debt. We don't know what the New Year will bring, but it will be nice to say goodbye to the past, taking forward with us the good memories, leaving behind some of the difficulties. "Keep the faith, stock up on food, cash and laundry detergent, and as always, keep sending your notes. Peace.

Lonnie Brennan is a former Georgetown Selectman and candidate for State Representative. He is a Republican activist, the founder of GeorgetownToday.org, and VoteCoreValues.org. You can email him at Lonnie@georgetowntoday.org

From Page 8: Councilor Laplante's District F Crime Report

then executed and 3 additional suspects were arrested inside. They were charged with Distribution of Class A Heroin, Possession of Class A Heroin w/Intent to Distribute and an outstanding warrant.

Farnham/S. Union St - November 30
Members of the Street Narcotics Unit assigned to Special Operations made 4 arrests at the intersection of S. Union and Farnham Streets. The unit had been conducting an extensive investigation regarding an individual driving a mini-van dealing narcotics to out of state buyers. The investigation revealed that the buyers would park their cars on side streets in this area and would be picked up by the dealer in the mini-van. The dealer would then conduct the transaction in the van and drop the buyers back off. As a result of this investigation, police conducted surveillance observed a motor vehicle out of Nashua, New Hampshire with 3 occupants arrive

and park on Farnham St. The suspects exited the vehicle, began walking and were picked up by the van. After a short distance the buyers were dropped off and returned to their vehicle. All parties were stopped and it was revealed that the dealer had sold the buyers 10 grams of heroin. All 4 suspects were arrested and transported to the station. The dealer was charged with Distribution of Class A Heroin. The suspects were charged with Possession of Class A Heroin. A quantity of Heroin and \$3000 was seized.

Farnham/South Union St November 30

The Street Narcotics Unit conducted a follow up investigation and executed a search warrant of the mini-van that had sold heroin on S. Union and Farnham Streets. The unit utilized the services of a narcotics dog assigned to the Essex County Sheriff's Department to conduct a search.

After the K9 alerted to an area of the vehicle an extensive search revealed a hidden compartment with a large quantity of heroin and cocaine inside. An inventory of the contents of the hide revealed 285 grams of Cocaine and 151 grams of Heroin. The street value of the narcotics is in excess of \$30,000. The investigation will continue.

Insurance Fraud -November 14

Members of the Auto Theft/Insurance Fraud unit assigned to Special Operations Division made another insurance fraud arrest. The unit was investigating an accident in which the owner claimed he was involved in when in fact another member of his family had damaged the vehicle. The detectives were able to determine that the owner's son had been involved in an accident, causing the damage. As a result one suspect was charged with Fraudulent Motor vehicle Insurance Claim With Intent to Defraud and Attempt to Commit Larceny.

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Pictured Left To Right Lowell Lions Club Members Marilyn Bordeleau, Marcel Plouffe, G.Raymond Haithwaite, and PCC Len Tarmeyas they honored G.Raymond on his 92nd birthday and his 46 years as a Lowell Lion. A banquet was recently held in his honor at The Olympia Restaurant In Downtown Lowell. "Ray" enjoyed over 60 years in the banking industry... all with Lowell's Union National Bank (UNB).

Dracut School Happenings

For more information regarding activities at any of our schools, please check our website: www.dracutps.org

- Tue. 11th - Campbell PTO Meeting, Campbell - 7PM
Special Election on Gr. Lowell Technical School Debt Exclusion
- Wed. 12th Parker Avenue School PTO Mtg. Parker Ave - 7PM
- Thurs. 13th, Brookside School PTO Mtg - Brookside 7PM
Dracut High Winter Concert, DHS, 7PM
Special Education/PAC mtg. Dracut Police station
Ongoing Sensory Training, Community Rm 6:30p-8:30p
- Fri. 14th Engelsby Activity Night, Engelsby 6:30-8:30pm
- Tues. 18th Greenmont Ave Holiday Show, Greenmont - 10:30 & 1:30
JR High School PTO Mtg. - DJRHS, 7PM
Parker Ave Holiday Family Night, Harmony Hall 7-8PM
- Wed. 9th Campbell School Holiday Show, Campbell, 9:45a & 1:45p
JR High Winter Concert, DJRHS, 7PM
- Thur. 20th Brookside School Holiday Show, Brookside - 9AM & 1PM
Progress Reports (Not DHS)
- Fri. 21st, Greenmont Strings Show, Greenmont - 11AM

Congratulations to the cheerleaders who have won the 2012 Division II State championship! This is their second state championship in five years (2008).

DISTRICT AND SCHOOL REPORT CARDS - The 2012 district report card is available for review. Please see the link below. If you have any questions please feel free to contact David Hill, the Director of Curriculum, Instruction, and Assessment at 957-2617. Individual school report cards are also available. Please go to individual school webpages to review those documents. If you have any questions related to those documents please contact the building principal.

DHS Music Department Students Chosen for Select Groups - The Music Department has announced that 10 students from Dracut High School auditioned and were selected to participate in the Northeast District Music Festival. Over 1,000 students from 59 area school districts auditioned. The following students from DHS were accepted into the band, orchestra, and chorus: Shannon Conley (Bassoon), Yoobin Kim (Violin), Marcus Kuhs (Viola), Brittany Petros (Flute), Alexander Corcoran (Bass), Erin D'Entremont (Soprano), Jessica Toupin (Soprano), Kimberly Truong (Soprano), Samuel Witts (Tenor), Nicholas Wojtas (Bass)

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Westford Native Tapped to be Head Writer for Web-Based TV Pilot

Westford, Massachusetts - Detour Entertainment, LLC, a Florida based production company, has hired filmmaker Angel Connell to be its head writer for the pilot of an Internet-based TV series it will produce entitled THE OTHER SIDE.

The Westford native will collaborate with Floridian screenwriters Anth Wareham and Luis Canales on developing intersecting stories that focus on three young men: a superstar athlete, a business hustler and a working class college dropout.

Detour Entertainment CEO Chris Greene will act as both the Executive Producer and one of the principal actors featured in the pilot/series. The New Yorker hired Connell after he conducted a long phone interview with the award-winning indie film director, read the screenplay for Connell's "KILL GADDAFI'S WHORES!" and checked his body of work on the Internet Movie Database (IMDb): imdb.com/name/nm2154195/

"Angel...is the guy I need to pen this pilot," declared Greene, who has worked as a director/producer for the last three years and even longer - ten years - as an actor. "His knowledge of both his craft and the industry itself is (a plus). His style of writing - the way he creates situations and character interactions - not only attracted me as an actor but as a regular audience member too. Trust me, that's hard to do!"

Greene admitted that the physical distance between him residing in the South and Connell living in New England initially raised concerns in his mind on how

the situation would impact their relationship in conferences and work sessions with the other writers.

"But with today's technology, it's easier to communicate with each other no matter how far away we are and still get things done," observed Greene. Connell agreed and expressed his excitement at working on the pilot with Greene.

"I really love the freedom Chris has allowed me to have in developing the overall theme of the pilot and the different arcs of all the characters," enthused Connell. "And the other writers are contributing some great ideas that will help us make this pilot stand out from the other web-based series that are out there on the Internet."

"THE OTHER SIDE is exactly the kind of series (whose pedigree) Angel knows well," said Greene. "His ability to add uniquely suspenseful elements within the pilot will have the audience not only relating to the subject matter but also wanting more."

"I was very lucky to bag Angel as a writer on this project," concluded Greene with a flourish as dramatic as one would expect from an industry veteran. "And, with him at the reins alongside Anth and Luis, this will be the best dramatic series on the web!"

Production for "The Other Side" is expected to commence in February 2013 in and around Orlando, Florida. Its world premiere is slated a few months later in the spring.

Dracut Senior Happenings

There are a lot more fun activities for our vital Dracut elders! Please see their calendar on their website: www.dracut-ma.us

- 12/12 Shine, 9:30-1:00pm: Senior Club Meeting - 1PM
- 12/13 Holiday Activities & Sing-a-long, 10AM - Nurse Nancy, 1:30p-3:45pm
- 12/14 Bowling, 9AM - Dracut Christmas Lights/Parker Grill, 9:30am
- 12/17 Rep. Collen Garry Office Hours, 10:30AM
- 12/18 Grocery Shopping, 10AM
- 12/20 Victorian Tea, 10AM - Nurse Nancy, 1:30p-3:45pm
- 12/21 Bowling, 9AM - Dollar Tree & Irish Cottage, 9:30am
- Mon 12/24 CLOSED FOR HOLIDAY
- Tue 12/25 CLOSED FOR HOLIDAY
- Wed 12/26 Senior Club Meeting 1:00pm
- Thur 12/27 Nurse Nancy, 1:30p-3:45pm
- Fri 12/28 Bowling, 9AM - Movies, 9:30am
- Mon 12/31 Bingo, 1PM -
- Tue 1/1/13 CLOSED FOR NEW YEARS

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TOM DUGGAN'S NOTEBOOK

EXCUSE - Lawrence Fire Chief Richard Bergeron testified last month at a civil service hearing that firefighter Tim Atwood should be fired from his job because he "cannot perform the duties expected of a Lawrence Firefighter (see page 7). Atwood was diagnosed with asthma and asked for a transfer to work at "Fire Alarm" the 911 dispatch center covered by Lawrence Firefighters on Bodwell Street. But his transfer was denied because, as Chief Bergeron testified, the firefighters working at Fire Alarm need to be available to work a fire if the chief feels the need to for additional manpower on a large fire. Bergeron testified that Atwood could not be called to a fire because of his asthma and used that to justify his recommended firing of Atwood. Here is the problem I have with Chief Bergeron's explanation: just a few short days AFTER he testified at the Civil Service Hearing there was a 3 alarm fire on Lafayette Street in Lawrence. Fire Departments from Wilmington, Haverhill, Andover, North Andover, Danvers, Ipswich, North Reading, Middleton and several others communities were called into Lawrence to help battle the blaze (and give station coverage).

As the Lawrence Fire Department was battling that blaze alongside firefighters from other communities, Haverhill and Wilmington were driving around the city responding to additional calls of fire at other locations. At NO time... Let me repeat that... at NO time did Chief Bergeron call any of the four firefighters working "Fire Alarm" on the night of December 7th. In fact, I was around on the night of the great Malden Mills Fire more than a decade ago where hundreds of firefighters were called in from as far away as Con-

necticut and Maine. On that fateful night, none of the firefighters answering the phones at Fire Alarm were called out to work that fire either. What's more, in the history of the LLFD there has never been one dispatcher called to fight a fire.

So, with all due respect to Chief Bergeron, who is a big fan of the paper and someone I admire greatly, the excuse that Atwood was denied a transfer to Fire Alarm because he "might" need to be

called to a fire, and will be unable to do so, doesn't pass the smell test.

NEW WEBSITE UN-VEILED

- The fine technical staff at the Valley Patriot has been diligently working over the last few months to get our new and improved website up and running to better serve our readers. The new site has as one of our best features, a search bar at the top of the page so that readers can research any topic The Valley Patriot has ever written about, including stories and columns that I and others had written prior to the Valley Patriot's first print edition in March of 2004. Stories and columns have been categorized by town and subject, and of course our most popular feature "breaking news". Since the site went live

in mid-September, (and before we were even done designing it), we had already received more than 50,000 hits. Ad space is now available for a very reasonable price per week, and of course print advertisers get our "Network Discount" for supporting the paper every month. For ad Rates or to order an on line ad email John at ValleyPatriot@live.com

SANTA'S LIST - Everyone knows that Santa and I hang out in the off season

(well he has to hang out with someone when Mrs. Claus starts to nag). This year he was nice enough to give me a preview of what is in his bag of goodies for local news makers (though I confess I did make a few suggestions.) Here is a sneak peak at



what Santa showed me.

Haverhill City Councilor Bill Ryan - more relatives that he can run for office in the future. Of course they will all lose like they did this year, but at least he can keep the delusion that someday, once again he will have more political power than just being a lowly City Councilor. Santa also says Bill needs a new wife, one that won't make hateful, anti-gay slurs against people in public settings.

Haverhill School Committeeman Scott Wood - The good sense to end his war with Chief DiNaro. I have seen this movie, I have lived movie, and I think we all know how it ends.

Lawrence Public School Receiver Jeff Riley - sodium pentothal. It seems that Santa is a bit miffed that, since Riley has taken over the Lawrence Public Schools, he has had a very difficult time telling the truth to anyone about anything.

Lawrence Economic Development Director Patrick Blanchette - Some old videos of Lawrence City Council meetings, where he himself railed for hours on end about accountability and making sure contracts with city vendors complied with state law and were negotiated legally. Santa says that since Blanchette has become Willie Lantigua's gofer at city hall, he has forgotten all those speeches and has done every single thing he used to complain about during the Sullivan administration.

Willie Lantigua's former Chief of Staff Lenny Degan - Life in a federal prison. No explanation needed.

North Andover School Committeeman Christine Allen - Coal and the good sense not to run for reelection in the spring. While Santa says that Allen has done much good for the school children of North Andover in past years, this year she was very naughty when she was caught using school department resources to affect the Special Meeting vote on a proposed meals tax. What's more, she was



Angela from Methuen Family Restaurant shows off the grilled marinated chicken salad. See their ad on page 33.

even naughtier when she hired the former high school wrestling coach to fix her roof after he had been charged (and has since been convicted) of child porn. But the one thing Santa said really disappointed him was that, when Allen was caught red handed during both of these incidents, she and her husband defended their actions and never once showed any remorse or took any responsibility. "Doing bad things is one thing," Santa told the Valley Patriot. "But when you refuse to admit that you have done wrong you always end up on the naughty list."

State Representative Jim Lyons - a stocking full of puppy treats for his new dog Liberty that he adopted from Puppy-Girl's One Tail at a Time Rescue Shelter.

The Lawrence School Committee - A set of Balls. Santa says that when a group of people are elected to represent their constituents they should actually represent their constituents, not their fellow politicians or the State Department of Education.

Lowell Mayor Rita Mercier - Another kiss from Tom Duggan like the one she got at the Scot Brown Rally in November. Santa says she has been a good girl this year and he knows that was the best kiss she ever had.

Secretary of State Bill Galvin - An indictment by Attorney General Martha Coakley. While Coakley has been prosecuting former State Treasurer Tim Cahill for running TV commercials for the lottery during election time (by which he was not in, nor was he mentioned in them) Coakley has put on a dog and pony show as a payback move for Cahill leaving the

TOP OF NEXT PAGE

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Democrat Party and running for governor. And since Bill Galvin not only ran commercials for his office this year during election time, he was actually IN them and his name was prominently displayed. Santa says that fair is fair. If Cahill gets prosecuted Galvin ought to be prosecuted as well.

State Senator Barry Finegold – A free printing press for his campaign headquarters so that he doesn't need to send his friend Israel Reyes to the Lawrence School Department to print up all his campaign material.

Former Lawrence School Committeeman Jen Cooper – a phone that dials OUT.

Essex County Sheriff Frank Cousins – A cell next to Lenny Degnan in a Federal Penitentiary.

Lawrence City Attorney Charles Boddy – Disbarment. Boddy has broken the law so many times just during our Freedom of Information war with the Lantigua administration that it's hard to see how he can keep his law license.

Methuen City Councilor Jen Kannan – a \$1,000 donation to her campaign for mayor.

Lawrence City Councilor Frank Moran – A videotaped reminder of what happened to Wille Lantigua when he tried to hold two jobs (as a State Rep. and Mayor). Moran was elected as a State Rep in November and says he will not give up his seat on the Lawrence City Council. Santa recommends that he fast forward to the news tapes and see what happened at the end. It didn't work out very well for Willie.

Methuen City Councilor Sean Fountain - the co-host position on former Methuen Town Manager Bob LeBlanc's Radio show on WCAP.

Haverhill Mayor Jim Fiorentini – a better appreciation for his police department and particularly his Chief Allen DiNaro, and the restraint not to meddle in the hiring of police officers who will be patrolling the streets and putting their lives on the line for his community.

Newly Elected Senator Elizabeth Warren – Two free tickets to Foxwoods so she can hob-knob with real American Indians.

Outgoing State Representative David "where-is-he" Torrisi – a job stacking wood at his daddy's store in Lawrence and an apartment on Park Street in Lawrence so he can live with the consequences of all

those votes he took at Willie Lantigua's behest.

North Andover Town Moderator Mark DiSalvo – Better friends.

North Andover Selectman Tracy Watson – more volunteers for the various events that she helps to organize in town.

Newly Elected State Rep. Diana DiZoglio – Paul Adams as her new legislative aid.

Congressman John Tierney – a resignation before the end of his term and a big lump of coal for lying his way through the 2012 election.

Congressman Niki Tsongas – A Copy of the book, "The Case for Democracy" by Natan Sharansky, and the ability to understand that the Israel- Palestinian conflict is not about "land" or "settlements" it's about Muslims who want to exterminate Jews.

Lawrence City Councilor Roger Twomey – a retirement home in Florida so that he doesn't run for reelection. Three years of giving Mayor Lantigua everything he ever wanted was not exactly what the people of Lawrence had in mind when they elected him.

Lawrence Personnel Director Frank Bonet – Everything he has coming to him and more. Santa says you will get this one a lot better when indictments start coming down from state and federal law enforcement.

The Greater Haverhill Commission Against Discrimination – deportation to China so that they can live under the repression of a government that shares their views on free speech and free expression.

The Haverhill Board of Health – Tickets on the same flight as the Commission Against Discrimination.

CALENDAR

METHUEN VILLAGE AT RIVERWALK PARK - Bill Foley Performs at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites the public to a performance by guitarist and harmonica player Bill Foley on Friday, December 21 at 7:00 p.m. Advance RSVP encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com.

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2012 Valley Patriot Photos of the Year



PHOTOS: TOM DUGGAN

2012 Valley Patriot Photos of the Year: 1) Photo of the three bridges over the Merrimack connecting South Lawrence and North Lawrence 2) A young boy waves at the Chelmsford 4th of July Parade, 3) New Jersey Governor Chris Christie in New Hampshire stumping for Ovide Lamontagne for governor, 4) North Andover Veterans during Memorial Day Ceremonies, (NEXT PAGE) 5) Valley Patriot publisher Tom Duggan caught this photo of Megan Hale and her daughter Lilly at Hampton Beach, 6) Master Catherine of Chang's Tai Kwon Do in Methuen at their official grand opening, 7) The Valley Patriot news chopper photographed a fire on Water Street in July that left dozens homeless 8) Toddler makes his pick for US Senate with his mom Courtney Duffy, 9) In our very first season, The Valley Patriot Women's Softball Team celebrates being the True Vision World Series Champs in Salisbury last fall, 10) Valley Patriot owners Dr. Charles Ormsby, Ralph Wilbur and Tom Duggan with the 100th edition of the Valley Patriot last February. 11) U.S. Senator Scott Brown give his wife Gail Huff a kiss on the campaign trail, 12) State Representative Jim Lyons and The Valley Patriot's PuppyGirl Kate Whitney, 13) Lilly has fun in a police cruiser at North Andover's National Night Out, 14) The Valley Patriot's youngest fan Jonathan aka "Bobo" Ortiz searches for the puppy page, 15) Former Massachusetts Governor Mitt Romney shakes hands in Manchester NH on the eve of the 2012 Presidential election, 6) Soldiers from the Israeli Defense Force in Tel Aviv with their copies of the Valley Patriot.



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I was doing some research on religious scripture to find out how various beliefs address issues like war, homosexuality and prejudice. As often happens in my research, I stumble upon something that grabs me and I must run with it. I came across an article by Lambert Dolphin, a Christian physicist, entitled Jesus and the Homosexual. I thought it might be about Jesus being a homosexual. After all, he did run around with twelve other men and in September, Karen King, Harvard's Hollis professor of divinity, revealed that she has a 1,600 year old papyrus fragment that may prove Jesus and Mary Magdalene were husband and wife, a claim that the Catholic Church adamantly denies. Why? I think it would give a new depth to Jesus that had long been ignored. Does the Church know something we do not? Was Jesus a homosexual and that's why there was no way he would have taken a wife? I have to think I'm making many readers uncomfortable and angry wonder how many will continue reading. I digress.

While reading Dolphin's article, I could feel my own anger and discomfort rising at its message. Like many of you reading about the possibility of Jesus being gay, my reaction was quite visceral. I thought it would be fun to rewrite portions of Dolphin's article, but change some pronouns and descriptors and see how heterosexuals would react to what Dolphin is claiming. Indulge me. Anything in quotes comes directly from his article with just a few key words changed.

"We, as Christians, pay particular attention to the words of our savior. Jesus said nothing regarding heterosexuality, and in his ministry spoke more about the sins of the spirit than the sins of the body. . . . Our reading of the Bible in its entirety is one of a loving, forgiving and nurturing God who wants us to help create a world that accepts and empowers all.

"Sexual desire and sexual attraction to all sorts of love-objects-male, female, or inanimate---is a great mystery. It is in part driven by hormones, inherited temperament, and predisposing psychological factors. The stage for growing up straight is

apparently set in earliest childhood---most straight men do not feel they had a choice in the matter. They believe that they are not free to change even if they wanted to. Straight men often express a tragic sense of being born into a socially disliked or unacceptable minority group, and compensate for this. To preserve some sense of self-worth they hang around together and form organizations that especially promote Straight Pride and Rights.

"There is a very wide range of masculinity and femininity in society, and few men are either 100% gay or 100% straight. Those men who crusade against heterosexuality and shout the loudest about their own homosexual normalcy are often deceiving themselves about their own secret forbidden proclivities. So the entire subject is complex and the last thing straight men and women need is to be labeled, branded, and stereotyped.

"Research in the past 50 years has shown that all male heterosexuals testify that they had poor relationships with their mothers. . . . Boys that fail to identify with and bond with a mother-figure feel uncertain of what it means to be a man. Since the basic problem---inner most need---is for affirmation from members from the opposite sex---for "opposite-sex bonding"---the situation can be radically changed by special attention from and aunt, female role model/teacher, youth leader or caring female friend. Crushes with girls may develop signaling that a deep unmet need exists in the boy who has never felt really loved and affirmed by a mother. Of course dating boys doesn't help any since uncertainty about one's own sexuality and lack of self-confidence and hormonally-driven anti-aggressiveness tends to make such dates awkward and unsatisfactory. It is wrong at this stage to label boys as straight. They are predisposed towards becoming heterosexual, but they aren't there yet.

"It is in their teen-age years that many vulnerable, lonely young men reach out for a close relationship with a female friend or an older female and find themselves deeply responding erotically to that person. Soon our vulnerable youth thinks of himself as straight, identifies with other

CAUSES: PAGE 29

Morality Matters! Do Wise Men Still Seek Him?

Paul Murano

VALLEY PATRIOT COLUMNIST

Each year at Christmas we are reminded of the birth of a man who is by far the most influential person that ever walked the earth. Our calendar separates the pre-Christian era from the Christian era of world history. The world's number one best selling book tells of Jesus' story, how the invisible, almighty, eternal and infinite Creator of the universe decided to become a part of His own creation to save it, especially the creatures He made in His own image from the mess they got themselves into beginning with Adam.

He becomes the "new Adam" to save man from the misery of his own selfishness: The first Adam said no to God in the Garden of Eden, the second Adam said Yes to Him in the Garden of Gethsemane.

The first Adam fell at the request of the first Eve whom had been visited by a devil; the second Adam (Jesus) was inspired by the second Eve (Mary) who had been visited by an angel. The first Adam's rejection of God brought suffering and death to mankind; the second Adam's obedience of God brought about grace and future resurrection.

The cross of the second Adam becomes the new tree of life that man had lost access to by virtue of the first Adam's sin. The new fruit hanging from that new tree for man to once again partake in is the body of Christ, present at each mass in the form of the Eucharist. As He said in the Gospel of John, "He who eats of flesh and drinks my blood has eternal life, and I will raise Him up on the last day."

This is the hope of Christmas: That baby in the manger conquered death so that, as His extended body, His Church may follow Him into paradise.

If people truly believed this there would be no reason to fear, to be anxious, or to remain bitter and angry at the world for its injustices. There would be no denial and rationalization caused by the self-loathing due to our sins. Hope would replace cynicism and despair.

There is an argument to be made that we are now in the world's third stage of history, the post-Christian era, where man attempts to replace God as the center of reality. It may have begun when the new fruit of the tree of knowledge was consumed in the birth control pill, inaugurating the culture of death -- of people (abortion, euthanasia) of families (divorce) and of nations (critical depopulation of the west).

The two fruits mentioned in Genesis' Garden of Eden, of the tree of life and the tree of death, have reappeared in the form of the Eucharist and the pill. Here you have the major weapons of the culture war between the Church and the world, Jesus and Satan, heaven and hell.

It is only a matter of time before the secular world bans Christmas as a federal holiday, as it also had its way with making legal the practice of prenatal homicide and same-sex marriage. The baby in the manger poses too much of a threat to the false reality created by contemporary secular humanism.

In the pre-Christian era the weak and vulnerable as well as women and children were routinely used, abused, and discarded. In the post-Christian era the same patterns have re-emerged in different forms. It was only in the era when the world truly believed in Christmas, its message, and the supernatural life offered to live that message, that the light overcame the darkness.

Do wise men still seek Him? Yes, but today's spirit of Herod that openly embraces death demands courage for them to do so.



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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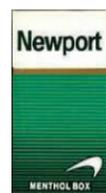
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Making \$100k a year is now the New "Rich"

Christine Morabito
GREATER BOSTON TEA PARTY

When they came for the millionaires and billionaires I did not speak out because I was neither a millionaire nor billionaire. Now they are coming for those earning \$100,000 or more. How long before they target you and me – for payroll tax increases anyway?

A coalition of liberal activists is proposing a new payroll tax on upper-income workers as a solution to the Massachusetts transportation funding shortfall. They claim to represent seniors, students and disabled transit riders – oh, and unions. These groups will be the beneficiaries of the proposed wealth redistribution.

According to Matt Murphy at the State House News Service, the group, otherwise known as Public Transit-Public Good, also calls for the creation of a transportation infrastructure bank (by all means, let's give them their own bank) and a more equitable fare structure for T riders. Where is the equitable fare structure for those who must rely on cars to get around? When gas prices increase, drivers are forced to pay the going rate. And if Governor Patrick had his way we would be bracing for a new gas tax to boot.

I had to chuckle when I read their claim that this is an example of "thinking outside the box." Since when is confiscating more and more of taxpayers' hard-earned money thinking outside the box? Raising taxes is a liberal's go-to-move and the solution to every problem. Like the Talking Heads lyrics suggest: "same as it ever was."

This story broke the same day as Joe Battenfeld's Boston Herald column exposing the state Gaming Commission's shameless spending spree and breach of taxpayer trust, (No casino, but \$1.6m for taxpayer gamble," November 29). Transgressions include \$47,000 in unknown credit card purchases, \$75,000 for recruiters, a \$10,000 junket to Las Vegas and hundreds of thousands in consultant fees. That is on top of the generous salaries for 5 board members. In total the commission has spent \$1.6 million over nine months, yet is still years away from approving even one casino license. Accountability anyone?

No doubt, our state faces real challenges when it comes to meeting expenses. I am no financial expert, but please accept my humble, creative, outside -the -box suggestion:

STOP WASTING TAXPAYER MONEY!

In private industry, as in our own households, cost containment is a constant concern. Not so when the government is involved. There is one major difference – the government is not using their own money, they are using ours. In a Fox Undercover piece ("Cash-strapped T shrugs off waste complaint, keeps lights burning during the day," August 29) a conscientious citizen contacted the MBTA regarding wasted electricity from unneeded lights in West Roxbury. After weeks of being ignored, the citizen was erroneously told that the lights were not on MBTA property. Once Fox got involved, there was a public apology and the timer was changed immediately, although the problem persisted at other locations. While such savings



may seem small, these kinds of things are an easy fix if they are not mired in bureaucratic molasses. I learned when I was 5 to turn off lights when not using them. All it took was my father asking if I paid the electric bill. We are all paying the MBTA's electric bill and are left to wonder about other waste, while the agency increases fares and cuts services. An audit last fall showed a \$100 million misreporting of cash receipts and missing vault keys. All this from an agency facing a \$100 million deficit.

Notice how the political solution to a financial crisis never involves spending cuts? These stories of waste and abuse of tax dollars beautifully illustrates the desperate need for balance on Beacon Hill. We need more taxpayer advocates like Jim Lyons, Shaunna O'Connell and others to balance out the activists for

every special interest group that comes down the pike. These community organizers and the legislators who serve them are actually more interested in growing government, and thus their own power, under the guise of compassion.

So when they come for more of your money – and they will – by claiming the state is broke and they are forced to raise the payroll tax, gas tax, transportation tax, candy tax, beverage tax, bottle tax or various and sundry "fees," remind them that you are Taxed Enough Already. I will certainly do so, and you can bet I will not be using my inside voice.



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

2012 Warning to the Tea Party... Are We Ready For A Course Correction?

Tom Duggan
VALLEY PATRIOT PUBLISHER

While Tea Party members are still in shock over the 2012 ass kicking we took in the polls on Election Day, now is the perfect time for a lecture on course correction.

Very high on the failed strategy list for the Tea Party is the way Democrats are treated as "the enemy" on all issues, and the unwillingness to dialogue with them.

Like it or not, Massachusetts is a one-party State dominated by Democrats. If the Tea Party doesn't change course and bring some of those Democrats into the fold, dialogue with them, and actually work with them on key issues, well... we will continue to fail over and over.

Democrats who have never been to a Tea Party meeting and have no personal experiences with members of the Tea Party, often make the most vile accusations and attacks. That's because they are operating on the belief that the Tea Party is "dangerous" based on what they have heard from their colleagues on the left. Once they meet with the Tea Party and see for themselves what it is all about, they are much less likely to be hostile, in some cases can even become allies.

The key to any success in changing the public image of the Tea Party and getting important legislation passed, is to infiltrate the Democrat Party and penetrate the strangle-hold the leadership has over the minds of its members.

TIME TO WALK THE WALK OR SHUT UP AND SIT DOWN

Tea Party activists say that the Tea Party is nonpartisan, yet before the primary election in September, the Merrimack Valley Tea Party held what was dishonestly called a "Candidate Forum".

The impression people were given was

that it was open to all candidates. As we were leaving I heard some members say they were not voting for particular candidates because "They didn't even bother to show up."

With all due respect to those who planned that "candidate forum" it should have been called "A Forum for Preferred Candidates" because Democrats and Independents were purposely not invited. In fact, one Republican who did attend was told he couldn't speak.

Candidates like newly elected State Representative Diana DiZoglio, (a Democrat), and newly elected State Senator Katie Ives (also a Democrat), had no opportunity to talk to Tea Party members and hear our concerns. They had no opportunity to share with us views that we both agree on. And we had no opportunity to change their minds on issues we don't.

For the record, Diana DiZoglio took a stand (before the primary) in favor of Voter ID, she was shunned by the Tea Party. I think our members would have liked to hear what she had to say on that issue before the election.

Then there's newly elected Senator Katie Ives. Ives said before the primary (against her fellow liberals) that she would "champion" legislation for 209A reform. She also championed heavy penalties for local officials who refuse to comply with freedom of information requests, and is an avid defender of the first amendment.

These are all issues sacred to the Tea Party and yet, the candidates and the members were robbed of the opportunity to discuss those issues. And now that both women have won, they will be voting on those issues at The State House.

IF YOU ALWAYS DO WHAT YOU'VE ALWAYS DONE...

It's time to start being as fair minded and open minded as we say we are. Otherwise, we become what the media and the Democrat leadership says we are. It may be fun to attend a Tea Party meeting every month to listen to speakers who agree with us on all the issues. But it doesn't accomplish anything.

Forging an alliance with rogue Democrats on key issues benefits everyone.

But you can't forge alliances with individual members of the dominant Democrat Party by slapping them in the face before they even take office... simply because they don't agree with the Tea Party 100% on every issue.

Katie Ives and Diana DiZoglio, by virtue of being Democrats, will be able to help the Tea Party advance some our most important goals in very big way.

YES, Katie Ives will be very liberal on taxes and Diana DiZoglio will be very liberal on union issues.

But, Senator-elect Katie Ives has publicly committed to attending Tea Party meetings and seeing for herself what the Tea Party is all about. She isn't dismissing the Tea Party as bunch of racist, angry, old white people, as the media and those in her party portray us. She isn't dismissing the Tea Party because she won without it on Election Day.

No, Katie Ives has extended an olive branch despite all that she has heard and all that she has experienced.

If a Democrat like Katie Ives is willing to break ranks with her party, come to a Tea Party meeting, and listen to our concerns... moreover, if she is willing to come and speak to Tea Party members and take questions, she should be welcomed with open arms. In fact, the Tea Party should be reaching out to her and inviting her to the next meeting.

Just imagine how powerful it would



be when Governor Patrick or some other Democrat leader begins vilifying the Tea Party and a liberal, tree-hugger from Newburyport takes to the floor of the Senate and says: "I go to Tea Party Meetings, they are not racists, they are not hateful, in fact I work with them on many issues and what you are saying is simply not true."

If Tea Party members are licking their wounds after a crushing defeat on November 6th, just imagine two years from now when we lose more conservative members of the legislature and move backward even farther.

The only way to stop that slide is to reach out to those long considered the "enemy" and start to make gains on issues that the Democrat leadership opposes, but many of their members do not.

I can tell you from covering Katie Ives that she will be no shill for the leaders on Beacon Hill. Neither will Diana DiZoglio. Unless, of course the Tea Party continues to shun them and pushes them in that direction.

Right now the Tea Party is at a crossroads in Massachusetts. We can make the needed course correction or just keep repeating the failures of 2012.

Holiday Decorating Tips For A House With Pets

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

During the holidays, your household might be a little more crazier than usual with kids anticipating the BIG VISIT, house guests stopping over, decorations everywhere and lots of extra excitement. In fact it can be quite chaotic. Animals feed off of all the extra energy. Take a few extra precautions to make sure your pet has a healthy and safe holiday.

Secure your tree - You really don't want your cat or dog to knock it over. Especially after hours of decorating it so perfectly. Remember, some cats are tree climbers and some dogs got that wiggly tail that can be quite powerful.

Keep ornaments and decorations out of reach - As beautiful as your ornaments and decorations are they can be dangerous to your pet if swallowed. They might mistake them for sparkly toys and want to play, and no doubt your kitty will want all that tinsel! Put ornaments and decorations, including ribbons, tinsel and bows up higher on your tree so it isn't as accessible to your furry friends.

Keep edible décor off the floor and



lower level tables - If you use food to decorate, such as strings of popcorn, and candy canes, make sure the edibles are high enough off the ground so that your pets won't be tempted to take a bite. There isn't a dog I know that wouldn't want to munch on some popcorn or lick a candy cane.

Gifts of food and snacks for your guests - Keep anything with food in it up and away from your pets. If you are wrapping food as a gift wait and hand it directly your guest to open, don't put it under the tree. It will be ripped open and

a nice afternoon snack for your pet.

Move the plants - Poinsettias and mistletoe can be dangerous to pets when ingested, so keep them well out of reach. Cats love to take a swing at those mistletoe. They think it is a really entertaining toy.

Hang lights out of reach of your pets - Some pets are biters and chewers, so make sure they don't destroy your lights and hurt themselves in the process. This is especially true if you have indoor rabbits. They love to munch on wires.

Watch the open flames - Make sure

lit candles are kept safely away from ALL animals and (children too)...a tail, a whisker or a nose could get burned.

Be careful of the scented gifts - As with the food gifts, once they get a smell of it, they're going to want it! Wait to put the scented gifts out. No need for temptation.

Clean as you go - Pick up and toss out the wrapping paper as the kids are tearing it off the gifts. This will eliminate any opportunity for your pet to eat something dangerous

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 wiggiewalk@comcast.net. Become a fan on facebook at *Wiggles & Jiggles Pet Care* and follower of www.traceythedogwalker.blogspot.com*



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PUPPY LOVE! with Kate Whitney

Five Years and Counting Saving Shelter Dogs One Month at a Time

This month celebrates my five year anniversary writing for this fantastic newspaper! First and foremost, I want to give a big thank you to Tom Duggan (editor of the Valley Patriot).

Without the "VP", there would be no Puppy Girl column. Tom has given me an outlet to promote rescue and adoption and I couldn't be more thankful for that. I still remember the first day I met with Tom.

I had just joined my dad in running our golf company called "SwingRite" when I contacted Tom about the possibility of him writing an article to highlight our local company.

During our meeting, I happened to mention that I had just become involved with a great puppy rescue group out of Haverhill called "One Tail at a Time."

Well that's all it took. Forget the interview about the golf company! Tom asked me if I liked to write and if I wanted to write a column about saving puppies for the Valley Patriot.

I thought "what better way to get the word out about One Tail at a Time and dog rescue?"

I also want to thank all of my readers who have been with me from the start of my column in 2007 and

to those who I have picked up along the way over the past few years.

Thanks to Tom I've been able to educate my readers on many different topics from: healthy food choices for your dog, to summertime pet safety tips.

Writing my column "Puppy Love" is a hobby for me – and dog rescue is a passion.

I can say that it's a really great feeling to be involved with two great pastimes that provide me so much joy.

My biggest goal with writing Puppy Love is to educate and bring awareness to my readers. If you learn just one thing from reading my column, that makes it all worthwhile. One last thank you to PG, my Puppy Love column editor and my best friend. Thanks for giving me the confidence and inspiration to keep writing.

So here we are, 5 years later. Many things have changed, but one thing remains the same- there are still over crowded shelters and millions of dogs are being euthanized every year, simply because there are not enough homes for them. Let's talk about an organization that is trying to help with that problem. If you have read my columns before, it's no surprise what organization I'm talking about.



One Tail at a Time Rescue is doing their 2nd annual home for the holidays (H4H) program. So what exactly does H4H's mean? For most of us, December is a month that is filled with giving, magic and holiday cheer. But for shelter dogs, it's quite the opposite. It's a "last call" for many shelter dogs. The period of

time from Thanksgiving through December 23rd is a low adoption time. People are busy preparing their homes and lives for the upcoming holidays.

One of our amazing volunteers and intake coordinator (she's the one who pulls the dogs from the shelter) down in Virginia, Erin Weber, remembers seeing a few very adoptable



dogs at her local shelter. A few days later, she found out they had been euthanized.

Upset, she looked into why this had happened. Many shelters close for the holidays and it's a lot easier to deal with feeding and cleaning when you have smaller numbers than a 100% packed shelter. So the shelters "clean out" -if you will. The shelter is also packed due to the fact there are fewer adoptions during this time.

They are also preparing for the influx of dogs and cute puppies that will arrive at the shelter shortly after Christmas. Some of these dogs were given as gifts to sometimes unsuspecting recipients. Or the cute puppy that the kids went crazy over has all of a sudden lost his appeal and the novelty has worn off. Enough with the sad but true reality of the world of rescue...this is where One Tail at a Time and H4H program comes in.

One year (before she approached One Tail with the idea) Erin pulled as many dogs as she could and kept them at her house or boarded them until she found foster or forever homes for them. Last year Erin approached One Tail with the sad facts about the "happy holiday season" for shelter dogs. She also talked to her local shelters and worked out an agreement with them that they would lower the pull and vetting fees, and therefore we could reflect this deal with lower adoption fees.

We wasted no time. Meg Reynolds, the President of the rescue was on board. Our volunteer coordinators – Danielle Castignetti this year and Lisa Cerroni last year- sent out an email to our foster base and pleaded for them to open their hearts and their homes this holiday season. I remember reading the email and within a few minutes, responses from foster homes started to flood in (myself included). People replied "count me in!", "sign us up", "we'll take one!" it was truly overwhelming.

The holidays are a tough time. People are always busy, but the holidays prove to be an extra busy time for most. The fact that these volunteers would take on the responsibility of having a four legged house guest for an un-

known amount of time, was just incredible! Not to mention they didn't even know what kind of dog they would be getting. During other times of the year we have a little more time and can often times send emails with the pictures of the dogs we saved and foster homes can "pick" which dog they would prefer to foster.

The Home for the Holidays dogs are such an urgent case that we simply don't have time to take and send pictures and let people decide. We have to know who is on board and then just pull! A few hours can mean life or death for these dogs. The families that have volunteered to foster a H4H's dog have given the best gift this holiday season, a second chance to these amazing shelter dogs. It really doesn't get much better than knowing you truly saved a life.

I would like to extend a big THANK YOU to all the amazing people who make up the volunteer group and foster home base for One Tail at a Time. I will give my readers an update in an upcoming column about exactly how many dogs we were able to save throughout H4H's program.

If you want to donate to One Tail at a Time Rescue or "sponsor" one of the dogs that we save (I can email you a picture of the exact dog your donation when to), please send a check to One Tail at a Time Rescue PO Box 155 Boxford, MA. 01921. Remember all donations are tax deductible!

What's great about donating to One Tail is that you know exactly where your money is going. It's going to saving more dogs, paying for vet bills and buying food and toys for the dogs we save. We are 100% volunteer, so no one gets paid for their time, gas, etc. Keep that in mind when you are thinking about charitable organizations to donate to this holiday.

Isn't it nice to know that 100% of your donation goes towards the actual cause you wanted it to go to? Wishing you and your families a very happy holiday and a healthy new year! Happy Holidays!

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Year-to-date Single Family and Condo Sales Locally Record Double-digit Increases

(MERRIMACK & NASHOBA VALLEYS) — The Northeast Association of REALTORS® (NEAR) reported today that the number of single family homes sold during the month of October in the 15 cities and towns from Boxford to Littleton were up a slight 2.2 percent versus October of 2011. Year-to-date, single family home sales in the area rose by 21.2 percent compared with last year. Condominium sales during October, meanwhile, rose by 14.9 percent compared with last October, while year-to-date condo sales rose by 17.9 percent over last year's pace. The report is based on data from MLS Property Information Network in Shrewsbury.

The report also reflected that the median sales price for the local single family homes sold in October was \$297,250, an increase of 14.4 percent over the median of \$259,900 for October of last year. Year-to-date, however, the median sales price for single family homes rose by only 1.7 percent, from \$300,000 last

year to \$305,000 for January to October of 2012. Additionally, condominiums sold in October posted a median sales price of \$165,000, a drop of 12.2 percent compared with last October, while the year-to-date January to October condo sales median price was \$167,700, a drop of 6.8 percent compared with the same period of 2011. The median price is the point at which half the properties sold cost more, and half cost less.

Commenting on the area's home sales market, NEAR President Mary O'Donoghue said, "Strong home buyer demand continues to show continued evidence of the housing recovery, as registered in our sales reports. This is no surprise, considering that housing affordability conditions are at an all-time high. Our challenge now is one of a lack of inventory of homes for sale throughout the region. Every new, well-priced property introduced to the market at this time is getting lots of attention which is welcome news for those home sellers ready to enter

the market."

The report also showed that average length of time it took for a single family home sold in October to go from listing to a closed transaction was 109 days, unchanged from last October. For condominiums, it took an average of 117 days for those sold during October to close, a 9.3 percent decline from the average of 129 days for condominiums to close in October of last year.

Meanwhile, the number of single family homes that became classified as pending (i.e., under agreement but not yet closed) for single family homes in the region during October rose by 33 percent, with 305 so-called "pendings" reported during the month, with the agreed-upon median price for those properties at \$299,900, an increase of 6.8 percent versus last October's single family pending sales. The number of pending sales for condominiums locally during the month rose by 8 percent, to 94 contracts signed, with the median price up by a slight 2.3 percent compared with a

year ago, to \$169,900.

The report also provided inventory levels of area homes for sale as of November 15, which at 1,261 available single family homes and 470 condominiums have each dropped substantially since the peaks set in 2006 and 2007, which were 2,242 for single family homes and 1,251 for condos. In fact, the last time that the area's condominium inventory was this low on November 15 was 2004, when there were 461 condos for sale.

The Northeast Association of REALTORS® is one of 1,500 local chapters of the National Association of REALTORS®. Officially, NEAR covers 15 cities and towns from Boxford to Littleton, though it has members from more than 50 cities and towns in the Merrimack and Nashoba valleys as well as southern New Hampshire. The term, REALTOR®, is a trademark for use exclusively by members of the National Association of REALTORS®, whose members subscribe to a strict Code of Ethics.

Closed Sales Oct 2012 vs. Oct 2011	# Sold Oct 2011	# Sold Oct 2012	Yr over Year Change	Median Price Oct 2011	Median Price Oct 2012	Yr over Yr Change	Avg. DoM Oct 2011	Avg. DoM Oct 2012	Yr over Year Change
Single Family	223	228	+2.2%	259,900	297,250	+14.4%	109	109	0.0%
Condo	74	85	+14.9%	188,000	165,000	-12.2%	129	117	-9.3%
Multi Family	42	41	-2.4%	189,175	225,000	+18.9%	99	112	+13.1%

Closed Sales Oct 2012 vs. Sept 2012	# Sold Sept 2012	# Sold Oct 2012	Mo over Month Change	Median Price Sept 2012	Median Price Oct 2012	Mo over Month Change	Avg. DoM Sept 2012	Avg. DoM Oct 2012	Mo over Month Change
Single Family	252	228	-9.5%	315,000	297,250	-5.6%	92	109	+18.5%
Condo	91	85	-6.6%	168,000	165,000	-1.8%	155	117	-24.5%
Multi Family	36	41	+13.9%	232,500	225,000	-3.2%	76	112	+47.4%

Closed Sales Jan-Oct 2012 vs. Jan-Oct 2011	# Sold ytd 2011	# Sold ytd 2012	Yr over Year Change	Median Price ytd 2011	Median Price ytd 2012	Yr over Yr Change	Avg. DoM ytd 2011	Avg. DoM ytd 2012	Yr over Year Change
Single Family	2,181	2,644	+21.2%	300,000	305,000	+1.7%	114	117	+2.6%
Condo	804	948	+17.9%	179,950	167,700	-6.8%	128	129	+0.8%
Multi Family	416	399	-4.1%	180,000	209,900	+16.6%	97	88	-9.3%

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Give THANKS for your Children. They are what Life is all about. They are a "part" of you. They reflect who you are. It's all up to you how they turn out. If you don't have children, give thanks for the Children of the World. They are the artists

and masters of the world to come. In them we can encourage Peace on Earth and Goodwill to People Everywhere!

Give THANKS for your Pets. Whatever they may be. They bring you comfort and joy when none appears to be found. They give you Love and affection and ask little or nothing in return. They are always there for you, unconditionally. Now, that is indeed a WOW!

Give THANKS for Good Friends. They are rare and hard to find. Cherish them and let them know their importance in your Life. Appreciate every moment with them. You never know when the time may come for them to leave.

Give THANKS for Good Health. Being able to face each day without aches and pains is a gift. Learn to see it for what it is. And if you are in pain or threatened by disease or injury, seek solace in knowing you are in the world's best area for treatments. Our hospitals are top-notch and our doctors and nurses are the best. Take full advantage of them. Despite any comment to the contrary we have the best healthcare system in the world. Also realize there are support groups and people who have gone through or are going through exactly what you are experiencing. Seek out their knowledge to calm

your anxiousness.

Give THANKS for a Healthy Mind. You possess the makings of a great attitude ... if you allow your mind to guide your way in this world. That ability was given to you to use and make the most of your Life here on earth. You have the ability to choose how you will approach each day. Choose to smile and be extremely positive. It is more FUN! Decide to Make it a WOW! Your LIFE Matters.

If you are suffering from depression on a daily basis or especially during this time of year, seek out help. Be confident that you don't have to feel that way. Changes in lifestyle and diet can make a world of difference for you. Additionally, there are supplements and medication that can help you in the meantime. Just know ... there is reason to hope.

Wake up to a Spiritual Life that Matters and give enduring THANKS!

Give THANKS that the opportunity to make every day a Spiritual WOW! Is not only possible, but the universe is out there inviting you to take advantage of all it offers.

Turn your simple Beliefs into a WOW! The kind of Beliefs and spiritual guidance that bring a "completeness" to your Life. And you get to that point by paying attention to how much spiritualness fulfills your body, heart and soul.

It's the difference between wandering in the desert like a nomad with no place to call home and one who has well thought out direction in his or her life.

In the desert, you aimlessly put your future at the hands of the wind and fate. If you are lucky, you get to survive for another another meal and the chance to live another day.

The alternative is a life of wonder and splendor. Your Life creates meaning and worth with your Beliefs and Values shaping every day of your future. Belief in God provides you with an inner fullness and purpose that causes you to realize there is a magnificent place for you in our world. All the money and gold on the face of the earth cannot buy this kind of inner peace of mind.

Give THANKS for your ability to Create a WORKLIFE that Matters. One that allows you to grow and challenge yourself to be all you can be.

Take advantage of the great feeling you get knowing you are accomplishing something worthwhile in your Life. Feel the satisfaction that comes with contributing to the community in which you live and work.

And if you are without work at the moment, jump out of bed each morning in anticipation of making today the day you get that job.

At American Training we know the meaning of making your WorkLife Matter. Last month, 38 people, just like you, began the fulltime jobs of their dreams after completing our programs. AND, another 16 started part-time work toward reaching their financial goals and independence.

These are the major aspects of your Life for which to give a WOW! THANKS.

But, always keep in mind they are just the beginning. Take it one step further and pay full attention to the smaller and smaller things in Life. Give THANKS equally to those things as well. Then you will begin to see more and more unexpected happenings coming into your Life for which you will be grateful.

Catch yourself giving more and more THANKS. Enjoy the Life you create.

When you are at that point of acknowledging all that is good in your Life, then you can take comfort knowing you are starting to Live the WOW! There is still time to begin right now. It is never too late.

Then, you will truly experience the Merriest of Christmas and face the New Year with the anticipation of it being a really great BIG 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

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Left to right is: Julie DeHart Burns, Stephanie DeHart, and Nicole Oliveira Honor and Remember Salisbury Firefighter Timmy Oliveira



FROM PAGE 1: COMMANDER JIM CASSIDY

2nd Annual Timmy Trot 5k Race

Connie Molinaro
VALLEY PATRIOT COLUMNIST

Saturday November 24th you could not have asked for a nicer morning! The air was crisp with fall air we all love in New England and the sun was poking her rays through the start of gloomy skies. No matter what the weather, the crowds were starting to form at the Salisbury Fire Department so that we could all take part in the 2nd Annual Timmy Trot 5k for their fallen hero, Lt. Timothy Oliveira.

Lt. Timothy Oliveira died after a tragic incident at the firehouse in August of 2011. Tim had a smile for everyone, was a great firefighter, mechanic, but most importantly, an amazing father and husband.

Tim's family started this race the year he passed away and proceeds benefit various local community organizations. Some of the proceeds from last year's race went to the new kitchen at the firehouse. Cabinets, counters and appliances were all replaced so that these firefighters could make a meal and gather with each other during their shifts. According to Nicole Oliveira, Tim's oldest daughter, "the guys keep it real clean too! I think they know my dad would have been telling them to 'clean it up' if they didn't."

Signs of Lt. Oliveira and his presence are still at this station from his turnout coat and equipment made into a dedication box, to the clock and wind chime that still hang in his office. "My dad was such a big part of this station and community and it is so nice to see all these people turn out for him."

Some of the proceeds from this year's race will go to benefit the Brain

Injury Association of Massachusetts (www.biama.org). Mrs. Oliveira also has donated funds to local community needs, as a way of sharing her husband with their town.

This was a milestone race for me this year, in the respect that I had a cancer diagnosis this past March. I had not trained for this race this year as I had surgery and then chemo treatments.

But my chemo ended just two weeks before this wonderful event and as I speed walked through the course, all I could think about was what an honor it was to be there-cancer free-and alive. I wanted to slow down my pace a few times, but felt a gentle nudge at my back, pushing me further to the end.

As it turns out, I finished 7 minutes faster this year and when I saw my friend Nicole, I broke down and cried. Maybe it was from relief that I finished, or maybe it was because I truly wanted to do this for Niki, Kaylie and Pam to honor their loved one, and I didn't think I would make it this year. Whatever the reason, the relief I felt in my tears and the kind loving words Niki whispered to me, made me realize that life is precious.

We need to take each day we have as a gift and give back to those who need us. So every year myself and my co-workers from Children's Hospital will continue to do this race for the love we have for Nicole and her family and to make sure they feel our love and support for this amazing cause and pay tribute to a courageous man. God Speed Lt. Timothy Oliveira, you are missed.

introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her 3x5 cards on the floor. Frustrated and a little embarrassed, she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for lent and this whiskey is killing me! I'll never get my speech back in order, so let me just tell you what I know."

As we laughed, she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy and achieving success. You have to laugh and find humor every day; you've got to have a dream. When you lose your dreams, you die. We have so many people who are dead and don't even know it! There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year, and don't do one productive thing, you will turn twenty years old. If I am 87 years old, and stay in bed for a year and never do anything, I will turn 88. Anybody can grow older. That doesn't take any talent or ability. The deal is to grow up by always finding opportunity in change.

Have no regrets. We elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets." She concluded her speech by singing the "Rose." She challenged each of us to study the lyrics and live them out in our daily lives.

The Rose

Some say love, it is a river
That drowns the tender reed
Some say love, it is a razor
That leaves your soul to bleed
Some say love, it is a hunger
An endless aching need
I say love, it is a flower
And you it's only seed
It's the heart afraid of breaking
That never learns to dance
It's the dream afraid of waking
That never takes the chance
It's the one who won't be taken
Who cannot seem to give
And the soul afraid of dyin'
That never learns to live
When the night has been too lonely
And the road has been too long
And you think that love is only
For the lucky and the strong
Just remember in the winter
Far beneath the bitter snows
Lies the seed that with the sun's love
In the spring becomes the rose.

At the year's end, Rose finished the college degree she had begun all those years ago. Just before Christmas, Rose died peacefully in her sleep. Over 2,000 college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be. Merry Christmas to Rose, to all my loved ones and to all my friends.



In Memory of Lawrence Police Officer Kevin Callahan

For those of us who knew and cared about you, time cannot heal the pain nor minimize the loss we feel since you left us. The number of people whose lives you touched and the joy you brought to the world is immeasurable. We miss you and we pray for you.



- The editors of the Valley Patriot

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Playing the Class Envy Card

Ralph Wilbur
VALLEY PATRIOT EDITOR

The difference between the tax rate on earned income versus the rate on income generated from capital gains has lent some success to Obama's "envy the rich" campaign.

It has given Democrats the edge in demagoguery by implying that millionaires like Warren Buffett get taxed less than their secretaries. Never mind that Warren Buffett's total tax in actual dollars is likely several thousand times as great as his secretary's. That will be skipped over, but they will emphasize that the percentage of tax on his income is less than his secretary's.

On its face, as a 15 second sound bite, without any explanation why there is this difference, it sounds so unfair.

There are valid reasons for this difference in taxation rate. These reasons are connected to job creation. Taxing capital investment at lower rates encourages savings and investment, the lifeblood of economic growth and full employment. Also, it keeps the wealthy investing instead of seeking tax shelters for their income and savings.

Discretionary savings of earned income, already taxed once, then invested in stock or a family business is taxed again if it is successful or lost completely if unsuccessful. Presently all gains from investments are fully taxed, but all losses are not fully deductible. The lower capital gains tax rate partially compensates for this.

When anyone takes their hard earned money and invests it to start a business or purchase stock to help existing companies expand their businesses, they take the risk of losing it all, or a good part of it. This is the kind of risk taking we want



John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

Black Friday, Cyber Monday have come and gone.

Christmas music is playing on the radio and in the stores. Decorations are being put up everywhere. News reports are saying that shopping is hitting high points. Good news for the economy. Hopefully the President and Congress can come to an agreement before the "fiscal cliff" hits. As we all expect, that could prove a disaster to the economy. But, let us remember, this is the season of HOPE!

As noted in past articles, we should remember our troops and their sacrifices. Many will not be home with their families this holiday season. A burden that is hard to imagine unless you have been through it. And even more difficult for those who are in harms way. There are a number of programs out there that ship items to the troops. This includes Operation Troop Support in Danvers, New England Caring for Our Military in Methuen and Local Heroes in Wilmington. I am sure there are others out there as well. They are always looking for donations and yes, even some help.

There is also the VA in Bedford and Chelsea Soldiers Home where many veterans are not able to get around. Cards or a short visit are helpful. The American Legion Auxiliary along with The American Legion and Sons of the American Legion run programs at both of these facilities. Either a local Post or the Department (state) office in Boston can provide additional information.

We do expect that more troops will be leaving the military in the coming months and years. Yes, a verbal "thank you" is appreciated. But how about

a better gift. A job! Over the last few months a number of organizations, including The American Legion, have sponsored job fairs. Some with more success than others. I anticipate there will be some in 2013. I do hope the organizers will coordinate with the veterans groups, such as the Legion, VFW and Amvets. We all are working on the same goal but poor communication. And this includes the Career Centers and publicity from some of the daily newspapers and other media outlets. From personal experience, some were very helpful; many gave no response at all.

Those of you reading this who are veterans, do you belong to any veterans group? The American Legion, like the others, is looking for new members. One does not have to be active unless you want to be. Numbers are important, as that is what Congress looks at when we give our annual report to them and visit the offices on Capital Hill. Visit our national website: www.legion.org and you will see the many programs that we sponsor. You have my personal invitation to check your eligibility and join us! In 2019, a few years from now, the organization will be 100 years old. And with a proud history of accomplishments including the author of the original GI Bill in 1944.

I wish you and yours a Happy Holiday Season and look forward to a prosperous and healthy New Year for all. May God bless our troops and their families. Let us all keep them in our prayers.



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

FROM PAGE 20: CAUSES

straight males, and usually comes under the influence of the more active and outspoken members of the straight community. By definition he has become heterosexual because he is now living either a secret or an open heterosexual life-style with regular sexual liaisons.

"In a study of 156 couples, only seven had been able to maintain sexual fidelity. The inherent unsuitability of opposite-sex relationships is seen in the form of fault-finding, irritability, feeling smothered; power struggles, possessiveness, and dominance; boredom, disillusionment, emotional withdrawal, and unfaithfulness.

"Men who experience heterosexual attractions are, unconsciously, trying to recover their mother's love in the arms of another woman, and women with heterosexual attractions are looking for their father's love in the arms of another man. Anything that creates a sense of disconnection between a child and his or her opposite gender can cause homosexuality. This can manifest itself as rejection, real or perceived, from opposite-sex parents or peers, or as some form of sexual molesta-

tion."

Fear not my heterosexual friends, according to the article, straightness can be cured through intense emotional and psychological counseling, deeply emotional relationships with adults of the same sex and physical, non-sexual touching from members of the opposite sex. You all just have to program yourselves to ignore the sexual urges you have for the opposite sex and replace them with a deep seeded love and desire for the same sex. I'm sure this won't be difficult for any of you. Good luck in your transition.



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



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Managing Chronic Diseases

In 2008, Elder Services of the Merrimack Valley, Inc. and Hebrew SeniorLife joined forces to be a leader in the dissemination of evidence based healthy living programs for consumers and to create the Healthy Living Center of Excellence. "We have seen the benefits of our workshops occur in thousands of participants, leaders and volunteers across the state. We are looking forward to the growth and future of the Healthy Living Center of Excellence" says Jennifer Raymond, Director of Evidence-based Programs of Hebrew SeniorLife. Jennifer is referring to the funding received in September by the Executive Office of Elder Affairs for three years to expand evidence based, healthy living programs throughout Massachusetts.

The Healthy Living Center of Excellence is a major partner in this funding opportunity, addressing the growing need for health care consumers to have information, support and to better manage their chronic conditions. For example, they are now able to offer new programs like the Chronic Pain workshop concentrating on anyone who is diagnosed with Fibro-

myalgia, Whiplash Injuries, Post-Surgical Pain, Neuropathic Pain, and other types of ongoing pain. By joining the Chronic Pain workshop participants have the opportunity to learn ways to control their pain, deal with frustration, eat better, and introduce an exercise program to their lifestyle. The center is able to offer twelve different programs to thousands of participants across Massachusetts. The Chronic Disease and Diabetes Self- Management Programs are one of many programs being offered. Both programs help participants cope with their chronic illness while making healthier lifestyle changes.

Sheri, a participant in the Diabetes Self Management Program, suffers with type 2 diabetes, her blood sugar was too high and her weight put her at serious risk of losing her sight, having an amputation or even losing her life. At only 32, the Lowell woman had received her final warning from her doctor before having to choose among surgical interventions. Sheri had tried many diets and lifestyle programs to make her health better, but "nothing worked," she had told her health professionals. Then she

heard about the Diabetes Self- Management Program. Her first thought: "This won't work either." But she was desperate to make a change and decided to try the program. "I honestly thought the program would be the same, but it wasn't. I felt an immediate connection with the facilitators and a comfort level with all the other participants," Sheri said. She saw dramatic results from participating in the diabetes program. She began to eat more nutritiously, increased her exercise and learned to create attainable goals and celebrate small successes each week. To her surprise, within a 6 month period, she lost 40 pounds and lowered her average blood sugar readings over a three month period from 14.4 to 6.4 (normal blood sugar reading is below 7).

The Chronic Disease Self Management program and the Diabetes Self Management program are six-week courses where participants spend two and a half hours, one day a week learning to deal with all aspects of their disease. Every session also provides 20 minutes for socializing and friendship building.

Developed by Stanford University, the programs are administered not by medical personnel, but rather trained leaders who guide patients in an interactive format to understand the cope with stress, avoiding complications of the disease related to diet and medication and closely monitoring their condition.

All of the programs, led by two leaders, are designed to promote confidence, improve physical activity, healthy eating and reduce falls, and become more empowered to manage the chronic conditions. The leaders follow a 6-week manual to guide participants with goal setting, planning for the future, education, brainstorming and group discussions. "Lots of people don't want the programs to be over," said Susan Poludniak, Healthy Living Program Manager and Registered Dietitian. "Once the workshop is completed, participants organize support groups to continue to work on their action plans and help each other with lifestyle changes." To learn more about the Healthy Living Center of Excellence, visit healthyliving4me.org or call Susan Poludniak at 978-946-1355.

Right at Home of the North Shore and Merrimack Valley

From Rosaleen Doherty:

I started Right at Home of the North Shore and Merrimack Valley with my husband and business partner Jay Kenney ten years ago when we decided to change our lives- for the better. At the time, we had an infant girl and a four year old boy. Over the past decade, we have worked with thousands of seniors and their families to foster independence in the home with companion and home health care services. We can help provide respite to a caregiver, companionship, dressing assistance, grooming assistance, incontinence care, meal preparation, medication reminders and transportation to appointments. Our mission is to improve the quality of life for those we serve. Our agency works 24 hours a day and we can provide services for as little as 1 hour or provide a live-in caregiver.

I try to stay active in the local community. I am Past President of North Shore Women in Business and of The Rotary Club of Marblehead Harbor (if any of

you would like to come to breakfast and meet our great group- contact me!). We are active participants in the North Shore and Merrimack Valley Alzheimer's Partnerships, which do the grassroots, work of the Alzheimer's Association. Right at Home belongs to our local home care association, the Home Care Alliance to stay on top of best practices and trends in private duty home care. I belong to the Society of Certified Senior Advisors, which is an organized of professionals certified and committed to working with elder clients through a code of ethics and a discipline of understanding.

On November 8, 2012, Right at Home of the North Shore and Merrimack Valley, celebrated 10 years of serving local seniors with their office and field staff at Pel-lana's Prime in Peabody. Right at Home is family owned and operated by Jay Kenney and Rosaleen Doherty, longtime Marblehead residents. Rosaleen is past president of North Shore Women in Business and the Rotary Club of Marblehead Harbor.

Right at Home began as a home-making /companion agency in 2002, and grew their service lines to include personal care workers, home health aides and skilled nursing.

Over the past decade, they have grown from a small office in Beverly to four home care offices including downtown Salem, Haverhill, inside Nichols Village in Groveland and at Colonial Gardens in Beverly. Right at Home enjoys long term relationships serving seniors in the Massachusetts Home Care Program through local agencies including Elder Services of the Merrimack Valley, North Shore Elder Services, SeniorCare and Greater Lynn Senior Services. Their newest relationship is in the Wakefield/ Melrose area with Mystic Valley Elder Services.

Right at Home employs over 200 healthcare workers and serves all cities and towns in Essex County and parts of Middlesex and Suffolk Counties. Right at Home is honored to have had the opportunity to assist thousands of seniors in their first ten years and looks forward to serving many more. Right at Home continues to take pride in their mission- to improve the quality of life of those we serve- whether that be their senior clients or the family members that are committed to care for their loved ones.

Right at Home of the North Shore and Merrimack Valley is a family owned and operated home care agency that is celebrating 10 years of serving seniors on the North Shore and Merrimack Valley. We grew from one location to four locations serving. We provide all levels of private duty home care including companionship, personal care, home health aide and private nursing. We specialize in Alzheimer's and dementia care. Our aides go through sensitivity training to learn what it is like to experience physically and cognitively what our clients might experience through the Virtual Dementia Tour. Right at Home is licensed by the Commonwealth of MA and carries all liability and workers comp insurances to protect clients and their families. All caregivers are background checked, tested and trained before they start to work for the agency. We support ongoing health care education for all our workers. We are responsive and reliable.

Call Our Caring Staff at (877)500-CARE (2273)

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Gaining Energy and Losing Fat: The Story Behind Insulin and Sugar

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

Everybody wants more energy and most of us want to shed unwanted fat. Today I want to share with you a metabolic condition, which--due to the Standard American Diet (SAD)--most Americans have to some degree. This condition is called: **INSULIN RESISTANCE**

It saps us of energy, increases fat production (cholesterol, triglycerides, and LDL), alters our metabolism, can lead to type 2 diabetes and essentially changes our entire physiology...especially our brains!

Once in the body our food gets broken down into mainly glucose. Glucose is the major energy source for all of our cells and is the **ONLY** energy source for our brains. Our brains consume about 30% of our entire glucose intake. It is by far the most metabolically active organ in our body.

So if we have a problem with glucose metabolism, guess which organ feels it the most? That's right... **THE BRAIN!!** Is it any wonder then, that brain-based conditions like **DEPRESSION, ANXIETY, MEMORY LOSS, ALZHEIMER'S** and so on are so much on the rise?

We eat our food and drink what we drink and hopefully we absorb it (yes, proper absorption is essential for good metabolism) and it gets broken down into glucose and sent into the bloodstream.

Glucose in the blood is **USELESS**. Let me repeat that ...glucose in the blood is **USELESS!** It must get into the cells where it's converted to ATP, which is the ultimate energy source for our bodies. This conversion only takes place **IN THE CELLS**. Glucose outside of our cells (in the blood) is like gasoline **NOT** in the tank of our car or coal **NOT** in the steam engine.

As we eat and drink, the levels of glucose in the blood will rise. There is a part of our brain that senses this and signals the pancreas to secrete the hormone **INSULIN**. **WHY?** Because insulin's job is to push glucose into the cells where it can be converted to energy (ATP) and everybody is happy!

Now: here's where things go wrong. **THE AVERAGE AMERICAN HAS GLUCOSE LEVELS THAT ARE WAY TOO HIGH!**

CHRONICALLY HIGH LEVELS OF GLUCOSE = CHRONICALLY HIGH LEVELS OF INSULIN.

Chronically high levels of insulin are bad, bad, bad for your body and especially bad for your **BRAIN**. Why? Great question--here are the answers you should know!

High levels of insulin do the following:

1. Eventually your cells will stop listening to insulin! **THIS IS INSULIN RESISTANCE!**



2. High levels of insulin create inflammation throughout the body. That's right.

On a blood test, inflammatory markers such as C-Reactive Protein, homocysteine and fibrinogen are going to be high.

3. High insulin is bad, bad, bad for your brain. Among other things, it causes the pituitary gland (in your brain) to excite your adrenal glands too much.

Here's where it gets complicated, but trust me when I tell you: you do **NOT** want high levels of cortisol. Why? Well, beyond what I just told you, it suppresses your thyroid function (just when you thought you couldn't get any more fatigued). This leads to weight gain, suppresses your immune system, makes you more susceptible to colds/flu, gut infections...and a lot of other bad stuff.

So, let's talk about what's causing all this high blood glucose. Wouldn't it be nice to know so we could remove the cause, instead of just dealing with the consequences?

1. Poor Diet
 2. Over-Stimulation Of The Adrenal Glands Remember these guys? They secrete the dreaded cortisol which increases blood glucose. What stimulates these glands?
 - Stress, Poor Diet, Alcohol, Nicotine, Caffeine, Food Sensitivities, Hidden Gut Infections, Anemia, Heavy metal toxicity, Too Much Exercise--yes too much exercise.
 3. Improperly-functioning thyroid gland
 4. Poorly-functioning liver
 5. Poor gut function
- How will you know if you have these problems? **PROPER TESTING!!!**

Dr. Jin Sung is a chiropractic physician who offers a unique, drug-free, and effective approach to the management of chronic health conditions. He utilizes Brain Based Therapy and Functional Medicine approaches to achieve excellent results with his patients. Call 978 688 6999 or visit www.DrJinSung.com

Avoiding Holiday Weight Gain

Tony Ferrao

VALLEY PATRIOT CONTRIBUTOR

Ah, yes! That wonderful time of the year when we loosen the belt and get ready for some great eatin'! Unfortunately, the wonderful comfort foods that bring

back nostalgia can also lead to unwanted pounds. Not the holiday "gift" many are looking for. Here are some tips to help stay away from unwanted weight gain.

Set a goal. With weight, this should involve a scale and your favorite pair

of pants. The goal will be to not gain, so take your base line. This gives you a goal weight of staying the same at a time most are gaining weight. Track it every few days to see how you are doing as you move through the holiday season. According to the NIH most Americans permanently gain between 1-2 pounds each holiday season!

Have a plan. Maintenance takes work, as does transformation. This should involve both exercise and nutrition! The human body doesn't care that you have food to bake or relatives coming to town, so stick to a routine and regular schedule of exercise and proper nutrition.

Exercise! The American College of Sports Medicine (ACSM) recommends 3 to 5 days of moderate to vigorous exercise each week to achieve a weight (body fat)

loss goal. Maintenance can be achieved with 2 to 3 days a week. Focus on resistance exercises that work more than one joined and multiple muscles at the same time, like lunges, squats, presses and pulls. The day of big meals, always exercise before the meal. This will allow the body to use the food to repair and replenish from the workout. Opt for resistance exercises over cardio if you are limited on time!

Eat! Make sure you keep an eye on what you are eating. Honestly, no one person eats enough turkey to have tryptophan cause them to fall asleep. It's not the tryptophan, it's the vast amount and density of carbohydrates that cause the sleepiness. Mashed potatoes, stuffing, cranberry sauce, pies, processed goodies... I'm sure I missed a bunch of examples here, but

HOLIDAY WEIGHT, PAGE 35



Pat Rondeau
A Visiting Angel



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Let's Talk About Food Addiction

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

December is a month chock full of events. We all have work parties, family gatherings, travel plans and busy schedules. There are meals to prepare and desserts to bake. Sometimes we give food as gifts and we also receive them. Food seems to be in abundance for most of us. How do we get through (and enjoy) the Christmas season without giving into carb addiction? We don't!

I think that we should all allow ourselves to enjoy holiday food. However, overindulgence is never a good idea. Our caloric intake is hard to track when we're nibbling on cookies, pies, cakes and other treats. Personally, I enjoy all of the different meals and treats and I know that if I control my portions and increase my activity level, I can maintain my weight and not gain.

Some of the foods that I look forward to each year are the colorful sugar cookies, cream cheese chocolate chip bars, pies with whipped cream, meats and cheeses, the appetizers and hot main courses, the dishes at the potlucks, the December 25th streusel and danish, and all of the plates of home-cooked goods that come wrapped in colorful cellophane. Different cultures prepare different dishes. We all have our favorites.

The preparing and serving of food is part of what we do as friends and family when we are able to spend time together. Baking with my children is always a fun event and one that I enjoyed with my mother. When you allow yourself to enjoy the process of cooking and baking, and share what you have prepared, it's a good

feeling.

So when we are faced with an overabundance of sweet, delicious food, how do we keep control over that inevitable urge to overeat? That can be tricky. What I plan to do is to start each day knowing that at some point, I will be faced with that challenge.

If I start my day off with a small bowl of oatmeal with fresh fruit, I leave room to have a small pastry when I get to the office. If I eat a lunch that's low in calorie and carbohydrates, perhaps I can have a small chocolate chip cookie for dessert. If I have a salad with a healthy protein for dinner, maybe I can have some hot cocoa later on in the evening.

Food is good! It's enjoyable! We all have our traditional dishes that we like to prepare with our friends and family members. I know that my oldest daughter Megan likes blueberry crumb-top pie. My

son Nathaniel likes cookies. My youngest daughter Emily likes to bake. She likes trying new recipes and experimenting in the kitchen. She likes cupcakes. My coworkers like candy. Cortney, my best friend, likes dark chocolate covered roasted coffee beans! Tom

Duggan, the editor of this newspaper, likes cheesecake!

We can't avoid food. We must eat. When we let our unhealthy food addictions control our food choices on a consistent basis, day after day, that's when we gain weight. When we give ourselves permission to be in "holiday mode" and start celebrating with food at every event and every



meal, we can expect that our pants will get tighter and we will see a difference on the scale. I am still trying to lose weight.

I don't want to gain. So this time of year is a challenge for me. And if it's a challenge for me, I know it is for most of you. I don't have an iron will. I will never be one of those people you see out jogging at 5 am. I won't ever say that I have my carb addiction under control because that would be a lie.

I won't ever say that I don't eat carbs at all because that's not practical and more importantly, it's not necessary! Yes if you have an addiction, you must abstain from the substance to which you have become addicted because having just a small amount makes you want more.

But an addiction to food is a bit more complicated than that. You can avoid certain foods but you can't avoid food altogether. And in moderation, treats are okay! I know that I'd rather have a small piece of pie than sit and think about not being able to have pie. I'd rather have some pudding than throw mental daggers at the people eating pudding!

I want to keep enjoying food but I know that I must be careful because I know that gaining weight is not what I want for myself. It's not healthy. And, quite frankly, I like being able to be in a holiday photo without fear that I will look larger than everyone!

I hope you all enjoy this holiday season.

Share and enjoy food with those you love. Relax and make the best of the spirit of the season. If you have an overstock of food, think about sharing it with an elderly neighbor or a shelter. If you are in need of food, seek out your local food pantry or email me and I will try to connect you with resources.

I wish you all a very Merry Christmas.

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

What I know for sure is that several things help me with my struggles with weight. Talking about it is at the top of that list. Talking about food addictions, disorders, obsessions and unhealthy thoughts about food is a common daily occurrence for me.

Discussions about healthy food recipes and exercise routines are also common. What I would like to do with this column is to offer you, the Valley Patriot reader, the opportunity to share your own personal stories with me.

I am not a food, weight loss or eating disorder expert. I am not someone who is qualified to offer advice or tips. I would, however, love to read your story and possibly share it with other readers and continue my own personal story in a monthly column. If you are interested, please email me at pennielacouture@verizon.net

SHEILA'S RECIPE CORNER: HOLIDAY RECIPES

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

December 2012 Valley Patriot Column by Sheila A. Mullins

It's December, the time where I bake a gazillion cookies for family & friends. I'm sharing my great grandmother's molasses cookie recipe. This is a poor farmer's recipe but it makes wonderful cookies... but these are dunking cookies for either coffee or cocoa. And, they are wonderful! Every time I make these, I remember being in my Grammy's kitchen making them with her, too. Isn't that a large part of what the Christmas season is about? Being with family & remembering those who've passed on & sharing all the good things?

Grammy Hartzel's
Molasses Cookies

1 c blackstrap molasses
½ c sugar
½ t baking soda
¼ c hot water
½ t salt
½ t cinnamon
¼ t ground cloves
1 c shortening or room temperature butter
6 c flour

Sanding sugar, if desired
Preheat oven to 350°F.

Place all ingredients except flour in a mixing bowl & cream together.

Add flour, 1c at a time until stiff enough



to roll out. Cut out & place on a greased baking sheet.

Bake for 10-12 minutes or until hard. Cool completely on a rack.

Makes about 5 dozen cookies.

I imagine that you might be a lot like me...I love to entertain, but I hate spending all of my time shackled to the kitchen when I'd rather be sipping a glass of vino with my friends when I cook. This is one of those things, that although pretty easy to make, looks & tastes wonderful, but is something that you can do all the prep work in advance leaving you the time to have a good time at your own party. That's what inspired this pork loin recipe.

Herbed Pork Loin with Mostarda Sauce

For the sauce:

1 orange, juiced & zested
2 sprigs fresh rosemary
1 small bay leaf

2 sprigs fresh thyme
1 cup dry white wine
2 T honey
1 T whole mustard seeds
1 t Kosher salt
2 Bosc pears, peeled, cored, & cut into 1/2-inch dice

1 cup fresh cranberries
Tie all of the herbs in a cheesecloth bundle & place in a large saucepan. Place the orange zest, juice, wine, honey, mustard seeds, & salt into the pan.

Bring to a boil over medium heat. Reduce the heat to medium low to maintain a simmer. Cook until the honey dissolves, about 2 minutes.

Add the fruit & return to a gentle simmer over medium-low heat. Cook, stirring occasionally, until the fruit is tender and the liquid is syrupy, 25 to 30 minutes. Remove from the heat, discard the herb bundle & let cool.

Serve at room temperature. It will keep in the refrigerator for 1 week. (It's wonderful on turkey, chicken, or as a topping for crostini with

For the pork:

3-3.5 lb. pork loin, room temperature
2.5 T herbes de Provence
3 T olive oil
½ lemon, zested
Juice from the ½ lemon
1 t Kosher salt
Preheat oven to 350°F.



Place all ingredients, except pork, in a small bowl & mix together.

Place pork on a roasting pan & coat thoroughly with herb mixture. Place pork in the oven & roast until internal temperature reaches 140°F. Remove from oven. Cover with foil & let rest 10-15 minutes.

Serve pork with mostarda sauce.

Recipe correction: There was some confusion regarding last month's column & the wrong version of a recipe was published. Here's the correct version:

ABC Cheese Straws

1 sheet frozen puff pastry, thawed
1 large Granny Smith apple, cored, peeled & diced into ½" pieces

RECIPE: PAGE 34

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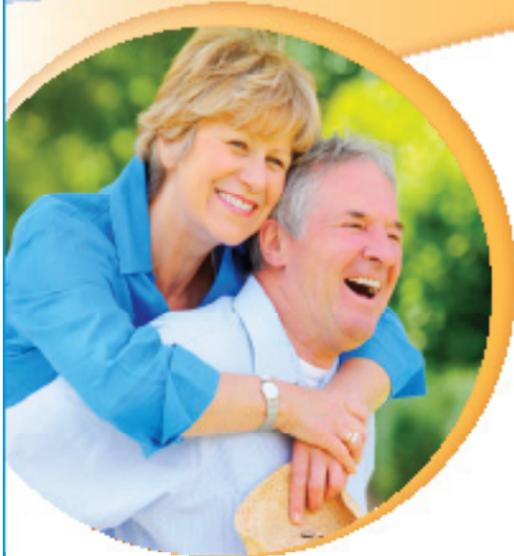


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TOM DUGGAN'S NOTEBOOK: FROM 17

Training, age 7-9, Concert, age 9-13, and Schola, age 13-18, and a variety of instrumentalists. The concert will be held at the Rogers Center for the Arts, Merrimack College, on Saturday, December 15 at 7 pm. Ticket prices are \$16/adults, \$10/students and seniors. For tickets and more information, please contact Anna S. Choi at 978.470.TCNE or tenemanager@treblechorusne.org or visit the "tickets" page on our website www.treblechorusne.org.

The Lawrence Chess Club will meet on Wednesday, 19 December 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.

Warm Music for a Winter's Evening Friday, January 25, 2013 at 7:30pm Shalin Liu Performance Center in Rockport, MA. Proceeds to benefit the Northeast Massachusetts Youth Orchestras. NMYO brings three world class musicians together: pianist Mia Chung, violinist Elizabeth Ann Larson and cellist Soo Bae to perform the complete Brahms piano trios at the Shalin Liu Performance Center in Rockport on Friday, January 25 at 7:30 p.m. Event sponsors for the evening are: Willowdale Estate, Mr. and Mrs. William H. Traves, Pulsifer & Associates - Private Trustee and Investment Councilor, and the Cape Ann Waldorf School. Tickets: \$150

Benefactor (includes premium seating, attendance at an elegant post-concert dessert reception with the artists, and program acknowledgment); \$100 Patrons (premium seating and program acknowledgment); General Admission \$65 (adults), \$25 (students). For Benefactor tickets or more information, contact NMYO at info@nmyo.org or (978) 309-9833; for all other tickets contact Rockport Music at www.rcmf.org or (978) 546-7391.

NECC Course Looks at Middle East
A history course titled "The Modern Middle East," will be offered at Northern Essex Community College during the 2013 spring semester. The three-credit college course will be taught by NECC history and government professor Dr. Steve Russell on Tuesdays and Thursdays from 1:45 to 3 p.m. beginning January 24, 2013. This course will explore the following questions: What has happened with the "Arab Spring", Why is religion so important there? How can Palestine and Israel make peace? What are the issues surrounding Iranian nuclear capability? Why is the United States so involved there? How do we explain society, economy, and politics there? For additional information contact Dr. Steve Russell at srussell@necc.mass.edu or to register call 978-556-3700.

FOOD DRIVE - With the holidays upon us once again, Karen Montijo-Adair of the Northeast Storage Corp is having its 3rd annual Food Drive for Bread & Roses. Last year so many of you were so gener-



Winter Concert at the Marsh Grammar School in Methuen. Pictured is: Chorus teacher Susan Veilleux, Emily Lacouture and Victoria Buyck

ous with your donations and our drive was a success! This year we are holding the same drive. Dry and canned goods. We are asking all donations to be dropped off here no later than December 18th.

All that donate will be entered into our raffle for a Christmas ham and a holiday gift basket. Please leave your name and number with the donation. Names will be drawn on the 20th.

Also taking donations on the following items; • Wash cloths • Soap and shampoo • Toothbrushes & toothpaste • Disposable razor & shaving cream

North Shore Business Forum - TAX REVIEW

DANVERS, DECEMBER 14 – David Bateman, CPA, of Marblehead, Julia Tieran, CPA, of Peabody, Lark Bolduc, CPA, of Danvers, and Herb Harris, CPA, of Peabody's Padgett Business Services, will conduct a expert accounting panel to answer questions regarding taxes on Friday, December 14 at the North Shore Business Forum. 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
2013 KICKOFF BREAKFAST

DANVERS, JANUARY 4 – The North Shore Business Forum annual kickoff breakfast is scheduled for Friday, January 4, 2013, at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. Cost is \$20 and reservations must be made prior to December 16. To register, contact Rosanne Palazola, (978) 777-6127, www.nsbforum.org.

LOWELL - Holiday Reception - Please join Mayor Patrick Murphy on Thursday December 13, 2012 from 5 p.m. to 7 p.m. in the Mayor's Reception Room at City Hall for the Mayor's annual Holiday Reception. There will be refreshments, entertainment . . . and maybe a special guest from the North. But, only if you've been Nice this year.



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to valleypatriot@aol.com .

FROM PAGE 32 - RECIPE

3 slices of bacon, cooked until crisp, drained & finely chopped
½ c grated cheddar cheese
¼ - ½ t ground cardamom seed
Salt & pepper
Preheat oven to 375°F.

Place apple in a small saucepan or small heavy frying pan over medium heat. Add a pinch of salt. Cook until soft & caramelized. Smash apple with a fork.

On a lightly floured board, roll out the puff pastry until nearly double in size.

On one long half, spread out apple. Over the apple, sprinkle on the bacon, cardamom, & cheddar cheese, keeping a 1/2" clear edge all the way around. Season very lightly with salt & pepper.

Use a pastry brush to "paint" water lightly on the unseasoned edges. Fold the plain side over & seal the edges.

Using a pizza wheel, cut on the short side into ½" strips. Twist strips so they create a loose spiral.

Place strips on a parchment or silicone mat lined baking sheet. Bake for 5-7 minutes until done. Cool thoroughly. Makes 36-40 straws.

Cook's note: The preparation of these can be done in advance & frozen but these really are best if cooked & eaten within a few hours.

Recipes are by Sheila Mullins. Sheila lives in Newburyport & is a personal cook. She can be reached at Sheila_A_Mullins@hotmail.com & she looks forward to hearing from you.

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FROM 12: AMERICA

This resulted in many of our young adopting the liberal dogma and waiting for a Politician like Obama who is an excellent campaigner, a Pied Piper sort to lead them which he did masterfully with his message of Hope and Change.

Now that many of these young students are older and have families of their own, dependency on the government is now a way of life in breaded into the fabric of their hearts and minds. It's normal to feel that you are entitled to free stuff rather than really work hard for it. We now have high school students graduating who have absolutely no work ethic. They believe that by just showing up that they are entitled to a pay check. Believe me I work with plenty of High School students and young College students who are of this mind set! It doesn't matter whether you are from Lawrence, North Andover, Andover or Tewksbury, the indoctrination of entitlements is everywhere and President Obama is the President of Big Government who provides free stuff! President Obama took on the persona of Santa Claus and it is hard for anybody to go up against Santa Claus! So folks, putting all this information together, one can clearly see that Romney was not the problem!

So how do conservatives fight back against such indoctrination? Education, Education, Education! I recently read in the daily paper, Nov.17, 2012, a column by Barbara Anderson entitled, "There's Hope for Republicans if they make the right moves". In this column she quotes from a

letter written by our nations # 1 Veteran, General George Washington to Major General Philip Schuyler, July 15, 1777, stating "We should never despair, our Situation before has been unpromising and has changed for the better, so I trust, it will again. If new difficulties arise, we must only put forth New Exertions and proportion our Efforts to the exigency (urgency) of the times."

We have faced difficult times before and have overcome them. The question now is do we have the resolve to do it again? The answer is yes!

I want to conclude this column by sharing with you that my wife and I went to see the movie "Lincoln". It was excellent! In the movie we see how it was the Republicans who were against slavery and the Democrats were pro slavery. Today once again it's the Conservative Republicans who are endeavoring to free America from a different kind of slavery. This time the slavery or bondage that is destroying America is from within its own Big Inclusive Government which promotes cradle to grave dependency!

I look forward to discussing in future columns How the National Election affected the City of Lawrence and what we can and must do to stop the left from continuing to Redefine America! God Bless each and every one of you and have a Merry Christmas and a Happy and Safe New Year!

FROM 31: HOLIDAY WEIGHT GAIN

you understand. High amounts of carbohydrates, complex or otherwise, will cause an insulin spike. That insulin spike will potentially lead to 2 unwanted affects. The first being a subsequent blood sugar low caused by an abnormally high amount of insulin to deal with all the holiday goodies. The second is the storage of body fat that comes from eating more carbohydrates than you will immediately use or can store in your muscles and liver. So, to avoid this it is best to go easy on the starchy and sugary foods and go heavier on the veggies, unprocessed whole foods and lean meat. We all know you're eating the deserts, just cut back on the servings and opt for dishes that have fresh fruits and nuts instead of sugar, processed sugar and more sugar.

Drink water. Alcohol, beer, wine, spiked egg nog, juices,... It is too easy to drink your calories during this time of the year. I already covered the affect of sugar and alcohol is different and not much better. It

isn't automatically converted to fat, but it does cause the body to put fat metabolism on hold until the liver can deal with the alcohol. In terms of energy, alcohol has 175% of what carbohydrate has per gram and almost as much as fat (78%). Unfortunately, alcohol is considered a toxin and doesn't do anything good for the human body. It will actually set you back on your goal, as fat metabolism can drop as much as 73% for several hours after alcohol consumption, depending on the amount. On the other hand, water is involved in almost every metabolic process, including fat metabolism!

Sleep. All night cooking and shopping sprees? No thank you! Sleep plays a vital role in tissue repair, hormonal rhythms and various important processes involved in staying lean. In fact, a lack of sleep can lead to decreases in serotonin levels, increased cortisol production and storage of unwanted fat. Make sure you are sleeping your 7 to 8 hours a night!

Lament of St. Nicholas

(in the 21st America)

BY PAUL MURANO

'Twas the week before Christmas throughout heaven above and the angels and saints were proclaiming God's love

Nicholas, called Jesus, Faithful servant on earth, it's time for children to celebrate my birth. Go on and inspire the parents of these to all of their hearts I now give you the keys

Yes Lord! cried Nicholas with the greatest of joys I love helping out with their clothes and their toys But most of all Lord what I work for these days is leading their minds back to you and your ways

So he started his mission, this jolly ol' soul, to the homes of God's children, the young and the old The trees were in place and the candy canes hung but he stared at the fireplace as carols were sung

Something's wrong! said the saint, as it paused his delight Less than half of the stockings are hanging this night! I see cars, DVR's, home computers, and more but I hear not the laughter that I heard once before!

So he checked his list twice and it just didn't jive there were many more children that were meant to be alive Dear Lord, cried St. Nicholas with a voice of surprise Many children are missing! as the tears filled his eyes

Oh Nicholas my servant, I thought that you knew in many hearts green has replaced pink and blue And Nicholas, said Jesus with a sad solemn voice in the past 40 years this is what they've called "choice"

Then He took the saint's list and divided it thrice and revealed the true meaning of naughty and nice:

This first group has children I could never create my people used barriers and drugs with their mate

The second are the children that had never been born from the wombs of their mothers they were taken and torn

And the third group are now all the children on earth they're the ones that did make it through conception and birth

Oh Jesus I'm sorry!, ol' St. Nicholas cried This shouldn't be happening; they forget why you died!

Help me to show them how to be brave like the poor Virgin Mary giving birth in a cave!

I Am the hope many don't know, Jesus said so go forth dear St. Nicholas – my light you must spread

'Twas the week before Christmas and St. Nicholas did pray: Merry Christmas to all ... and to all a new day!

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