



THE VALLEY PATRIOT

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A NEW IMAGE FOR LAWRENCE

Chief Says Magazine Shoot to Help City's Image



PHOTOS: CANDELAMAGAZINE.COM

Lawrence Fire Chief Bergeron says having Candela Magazine shoot photos of their models at the Central Fire Station will help the city's image. SEE STORY PAGE 13

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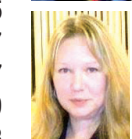
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VALLEY PATRIOT OF THE MONTH

HERO IN OUR MIDST: PFC. EDWIN FRASER

Helen Mooradkian
VALLEY PATRIOT VETERAN COLUMNIST

WESTFORD - On February 16, 1945, at 8:30 a.m.—three days before the Marines stormed ashore on Iwo Jima— PFC Edwin Fraser, Westford, Mass., a combat medic, was among the 503rd Airborne's Regimental Combat Team (RCT) of 1,800 paratroopers who made a surprise assault on the island of Corregidor in the Philippines. The skies filled with fifty-one C-47 "Gooney Birds," as the men jumped six to eight at a time. Landing zones were small. Winds high, up to 35 mph. Split-second timing was crucial—only a 6-second "window."

This was one of the very few airborne assaults during WWII in the Southwest

Pacific—and probably the most difficult. It was Ed's third combat jump.

"We expected only a few hundred Japanese on Corregidor, most wiped out by the heavy naval and aerial bombardment. The island was a mass of rubble," Fraser said. "Instead, more than 6,500 Japanese soldiers and elite Imperial Special Naval Landing Forces (Marines) were waiting for us, hidden in the intricate underground network of caves and tunnels—caves also storing high-powered explosives. At Corregidor, we saw our most vicious combat action."

Ed's chute got caught on the side of a 500-ft cliff on Topside, the high ground of the tadpole-shaped island (Topside was also where the Imperial Japanese naval commander had his post, on the

side of a cliff, for total surveillance.) "I looked up and saw a Jap directly above me, his gun aimed at me . . . He shot me in both legs, but I was able to join the others in cleaning out Topside. We carried a 110-lb load, including a heavy Thompson submachine gun strapped to the body, carbine and knife tied around the leg for hand-to-hand combat, and hand grenades."

Corregidor. Gateway to Manila Bay. "The Fortress." "The Rock." Impregnable. Impenetrable. Or so the Japanese believed. Sheer cliffs rising 500 ft above sea level encircled the island. To surprise the Japanese, the first paratroopers had to land within a few hundred yards of the enemy's command post, on landing



PFC Edwin Fraser, 503rd Airborne, Regimental Combat Team, and combat medic, took part in the surprise assault on Corregidor in February 1945 by 1,800 paratroopers. Outnumbered by the Japanese (6,500), the 503rd secured the island in two weeks. "The Rock" became their logo. Fraser's medals include two Purple Hearts for Corregidor, two Bronze Stars, and the Presidential Unit Citation.

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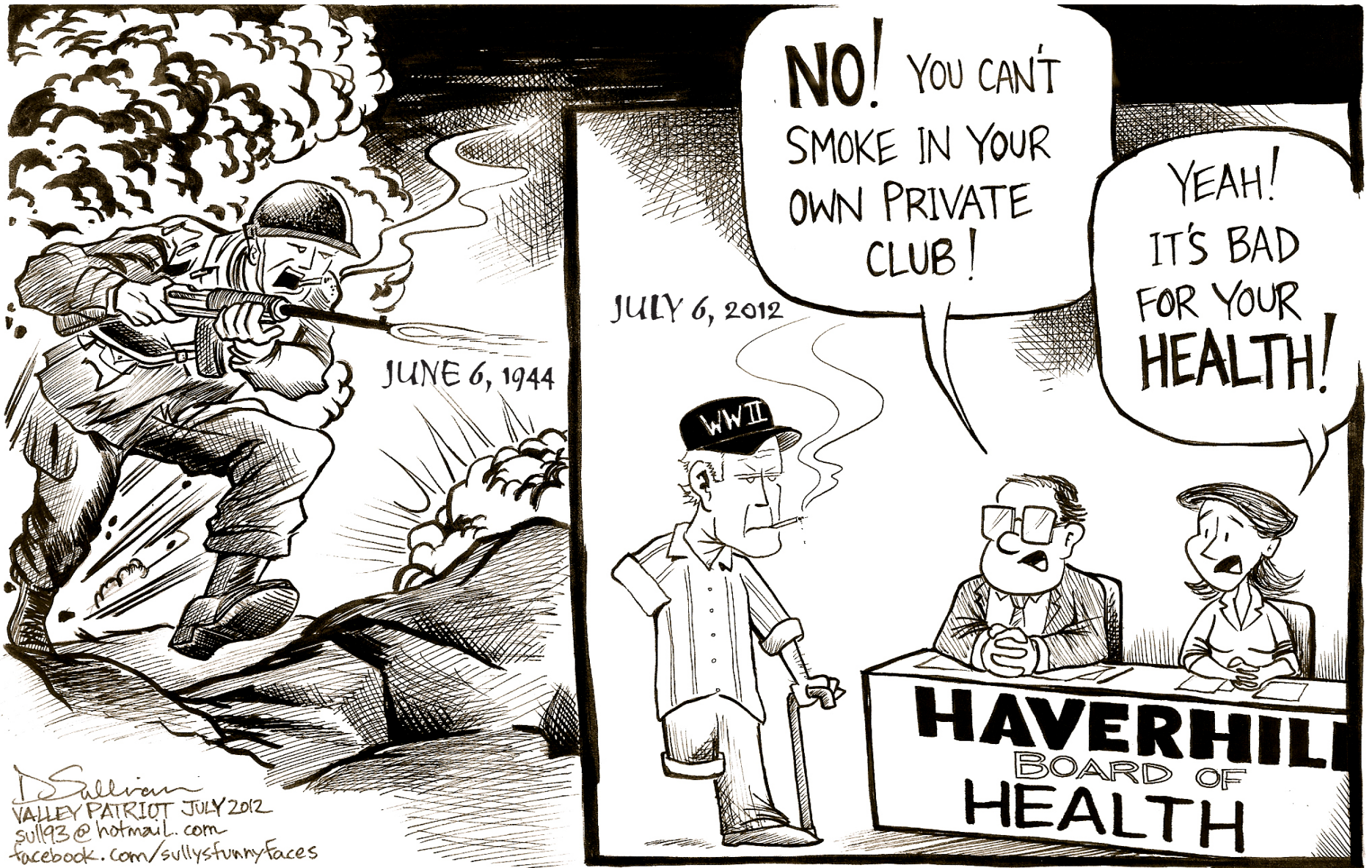
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Haverhill Bd. of Health to Ban Smoking in Private Clubs

This month we had written a 500 word editorial on our views concerning the Haverhill Board of Health's move to ban smoking in **private** clubs. But when Dracut Editorial Cartoonist David Sullivan submitted his work, we took one look at it and realized it made our point far better than we ever could in mere words.



Roberts Ruling Reflux: Tortured Logic

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

As I sit down to write this, it is a little more than one week since the Supreme Court of the United States handed down their decision on President Barack Obama's "health care" law. It really is essential to place the words health care in quotes, since Obamacare has precious little to do with health care or the ability to access it. The goal of this misnamed "Affordable Care Act" was always to grow the size and scope of government and have the federal leviathan stand between you and your doctor. With the Supreme Court's assent that is exactly what will happen.

In more than two thousand pages of language which the chief congressional sponsor confessed he does not understand, the ability of private American citizens to visit the medical providers of their own choosing is squashed. The former speaker of the house admonished her minions that it was necessary to pass the bill to see what was in it. As a member of the

political landed gentry she's already in a special class and one can only assume that her coverage includes lifetime botox treatments. Of course, the law also specifically exempts a number of groups, with the common thread tying them together being their vocal and visible support for the current occupier of the Oval Office.

Obamacare imposes more than twenty new taxes on middle class families. Despite the tales told by various leftist hacks and flacks, these new taxes will be imposed on working people to pay for all sorts of "free" care for those who are not burdened by alarm clocks or time cards.

Like millions of Americans, I anxiously awaited the decision from the Supremes. It was sad to think that a woman who actually helped to craft the legislation and draft the legal arguments to defend it would be allowed to sit in judgment of her own handiwork, but Ms. Justice Kagan's vote counted as much as the other eight justices. None of us were shocked when the uber left activist justices voted to uphold this monstrosity nor were we shocked when those who take their oaths seriously voted to strike it down. It was

refreshing to see that Mister Justice Kennedy was on the right side, and amazing to see the Chief Justice making nice with the Ruth Buzzi Ginsberg crowd.

When it became clear that the deciding vote to impose government controlled health care was cast by John Roberts, my head began to swim. My initial reaction was to shout "whiskey tango foxtrot" followed by exclamations that we had another David Souter. I read and re-read what Roberts had written. I was heartened to see that he had been able to take steps to reign in the commerce clause. I also thought that he had delivered an incredible civics lesson when he essentially said, hey it's not my job to tell you whether something is a good law or not. He threw this back on the voters when he pointed at the people and fundamentally said, look you wanted hope and change, you got it and if you don't like it then throw the bums out. This would have been a victory, but of course, he did not stop there.

Using logic which can only be described as tortured, the Chief Justice then decided that the Obamacare mandated penalty was not really a penalty at all, and would only pass constitutional muster if it were a tax. Of course, the Obama legal team had argued it was not a tax and every leading democrat including Obama, Pelosi and Reid had gone to great lengths to declare it was not a tax. It is what happens next that is so important and dangerous. Instead of allowing the legislative and executive branches to go back and rewrite the law to meet the constitutional standard, Roberts simply did it himself. With one vote, he actually became the most activist judge in history.

We're told that Roberts sees himself as the custodian of the Supreme Court and its legacy. He is concerned that the Court has been painted as a political, rather than a legal institution, because of cases like Bush v. Gore and Citizens United. But in



Jeff Katz is an exclusive columnist for The Valley Patriot and is a talk show host on Talk1200AM. You can email him at jeffkatz@clearchannel.com

an attempt to remove the Court from the world of partisan politics, he has given credence to the main stream media narrative that those two cases were something other than judicial. He has fully allowed the worst of political demagogues to win the day.

Since the decision was handed down, the world has not stopped spinning but the United States as we knew it has changed. We'll now have to wait and see if patriots can convince politicians to act. Obamacare has forced us through many of Elizabeth Kubler-Ross's stages of grief already. Denial, anger, bargaining and depression. Americans must work hard to make sure that we don't get to acceptance.

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Out With the Constitution

The Tyranny of the Majority Now Reigns

Doctor Chuck Ormsby
VALLEY PATRIOT EDITOR/COLUMNIST

If the Constitution is not dead, it has certainly been rendered impotent by the recent Supreme Court decision on ObamaCare. The survival of the healthcare law is of minor significance when compared to the demise of our Constitution. Laws can be changed, but the precedent set by this decision will long be remembered and will be frequently invoked to eviscerate our liberties.

The recent decision has removed all meaningful limits on the power of our federal government to command behavior. Any remaining obstacles to the exercise of federal power can now be finessed by any third-rate politician, bureaucrat or lawyer.

What government control of our behavior is now unthinkable?

If you can be forced to buy anything mandated by the federal government or be subject to a fine, few if any of our liberties remain protected. [Aside: the semantic

argument associated with the terms ‘tax’ vs. ‘fine’ may have some import, but if you pay it only if you do not do what you are told, the implications for your liberties are the same: They are wide open to attack.]

At the present moment, we may still enjoy some apparent freedoms in our daily lives, but we enjoy them only if the government grudgingly approves, NOT because we have the right to those freedoms protected by a rock-solid constitutional guarantee.

We can no longer go to sleep with any assurances that our liberties are safe.

Those who found the Constitution (may it R.I.P.) to be an annoying impediment to change either placed no value on human liberty or they were tragically ignorant of the intended protections that our previous constitutional form of government offered.

Our Founding Fathers, whose glories were once taught to all our school children, understood that government could serve a useful purpose, but that it must be treated like a fearsome beast and kept confined lest it run amok and wreck immense destruc-

tion.

The Constitution was the fortress they carefully designed to keep the beast from devouring our liberties.

With the recent decision on ObamaCare, the beast is on the loose and our liberties are in imminent danger of being devoured.

We are still a nation of laws and democratic institutions. Historically, our legal and democratic institutions that previously were restrained by and shaped by constitutional limitations provided a layer of protection for our liberties. Now, unfortunately, they are more likely to be used to enslave us.

Of all our protections, our Constitution was the most powerful. It was intended by the founders to set strict limits on the powers of the federal government. The procedure for amending it was intended to be difficult. Our Constitution was designed to last, but nothing lasts forever if it is not valued and maintained.

The Constitution we once had could only survive and continue to serve its central purpose if each succeeding generation appreciated the values it sought to preserve and understood how it was designed to maintain those protections. Once either of these waned, the Constitution was destined to become a relic ... an impotent one at that.

If the plain English meaning of our supreme law is systematically ignored and distorted, as it has been for the last century, why do we think we can rely on our politicians, bureaucrats and justices to respect our rights?

Those who run our government are mere mortals and they are subject to all the same

frailties, jealousies, prejudices, and vices of laymen. They will conspire to amass power and confiscate wealth using the now unfettered power of government at the expense of honest citizens, citizens who are merely trying to earn an honest living while accumulating enough property to ensure their family’s security.

In a society that respects the rule of law and where government powers are strictly limited, infringement of individual liberties will be correspondingly limited. As the rule of law is weakened and the limitations on government power eroded, the potential damages that government can inflict grow exponentially.

Just look at the consequences of permitting governments to operate without strictly enforceable limits.

It is unfashionable to bring up tyrants such as Adolph Hitler, Joseph Stalin, Mao Zedong, Pol Pot, Kim Jong Il, Idi Amin, Fidel Castro, or Bashar Assad, when discussing the consequences of governments without limits, but it would be inane to not call them out as examples.

These tyrants did not come from another galaxy. They were born in Europe, Asia, Africa, or South America. They can just as easily come from America.

Why has America avoided the horrors of regimes led by tyrants such as these? The reason is that we had a Constitution designed to limit the power of our government. The fact that our government was one of enumerated powers – and no others – and that the various powers enumerated could only be exercised within the context of a system of checks and balances, has

TYRANNY PAGE 24



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Summer Activities in the Town of Andover

Anne Knowles
VALLEY PATRIOT ANDOVER COLUMNIST

SUMMERTIME and the living is expensive. But to the residents of Andover and other local towns, it can be a very enjoyable time to take advantage of all the activities available to you. Andover and its surrounding towns in this part of North Middlesex County, has many opportunities for both young and old to enjoy, as a family. One of the most enjoyable spots to enjoy is Harold Parker State Park. Located on Route 125 on the Andover/ North Andover line near the State Police Office, is an easy ride to over 3000 acres of primeval beauty we are fortunate to have in our backyard,

There is boating, kayaking, swimming, fishing, motor biking trails, walking trails, camping and picnicking. Brochures are available for this and other parks, by stopping by the headquarters at park headquarters at 305 Middleton Road, North Andover, MA 01810.

Lorraine Park (campground) is located at 133 Jenkins Road Andover, MA 01810

There are many trails that will excite everyone whatever their interest in exploring this area of the Parker Park.

Glacial movements created the area thousands of years ago and one can see the remains of the impact the glacial movements had on our typical “New England landscape.” In the 1600’s there were farms and settlers in these area and today you may encounter the remains of homes and even a saw-mill. Settlers and farmers farmed vast areas of Harold Parker State Park. Even though it was a difficult way of life,

Another area of well-maintained facilities is Foster’s Pond maintained by the Andover Trails Committee. They spend hundreds of dollars to maintain and promote these walking trails, if you go to their web site you will see many opportunities for both young and old to take part in the great exercise and important work for our generation and many more to come. Their brochure will alert you to the many activities they support.

The Walk the Woods group of dedi-

cated walkers begins every Wednesday morning at 10am.at 35 Middleton Road, No. Andover,. For further information call 978-686-3391.

For those rainy days that would be better spent inside, Memorial Library, One of the most active summer programs for youngster from toddlers of 2-3 year old, four and five years of age and up, to teens as well as elders who have special programs such as using computers to track their ancestry, learning about Andover in The good old days and being able to enjoy one of the most historic monuments for those veterans from Andover, who died in the Civil War, and other wars our country has suffered through.. The library has been going through a facelift and has increased it appeal to all age groups. If the third floor of the library is open take a few moments to look at the artifacts that there.

Walking the grounds at Old South Church (let the office know you are there)For those who interested in the ancestors of Andover, one can find many

gravesites of the men and women who made Andover, more that just another charming village throughout the 17th, 18th and 19th centuries,

Visit the Amos Blanchard house for a glimpse of what life was like here in Andover in 1820. Learn why Phillips Academy was so important to the community.

Enjoy Andover and surrounding areas and you will find a lot of things to interest you as the summer continues. Here are a few more:

From the Andover Department of Community Services. 36 Bartlet Street

The Department of Community Services summer season of programs kicks off with a multitude of activities for the kids beginning this month. Programs for our younger set include Kidsport for ages 4-6, and Cheerleading for ages 3-5 during the week of June 16th.

Pomps Pond has been open for the season since Saturday, June 16th. Purchasing your early bird season discount pass for residents is in effect through

ANDOVER: PAGE 13

Notices From the North Andover Senior Center

Have you ever wondered what a Senior Center is all about?

The North Andover Senior Center promotes community engagement, helps seniors stay healthy; prolong independence, and delays institutionalization. Older adults who participate at the North Andover Senior Center find friendships, services, tools, information and options that empower them to care for themselves and enhance their quality of life. These invaluable community programs can help elders to live longer and stay in the community setting. Outreach program are also available that can assist those who no longer drive and need assistance to medical appointments, grocery shopping and personal need appointments. Please call the North Andover Senior Center or drop by and see what we are all about. 978 688-9560.

Senior Tax Work Program Update: At the annual Town Meeting on June 12, 2012 the town voted to accept the Massachusetts General Law Chapter 59 Section 5K Senior Work Program. The next step in the process is for the Selectmen to adopt the procedure that will be implemented.

As soon as this process is completed we will notify all departments and use local media to get the word out to all interested participants.

We anticipate the process will start in

early September.

Recycle and support the Senior Center. The Senior Center needs donations of gently used jewelry, knick-knacks and other small items for our Unique Boutique. Please leave your gently used treasures at our reception desk anytime. You can also drop off your used cell phones and ink cartridges for recycling.

MYSTERY RIDE: July 12, Fuller Gardens and Casual Lunch at The Beach Plum, on your own. Garden Admission \$8. Bus \$2, Leaves Center at 10 a.m.. Sign Up Now.

SUPPER CLUB: July 19th “Lobster in The Rough”@ Newick’s Seafood Restaurant, Dover NH. Sign up July 3rd. Bus \$4 leaves Center @ 4pm

WENTWORTH BY THE SEA- Two dates Monday, July 9th sign up opens Friday, June 20th. The second date Friday, July 20, sign up opens Friday, July 6. Departure time to be announced.

FOXWOODS: Next scheduled trip, Tuesday, July 17, \$30 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael’s parking lot at 7 am

FREE ICE CREAM SOCIAL: Sutton Hill Nursing Home July 12, at 2 pm. Bus leaves the Senior Center at 1:45. Sign up with reception. Space is limited.

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.

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. Call the North Andover Senior Center and ask for a SHINE appointment, on the 3rd Tuesday of the month from noon to 3 pm (Serving Health Insurance Needs of Elders).

Mr. FIX IT: Here at the Senior Center. 1st and 3rd Monday every month 12-3 pm.

ROCKINGHAM MALL: \$4 Round Trip, last Monday of every month. Bus leaves Center at 12:30 and returns at 4 pm. Call for reservation.

NEW TRANSPORTATION AVAILABLE: Pick up at your home, drop off at local hairdressers, visit a friend at a local hospital, rehab, assisted living. Need a ride to the library, Town Hall etc. Rides available Thursdays from 1-3:30 pm, call the Center 2 days in advance for schedule.

GOLF PASSES: Buy your passes at the Senior Center, \$6, for North Andover Seniors only. Golf at the North Andover Country Club (Dress Code), Mondays after noon June 4 thru August 27. 9 holes-\$15 and 18 holes-\$20.

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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
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North Andover’s National Night Out August 7th

Tracey Zysk
NORTH ANDOVER COLUMNIST

National Night Out is the nation’s largest, annual crime prevention/safety event in the country. It involves over 36 million people in 15,000 different communities from all fifty states. This event is sponsored by law enforcement and Crime-Watch teams. In North Andover the planning has already begun. Last year over 4000 residents attended and this year the North Andover Police Dept is expecting a record breaking turnout.

NAPD and CrimeWatch would like to invite you to attend our “town wide celebration” . As in years past the middle school field is filled with games, face painting, business and food vendors,



police ATV rides and the opportunity to climb into a fire truck.

The idea behind this event is a “Community Night Out” Chief Gallagher wants you to leave your checkbooks at home and come on out and enjoy a nice FREE family night out in the community, meet your local law enforcement and to learn a little more about crime prevention.

Save the Date: North Andover’s National Night Out will be here sooner than you can imagine. Tuesday August 7th from 6:00PM to 8:00PM at the middle school

Please note, because this event is held on school grounds the NAPD has so kindly asked you do not bring your dog to this event.

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The Candidates for State Rep. And Where They Stand

Tom Duggan
VALLEY PATRIOT PUBLISHER

The race to fill the 2d Essex House District being left vacant by Harriet Stanley has three Republicans vying for the nomination in the September state primary election.

The three Republicans are Bob Cronin of Boxford, Gary Fowler from Georgetown and Lenny Mirra from West Newbury. Here is where each candidate says they stand on some of the key issues brought up at a recent debate in Georgetown:

AUDIENCE QUESTION: What would you do to prevent unfunded mandates by the state on local cities and towns?

CRONIN: Well if we got it to a roll call vote we’d be able to vote against them. Unfortunately, that may not happen. But if a Republican wins the seat it could happen. You know they say all roads lead to Rome, in this state all roads lead to the legislature. We need to have enough Republican representation to force roll calls (where all legislators must record their votes for the record) to force Democrats to actually pass the vote so they can’t say they are against something. Right now, there’s no way to prove what they are for or against. If you look at the vote totals across the Commonwealth in the last election ... in 2012 Republicans did very, very well. If people saw the votes of their legislator’s people would be inclined to vote against them

FOWLER: Two weeks ago I was at a seminar where Susan Bump was the speaker. She is the State Auditor. She said she is the one who decides what an unfunded mandate is. I would like to work with the towns and step back and look at this. One of the things hitting the towns is homeless children in schools. This has hit the towns really hard. The state has said the child can go to school wherever they want. If someone took a child from Haverhill and the child doesn’t want to go to school in Haverhill ... look at Georgetown, the town has to pay \$700,000 in transportation to pay for this.

MIRRA: The answer to this question is similar to that of 40B. Once again it’s an example [that] the people on Beacon Hill really think they know more than the cities and towns. These unfunded mandates are hurting cities and towns. If you go to town meeting you see how tight the bud-

gets are. In Newbury last week they had an override that came very close. It could have gone either way. But they shot it down. They have to make tough decisions every year, they cut costs, they cut firemen and keep their taxes low enough so that seniors living in town can still afford to live there.

That’s the balancing act cities and towns have to do every single year. One of the reasons is because of these unfunded mandates. The next state rep. from this area has to put their foot down. The property taxes in this state are exceedingly high. The taxes in my house are at least \$8-9K a year. And when you go into cities like Boston, or even Haverhill they have a broader tax base so they can kind-of get away with having unfunded mandates coming down from Beacon Hill. But, these small towns like West Newbury and Georgetown, it’s a much higher burden, it’s a much harder thing to do. We don’t have as many commercial properties to pay for those things, so the next state rep. from this area has to do something about unfunded mandates. It’s been going on for far too long, and as Mr. Cronin said, it’s not going to end unless we get a good two party system.

Audience question: What is the first piece of legislation you would introduce if elected?

FOWLER: I think my first would be what we are talking about now. The unfunded mandates, the EBT cards, I’d look at waste that would be my biggest issue not what we could cut but what’s wasteful and what we have. Prevailing wage is another issue they say doesn’t ‘bring it up.’ Beacon Hill doesn’t want to talk about it. When I was out getting signatures I was talking to the financial director in Boxford. We talked about prevailing wage they’ve got highway workers in the town that are in a union and for certain jobs they have to raise their wage because the state says they have to pay the a prevailing wage. Yet they are in a union and they are getting their union rate. A lot of towns are crying out for health care they are looking for a \$50 or \$100.00 limit where they can save money. To me that’s just another form of waste. We have to work together, we have to work with the unions, the EBT cards, prevailing wage, many of the unfunded mandates, let’s look at them, let’s step back, we have to look at them so that it’s not costing you the local tax pay-



PHOTO: TOM DUGGAN

Candidates for the 2nd Essex District Stte Rep. seat: Lenny Mirra of Newbury, Gary Fowler of Georgetown and Bob Cronin of Boxford.

ers so much.

MIRRA: Mr. Fowler has it right. Go after the obvious waste. In my opinion that’s the first thing I would do if we could pick up those five seats [for Republicans]. In my opinion one of the first is the Perry Amendment. Apparently it came up twice for a vote. Twice it was shot down without Democrats having to cast a vote, they just tabled it (indefinitely postponed).

What that bill would do is [require] proof of citizenship before you can get any kind of government assistance. Right now, any illegal immigrant can waltz into the state and get an EBT card, section 8, food stamps, Medicaid, free housing, cell phones, clothes, transportation, education, you name it. You should have to show proof of citizenship. That’s the obvious one, and it’s pretty obvious why Democrats are doing that [services to illegals]. We need [The Perry Amendment] not just because we are losing hundreds of millions of dollars, but also because when you allow immigrants to come in and do that, it allows them to take jobs and opportunities away from the small businessman in this state.

When I run a help wanted ad for my company, quite often the first question I get asked is if we pay cash. Well, we don’t pay cash. But the people here know because you are smiling, you know why people ask that question, because they are currently receiving some kind of government assistance. If you are already collecting section 8, or food stamps, or Medicaid, you can then work for cash and keep the extra money.

What that does is, it allows illegals to take away job opportunities from a painter, a carpenter or a sheet rock guy. So, right now when the state subsidizes illegals, these illegals can go to a small business and paint your house, mow your lawn, wash your car... it takes away from the legitimate businessman who pays his taxes, pays insurance.

CRONIN: The most important thing though is finally to have budget debate. That’s when you can finally open it up and find out where the money is being spent. We have to force the other team to have to defend it right now with voice votes. No one has to own up to [their votes]. We need to make them accountable. The more Republicans we elect the more Republicans in the house, the more we can make them accountable.

Mr. Fowler, when you take a vote [as a selectman] you are accountable. But at the state house they are not accountable. They just say ‘no, no, I would not have voted that way’. But it was a voice vote, and we never know how they voted. We

2ND ESSEX: PAGE 31

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“They’re Back” A new year, a new school, a new tax

By Lonnie Brennan
VALLEY PATRIOT COLUMNIST

Family matters have kept me consumed these past few months, and several folks either sent e-mails or called asking why my column, after many, many years, was missing from this August’s publication. Well, a topic for another day. But last week Tim and I got together for the first time in months, and he had a lot to say about taxes.

Look, Tim said, “they lied about the last tax increase, told me to ignore the assessor’s office that their numbers were what counted, but funny, the assessors sent me a whopping tax increase. So, who is the liar? That override cost me almost double what they said it would.”

‘Ah, Tim, it is what it is. For some folks, their taxes went down. Fortunately, you’re at least one of the ones who voted unlike...’

“Yeah, I know, most of my neighbors just complained when they got hit with

the hike this year. They forgot all about the override vote last year. Thought it was no big deal. I told them, speak to the hand”, Tim said showing me his palm as the waitress filled his coffee cup.

‘Yeah, I’ve experienced the same thing. Oh well, at least the money went to the kids, right,’ I said with a smile. That was it, launch-time for Tim:

“Sure, the kids, right. All of a sudden the town is flush with funds, more than a million dollars in one fell swoop of tax increases on everyone, and do you know who gets the big check?”

As we’ve had this conversation before, I just nibble on some bacon and waited silently as his eyes started to explode.

“You think I’m going to say the teachers? Right?” Tim teased. “Because more than 80% of the funds got spent on their raises, right? Well, I’m not. I remember, you were telling me how you thought it

was so disingenuous for them to announce a 3% raise last cycle, when, after applying longevity bonuses and step-and-column-bonuses, 60% of the teachers actually got handed raises from 6-11%. Well, they’re going to do the same thing again, call a 10% raise a 3% raise, but that’s not what I mean. This time, someone else benefitted too,” he said.

‘O.K., I’ll bite. You probably mean the superintendent who will make approx. \$120,000 per year or more as part of her retirement package when she moves on, and who this school committee is giving an annual package of almost \$175,000 to? Oh, and speaking of retirement, they instituted a new \$1,000 per month bonus check to her that they’re putting in a separate retirement deferred-earnings account for her? Tim, that’s old news, no one cares. She’s a nice lady. What’s your point Tim?’

“No one cares that we pay so much,” he began, “I’ll tell you what has my friends upset. The selectmen put in a new line item in this year’s budget. They had so much money to throw around they gave their friend the town administrator a \$3,500 bonus.’

‘Bonus? No, you mean a retirement thing, just like the super.’

“Call it what you want, but they raised taxes, and suddenly a guy making close to six figures for working 4-days/week gets a \$3,500 bonus. Where is that fair? What kind of raise did you get this year you working stiff?,” Tim challenged.

‘Let’s not go there. Hey this food was great, we should have breakfast here more often,’ I said in an attempt to turn the subject.

“So, you know what they’re doing now, right?” Tim wound up again. “They’re going to slide in a special town meeting, either when all the white-hairs are out

GEORGETOWN: PAGE 24

An Update on The Groveland Bridge Project

Joseph D’Amore
VALLEY PATRIOT CONTRIBUTOR



As part of a new public access TV program called Groveland Chronicles I devoted a portion of the first episode to the building of the new

bridge. I had the opportunity to interview Vince DeAngelo the Resident Engineer of the project and his supervisor David Conroy of the Mass. Department of Transportation. The Mass Dept of Transportation provides all the necessary supervision, compliance, inspection and payment services for the project. Here are excerpts from the interviews:

Q. When was the project initiated and when is it expected to be completed? Who was the contract awarded to and at what cost?

A. (V. DeAngelo) The project started in March 2010 and has a scheduled comple-

tion date of June, 2014. The bid price for the project was \$45,151,100.25 and the contract was awarded to Cianbro Corporation of Maine.

Q Is it true that the project is slightly ahead of schedule because of a mild winter?

A. (V. DeAngelo) No, we wouldn’t consider the project ahead of schedule although we did have a mild winter. In fact, we were probably a little behind schedule due to last year’s very harsh winter. Cianbro, the General Contractor for this project, has accelerated their work operations and has worked substantial extra hours through this past winter to get the project back on track (on schedule) .

Q It was very exciting to see some very large beams from Pennsylvania arrive at the site and be installed from the Haverhill side just a few weeks ago. What can we expect for activities for this summer?

A. (V. DeAngelo) The remaining girders will be delivered and installed, deck construction will begin, mechanical and



electrical assembly will occur for the movable span and some approach work will be done on both ends of the new bridge.

Q. When the bridge is completed the old one will be dismantled. Will you and

DOT still be involved in supervising that phase of the project?

A (V. DeAngelo) Yes, the contract for this project includes the construction of the new bridge as well as the demolition

GROVELAND: PAGE 24

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LOCAL AID NUMBERS RELEASED

	Chapter 70	Unrestricted Local Aid
Amesbury	\$8,517,266.00	\$1,645,476.00
Methuen	\$39,110,902.00	\$4,598,863.00
Merrimac	\$0.00	\$711,660.00
North Andover	\$6,808,233.00	\$1,733,403.00
Newburyport	\$3,236,321.00	\$2,157,204.00
Salisbury	\$0.00	\$534,432.00
Haverhill	\$40,527,259.00	\$8,312,994.00
	\$98,199,981.00	\$19,694,032.00

Local Aid Numbers: The Governor has signed the FY2013 budget, and sent his vetoes and a supplemental budget back to the Legislature. There is plenty to talk about in the FY2013 budget, but notably the budget signed by Governor Patrick increases local aid by 3.7%, to \$5.32 billion. Chapter 70 aid to education increases by 4.5% to \$4.171 billion. The Governor and the Legislature are to be congratulated for these increases in the most difficult of economic times. The Governor also approved of the changes to the Community Preservation Act that will grant communities additional flexibility in utilizing CPA funding, and his supplemental budget provides funding for the Sales Tax holiday that is so important to the retailing community in the First Essex District. I have attached local aid figures for the First Essex District below, including Chapter 70.

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Project Bread Grants \$3,000 to Methuen for Summer Food Programs

School is out, summer is here, and once again Project Bread is gearing up to award over \$90,000 in incentive grants that serve 257 local Summer Food Service Programs across the state in 28 communities, including Methuen.

These programs are part of the 877 sites that will provide free, nutritious meals to area children during the summer. The Methuen award includes \$3,000 to Our Lady of Good Counsel Parish, which operates the Merrimack Valley Catholic Basketball Association and is a site for the first time this year.

Many children rely on school meals, like breakfast and lunch, to provide them with the wholesome, nutritious food they need. In the summer months, these children need another source of food in order to remain healthy and return to school in the fall ready to learn. All meals are free to children and youths 18 years and under, no registration or sign-up necessary.

Summer meals programs tend to be less well known than school meals. That's because they are micro community programs, held at schools, parks, swimming pools, playgrounds, and other community

organizations. But they can have a big impact on a child's health and a family's food budget.

"Project Bread invests in these summer food programs," said Ellen Parker, executive director, "because summer is a crucial time for children to grow, socialize, and learn in preparation for the next school year. We strengthen these programs because they provide a local, safe, community solution to what out-of-school kids can do over the long summer days. We know that when children and teens get a healthy breakfast and lunch at a summer food site, their parents have more money for a nutritious meal at night."

Funded by the USDA, which provides for the food, the Summer Food Service Program is administered by the Massachusetts Department of Elementary and Secondary Education. However, these programs need supplemental funds to expand and implement programming that is fun and safe for kids, and keeps them coming back.

John Vitulli, the director of the Merrimack Valley Catholic Basketball Association, explains how the grant will impact

the program: "We're using the grant from Project Bread to buy sporting equipment, games, and crafts to keep the kids occupied." Vitulli continued, "this is the first year we are doing this and we're very excited about it and I know the kids are looking forward to this new food and fun program."

With Project Bread's funds, program directors like Vitulli are able to buy food storage and preparation equipment, sports or arts and crafts equipment, even books — whatever they need to enrich the programming and increase the number of children their program serves.

Throughout the state, Project Bread is providing over 30 summer grants, amounting to more than \$90,000. The support is given to a wide range of local organizations in Boston, East Boston, Jamaica Plain, Dorchester, Fall River, Fitchburg, Gardner, Gloucester, Haverhill, Lawrence, Leominster, Lowell, Lynn, Malden, Methuen, Peabody, Randolph, Revere, Salem, Southbridge, Springfield, Taunton, Waltham, Weymouth, Wareham, West Barnstable, Westfield, and Woburn.

Some sites are opening mid June; others

will be open by July 1 and all tend to run until mid August. Parents, guardians, and teens can get a complete list of programs in the Methuen area by calling Project Bread's FoodSource Hotline at 1-800-645-8333 or by going to www.projectbread.org/summermeals.

"The Summer Food Service Program is an important resource for families," said Parker of Project Bread, "and we want to make it easy for them to benefit from it."

About Project Bread

As the state's leading antihunger organization, Project Bread is dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts. Through The Walk for Hunger, the oldest continual pledge walk in the country, and other sources, Project Bread provides millions of dollars each year in privately donated funds to support hunger relief through emergency programs, schools, community health centers, farmers' markets, community suppers, home care organizations, and other programs that protect the individual and strengthen our community food security. For more information, visit www.projectbread.org.

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Casa Vecchia Express Returns to Methuen

Tom Duggan
VALLEY PATRIOT PUBLISHER

Casa Vecchia Express ... They're Baaack!

When Casa Vecchia Express on Hampshire Street closed in 2009, patrons of the famous Gourmet Italian Cuisine were left in the lurch wondering if owner Michael Neve would open his restaurant somewhere else.

"We took some time off, I had other things I wanted to do," Mike Neve says. "Now we've reopened on Baldwin Street, it's a Casa Vecchia Express so you can come and dine in with us or you can call in for take out and enjoy our dishes at home with your family."

Neve, born and raised in Methuen has been in the restaurant business for more than 22 years, opening up the first Casa Vecchia in the Village Mall on Broadway, Methuen back in 1989.

"I've, always had a passion for fine cuisine and Italian cooking," Neve told the Valley Patriot. "I have no schooling, no formal training, but I didn't need it, I was brought up in an Italian household I learned from the best. I learned from my family and I taught myself a few things along the way," he laughed.

"We are still a family business, it's still the same gourmet food people have come to depend on from Casa Vecchia and with the soft opening we had last week I would say our customers are pretty happy we are back.

Casa Vecchia moved in 2006 to Hampshire Street in downtown Methuen and closed in 2009 when Neve said he needed a break. "But we're back I'm tanned, rested and ready to give it another go. I love food, I love making it and I love eating it, I love talking about. Now I hope people in the Merrimack Valley will be talking about our new opening off of Pel-

ham Street. It's good to be back and I plan on sticking around for a long, long time."

Neve said he was thinking about opening again and was a little hesitant but "I had people telling me that they missed the food like mine in Methuen and people kept asking me when I was going to open again since the day I closed. I wasn't doing anything, I was just enjoying life and the more I heard from people I decided to give it another try."

Neve says that the new location on Baldwin Street is a little off the beaten path "but people don't mind going a little out of their way for great food. Seriously," he added, "I've haven't run any advertisements and I don't plan to except in the Valley Patriot and on facebook. Word of mouth has always worked for us and I know the Valley Patriot is great for spreading the word so, no Eagle Tribune for me. They don't work, most of the newspapers don't work, but I've loved this little paper since you guys came out about 9 year ago and if I forget to pick it up I hear people talking about and it reminds me to go get it."

"Business is good," Neve continued. "We've been open a few weeks and people are finding us again. It's exciting. Seeing old friends, the families we have served for more than two decades.

He has mailed 10,000 menus to homes in Methuen to let people know about his new location and has a website up and running (casavecchiaexpress.com).

Casa Vecchia Express is right next to the Day's Inn on Pelham Street "we're across the street on Baldwin. The food is tremendous, we are even introducing pizza. That's not something we are known for but we know our gourmet pizza will be received just as well as our other fine dishes."

Asked what he recommends as his best dishes, Neve answered without pausing:



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Casa Vecchia Express is BACK with the finest Italian cuisine by none other than Mike Neve. Casa Vecchia's new location is at 12 Baldwin Street in Methuen. Check out their menu on line at casavecchiaexpress.com or call them at 978-689-2266.

"Oh, the chicken with ziti and broccoli is to die for. I make it with garlic oil chicken breast sautéed perfectly with ziti and Romano cheese.

Neve said a close second is his chicken parmesan and veal parmesan dishes. "Hey and you have to try the chicken Marcella with Ziti. I make a good rice ball too!"

By the time he was done Neve had rattled off about a dozen gourmet dishes and then said in frustration, "How am I supposed to say what dish is best? I love

all of them, I think people need to come in and try them and tell me what they think is the best 'cause I love 'em all."

Casa Vecchia Express is located at 12 Baldwin Street, they do take out, dine in and they even deliver. You can check out their menu on line. They are open Mon-Sat from 11am-9pm. "I take Sundays off though," Neve said laughing. "I need some time to enjoy life a little and eat my own food!"

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RONNIE’S RANTS

Random Thoughts
with Ronnie Ford

Ronnie Ford
VALLEY PATRIOT OPINION COLUMNIST

Congratulations to Tim Henricks. A brave young warrior, who came the closest you could get to the supreme sacrifice in the service of his community. Tim took on a criminal twice his size and out weighed him four or five times. It didn’t stop the little police officer from grabbing the culprit and wrestling the bandito to the ground. During the scuffle, young Henricks was shot, almost mortally wounded. Years later, after seventy-six (yes, I said 76) operations, Tim can now get around a little bit. But not enough to work or maintain a position. Tim received The Police Purple Heart Award for this heroic action, at the Police Department’s Annual Memorial Service. Let us extend full congratulations, respect, and admiration to this young gladiator for protecting the City of Methuen and his community.

I do not care if Lizzie Tish Warren is black, purple or green with stripes, her ancestors came over on the Mayflower, or whatever. I care that she misrepresented herself as having American Indian ancestry on important documents to further her advancement in academia. If she can prove her Indian blood line Go for it. Otherwise she is showing a character flaw! Hey we all have them,

but she is on the American Stage right now and she is found lacking. With the Federal government from the President, Senators, Congressmen, down to the state levels and the local levels, all stretching the truth about very serious matters; I want someone who has character to represent us! Not someone who will be a clone of the president like so many are. Stop the fluff on both sides, Democrats and Republicans. Stick to the real issues, jobs, economy, our horrific debt, illegals, most importantly health care, keeping our military strong, voter fraud, and on and on. I wish that the media would get back to the business of being impartial instead of doing what their bosses at the newspapers and TV want them to spew! Grow some backbone!

I would like to comment on the middle school thugs who harassed and bullied the elderly lady school bus monitor. School Superintendents, School Board members, Principals, and Parents listen up. Start changing punishment rules, no more slaps on the wrist with ten day suspensions. Expel them! Let the parents shell out for education at a private school (if they will take them). It is a privilege to go to public schools on taxpayer’s money. These thoughtless kids need a hard lesson. No more suicides or lowering kids self

FORD: PAGE 24

The Merrimack Valley Irish Connection



St. Patrick’s Purgatory

Jack Doyle, County Sligo
VALLEY PATRIOT IRISH COLUMNIST

*St. Patrick’s Purgatory, Lough Derg, is among the oldest centre of Christian Pilgrimage in Western Europe, supposedly dating back to the sixth century. Lough Derg lies about four miles north of the village of Pettigo in County Donegal, in the Diocese of Clogher. Station Island, the location of the Pilgrimage is often referred to as Saint Patrick’s Purgatory or simply Lough Derg.

This is a special place of peace and personal challenge. This small lake-island, renowned in Irish Christian tradition since the time of St. Patrick, has been receiving pilgrims continuously for well over 1000 years.

Its importance in medieval times in indicated by the fact that it was among the principal landmarks on maps of Ireland. It was, for example, the only Irish site named on a world map of 1492.

The pilgrimage was very popular among Europeans at that time and there are records of pilgrims having traveled from Hungary (1363 and 1411), France (1325, 1397 and 1516), Italy (1358 and 1411) and Holland (1411 and 1494).

The association of the name of St Patrick with Lough Derg dates back as far as records go and the legends that link him with the place point to a tradition already firmly established by the twelfth century. While in a cave on the island, Patrick is said to have had a vision of the punishments of Hell. Hence the place came to be known as St Patrick’s Purgatory.

Each year the traditional three-day pilgrimage begins at the end of May and

ends mid-August. Pilgrims must be at least fifteen years of age, in good health and able to walk and kneel unaided. The pilgrimage is a three-day fast incorporating a 24-hour vigil. Pilgrims arrive on the island between 11.00am and 3.00pm, having fasted from the previous midnight. They have one simple meal of dry toast, oatcakes and black tea or coffee on each of the three days.

The central prayer of the pilgrimage is called a ‘station’. Each station involves the repeated praying of the Our Father, the Hail Mary and the Apostles’ Creed, as pilgrims walk or kneel or stand, barefooted. The greater part of a station is made on the Penitential Beds (these are thought to be the remnants of beehive cells used by the early monks).

Three such stations are made on the first day. Four more stations are made in common in the Basilica during the night vigil and one is made on each of the second and third days.

In former times the emphasis was more on the physical penance and hardship of the pilgrimage exercises. Nowadays those who make the pilgrimage see it as a grace-filled opportunity to get away from the stress of modern-day living.

They talk about the cleansing value of fasting and see the intensive and concentrated nature of the routine as giving opportunities for prioritizing values and being physically and spiritually renewed.

They find that the particular prayer-form, which they often refer to as ‘body-prayer’, is very satisfying and expresses in a non-verbal way what they often cannot put into words.

IRISH: PAGE 24

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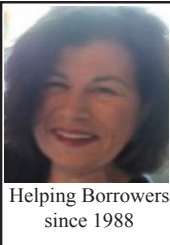
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FROM PAGE 1: LAWRENCE’S NEW IMAGE

The city of Lawrence was featured on the front page of a national magazine last month where beautiful women were shown posing at the Lawrence Fire Stations Engine 5 on Lowell Street. The models were photographed with a Lawrence fire truck, trying on fire uniforms and parading around the fire house in sexy outfits.

The magazine is called “Candela” (Candelamagazine.com) a Spanish language magazine that features scantily clad women on nearly every page, touting what kind of men they are looking for, their likes and dislikes and profiles of the gorgeous Latinas.

Inside the magazine the images were used for a full page centerfold advertisement for “Coors Light” complete with a calendar as well as a few other photos with sensational model Jessica Graf with Lawrence Fire equipment.

Last month, Bergeron says he approved the photo shot with “Candela”, adding that he believes it is a creative way to help change the city’s image.

“The models and photographers just showed up at Engine Five one day,” a Lawrence firefighter told the Valley Patriot, asking not to be identified. “The guys had no idea what was going on, we came to work that day with no advanced warning, but we were told that the chief approved it,” he said.

Chief Bergeron says the move is good for Lawrence and its image, telling The Valley Patriot that he believes improving the fire department’s relationship with such magazines gives him, and the city an opportunity to educate the public and boost the city’s terrible public image.

“I often get phone calls to do this sort of thing,” Bergeron said. “I got a phone call last spring that a photographer-artist was doing a piece, for Bread and Roses, for example, and wanted to take a group picture with the guys.

There was one I tried to push off with Dunkin Donuts and I was caught off guard. There was one that a few

of the other firefighters did, a commercial I think, that ran during the Superbowl or one of the Patriots playoff games.

People often come by with cameras to the fire house and we always try to be as accommodating and outgoing, as non exclusive as we can be.”

But Lawrence City Councilor Marc LaPlante says he thinks, as well intended as the chief may have been, he believes it’s bad for the city’s image.

“My concern is that this is an inappropriate use of city equipment on city owned property,” LaPlante said.

“Additionally, it demeans the seriousness of the Lawrence Fire Department. The LFD is made up of proud professionals, and to use the equipment and uniforms in the manner portrayed in the magazine does a disservice to the department and its personnel. This use of LFD equipment and uniform crosses boundaries that I expect Mayor Lantigua to uphold.

Apparently, there are no written policies that provide guidance as to how the uniform and equipment may be used. However, Mayor Lantigua must show leadership and work with the fire chief to put proper policies in place to ensure that when questions and requests regarding the use of the fire (and police) equipment and uniform are made, that the city adheres to policies that are a credit to our important institutions rather than cheapen them.”

LaPlante said that a recent and similar development with Holyoke Fire Department led to personnel actions against that city’s deputy fire chief.

“This indiscretion is not the crime of the century, but provides Mayor Lantigua an opportunity to exhibit leadership by demanding that the use of the Lawrence Fire Department equipment, property, and by extension its reputation, be held to the highest standard.”

Chief Bergeron disagreed. “In this particular case we got a call from a magazine to come down to firehouse and take photos with the equipment.”

“I said, ‘as long as it’s decent I have no problem with it.’

I have been getting comments in the past few weeks about it concerning what has appeared and to be honest with you I hadn’t even seen the magazine or the photos until I was in Boston earlier in the week and I got comments on it.

When I did look at it on the net, it was difficult for me because what I saw was all in Spanish. I don’t understand Spanish that well but they seemed to highlight what’s going on in Lawrence, the night life, the night clubs, the culture. So I was hoping to leverage this relationship with the magazine to the point where it will open some doors to me,” he said.

“Some night clubs in Lawrence are great as far as keeping a nice establishment, for example. But with others we’ve had ongoing issues that need to be resolved. Contrary to what some people believe, we are not trying to put anyone out of business. We just want them to prosper and just be as safe as possible.

So, I am looking at this as an excellent opportunity to establish a dialogue with night club owners, the managers and patrons. I mean, let’s face it, its part of the Spanish culture and bringing good publicity on the city promotes the city and brings money in.

The fact that Lawrence is highlighted in magazine I am hoping will bring in more communication with these people to make them understand what they need to look



Spanish Model Jessica Graf tries on Lawrence Firefighters Uniform and helmet at Engine 5 on Lowell Street for her magazine shoot for “Candela”. Photo courtesy “Candela”

for when they walk into the door of a night club, you know, looking for where the exits are when they walk in and how to get out in case of a fire.

I try to be as open as I possibly can. People come to the fire house to see what we are doing all the time and I always say ‘go ahead we have no problem with it.’”

Asked if this particular magazine shoot was initiated by Mayor Lantigua or his administration Bergeron said it wasn’t.

“No, it was my call.

CANDELA: PAGE 42

ANDOVER ACTIVITIES: FROM PAGE 5

closing on Sunday.

All Day Discovery, Follow Me Robot, Jr. Engineering, Top Secret Science, sessions of Beach Buddies, John Smith Soccer half days, Gymnastics, Cheerleading and golf school. Wait lists are available for all of the above programs by going to andoverma.gov/dcs listed under the registration section. Please remember to register early next winter so you can have fun too!

Summer starts officially the week of June 25th with Drop-in playground for students in grades 1-6 held at Recreation Park, and Beach Buddies for ages 4-7 at Pumps Pond. Other programs with openings that week include: Warrior Baseball for ages 7-15, Tennis Academy for ages 6-14, and an all new program called Outer Limits for grades 7-9.

Residents can also bring the family down to the Park for a FREE movie on Wednesday night. Puss In Boots will begin at dusk but the fun will begin @ 7 pm. Grab your picnic blanket, bug spray and come down for kid’s activities. Sponsored by WROR 105.7, MassGeneral for Children and Reading Co-Operative Bank.

DCS summer booklets are now online and should be mailed to residents by the end of this week. Check out the Andover DCS website www.andoverma.gov/dcs for fees, descriptions and schedules. Follow DCS on facebook to enter to win a gift certificate for DCS programs, [facebook.com/DCSAndover/](https://www.facebook.com/DCSAndover/)

Pumps Pond: The pond is open daily for the season beginning Saturday, June 16, including July 4th. Daily fees

are \$5 per person. Residents can purchase a season sticker for \$75; resident senior citizen price is \$40, age 60 & up through June 17th. Fees will increase to \$100/\$60 seniors beginning June 18th. Hours are noon until 7 pm until August when the pond will close at 6 pm. A great family place to have a picnic, purchase a burger or pizza or cool off with an ice cream. Swim lesson sessions begin on July 9 or July 23 held Monday-Thursday from 11:15 am-12noon (Friday rain make-up day).

Free Summer Concerts

The summer concert series begins Wednesday, July 11 with Peking & The Mystic, an A Cappella group from 6-8 pm. Stop by with your picnic supper and your chairs or blankets. The series continues through August 15. In the event

of rain on Wednesday, the concert will be rescheduled. Call the DCS info line for weather updates after 3 pm, 978-623-8279.

July 18 – 60’s Invasion (Music from the 60’s)

July 25 – 4 Guys in Tuxes (requests)

August 1 – Ben Rudnick & Friends (Bluegrass)

August 8 – Fab4Ever (Beatles)

August 15 – Brian Corcoran (Acoustic Old Standards)

Preschool Park Events

The little ones take over the Park on Fire Engine Day on Tuesday, July 17 and at Monster Truck Day on Tuesday, July 31. Save the Date!

Mary Montbleau - Andover DCS Director - 36 Bartlet Street - Andover 978-623-8277



A Tribute to The Valley Patriot's Most Loyal Reader, Walter Pomerleau

Last month, The Valley Patriot lost our most loyal reader and a member of our family Walter Pomerleau. Just a little more than a week earlier "The Mayor of Mount Vernon" attended the Lawrence High School Alumni Award Ceremonies where he gave away a \$500 scholarship to a graduating Lawrence High Student. Walter himself was awarded his high school diploma last year at the Lawrence High School Alumni Awards some 70 years late. Walter was the founder and former president of the Mount Vernon Neighborhood Association, served on dozens of boards including the Veterans' Memorial Stadium Restoration Committee, the Holy Family Men's Guild and was a steadfast community activist. Walter, we will miss you!

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ELECTION 2012

VALLEY RACES IN BRIEF PART 1

Jamison Tomasek

VALLEY PATRIOT POLITICAL COLUMNIST

While many people are enjoying the sun and heat and thinking about summer activities, it is crunch time for Merrimack Valley political candidates. Those involved in primaries are facing an earlier than usual (weirdly on a Thursday) September 6th primary date, and all of them are busily hustling for money and votes at ever possible venue. This guide and Part 2 next month will put you in the know and allow you to go back to thinking about summer fun.

There are currently two competitive races for US Congress in the MV. In one, the 6th Congressional District, the North Shore up to Salisbury, plus Billerica, part of Andover and Tewksbury, former State Senator, and 2010 Lt. Governor candidate Richard Tisei goes up against Congressman John "My wife and her whole family are a bunch of criminals but I knew nothing about it" Tierney. Tisei is a moderate politician, who can raise serious money, but of course this is MA and do-nothing Tierney still has a shot. This district does have favorable demographics for Tisei with only one real city (Lynn), which is typically a Democratic stronghold.

In the new 3rd (old 5th) Congressional District Jon Golnik has returned to again battle Tom Weaver in the primary for the right to take on Niki "I really live in Charlestown" Tsongas. Either of these guys would be more reflective of the moderate/conservative nature of the MV, but ultraliberal (by most measures) Tsongas will be tough to beat because, well, voters recognize Tsongas name. If she changed it she would lose the next election. She needs strong support from Democrat voting Lowell, Lawrence and Haverhill as redistricting added conservative towns along the NH border.

There are two State Senate seats being seriously contested, one for the first time in a while due to the resignation of Senator Steven Baddour. Bill Manzi, former mayor of Methuen, probably wins the Democratic primary against a few others without his organization or name recognition.

On the Republican side former congressional candidate Sam Meas is taking on Sean Toohey of the Haverhill school committee. Sam ran a good campaign last time and there's isn't much on Toohey because he doesn't have a website (!) There is also



Republican Congressional Candidate Richard Tisei on Paying Attention with Tom Duggan on 980 WCAP in Lowell

Haverhill school committee member lawyer Paul Magliocchetti, an independent. Independents don't win. There are people that leave their ballot blank, vote against whoever is the incumbent or "eenie-meenie" their vote. These are the votes independents get, and in MA this works against the Republican.

Two Republicans from Andover, Selectman Alex Vispoli and State Rep Paul Adams are vying to oppose State Senator Barry Finegold also from Andover. Adams got the worst of anyone in redistricting as his seat lost Republican voting Tewksbury and added heavily Democratic north Lawrence. He decided to run for Senate instead of fighting to retain his seat. Vispoli will be strong in Andover, but the primary includes Tewksbury and Dracut and the few Republicans from Lawrence that turn out. Adams appears to be following the same door knocking strategy as he did in his state rep campaign, where he hit 10,000.

Sen. Finegold is apparently doing what he does best, which is raise cash. In his 2010 campaign he spent the second highest of any legislative candidate, almost \$400K. The Republican is going to face a blizzard of money as well as the Lantigua machine, which put Finegold over the top before.

Note that I volunteer on Republican campaigns so I am not unbiased. Next month we will cover the local State Representative and other races.

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In God We Trust

Peter Larocque
VALLEY PATRIOT COLUMNIST

In case you didn't know, In God We Trust is the motto of the United States of America and it has been on our coins beginning as far back as 1864. At first it was just printed on the new two cent coin, but by 1909 it was included on most other coins. Then on July 11, 1955, President Dwight D. Eisenhower signed Public Law 140 making it mandatory that all coinage and paper currency display the motto. Thank God this took place back then because I do not believe our current President would have allowed himself to sign such a law. I say this not to personally attacked him, I'm basing my comment on his record of polices he has signed into law since his inauguration in 2008. He most definitely is of the belief that Big Government is to be trusted in by the citizens of the United States of American.

Of course as an example I am thinking of what has been affectionately called Obama Care. Here we have Big Government taking over the United States Health Care System.

On Thursday June 28, 2012 The U.S. Supreme Court ruled this Unconstitutional according to the interstate commerce clause. But surprisingly in a huge act of overreaching, they also decided to call Obama Care a tax which allows Obama Care to go forward!

This decision means that the Government can do anything it wants to you as long as it is called a tax! This is a major loss for Individual Sovereignty and with that comes the largest Tax Increase in the history of the entire world! Unfortunately, this is what the Democratic Party stands for; it assumes Big Government will take care of everybody from cradle to grave. After all, fairness and the re-distribution of wealth are their core issues? If the Democrats had it their way, fairness would be the motto and not, In God we trust!

Closer to home here in Lawrence, the unveiling of the Turnaround Plan for Lawrence's Public Schools! What did we get? The Plan in a nut shell, "Plan on having better Schools"! Wow, Millions of Dollars, Thousands of man hours and this is what we got. A Plan with lots of worthy goals but little details! Receiver Riley punted to the Principals and to the Charters Schools assigned to oversee the Underperforming schools to come up with the details to turn them around. He said that he is here with his administrators to offer assistance where needed.

Are you seeing what I am seeing? The Similarities between Obama Care and Lawrence's Public Schools Turnaround Plan are remarkable! Both produced by a Democrat Administration, both filled with Unelected Bureaucrats, both costing Americans a lot of money! I am reminded of the comments made by Former Speaker of the House, Nancy Pelosi, "We have to pass the bill so that you can find out what is in it." Then we have comments made in 2010 by Governor Patrick justifying the amount of money coming to the city of Lawrence, "a lot of that money is education money, educating children is not a waste of money or time. What we are looking at in Lawrence is not an infusion of capital it's getting at some reforms to make sure they get on sounder fiscal footing and management." This coming from the same guy who cut local aid across the State year after year!

I realize that what I'm about to say may really upset some of you, especially those of you who still hate former Lawrence Superintendent Dr. Laboy and believe that he is evil personified and he alone is responsible for every failure in the Lawrence

Public School System. So to those of you who are still full of hate and choose to hold on to it, you are the ones who must live with yourselves.

Now having said that, I am not excusing Dr. Laboy's criminal activity, he has been charged, found guilty and is now paying for his crimes. I am now speaking to a long time before his wrong doing began. I am talking about 2003, 2004, 2005, and 2006, when the vision for the New Lawrence High School Campus was being put together.

This unique vision for 6 individual small High Schools on one Campus with a Campus Headmaster and each School having their own Principal, Assistant Principal and their own budget, a vision which was unheard of before in the United States of America. This vision gave each individual High School autonomy and a sense of smallness where everybody had the chance to know everybody and class sizes were at an all time low, which by the way resulted in test scores going in the right direction.

The reason for even mentioning this is because that's what is in the Lawrence Public Schools Turnaround Plan! So the plan in 2012 is the same as Dr. Laboy's Vision for Lawrence's Public Schools back in the early 2000's! What happened then in the years following 2007 after the New Lawrence High School Campus opened?

Well, we had a change in Governors; we went from a Republican Governor, Mitt Romney to a Democrat Governor Deval Patrick. Under Governor Romney, Lawrence received the funds to build and support a unique vision of a Lawrence High School Campus with 6 Individual High Schools. Under Governor Deval Patrick Lawrence received multiple years of cuts in local aid resulting in restructuring of the Campus Administration, teachers and class sizes resulting in test scores going in the wrong direction.

Now we are told that Governor Patrick and his administration are serious about turning around Lawrence's Underperforming Public Schools.

Through the years of his administration, millions of federal dollars have come to Lawrence from his friend, President Obama in the form of the Re-Investment Act of 2009, Race to the Top Fund of 2011. These monies prevented major layoffs for teachers in the Lawrence School District. Round two of the R.T.T.T. F. will be used to aid as the Lawrence Turn-around Plan goes forward.

In conclusion, let me say that I very much like the idea of the Principals of our Neighborhood Schools and their staff having the responsibility of coming up with the plan for their schools. Trying to implement what works at the Robert Frost School in the Arlington School is not a plan for success! The one plan fits all plan has failed our children!

Different children with different needs in different neighborhoods, so it makes sense that their plans will be different! I compliment Receiver Riley for acknowledging this!

Finally, what has all this information shown us? Have we learned anything? In the end when it comes to fixing Lawrence's Public Schools, I believe the answer is in our country's motto, which is what I began this column with, In God We Trust! To think that one man is going to ride into Lawrence on a white horse and have all the answers to Lawrence's problems is foolish thinking! Unless his name is Jesus Christ, it's not going to happen!

IN GOD WE TRUST: PAGE 22

Rumbo Readers Complain of Censorship, Personal Attacks

Several readers of The Valley Patriot who also read the Bi-Lingual newspaper in Lawrence called "Rumbo" contacted the Valley Patriot last month complaining that the paper was not only targeting people based on their race (racism by definition) they were printing falsehoods in order to do it.

The owners of "Rumbo" have long told their readers and the community they serve that they believe in free speech and they welcome opposing views.

But our mutual readers say that Rumbo refused to print their letters to the editor critical of their factual errors in their reporting. In the case of the person they were maligning last month (Frank Incropera, President of the Mount Vernon Neighborhood Association) they quoted him from a meeting they never attended, and falsely claimed he made racist statements, and advocated violence.

But when Mr. Incropera wrote a response to correct the record, the owners of Rumbo (Dalia Diaz and Alberto Suris) not only refuse to print his letter, they never even opened it, it came back "return to sender"... twice.

The Valley Patriot finds this kind of behavior troubling.

Those fortunate enough to own local media outlets ought to welcome criticism, relish in our First Amendment, eagerly accept responsibility when they are wrong, and sleep at night with the moral satisfaction that their readers get to decide for themselves who is right and who is wrong.

Since Rumbo is now employing a Fidel Castro style of propaganda in order to malign people while at the same time censoring their own readers displeasure, The Valley Patriot has afforded them the opportunity to address RUMBO Newspaper's actions in the pages of our paper.

Here is the letter Rumbo returned to sender;

To the editor
Re: Rumbo article "From my Corner"
June 1st 2012

I have to admit I am a bit puzzled that Dalia would comment on hearsay that supposedly happened at a meeting she did not attend. She always prides herself on never printing anything without verification. She never called me to ask about this situation, subsequently there is very little



Dalia Diaz of Rumbo

truth to what she wrote. I never said "kill robbers on the spot". Nor did I question the Chief about the Dominican election. A councilor was questioned by someone else. He stated "I don't know but I will get back to you". I have to wonder why she is upset that someone should ask if taxpayer money paid for the Dominican election. I guess in her mind no one has a right to ask questions concerning the Spanish speaking Lawrencians. She needs to be reminded this is America.

This is not the first time Dalia has stooped to malign the Mt. Vernon Neighborhood Assoc. A year ago she printed that she was at a meeting and heard members say, we don't want those people in our assoc. I had to remind her at the time we had 40 families of Spanish decent in our group.

Unfortunately, the racism in our city exists because of people like Dalia who seems to enjoy race baiting. I am an avid reader who cares about our community, and read most of the papers published in our area. Rumbo is no longer on my list. I shall only read those with credibility, who verify what they print, such as the Valley Patriot.

Frank J Incropera 3rd

Here is a letter that was not returned to sender. The author is among several readers who say that their letter was never published, nor was any letter critical of the article that maligned Mr. Incropera.

**

TO The Editor RUMBO Newspaper

I take exception to an article you wrote in your June 1, 2012 newspaper which

RUMBO: PAGE 24

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Correcting the Record: Poulten Paid Station Taxes as Promised

Last month, Colonel Sam Poulten of Chelmsford became majority shareholder of Merrimack Valley Radio Corporation which controls 980 WCAP radio in Lowell.

The station's former majority shareholder, Clark Smidt of Andover had filed a court action against Poulten to take full control of the operations of the station early last year.

Poulten filed his own court action asking the court to order "injunctive relief" and court papers to show that Smidt had been negligent in paying the station's taxes, including property taxes to the City of Lowell totaling over \$36,000. Court documents also show that a restraining order was granted by a judge against Smidt for allegedly making threats at the station. Something that was never covered by the Lowell Sun.

The two finally agreed to settle their dispute out of court, resulting in Smidt selling his shares to Poulten.

But back in April, when Poulten was not the majority shareholder in WCAP radio, and while he was still trying to wrestle control of the station from his partner (Smidt), The Lowell Sun's Chris Scott told his readers that it was Poulten who owed the back taxes for the station, something that Poulten said damaged his and the station's reputation.

CHRIS SCOTT'S COLUMN

"In April, Poulten infuriated city officials." Chris Scott wrote in the Sun.

"The Law Department agreed not to place liens against the station's transmitter site on Totman Road in Pawtucketville in its April 26 tax lien auction because Poulten told them he was scheduled to close on the deal to buy out station co-owner Clark Smidt."

Scott never bothered to inform his readers that, at the time, Poulten was not responsible for the station's delinquent property taxes as the minority partner.

And when Poulten called the City of Lowell to inform them that he would pay the taxes at the closing of the sale of Clark Smidt's shares in the station, Scott continued to misinform his readers using quotes allegedly made by City Solicitor, Christine O'Connor.

Scott wrote: "On April 12, 2012 Mr. Poulten contacted the city and represented that he had a closing scheduled for April 23, 2012," Solicitor Christine O'Connor said in an email. "He further represented that immediately following the closing the total amount of delinquent taxes would be paid in full to the City. On the day of the scheduled closing, he contacted a member of the Law Department and reported that the closing was running a bit late, but that it was moving forward and that he would be appearing at City Hall later that day with the money owed. That did not occur."

There's a reason it didn't occur. Poulten said Thursday the closing never happened. His lawyer, Scott Bratton, apparently had surgery. Poulten said it will now happen sometime in May.

Needless to say, O'Connor wasn't too pleased when she learned Thursday that the closing didn't happen.

"He was afforded an opportunity, what he does with it is up to him," O'Connor said. "Our security is not lost. The only thing lost is his credibility."

LOWELL SUN, CREDIBILITY LOST?

"The city solicitor seemingly went out of her way to take a whack at someone who made a promise that was kept. Then compounding it by a Lowell Sun employee, a competitor I remind you, who didn't get the story right ... A check for the full amount of delinquent taxes that Mr. Smidt hadn't paid was cut at the closing table by the closing attorney James Flood. I kept my word, but that's not the way the solicitor or the Sun made it seem. They acted as if I had control of the closing date and I was misleading them, but nothing could be further from the truth."

~Colonel Sam Poulten



"The city solicitor seemingly went out of her way to take a whack at someone who made a promise that was kept," Poulten said. "...at least if the quote in the Sun was accurate. Then compounding it by a Lowell Sun employee, a competitor I remind you, who didn't get the story right."

"A check for full amount of delinquent taxes that Mr. Smidt hadn't paid was cut at the closing table by the closing attorney James Flood. I kept my word but that's not the way the solicitor or the Sun made it seem. They acted as if I had control of the closing date and I was misleading them, but nothing could be further from the truth."

SOLICITOR'S RESPONSE

He had to send over proof that he had a closing scheduled and apparently the day of closing he indicated it was moving forward and he was going to be in later that day with

a check. Again he was given an opportunity and he never contacted us that day to let us know that the closing didn't go through.

But he hadn't come in and paid that day in fact we had not heard from him again after that point.

"Quite simply," Poulten continued. "When I became aware that there were delinquent taxes owed by Mr. Smidt, I spoke with the City. At the time I wasn't even the controlling partner, and it wasn't I who was responsible for the tax bill, it was Mr. Smidt. I was trying to be a good citizen. I wanted to communicate to the city officials that this was something I was going to take care of once I was legally able to. The initial closing was delayed because Mr. Smidt wasn't ready and that's why the April payment was never

WCAP: PAGE 36

Lowell Police Recognize Volunteers in Mayor's Reception Room

On Thursday, May 31st, the Lowell Police Department (LPD) formally recognized several local businesses, social service agencies, community organizations, and neighborhood groups at a ceremony in the Mayor's Reception Room at City Hall.

Police Superintendent Ken Lavallee, who personally recognized each volunteer or group, stated that "The Lowell Police Department is extremely fortunate to have the assistance of numerous volunteers who work in many areas of the organization. We are indebted to their service and grateful for their citizenship."

Nine members of the Lowell Police Auxiliary were on hand: Lt. Dan Kingan, Sgt. Scott Carroll, Officer Don Bourgeois, Officer Duncan Irura, Officer

Logan Sok, Officer Thoeuth Po, Officer Franz Nherrison, Officer Shane Collins, and Officer Johnny Chanthasen. Auxiliary members augment and assist the LPD in various capacities, which include crowd and traffic control for city and private civic affairs, emergency assistance during fires or missing persons searches, and providing backup to Civil Defense and Emergency Personnel. These unarmed, uniformed volunteers also provide traffic control at large religious gatherings, funerals, parades, dedications, and special events.

The following Lowell Police Interns were recognized for their many contributions throughout the year: Elizabeth Brady, Stephanie Burke, Jeffry Cabrera, Daniela Cano, Nichole Acataldo, Adriana Ferreira, Kelley Johnson, Emily Painten,

Cindy Price, Bryan Rembis, Eric Smith, and Nichole Tagiavento. In addition, several Lowell Police Volunteers were thanked by the Superintendent: Ray Houde, Claire Gagnon, Lenny Gendron, Claire Brodeur, Arthur Toupin, Linda Albert, Charlene Casey, and Dottie Berrios.

Superintendent Lavallee emphasized the importance of neighborhood groups, which serve as a vital conduit in police-resident relationships across the city. The neighborhood groups and representatives present were: Acre Coalition to Improve Our Neighborhood (Dave Oullette), Centralville Neighborhood Action Group (Ann Marie Page), Lowell Downtown Neighborhood Association (Nancy Peacock), Pawtucketville Citizens Council

(Deb Forgione), Sacred Heart Neighborhood Improvement Group (Carol McCarthy), and the Rosemont Terrace Neighborhood Group (Paul Belley).

Community Partners recognized at the event included: Carstar, Dental Dreams, Coalition for a Better Acre, Greater Lowell Health Alliance, Kiwanis Club of Greater Lowell, Lowell General Nurses, PrideStar EMS, Target, Trinity EMS, and Toys for Local Children.

City Councilors Marty Lorrey and Rita Mercier also spoke about the important role that citizen volunteers perform as force multipliers for the police in Lowell.

For any questions about information contained in this press release, please contact Greg Page at (978) 674-1551 or e-mail gpage@lowellma.gov.

RE/MAX Prestige REALTOR Named One of the Commonwealth's Unsung Heroines of 2012

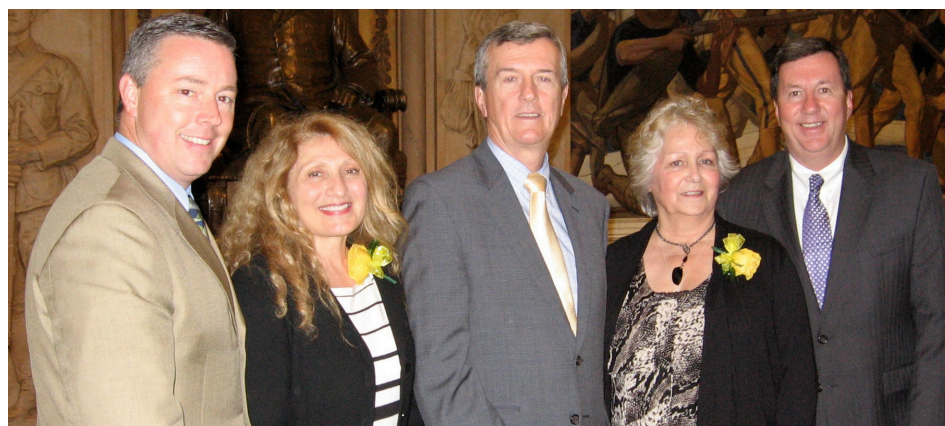
Honor Awarded to Women for Outstanding Contributions to Community

RE/MAX of New England is pleased to announce that Debora Forgione, Associate Broker at RE/MAX Prestige, located at 2100 Lakeview Avenue in Dracut, MA, was recently selected by the Massachusetts Commission on the Status of Women (MCSW) as one of the Commonwealth's Unsung Heroines of 2012. She was honored for her involvement with the Pawtucketville Citizens Council in Lowell, MA.

"We are incredibly proud of Debora and the hard work and time she's dedicated at the Pawtucketville Citizens Council," said Dan Breault, Executive Vice President and Regional Director of RE/MAX of New England.

"She's devoted countless hours helping to preserve her neighborhood, and she absolutely demonstrates the characteristics of an unsung heroine."

Debora has been a member of the



Debora Forgione, Associate at RE/MAX Prestige in Dracut, MA, was recently selected by the Massachusetts Commission on the Status of Women as one of the Commonwealth's Unsung Heroines of 2012. (Pictured left to right: State Representative Thomas Golden; Debora Forgione, Associate at RE/MAX Prestige and Unsung Heroine recipient; State Representative Kevin Sullivan; Nancy Judge, Lowell resident and fellow Unsung Heroine recipient; and State Representative David Nangle.)

Pawtucketville Citizens Council since 1996. She's held positions as an Executive Board Member, Secretary and as the 2010 Chairwoman. She joined

the Council because she wanted to be an advocate for her neighborhood in Lowell and wanted to ensure she had a voice in her community comprised

of more than 100,000 residents. She attends monthly meetings, as well as zoning, planning, and conservation board meetings to ensure the Pawtucketville Citizens Council is informed with the most current news.

Debora also works with several community organizations that the Council partners with, such as UMASS Lowell, Lowell General Hospital and the Lowell Police Department for community fundraising and promotional events.

"Volunteering in my community brings me tremendous joy," said Debora Forgione. "It's extremely rewarding to help a neighbor learn how they can get their sidewalk fixed or assist a friend or relative with securing emergency housing."

Debora was honored with her Unsung Heroine award at the 2012 Unsung Heroines Ceremony on Wednesday, May 16th at the Massachusetts State House.

The 2012 Lowell Folk Festival; an urban “county fair”

George DeLuca
VALLEY PATRIOT LOWELL COLUMNIST
COMETOLOWELL.COM

Once again, the volunteers, staff and sponsors for the 2012 Lowell Folk Festival have shifted their efforts into high gear. The City is in the final stage of organizing the music, art and cultural activities that transform downtown Lowell into an urban style “county fair”. On Sat. July 28 and Sunday July 29, Merrimack Street, Market Street and several adjacent side streets will be closed to vehicular traffic to make way for the annual event that some called the Mardi Gras of the East Coast. Something indeed is happening here, and the spirit is crystal clear!

According to new Festival Foundation Director, Craig Gates, we can anticipate a new crop of performers bringing an eclectic mix of world music. “Each year, we celebrate traditional music handed down from one generation to the next.” The 6 performance areas are flanked by makeshift villages which showcase various cultures of the world, while highlighting the offerings of Lowell’s ever-growing artist colony.

Put on your best walking (or dancing) shoes and come to Lowell ready for adventure and exploration. It’s a family affair, so you may want to start a checklist of essential items to enhance the comfort of your tribe, i.e., lawn chairs, blankets, books, bikes and coolers. And please note ... there will be cobblestones to navigate! I’m just sayin’.

Pick a spot to sit and enjoy the day; walk around and take in as much as possible;

or better yet, join in and dance to African, bluegrass and Hawaiian beats. Visit “Art in the Courtyard” at Market Mills, craft demonstrations at Lucy Larcom Park, or head to Shattuck Street with the kids for interactive activities put on by the Parks Dept and Revolving Museum. And of course ... there’s the food ... ethnic food ... nearly 20 booths!

Top Secret Tip: Pace yourself. No has ever done everything at a Lowell Folk Festival! It’s impossible! So see the website below and rough out a plan before you leave home.

About the Lowell Folk Festival:

According to our hosts at Lowell National Historical Park, “The Lowell Folk Festival is the largest free folk festival in the nation, with continuous music on six outdoor stages.”

“Canal boat and trolley rides will be available during the festival. For more information, including, full artist bios, audio samples, maps and complete schedules, visit www.lowellfolkfestival.org.” Please note the generous sponsors of the festival including National Endowment for the Arts who gave \$30,000 this year to ensure all have a wonderful time.

A taste of this year’s lineup of performers, representing folk, bluegrass, gospel, world music, dance and more include:

1. The Claire Lynch Band - bluegrass
2. Lunasa - Irish
3. Magic Slim & The Teardrops - blues
4. Oliver “Tuku” Mtukutzi - Tuku music from Zimbabwe
5. The Ethel Caffie-Austin Singers -

gospel

6. Michael Winograd & the Klezmer Orchestra International – klezmer
7. Hula Halao ‘o Keiialoil - hula kahiko
8. JP Harris & the Tough Choices – honky tonk

The festival officially begins on Friday evening at 6pm with a multi-cultural flag raising ceremony at City Hall followed by a parade led by the Glen David Andrews Band of Louisiana. All are welcome to participate in the parade which kicks off the festival and begins at City Hall Plaza at the intersection of Merrimack St. and Arcand Drive. The parade proceeds along a fairly short route (about 1/3 or a mile) to Boarding House Park for opening remarks and performances by the headliners.

Once again, Lowell National Historical Park Director of Entertainment and Fun John Marciano and his band of merry associates have assembled over 1,000 volunteers to create this multi-cultural FREE event for all ages. So please show your support when the “bucket brigade” approaches at the stage and activities areas.

John notes that the food presented at the traditional food way areas will exhibit the rich family traditions of mothers, fathers and grandparents representing Portugal, Poland, Jamaica, Philippines, Southeast Asia, Greece and other lands ... and yes, if you just want a hamburger, hot dog or fried chicken ... you’ll find that too! And if you want to enjoy a



casual or formal dining experience offered by any of the fine local eateries ... Downtown Lowell can accommodate just about any taste or craving.

As a side note if you love literature, right next to Boarding House Park at the end of John Street is the Boott Mills Cotton Museum where you can currently take in the wonderful Charles Dickens exhibit (and visit the restrooms).

If you come by train, shuttles are available every 10 minutes to transport you to and from Gallagher Terminal.

For more information about what’s happening in Lowell, visit ComeToLowell.com.

Dracut Happenings



Locations for all town meetings can be found on our Town website: dracut-ma.us/calendar

Thurs. July 19th Zoning Board of Appeals - 7:00pm

Wed. July 25th Planning Board 7pm

Sewer Superintendent:

The Town is looking to fill the Sewer Superintendent’s position in September 2012. The job description is under the Sewer Department’s page. This is a salaried position.

Dracut Senior Happenings

For a more detailed list of all the lists for our vital Dracut Seniors, please check: councilonaging@dracut-ma.us Dracut Council on Aging 951 Mammoth Road Dracut, Ma 01826

Wed. July 11th Ice Cream Trip. 12pm

Thu. 12th. Nurse Nancy 1:30pm-3:30pm

Fri. 13th Bowling - 9:00am

Dollar Mania & Applebee’s 9:30am

Tue. 17th Grocery Shopping - 10am

Wed. 18th Ice Cream Trip - 12pm

Thu. 19th Nurse Nancy 1:30pm-3:30pm

Fri. 20th Bowliing - 9am

Parker Maple Barn & Burlington Coat - 9:30am

Tue. 24th Grocery Shopping - 10am

Wed. 25th Ice Cream Trip - 12pm

Dracut COA Board Meeting - 2:30pm

Thu. 26th Nurse Nancy 1:30pm-3:30pm

Fri. 27th Bowling - 9am

Methuen Loop & area restaurant - 9:30am

Tue. 31st Grocery Shopping - 10am

Shawn Hansen’s Music Corner: A look at Weird Al Yankovic

This past month Alfred Matthew ‘Weird Al’ Yankovic performed at the Lowell Memorial Auditorium in Lowell, MA.

Performing songs such as Party in the CIA, Canadian Idiot, Whatever you Like, Eat it, Another Tattoo, Amish Paradise, along with a slew of other Weird Al songs the audience in Lowell saw a great show.

Known as the King of Parody, the songs Yankovic performed are parodies of songs from other artists. Yankovic said he gets permission from the band that originally performed them to create parodies out of them... or musically make fun of them.

Listed below are a variety of songs Yankovic performed in parentheses as the actual songs name, and artist are listed before the song.

Party in the U.S.A. by Miley Cyrus (Party in the CIA), American Idiot by Green Day (Canadian Idiot), Whatever you Like by TI (Whatever you Like), Beat It by Michael Jackson (Eat it), Nothin’ on You by BoB featuring Bruno Mars (Another Tattoo), Gangsta’s Paradise by Coolio featuring L.V. (Amish Paradise).

Some people may think the concert was ‘weird’ because it was a Weird Al concert, but it was quite entertaining. At the end of a song, the stage would go completely black as Weird Al interviews were seen on a projector in the center of the stage.

One of the most memorable parts to the video portion of the concert to fans was when Hank Hill of King of the Hill said, “Bobby, Weird Al blew his brains out in the late 80s after people stopped buying his records.” After hearing Hill’s explanation of what happened to Weird Al, a clip from The Simpsons came up.

“He who’s tired of Weird Al is tired of life,” said Homer Simpson.

As there were a number of short clips,



and interviews that played between each song, the projected television would then shut off. The stage lights then would either light up the entire band or just focus on Weird Al as he was wearing a different costume for each song he performed. The costumes he wore were fit for the song he was singing.

Between songs (In my opinion, the writer’s opinion, Shawn Hansen’s opinion), the best interview Weird Al had was with Actress Uma Thurman.

Telling Thurman as he was yawning that he had a late night, and is trying to wake up, she told him coffee is a good way to wake up.

“Let me try that” throwing the coffee on his face, screaming because its contents were extremely hot, Weird Al said, “It works. I’m totally awake now. Great idea, thanks.”

For more information about Weird Al Yankovic, go to his website at www.weirdal.com

Let's Talk About Food Addiction: with Pennie Hale

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST



PENNIE HALE

Fitness experts will tell you that when you start a diet and exercise routine, you will lose the most weight in the first week. They also may tell you that the

first week of exercise will be the most difficult. Diet experts will tell you that starting a new diet may be difficult at first as you drop bad eating habits and establish new, healthier ones.

I bought a treadmill and started walking. The first three days, I had no stamina and I kept thinking of reasons to NOT exercise. I would tell myself that

I didn't have the right workout clothes or shoes, that I didn't have time and that I could skip walking on the treadmill for a day. I exercised anyway. On the fourth day, I started thinking of reasons TO exercise. I told myself that it was something I had to do to burn calories, to build stamina and to fit into smaller clothes. At the same time I started exercising, I also began a calorie-reduced diet. The carb cravings were intense. But I slowly started to notice that the less carbs I consumed, the less I craved them. I ate protein, vegetables and berries. One day during the first week of dieting and exercising, I allowed myself to have sweets.

At the end of the first week, I had lost seven pounds. I know that I will not lose the same amount every week. I am not discouraged by that, however. During that first week of diet and exercise, I posted my daily workout goal to Facebook. Doing that somehow made me feel accountable. I received lots of positive feedback from friends helped me feel

positive about my plan.

Exercising is boring for me. I decided I needed something to distract me from the exercise I was doing. Finding an interesting TV show to watch while walking helped a lot. I put on a show and walked. My goal on the first day was to walk on the treadmill for one hour in the morning and one hour that afternoon. That immediately changed to thirty minutes in the morning and thirty minutes in the afternoon. The second day I walked for one hour in the morning and thirty minutes in the afternoon. That schedule changed and is now one hour twice a day. The goal when exercising is to increase your heart rate and to work up a sweat. I definitely do that! The sore joints and muscles I had in the beginning are now gone. Exercising is now a bit easier.

I wanted to create both a short-term and a long-term weight loss goal. In the short-term, my goal is to lose 25 pounds in three months. My long-term goal is to lose a total of 50 pounds. I have not

established an amount of time in which I would like to achieve that ultimate goal. A friend told me "slow and steady wins the race". I try to keep that in mind. As long as I am working toward my goal and losing weight every week, I will be happy. I wish I could lose 50 pounds in three months but that may be difficult to achieve. I don't want to hurry the process because that's not healthy. I believe it's better to lose weight at a steady pace so that your body slowly adjusts.

Food is not my enemy. I like food. I like to eat. The problem I have is that I am a carb addict and sometimes I am fully engrossed in that addiction. I gain weight, I don't feel physically well. A good friend told me that the key to weight loss and management is to eat whatever you want but in moderation. I have a very difficult time with moderation. One piece of pie makes me immediately want another one. I obsess over it. Obsessive thoughts about anything isn't healthy. I wish I could obsess over

FOOD ADDICTION: PAGE 24

SHEILA'S RECIPE CORNER: Great Salmon Dishes in No Time!

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

For this month, I thought we might try salmon prepared two ways. How can you go wrong with the beautiful colour & texture of salmon? For starters, I prepared a more hearty preparation. The second, is seemingly complicated, but is very fast & flavorful in terms of cooking time & prep time. Both are under 15 minutes. The Court Bouillon takes no time to prepare, but does take a half an hour to cook.

Grilled Salmon Steak with Sauce

¾ c good quality chicken stock, preferably homemade

¼ c unsalted butter

3 T soy sauce

1 t fish sauce

2 T ketchup

1 T Worcestershire sauce

1 T either ground dry mustard

1/8 t each salt & pepper

Place all ingredients in a small saucepan. Heat over medium heat until boiling. Reduce by ½. Pour over grilled salmon steaks. Makes sauce for 2 servings.

Poached Salmon Piccata

Basic Court Bouillon

Ingredients:

7 cups water



1 carrot, sliced (doesn't have to be peeled)

1 small onion, chopped in ¼ (doesn't need to be peeled)

6 peppercorns

1 bay leaf

1/4 cup parsley

1 teaspoon of salt

1 1/4 cup dry white wine such as Pinot Grigio

In a large pot such as a Dutch oven, combine all the ingredients and bring to a boil over high heat.

While this is boiling away, prepare the Piccata sauce.

Reduce heat and simmer for 30 minutes. Strain. Keeps tightly covered in refrigerator,

for up to a week.

If you are cooking the salmon straight away, strain the court bouillon & gently place salmon fillet in skin side down in a large shallow pot with poaching liquid heated until just below a boil. Ensure that the salmon is fully immersed in the poaching liquid. If it is not, add water to cover. Poach for 3-5 minutes or until salmon is opaque on the exterior & yet coral coloured on the centre. Do not overcook! You will need to tend the salmon for this time & not step away as salmon goes from cooked to overcooked in a flash.

Remove salmon using a spatula or slotted spoon.

Piccata Sauce:

4 T butter

Juice & zest of one lemon

2/3 c dry white wine such as Pinot Grigio

1/8-1/4 t salt, or to taste

1.5 t capers

1 t minced flat leaf parsley

In a medium saucepan place the first four ingredients.

Raise heat to medium & reduce by 1/3. Remove from heat. Add capers & parsley.

Reduce heat and simmer for 30 minutes.

Strain. Keeps tightly covered in refrigerator, for up to a week.

If you are cooking the salmon straight away, strain the court bouillon & gently place salmon fillet in skin side down in a large shallow pot with poaching liquid heated until just below a boil. Ensure that the salmon is fully immersed in the poaching

liquid. If it is not, add water to cover. Poach for 3-5 minutes or until salmon is opaque on the exterior & yet coral coloured on the centre. Do not over cook! You will need to tend the salmon for this time & not step away as salmon goes from cooked to overcooked in a flash.

Remove salmon using a slotted spoon. Plate salmon & pour sauce over.



VALLEY PATRIOT FOODIE: MY HOT DOG COMPETITION OBSESSION

Sarah Sparks

CYNICATED COLUMNIST

I am a major foodie. It is only natural that when I think of summer, my first thoughts gravitate towards food, especially hot dogs. These tubular mystery meats make their way to grills across America with people turning a blind eye to the ingredient list: questionable meat trimmings, fat, spices, and preservatives (aka nitrates). I will take two, please.

So what is the obsession, America?

When I started MassBytes, I never realized I would enter another spectrum of the hot dog obsession – competitive eating. It started with my curiosity for the Tasty Burger's challenge of eating three colossal all-the-way dogs – a half pound hot dog loaded with a cheeseburger, chili, cheese sauce, and BACON (do not get me started on bacon!) served on a sub roll. Albert Pedriali currently holds the record time of nine minutes and forty-seven seconds. Every time I see the chalk board at the restaurant with this record, I scoff and say to myself, "I can do that." To this date, I

have yet to try to put my money where my mouth is, but in my head I live this fantasy of winning. I dream of the hot dogs sitting in front of me, getting myself psyched up to take it down in less time, and winning my name on that board. The very thoughts give me a rush.

Kris Jensen, a MassBytes' writer, wanted to beat his old record of seven hot dogs at Spike's Junkyard Dogs for his Birthday. Of course I got excited and made a whole day of it. I even thought about making him sign a waiver, because I didn't want to be the contributor of him having one too many dogs. He was successful in his feat by consuming eight hot dogs and walking away with a new

t-shirt and his picture on the wall (again).

This only made me curious on who ate the most dogs at Spike's.

And that is where Matt "Megatoad" Stonie enters the picture. He holds the house record at Spike's on Boylston Street in Boston with twenty-three hot dogs. At age twenty, he has been in over fifteen major competitions with a variety of foods including fried asparagus, shrimp wontons, and tamales. He ranks number sixth in the MLE, or Major League Eating. And

he has a crazy obsession for the Mario Brother's character Toad – who looks like a mushroom. What a foodie.

I met Megatoad after the Phantom Gourmet's BBQ Hot Dog Contest where

he secured a spot next to Joey "Jaws" Chestnut, the number one MLE competitive eater, for the Nathan's Annual Fourth of July Hot Dog Eating Contest at Coney Island. In ten minutes, the young man polished off forty-two hot dogs. My mouth dropped, and I half jokingly called Kris a wimp with his measly eight dogs and told him to try harder next time. This IS the big leagues, baby. It's no joke.

Although Jaws claimed another victory, making it his sixth consecutive win at Coney Island, Megatoad said it perfectly, "Winning is nice, but secondary to enjoying the competition". I knew what he meant. That is where the rush comes in. Who doesn't like a little thrill?



Sarah Sparks is the Founder of MassBytes and the Managing Editor of Shakefist Magazine. She is also a Co-host for the online radio show, Citywide Blackout. You can e-mail her at: SarahSparksMA@gmail.com





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TOM DUGGAN'S NOTEBOOK

L'ITALIEN IS BIPARTISAN?
WANNA BUY A BRIDGE?

Putting aside whether you agree with former State Rep. Barbara L'Italien's positions on taxes or anything else, the liberal candidate for State Rep went on the offensive last month in the Tewksbury Patch saying she was (of all things) bi-partisan and that her opponent incumbent State Rep. Jim Lyons was "extreme". Now let's face it, Lyons may be a right winger, far to the right of even me on a lot of issues, but for L'Italien to call herself bi-partisan is just an outright lie. Before L'Italien was defeated by Lyons two years ago she was deemed one of the most liberal State Representatives on Beacon Hill. She never met a tax she didn't like, supports abortion on demand with no restrictions, supports public dollars for illegal aliens, opposes fair elections by refusing to support Voter ID, and has gone on the attack against anyone not quite as left wing as herself. She even attacked the Tea Party as "extreme". Given that the Tea Party only supports three major concepts, (lower taxes, smaller government and protecting civil liberties) none of which are "extreme", one can see that only someone so far to the left extreme could possibly call the Tea Party "extreme". I say L'Italien can win this race without lying and I want to encourage her to do so. When a candidate is so far to the left that they have to repackage themselves as moderate to appeal to those people in the middle they should try to avoid calling the kettle black on the other side. You will never catch Jim Lyons calling himself a moderate or bi-partisan because he isn't either of those two things, and ... well that would be called lying. I expect the same from his opponent Barbara L'Italien. It seems as though Barbara L'Italien should just be honest about the fact that she is a go-along to get-along Democrat who supports nearly every measure her party proposes. Given that we are in a state that elected Deval Patrick twice it actually makes good political sense.

SPEAKING OF DAVID WHERE-IS-HE?

Where is he? So, it's election time again and the David Torissi of North Andover has once again popped up like a jack in the box looking for votes after two years of being missing in action (or should I say inaction). Torissi showed up at Town meeting last month to beg for votes and pretend he has always been part of the community activism that goes on because this year he has two opponents, both women. You may remember the last time David (Where-is-he) Torissi ran against a woman when he went on a sexist tirade attacking her boyfriend and making sexist comments about her. You can expect a lot more of that this year with Methuen resident Diana DiZoglio challenging him for the Democrat primary and should he defeat her, will face former



Ovide Lamontagne vs. Kevin Smith for Governor of NH

The Valley Patriot and WCAP radio have teamed up with 4RG.com to sponsor a debate between the two NH Republican candidates for governor Ovide Lamontagne and Kevin Smith on July 11th at the Radisson Hotel in Manchester NH. The debate will be aired on WCAP between July 12th and 21st and clips of the debate as well as interviews will be featured on the Paying Attention! Radio program which airs Saturday's on AM980 WCAP from 10-noon every Saturday.

School Committeeman Karin Rhoton (the Republican) in the final. You see, Dave doesn't take too kindly to being challenged in the first place and often blows his stack when people ask him tough questions (remember when he told Michael Graham to go F* himself?). So now that he has two candidates challenging him and forcing him to answer tough questions I expect a very dirty and yet very entertaining race between now and November.

Guerin's Little Biased Slip Up.

When former Methuen Mayor Billy Manzi had his kickoff for State Senate last month at DiBurro's in Haverhill he had former Haverhill Mayor John Guerin emcee the event. But when Guerin introduced David (Where-is-He) Torissi to the crowd he introduced him as the current Haverhill State Representative. Fact is, the legislature changed Torissi's district to include sections of Haverhill and Methuen, but that doesn't take effect until after the next election. Guess we know whose side my former mayor Guerin (and maybe Billy Manzi) is supporting. And that's OK if they want to support a hack that doesn't care about his constituents; that's fine with me. All I ask is that you not jump the gun and wait for the election before saying Where-is-He is

representing Haverhill.

SHAUN TOOHEY - A SERIOUS CANDIDATE?

Republican candidate for State Senate Shaun Toohey may have an uphill battle to claim the seat vacated by Senator Steven Baddour, but one would have to admit his visibility in Haverhill (his home town) is second to none. I do have to wonder however if my Republican colleague has a campaign strategy other than putting up signs everywhere. Why do I say this? Last month while covering Jack Wilson's campaign kickoff for Registrar of Deeds at Jackson's Restaurant in Methuen, Toohey came in with his father-in-law City Councilor Bill Ryan. They stayed for about twenty minutes, but Toohey never left the entrance doorway. He chatted with candidate Wilson and his family, but he never introduced himself to the republican supporters in the room. He didn't hand out any literature and he didn't even make



his presence known until someone took the microphone and introduced him.

ANDERSON COOPER'S GAY?

DUH! So, last month CNN so called newsman Anderson Cooper came out of the closet and announced he was gay. First off, anyone who found this to be a revelation clearly has never seen or watched his program on CNN. Secondly, I am always puzzled as to why some gays and lesbians

feel the need to tell the world about their sexual preference. Does anyone really care that Anderson Cooper is gay? And why does he really think that his being gay is "news"? What's more, now that he has announced to the world what kind of sex he likes to have, every time Cooper reports on a story about gay marriage or gay adoptions or some other gay issue, those who disagree with that lifestyle will question his motives and his credibility as a newsman. Quite frankly I don't care what kind of sex Anderson Cooper likes to have anymore than I would care if Bill O'Reilly came out of the closet and told the world he has a foot fetish. When are people in the "news" business going to focus on reporting the news rather than preaching about their own private life?

REST IN PEACE RED Red McGovern Long an icon of Democrat activism in the cities of Lawrence and Methuen, Red McGovern passed away last month. He was an avid reader of The Valley Patriot and a loyal listener of my Paying Attention! Radio Program on WCAP in Lowell. We will miss Red's rants about liberalism and how the Democrats "saved this country" in World War II. We also extend our sympathies to the McGovern and the Wilson family.

WHAT BATHROOM BILL? I know my loyal readers in the Tea Party and my friends who are socially conservative are going to absolutely hate hearing this, but I am calling it the way it is. Two years ago, when Richard Tisei was a state senator (he is now running for congress) he was tagged by the media as authoring what they called "the bathroom bill". The way the story (or should I say propaganda) went was that a bill was field by Tisei that would allow transgendered men (men who think they are women) to have a public accommodation in public bathrooms. In other words, if you are a guy who thinks you are a woman you would be able to use the woman's bathroom in public and state law would prevent anyone from stopping you. Now, I have to admit even though I know how the media lies, even I fell for this. But after doing a little research here is what I found out. There was no "bathroom bill". The bill that was proposed (and by the way NOT authored by Richard Tisei) was an anti discrimination bill against people who were transgendered. Already in state law is a public accommodations clause that would have effectively granted bathroom privileges to transgendered people; it was not something that Tisei had written, approved or advocated. When the media firestorm of anti-Tisei propaganda began to whirl, his defense of what was being said about him was drowned out by the hand wringing and "outrage" by people in the media (which I plead guilty of myself) because

NEXT PAGE

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Angela from Methuen Family Restaurant shows off the grilled marinated chicken salad. See their ad on page 9.

nobody wanted to hear that this was really a non-issue. Fact is, at Tisei’s insistence, the public accommodation language of the anti-discrimination bill was removed from the legislation and it passed the house and senate. Now, I know those who WANT to hate Tisei because of this issue have invested a hell of a lot of political capital beating him up on this and it isn’t easy to admit one is wrong after yelling about a bathroom bill from the highest mountain top, but if I can do it, so can my friends on the right in the republican party. Just thought I would set the record straight.

SHAUN TOOHEY - A SERIOUS CANDIDATE? Republican candidate for State Senate Shaun Toohey may have an uphill battle to claim the seat vacated by Senator Steven Baddour but one would have to admit his visibility in Haverhill (his home town) is second to none. I do have to wonder however if my Republican colleague has a campaign strategy other than putting up signs everywhere. Why do I say this? Last month while covering Jack Wilson’s campaign kickoff for Registrar of Deeds at Jackson’s Restaurant in Methuen, Toohey came in with his father-in-law

City Councilor Bill Ryan. They stayed for about twenty minutes but Toohey never left the entrance doorway. He chatted with candidate Wilson and his family but he never introduced himself to the republican supporters in the room. He didn’t hand out any literature and he didn’t even make his presence known until someone took the microphone and introduced him.

TREBLE CHORUS - Haven’t made your plans for the summer yet? Then why not come and join the Treble Chorus of New England for our Season Orientation Program, the official start to our season! Experience movement and theory classes and join in the choral fun. The program will be held at the West Parish Church, 129 Reservation Road, Andover, MA. The dates are August 13-17th, 8:45-2:15 pm and the cost is \$250 for the whole week including performing in a Friday night performance at the Rogers Center for the Arts! Please contact Anna S. Choi at the TCNE office for more information. Email: tcnemanager@treblechorusne.org or call 978.794.4600. Please visit our website www.treblechorusne.org for more information on our programs.

THE SOUTH LAWRENCE EAST (SLELL) AND PROSPECT HILL (PH) are planning to run a summer program for girls and boys ages 8yrs-12yrs and also Babe Ruth 13yrs at the SLE fields starting Monday, July 16, 2012 and ending in August, to be determined. This program is to help young players learn more about baseball in a clinic type atmosphere on Mon-Wed-Fri, with maybe a scrimmage on Fridays. We are look for adult volunteers to help with skills and work under the direction of the head coach(s). We are trying to make this a free program, so please do not expect any type of participation shirts or trophies. Please contact Mr. George Herman directly for details and to volunteer. George can be reached by email at: george.herman@alcatel-lucent.com

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

ANDOVER/NORTH ANDOVER - Dan Kirouac & Dorette Weld acoustic duo - Live at Samuel’s Restaurant in the Andover Inn, 4 Chapel Ave. Andover. Saturday, July 14th 9:00 PM NO COVER. For more info visit us on facebook. facebook.com/



PHOTO: TOM DUGGAN

Courtney of The Valley Patriots makes a valliant effort to score a run but was called out. This photo finish shows the ump made the wrong call as the ball was not in the catchers glove call.

OUR “VALLEY PATRIOTS” SOFTBALL TEAMS

VALLEY PATRIOT SOFBALL TEAMS

The Valley Patriot is sponsoring two women’s softball teams in two different leagues. The first is True Vision Sports League: Over 30, Girls Softball and Dirt To Skirt Spots League, also Over 30, Girls Softball League.

Come out and root for our Valley Patriots in each league.

TRUE VISION SCHEDULE

Locations: Lions Field, Lyons Way in Salisbury & Pines Field in Groveland..

7/11 6:45pm Honey Badgers vs Cougars @ Lions Field

7/15 4pm Devils vs Titans @ Lions Field 4pm Cougars vs Honey Badgers @ Pines Field. 5:45pm All Americans vs Dirty Girls @ Lions Field. 6pm Rebels vs Tornados @ Pines Field. 7:30pm GNO vs Valley Patriots @ Lions Field

7/18 6:45pm Valley Patriots vs Devils @ Lions Field

7/22 4pm Valley Patriots vs Honey Badgers @ Lions Field. 4pm Tornados vs Devils @ Pines Field. 5:45pm Dirty Girls vs Cougars @ Pines Field. 6pm Titans vs All Americans

@ Lions Field. 7:30pm Rebels vs GNO @ Pines Field.

7/24 6:45pm Dirty Girls vs Honey Badgers @ Pines Field.

7/25 6:45pm Tornados vs GNO @ Lions Field.

7/29 4pm Devils vs Rebels @ Lions Field. 4pm Titans vs Cougars @ Pines Field. 5:45pm GNO vs Honey Badgers @ Pines Field. 6pm Tornados vs All Americans @ Lions Field. 7:30pm Valley Patriots vs Dirty Girls @ Pines Field.

8/3 6:45pm Cougars vs Titans @ Pines Field

8/5 4pm All Americans vs Honey Badgers @ Lions Field. 4pm GNO vs Rebels @ Pines Field. 5:45pm Dirty Girls vs Titans @ Lions Field. 6pm Valley Patriots vs Tornados @ Pines Field

8/7 6:45pm Rebels vs Devils @ Pines Field

DTS SPORTS LEAGUE SCHEDULE (Valley Patriots - Purple Team)

Locations: Rec Park in Andover & Pines Field in Groveland... Playoff Schedule will be posted on our facebook page: facebook.com/valleypatriot

DanandDorette. Or contact Dan Kirouac at (508) 662-5471, www.beatlesforsale.net

FITCHBURG REPUBLICAN CITY COMMITTEE (FRCC)

The next monthly meeting of the FRCC is Thursday, July 12 at 7:00 p.m. at Destare, 320 Main Street, Fitchburg. The FRCC meets the second Thursday of every month and is open to all registered Republican and Unenrolled voters. There is no cost, dues are fees to attend. If you have ever thought of running for public office on the Republican ticket, come in and discuss your ideas. For more information: www.fitchburggop.org and facebook.

GROTON GOP COMMITTEE ENDORSES GOLNIK

Jon Golnik is proud to announce that the Groton Republican Town Committee (GRTC) has endorsed his candidacy for Congress in Massachusetts’s 3rd Congressional District. Jon is running for the seat currently held by Representative Niki Tsongas. “We believe that Jon Golnik is the right kind of representative for the citizens of our third district. Jon

understands that we are in a jobless recovery and that continuing with the current failed economic strategy, this will go on indefinitely. Jon has a clear and strong jobs creation plan. It is time to take a different path. We simply can’t afford another two years with Niki Tsongas,” said Deirdre Slavin-Mitchell, Chairman Groton RTC

GRTC joins a growing list of organizations and leaders across the district that is supporting Jon in his bid for Congress. Jon Golnik has already been endorsed by the Shirley, Concord and Carlisle RTC’s. Jon has also received endorsements from Senator Scott Brown, Governor Paul Cellucci, and Charlie Baker.

IRS WARNS MASSACHUSETTS’ TAXPAYERS TO BEWARE OF NEW PHISHING SCAM

Boston...Massachusetts’ taxpayers should be on the lookout for a new email phishing scam now circulating that targets Department of Defense military members, retirees and civilian employees.

According to IRS spokeswoman, Peggy

NOTEBOOK, PAGE 38

Paul D. Lambert, Esquire

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You just NEVER know who you will catch reading the Valley Patriot! We spotted Brother Rene Roy at Mann Orchards go right for our Valley Patriot news rack to get his copy of the paper and could not resist asking him for a photo.



Members of the Lawrence Firefighters Relief Association as well as the Zahn family gave thousands of dollars in scholarships to graduating high school seniors last month at the Firefighters Relief In on Market Street in Lawrence after a ceremony honoring fallen firefighters at Engine 5 on Lowell Street.



Celebrating Hispanic Week: From left to right - Ethan Camacho, Gilberto, a scary looking guy in a costume, Cheryl Brazeau and Nathan Camacho on the Lawrence Comon.

Methuen Mayor Steve Zanni with Valley Patriot Columnist and Candidate for State Representative Diana DiZoglio pose with their copy of the paper last month. DiZoglio is running against incumbent Dave Torissi for State Rep.



Pole 1 - Car 0: Last month the driver of this car fled police and crashed into a telephone pole on Haverhill St. The driver apparently climbed through the broken windshield after the crash, bloody and all, and fled the scene. Police never caught him/them. Drug Paraphernalia was found at the crash scene



Fitchburg had it's Civic Days activities over July 3 and 4. The Fitchburg Republican City Committee participated in both events, even had both our candidates, Jon Golnik and Tom Weaver meeting and greeting hundreds of residents at the Block Party on July 3. Attached is a photo of the FRCC booth at the block party taken by Da Tech Guy and posted on [datechguyblog](#). L to R: Mary Lotze, Secretary; Stephen Hartka, Chair; Joyce Jacobs, Treasurer and "Jake" Jacobs, member FRCC.



Tom
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VETERAN

www.TomWeaverForCongress.com

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"He is probably the most qualified candidate
you never heard of." Peter Lucas, Lowell Sun

Our “Valley Patriots” are Still Undefeated at 6 and 0

TRUE VISION SPORTS LEAGUE - SCHEDULE AND STATS ON PAGE 21



ALL PHOTOS: TOM DUGGAN

Our True Vision softball team “The Valley Patriots” (Over 30’s Women’s League) is still undefeated at 6 and 0 after beating The Rebels in Salisbury last week. A Special thank you to PuppyGirl Kate Whitney who attends our games and always seems to bring along a puppy in need of being adopted like Savannah (above) who was adopted a few short days later.



PHOTO: PENNIE HALE

CELEBRATING THE 4TH!

Lily Carrion of Methuen enjoys the 4th of July festivities at Nicholson Stadium at Methuen High School while awaiting the annual fireworks celebration.

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GEORGETOWN: FROM PAGE 7

of town snow-birding, or sometime in the fall when folks are busy, and they're going to double-down on a whopping tax increase," he sputtered.

"Oh, you mean the new school, right", I murmured.

"Yup. Georgetown's Big Dig is what they should call it. For years they've been doing everything they can to inflate any costs of repairs, and now they're trying to minimize the estimate to replace the school. Pure salesmanship, and in the end, we'll be on the tab for \$20-30 million of a probably \$50 million project. What do you think that will do to us? And you can expect they'll use the phones again and send messages homes with the kids and do a big get-out-the-vote with all the school folks who don't understand, and who plop down here long enough to spit their

kids through the school system, then they move."

"It is what it is, 'I reminded Tim. 'You're just going to have to work more, because you'll be shoveling out a couple of thousand more in taxes over the next few years. It's life. They want a new school and they don't care about the cost. They're busy picking out the paint colors and the drapes. Get over it.'

"More coffee, Tim?" "Nope gotta be in the office for 8. Us working stiff's can't hang around all day."

Lonnie Brennan is a former Georgetown Selectman and a former candidate for State Rep. and a political activist. You can email him at justlonnie@live.com



Food Addiction: FROM PAGE 18

doing laundry and not cheesecake!

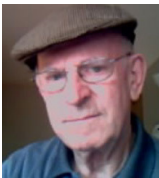
I will continue to make a daily exercise agenda. I will continue to diet. I will keep working toward my goal. I know that I will have "bad days". I really do believe that it's how you recover from those days that determines your long-term weight loss success. I want to be successful. I want to get to the point where maintaining a healthy weight is the goal. That would make my happy.

I would like to read your diet and exercise stories. Are you carb addicted like me? Do you have weight loss goals? Please email me at pennielacouture@verizon.net

IRISH CRAIC: FROM PAGE 11

*clogherdiocese.ie/lough-derg/

When I departed Lough Berg I could feel spiritual rejuvenation after my one day retreat. The weather was not as good as we had hoped for. It was misty, cold and darn right uncomfortable. The group I was with took the weather in stride, mainly because the natives are used to such conditions. The bus ride back to Gurteen, Sligo was uneventful, the bus driver had the heat turned on for the journey.



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

TYRANNY: FROM PAGE 3

kept our government on a leash and limited the opportunities for tyranny.

Americans, with the exception of the courageous members of our military, have been shielded from having to directly experience the horrors of totalitarianism. As a consequence, we believe "It can't happen here." Unfortunately, it can and the recent Supreme Court decision makes it more likely that it will.

If unlimited power is put within reach of evil men, they will form a gang, they will seize that power, and they will wield it unmercifully.

When they do, it will be too late to quote the Constitution. Much too late.

If Republicans take back the reins of power later this year, their number one job is not to rescind ObamaCare, or to avoid the coming tax increases, or to moderate some oppressive regulations. It is to restore our sacred Constitution and the public's appreciation of its importance.

This will be an extremely difficult as-

signment. We cannot leave the fight to a few public figures and hope they will succeed. We must be active participants in the revolution. Those on the front lines in the fight for liberty will only be able to succeed if they are supported every day by millions of committed and educated Americans who will never take no for an answer.

Our freedoms evolved as a result of centuries of struggle – a struggle that cost many, many lives. Once lost, these freedoms will not be easily reclaimed.

It is now or never. If you do not join the fight for freedom, you are not worthy of being called an American and you have given up your right to complain about your future servitude.



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

GROVELAND: FROM PAGE 7

and removal of the old one.

Q. What has been some of the unique challenges and conditions for this project?

A. (D. Conroy) Due to the spawning and migration of various species of endangered fish, which occurs in this area, the contractor was not allowed to perform any work within the water during specified times of the year. Because of this restriction, cofferdams were constructed to enclose areas around the piers (structures that hold up the deck and road). This allowed work to continue without disruption to the ecosystem and the spawning fish.

Q. What is the most interesting elements of this project for you as an engi-

neer?

A. (D. Conroy) The construction of a single leaf bascule bridge (movable/ draw bridge) and all its complex, associated mechanical and electrical components are the most unique aspects of this project. Movable bridge projects are not as common anymore. Additionally, the project continues at a site which runs directly parallel to the main route without the closing of that route (Routes 97/113) This is a major advantage for the motoring public whereas most other projects the roads are closed for an extended period of time while one bridge is dismantled and another one is built.

Why I am Running

Kevin Cuff
VALLEY PATRIOT GUEST CONTRIBUTOR

Nearly forty years ago, my family taught me the values of civic RESPONSIBILITY AND ACCOUNTABILITY. As a member of our hometown School Committee, my mother took positions that, at the time, were extremely controversial, challenging and polarizing.

Her perseverance taught me that everyone including your established school systems and governments are accountable. She taught me how to take a stand on principle, to stand on my feet and defend my ideals. When people called the house and threatened our family because of the positions that my mother took ... her ideals never flinched, she was unwavering ... and she was right!



Today, we have a unique time and opportunity to stand on our feet, to take a stand for accountability and stand for election to be the State Representative to 17th Essex legislative district for Andover, Lawrence and Methuen. Yet, we're NOT going to stand for an underperforming government of a distressed city. We're NOT going to stand for the status quo of failing academic achievement, unfunded law enforcement, public safety and unclean streets. Most importantly, that we're NOT going to stand for broken promises, fraudulent elections, and poor representation.

For the people of the 17th Essex set entirely upon the banks of the Merrimack, in the midst of a historic and proud city, we have one opportunity to place in government a person with the proven experience, political acumen, and necessary leadership to represent the district honestly and professionally.

I am making this run because the current political and government environment in which we live, work and play has made me increasingly uncomfortable. With this discomfort comes a great motivation for change and to lead. So, on behalf of my family and yours, I am taking that chance. I am taking that risk. But, I have the confidence in myself and in my community to take this ride together. If I don't, I am convinced that others won't !!

Please join me in this fight. Together, we have had a history of standing together and fighting the good fight, for a city, for a region, for economic opportunity and a better quality of life. I am asking you to walk with me this one time and together we will transform a historic American city.

I am asking for your support and your resources to help wage a battle against a political machine. Please join me today at www.kevinmcuff.com; call me direct at 978.239.5612; and together we can create a movement for a better quality of life in the Merrimack Valley.

RUMBO: FROM PAGE 15

painted a dear friend and superb man is a most unfavorable light.

The man is former Lawrence Police Lieutenant Frank Incropora. I have known Lt Incropera in both a personal and professional capacity for the better part of my adult life.

In that timeframe I have never hear Lt. Incropera to make ANY type of disparaging or off color remarks about ANY individual, criminal or not. He is a gentleman through and through; so you bias is more than obvious.

This policy is quite consistent with your clear bias toward critics of the current administration. Of whom you are nothing more or less than an "unpaid" flack. While

it is obvious you are a shill, your so-called devotion to accuracy should have driven you to one of your fellow Lantigua hacks, Deputy Chief Melix Bonilla who was hired and mentored by Lt. Incropera for many years.

In conclusion let your own biases stay where they belong; think long and hard before smearing a man who is admired by many and respected by all and who has served this City with honor and distinction for over fifty years. It is more than you can say.

Very truly yours,
DANIEL FORD, 6 Ledgewood Dr
Brunswick, ME 04011

RONNIE FORD: FROM PAGE 11

esteem by being mean and cruel. If the school authorities and the parents cannot put the fear of God into these thoughtless kids, then the public must step in and demand changes. School days should be a time of learning, fun, getting to know people and how to get along in society. Parents monitor TV, movies, Facebook and the computer, and never stop talking to your kids. Let them know what kind of behavior will not be tolerated. Stop glorifying rock stars and dopey actors and actresses.

Gas prices have fallen the last couple of weeks. No thanks to anyone in our government. However the food prices that went up on everything from asparagus to zucchini when the gas went up have still remained high. How about lowering the prices and start increasing the amounts

you cut back on. Give the people a break. Are you listening Market Basket, Shaw's, Stop and Shop, Hannafords?

Well the Supreme Court has held up Obamacare. And we are screwed. Once the gazillions of people are put on the rolls of the insured, who is going to pay for it? Of course, you and me. There will not be enough doctors and staff to care for everyone. The Chinese will come to our aid, and then we can all learn Chinese, because they will own us lock, stock and barrel! The only thing left for us is to vote for Mitt Romney in November, who will overturn this craziness.

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

Ronnie may be reached at radiotalk@comcast.net



Constitutional Crisis

The Tipped Scales of the State House

Thomas Weaver

VALLEY PATRIOT GUEST CONTRIBUTOR

Last month the President decided to take matters into his own hand regarding parts of the immigration laws. Some think he has created law while others feel he has chosen to go around current law.

His executive order concerning children of illegal immigrants has set a precedent, one we may regret down the road. We have more freedom and opportunity if we remain a Nation that practices the Rule of Law, not the whim of man.

Regardless of what side of the immigration issue you may be, it should scare you that one person or one judge is setting the law for this land based on their interpretation of what is right.

We are a Nation that believes in the Rule of Law because it forces discussion, it forces thought, it forces debate and it takes time. By practicing the Rule of Law, public sentiment wanes, allowing our elected officials to rationally address the issue. This is good, because often it prevents the unintended consequences of a knee jerk reaction.

We are a Nation that believes in the



Rule of Law, because we are most free when we practice the Rule of Law and not the Rule of Man. At times, it may be frustrating that “things do not get done.” Then vote them out!!

We are a Nation that believes in the Rule of Law – the American Revolution was due to the Parliament ignoring the Rule of Law and placing the Rule of Man above the rights of man. The whim of man frequently changes, but the Rule of Law remains constant until changed due to an established procedure.

It is said that many young people are here due to no fault of their own, that they are American in every sense – except they are not legal. If this is true, then perhaps they should follow the Rule of Law and get in line to become United States citizens. We are a nation of immigrants; legal immigrants. I would personally welcome them all.

If our country continues down this path, we will become Europe, with its’ open borders and devastating debts. I plan on changing that when elected to Congress.

Please visit my website – www.tom-weaverforcongress.com

Karin Rhoton

VALLEY PATRIOT GUEST CONTRIBUTOR

There is a serious imbalance on Beacon Hill. The majority party occupies 80% of the House. The Democrats also occupy 90% of the Senate. For 6 long and economically shrinking years the Democrats have dominated the executive branch. Massachusetts residents are not getting a fair shot with this unbalanced representation. This is not working for working families.

Let’s take a look at what has happened only recently with this Democratic dominated government. We’ve had 5 years of steady job loss coupled with high unemployment rates - sometimes in the double digits. We’ve seen a mass exodus of 19,000 people leaving this state as revealed in the 2010 census. We have witnessed the financial disaster of the MBTA. We watched Governor Patrick give \$58 million dollars of our hard earned money to the Evergreen Solar Company to stimulate economic growth, then watched them file for bankruptcy with \$500 million in debt and send all their production over to China.

The grossly unbalanced Legislature hasn’t done any better. We’ve had three consecutive convicted felons for Speakers Of The House. We’ve seen consecutive budgets that cut local aid, pulled cops off the streets, closed fire stations, and forced teacher layoffs. Those very same budgets dumped cash into the fiscally inept MBTA, bought us new drapes and Cadillac’s, raised our taxes, and imposed new



fees. This is not working for the working families trying to make it in Massachusetts.

So who is working for the working families?

House Republicans put forward a budget amendment to tie the release of the MBTA bailout to the release of road improvement funding. All House Republicans voted in favor. The Democrats blocked the funding with 2 Democrats crossing the aisle. House Republicans put forward a budget amendment to reduce the annual vehicle inspection fee to \$25. All House Republicans voted in favor. The Democrats blocked the reduction with 1 Democrat crossing the aisle.

House Republicans put forward an amendment to require the MBTA to conduct a cost analysis before going ahead with expanded or new services. All House Republicans voted in favor. The Democrats blocked the accountability measure with 1 Democrat crossing the aisle. A House Republican put forward an amendment to shed light on MBTA retirement costs. The Chair ruled the amendment out of order. All House Republicans voted against the Chair’s ruling. The Democrats voted in favor, and the amendment was defeated.

The scales need to be tipped back into balance. This slanted representation is not working for Massachusetts at all. It certainly isn’t leadership. It’s time that our state leaders to be leaders, and start working for those who hired them...us.

Coco formally launches senate campaign; hosts kick-off event, names key campaign staff

From the Office of Tim Coco

CANDIDATE FOR STATE SENATE

Local business owner and Democratic candidate for state senate Tim Coco was joined by hundreds of supporters at Evenfall restaurant in Haverhill on Thursday night as his campaign hosted its primary election kick-off party. The event raised thousands of dollars for Coco’s state senate bid and rallied volunteers behind the need for independent leadership.

“Our communities need a leader with roots in the community and an independent voice to address our concerns,” said Coco. “With your help, I will work to bring those local concerns to Beacon Hill.”

Coco also announced the hiring of Campaign Manager Andrea “Andi” Wheeler and Field Director Christopher Cox. Wheeler spent the last six years working in campaign management, field organizing and political communications across the state, having won both hard-fought legislative and electoral battles.

“Tim Coco isn’t another politician, he’s a long time local businessman and involved community leader,” said Wheeler. “I’m thrilled to help his campaign along



the path to victory.”

Cox, a Northern Essex Community College political science student, was another recent addition to the team as field director, tasked with recruitment, training and coordination of volunteers who will be going door-to-door in neighborhoods across the district.

The Coco for Senate campaign’s fast start comes on the heels of turning in just under 1,000 signatures collected in a week’s time.

“Our volunteers have told me they’re excited to keep the momentum going,” said Cox. “We’ll be visiting every community in the district, addressing local concerns at every campaign stop.”

Coco thanked residents who came together from across the district to quickly assemble and organize his election effort.

“Our campaign is made possible by the local community members who have come together tonight,” said Coco. “Thank you all for your unwavering support and outstanding hard work.”

The First Essex district serves Amesbury, Haverhill, Merrimac, Methuen, Newburyport, parts of North Andover and Salisbury.

DiZoglio Discusses Voter ID

Diana DiZoglio

CANDIDATE FOR STATE REPRESENTATIVE

About a year ago, I wrote an article regarding civic engagement and community involvement. The article was inspired out of my encounter with a group of high school honor students from the Merrimack Valley. In the piece, I discussed the lack of understanding that the students seemed to have had regarding local and state government. I stated the following:

“The problem is not with the obviously smart and talented students who have earned high MCAS scores, landed college scholarships and received academic awards. Also, since they could answer questions based on what they had learned in class, I doubt it has to do with the teachers. When mandated curriculum leaves little time and space for teachers to emphasize the importance of local and state government, something’s got to give.”



residents I hope to represent. I also like to hear all sides of an issue before making a decision.

After months of going door-to-door and hearing constituent concerns, and after having carefully reflected on this issue’s significance, I have concluded that I would be in support of a voter ID initiative. I have knocked on thousands of doors and found that the vast majority of people I have spoken with, in the 14th Essex District, support voter ID.

Many people have conveyed their opinion that this is another way to be certain that our elections are fair. They are concerned with the level of transparency among decision makers in state government and believe that voter ID is commonsensical.

I have had constituents bring up the fact that we have to show an ID to get onto an airplane, drive a car, drink an alcoholic beverage, and sometimes even to see a movie. No ID is required, however, when it comes to electing the leaders who create these laws.

Some feel that voter ID would discourage people from coming out to vote or that it would be the cause of low voter turnout. Although I understand why people might believe this to be the case, and while I respect their opinion, I have had to agree to disagree. Currently, no ID is required to vote and the turnout for our district has already been extremely low in recent years.

I believe that voter apathy stems from

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My name is Comet and I'm a loving puppy who is ready for my new life and family. As of 6/19 I am about 12+ weeks old. I think I'm a shepherd/lab mix, but all I know is that I'm super cute!! I'm probably going to be a large dog when full grown (but please only apply if you don't mind what size I end up!). I'm a typical happy-go-lucky pup. I'm super sweet, I enjoy giving lots of kisses, and I love zooming around the yard! I'm eager to learn and want to be your best friend!! A note from Comet's foster home: We took Comet to an off-leash park today and he went for a swim in the lake! He did great off-leash, he stayed right by our sides and with our other dogs. He's an awesome little puppy! He's so smart, he already knows how to sit for a cookie and go up and down the stairs, and he's really snuggly! Please remember that puppies need time, attention, and continued training. If interested in applying for this puppy go to:
www.OneTailataTime.com



Here I am at ZipTrip in Groveland on June 15, 2012 with Baxter and Savannah. One Tail at a Time's own professional photographer, Christen Grungale (www.ReflectionsByChristen.com), took some pictures of me with a few of our special dogs (they have since been adopted, yay!). Baxter (the big guy) was a 9 month old lab/shepherd mix from a kill shelter in Martinsville VA .
He was such a happy and great dog. I had the pleasure of fostering him for a little bit before he was adopted by a great couple in Rockland, MA. He had been in our rescue since the end of January, so he was more than ready to find his new home. There were a few tears from a few of us...he had been a rescue favorite. But we are all so happy that he has finally found his forever home!
Savannah was just the sweetest thing! She came from a kill shelter in Halifax, VA. I also had the pleasure of fostering her for a few days. She was the best pup...so mellow and such a love! She was adopted by a great couple from NH that also had another adopted pup, so Savannah will have a big brother to play with! Many of you might of met Savannah at the ZipTrip or at the Valley Patriots softball game we attended in Groveland. She was a big hit and had the opportunity to pose for team pictures (see page 23).
~PUPPYGIRL, KATE WHITNEY
Remember, never buy a puppy from a pet store!

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HOT Doggity ... It's HOT !!

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Wow!
The next couple of days may be record breaking HOT!! Summer vacation is here and everyone is enjoying this beautiful weather. We are planning our trips to the beach, hanging out at the pool and cooking on the grill. With all this excitement are you remembering your pets? As hot as you are, their body temperatures are higher and they can become dehydrated much quicker.

Like humans, dog and cats bodies are made up of 80 percent water. Having enough water in an animal's system determines the proper flow of nutrients needed for the functionality of the organs and helps prevent illness.

But more simply put . . . it's HOT and your pet needs water. He is thirsty!

As a rule of thumb, a dog needs approximately twice as much as its body weight to remain hydrated. For example: a dog that weighs 15 pounds should have at least 30 ounces of water a day.

- Keep the water bowl full all day.
- This time of year keep multiple bowls in easy access places to where your pet may be.
- Keep the water bowl clean I have seen so many of these water fountains



for pets and owners fill them up thinking they don't need to change the water until it is empty. Hum . . . probably not one of my favorite pet inventions, people tend to forget it is "still" water in that container at room temperature. It needs to be changed and the container needs to be cleaned. If not, bacteria and mold will grow inside. Once ingested by the pet, mold can lead to severe internal sickness.

- Ice Cubes Dogs love chewing on ices

cubes, it helps get fluids in their bodies and it is a fun interactive toy, too!

- Dog pools, sprinkler or hose Take the kiddie pool, fill it up with water and let your dog jump around in it. Oh my god, have you ever seen a dog in a kiddie pool? They bounce all around and have a blast, too. If you don't have a pool, a sprinkler or a garden hose can be just as effective.

- AC or Fan Yup . . . spoil your pet a bit. My Lani, she loves her AC and ceiling fan

as she lounges on her couch.
If you have concerns that your dog or cat may be dehydrated do the "scruff" test: To determine the extent of your pet's dehydration a dehydrated dog or cat will lose skin elasticity. Pull lightly on the skin at the scruff of the neck and note how quickly it returns to its normal location. The longer it takes, the more dehydrated your dog or cat is. And as always, with any health questions or concerns please call your veterinarian immediately.
Now that the sunny warm weather is here , fill the ice cube trays, buy some Frosty Paws treats and enjoy a happy and hydrated summer with your pets.

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

K9 units. Tracey may be reached at wigglewalk@comcast.net. Become a fan on facebook at Wiggles & Jiggles Pet Care.



DIZOGLIO: FROM PAGE 25

disenchantment with the current system and lack of education regarding the issues. It will take considerable work to increase voter turnout and to bring more accountability to the legislature.

I hope to be able to work with residents of the 14th Essex district as State Representative on some initiatives that may help to tackle this matter.

Here in Massachusetts, it is required that students pass the MCAS in order to obtain a high school diploma. What is not required, however, is fully educating students on the process and people that established this and other requirements. How can we expect people to come out to vote if they do not really know why or for whom they are voting? Regarding mass education, Thomas Jefferson stated, "Whenever the people are well-informed, they can be trusted with their own government." The public education system was meant to empower citizens to better understand the issues so as to protect and improve the state of our communities.

MGL Chapter 71, sec 2. - http://www.malegislature.gov/Laws/GeneralLaws/PartI/TitleXII/Chapter71/Section2

I am in favor of civic education initiatives that would counter apathetic attitudes about voting. I also support allowing young people to pre-register to vote. This ensures they will be able to vote immediately upon turning 18, which will set

the pace for increasing voter turnout in upcoming years.

Finally, several constituents have suggested that elections be held on the weekend, when working people as well as students, are generally more likely to have some time off. Elections are usually held on Tuesdays and sometimes on Thursdays--such as the primaries this year, which are scheduled for Sept. 6th.

Holding elections during the week suppresses the turnout of working class families. Many of us go to work, commute, and have common responsibilities such as helping children with homework. This is, therefore, another initiative I would consider supporting to encourage voter turnout.

It was when I started hearing from constituents that I began to deeply consider these issues. In this political climate, I understand why people are concerned about both transparency in the election process and low voter turnout. We have to continue to talk about the difficult topics in order to produce results. I thank those of you who made your voice heard as it has allowed me to become more informed regarding these issues.

I look forward to speaking more with constituents as we continue to progress toward the primary.



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Ye Gay Ol' Valley

Gay Independence Day

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

This month, as we do every July here in America, we celebrate Independence Day. It is on this day over 230 years ago we declared our independence from an unjust government stating that we, as Americans, have the right to life, liberty and the pursuit of happiness. Unfortunately, in most states this only applies to heterosexual Americans. When will ALL Americans have their independence day? When will there be a gay independence day. We have accomplished a great deal, but we have a long way to go.

On Mother's day a pastor by the name of Charles Worley gave a sermon advocating for the imprisonment of gays and lesbians in concentration camps. He, this man of God, lectured his 'flock' on building two concentration camps surrounded by a fence 50 to 100 miles long. One camp would be for gay men, the other for lesbians. He at least had the decency to mention dropping food into the camps, but pointed out that as time went by the population inside each camp would die because they cannot procreate. I wonder if he considered all the gays and lesbians being born to heterosexual couples outside of the camps. I think not.

History has had its plethora of dynamic gays and lesbians going all the way back to the ancient Greeks and further. Their contributions to every aspect of human life is no less than awe inspiring and yet the gay and lesbian community still has to fight for its independence. Their contributions may not have been due to their sexuality, but despite what they had given to our world they still had to hide the fact that they were homosexual or face persecution as a result.

Alan Turing a British mathematician and computer scientist who is considered the father of computer science and saved a countless number lives during World War II because of his code breaking skills was arrested by the British government when it was discovered he was a homosexual. Turing was subjected to being injected with female hormones to alter his homosexual tendencies. He killed himself at the age of forty-two by ingesting cyanide. A World War II hero arrested because he

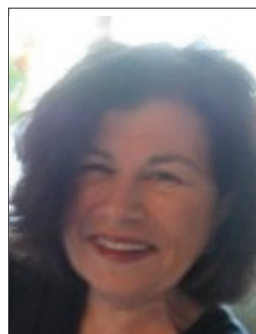
was gay.

Some of the world's most outstanding military and government leaders have been gay. Emperor Wu of China was the most important Han ruler. The Emperors Hadrian of Rome and Montezuma II of the Aztec empire were well known for their military accomplishments and expanding their respective empires, both gay men. Alexander the Great, Ieyasu Tokugawa a Japanese Shogun, Peter the Great of Russia, Fredrick the Great of Prussian and even Pope Julius III were all outstanding gay leaders of their time. Let us not forget Chief Crazy Horse who led a war party at the Battle of Little Bighorn against an unjust American government who was trying to destroy the Lakota way of life.

There have been plenty of wonderful lesbians in history, too. Florence Nightingale was the founder of modern nursing. Imagine a life without nurses. I shudder to think of it. Katherine Lee Bates was a poet and songwriter who composed the lyrics to America the Beautiful. Thanks to the efforts of Susan B. Anthony women have the right to vote and it's only been less than 100 years that we've held that right. Billy Jean King, who I had the pleasure to meet a few years back, proved that women can compete on the same stage as men. Most recently, Ellen Degeneres has not only shown that you can be an out lesbian, but you don't have to be straight to be the spokes person for a major cosmetics company. This barely scratches the surface of outstanding gays and lesbians in history.

I was a closeted lesbian for a very long time. When I finally accepted who I am and came out to my friends, family and colleagues it was amazing what I discovered about myself. I began to write. I felt stronger and more empowered. I became more creative and I became independent. Almost all of these gays and lesbians in history accomplished their goals while hiding their sexuality. They squished it deep down inside into a little box that they and they only held the key to. But, you can't hide one part of yourself without hiding other parts. It's like trying to dump one grain of sand out of a bucketful. It's impossible. Imagine what these people

GAY: PAGE 30



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Morality Matters!

Is Contraception Health Care?



Paul Murano

VALLEY PATRIOT COLUMNIST

Now that the Supreme Court has struck down the individual mandate as unconstitutional and in effect declared Obamacare to be the largest tax is U.S. History, the court may next focus on the related issue of whether or not religious institutions must violate their consciences to provide contraception and abortifacient drugs and devices to their employees.

There are two basic questions here:

1) Do religious establishments have the human and constitutional right to practice their religion according to their conscience?

2) Is contraception health care?

These are two very different, albeit related, questions – the first is important to the Catholic Church while the second is important to all citizens. An honest answer to the second would make the first question moot. Let's take a quick look at both.

1) What constitutes freedom of religion? The Obama administration seems to be attempting to do what the cultural left has been attempting for decades - to marginalize religion to mean only "worship". Every religion, whether it be monotheist, polytheist or pantheist, includes three distinct elements: faith, morals and worship. Faith includes a creed of beliefs, morals a code of conduct, and worship a ritual for uniting with the Deity.

The Obama administration as well as the cultural left in general seeks to narrow "religion" to mean only worship; and the reason is pretty clear: If religion can be narrowed to mean private belief and worship only then any governmental dictate will be immune to conscience clauses and the true meaning of human and constitutional liberty.

The second question is more basic than the first, yet less easy to see for most.

2) Is contraception health care? To answer this we must first inquire into the

meaning of health care. Since health is lack of disease and proper human function, then health care refers to the healing of an ailment or the maintenance of physiological/psychological well being. Regarding the issue of contraception, here is the question to ask: Is pregnancy a disease? Or is it a sign of good health and proper human functioning? If pregnancy is not a disease, and pregnancy is a sign that the reproductive system is working properly according to its nature, then contraception is not health care. In fact, it's just the opposite. Contraception seeks to impede proper health and function by either filling a woman with unhealthy and unnatural hormones or providing a barrier to impede healthy natural physiological function. Hence, although we have been so conditioned by our culture to believe that contraception is health care, it is instead just the opposite.

So what does reason conclude? The bottom line is this: The question of whether or not the Church has a right to follow conscience and practice freedom of religion should be, in truth, an unnecessary question because, since contraception is not health care, it should not be in anyone's health care plan. No one's taxes, whether they be religious or otherwise, should go toward paying for something that impedes proper health in the name of health care.

That would simply be dishonest and unjust.



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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We Are All “Disenfranchised” Now!

Christine Morabito
GREATER BOSTON TEA PARTY

It’s a simple question: Do we care enough about fair elections to demand them? Or, do we remain silent and allow unscrupulous opportunists to corrupt our election system, cheating you and me out of a vote. (And yes, I’m a little cranky when it comes to this subject).

Let the “voter fraud deniers” squawk all they want about imaginary voter suppression should Show ID to Vote become the law of the land.

The mere mention of voter ID brings on a Pavlovian response, replete with drool, from progressives who uncontrollably blurt out talking points such as “Jim Crow laws” “impeding the right to vote” and “suppressing voter turnout.” The intelligent among us know better. Those protesting the loudest benefit the most from our state’s permissive voting laws.

The status quo is fiercely protected by far left organizations that have made a science out of harvesting votes, even if it means committing fraud.

The majority of voter fraud takes place in urban areas and is most likely to occur during either the registration or the absentee voting process, where there is little oversight. Exhibit A: The 2009 City of Lawrence Mayoral Election. During that election, extensive research was done by the campaign team of then-candidate Dave Abdoo, who was running against Mayor Willie Lantigua. Here are a few things their research revealed:

- 1. Voters registered at non-existent addresses
- 2. Voters registered at multiple addresses
- 3. Voters registered at commercial properties or vacant lots
- 4. Absentee voters registered at 2 different nightclubs
- 5. Multiple people registered at the

address of an elderly woman

6. Voters registered at gun stores, liquor stores and barber shops

Far from being honest mistakes, this vote harvesting is well organized and runs like a machine. There is a video on breitbart.com from January 2010 (Scott Brown’s special election) of Lawrence activist, and Lantigua supporter, Isabel Melendez handing out absentee ballots and describing how she pre-marked the ballots for “Martha.” It is unknown how she was able to obtain a stack of absentee ballots and no charges were ever filed.

Available records tell the story of liberal activist, Rachel Winch who allegedly requested an absentee ballot claiming residence at the former rectory of the closed Saint Francis of Assisi Church, a building which has been unoccupied since at least 2007. Not only was the claimed residence unoccupied, but Winch had been living and working in Washington, D.C. since at least 2007. You may find it interesting that her D.C. employer at the time of the election was Democratic Congressman Jim McGovern. I certainly did.

Records also indicate that two other voters, Colin Burke and Sam Smith were registered at the very same unoccupied building at 94 Bradford Street.

As talk radio host Jay Severin said recently, although many of our voting laws were written back in the day when we relied on the honor system, we no longer deserve that honor system.

This year, 32 states introduced legislation to either propose Show ID or to strengthen existing voter ID laws. Although in Massachusetts we failed to get Show ID to Vote on the ballot, those of us who care deeply about the voting process refuse to give up.

In an attempt to clean-up our state’s voter rolls, the Tea Party is partnering with True The Vote, a non-partisan orga-



Even though some politicians say that there is no proof of voter fraud we found illegal voters registered at this abandoned church on Bradford Street in Lawrence.

PHOTO: RON CHARETTE

nization based in Texas, working to restore integrity to the American system of electing its leaders. They have developed an excellent template for identifying irregularities and challenging voter rolls all over the country.

In Texas, based on the fraud TTV has been able to uncover, they proposed 22 changes to their election laws, 18 of which were submitted as bills and 6 of which were passed into law.

TTV will provide training and materials, and will serve as a constant resource, focusing on voter registration, review of voter registration, oversight at the polls and legislative advocacy.

We need lots of volunteers! Visit this site to join our MA team: <http://truethevote.org/>

At the very least please consider being a poll worker (for which you get paid) or assisting a campaign as a poll observer. We plan to have a heavy presence in many large cities, Lawrence in particular.

PHOTO: MICHAEL BACKRY JR.

By way of history, it is well known in Lawrence that Lantigua, long before he became mayor, spent years putting a network of friends and supporters in positions at polling places. Many a shenanigan has been observed on Election Day, from the way absentee ballots are counted to the way inactive voters are processed.

Unfortunately, we currently have a secretary of state and attorney general who shamefully look the other way when blatant voter fraud is brought to their attention. Nevertheless, if you see something, say something. Say it with letters to the editor, blog about it, tweet about it, share it on Facebook, take pictures and video with your cell phone and call your city clerk’s office. Tell them you will not be disenfranchised.



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

SCOTUS didn’t overturn Obamacare – now what?

Christen Varley
TEA PARTY ORGANIZER/ACTIVIST

Are you over it? Disappointment swallowed? Depression beaten? Hysteria assuaged? Need another moment? OK.

I’ll wait...
Better?

Tea party activists, Republicans, Democrats and Independents, employees, employers, constitutionalists, and economists all across the country hoped and prayed the Supreme Court would overturn Obamacare. They didn’t. This is bad, really bad. This terrible, freedom stifling, gargantuan, ill-conceived, unsustainable, unfeasible, mammoth policy still exists and is still being instituted by the Obama administration. It’s horribly disappointing.

It’s not the end.
Can we have a rational discussion? Can we stop with the conspiracy theories, the Monday morning quarterbacking, the accusations, the calling for John Roberts’ head? Can we get on with it?

Because of my day job, when SCOTUS announced its decision, I had about forty five seconds to digest the “mandate is unconstitutional under the Commerce Clause” (YIPPEE!) followed by “penalty is actually a tax so therefore, it stands” (Oh fuuuuuuudge!) split decision before my phone started ringing and I had to get back to work. I had to send out a response. And that response was not going to be “It’s over. We fought valiantly and we lost. Pack up and go home.” The

response was “we are disappointed and this is what we are going to do next.”

It can be intoxicating to spend hours, days even, reading, watching, and listening to what others are saying, how they are responding. We want our thoughts and feelings to be reinforced so we seek out complimentary hypotheses on why SCOTUS ruled as it did and make them our own. Tea party activists have a penchant for surrounding themselves with like-minded individuals. But it is activist suicide to go days and days, lamenting what has occurred. It is time to move forward. You don’t have to agree with the ruling to recognize the opportunities presented by it.

Many people across our great nation recognize the folly of our collective complacency, realize how massive and controlling government has become, and know it must, at the very least, stop expanding immediately if we are ever going to regain our previous freedoms. The question remains how best to achieve this lofty goal. Three plus years of tea party activism should have taught us by now that being the angriest person in the room is ineffective. We have to be the smartest person in the room.

By ruling the mandate unconstitutional under the Commerce Clause, SCOTUS has put an impenetrable roadblock in front of the other two branches of our government. The Commerce Clause cannot be used to coerce participation in commerce. We should be grateful. By redefining the penalty as a tax, the



Chief Justice sternly reminds us that the power to tax is in the hands of the legislators. We, the people elect to represent us. I already consider taxes penalties so the semantics of the argument don’t intrigue me. I am too exhilarated by the prospect of having so much power! I cannot fight legal precedent. I can fight a tax!

Massachusetts is a tough nut to crack. Winning a seat in the state legislature is arduous. Winning a federal legislative seat requires nothing short of a miracle. Fortunately, we know what that looks like! There are ample opportunities to help the effort. Grousing that your candidate isn’t doing as well as you would like (or didn’t make the cut) isn’t moving the goal line. In order to get rid of the tax also known as Obamacare, we need Republican majorities in the House and Senate and a Republican in the White House. We have four months.

Donating time and money to a campaign is first and foremost. Do

both if you can! Going door to door with or for a candidate is the best way to help. Making phone calls is the next best thing. It is important to remember that you are a representative of a candidate, not of yourself. Be informative, polite and pleasant. Angry does not work – not anymore. People want answers, solutions. Give them what they want!

Write! Write letters and opinion pieces for your local paper. Compare and contrast policy without disparaging character. Talk! Use facts and figures. Doom and gloom predictions scare people. Offer the hope so many were looking for four years ago. If you can’t, stay home and keep quiet. You’re bringing the rest of us down with you. Despair is just as contagious as enthusiasm.

And that brings us right back to where we started. We didn’t get the ruling we wanted. No easy way out on this one. We have to keep fighting. Are you ready to jump back in to the fray? Do you need another moment?

OK.
I’ll wait... but not for long.

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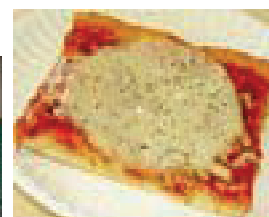
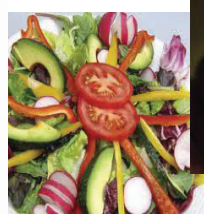
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Republican Debate: 2nd Essex District FROM PAGE

need to mobilize in this district. Hopefully one of us will be elected, so we can let the public know how they [the legislature] are voting.

Valley Patriot Question: Pumping more money into Lawrence hasn't worked for thirty years, if elected will you vote to pump even more money into Lawrence?

FOWLER: I started working in Lawrence in 1970 so I spent a lot of time in the City of Lawrence and I worked for a lot of fine people there, a lot of immigrants, a lot of French Canadians, Spanish, Russians, a lot of characters. Lawrence is corrupt. And you know you have to put them to work. I say most of the ones I worked with were hard workers and fine families. I heard a lot of other people always complaining about the people in Lawrence, but those are not the people I saw. I say you don't give them money, the trouble with the state creating jobs, the state [eventually] backs out with the money and turns it over to the city. That's a problem with a lot of the grants cities get. Typically these grants only last two or three years. The cities have to lay [people] off when the money dries up. You just can't pump money into Lawrence without a plan. I say put them to work, and as I talked earlier about training.

Valley Patriot Question: There's no accountability for all the state money being spent in Lawrence what would you do to ensure more accountability?

CRONIN: I think at a certain point if you are going to keep pumping money

into a city like that you have to put it into receivership. That's what they did in Chelsea. When I was a city councilor from 79-87, during that same time period 3 mayors in a row went to jail and then ultimately [the city] was put into receivership. The city right now has bounced back as well. I think it really worked in Chelsea so all the state money went in but the state put in someone there to spend it, not a local elected official.

MIRRA: You can't just keep throwing money at a problem. I don't think we even know how much money we are wasting in Lawrence. When that happens, when Beacon Hill gives money to Lawrence, it's our money. As I said earlier in regards to property taxes, when you look at the typical property taxes in Lawrence, they have to learn to start paying for their own expenses. I have no problem with the state going into there and making some improvements to infrastructure. But Lawrence's property taxes are not as high as they are in these small towns. We can go in, make structural improvement fix the lights and the roads and then get out of the way.

Gay Fowler: I think Mr. Cronin said it best the city needs to go into receivership.

Audience Question about the corruption in Lawrence:

MIRRA: But like I said, this is a one party state. The state is dominated by Democrats and the city probably is too. I think that creates a bit of hesitancy on the part of the Attorney General and other law

enforcement officials to go into Lawrence and do the right thing. It needs to be cleaned up. I don't know if the feds have to come in or what. But, you can't fix any of these problems in cities like Lawrence unless you clean up the corruption first. We can fix schools and infrastructure but it's not going to make any difference if we don't fix the corruption first.

FOWLER: If you look at Lawrence, it's an old mill town. The problem is there are no jobs. If you want to have more police presence, I guess I'd say you have to make sure it's state police. If we [the legislature] help with [funding for] the police it's only going to be temporary and at some point you have to lay them off and someone is stuck paying for it. And I go back to receivership and holding people accountable.

CRONIN: It's not about the people of Lawrence it's the way Lawrence is run administratively by the city. If the state is going to keep pumping money in, the state has to develop their own control, that's what they did in Chelsea in the 80's. They had receivership for a number of years, then they turned it over to a town manager with city council form of government and they haven't had their hand out of for a long time. If they come to me as a member of the legislature and they want my vote I say you can't keep shoving money to shovel down the Merrimack River. We have to take control of how they are going to spend it.

Valley Patriot Question: Republicans voted for last year's state budget that increased taxes and spending. Will you vote for budgets that increase spending and taxes?

MIRRA: The short answer is no. We have been talking all night about the waste in this state. I don't know how you can even look at a budget until we can get the obvious things done like stop the EBT card abuse, having a Perry Amendment,

and ending all this fraud and pension waste. I don't know how you can even look at a budget without addressing all these things first. You have to understand, when Beacon Hill passes a budget it also affects what cities and towns get and they reduce local aid. ... Beacon Hill has to cut first, they really do. We've got to get people off the [state] payroll and put people back to work in private sector jobs not government jobs. There are plenty of places to cut and I know as a freshman state rep. there is only so much you can do. I probably won't be chairman of ways and means my first year there, I understand that. But still it's an opportunity to get our voices heard. So, absolutely I would not vote for that budget unless waste and fraud was dealt with first.

CRONIN: I feel the same way. I believe that we need to have more Republicans elected to force debate. And if we force debate we will have more than a hand full of people voting against the budget because things in the budget will be exposed to the general public, which right now they are not exposed. Two weeks ago there was a vote to roll back state tax from 5 to 3% and it went along party lines. I think four Democrats joined in, at least there was a vote, when you have a vote people have to defend it. The answer should be no, hopefully we will have much more lively debate if we can get more Republicans elected and have a two party system.

FOWLER: Without seeing the budget in front of me I wouldn't want to answer that. But, I can tell you that if you look at my history and how I voted as a board of selectmen there probably wouldn't be just one vote against the budget. I have a track record. I tend to be very conservative. I vote no many times, but I do wait for answers before I vote

Asked if he would have voted for the last state budget Fowler said he would not.

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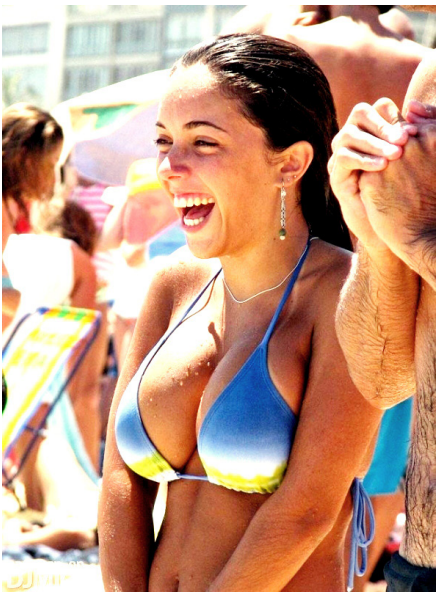
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Hampton Beach Summer Activities

Fireworks, July 11, 18, 25, August 1, 8, 15, 22, 29
Labor Day Weekend, September 2
Sat., September 8th
- 24th Annual Seafood Festival Special Shoots (at 8:15 pm)
“End of Year Special Fireworks Display On the Beach!”
Sat. Oct. 6th at dusk
New Years Eve December 31 at 8 PM
Monday Night Movies on the Beach!
Starting at dusk July 9 - August 27.
Fun Family Entertainment. All for Free! An evening under the stars on our 5 star beach. Weather permitting.
Movies to be on the beach near the Playground.
Dates TBD
Miss Hampton Beach Pageant Sun., July 29, 2012
Join us this year for the 64th Miss Hampton Beach Pageant at the Seashell Stage July 29th at 2 p.m. Free Event! Interested Contestants should contact Stephanie Lussier at 603-512-5257 (cell phone). Click here for an Application, Guidelines and more Information. Check out the Miss Hampton Beach website at www.misshamptonbeach.webs.com.



Email: Princess50@yahoo.com
Little Miss Hampton Beach Pageant
Saturday, July 28th, 2012
Little/JR Miss Hampton Beach, at 2PM a sister pageant to Miss Hampton Beach we will be crowning a Little Miss and JR Miss Hampton Beach to help in promoting our seacoast area. Click here for an Application, Guidelines and more information or contact Director Stephanie Rose Lussier 603-512-5257 or Princess50@yahoo.com
Children’s Festival Mon., August 13, 2012 - Fri., August 17, 2012
Annual Children’s Festival
Starting at 10 am.
Five days (August 13-17) of free activities for children and their families.
Friday August 17
11 a.m. A Giant Costume Parade when every child wins a prize.
Hampton Beach Talent Competition
Fri, August 24, 2012 - Sun, August 26, 2012
Download the Hampton Beach Talent Competition Application
Come watch talented entertainers compete

for cash prizes. 1st \$500, 2nd \$300, 3rd \$200
Limited to Vocalist in one of two categories. (Junior & Senior)
Junior category, up to age 18. Senior category, age 18 and over.
23rd Annual Seafood Festival
Fri., September 7 - Sun., September 9, 2012
Seafood Festival & Sidewalk Sale Days
Visit www.hamptonbeachseafoodfestival.com for details on times, entertainment schedule and participating exhibitors, free parking and shuttle schedules. Ocean Boulevard (Center Beach) is closed to traffic and becomes a pedestrian mall from the Marine Memorial (The Lady) to H Street to accommodate the anticipated 150,000+ visitors each day!
Sample the flavors of the seacoast at New England’s largest seaside festival. Over 50 restaurants join together, offering an extensive menu of seafood delicacies, Gala festivities include:
Over 60 Art & Craft dealers, 3 stages of entertainment, children’s activities and our new Children’s Center, street performers, a 200 foot beer tent, sidewalk bargain sales, and an amazing display of fireworks on Friday and Saturday night. (Ocean Boulevard closed to traffic). Choose from favorites like lobster, shrimp, clams (steamed, broiled, barbecued or fried) to non-seafood items like “Bloomin’ Onion” and fried ice cream.
Continuous entertainment on 3 stages featuring some of the best local bands in the area - from Blues to Country, Rock & Roll and even a little Jazz.
Hospitality and more entertainment in our Beverage Tent serving Budweiser & Red Hook beer!



Spectacular fireworks display - Saturday the 8th at 8:15 PM
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Live Radio Remote Broadcast including Pat Whitley’s syndicated “Dining Out Show”, Sunday September 9th.
Craft Fair - Over 60 Crafts Persons displaying their wares!
Children’s Center - Ongoing Entertainment - Face Painting, Games and Street Performers



Live Entertainment at SurfSIDE5 Beach Bar & Grill on Salisbury Beach

(Salisbury Beach, MA) —SurfSide5 is the Seacoast’s coolest beach hot spot! Seven days a week all summer long, SurfSide5’s huge 8,000 sq.-ft. deck located directly over the ocean is the place to catch the region’s best live bands, country music night, retro 60s surf parties, dueling pianos, chowder, steamers and lobster rolls, and of course, “Reggae Sunday” and the Island Beach Party with regional reggae favorites, Hot Like Fire! Also new this summer, the deck will be heated when the chilly ocean mist or breeze pick up so the fun never ends! Located on Salisbury Beach at 25 Broadway, SurfSide5 is open daily. For hours and daily entertainment schedule updates, visit www.surfside5.com or call 978.463.9222. (Summer-long weekly schedule at-a-glance is attached; photos available by emailing clarosa@comcast.net.)
FRIDAY, JULY 13, 9:00 PM – LIVE BANDS ON THE DECK featuring MAMA KICKS
Mama Kicks has been called “the cover band that so many cover bands aspire to be.” Local musicians Lisa Guyer (guitar/vocals) and Gardner Berry (keyboards/vocals) have performed together since 1994, and Mama Kicks is the only local band that actually makes performing their full-time job. Come find out why they were voted the #1 party band by NH Magazine!
SATURDAY, JULY 14, 10:00 AM -

ATLANTIC PADDLE BATTLE RACE SERIES
Catch “SUP” fever! The nonprofit Atlantic Paddle Boarding Association (APBA) presents the 2nd annual Atlantic Paddle Battle Race Series at Salisbury Beach. Participants in this summer-long standup paddle board (SUP) race series will compete to win a \$20,000 cash purse! The series continues Saturday, July 14, other race dates are August 4 (at York Beach, ME), and Sept. 1 (Finals). Elite races start at 10:15am, Adult Recreational and Youth under 17 races follow; visit www.atlanticpaddleassoc.org for registration info.
Surf contests will also take place on race days following the paddle battle with judges awarding \$500 in cash prizes to the “best of the best” in this paddle surfing competition.
SATURDAY, JULY 14, 9:00 PM – BEACHHEAT DJ DANCE PARTY
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SURFSIDE5, PAGE 43



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8th	Los Three
15th	Classic Vibe
22nd	Jah-N-I Roots Band
29th	Roots, Rhythm & Dub
5th	Classic Vibe
12th	Los Three
19th	All Good::Feel Good Collective
26th	Jah-N-I Roots Band
9th	The Dub Down
16th	Los Three
23rd	MasSicker aka King Mas
30th	Jah-N-I Roots Band

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Maudslay Arts Center opens 20th Summer Concert Series with Rebecca Parris & Grace Kelly

Whether you're sitting under the stars on a moonlit evening, or lounging on a blanket on a Sunday afternoon, the Maudslay Arts Center Summer Concert Series provides the perfect setting for your entertainment pleasure. Celebrating its 20th season, the MAC performance schedule offers something for everyone: award-winning country with Don Campbell, foot-stompin' New Orleans jazz with the New Black Eagle Jazz Band, the blue grass music of The Spinney Brothers, the chutzpah of the Shirim Klezmer Orchestra, and much more.

The series opens with two jazz singing sensations - Boston's First Lady of Jazz Rebecca Parris on Saturday, July 7, and Grace Kelly Jazz on Saturday, July 14.

For those who haven't already heard of her, Grace Kelly is fast becoming one of the young bright stars of the jazz world. Jazz at Lincoln Center artistic director and trumpeter Wynton Marsalis was so impressed with Kelly's three-night stand as guest of the Jazz at Lincoln Center Orchestra that he invited her to join the ensemble at the Kennedy Center's Eisenhower Theater in Washington, DC for Barack Obama's Inauguration Celebra-

tion.

"Grace Kelly plays with intelligence, wit and feeling," Marsalis said. "She has a great amount of natural ability and the ability to adapt that is the hallmark of a first-class jazz musician."

The MAC Summer Concert series culminates with The Paul Broadnax Quintet on Sunday, Aug. 26. In between there is something for everyone.

Saturday concerts begin at 7 p.m. and include: Rebecca Parris on July 7, Grace Kelly Jazz on July 14, The Don Campbell Band on July 21, The New Black Eagle Jazz Band on July 28, Shirim Klezmer Orchestra on Aug. 11, The Mystix on Aug. 18, and The Spinney Brothers on Aug. 25.

Sunday afternoon performances begin at 2 p.m. and include: The Shaw Brothers on July 8, The Walker Creek Band on July 15, The

60s Invasion on July 22, Celtic Sojourn with the Bracken Dance Studio on Aug. 12, Occidental Gypsy Jazz Quintet on Aug. 19, and The Paul Broadnax Quintet on Aug. 26

Maudslay Arts Center is located at 95 Curzon Mill Road in Newburyport. The concerts are held rain or shine, moving inside to the MAC Concert Barn when weather dictates. Concertgoers are encouraged to bring a picnic dinner, which can be casual or as elaborate as a gourmet meal with tablecloth and flowers and whatever suits the patron's fancy.

Delicious desserts such as seasonal cobbles, brownies, and Hodgie's ice cream, and beverages may be purchased during intermission, all served by dedicated MAC

volunteers, who continue to make this non-profit series happen.



The smash hit Spring Awakening comes to Newburyport!

The Firehouse Center for the Arts and the Newburyport High School have teamed up once again for the upcoming production of Spring Awakening. Directed by Stephanie Williams and Lisa Zaleski of POV Stage Company, the play will run Thursday - Sunday, July 19-22 at the Firehouse Center for the Arts (Market Square, Newburyport). Tickets are \$22 Adults, \$20 Students/ Seniors, \$19 Members; and are available at the Box Office (12N-5P Wed-Sun), by calling 978/462-7336 or online at www.firehouse.org

Spring Awakening is a rock musical adaptation of the controversial Frank Wedekind play (1891). Featuring music by Duncan Sheik and book/lyrics by Steven Sater, the story is set in late 19th century Germany with teenagers as the main characters. Colors and seasons are the metaphors that add dimensions to the experiences made manifest in that place between childhood and adulthood, where desires overwhelm innocence -- crushing some individuals, pushing others out to sea, and listing among the survivors only those who learn to ride the waves through the tumultuous rite of passage that is

puberty.

The original play was banned in Germany due to its sometimes harshly honest portrayal of abortion, homosexuality, rape, child abuse and suicide. The musical version of Spring Awakening received eleven 2007 Tony Award nominations, and went on to win eight, including Tony(s) for Best Musical, Best Direction, Best Book, Best Score and Best Featured Actor. The show also won four Drama Desk Awards, while its London production won four Olivier Awards.

The soaring melodies of pop singer-songwriter Sheik have captivated audiences since 2006 when the play premiered on Broadway. Lyrics by Steven Sater tell the story of the pleasures and dangers of burgeoning sexuality and the confusion, and sometimes desperation that ensues when children are left to fend for themselves in this brave new world when parents are too embarrassed to discuss facts of life with them. "Wedekind's play is about the difficulty of finding a place of equilibrium in a world that, round about 13, starts to look strange and terrifying through the distorting prism of puberty,"

wrote Charles Isherwood of the NYTimes. Kept in a state of ignorance (or worse) by their parents, beaten down by teachers and preachers, and getting tentative and confused messages from their peers, all are lost and at risk. Some opt for life; others self-destruct. The consequences are troubling for all.

Sater is a fan of literary classics, including Shakespeare, and as such the literary references found in his lyrics often point back to the Bard himself. In writing about the guilty longing that we all try to keep hidden, even from ourselves, the song "The Guilty Ones" (sung by the character Wendla) includes the lines "...And who can say what dreams are? And who can say what we are?" When an Austrian lyricist translated this as "Wer weiß schon, was real ist..." ("Who knows what's real...?"), Sater was quick to respond: "It isn't a question for Wendla of what's real but, 'What is this beautiful dream I am going through? Can I trust it? Is it substantive? Will it last... As Prospero states in The Tempest, 'We are such stuff / As dreams are made on.' If we cannot know what dreams are, how can we ever know

ourselves?"

Perhaps that the lyrics of this musical are born from such strong stock is what helps to cement it as a new classic...for a play that has touched something in the hearts of people all around the world can easily be recognized as a new standard, a work worthy to be recognized time and time again as an apt descriptor of the human condition.

Although other interpretations have set the characters firmly in the 19th century with costumes depicting clothes from that era, this production will be more contemporary in nature. The cast members are all students but, like in the original production, all the adult roles will be played by two individuals, Jason Novak and Alden Metz (Newburyport). Perhaps this parallels life: In puberty we try on different roles before settling in to the one or two roles that will define most of us for the rest of our lives.

Please visit online at www.firehouse.org for more information. Parental guidance is strongly suggested. This play contains mature content. *produced with special permission of Music Theatre International

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THE DOCTOR IS IN

Managing Pain in HIV Positive Patients

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

In the early 1980s, HIV infection emerged as a rapidly progressive, terminal illness for which treatment was limited to the alleviation of pain and other symptoms at the end of life. The development of effective combination antiretroviral therapy (ART) in the mid-1990s transformed HIV from a terminal to a chronic condition. Advances in treatment have dramatically changed the lives of many patients, their loved ones, and their caregivers by restoring patients to health and delaying death, even restoring to some the expectation of having an average lifespan. However, as patients are living longer, new challenges have emerged, including treatment toxicities and drug resistance; increased rates of co-morbid diseases such as chronic liver and kidney disease, atherosclerosis, cancers, depression, and dementia; and issues of adherence to complex treatment regimens.

Pain Symptom Management

All good pain management begins with an adequate pain assessment. Patients with HIV disease are often reluctant to report pain to their healthcare providers, so it is important for those care-providers to ask about pain. Any complaint of pain should be followed up with a focused medical and neurological history, a physical examination, and a psychosocial assessment.

Pain in HIV disease is complex and multidimensional. The physical and psychological aspects of pain interact, and that interaction is ultimately expressed in the patient's description of the nature and intensity of the pain, and the degree to which the pain impairs function. Whenever an HIV-positive patient reports pain, the clinician should obtain a description of the quantitative and qualitative features of the pain, its time course, and any maneuvers that increase or decrease the pain's intensity. Patients should be asked to describe the pain as precisely as possible, because these descriptors can help the clinician determine the mechanism of pain -- which can, in turn, predict how the pain may respond to the classes of analgesics.

Pain intensity can be assessed using simple 0-10 numerical scales, and these



Dr. Rami R. Rustum, M.D. is the Director of Merrimack Pain Associates at 50 Prospect St. in Lawrence. You can contact him at: ramirustum@comcast.net. Tell him you read his column... he likes that!

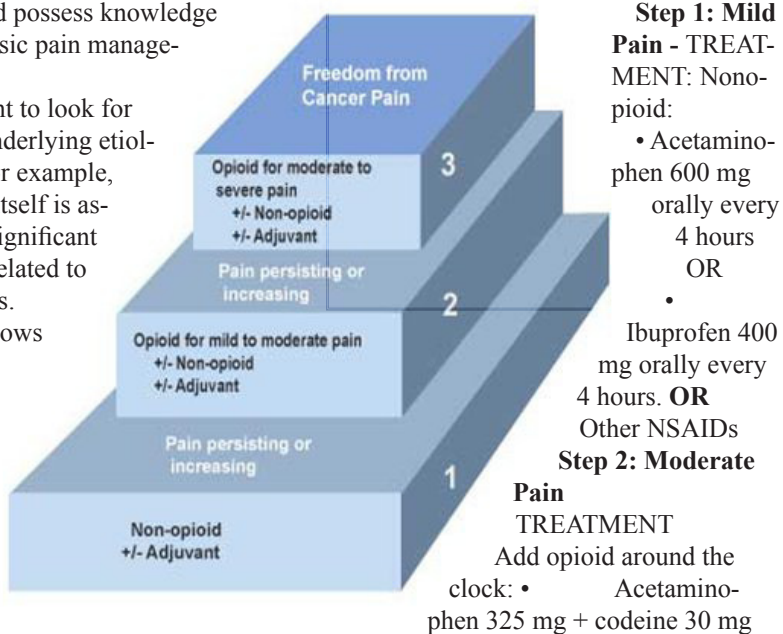
ratings -- of how intense the patient's pain is currently, on average, at best, and at worst can be useful in determining the potency of the analgesic required.

Clinician barriers in treating pain include inadequate knowledge of pain management, concerns regarding use of opioids, and lack of access to pain management specialists. Clinicians understandably worry about addiction in their patients with substance abuse histories. Despite these concerns, physicians and nurses have an ethical obligation to treat pain and should possess knowledge and skills in basic pain management.

It is important to look for and treat the underlying etiology of pain. For example, HIV infection itself is associated with significant neurotoxicity related to viral load levels.

(Figure 1) shows a "pain ladder" model developed by the World Health Organization (WHO) for progressive treatment of pain.

The basis of the ladder is the 3-step approach, starting with non-opioids for mild pain, escalating to mild opioids for moderate pain, and moving to stronger opioids for severe pain until the pain is controlled. For anything but mild pain, medications should be given around the clock rather than on demand. Adjuvants, such as certain antidepressants, anticonvulsants, nonsteroidal antiinflammatory drugs (NSAIDs), and muscle relaxants, should be used as appropriate, depending on the type of pain (Table 1).



orally every 4 hours

OR • Acetaminophen 325 mg + codeine 60 mg orally every 4 hours. **OR** Acetaminophen 325 mg + oxycodone 5 mg orally every 4 hours

Step 3: Severe Pain

TREATMENT Start strong oral opioid around the clock: Morphine 15-30 mg orally every 4 hours, titrate to pain control

OR • Dilaudid 2-4 mg orally every 4 hours, titrate to pain control **OR**

• MS-Contin or other long acting opioid 30 mg orally every 8-12 hours

AND Use short acting opiate in addition for breakthrough pain Adjuvant Medications (can be added at any step)

• For neuropathic pain: tricyclic antidepressants, selective serotonin reuptake inhibitors, anticonvulsants such as gabapentin, carbamazepine, and topiramate

• For bony pain: corticosteroids

For muscle spasm: baclofen, cyclobenzaprine

How can pain relief for AIDS become more accessible?

Patient-doctor level: Many of the problems associated with a lack of adequate pain control are linked to negative perceptions of opioids held and perpetuated by patients, doctors, governmental authorities and international organisations. Therefore, reassuring and lobbying those involved about the medical value of opioids is necessary in order to overcome some of the barriers.

In order to lessen fears about taking opioids, patients should be made aware that they can be administered often with very few pills. This is important considering the overall daily pill burden of people living with HIV. Patients should also know that side effects can be prevented and treated.

Overcoming the hesitancy by healthcare workers to supply pain relieving opioids to patients because of fear of addiction can be achieved through education in order to dispel myths about opioids, in particular morphine. Palliative care specialists should consult HIV specialists and addiction experts if they are worried about prescribing opioids to users of illicit drugs so that the patient receives adequate doses. Training on how to properly assess a patient's need for opioids, and then administer and monitor opioids, is needed as this is lacking in the training of health care workers in many low- and middle-income countries around the world.

RUSTIM, PAGE 36



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GAY: FROM PAGE 26

could have done if they had all been out, proud and independent of their constraints placed on them by society.

Now imagine this country had we never declared and fought for our independence. What would America be like had it not become a sovereign nation? It would most likely be a shadow of itself. Every American, every person deserves their freedom and independence from any institution that tries to stifle or deny them of their inalienable rights. I am proud to be a gay American and I deserve an independence day.



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

Are you Constipated?

Dr. Jin Sung
VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

Constipation is a very common problem, but fortunately is one that can usually be easily remedied with lifestyle changes. Ironically, one of the biggest hindrances to your success may be not realizing you're constipated in the first place.

Conventional medicine typically defines constipation as fewer than two or three bowel movements a week. But you should really be having one bowel movement a day, and preferably two or three. So if you are having anything less than one bowel movement a day, you should take steps to relieve your constipation.

Regularity is so important for your health because without it, toxins accumulate and are recirculated in your bloodstream. Constipation can also increase your risk of hemorrhoids or fecal impaction, in which your stool must be removed manually.

Fortunately, although constipation is very common, it is also usually temporary and relatively easy to resolve.

What Causes Constipation?
One of the main causes of constipation is a poor diet -- one that focuses on processed foods and sugar and lacks fresh vegetables that are good sources of fiber. Fiber helps move bulk through your intestines and promotes bowel movements.

Other common causes include:
• Laxative abuse: If you take laxatives over a long period of time, you can become dependent on them. First you may require higher dosages to have a bowel movement, and eventually your intestine can fail to work properly.
• Hypothyroidism: An underactive thyroid gland is a common cause of constipation
• Irritable bowel syndrome (IBS): This can cause spasms in your colon that slow the speed at which the contents of your intestine move through your digestive tract.

• Ignoring the urge to go: If you consistently ignore the urge to have a bowel movement, for instance to avoid using a public toilet, eventually you may stop feeling the urge.
Also food sensitivities can play a large role in constipation. I would suggest going gluten free for 1 month to see if your bowels normalize.

Why Laxatives are NOT a Good Option
Americans spend three-quarters of a billion dollars every year on laxatives, according to the American Gastroenterologi-



cal Association, which is not only a waste of money but a potentially harmful move. One of the biggest risks of laxatives, especially stimulant laxatives, is that your body can become dependent on them for normal bowel function. When you stop using them, it takes a long time for the activity of your bowel to be restored.

This is true even of senna or cassia laxatives, which are frequently marketed as natural. These laxatives, when used for a period of weeks or months, may even decrease your colon's natural ability to contract, which will worsen constipation. Further, overuse of laxatives can damage nerves, muscles and tissues of your large intestine.

So if you absolutely must use a laxative, make sure it is only for a very short-term period. And remember that laxatives do absolutely nothing to address the underlying causes of your constipation. But fortunately the natural tips in the next section do.

Relieving Constipation Naturally
If staying regular is a struggle for you, here are my top recommendations:
1. Get checked for hypothyroidism, especially if you're a woman over 40. Constipation is one of the hidden causes

of hypothyroidism (Hashimoto's Disease)
2. Try squatting. This is the best, natural position to help expel stool from your colon and reduce your risk of hemorrhoids, and it's still the way many people around the world go to the bathroom. In your home, you can get many of the same benefits by placing a stool near your toilet to raise your knees, purchasing a special squatting device to modify your toilet, or simply squatting on your own toilet.

3. Eat plenty of fiber-rich foods. Vegetables are phenomenal sources of fiber, and I suggest eating those that correspond with your nutritional type freely. For added fiber to help normalize your stool, try whole organic flaxseeds. Grind the seeds in a coffee grinder, and then add a tablespoon or two to your food.

You can also try organic psyllium. Psyllium is unique because it's an adaptogenic fiber, which means it will help soften your stool if you're constipated, or reduce frequency of your bowel movements if you have loose stools.

4. Exercise regularly. This helps stimulate circulation and intestinal function, causing your bowels to move properly.

5. Take a high-quality probiotic. This helps to balance the good and bad bacteria in your gut, which is essential for proper digestive function. Probiotics are also useful in fighting IBS, which can contribute to constipation.

6. Aloe vera, magnesium and vitamin C supplements can also be useful tools to

CONSTIPATED, PAGE 36

Salem Home Care Owners Prove Keurigs to be More than Just a Coffee Makers


Celeste Begley
VALLEY PATRIOT CONTRIBUTOR
Elder Services of the Merrimack Valley received a donation of 364 Keurig Mini Coffee Makers from Right at Home, In

Home Care and Assistance, a local senior home care agency located in Salem and Haverhill owned by Marblehead residents Rosaleen Doherty and Jay Kenney..... and they have proved to be more than just


coffee makers. Keurig sales at Elder services have reached almost \$9,000 with proceeds benefitting The Elder Care Fund. This fund is a financial resource available to any older adult 60 plus who lives in the Merrimack Valley and finds themselves in either an emergency or unique financial situation with no other resource. For the last 18 years the Elder Care Fund has helped hundreds purchase food, prescription medications, fuel, bedding, medical or adaptive equipment, rent, security deposits, transportation and respite care. The need is tailored to each individual request to help support and elder's choice to live independently and safely at home. Rosaleen Doherty was approached by Keurig about how to use the mini coffee makers to raise money for Massachusetts

elders. The machines were being updated by a new model. Using her connections in the community, Rosaleen worked with Elder Services to fundraise for this vital cause. Over the last two years Elder Services has seen a 100% increase in usage of Elder Care Funds rise from \$40,000 to \$80,000. This fantastic, collaborative effort between Right at Home and Elder Services insures two things -- proceeds will replenish the Elder Care Fund and that each request such as a ride to the doctor, food in the refrigerator, heat in the winter or simply having a pair of broken eyeglasses fixed can be met. Development Manager at Elder Services states, "Sometimes you get an incredibly unexpected opportunity and

HEMOCARE, PAGE 43



Pat Rondeau
A Visiting Angel




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CONSTIPATION: FROM PAGE 35 IN GOD WE TRUST: FROM PAGE 15

speed up your bowel movements.

If you integrate this advice into your lifestyle, you should be able to virtually eliminate your risk of constipation and any reliance you had on laxatives. For one final tip, make sure you heed nature’s call. The longer you ignore the urge to have a bowel movement, the more water is absorbed from the stool. This makes it harder and ultimately can make it more difficult to stay regular.

Source: [http://articles.mercola.com/sites/articles/archive/2009/04/11/Natural-](http://articles.mercola.com/sites/articles/archive/2009/04/11/Natural-Constipation-Relief-Strategies-You-Should-Know-About.aspx)

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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



In closing I would like to pay tribute to my good friend Mr. Walter Pomerleau, the Mayor of Mount Vernon. He stood by me during some very difficult times when I was a member of the Lawrence School Committee. He told me not to listen to those in Lawrence’s District E who were calling for me to step down from the School Committee. He even made sure I put a campaign sign on his front lawn! I will never forget the support and encour-

agement he gave me. He also was a big fan of my column in the Valley Patriot every month and repeatedly told me to keep writing. So goodbye my friend, God Bless you, I will miss you.

Peter Larocque is a former member of the Lawrence School Committee and is a regular columnist for the Valley Patriot. You can email him at: peterlarocque@hotmail.com



DR RAMI RUSTIM: FROM PAGE 34

National level

Countries where there is high HIV prevalence and a more urgent need for pain control often have less developed healthcare sectors and poorer infrastructure in general. This makes pain relief just one of many healthcare essentials that are poorly provided due to diminished levels of economic development. It can be argued that strengthening health systems in general would have the effect of alleviating many specific problems. However, there are many steps that could be more immediately effective.

Separating laws directed at curbing abuse and laws ensuring sufficient supply would enable handlers of opioids to not feel they are in potential violation of criminal law. As some palliative care specialists have stated, Too many legal obstacles for busy health professionals are a disincentive to use.

Countries should also submit reliable estimates of annual need to the International Narcotics Control Board to ensure they are granted a sufficient quota. Some countries’ estimates are so low that they would realistically cover less than 1 percent of those in need.

Relaxing the regulation surrounding narcotics provision could make effective pain relief much more accessible. Such liberalisation could include permitting a wider range of healthcare workers to prescribe and administer opioids; making necessary accreditation by professional bodies or governmental authorities easier and quicker; and increasing the duration of prescriptions. Normalising the medical use of opioids, through a relaxation of regulation, could make them less taboo and lead to more rational beliefs about them.

“Assessing the current policy bottlenecks, operating changes in national policies, regulations and laws, and disseminating these changes among regulators, procurement officials and health workers are crucial steps in ensuring the availability of essential controlled medicines to patients”.

Many of the obstacles to pain relief have been removed in Uganda where morphine is now promoted at all levels including in villages. Nurses are allowed to prescribe it, and within its hospice system, morphine can be prescribed in any dose and for any number of days. Palliative care was recognized by the government

as an essential clinical service, and liquid morphine was added to its essential drugs list. Furthermore, no cases of narcotics abuse occurred at least during the first three years of government use and first twelve years of hospice use.

In Kerala, a state in South India, simplified regulations and licensing systems for controlled substances has allowed the state to greatly expand access to pain relief. Kerala is an exception in India (80 percent of all palliative care provided in India is delivered in Kerala), where most states apply stringent laws to curb the drug trade but have not taken steps to ensure that these laws do not obstruct access to palliative care.

International level

The international drug control framework also needs to shift to greater emphasise the adequate provision of pain relief medications, rather than focusing on the potential for illicit drug trafficking and addiction. To achieve this, United Nations model laws could be amended to reflect the spirit of the Single Convention on Narcotic Drugs that recognizes the importance of pain relief.

To reduce fears that narcotics imported for medical purposes could seep into the black market, accountability processes that detail suppliers, recipients, quantities,

and medical usage of opioids are necessary. The International Narcotics Control Board already requires countries to submit such information but it is believed a simplified, standardized process to make accountability easier would be effective in reducing worries about misuse

Conclusion

It is within the ability of current clinical practice to deliver a high degree of pain control to most patients with end-stage HIV disease -- without sacrificing their sense of self and their ability to think and function. In some patients, more invasive techniques may be needed, including spinal narcotics and destructive nerve-block procedures. However, these patients are the exceptions to the rule. In the vast majority of cases, carefully considered titration of medication can result in a satisfactory outcome, one that ablates the patient’s pain and maintains his dignity and comfort.

Ref: 1- Pain & Policy Studies Group, Paul P. Carbone Comprehensive Cancer Center, School of Medicine and Public Health, University of Wisconsin (2009, January), ‘Do international model drug control laws provide for drug availability?’

2- World Health Organization (2006), ‘The urgency of pain control in adults with HIV/AIDS

WCAP’s SAM POULTEN: FROM PAGE 16

made. I didn’t own the station yet.”

Poulten said he told the city that control of station was about to change hands, and although the former partner, Mr. Smidt didn’t feel he should have to pay the taxes, “I wanted to honor the tax bill and pay directly after the closing.”

“The city solicitor had no business commenting to the radio stations competitor. She wasn’t just talking about any business in Lowell, she was talking about a business that was major competitor and I have no idea why she did that. I was shocked and disappointed, it was very unprofessional. No other business that owed taxes was highlighted or mentioned publicly. And by the way, those other businesses that owed taxes when the story was written, still owe and their bills had to be sent to auction.”

Poulten said Scott walked a fine line in misinforming his readers.

“When The Sun reported that taxes were paid, he [Chris Scott] began his story with city officials were “infuriated” that Poulten promised to pay the taxes at the closing, which I did.

I can’t imagine what city officials would be ‘infuriated’ that a local business promised to pay the taxes, but Mr. Scott never named the alleged ‘city officials’ he referred to.”

“It was partially true what he wrote, but it was not accurate, not completely. When the Sun called me I told them I had every intention to pay Smidt’s delinquent tax bill and that as a good citizen I didn’t see the need to send the tax bill to auction. If they did that the city would not get the entire amount.”

That was never reported.

“As far as I was concerned there was no need to pay less than 100 cents on a dollar. I wasn’t going to pay any less than what was owed. Somehow that made me a bad guy, the way the Lowell Sun reported it. The idea of the city bundling my tax bill with others, and

selling it at discount would have only made them, maybe 80 cents on the dollar. And by the way, at the auction that we weren’t a part of, nobody bid. Not one person bid on any of those other delinquent tax bills. It was not a money maker for the city. So, they weren’t doing me any favors by holding our tax bill back from auction. They actually made more money by waiting until I was legally able to pay the bill.”

Poulten said that he had always had a great relationship with city officials in Lowell and that “the statements of one employee should not reflect on the rest of the officials who are doing things right.”

“This isn’t about City of Lowell doing anything wrong I want to make that very clear. It was one employee of the city, the City Solicitor, not being discreet and making statements that she had no business making. It’s also about Chris Scott of the Sun saying Sam Poulten was responsible for paying the taxes when the fact of the matter is, it was my former partner Clark Smidt who was responsible for paying the taxes, not the person Chris Scott named in his column.”

CITY SOLICITOR O’CONNOR’S REACTION

Lowell City Solicitor Christine O’Connor told the Valley Patriot that the incident was the result of lack of communication.

“On that quote about lost credibility: I don’t know exactly if that is word for word what I said, but certainly he [Poulten] was afforded an opportunity. What I explained to them [The Sun] was, Mr. Poulten was afforded what everyone else was. This is not a case where someone got preferential treatment because they own a radio station, the opportunity that Mr. Poulten was afforded was no different than anyone else in a similar circumstance.

If there’s a scheduled real estate closing and that closing is happening near the

auction date, we will take people in that category off the auction list. The idea behind it was to get money back to the city where it belongs. If there’s some way of that happening short of auction we don’t want to be in a position where people can pay but because of our actions we interrupt that process.

So, what I told the Sun was, no preferential treatment was given to him. [Editor’s note: that was never reported by Chris Scott of the Sun]

As far as the portion of the article about my being upset, not to contradict the article, but my point in all of this was that we were not sitting around saying darn that Poulten, we’re mad at him.

My point was, if someone makes representations and then doesn’t follow through the city is not losing any collateral. So, that part of what was in the newspaper was accurate. By giving Poulten an opportunity to satisfy the taxes we are not putting the city position in jeopardy. And he wasn’t being treated differently than anyone else, which seemed to be their concern.

He had to send over proof that he had a closing scheduled and apparently the day of closing he indicated it was moving forward and he was going to be in later that day with a check. Now, it may very well be that the closing didn’t go forward and that there was nothing he could do about it. But not having heard from Mr. Poulten afterwards, you can see how it could be viewed as representations made and not carried through”.

CONFUSION ON THE TAX BILL ADDRESS

“One of the things that was confusing to me was that one of the year’s delinquent tax bills that was being attributed to me was billed to North East Radio, which was the company headed by Mr. Cohen who formerly owned the radio station. Adding to that confusion was that all the tax bills were

sent to Smidt’s home in Andover instead of the radio station at 243 Central St in Lowell, where all the other bills like utility bills were sent.

I mean, I can only speculate as to why the bills were sent to his house. The only different between Andover and Lowell is I am not in Andover so maybe this was done so I wouldn’t see the bill. But all of that is water under the bridge.

I wish Clark all the best in his future endeavors and I am glad we were able to settle our court cases amicably and outside the courtroom. I also want to thank Lowell Attorney Scott Bratton who went above and beyond to help me get this issue settled he is a real phenomenal criminal attorney.”

DEBT RESTRUCTURED

Poulten said that the sale of WCAP involved restructuring his former partner’s debt and expressed his gratitude to Lowell Five Bank.

“I have to give a big thank you to a Lowell bank that really ‘gets it’ and that’s the Lowell Five Cents Savings Bank. They refinanced the Merrimack Valley Radio loan at a very favorable interest rate, and an excellent aromatization schedule to reorganize the station’s debt. This allowed us to pay all our back taxes and still have a monthly payment less than we had before all this began. That is really a bank that knows how to sponsor a small business.

I encourage anyone with small business in the Valley to meet with a commercial banker at Lowell Five because our guess is that they will be given the same great service as we were. Lowell Five Bank came through for me they really stepped up to the plate. They say ‘it starts with a conversation’ and I say it ends with a closing.

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Now, STOP! Don't even say it or think it. Yes, we all know you are not God.

Sure, we know you don't walk on water and can't change it into wine. Those kinds of miracles are not necessary for you to make your mark in this life or to Live the WOW!
There are other ways you can create your own "miracles". You CAN bring Happiness into your family's life. You CAN influence a child's life for the better. You CAN make your community a better place in which to live and work.
You can do all this with YOUR one solitary life! And you can do it by Living the WOW!
Raising someone from the dead is a Miracle. But, it is no less miraculous to be able to bring to the forefront a person's buried talents and skills to benefit themselves and others?
I often refer to my Colleagues at American Training as Miracle Workers. These are dedicated and passionate people who can identify even the most hidden talent in the people with disabilities with whom they work. They then build upon that talent or skill. They do it patiently and incrementally; all the while instilling confidence and motivation in their assigned Guests.



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It's summer. Your children and grandchildren are out of school. Perfect timing! Plan something with them that will make this the summer they will never forget. Create something that changes their lives and secures your place in their future. It is not that difficult. But it does take a commitment and passion to want to be remembered as the person who makes dramatic impressions. Create the foundation now so that Living a WOW! lasts a lifetime!
Give your community the talents it desperately needs to survive the horrendous economic conditions faced today. Take your voting responsibilities to heart and thoroughly check out candidates before you simply follow like sheep and vote like you always do. This election season, take your right to vote much more seriously than ever before. Your community, your state, your country depends on you.
Don't wait for tomorrow to begin Living the WOW! Time never waits. It can never be made up or replaced.
Make every moment hold the potential for miracles to happen. Dramatic and positive impacts in your life take planning and willful execution. Action makes your good intentions come to life in meaningful and effective ways. Take advantage of every opportunity that knocks on your door to make Living the WOW! your priority. And create your own opportunities when none can be found.
When you are known for giving your all and making your mark in a dramatic and positive manner, Living the WOW! will become your legacy.
When your relatives, neighbors, friends and co-workers hear the mention of your name and automatically associate you with a fulfilled and meaningful life then you know you are on your way to fulfilling your one solitary life here on earth. Just like He did Over 2,000 years ago.



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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News from the American Legion

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

As we celebrate July 4th, Independence Day, let us not forget what the day is about. It is more than a family cookout and fireworks. The events in Boston point out the 200th anniversary of the War of 1812. And how lucky are we to have the USS Constitution "Old Ironsides" moored in Charlestown! Our area is so rich in the history of the birth of our nation. The Boston Tea Party Museum, Freedom Trail, Boston Common, Concord Bridge and so many are engraved in our history. Yet how many of these have you been to see? We wave the flag and perhaps watch the Boston Pops and fireworks on television. But do we recognize and even appreciate what the holiday is all about?

As I write this article the news is filled with the Supreme Court decision on what is called Obamacare. Lost in the news reports is the ruling on the Stolen Valor Act. The Supreme Court has ruled that it is freedom of speech to falsely claim to have received and wear military medals and ribbons. Including the Congressional Medal of Honor, Bronze Star, Silver Star, etc. It does not hurt anyone. Really. Consider what these individuals did in combat, fighting for us, often giving up their lives. Disrespect and dishonor don't even approach the



right words. But then again, it was the Supreme Court in 1989 that said burning the US Flag in protest was freedom of speech. The flag is not just a piece of cloth. It is the symbol of our country. Why does it fly at our embassies and consulates around the world and at our military installations? Why do we fly it at our homes and public buildings? Why do we "pledge allegiance to the flag"? And let us not forget the men and women who have died for the flag that represents who we are – the United States of America. And in the same vein, the medals are not just a piece of metal. They represent bravery and sacrifice of those willing to give their all, including their lives for our freedoms. There is something wrong with all of this.

I urge you to do as I will do. Send an email or letter to our congressional delegation indicating our feelings on all this. Senator Brown, Representatives Lynch and Keating will vote for the Flag Amendment. Hopefully other will see the light and do the same. A tip. If you do write a letter, send it to their local office. Sending a letter to Washington will get routed to a special facility for biological agent testing, which will add 2 weeks for it to get delivered.

On another note, I attended American Legion Boys/Girls State at Stonehill College last month. Over 700 young men and women who just completed their junior year in high school were in attendance. Guest speakers included Governor Patrick and State Auditor Bump. Es-

sex County schools represented included the following: Andover, North Andover, Methuen, Pingree, Hamilton-Wenham, Masconomet. It is unfortunate there was not a larger representation from our area. It is a truly great program and our young adults are missing out. I hope I have a better report next year but this is something I have been promoting for a few years with little response. If you want to know more about it do a simple web search. When one young adult messes up it is all over the media. A great program with energetic, bright, ambitious adults attend a program like this or Student Trooper or even Future Farmers of America, there is no media coverage at all. I can tell you from what I witnessed, there are mostly great, smart, patriotic young adults out there who will grow this great country. But a little encouragement and guidance are good things to do.

May God bless our troops and their families as they continue to protect our way of life.

John Lenotte, Past Commander, The American Legion, Department of Massachusetts



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

Reps. Introduce Bill to Protect Troops from Predatory Lenders

Congressman Ed Markey
VALLEY PATRIOT CONTRIBUTOR

Service members and their families must cope with unique circumstances that can jeopardize their financial stability. Today, Reps. Edward J. Markey (MA-07) and Niki Tsongas (MA-05) introduced H.R. 5946, the Military Savings Act legislation to promote savings rates among military service members and to decrease their need to turn to predatory payday lenders in times of financial crisis. The legislation establishes a pilot program in which financial institutions operating on military bases will offer innovative financial products to help troops and their families improve their financial situations. Military service members are

three times more likely than civilians to resort to predatory "payday" loans that charge exorbitant interest rates. And in one military study, 27 percent of military families carry \$10,000 or more in credit card debt, compared with 16 percent of civilian families.

Rep. Markey introduced the Military Savings Act with original co-sponsors Reps. Rob Andrews (D-N.J.) and Niki Tsongas (D-Mass.), two members of the House Armed Services Committee.

"Our troops are heroes, but sometimes even heroes need help," said Rep. Markey. "By spurring the creation of innovative savings tools for our troops, we can help ensure that military families facing unex-

pected expenses have a safety net ready and won't have to turn to predatory payday lenders. Our brave men and women in uniform keep all of us secure; we must help them become financially secure and free from financial scams that could sap their savings. I look forward to working with my colleagues to help ensure that our brave men and women in the military have the resources they need to succeed financially in these tough economic times."

"The scourge of predatory lending helped to fuel our recent financial crisis and was responsible for the tidal wave of foreclosures that continues to hinder our economic recovery," said Rep. Tsongas. "Sadly, statistics reveal that these lenders also prey upon members of our military and their family members while they are defending our nation overseas. Encouraging greater savings provides a buffer against emergencies and guards against the pitfalls of predatory lending, which is why we are introducing this legislation today."

"Our service members have the right to be financially secure when they come home," said Rep. Andrews. "This bill helps provide them with more choices, making

it easier for these brave men and women to save money and avoid the debt that has plagued so many of their peers. The men and woman who have put their lives at risk to protect our freedoms certainly deserve the opportunity to achieve financial peace of mind and pursue their dreams."

A copy of the legislation can be found HERE. markey.house.gov/bill/military-savings-act-2012

According to a recent report released by the Consumer Federation of America (CFA), which endorsed the legislation's pilot program, although the Military Lending Act has reduced abusive lending, service members are still exposed to many dangerous loans that threaten their financial well-being. In their endorsement letter, CFA stated that the creation of these innovative consumer products "is one of the most effective methods that Congress and the DOD could take to increase the savings rates of these families. ... Knowing that there is money in the bank and that a predatory loan is not coming due allows service members to concentrate on their job during deployment, and not on their finances back home."

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FROM PAGE 1: HERO PFC. EDWIN FRASER

zones measuring only 300-350 by 200-250 yd.

The Americans succeeded! One group of 30 paratroopers overshot their target, landing instead on top of the Japanese commander's post! They killed him within minutes. Already the heavy bombing had destroyed phone lines. Now their leader was dead too. Within one hour after the first paratrooper had landed, Americans had Topside under control.

Around 2:00 p.m. on February 16, 1945, the 503rd raised the American flag on a telegraph pole. Two weeks later they moved it to the parade ground for the official flag raising.

The 503rd Airborne had come to recapture "The Rock," after its surrender to Japan on May 5, 1942. They helped General Douglas MacArthur fulfill his promise to the Philippines: "I shall return."

A god falls—a rock shatters

The Japanese were "savage fighters," Ed Fraser recalls, "vicious, with no concern for human life. They committed atrocities on our wounded and on civilians. We knew they were going to blow the island out of the water."

As Time wrote in a cover story, "the U.S. came face to face with a startling fact—it was waging war against a god... to 70 million Japanese he [Emperor Hirohito] was divine." To die for him was their greatest honor.

At midnight on February 17, the day after the airborne assault, the Japanese retaliated with a 50-man suicide charge or "banzai" attack. They were quickly wiped out. Two larger "banzai" attacks followed on February 18, at 3:00 a.m. and again at 6:00 a.m., when nearly 600 shrieking Japanese attacked the 503rd RCT on Topside, in heavy hand-to-hand combat. More than 500 enemies were

killed; survivors committed suicide rather than surrender. Still 2,000 Japanese remained in Malinta Tunnel, many sealed in by earlier bombings.

On February 21, Malinta Hill erupted like a volcano—split asunder by a series of detonations in quick succession. The Japanese, trapped inside, chose suicide and had

blown themselves up. Two nights later, on February 23, more suicide explosions ripped through Malinta Tunnel.

For days afterwards, Corregidor reverberated with underground explosions.

By February 27, after two weeks of vicious fighting, the 503rd had secured Corregidor. More than 4,500 enemies



Official Flag Raising Ceremony on Corregidor March 2, 1945 with Supreme Allied Commander General Douglas MacArthur. The initial flag raising came on February 16, a few hours after the 503rd RCT's surprise assault. Eyewitness Charles Bradford, M.D., wrote: "Once, the high tide of a Jap banzai charge swept to the very base of the staff, then recoiled in a welter of its own blood... It was here, in the midst of the fighting that the flag seemed to grow from a mere symbol into a great, living personality. Here I shall always love to remember it, 'beautifully ensouled' as Whitman phrased it, and with the thrill of an incredible battle around it."

had been killed, with thousands more buried in tunnels or cave-ins. Thirty POWs were taken.

A false god had fallen. "The rock" lay smashed. A fortress was no more.

On March 2, 1945, General MacArthur returned to Corregidor for the official surrender and flag raising ceremony.

Liberating the Philippines

During three years in the Southwest

Pacific, Ed Fraser fought in several major offensives including:

- Markham Valley, New Guinea—September 5, 1943. The first U.S. airborne operation in the Pacific Theater and Ed's first combat jump. Its success led to future airborne operations. After two weeks of com-

bat, they forced the Japanese to evacuate a major base at Lae.

- Noemfoor, off the Dutch New Guinea coast—July 3, 1944. On Ed's second combat jump, they destroyed the enemy's garrison and helped build airfields crucial to the Allies' advance to the Philippines.

- Leyte, Philippines—November 18, 1944. Preparation for Corregidor. Ed was also assigned to a large hospital there, after the Battle of Leyte Gulf, October 23-26, the largest naval battle in history. The Gulf was strewn with sunken destroyers and battleships, some with "kamikaze" suicide planes (loaded with explosives) protruding from their bow.

- Mindoro, central Philippines—December 15, 1944. Land-based "kamikaze" planes threatened the 503rd amphibious assault. "We came under intense air and naval attack here, at one point shelled for 25 minutes by an enemy naval task force." The RCT secured sites for airstrips for planes destined for Luzon.

- Negros, central Philippines—April 7–September 1945. Transported by landing craft to this island, the 503rd battled the Japanese alone for more than five months in the mountains. (The 40th Infantry Division had suddenly been redirected to Mindanao.) The battles were fierce. Patrols never returned. "Bouncing Betty" grenades, shooting 6 ft in the air before exploding, sprayed a wide area and killed large numbers at one time.

When the Japanese government surrendered on August 15, 1945, the 503rd took 7,500 POWs, total, on Negros, including a high ranking general.

Ed was placed in charge of POWs. Among them were Japanese Marine officers, medically trained in the U.S. Grateful for the care they received, these officers presented Ed with four pen-

and-pencil sketches they had made of him, autographed in both English and Japanese.

On September 2, 1945, Japan formally surrendered to Supreme Allied Commander General MacArthur.

Afflicted—but not crushed

Ed Fraser lived through "banzai" charges, "kamikaze" pilots, lack of water, a fortress that crumbled a typhoon's 30-ft swells in the South China Sea.

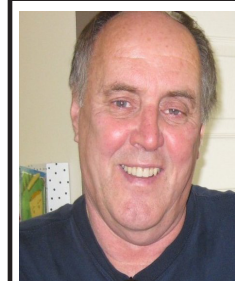
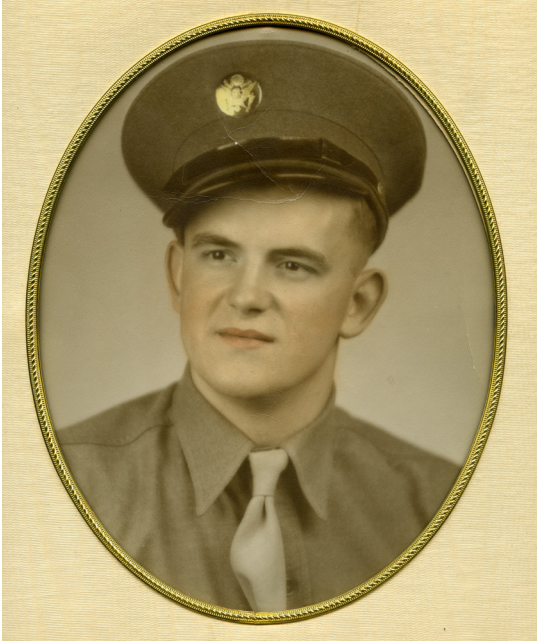
During WWII, the U.S. government issued all the military a pocket New Testament with protective brass cover, which most carried in the pocket over their heart. In the inscription, President Franklin Delano Roosevelt had written that as Commander-in-Chief he "commended the reading of the Bible... the Sacred Book... [with its] words of wisdom, counsel and inspiration... a fountain of strength..."

As those who fought on Corregidor can affirm, "The Lord is my rock and my fortress and my deliverer, My God, my strength, in whom I will trust" (Psalm 18:2). For He has promised: "Never will I leave you. Never will I forsake you, no not ever" (Hebrews 13:5).



Helen Mooradkian is our new Valley Patriot Hero columnist and a former business writer. She is also a member of the Merrimack Valley Tea Party. You can

email her at hsmoor@verizon.net



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Distinguished Dignitaries Receive High Honors At ACONE Luncheon

Two nationally recognized personalities received awards at the prestigious Cabot Awards sponsored by ACONE, (Aero Club of New England.)

Herb Kelleher Founder and Chairman Emeritus of Southwest Airlines, received the coveted Cabot Award from Dan Schrager, Acone president and John G.L. Cabot for his dynamic leadership in making Southwest the 5th largest airline in the U.S.

Captain, Thomas Jerome, Hudner Jr., Medal of Honor recipient for his courageous action in Korea attempting to save a downed fellow Navy pilot, was awarded a commemorative plaque by Dr. Gary Kearney, Capt. USN (ret) and Joe Passafiume, members of Acone.

The luncheon took place at the Harvard Club and was attended by some 200 members and friends.

During his acceptance talk, Herb Kelleher practically had the audience mesmerized with his tales of starting an airline and all the political machinations and roadblocks encountered in the process.

Southwest commenced service with three airplanes in 1971 and by May of 2008, operated a fleet of more than 527 airplanes, performing more than 3,400 flights per day. Southwest has been profitable for 38 consecutive years; has never furloughed an employee; and today carries the most originating domestic passengers of any U.S. airline.

From its start in 1971 — after overcoming a year's worth of legal challenges from competitors who tried to keep it grounded — Southwest succeeded by offering low fares to its passengers, eliminating unnecessary services and avoiding the "hub-and-spoke" scheduling system used by other airlines.

During his tenure as CEO of Southwest, Kelleher's colorful personality created an 'esprit de corps' that made Southwest employees well known for taking themselves lightly—often singing in-flight announcements to the tune of popular theme songs—but still taking their jobs seriously.

In Fortune magazine's annual poll, Southwest is consistently named among the top five Most Admired Corporations in America and the only airline to make Fortune's top 10 list of the World's Most Admired Companies.

Money magazine revealed that during the 30-year period 1972-2002, Southwest produced the highest return to shareholders of any company included in the S&P 500 during that 30-year period: \$10,000 invested in Southwest in 1972 was worth \$10,200,000 in 2002 (an average increase of 25.99% per year).

Herb Kelleher served as Executive Chairman of Southwest from March 1978 to May 2008 and as President and CEO from September 1981 through June 2001. Over the years, Kelleher has received a plethora of awards and honors.

Also at the recent Cabot Awards luncheon ACONE paid special tribute to Concord resident, Thomas J. Hudner, Jr who was awarded the Medal of Honor for his heroic action during the Korean conflict.

During the battle of Chosin, Hudner's wingman, Ensign Jesse Brown's Corsair was hit by ground fire from Chinese troops and crashed behind enemy lines.

In an attempt to save Brown, Hudner quickly maneuvered his own aircraft, circling over the downed pilot to protect him from enemy troops infesting the area. Then without regard to landing on the rough, mountainous terrain and the scant hope of escape or survival in subzero temperatures, he put his plane down skillfully in a deliberate wheels-up landing in the presence of enemy troops.

With his bare hands, he packed the fuselage with snow to keep the flames away from the pilot and struggled to pull him free.

Unsuccessful in this, he returned to his crashed aircraft and radioed other airborne planes, requesting that a helicopter be dispatched with an ax and fire extinguisher.

Hudner then remained on the spot despite the continuing danger from enemy action and, with the assistance of the rescue pilot, renewed a desperate attempt to free the pilot,



Presenting the Cabot Award:Photo left to right: Herbert D. Kelleher, John G.L. Cabot, Dan Schrager, President of ACONE

but to no avail.

For Lt. (J.G.) Hudner's exceptionally valiant action and selfless devotion to a shipmate, sustaining and enhancing the highest traditions of the U.S. Naval Service, he was awarded the country's highest decoration, the Medal of Honor.

During the Cabot Awards, ACONE, the oldest Aero Club in the Americas, awarded Captain Hudner a plaque, commemorating and forever memorializing the events of 4 December 1950 in CFA-32 Squadron history.

Both Kelleher and Hudner received standing ovations from the audience who claimed the event was one of the most enjoyable Cabot events ever.

Single Family Homes, Condo Sales Rise Substantially in May

Volume and Median Price of Properties Placed Under Contract in May Indicate an Improving Market

(MERRIMACK & NASHOBA VALLEYS) — The Northeast Association of REALTORS® (NEAR) reported today that single family home sales during May in the 15 cities and towns from Boxford to Littleton rose by 37.2 percent compared with May of last year, while the number of condominiums sold climbed by a whopping 50.8 percent during the same time frame. Sales of both property types also showed significant gains versus the month of April, rising by 25 and 23.4 percent, respectively. The report is based on data from MLS Property Information Network in Shrewsbury.

The report also showed that the median price for single family homes sold locally during May was \$302,000, a drop of 2.6 percent versus last May, but an increase

of 4.1 percent over April's median price of \$290,000. Meanwhile the median price of condominiums sold in May was \$198,000, a rise of 17.2 percent compared with last year and an increase of 23.8 percent versus April's median of \$160,000. The median price is the point at which half the properties sold cost more, and half cost less.

NEAR President Mary O'Donoghue said, "The spring market in 2012 has been extremely active, with buyers returning to the market in numbers we haven't seen for several years. She added, "Even with the rise in purchase activity, we continue to see bumps in the road such as overly restrictive lending practices, potential first-time buyers stymied by high amounts of student debt, and issues with appraisals

that block financing ability." She added that low interest rates continue to be the driving force of market activity, and she also cautioned home sellers to remain extremely wary of over-pricing their properties during the fragile recovery we are experiencing.

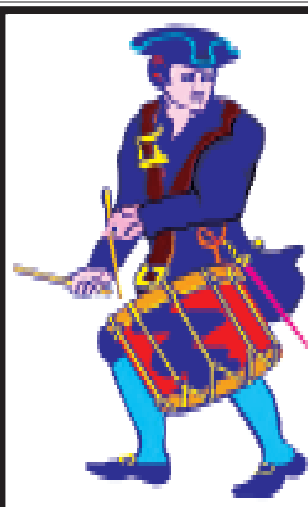
The average length of time it took to sell a single family home in May was 120 days, an increase of 1.7 percent over last May. It took an average of 119 days for the condominiums sold during May to close, a decrease of 5.6 percent compared with last May.

The report also noted that pending sales — those now under agreement but not yet closed — for single family homes during May were up by a substantial 17.8 percent compared with May of 2011, with the

agreed-upon median price for those properties relatively flat, up by just 1.6 percent versus last May. The number of pending sales for condominiums locally during the month was also up by 12.1 percent since last May, with the median price easing up by 2.4 percent to \$168,900.

The report also provided inventory levels of area homes for sale as of June 15, which at 1,611 available single family homes and 627 condominiums have dropped slightly below last year's levels. The inventory for both single family homes and condominiums locally remains well below the peaks set in 2006 and 2007, which were 2,242 for single family homes and 1,251 for condos.

Closed Sales May 2012 vs. May 2011	# Sold May 2011	# Sold May 2012	Yr over Year Change	Median Price May 2011	Median Price May 2012	Yr over Year Change	Avg. DoM May 2011	Avg. DoM May 2012	Yr over Year Change
Single Family	226	310	+37.2%	309,950	302,000	-2.6%	118	120	+1.7%
Condo	63	95	+50.8%	169,000	198,000	+17.2%	126	119	-5.6%
Multi Family	59	48	-18.6%	171,500	225,950	+31.7%	79	116	+46.8%
Closed Sales May 2012 vs. April 2012	# Sold April 2012	# Sold May 2012	Mo over Month Change	Median Price April 2012	Median Price May 2012	Mo over Month Change	Avg. DoM April 2012	Avg. DoM May 2012	Mo over Month Change
Single Family	248	310	+25.0%	290,000	302,000	+4.1%	132	120	-9.1%
Condo	77	95	23.4%	160,000	198,000	+23.8%	140	119	-15.0%
Multi Family	37	48	+29.7%	215,000	225,950	+5.1%	68	116	+70.6%
Closed Sales Jan-May 2012 vs. Jan-May 2011	# Sold ytd 2011	# Sold ytd 2012	Yr over Year Change	Median Price ytd 2011	Median Price ytd 2012	Yr over Year Change	Avg. DoM ytd 2011	Avg. DoM ytd 2012	Yr over Year Change
Single Family	836	1,069	+27.9%	290,000	282,400	-2.6%	128	132	+3.1%
Condo	345	398	+15.4%	175,000	164,750	-5.9%	133	132	-0.8%
Multi Family	210	182	-13.3%	175,000	209,200	19.5%	91	87	-4.4%



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TOM DUGGAN’S NOTEBOOK: FROM 19

Riley, the email appears to come from Defense Finance and Accounting Services and displays a .mil email address. The message states that those receiving disability compensation from the Department of Veterans Affairs (VA) may be able to obtain additional funds from the IRS. Email recipients are then asked to send various VA and IRS documents containing their personal and financial information, such as copies of VA award letters and their income tax returns, to an address in Florida. “The information on these documents is then used by the scammers to commit identity theft. Typically, identity thieves use someone’s personal data to empty the victim’s financial accounts, run up charges on the victim’s existing credit cards or apply for new loans, credit cards, services or benefits in the victim’s name,” Riley said. The IRS does not send unsolicited email to taxpayers and never asks for personal and financial information such as PIN numbers, passwords or similar secret information for financial accounts. More information on tax related phishing scams is available on IRS.gov, keyword “phishing”

GLCAC AWARDED CONSUMER PROTECTION GRANT FROM ATTORNEY GENERAL

For all the bogus bad press that The Greater Lawrence Community Action Council Inc. has received from the Eagle Tribune, they were just awarded a \$31,500 grant by the Massachusetts Attorney General’s Office to fund a consumer protection program. Not bad for a so-called rogue agency. The grant will benefit GLCAC’s Local Consumer Program which helps mediate disputes between consumers and businesses and provides consumer education programming. “Consumers first need to understand they have rights that protect them and then they need a place to turn when they are being mistreated,” said Christian Dame, Interim Executive Direc-

tor, of the GLCAC. The GLCAC’s Local Consumer Program seeks to educate the public and to mediate disputes between consumers and businesses. “Understanding your rights and responsibilities as a consumer is an important part of achieving the financial sustainability of families, a central mission of the GLCAC,” he continued. The GLCAC’s Local Consumer Program, led by Marie Finelli fields complaints from consumers and then mediates a resolution with the business. In addition, the Local Consumer Program educates the public with printed materials and seminars, most recently on consumer rights in foreclosures and debt collection. To reach the Consumer Program, call (978) 681-4990.

City of Lawrence 2012 National Night Out “Night Out Against Crime” Join your friends and neighbors at this family, police-community event celebrating the Annual National Night Out. Join forces to promote police-community partnerships, crime and violence prevention, safety and neighborhood unity. Monday August 6th 5PM-8PM “A Night of Prevention Awareness” South Common Common - South Union and Market St .Side from 5pm to 8pm. Join us with a host of prevention based agencies and organizations. Plus local neighborhood associations and other prevention groups with have information booths. There will be canine and a State police Rollover-simulator and a fire department demonstration. Join us for raffles, fun and safety info. Come on down and join us!

Tuesday, August 7th 5PM-8PM “National Night Out” Lawrence 2012. Neighborhoods from across Lawrence will join their neighbors to help celebrate the “Night Out Against Crime”. Several neighborhoods will hold block parties complete with music, games, safety information, food, plus more.

ANDOVER SELECTMAN VISPOLI:

DELAYS HAVE CONSEQUENCES- Last month Alex Vispoli, Republican candidate for the State Senate in the Second Essex and Middlesex district, urged incumbent Senator Barry Finegold to show leadership by getting conference committee members to expedite the passage of Chapter 90 funds. “Beacon Hill constantly forgets that their delays have major consequences for the local communities,” said Vispoli who is an 8 year member of the Andover Board of Selectmen. “We are in the middle of construction season and these delays are very costly for local projects.” Chapter 90 funding was agreed upon by both the House and Senate seven weeks ago, but it is now stalled in Conference Committee due to a debate over adding another \$1.1 billion for other spending. Vispoli is calling on Finegold to urge the conference committee members to come to an agreement for the sake of his communities. “They should pass the Chapter 90 funding portion now and debate the other funding later. Time is of the essence. The delays are shorting the municipal construction season and will cost cities and towns more ” said Vispoli. “It is time for leadership at the State House. We have all had enough of the political gamesmanship.” The conference committee’s failure to act is hurting Andover with road paving projects that include: Shawsheen Road (Rt 133), Wild Rose Drive, Arthur Road and Marylou Lane.

Vispoli also questioned why State Representative Paul Adams is not fighting for his communities. “I know that Paul doesn’t have any municipal experience. Maybe that’s why he isn’t fighting for his communities. He should be paying attention and publicly urging to get this legislation out of committee.” Vispoli was first elected to the Andover Board of Selectmen in 2004. On the board, he has led initiatives including: consolidation of Andover’s IT organization and infrastructure, creation of the Andover Economic Development Council, I93 proposed interchange project, opening the Old Town Hall on Saturday mornings, creation

of Andover’s Design Review Board, reduction in Town owned vehicles, and annual citizens mid – year review for major project updates, regionalization opportunities with surrounding towns – including North Andover shared DPW resource.

Vispoli was also elected the Massachusetts Municipal Association (MMA) Board of Directors and the Massachusetts Selectmen’s Association (MSA) Board of Directors in 2011. He is currently the District 2 Representative (Essex and Middlesex Counties) for the MSA. He is a member of the Governor’s Local Government Advisory Commission. Professionally, Vispoli has been in the information technology business for 25 years. He currently holds the position of Vice President of Sales for a Boston-based technology company. He earned his Bachelor’s degree from Eastern Nazarene College. Most importantly, he is a devoted husband and father of 4 children.

METHUEN/SALEM ROTARY - This past Friday, June 8th, the Methuen-Salem Rotary club celebrated their annual installation of officers for the upcoming 2013 year. The event was held at the Black Water Grill & Restaurant in Salem, NH. Trudy Lawler, from Michaud Insurance Agency in Methuen, became the new president of the club while Cheryl Parent became the immediate past president. At the same time Ed Sidon received the distinguish Rotarian of the Year award, for his accomplishments during the previous year.

The Methuen-Salem Rotary Club meets at Jocelyn’s Restaurant in Salem, NH, on Fridays at 12:15PM. For more information regarding the Methuen-Salem Rotary Club, please visit us online at www.methuensalemrotary.org.



Tom Duggan is the publisher of Valley Patriot, Inc., 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.

CANDELA MAGAZINE SHOOT AT FIRE STATION: FROM PAGE 13

You know, there was one instance where, after the Dunkin Donuts commercial aired, we got a call from a production company for Wendy’s and they were talking about substantial numeration [payments] for individuals on the department to be in an ad. Because there was money involved I ran it by the mayor but in the process of trying to get it approved, Wendy’s got tired of waiting for a response. By the time I got back to them they made the decision to go to Lowell instead of Lawrence. To me that was no big deal because we are not in that business. We are in the business of protecting people from fire.

Any time anyone comes to the fire house I see it as an opportunity to educate people about fire. We might be able to do something really good with this,” he continued. “I plan on contacting the editor and publisher of Candela magazine and to possibly have them run a story about night clubs and what people should be looking for, what they need to be aware of for their own wellbeing when they come into one of our nightclubs in the city. And because they are also an on line magazine, I am even going to ask things like, can they put a up a YouTube link of the video of the Station Night Club

disaster. As with most things, when it comes to fire service, disasters like that are what cause or bring about major changes in fire prevention laws. I see our relationship with anyone in the media as a chance to do that.” Bergeron said neither the city nor any individuals on the department were paid for the “Candela” magazine shoot. “It was just for exposure, it was just to help the city, that’s why I said yes when they called.” Bergeron admitted some of the reaction he got after the magazine came out was not so positive, but defended his decision

saying he saw nothing wrong with the photos. “Some people did say they thought it brings down reputation of the department. But I looked at the pictures, there’s a beautiful woman in firefighter gear she is not in any way naked or doing wrong. The point I am trying to make, I guess, is that I am in the city all time. What you see walking down the streets every day in Lawrence is not much different from what I see in those photos, its part of their culture. “ Bergeron said that Mayor Lantigua has been “very gracious to me. Everything I have asked he has gone along with.”

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HEMECARE: FROM PAGE 35

you need to seize it. Our mission is to help older folks and it just doesn't get any better than helping those who need it most – when they need it most!"

There are still some of the Keurig machines available for purchase. They are being sold for \$50 with all proceeds benefitting the Elder Fund. The machines were being sold for almost \$100 at local retailers. Local residents can purchase a machine through Right at Home by calling 978-744-5151.

Right at Home offers in-home caregiving and healthcare services for seniors. Visit Right at Home at www.rightathomemass.net for more information.

About Right at Home of Essex County with locations at Nichols Village and Colonial Gardens (Boston North)

Right at Home is an award winning family owned and operated private home health agency. It was started by Jay Kenney and Rosaleen Doherty on the North Shore and is in its 10th year of operation. They have expanded to four offices serving almost 500 families per week with senior home care services.

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

Right at Home serves all of Essex County and cities and towns North of Boston in Middlesex and Suffolk Counties. For more information on Right at Home, visit www.rightathomemass.net or read the Rosaleen Doherty's caregiving blog at www.rightathomemass.net and click BLOG.



PHOTO: TOM DUGGAN

Members of the Essex County Technical Rescue Team joined forces with Lawrence Fire and Police Departments last month when Wilmer Ferrara climbed down under the railroad bridge near the falls in and refused to be rescued. Ferrara kept rescues crews at bay for more than five hours, taunting rescuers and playing a game of cat and mouse with them before getting away. Two nights later, Ferrara climbed up on to the bridge again and jumped from the bridge but was rescued by The Lawrence Fire Department.

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SURFSIDE5: FROM PAGE 32

SUNDAY, JULY 15, 4:00 PM – 8:00 PM – REGGAE SUNDAY WITH HOT LIKE FIRE

Super popular 'Reggae Sundays' at SurfSide5 features Hot Like Fire performing on the oceanfront deck every Sunday from 4:00-8:00 pm, rain or shine. The East Coast's most sought after authentic reggae band, Hot Like Fire has been wowing audiences from Martha's Vineyard to coastal Maine for over 20 years. The 2011 winner of the NE Urban Music Award for Best Caribbean Band with a new CD coming out this summer, Hot Like Fire draws hundreds of fans to the SurfSide5 deck each week. New England Performer magazine says the band is "energetic, upbeat and highly addictive" – people are always dancin' when Hot Like Fire is jammin'!

TUESDAY, JULY 17, 7:00pm – 10:00pm – HOT COUNTRY NIGHT-SWITH THE TOM DIXON BAND

Local favorites The Tom Dixon Band was voted 2011 Best Band and Best Entertainer by New England Country Music Organization. Arrive early and drop in on a free country line dance lesson.

WEDNESDAY, JULY 18, 7:00pm - midnight – BEACH BLANKET SURF PARTY with TSUNAMI OF SOUND - Surf a go-go

Celebrate the legacy of the 1960s surf scene at the East Coast's coolest surf dance party at SurfSide5! No time machine is needed to get your go-go on in 60s tradition with the sandy beach-infused sounds of the Northeast's hippest live surf bands. These dance parties also feature a retro fix from the 16mm movie vault, go-go dancers and craft cocktails. Each week features a unique theme—from Lucile Ball to Gilligan's Island. Prizes are awarded for the best themed outfits, or just dress to impress in go-go boots, mini skirts, Nehru jackets and skinny ties!

THURSDAY, JULY 19, 7:00 PM– 11:00 PM – DUELING PIANOS WITH HONKY CATS

Honky Cats Dueling Pianos show is a high-energy, interactive and all-request driven rock & roll event featuring Jon Abrahms from the Billy Joel-inspired Broadway play "Movin' Out" and pianist extraordinaire Bill Conner. No two shows are the same because no two audiences are the same. From Bon Jovi or Billy Joel to your favorite "guilty-pleasure," request a song and sing-a-long. Lots of fun, lots of music and lots of laughs!

FRIDAY, JULY 20, 9:00 PM – LIVE BANDS ON THE DECK featuring BOSTON COMMON

This multi-year "Best of Boston" award-winning band is comprised of musicians from the upper echelon of students at Berklee College of Music. They have shared the stage with artists from John Mayer, Genesis, Earth Wind & Fire, Steve Winwood, Gloria Estefan, Ben Folds and many others. Enjoy their perfect mix of pop, rock, R&B and dance music.

SATURDAY, JULY 21, 9:00PM – BEACHHEAT DJ DANCE PARTY

Good Vibes DJ Koko P, Flex and others spin your favorite hits at BeachHeat, the coolest dance party on the seacoast. Meet the Cuervo Girls or Captain Morgan on alternating Saturday nights and sample cool summer drinks. See and hear the beachfront concert series music from on the deck's 8 ft. screen and new surround sound system, then get the best viewing of spectacular fireworks over the ocean at 10pm (weather permitting)!

SUNDAY, JULY 22, 4:00PM – 8:00PM – REGGAE SUNDAY WITH HOT LIKE FIRE

Super popular 'Reggae Sundays' at SurfSide5 features Hot Like Fire performing on the oceanfront deck every Sunday from 4:00-8:00 pm, rain or shine. The East Coast's most sought after authentic reggae band, Hot Like Fire has been wowing audiences from Martha's Vineyard to coastal Maine for over 20 years. The 2011 winner of the NE Urban Music Award for Best Caribbean Band with a new CD coming out this summer, Hot Like Fire draws hundreds of fans to the SurfSide5 deck each week. New England Performer magazine says the band is "energetic, upbeat and highly addictive" – people are always dancin' when Hot Like Fire is jammin'!

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