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Receiver Riley's Millions

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Tom Duggan
VALLEY PATRIOT PUBLISHER

With the Lawrence Public School under the complete control of the State Department of Education there are a lot of changes coming to the school system, and a lot more money being spent.

Where we are - State Commissioner of Education Mitch Chester has appointed a "receiver," Jeff Riley, to control every aspect of the school system. He is operating without a superintendent. He does have the power of the Superintendent and the School Committee, and thanks to state legislation has full control and authority over the entire Lawrence School System. He is, however, not the superintendent of schools.

The elected Lawrence School Committee no longer has any authority over spending, hiring, contracts, or school department policy. And while they still hold public meetings, members of the committee are locked



out of day to day operations of the school district.

Yet, Receiver Riley submitted his proposed budget last month on school committee stationery which said "Lawrence School Committee Budget" with the School Committee logo on it, giving many the impressions that the elected school committee had something to do with his budget.

Receiver Jeff Riley is now going into his sixth month as receiver of the Lawrence Schools. He is the former Chief Innovation Officer for the Boston Public Schools. Riley was hired by Education Commissioner Chester Mitchell with no experience in turning around a failing school system.

He was given a three and a half year contract, at \$198,000 per year with benefits and reimbursements to "turn around" the school district, yet there is no legal definition or policy outlining what specific goals must be met to for the schools to be considered "turned

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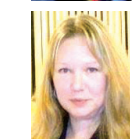
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VALLEY PATRIOT OF THE MONTH

Heroes in Our Midst: Cpl. George Seddon, USA, and Phyllis Seddon, USN

Helen Mooradkian
VALLEY PATRIOT VETERAN COLUMNIST

WESTFORD - Corporal George Seddon, U.S. Army, 10th Mountain Division, fought in the mountains of Italy while his wife Phyllis, then-fiancée, U.S. Navy, cared for the severely wounded returning from the Pacific Theater during World War II. Together, the couple from Westford, MA, epitomize "The Greatest Generation."

The 10th Mountain was an elite, highly specialized division created in 1943 to fight and survive under the most brutal mountain conditions—50-deg below zero winter blizzards—in Italy's Alps and Apennines. The infantry moved on skis, the artillery on snowshoes. Sled dogs and Missouri mules were the only means of transporting 75mm Howitzers and supplies through the mountains.

These men were pioneers, unique in the annals of American military history. They fought on the mountain peaks. They fought in the valleys. They endured the rigors of sub-zero mountain warfare while training in the Colorado Rockies. They endured the heat of the Texas flat lands in preparation for the Po Valley offensive.

They were renowned for their courage, daring—and stealth attacks. They routed the experienced mountain divisions of Germany.

Olympic skiers and seasoned mountain climbers were turned into hardened infantrymen. Recruited by the National Ski Patrol, not the Army, they patrolled mountain slopes. They scaled cliffs of sheer rock with toboggans strapped to their backs. On reaching the summit, they

SEDDON: PAGE 37



Corporal George Seddon, U.S. Army, 10th Mountain Division, and his wife Phyllis Seddon, U.S. Navy, WWII veterans, both have deep roots in The Salvation Army, going back to the days of the founder General William Booth. George served with the famed 10th Mountain, created in 1943 for combat in Italy's Alps and Apennines. Hallmarks were skis, snowshoes, sled dogs

and mules. George received the Bronze Star. Phyllis served in Naval hospitals in Bethesda, MD, Chelsea, MA, Newport, RI.

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VALLEY PATRIOT EDITORIAL

Tea Party Leader Defends Gays, Media Buries Story

Last month Christine Morabito, President of the Greater Boston Tea Party called into WCAP’s Paying Attention Radio Program (980AM) to talk about an explosive and divisive issue facing Tea Parties all over the country: anti-gay (and some would say homophobic) voices within the Tea Party itself.

At issue was what Morabito called “anti-gay” voices that were slated to speak at the Tea Party rally in Boston on April 15th. Morabito asked all members of the Greater Boston Tea Party to boycott that rally and instead attend the Worcester Tea Party rally that day.

The issue was so contentious among individual members of the various Tea Party groups, that it caused a split among those who want the Tea Party to focus on social issues (abortion, gay marriage, etc.) and those who want to stay true to the Tea Party mission: lower taxes, more personal liberty and shrinking the size of government.

What made this debate within the Tea Party fascinating is that if you listen to the news media portrayal of the Tea Party you might think that they are all a bunch of racist, gay-hating, religious kooks.

Yet, here in Massachusetts we had the head of the largest Tea Party organization in the state on a live radio program defending gays from hate and asking for a boycott. That program aired on April 14th.

We at the Valley Patriot are still waiting for the news media to report that story as we enter the second week of May.

If Christine Morabito had called into a radio station and said that gays were “dis-

eased” and could be “cured”, we are sure that it would have been a front page headline in many daily papers. Not so, however, when Ms. Morabito defended gays against hate.

Here is some of what Morabito said, which the Boston Globe and the rest of the media refused to report:

“As far as the gay bashing goes, to get up there and talk about how gays are going to hell and gays can be healed; those things are very hurtful and are absolutely not issues that should be talked about at a Tea Party Rally. At the Tea Party, we have now spent four years trying to prove that we are not hate mongers, we are not bigots, we are not anti-gay, we are not all these negative things that the news media portrays us to be. And what is upsetting to me is that in one felled swoop, this rally happening in Boston can wipe all that away.”

“So, we’ve had to make it very clear at the Greater Boston Tea Party that we are going to be as far away from that rally as possible. I’m not saying that the social issues don’t matter. The social issues matter very much to many individual members of the party. But, those are not issues that we want to be discussing as a Tea Party. Our main issues are fiscal issues; smaller government, individual liberty, free markets, free speech, those issues that unite people and everyone can agree with.”

“In the Tea Party we are full of Independents, libertarians, republicans and we even have recovering Democrats. Fiscal issues can bring all of us together. Why would we

want to talk about things that are going to be offensive to some people and turn people away? We want to grow our numbers for a goal. That goal is get people off their couches and stop throwing things at the TV and get out there, let their voices be heard... stand up to politicians who are wasting our tax dollars and not representing us.”

Asked whether she really considered the speakers at the Boston Rally to be “gay bashers” her answer was shocking if all you only knew about the Tea Party from what you saw on the news.

“Yes, and it’s been very disheartening for me to realize that people I thought were in line with me politically and socially, are speaking like this. It’s very hurtful and it has no place in the Tea Party rally. It really bothers me. It’s the Language that they use, some of it is really just ugly.

Morabito said that one example that has kicked up what she said were “the minority of voices in the Tea Party that are anti-gay” was the very loud opposition to Republican candidate for Congress Richard Tisei.

“We have Richard Tisei who is a fiscal conservative and he is running against Congressman Tierney, whom Tea Party members have nothing but for contempt for. But we have Tea Party members now coming out against Richard Tisei saying they are not going to vote for him. And it’s because Richard is gay. Well I don’t care if he’s gay, he is a fiscal conservative. What good does it do us if we re-elect John Tierney again? I would rather have someone who is with me 90% of the time than a John Tierney. If you can’t

look past this one issue of him being gay what does that say?”

“If you take the social issues off the table you realize, we in the Tea Party will be much more represented by a Richard Tisei than a John Tierney.”

We at the Valley Patriot couldn’t agree more with Ms. Morabito on her stand against homophobes and people who are not just “anti-gay marriage” but are outright “anti-gay”. There is a huge difference no matter how much the news media wants you to confuse the two.

What is most distressing is that the people who decide what stories to broadcast or publish in the news have a clear agenda. That agenda is to only portray the Tea Party as a bunch of homophobes, racists, and religious kooks. And while there are individuals who certainly hate within any group of people, Christine Morabito took a brave stand publicly and said “That’s not what we are all about as a Tea Party.”

And while she was being excoriated by the gay haters within the various Tea Party organizations for her public stand, not one news outlet came to the defense of gays who were being bashed, because they didn’t want to give credit to the head of a Tea Party organization.

This is just one more reason why we encourage our readers to think for themselves and question everything you read and see on the “news”.

Because most often, it isn’t really “news” at all that you are consuming.

It’s a fictional narrative.

Disability for Criminals but not for the Disabled

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

I’ve often shared the story of my daughter, Julia.

My little princess is a beautiful girl who loves music, cookies, the ocean and summer breezes. She is nine years old and is just now learning to walk, small little Frankenstein like steps but steps none the less. We still use Julia’s wheelchair to take her around but we sure hope that some time in the future we’ll only need to hold her hand as she walks. She may always need to wear braces on her legs or use a cane, but it would be wonderful to think of her as more mobile at some point in her life.

Julia’s disabilities are not just physical; they impact her mind, as well. At nine years old Julia does not speak and we’re gradually coming to accept that she never will. Chronologically nine years old, she functions at about the level of an eighteen to twenty-four month old toddler. Something as basic as going to the bathroom by herself is not within Julia’s grasp at this

point and she still wears diapers and needs us to change her.

I have detailed some of Julia’s challenges simply to point out that she is, by all accounts, disabled. There’s not a single person who has ever met Julia who has ever doubted that she is a sweet little girl who is also severely disabled. Well everyone except the Social Security folks who have refused our application, on her behalf, to receive disability payments.

Now contrast Julia with someone who the Social Security Administration deemed disabled.

Lester Young is a long time guest of the Massachusetts Department of Corrections. Inmate Young is a convicted killer. In 1994 Young was committing a robbery when he expanded his criminal activities and then shot and killed a man in Dorchester. He served fifteen years in prison and was then paroled.

In 2009, while he was out on parole Lester Young encountered an automatic sink in a public restroom. He told the Massachusetts Parole Board, “I actually sat there and couldn’t turn the water

on until I saw another individual come in to use the bathroom. And that kind of made me feel incompetent, it kind of made me feel inadequate, and ashamed.” Young found someone who was willing to diagnose him with post traumatic stress disorder. Oh no, he wasn’t stressed by the murder he committed. He was not ashamed of taking another person’s life.

But he was severely traumatized he claimed because he had been incarcerated. The Social Security Administration awarded him a monthly check of \$700 to help him deal with his trauma.

Apparently those disability checks were not enough for Young. He wound up violating parole and is once again back in the clink.

The Federal government gave thousands of dollars to this despicable bottom feeder to blow on, shall we say, non-essentials? Of course if they would have sent those disability checks to my daughter, we would have used them for her wheelchair or other medical supplies.

Julia is still my princess, Lester Young is still a delta bravo and I’m now suffering from the trauma and stress of knowing that he got her money.

Wonder if I can get a check now?



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

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Thou Shalt Obey ... Or Else

Doctor Chuck Ormsby
VALLEY PATRIOT EDITOR/COLUMNIST

“I was in a meeting once, and I gave an analogy to my staff about my philosophy of enforcement ... how the Romans used to conquer little villages in the Mediterranean. They’d go into a little Turkish town somewhere, they’d find the first five guys they saw, and they would crucify them. And then you know that little town was really easy to manage for the next few years. So that’s our general philosophy.” Al Armendariz, EPA Administrator.

The video of Armendariz’ candid bragadocio, hopefully, has been seen by nearly all those who will vote this November. It is as close to an open admission of the practice of government tyranny, in fact the appreciation of government tyranny, as one will ever witness.

Look at the language he chooses. He describes his goal using the word “conquer.” Does this imply mutual agreement or dictatorial rule? I guess the Roman reference cements his intent.

He uses the word “little” three times to describe those he is seeking to subjugate. He relishes the overwhelming power he wields because he is backed by the police power of a massive federal government. Crushing the defenseless, while cowardly, is sport for bullies.

He references “the first five guys they saw” to underscore the terrifying randomness of his planned cruelty. It wasn’t finding the first five guilty guys ... just the first five guys. That is a way of saying, “We are capable of doing whatever we want to whomever we want. You could be

next. Obey us or else.” The potential horror of “whatever they might do to you” is emphasized by the punishment meted out to the unfortunate five: crucifixion.

But our wannabe overseer didn’t stop there. He followed the opening quote with, “you hit them as hard as you can, and you make examples out of them, and there is a deterrent effect there.”

Yes there is. He didn’t really need to point this out; it was the ultimate purpose of the random crucifixions in this little town. Once government is powerful enough to wield such power and any constraints like our Constitution are weakened sufficiently, its reign of terror works very effectively. That is why he says, “So that’s our general philosophy.”

Note that Armendariz twice refers to the strategy of inflicting random terror on innocent civilians as a philosophy ... not as a policy. Policies tend to be more localized in space and time while philosophies are typically used to describe widespread and permanent aspects of one’s beliefs and practices. He seems to relish not only the practice but also the thought that this should be a foundational aspect of governance.

Apologists for both the administration and the fascist movement it represents will tell you that Armendariz’ statements do not reflect their practices or their philosophy. Both their record and their statements for the last hundred (or more) years clearly prove that their denials are lies.

A key component of all statist programs is compulsion. They are sold with maternal sentiments and smiles, but compliance

is enforced with steel. The same maternal justifications that are used to put these programs in place continue to serve as the public face of the policies, but just try to opt out and you will soon feel the steel at your back.

The philosophy of compulsion becomes a way of life for career politicians and government administrators/bureaucrats. Exercising power over those they rule seems routine and, over time, becomes an aphrodisiac. This has been true throughout recorded history. The most brutal examples occur when the limitations on governments’ exercise of power are removed completely (e.g., the Roman Empire in its later years, the Mongol Empire under Genghis Khan and his descendants, Nazi Germany, the Islamic Republic of Iran, and Communist Russia, China, Cuba, North Korea). But the slide into tyranny has every shade of grey and we are slipping into ever darker hues. There is nothing to stop this tragic slide unless those who are being subjugated have the will to revolt.

Unfortunately, the serfs fall prey to the same conditioning effects as those who are imposing the tyranny. They become accustomed to the government setting the rules that govern every aspect of their lives and they accept their obligation to obey. Obedience becomes a civic virtue.

Why do the statist do it? What is in it for them? Power and money.

Tyrannical governments are criminal enterprises. Their offenses range from such petty excesses as the GSA’s recent wanton disregard for your tax money during their Las Vegas bash, to crimes against humanity such as premeditated genocide. History tells us that the vast majority of individuals, when put in a position where they can plunder and get away with it, join in and enjoy the party. If slavery or genocide is required, so be it.

Before his execution by beheading at the hand of the Stuart monarchy in 1683, Algernon Sidney wrote in his treatise, Discourses Concerning Government, that “All human constitutions are subject to corruption, and must perish, unless they are timely renewed, and reduced to their first principles.”

Three hundred years may separate us from the time Sidney wrote those words, but they precisely capture the current state of America. Our Constitution has been

largely destroyed by our legislative and executive branches and our courts have blessed its destruction. The plain English meaning of the Constitution and its philosophy of limited government - one that is given only enumerated powers and thus is designed to protect our liberties - is on its deathbed.

Five justices occasionally offer the philosophy of our Founders and the Constitution that embodies that philosophy a few life-sustaining breaths, while four do all they can to turn the lights out. We’re down to a single individual standing between what remains of individual liberty and its alternative, tyranny.

The prospects for freedom in America are dim, probably dimmer than those who care about individual liberty suspect.


The knight we are sending out to do battle with the Tyrant In Chief is Mitt Romney.

If he wins, our freedom depends on his recognition that our Constitution needs to be renewed and that it must, again, be reduced to its first principles. I’m unconvinced he understands or appreciates this, but he is now our only hope.

If Romney loses, individual freedom is likely to be lost, if not permanently, at least for several generations. A victorious Obama will surely appoint several replacement judges to the Supreme Court and they will be statist ideologues, as young as he can find, to bridge the transition to total statist control of society. He will then have four years without re-election worries (assuming the 22nd Amendment is honored) to burn as many bridges as possible while instituting tar-baby entitlements that can never be repealed.

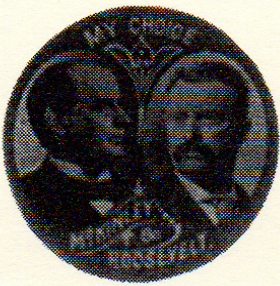
Our shackles will be fitted and forged. All we get to do is say, “Yes, Massah.”

Do we relish the thought of always asking our government for permission and dutifully obeying its commands? Do we recall what it means to be free? Will we fight to regain our freedoms and then pass them on to the following generations? Stay tuned. The clock is ticking.

 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@comcast.net

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St. Michaels Drama Club Wows with “Wonka Kids”

The Drama Club of Saint Michael's School in North Andover put on a unique production last month called “Wonka Kids”. It was a belly-laugh funny rendition of Willie Wonka and the Chocolate Factory. While every child performed incredibly well we would be remiss if we did not point out the stunningly bratty performance by Haley Norris as Veruca Salt, Maddi Ryan belting out musical numbers as Willie Wonka and a hysterically funny portrayal of Augustus Gloop by Quin Kelly. The audience was also delighted by the rap-dance performance by the Big Bad Squirrels and a wonderful display of Oompa Loompas!



Top Left: Abigail Stanton, Quin Kelly, Oompa Loompas, Middle Center: Ria Sherill & Isabella Miranda, Elizabeth Abdoo, Bottom Left: (the 3 big bad squirrels) Adam Norris on the Right, Far Right: Maddi Rayn as Willie Wonka

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Andover Selectman Vispoli Announces for Senate

Tom Duggan

VALLEY PATRIOT PUBLISHER

Andover Selectman Alex Vispoli announced last week that he is running for the Republican nomination for State Senate to represent the 17th Essex Senate District. The seat is currently held by Barry Finegold (D) Andover. Vispoli will face current State Representative Paul Adams in the Republican primary in September. The winner will face Finegold in November.

Vispoli held a campaign kickoff at Adonis on Essex Street to a packed house of Republican and Tea Party activists including: Andover Selectman Bryan Major, Tea Party Activist Jamison Tomasak (who is also a Valley Patriot contributor), former State Representative Gary Coon, former candidate Sal Tabit, Republican activist Rick Livingstone, and one of the architects of the Bill Weld and Mitt Romney wins for Governor John Moffat.

The Valley Patriot interviewed Vispoli after he made his announcement and asked him why he chose to run against Paul Adams in the Republican Primary and how he would govern differently than Senator Finegold if he is elected.

VP: Alex, you are running for State Senate. You are going to have to unseat a very popular incumbent from Andover, Barry Finegold, but before that you are going to have to get past State Rep Paul Adams. Why did you decide to run against

Paul Adams in the Primary for this seat?

Alex Vispoli: Well, Tom, the ultimate goal is to win the seat. It just so happens that there was another Republican in the race, so you know, you compete at that level, so that wets the playing field. I think my experience in local government for the last 8 years, my experience in the last twenty five years in business. My time and certainly as a father of four, putting kids through college, paying taxes, understanding what it takes to raise a family in this environment gives me experience that I can bring to Beacon Hill. I think I reflect the type of experience that should be on Beacon Hill, not far away from the actual citizens that elect these representatives. That's what I intend to bring to the State House.

VP: Obviously, you must think that you do a better job than Paul Adams, what are the differences between the two of you?

Alex Vispoli: Clearly, if you look at my set of experiences in the private sector, I understand how jobs work or how jobs are created. I understand what impacts local businesses. I've been a tax payer, I've been in the private sector and I have also spent years in the municipal side, I have a clear understanding how these municipalities work. I think what differentiates me, certainly, is my experience there, as well as raising a family and knowing what it takes and what the impacts on a family are. Also, I think the Republicans need a candidate that can compete against a



Alex Vispoli is Married with four children. He has been an Andover Selectman 2004-present, Chairman of Andover Board of Selectmen-2006, 2009, and 2010, elected to Massachusetts Municipal Association Board of Directors, Elected to Massachusetts Selectmen's Association, currently representing Essex and Middlesex Counties, Member of Governor's Local Government Advisory Commission, Elected to the Planning Board -Norfolk-1989-1996, Served as Representative on the Metropolitan Area Planning Council, Community Service includes volunteering for Boy Scouts and coaching Youth Sports, Member of Saint Augustine Parish, Knights of Columbus and Service Club of Andover.

Democrat that's heavily entrenched without having any baggage when they get in. So, I think that's what I bring to the table. I think I have a very strong background.

VP: Now, if you are successful in the primary, you will be going up against a titan in politics. You've got Barry Finegold who has never lost an election, is very well known and has a ton of money ... how do you plan on doing that with Obama at the top of the ballot and you running as a Republican?

Alex Vispoli: Well, I think we also have Scott Brown on the ticket, Mitt Romney, and Alex Vispoli and what I bring to the table. You can see all the grassroots support here tonight, but we understand we are going to have a fundraising challenge. You know, our opponent will raise more money than us, but I think that on the

record, Tom, we can show that contrast of the votes and the votes for small businesses in the Merrimack Valley and I think, really, the abandoning of the citizen in the Merrimack Valley. So, what I plan to do is take my message door to door, person to person, voter to voter over the summer and through the fall to make that case and I strongly believe that people will listen to what my story is and they are going to vote for somebody that really understands what it takes to go to Beacon Hill and fight for them, aggressively and not timidly.

VP: Last question: We all know issues don't matter, but what are your top two issues?

Alex Vispoli: Well, the first issue is

VISPOLI: PAGE 32



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Memorial Day in the Town of Andover

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

Andover, Massachusetts is a town that puts forth the effort to celebrate and observe major holidays. Through the efforts of many townspeople, citizen groups, students, the Patriotic Holiday Committee and the Veteran Services Director, Michael Burke, this year's celebration of Memorial Day will follow in the long tradition of honoring the veterans who long ago fought for our country as well as those who continue to this day to fight for honor and the preservation of our country.

Memorial Day was officially proclaimed by U.S. General John Logan, National Commander of the Grand Army of the Republic in 1868 and first observed on May 30 of that year at Arlington National Cemetery by the placing of flowers on the graves of both Confederate and Union soldiers. General Logan's purpose was to honor those who "gave their all."

Most northern states gave full recognition of this observation by 1890 and after World War 1, it was nationally recognized, although some states still observed the remembrance on an additional day. It was established as the last Monday in May in 1971 by the Congressional National Holiday Act.

The distribution of red poppies by Veterans groups has been a long established custom, inspired by the famous poem, "In Flanders Fields" by Canadian, Lt. Col. John Macrae. Moina Michael, a Georgia school teacher,

campaigns for many years to use the red poppy as a symbol to remember the veterans who lives we honor.

"We cherish, too, the poppy red that grows on fields where valor led, It seems to signal to the skies that blood of heroes never dies."

This year the official observation of Memorial Day 2012 will be Monday, May 28th. There will be ceremonies at West Parish Cemetery at 7:00a.m., St. Augustine Cemetery at 7:30 a.m. and Spring Grove Cemetery at 8:00 a.m.

The Parade will begin at 10 a.m. at

Elm and Florence Streets, proceeding to Main St, to Punchard Ave., then to Bartlett St. to the town park at the town offices building. The opening prayer will be given by Rev. John Zehring followed by a rifle salute and the laying of a wreath.

James Bedford of the Patriotic Holiday Committee will speak. Andover High School Band will play and Clan MacPherson Band will perform "Amazing Grace". There will be a presentation of medals to veterans of the Global War on Terrorism. Recitations of "The Gettysburg Address" and "In Flanders Fields" will be made.

Those of us fortunate to live in this country and be a part of such a united yet varied country can revel in the realization that we share a unique and worthy heritage for now and forever, as we join with our families, friends and neighbors to honor our "heroes" who keep us safe.

But, we also must do our part to make the United States of America the grand story it is forever.

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Page 19

Notices From the North Andover Senior Center

On April 26, 2012, Vivian Aziz was presented the Volunteer of the Year award from the North Andover Senior Center. Vivian has contributed over 600 hours of volunteer service. Vivian was born in North Andover, and grew up on a farm on Osgood Street.

A portion of Vivian's childhood was spent selling fruits and vegetables at her family's farm stand. Vivian's family also raised Dalmatians. After graduating from North Andover high school she worked in the factories in Haverhill and then went on to working at Lawrence General Hospital for 30 years.

The North Andover Senior Center was blessed the day Vivian Aziz walked through the doors. Vivian's nature is laid back when she saw something that needed to be done she did it. Not for bragging rights, just to help! Not for the recognition, just to be a friend! Vivian knows what she does makes a difference, so quietly, and unassumingly she made it happen. Over the last year Vivian has accumulated over 600 hours of volunteering! A volunteer can touch the lives of so many of our older adults. If you are interested in volunteering please stop by the North Andover Senior Center, there is always some way you can make a difference.

NEW: GOLF PASSES: Buy passes at the Senior Center, \$6 for North Andover Seniors only. Golf at the North Andover Country Club (Dress Code), Mondays afternoon June 4 thru August 27. 9



Vivian Aziz was presented the Volunteer of the Year award from the North Andover Senior Center.

holes-\$15 and 18 holes-\$20. Must show proof of residency.

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 every Thursday from 1-4 pm, call the center 2 days in advance for the schedule.

BRIDGE REFRESHER: Starting the Wednesday, June 6, and runs from 1 -3 pm, \$3. per week at the Senior Center. No partner needed! Great chance to review and learn new skills.

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

BASIC 1 COMPUTER COURSE: This is a 4-week course on Thursdays

from 1 pm - 2:30 pm, starting May 24th. \$25 per person. Learn how to email, search the internet and set up files. Call to sign up.

DIGITAL PHOTOGRAPHY CLASS: Tuesday mornings 10 -11 \$25 for 4 sessions starting June 5, 12, 19 and 26. This course is for the student who wants to buy a digital camera and learn how to use it. Learn basic controls, manage picture files, save and categorize, print photos at home or through services and attach photos to emails.

ICE CREAM SOCIAL AT SUTTON HILL NURSING HOME: The North Andover Senior Center is invited to an Ice Cream Social on Friday, May 11 at 2 pm. Come and enjoy a visit with an old friend or make a new friend. Bus leaves the Center at 1:45 pm. Sign up is required.

SUPPER CLUB: Thursday, May 17, Dine Out at Petey's, Rye Beach. Bus leaves the Senior Ctr. 4:00 pm and costs \$4. Separate checks. Sign up opens the 1st Wednesday of every month.

FOXWOODS: Next scheduled trip, Tuesday, May 22, 2012. \$30 Includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 7:00 am.

KEEP MOVING SPRING WALKS: Moore State Park, Paxton, MA. Thursday, May 24. Bus leaves Senior Center at 9:15 am. The 2nd walk is at Fort Independence, Castle Island, S. Boston on Friday,

SENIORS: PAGE 42

ZUMBA WITH TALLIE!



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

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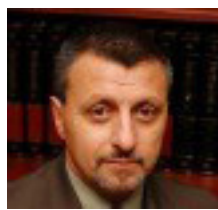
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Censorship of political dissent in Groveland

Joseph D'Amore
VALLEY PATRIOT CONTRIBUTOR



Here is my response to questions raised by a reporter of a local newspaper.

Groveland's Candidate's Night is the only event

that offers an opportunity for citizens to view candidates and discuss issues for upcoming elections. The event occurred on April 12th at Town Hall and was not aired live. This was a stunning development since the Town's website had promoted the event. Hundreds of Groveland residents tuned into a blank screen.

I contacted Selectmen Greaney and Darke the very next day.

Selectman Darke in his email response indicated that the Board of Selectman were aware of technical difficulties for at least two weeks.

I requested that a message be posted on Public Access TV to explain to citizens that there were ongoing technical difficulties as otherwise no communication was offered by Town government. This was ignored. I requested that when intermittent airings were made, which finally began April 15th, that a schedule be posted. This was ignored too and did not occur regularly until April 24th.

Advertisement

After much discussion with Tracy Gilford, who is a volunteer and is not directly responsible for intervening here and through apparently his own initiative, the tapes began to play regularly on April 24th. The Board of Selectman recently hired a technician who apparently was not capable of operating new equipment properly, Mr. Gilford with the help of the technician finally initiated steps to allow for consistent viewing supported by a schedule of upcoming airings. Too many citizens in Groveland

and to me, Mr. Gilford is one of those quiet heroes in our community.

The Board of Selectmen interviewed Kenneth Martin, the head of Groveland's Cable TV Advisory Board, 11 days after the event at the April 23rd Board of Selectmen's meeting. The issue was officially entered into the minutes as an agenda item.

Selectman Gorski was not present at this meeting.

Why did this become an issue after citizens raised objections to the Black Out? Why did the Board of Selectman with advance knowledge of technical issues, decide not to address this knowing full well that the event was important to the citizens of Groveland in light of the fact it was promoted on the Town's website?

Did they expect that all 3,000 voters would be able to fit neatly into Town Hall to experience it live?

Selectman Darke has openly campaigned for Selectman Gorski. Therefore, I am raising the question as to whether either through misguided intention or simply mismanagement have violated election campaigning laws.

They certainly should be held accountable for their disservice to the public in infringing on the public's right to be informed of this important political event. Unfortunately, sensitivity on this issue is heightened since there was a similar controversy of political censorship reported by the Eagle Tribune in 2009 with a radio commentator Jack Bevelequa.

I believe that there is the potential for an elected public official to have exercised control over government functions for political advantage in Groveland.

How does the Board of Selectmen in Groveland respond to the citizens on this matter?

Greenbelt Helps Create New Georgetown Forest

Collaborative effort helps to expand a "greenbelt" across three communities

April 5, 2012: Greenbelt, in partnership with the Town of Georgetown and the Massachusetts Office of Energy & Environmental Affairs (EEA), has permanently protected nearly 40 acres of native woodlands, wetlands, and wildlife habitat along the Georgetown-Newbury border. The new Town Forest will be known as Driftway Woods, and it will add to more than 2,000 contiguous acres of permanently protected land spanning 3 towns.

"Not only does Driftway Woods conserve critical habitat for endangered species, but these scenic woods will provide walking trails and access to the planned Border-To-Boston Rail Trail for this fast-growing community," said Greenbelt

Executive Director, Ed Becker. Creating a network of natural corridors and visually intact landscapes, or "greenbelts", is a primary focus of the regional non-profit land trust, which works to conserve local farmland, wildlife habitat and scenic landscapes throughout Essex County.

In May of 2011, the Georgetown residents voted to use Community Preservation Act funds to acquire this conservation area. Concurrently, Georgetown Conservation agents successfully completed the rigorous application process for a \$153,000 Local Acquisitions for Natural Diversity (LAND) grant offered through EEA, which reimbursed 60% of the

Town's CPA funds appropriated for the acquisition.

The 18-month project drew on each partner's strengths. Greenbelt filled a critical niche by offering technical assistance, resources and flexibility to facilitate the land acquisition on behalf of the Town. In a complex transaction, Greenbelt found a conservation-minded buyer for a 7.3-acre portion of the property, and secured an option through December 2011 to acquire the balance of the land. When the Town was unable to close by the option deadline due to a delay in State funding, Greenbelt pre-acquired and held the property for 3 months, maintaining the Town's eligibility for the LAND grant.

Greenbelt will hold a conservation

restriction on both the privately held 7.3-acre parcel and on the 31-acre Driftway Woods, that latter of which will be managed by the Town for wildlife habitat and compatible low-impact, non-motorized recreation. "This is a stellar example of how Greenbelt's skills and ability to respond to tight real estate timelines leverages local and state resources to save land and enhance the quality of life for local residents," added Becker. "We hope this project will be a model for more to come in Georgetown and other communities in Essex County."

To learn more about Greenbelt ongoing land conservation efforts visit ecga.org or contact Greenbelt at 978-768-7241.

2nd Essex District Debate

It's the first debate of the season! On May 17th at 7 p.m. the Georgetown & Groveland Republican Town Committees along with the 6th District Chapter of MARA are sponsoring a Meet the Candidates Debate at Erie 4 fire station, 474 North Street, Georgetown.

The debate will be among the Republican primary candidates for the 2nd Essex State Representative seat. The candidates are Bob Cronin of

Boxford, Gary Fowler of Georgetown, & Lenny Mirra of West Newbury. The towns in the 2nd Essex are Boxford, Georgetown, Groveland, Merrimac, Newbury, & West Newbury.

All are welcome. Light refreshments will be available for purchase. For more information, please contact Leigh Ann Berry at 978.373.4664 or grovelandgop@comcast.net

Haverhill Mayor Receives Bequest for City's Law Enforcement

Mayor James J. Fiorentini is pleased to announce that the City of Haverhill has received a bequest from the Elmo D'Alessandro 1996 Trust in the amount of \$357,382.60. This bequest can only be used for law enforcement purposes.

Mayor Fiorentini presented this bequest to the City Council for their acceptance at Tuesday night's meeting- all gifts to the City must be accepted by the City Council.

"Elmo D'Alessandro was a Haverhill success story," Mayor Fiorentini said. "He was born to Italian immigrants from Abruzzi, Italy and his

father opened the Lesande Shoe Company in Haverhill. After serving in the Air Force during WWII, Elmo returned to Haverhill, ran Lesande Shoe and later opened D'Alessandro Realty. He also was one of the founders of the First Bank and Trust of Haverhill."

"As the son of Italian immigrants who also lived and worked here, I am particularly touched by Mr. D'Alessandro's gesture of appreciation to the City of Haverhill. I will work with Public Safety Commissioner Alan DeNaro to find the best use of this gift that would honor Mr. D'Alessandro's wishes."

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Will Rogue State Agency Close Shelters?

Tom Duggan

VALLEY PATRIOT PUBLISHER

The Massachusetts Department of Agricultural Resources (MDAR) has been targeting and harassing dog “rescues” in Massachusetts for years. They are the state agency in charge of regulation and enforcement of the animal industry in the state.

Dog rescues are generally nonprofit shelters for abused, neglected and homeless dogs. These rescues rely on volunteers to save dogs that are scheduled to be killed in “high kill shelters” in other states. They bring them back to Massachusetts and have a network of animal lovers who agree to: “foster” the dogs temporarily, bringing them to the vet, feed and care for them and make sure they are healthy and safe until a permanent home for them can be found.

These shelters have been and continue to be targeted by the state workers at MDAR because, the shelter supporters say, there is a conflict of interest going on at the rogue state agency where, former dog breeders and current dog breeders as well as those who do business in the dog breeding and pet store industry are actu-

ally working at the agency and using the power of the government to put shelters (whom they see as competition) out of business.

Now the dog breeders within the MDAR and pet store lobby have partnered up with state legislators to push a bill that would give the agency full authority to create state regulations and impose them on the shelter industry with no oversight, effectively putting them out of business.

According to “Roll Call”, at issue (among other bills pending) is House Bill

1445 “which was filed by Rep. Kay Khan (D-Newton). The bill allows MDAR to

create at its sole discretion regulations governing every single aspect of operations of nonprofit animal shelters and rescue organizations.” But breeders, backyard breeders, and pet stores go unregulated.

“They are saying things like, anyone who fosters or adopts a puppy can’t have carpet-

ing? They have to have separate cleaning areas, this is ridiculous,” said one shelter volunteer. How are we going to find people to take in these poor animals

when we have to start excluding people who have carpets?” These new rules will ultimately do away with foster homes, which many rescue organizations rely on. In turn, these rescues will have to shut down; the ultimate goal of Kay Khan and Bill 1445.

The volunteers who spoke with The Valley Patriot said they were afraid to be identified in our story. One of whom said that retribution at MDAR was rampant.

“The DOA will shut down my shelter in a heartbeat if you use my name,” she said fearfully. “They are not shy about threatening those who speak out, they are big on retribution. We comply with their demands no matter how unreasonable out of fear,” she said.

A newsletter published by MassFed pushing the passage of House Bill 3650 stats that the “problem” they are trying to address is “Thousands of stray and feral dogs and cats are being imported into Massachusetts by not for profit animal shelters. Animals are coming from Puerto Rico, various other Caribbean Islands and foreign countries. Many of these animals come with tropical diseases including ehrlichia, babesia, resistant strains of giardia,

SHELTERS: PAGE 10



Six Tips to Help You and Your Pets When Moving

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

In the past couple of months it seems like the real estate market has experienced a leap in sales of homes. Housing is moving very quickly. In fact, just in this last week I had two clients sell their homes in a matter of days. Literally days....

With a quick sale comes a closing right around the corner and then the move. In the chaos of finding a new home, packing, and moving we must not forget our pets. Moving is a major change and causes a lot of stress and sometimes confusion and uncertainties.

As you are digging through the closets, packing boxes and wrapping your dishes, your pet’s see and sense all these changes. They know something is changing, they know things will be different but unfortunately they are not quite certain of what exactly is going on.

1. Before your move - You must be committed to your current routine with your pet. If you feed at 5PM, continue to feed at 5PM, if you take your dog for a walk two times a day, stay committed to those two walks a day and if your kitty litter box is in a certain spot, keep that box in that area. This will help create a level of consistency with your pet. Your dog or cat has probably already started building up some anxiety and nervousness seeing everything changing but this will help

them feel you are still dedicated to them and that they are not being left behind.

2. New location - Before you move in, say you are relocating locally bring your dog or cat over to your new property and let them roam around. Let them smell, poke, peek and see everyone. Bring them out in the yard and let them find their “area” and make a mark or two. Why? Well once you do move in they will be a little more familiar with your new home and will be able to find their scent. This will create a level of confidences in your pet and hopefully help with acceptance of this being their new home.

3. Traveling to your new home - If you are not relocating local and do need to fly or drive a long distances please consult with your Vet first on your options. Make sure your pet is in proper health to be traveling for a long extended period of time. In some cases, a Vet will prescribe medication to help with anxiety.

4. Flying - Do your research and find out how each airline treats your pet. When there is a layover will the airline

bring your pet out from under for a piddle break and a quick stretch or do they just leave him in the crate. Do they provide

water breaks? Call and ask every and any question you can think of. Some airlines will allow you to bring your pet in the cabin with you depending on size and breed. Yes, your pet will have to go

through security screening too, once again call the airline directly and ask about their policy.

5. Arrival to your new home - Once again, routine routine routine. Immediately start back into the routine you had in your previous home. If you feed at 5PM, continue to feed at 5PM, if you take your dog for a walk two times a day, stay committed to those two walks a day and if your kitty litter box is in a certain spot, keep that box in a similar area. This will show your pet that just because the house may look a little different, everyday life will remain the same.

6. Once settled in- As you are getting to know your neighbors, introduce your pets to your neighbors pets. Dogs that

came from a social environment of a play dates, doggy daycare and playing with the neighbor’s dog will need to get back into that routine. If you utilized a dog walking service previously, hire one in your new location and keep that routine going. If you have a cat, let him start finding his way. If he is an outdoor cat he will be excited to start exploring. Indoor cats will be the easiest to transition as most of your existing furniture came with you and they will continue with their ways as usual.

Most importantly, be POSITIVE and very PATIENT with your pet. They will experience moving blues but if you remind them how special they are and that they are doing great, they will feel that safeness and trust from you and will begin to adjust to their new home much quicker.

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



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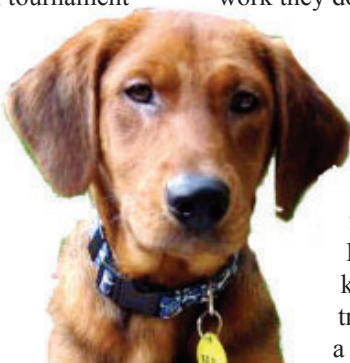


PUPPY LOVE! with Kate Whitney

Save the Puppies Charity Golf Tournament

Well it's May...and you know what that means! Charity golf tournaments galore! It seems like everywhere I turn there is a flyer for a different golf tournament to benefit some great cause...and I love it! I wish I could play in and donate to all of them. But as with everything in life, we all must pick and choose. And what's better than playing golf at a beautifully manicured golf course, with great friends, and all for a good cause? Keeping in the tradition of springtime charity golf tournaments, I am running my First Annual Charity Golf Tournament is coming up on Friday May 18.

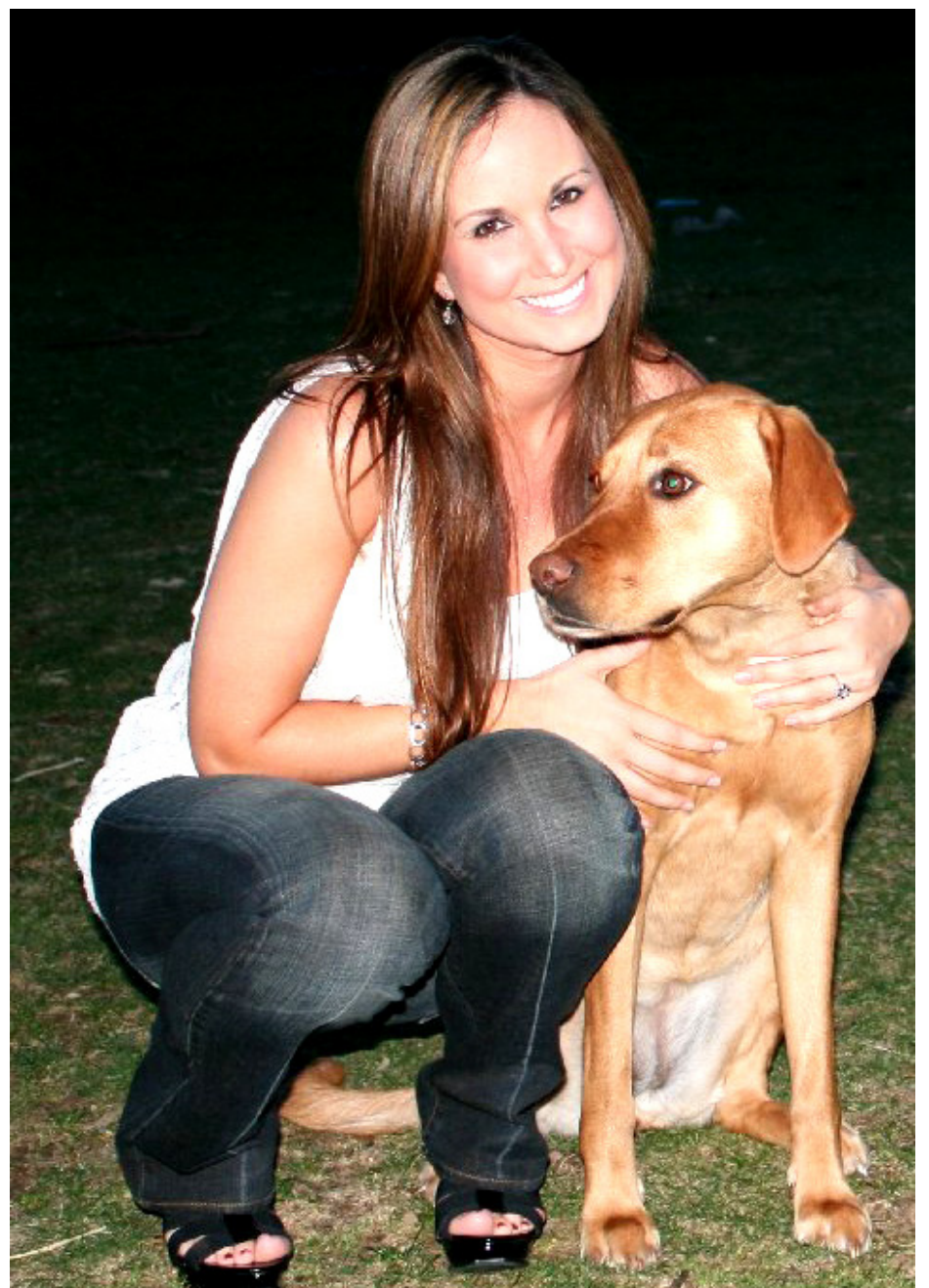
The tournament is a joint effort between two great organizations: Seacoast Thunder AAU Baseball and One Tail at a Time Dog Rescue. Seacoast Thunder, run by a good friend of mine, Kevin Winship, is a program designed to provide a platform for young baseball players to learn and compete in the great game of baseball. Studies have shown that kids who participate in organized team sports are higher achievers in terms of grades and have lower school dropout rates. This is a fantastic program and we hope that it will benefit tremendously from the golf tournament. One Tail at a Time Rescue is a 501c3 non-profit here in MA. If you



have read my column before, you know how much I write about and promote this great organization and all the wonderful work they do. The rescue is 100% volunteer and thrives on private donations from dog lovers like you and the love of the volunteers who selflessly give of their time and energy. The rescue receives no state funding or help in any way. Most of the dogs come from kill shelters down South, are transported up to MA, seen by a vet, spayed/neutered, micro-chipped, given shots, placed into foster homes, and then wait for their new forever homes to come along. This tournament will help raise money so that we can continue this great work and save more dogs and puppies!

The tournament will take place at Far Corner Golf Course in Boxford. I just played 9 holes there this past weekend and the course is in great shape! Registration starts at 7:00am followed by breakfast, shot gun start is at 8:00am. Lunch, awards/prizes, and auction will take place after all golfers have completed their rounds. We already have a great group of volunteers and players, so if you want to have some fun, laugh a little, play some golf, and support two great causes, then you need to be at Far Corner on Friday May 18!

Christen Grungale of Reflections by



Christen Photography, is the official photographer for the event. She will be on hand all day snapping pictures of the players, sponsors, and volunteers. The Valley Patriot will also be there to cover the

event. A big THANK YOU to other committed sponsors: TDF Metal Finishing Inc., The Grog Restaurant, Jeanne D'Arc Credit Union, Shea's Restaurant, Bee by the Sea LTD, SwingRite LLC, Trust in Tricia, The Valley Patriot, Town Line Bowling, Grossman Retail Advisors, and CHAMP Golf.

We need your help! We desperately need hole sponsors. These sponsorships are \$150 and signage will be placed on a tee box around the course. This would be a great opportunity for local companies to do some advertising. Think of all the golfers (male and female of all ages) who will pass by your sign. This is a great way to capture the attention of new potential clients. We can also use

more auction/raffles items. If you would like to make a monetary donation, those are greatly accepted as well and very much appreciated. All donations (entry fees, hole sponsorships, etc.) are tax deductible.

We need golfers, too! What is a golf tournament without golfers? The entry fee is \$125 per person and includes breakfast, lunch, 18 holes of golf, golf cart, silent auction, raffle prizes, and most of all a day of FUN! All levels/handicaps and ages are asked to join us!

If you would like to send a donation or auction/raffle item, please send to:

One Tail at a Time Rescue
PO Box 155
Boxford, MA. 01921

For more information or to obtain an entry form, please email me at kwsingrite@aol.com. If you would like to register online, please visit: <http://www.golfdigest-planner.com/20704-OneTailGolf/>

Thank you in advance for your support of our first annual tournament. It has been a lot of work getting this together, but I know that in the end it will pay off greatly. We already have a great group of sponsors, volunteers, and golfers and I can't wait to see everyone on May 18! Happy golfing!

You can email Kate at kwsingrite@aol.com



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FROM PAGE 8: AGRICULTURE TRIES POWER GRAB ON SHELTERS

mange, fungus and other diseases. In 2004 one shelter imported a feral puppy from Puerto Rico that tested positive for rabies! Although pet stores are highly regulated, there is currently no regulation of 501(C) 3 private humane shelters that operate as de facto pet stores. Most veterinarians in Massachusetts are not trained to deal with tropical diseases. The situation creates a public health issue.”

But the shelters tell a different story saying that there are no regulations for breeders bringing animals from other states or countries. “It’s nothing but bull, they claim they want to protect Massachusetts from diseases that are brought into the state but it’s just a front. You can go on the internet right now and buy a dog, pick it up at Logan in a few days, and nobody is worried about those dogs brining in diseases. The ultimate goal is to shut down rescues. Period. But if they come out and say that is what they are trying to do, no one will support them. So, they need to lie and say they are doing some type of good for the public interest through legislation. I ask you, read the bill, you can see all the other things they are trying to do to kill us off with endless unnecessary requirements, all the while letting breeders and pet stores go unregulated.”

“It’s no secret what’s going on here,” another shelter volunteer said. “They (people who work at MDAR) are very open about their relationship with the dog breeders and the pet stores. They are vocal about their disdain for what we do because we are eating into their profits. Every time someone adopts a shelter dog they are not buying from a breeder or a pet store. There are people in Agriculture who are current or former dog breeders themselves. They are using our state government to protect and make profits for their own industry,” she said. “What they want is a shelter free state that gives them a monopoly on the animal business. If these bills pass there will be no more rescues or shelters in Massachusetts. The profits of the breeders will skyrocket but it will come at the expense of thousands of puppy’s lives. If we don’t rescue these animals and find them a home they are all dead, end of story.”

Conflicts of Interest
John Kenney, an inspector at the DOA whom The Valley Patriot has received numerous complaints about, is tasked with visiting and inspecting rescues and shelters on behalf of the DOA. Complaints by shelters and rescue volunteers include Kenney’s hostility towards them and cites

nonexistent regulations to either shut down or burden the shelters with costs that are so prohibitive they cannot continue to operate.

On its’ website The Massachusetts Federation of Dog Clubs and Responsible Dog Owners (Mass-Fed), and the Yankee Siberian Husky Club in Massachusetts have John Kenney listed as a member and he sits on the board.

“He is one of the inspectors that comes into the shelters and starts making up restrictions. There are more, there are many others who have connections to the breeders in one way or another.”

“Let’s talk about the people who filed the bills,” Another shelter manager said. “Bill H.561 was filed by Rep. Brad Hill and Bill H.1445 was filed by Rep. Kay Khan ‘under the direction of Charlotte McGowan (a breeder) and backed by the MassFed of Dog Owners’ all breeders and dog clubs who support everything the rescue community opposes. Brad Hill opposed the devocalization law that we supported, a bill that stops people from taking dogs vocal chords so they don’t have to listen to their barking.”

Hill Calls for Uniform Regulations – Says Breeders should have to follow same rules as shelters

State Representative Brad Hill (R) contacted The Valley Patriot about the bill he filed saying he believed that there was some “confusion out there about these bills, it is a complicated issue.”

“I was under the impression there were regulations for breeders. What I

want to do is bring all parties together to talk about this issue. We can agree there should be oversight on all folks deal-



Hill said he was told by breeders of the problems that arose after Hurricane Katrina where dogs were being brought into the state by shelters that had diseases. He said he was concerned about the need for regulations to keep the dogs healthy.

But Hill admitted he did not know that the regulations on importing dogs from other states or overseas did not apply to dog breeders, pet stores or even ordering a dog on the internet.

“I don’t want to cast stones at anyone from my point of view I want to make sure we have safety in place for everybody. I am a shelter owner. And I can tell you that any dog or cat the Hill family has ever adopted, for my entire life, has been adopted from the Northeast Animal Shelter in Salem. So I am not against shelters.”

Asked about concerns by the shelter supporters about people working in the MDAR who are former or current dog breeders or connected to the dog breeder industry, Hill said it was something he was “very concerned about.”

“If something like that is happening, that should be of concern to everyone. There are ethics laws that need to be complied with and I would be interested to know more about that. Right now this legislation has seemed to stir the pot and that’s a good thing, that’s the legislative process. If this legislation had not been filed, we wouldn’t be having these conver-

sations and learning things.”
Hill said that he believed that the MDAR already has the right to “promulgate any regulations they want without an action of the legislature. So, some of the things being said about these bills I don’t think are even in the bills.

Hill said he believed that the regulations imposed on shelters should be “uniformly imposed on breeders” but he stopped short of saying he would add language to a current bill or file a separate bill calling for uniform legislation holding breeders to the same standards as shelters.

“It’s something I am certainly interested in looking at,” he said. “What I want is fairness and uniformity. I think we have to make sure that there is room in Massachusetts for shelter dogs and breeders.”

Doing God’s work
Shelters and rescues in Massachusetts operate on a shoestring budget, mostly through private donations and fundraisers. “You wouldn’t believe the way they kill these poor animals in other states” another rescue volunteer told The Valley Patriot.

“Some of the ways they murder these puppies is so heartbreaking, I want to cry just thinking about it,” she continued. “We go down to these shelters, find the dogs scheduled to be killed, we pay the kill shelters money to adopt them and bring them back to Massachusetts. Once they are here we have to quarantine them for a period, follow an encyclopedia of regulations and place them in foster homes.”

“The difference,” she continued, “is that if you buy a dog on line, you are buying a dog from a puppy mill or a breeder. They don’t have to comply with these ridiculous regulations when they ship dogs to Massachusetts. But that’s because the people who are running the Agriculture Department are dog breeders or involved in the pet industry. You should see the pages and pages of restrictions they put on shelters and rescues, though. It’s discrimination for sure.”

“They treat us like we are the ones who are killing dogs but we are the ones saving puppies and trying to find loving homes for them. Money talks in politics and I think this shows just how much. If Representative Hill really wants uniformity and is not in bed with the breeder industry I expect that he will show it with his actions and file a bill mandating that breeders have to follow the same rules as shelters. For now we are opposing this bill and looking for leadership in the house to stop the MDAR from abusing their authority. We welcome Representative Hill’s backing on that.”

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Scannell Helps Graduates Gain Job Skills

Tom Duggan
VALLEY PATRIOT PUBLISHER

Methuen School Superintendent Judy Scannell has reinstituted a jobs training program for graduating students who are not attending college after they get their diploma.

Scannell says the “Pathways” jobs program is funded by a federal grant and was in place “for about ten years but a few years ago the program was stopped for whatever reason.”

Scannell told the Valley Patriot that she asked her administration to put in the paperwork for the federal grant when she realized some kids were graduating and had no idea what they were going to do when they got out of school.

“I wanted to make sure that we could give these students, former students technically, a chance to learn job skills and give them some temporary employment until they are ready to go out into the workforce.”

“The students start working for us right after they graduate. Our newest group of students will start working for the grounds crew at Methuen High School in June but we don’t just put kids to work,” she explained.

“First we give them training. We teach them safety standards. We teach them resume writing skills, we help them get certified in different things they will need in the workforce, like first aid, CPR, OSHA workplace safety standards, we teach them how to properly use different kinds of equipment. And when they finish their training we put them to work on the grounds crew for the summer.”

Scannell says she keeps students employed at the end of the summer if they want to stay or can’t find a job by the end of the summer.

At least four students have been employed by the Methuen Public Schools from the 2011 graduating class. Four more students from the 2012 graduating class are currently going through Pathways training.

Eighteen year old Jeff Sadezwicz says he signed up for the summer jobs training program before he graduated this year because he wanted to make money over the summer. “I was looking for a skill so I could go out and get a job. This has been good. I’m learning a lot that I can use in the future,” he said.

Nineteen year old David Lopez said while he really likes the program “it’s not



2012 Methuen High School Graduates Jeff Sadezwicz , David Lopez and Nicholas O’Leary say Superintendent Scannell “changed our lives”.

what I expected. I had a job before this but I was miserable, I was always watching the clock. Here, the day goes by much faster. I learned to do stuff I never did before. Learning how to use chain saws, mulching, painting furniture moving all kinds of stuff.”

“Hopefully they will keep us on grounds keeping when the summer is over,” Lopez added. “It keeps us off the streets, keeps us out of trouble and it feels good to know we are helping our community, too.”

Lopez said he wanted to thank Superintendent Scannell for “changing my life”.

Eighteen year old Nicholas O’leary said he joined the jobs program “because I need to buy a car, I need to be able to pay for gas and insurance, ten dollars an hour is pretty good for a summer job.”

He also thanked Superintendent Scannell for helping graduating students. “It’s like a second chance, we graduated and

the school is still helping us,” he said.

“This has been good for self-esteem, it’s kind of showing us we can do things we didn’t think we could do. It’s going to make it easier to get a job when we are done I know that.”

Superintendent Scannell personally attends the student training at Methuen High School and says that Facilities Director John Mastrangelo, a 30 year veteran of the Methuen Schools has been “wonderful with the students. He really is good at reaching them and getting them ready for the new renovations. The kids are going to be the key this year because we have a lot of work to do moving things for the renovations.”

Superintendent Scannell says that as long as the funding is available to continue the Pathways program she will continue to help graduating seniors prepare for the world of work, even after they graduate.



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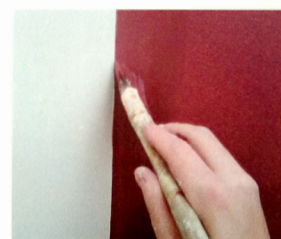


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From the Streets of Greece to Methuen USA

Methuen Family Restaurant- Keeping it in the (Growing) family

Tom Duggan

VALLEY PATRIOT PUBLISHER

Kostas and Angela Mitsopoulos bought Methuen Family Restaurant in February of 2006 after a fairy tale meeting and courtship that started the day they met in 2003, the day that Kostas Mitsopoulos Arrived in America.

I was born here in the United States but went back to Greece when I was very little. I met Angela the day I arrived in the America," Kostas told the Valley Patriot.

"Yeah," Angela laughed, "I met him the first day he came here. We had a mutual friend from Greece that was going to school with me at UMASS, Lowell. He introduced us and that was it." That was in 2003, by 2007 we were married in Greece.

Kostas said he had done a number of jobs from construction to restaurant work before buying Methuen Family Restaurant but always wanted to own his own business. "I worked for a pizza place in Lawrence, Bothers Pizza, it's on Lawrence Street. Angela was working at Methuen Family Restaurant as a waitress when her boss told her he wanted to sell the business."

"I worked for the previous owner," Angela chimed in. "He said he was looking for someone to buy it. The previous owner had owned it for about 20 years. He had taken over when his father passed away. I worked for him for about a year or two and he knew that my father had owned a restaurant. I was really familiar with this side of the business, waiting tables and dealing with the customers. My husband had just come here from Greece and he was working for someone else. I know it's something he always wanted, he always had it in his mind that he wanted to work for himself and open his own restaurant and be successful.



One Big Happy Family, Kostas Mitsopoulos (middle) and his wife Angela (in blue) owners of Methuen Family Restaurant enjoying the American Dream as hard working business owners.

"So we said YES," Kostas said.

"It's not easy when you take over a business," Kostas continued. Most businesses don't make it in the first few years but I wanted to own a business. It's what I wanted to do. I learned the business and worked in the business for many years and a lot of people come to this country and they end up working for someone else their whole life. They end up washing dishes and bussing tables and I didn't want that to be me. If I can own my own business, that's freedom, that's how you make a success in America."

Angela said that the culture of the food business in Greece is very different than in the US.

"Everything in Greece is so laid back.

When you go to a restaurant they don't rush. They don't come to your table right away. Everything is very leisurely there. Everyone is taking their time. You go out in Greece for food and it's a whole day thing. But here, everyone is in a hurry everyone has someplace to be and most people don't want to wait for their food or their coffee, so it's very different. There, the food doesn't come out when it's done it comes when they are ready to bring it to you."

One Big Happy Family... Restaurant

Kostas and Angela say what they liked most about buying the restaurant was the concept of a family restaurant. The couple have two children, ages two and a half years old and fifteen months old.

"and one on the way," Angela revealed.

People like coming here because everybody knows it's a family restaurant. People always say we are like family to them. We have loyal customers who come every day some twice a day and some people come once a week with their family. People come back not just because of the good food but the service and the waitresses and everyone here knows the customers by name.

Even in a bad economy we are surviving. When we bought the business things were much better off with this economy we aren't rich but we are doing well, people are very loyal because they know we give them great service."

Methuen High School Students Relay for Life—\$1 million goal for 2012

Diana Dizoglio

VALLEY PATRIOT REPORTER

Students at Methuen High School plan to bring the Methuen/Greater Lawrence Annual Relay for Life to the next level on June 2-3, 2012. According to committee member Jennifer Hardy, The two-day walk to fight cancer has raised approximately \$700,000 in just three years. This will be the fourth annual relay and students are pushing to bring that total up to \$1 million.

During their senior year in 2008, Methuen High School students Madison Aleksa and Scott Yim started The Methuen/Greater Lawrence Relay For

Life. Each of them had experienced the devastating effects of cancer within their families.

Now, current students from Methuen High have picked up the baton to help carry on what they started. Student tri-chair members Eric Lacroix, Allison Hawkes and Jake Fabrizio commented on the goals of this year's relay.

"We have a common goal and that is to end cancer. We walk 18 hours around the track because cancer never sleeps. It's really amazing that all of the communities can come together to raise money for a common goal," said

Mr. Fabrizio. "People just love it and they have the passion to keep going. I know we are definitely going to reach our goal of a million this year," he continued.

Allison Hawkes commented on her personal experience with cancer. "I was diagnosed when I was six and battled cancer for twelve years—stage four. I am a survivor who has come full circle. I have seen first hand how this relay affects people and helps them", said Miss Hawkes.

"This whole community has been impacted and each year we seem to get more

and more money for cancer research. It's been an awesome four years," said Mr. Lacroix. "Both of my grandparents have had cancer and they are both survivors. To see both of them benefitting from cancer research makes it all worth it," he added.

The student tri-chair committee invites walkers and volunteers to sign up and share in this life-changing experience. Survivors, caretakers, and anyone who has been impacted by cancer are encouraged to participate. For those who cannot commit to the entire event, featured ceremonies will be held where all are welcome to attend. More information can be found online at RelayforLife.org—keyword: Methuen/Greater Lawrence.

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RONNIE'S RANTS

Random Thoughts with
Ronnie Ford

Ronnie Ford

VALLEY PATRIOT OPINION COLUMNIST

Get your calculators out folks! Yep! There are 763 candidates for various offices in the Merrimack Valley area. Some are good, some not so good. So be very careful when casting your vote. Do some homework on the candidates that you choose; make sure that they have the views and the values that you want in a person to represent your interests. Robert Kelly is running to return to his seat that he won in an upset in the last election for Register of Deeds. Can he keep the momentum going? We have a few lawyers running for the Register of Deeds. So far the only Veteran running is Steve Battle. Steve did some heavy arguments with some people called the "Viet Cong". Now we have Bill Manzi, he who never saw an election he didn't love. Billy is seeking the poor mans Perry Mason seat in the Massachusetts Senate. Some more of Baddour!

A big shout out to the priests at St Monica's Church for having Perpetual Adoration! Remember when we were kids and the 40 hours devotion? It was great and so is this opportunity to go in and chat with Our Savior. Many Graces and Blessings are derived from this Adoration. Take advantage of this Jewel of St. Monica's Church and the priests.

Did any of you watch our President at the dinner for journalists and news people? I thought he was disgraceful. I

know it was a roast, but you can do it without sarcasm and innuendo, and being mean-spirited. He is a poor example for the office of the President of The United States. President John F. Kennedy had a great sense of humor, and got his point across without debasing the Office of the President. Mr. Obama, you ain't no President Kennedy!

Don't forget to mark your calendar for Monday June 25, 2012. That is the night for the Neighborhood Reunion from the Arlington district. If you went to the Tarbox, Hood, Lawlor, St. Rita's, Assumption Schools, or hung around The Downey Flake, Lawlor's Drug Store, or the Howard and Hayden Schofield play grounds, come on down! For \$8.00 a person, you will have a delicious buffet, put on by Jackson's Restaurant on route 110 Boulevard in Methuen. You will enjoy seeing people you have not seen in years, plus belly laughs galore. We will also have a 50/50 raffle with the proceeds for half going to The Wounded Warriors Fund this year. Bring a friend, how can you go wrong?? See you there at 6:00 P.M.!

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



Ronnie Ford is a former Methuen City Councilor and School Committeeman. He is also the former host of the Hot Line Program. You can email him at: radiotalk@comcast.net

The Merrimack Valley Irish Connection

(Answer to Fr. McCarrick letter to his
Superior, 24 April 1942)

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

My Dear Fr. McCarrick,

In acknowledging your recent report on the condition of Religious Knowledge in the schools of the Diocese, it becomes once more my pleasant duty to express my deep satisfaction with the results of your inspection.

As far as your figures and percentages go they reveal splendid achievements in all the parishes. Some indeed are rather striking. In the parish, for instance, that is most populous in scholars, not a single school fell below 80%. This is a fine record, for it is well known that the Examiner has a high standard. May I therefore renew my gratitude to the teachers and congratulate them on the success of the labours pro et Patria.

Apart from your information on the teaching of Christian Doctrine there are other matters to in your report which deserve the earnest attention of all interested in the moral upbringing of the young. These persons are the parents of the children before all others and of Priests and teachers also. You mention the evils of amalgamation. It is far from a blessings. Besides throwing a number of trained men and women out on the road, the mingling of the sexes is opposed to the ideal system of Catholic education. Teachers in a mixed school, who have their eyes and ears about them, can tell you of its dangers. Their natural law bids avoidance of sinful occasions: and at every mission the Fathers denounce the very things our Educational Boards seems to foster. It is not in accordance with the moral principals that teachers are bound to inculcate, to bring into close contact boys and girls who have almost reached the age when they may validly contract marriage. Propriety is sacrificed to expediency: but the state is the loser. Moreover, I thoroughly agree that young girls, during their formative years, should have the tender touch of the female hand to build their character. The present practice is unfair and even cruel to them.

The drop in the population of many of our rural areas is very regrettable for now as ever an industrious peasantry, is not only the pride but the mainstay of the entire country. Perhaps this obvious truth is recognized too late. The husbandman has been victimized in the game of high politics and there would be much more sympathy with him in the hardships he has suffered had he not himself a hand in his own misfortunes. Anyway

this is true at least of a large section of his fellows who looked on with complacent indifference and apparent approval at the starvation inflicted on agriculture to holster up unproductive industries. In one parish of this small Diocese, the population dwindled from 6403 in 1901 to 3776 in the year 1936. During the same period Baptisms dropped from 194 to 39. The lure of the towns with their offices, workshops and amusements may be in some degree Dearth of marriages is another cause. But the real reason is that the existence of the tiller of the soil has been ignored, and only grudgingly recognized when it was found that this was the only hand to feed the hungry, bring warmth to the domestic hearth and save the State from starvation. Our Educational system is cluttered with useless subjects but does nothing to interest the young in the beauty of the fields or in the attractions of rural life. The old slogans of the land for the people had their day and it was a good one.

The last point that must be emphasized is how to bring our young, and especially our girls in the way they should walk with credit to Church and Country. Here again proper training in school backed up in the home can most effective. It is common knowledge that children belonging to certain schools, where the teachers take special interest in their future well-being, give, as a rule, a good account of themselves. After all, the mistakes of our girls may be their misfortune rather than their faults. If they leave school to soon before they have a chance to be told about the future before them and how to overcome its dangers; and before the characters and dispositions are formed and set towards virtue, then responsibilities for what may happen devolves on other shoulders than theirs. The problem is grave and its solution must be the works of authorities who appreciate the things of the spirit above those of the flesh. Temporal consideration must give way to Eternal.

Thanking you for your full rept and for the deep concern I know you feel for the teachers and children of the Diocese.

Sincerely yours, P Morrisroe

Keash and Culfadda, a local history,
John J Higgins, pgs: 138/139



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

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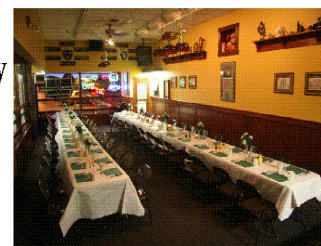
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Moran Answers tough questions in bid for State Rep.

Will not commit to quitting council or stepping down as council President if he wins

Pennie Hale

VALLEY PATRIOT REPORTER

Lawrence City Council President Frank Moran is a candidate for State Representative in the 17th Essex District. The newly created rep. district was created by the state legislature last year as a "majority-minority district". In political code, that means the district was specifically designed for a "Latino" to win that seat. The new district is made up mostly of Lawrence neighborhoods coupled with a few "Latino" neighborhoods in Methuen's Arlington District, and four "white" precincts in Andover mixed in.

Moran will face Kevin Cuff who is running as an Independent in November.

Moran, is in his fifth year on the city council, and his third as council president. He has been one of Mayor Lantigua's strongest advocates on the council and has approved nearly every measure Lantigua has put before him, including; approving all of Lantigua's hires, board appointments, firings, personnel moves, lawsuits, and even supported Lantigua's 2012 budget to cut police, fire and close fire stations.

Moran appeared on The Paying Attention Radio program on 980AM's WCAP last month and made quite a few revelations during his interview with host Tom Duggan, who is also the publisher of The Valley Patriot.

Moran told Duggan's audience that the relationship between he and Mayor Willie Lantigua is not as rosy as people make it out to be and painted a picture of conflict between the two officials.

"Yeah, but if he was running for reelection tomorrow you'd be campaigning for him wouldn't you?" Duggan asked.

"Probably not, probably not," he responded quickly. "We would have to talk and have to sit down and see what his vision is for the city."

Moran has been council president for all three of Lantigua's years in the mayor's office.

Moran said Lantigua has not endorsed him for state rep. and that he has not sought Lantigua's endorsement.

"I don't know, I have not approached him for an endorsement but I really haven't asked anyone for an endorsement," he claimed. He then scoffed at the suggestion that Lantigua would be supporting him over "the white guy".

Duggan also asked why he has supported every single major initiative Lantigua has put before the city council. Moran responded saying he believed Lantigua's proposals were good for the city.

As for why he is running for the newly created state rep. seat, Moran touted his council experience and said he wanted to make Lawrence more financially self-sustaining, something he says will help Andover and Methuen when they no longer have to cover Lawrence fire and police.

"I thought it was important for the city of Lawrence to have another voice. I think if we make Lawrence better, we take away the burden from other cities and towns. If we can fix the public safety situation in Lawrence we take away the burden from the other cities. I want to make sure Lawrence holds its' own weight so we don't

depend on the state 110%."

Moran defended his decision to support Lantigua's 2012 budget that closed two fires stations and laid off police officers.

Asked if he took responsibility for the spike in fires, crime and violence in the city after he voted to cut fire and police he said sharply, "absolutely, of course I do."

"You feel responsible for every vote you take, but at the end of the day you have to go to bed with that vote, not anybody else."

"Hopefully, the short term loss is a long term gain," he continued. "Today we have a \$6 million surplus in the city budget's general fund and an additional \$5 million in our sewer and water enterprise fund. We have brought every police officer back, now I want to bring in more police officers."

"This is a very lean budget this year. We passed the meals tax, put in parking meters and gone to the levy limit for the last three years. But, as a taxpayer I want to see a return on my investment. As a citizen I want to feel safe. As you know a safe city leads to economic development. So if we don't have a safe city there's no economic development."

Challenged by Duggan as to why he was so strongly against Mayor Sullivan's acting appointments to city positions but has allowed mayor Lantigua to make temporary appointments with no criticism, Moran said the council has acted to stop that.

"Last year we had a provisional DPW position and we [eliminated] that salary so that the mayor cannot use that money for anything until he sends those names down to the city council. As you know, once the council approves the budget we expect the CEO of the city is going to manage the city better. So we did put a stop to that. We did that last year."

But District "F" city councilor Marc LaPlant said that the council reversed that decision just weeks before the interview and has put that money back in the budget as evidenced by Lantigua's temporary appointment of his secretary (George Jamie) to head the parks department with no park administration experience.

Asked why he supported Lantigua's efforts to fire those he perceived as political enemies despite the fact that Moran is a Democrat and is supposed to support



"workers rights" not to lose their municipal jobs because of politics, Moran defended his votes.

"I believe a mayor should be able to choose his own cabinet," he said.

When asked by a caller if he would step down from the city council should he win the state rep. race in November, Moran said he "I will take everything into consideration." When pressed for an answer as to whether he would at least commit to stepping down as council president, Moran balked at making a commitment.

In 2010 Mayor Lantigua drew harsh criticism from the legislature and the Boston media for trying to hold on to his seat in the legislature after taking office as mayor. He was eventually forced to resign due to the public pressure though there is no law stating that one cannot hold two elected positions at once.

Duggan asked Moran if he would take responsibility for some of the "shenanigans" going on in the Lantigua administration once the indictments are announced and it is learned that some of Lantigua's appointments (that he supported) turn out to have been involved in illegalities.

"Absolutely," he agreed. "If that happens, of course I will look back and take responsibility for that. We are not perfect we're all going to make mistakes."

Moran denied that he has been contacted by law enforcement concerning the multiple criminal investigations into the Lantigua administration and also denied any involvement in any wrongdoing surrounding the Lantigua allegations.



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The Great City of Lawrence!

Peter Larocque

VALLEY PATRIOT POLITICAL COLUMNIST

The Mayor of Lawrence often refers to the City of Lawrence as “The Great City of Lawrence”. This may have been true

at one time years ago, but for now, not so great. Having said that, I really do believe that the City of Lawrence can be great again, but in order for that to happen, a number of steps must be taken by its citizens. I would like to put forth my opinion on what I believe are the beginning necessary steps that need to be acted upon to put the City of Lawrence on a path for Greatness once again.

Apathy is destroying our city! Even with all the recent rallies and demonstrations by some well meaning and good hearted people there still is a lack of a genuine concern or interest among Lawrence citizens. As long as a good number of Lawrence citizens look to government (local or State), to be their provider, supplier, or furnisher of their means of support for almost everything they hold dear, Lawrence will be held back from its greatness!

Self reliance and self government are terms that are hardly heard in our City of Lawrence. Why is that you may ask? Because they are principles that are completely and entirely and directly opposed to a city mostly enriched by government entitlements.

The first step that I believe that the City of Lawrence must take to realize its greatness once again is prayer. Did I say Prayer? Yes I did! I recently visited the cities website and saw a listing of some of Lawrence’s accomplishments, good news! I am in favor of good news. Then I noticed

when each accomplishment took place. For example, Firefighters were brought back and Engine 6 firehouse was re-opened. A reinstatement of 11 Lawrence Police Officials took place. A Youth Violence Preven-

tion Grant was received by the City along with a Health District Grant. Many of the Special Taskforces within the Lawrence Police Department have been reinstated. Renovation to our Campagnone Common Park was announced. These are all good news and good steps in the right direction for our city.

But the most important detail in all of this which didn’t get a

mention was that all these good steps took place after a small group of Citizens met on a Monday evening September 26, 2011. They met around the Robert Frost Fountain at the Campagnone Common Park across from City Hall for one purpose which was to pray for the City, Public Safety and City Officials. The local paper wasn’t there to take pictures, but even greater than that was that the above mentioned accomplishments were a result of God answering our prayers. God still honors prayer and I believe if the City of Lawrence is to get back to its greatness again, acknowledging God and praying for His help for the city has to be the first step in reaching that goal. To think otherwise, to think mankind can bring about Lawrence’s greatness without God’s help is just foolish thinking! By the way, the only news organizations that dared to cover this event were the Valley Patriot and Rumbo News.

The next step in the City of Lawrence

THE GREAT CITY: PAGE 34



Laboy’s slap on the wrist

Mark Gray

FORMER LAWRENCE SCHOOL COMMITTEE

Watching the testimony and information forthcoming in the Laboy trial left me curious as to why the information used in that trial was limited to the same material used in the hearing held at the hall of the school committee with the school committee’s attorneys. Having had years to extract data from files, computers taken in state raids and testimony the DA could only regurgitate the same information that was brought out in public prior. In handing out what I call free passes to elected officials involved in all the corruption tied to Lawrence Public Schools it made me feel that a cover up was taking place in the DA’s office.

I started making calls to a list of officials like the USDOE office of the Inspector General. Who verbally told me that my complaint filed years ago lead to the investigation and trial of Laboy. I found this hard to believe since they never followed up with the complaint with me and local credit went to other people, and I’m sure there is a long list of people who need credit for exposing the corruption and a long list of people who participated in the corruption. So I filed a FOIA to find out what happen to my original complaint some 100 pages long made in 2009. The USDOE namely one Chaun Eason 202-245-7001 was sent a FOIA (the latest) the 27th of March, 2012. A previous one in Nov of 2009 where they said the matter was under investigation. Despite being a 68 Billion 10,000 person strong branch of the government they have not filled my FOIA. The Essex county district attorney’s office was called repeatedly for information on the computers and files and despite weeks of repeated calls not a single phone call or email was returned. In addition State rep’s were called like state rep

Marcos Devers, he was called for weeks repeatedly and not one single phone call back. Despite a news bit where Marcos Devers claimed to be aware of what was going on in the school system his silence in the matter of corrupt public officials speaks in of itself. To keep the article shorter than the paper, let me just say I have over 14 pages of times, dates, and people called/e-mailed on this issue with little to no results.

Currently I have people requesting information from the DA’s office. I have outstanding requests from the USDOE and I am looking to tie this information as it comes to the information others are getting getting to get a thorough picture of what elected officials have been involved, to what extent and to look at why federal level charges are not being pursued with the long list of corrupt officials.

A complaint was made to the FBI and it will be pursued about the people who received free passes on federal level crimes and as to why the DA’s office didn’t use any additional material in the trial despite the volume of information it took during the raids.

So to what end? Simply to get all involved parties in the matter exposed and brought to justice. To make sure that those slap on the wrist penalties by the DA’s office become fully pursued federal charges by the federal government.

I would think that the lesson in this is 68Billion to the USDOE or 40 million for the AG and ten’s of thousands of people not committed to provide any measure of oversight should provoke the people to self govern. It’s a concept you can adopt, or be buried by. I will say this, with all that has happened in Lawrence if you don’t think the people need to get control of the government you deserve every bit of what’s going on in Lawrence from top to bottom.

Low cost ways for residents to improve the City of Lawrence

Jamison Tomasek

VALLEY PATRIOT OPINION COLUMNIST

A posting on Facebook of pictures of trash in Lawrence prompted the column. Ordinary outsiders shouldn’t tell residents of Lawrence how to live their lives, but as an “investor” in the city of Lawrence I have a stake. I have done some back of the envelope calculating and I believe that about \$30 goes directly from my state income taxes to the city. This only includes my share of the direct subsidy to the school and city budgets, not my share in the many grants and programs in the city.

I have some suggestion that might improve the value of my investment. This involves fixing the most common complaints I hear from people and observe myself. I know a lot of great people in Lawrence. People that work hard, care about their kids. I respect people that speak multiple languages. I have strong feelings about the future for all the people in Lawrence and want the best outcome. I’m frustrated by the actions of the government in this state to fix the problems, so I’m going to ask the citizens of Lawrence, those who are contributing to the problems to change their ways.

Stop throwing trash everywhere, especially the truckload and appliance dumping. Make certain your kids go to school and then do their homework. If you don’t know English, learn (I have a side comment here. I ran a yard sale and I had some people stop that couldn’t even understand numbers in English. I had Spanish one hour a week in 5th grade, and I can still do numbers in Spanish. I know

kids that can count in Spanish just from watching TV. How do you live in country and not know numbers in the native language?) Stop going back and forth to the DR and taking your kids with you (I couldn’t believe it when this was listed as one of the problems in the schools. Who are these people?). Report illegal apartments. Don’t rent one. Don’t, of course, do drugs. Prostitution should not be tolerated. Stop playing loud music. According to the police chief it’s the number one source of police calls in the summer. Really good use of the police time, and shows a real lack of consideration for your fellow humans. Don’t commit crimes. If you see crime report it. Get a job. Get two jobs if you need to. If you aren’t willing to part of the solution move. If you’re here illegally turn yourself in (no harm in asking I always say!) or better yet buy your own ticket back. Make sure your kids are not overweight. If you’re going to vote, vote for the best candidate not the one whose sign colors your recognize. Consider voting Republican just to shake things up (sorry, just had to throw that in there).

There is one person in Lawrence who could be a cheerleader, who could be working to get people going as individuals to improve their part of the city, who could create groups to make a difference. We know who he is, and other than always referring to the city as “great,” there’s not much leading going on.

Jamison Tomasek is a former candidate for state senate and a member of the Merrimack Valley Tea Party. You can email him at tomasek2010@gmail.com



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around”.

Under the law, the State Education Commissioner or receiver may expand, alter or replace the curriculum of the schools. They may increase the salary of teachers or administrators in order and can reward or give bonuses to teachers and administrators the commissioner or receiver can suspend, change or terminate any bargaining agreement and can extend the school day or the school year at will. The one thing that the legislation specifically spells out is that they shall not reduce the compensation of any teacher or administrator

A New Cabinet - Riley didn’t waste any time bringing friends, acquaintances, and former colleagues on board to work in high paid administrative positions. He created a “cabinet” of administrative jobs, also creating their salaries, job requirements and determined the language in each of their contracts.

Even though the positions were publicly posted on the school department’s website, all of the people Riley has hired were people that he knew.

The Valley Patriot matched up the posted job descriptions of Receiver Riley’s “cabinet” and new hires, with the resumes of those he hired. The job descriptions look as though they were designed for specific people Riley was affiliated with in the past.

The commissioner can terminate the receiver if he doesn’t meet one or more of the goals set for the turnaround plan, instead of terminating the receiver, however, the commissioner can simply change the goals of the turnaround plan to keep him employed.

The Players and Their Pay - Mary Lou Bergeron, who was named acting superintendent when Wilfredo Laboy left, has now returned to her position as Assistant Superintendent of Operations and Support Services. It is unclear in Riley’s budget how much Bergeron is making, and our sources say Riley already has someone in mind to replace her.

Dale Lipkin is the new Assistant Superintendent of Curriculum and Instruction. She is making \$128,900 plus benefits and expense reimbursements.

Marlise Rodriguez-Garcia was hired as Riley’s “Chief of Staff” at \$115,000 per year.

Shalimar Quiles, a Lawrence High School graduate and former intern to Riley in Boston, was hired as the \$65,000 per year plus benefits and expenses.

Public Relations... - The Receiver holds public meetings for one hour on the first Tuesday of every month and calls them school committee meetings although he runs them from a chair facing the school committee and the agenda items are his own. Riley held a meeting last month to unveil his fiscal year 2013 school year spending plan, topping off at \$158 million. He spent only ten minutes on a presentation to the public giving no details at all

about how the money was directly being spent. School Committee members were not invited to the meeting and those who found out about it had to sit in the audience.

Riley has told members of the elected school committee that, since they do not legally exist anymore he has no obligation to give them information or notify them about “his” meetings.

Last month School Committee member Pavel Payano had words with Riley after a meeting expressing his frustration over committee members not being notified of the public budget hearing or receiving a copy of the budget. As a result of the interaction Riley never posted the May school committee meeting and members were informed a day in advance their meeting had been cancelled. Some members wanted to meet as scheduled to discuss the topics that were on the agenda, but were told the meeting had never been posted 72 hours in advance so the meeting could not legally take place.

Parents have complained to The Valley Patriot that Riley has had no meetings with parents to let them know what changes he is making or what his plans are for increasing test scores and how this will all ultimately impact their children.

The elected members of the school committee requested The Massachusetts Association of School Committees to intervene and come into the city to advocate for them having oversight on how Riley spends the taxpayer’s money and maintaining some level of local say. The takeover legislation specifically states:

“(g) The commissioner and receiver shall provide a written report to the school committee on a quarterly basis to provide specific information about the progress being made on the implementation of the district’s turnaround plan. One of the quarterly reports shall be the annual evaluation required in subsection (g).”

“What is most important is that the public have oversight as to how their money is being spent and making sure that any programs that are implemented in the Turnaround plan are long term sustainable within the framework of the budget.” said Jennifer Cooper of the Lawrence School Committee. “If the legislation doesn’t remove the school committee and doesn’t specifically say that the school committee has no oversight on how our tax money is being spent, and it specifically does call for the receiver to submit information to the school committee, I would say that the school committee does have an oversight responsibility. We will find out when the Massachusetts Association of School Committee comes in on May 10th.”

Increases in the 2013 School Budget
The 2012 school year budget was \$143.9 million. More than 99% of that money was paid by state taxpayers.

This year’s “proposed” 2013 school

In 2010 Governor Deval Patrick was interviewed by The Valley Patriot. He was asked: “What good do you see in pumping more money into the City of Lawrence to try and make it better when that hasn’t worked in the last 20 years?”

The governor’s response: “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.”

Since then the governor approved a \$35 million bailout loan for Lawrence and has pumped more than \$300 million into the city, only to have the schools go into receivership anyway. The current “proposed” school budget for the 2012 school year alone is \$158 million. An increase of more than \$22 million since 2010. Receiver Riley’s salary alone is \$198,000.



year budget is estimated by Riley to be at \$158 million. But Riley himself says that those numbers are not real and will change [most likely go up] once he defines “the turn-around plan” required to be unveiled last month. No turnaround plan has been revealed as of the day we went to print.

Within Riley’s budget he admits that the individual schools have yet to submit their spending plans.

His budget also doesn’t include the millions in grants that normally don’t go through the school committee but are designated for specific programs. It also doesn’t include the millions in private foundation money he is planning on bringing in for programs like; free dental services for all Lawrence Public school children, and “multicultural enrichment programs.”

Nobody knows if Riley can pass a budget without releasing those exact numbers to the public since this is uncharted territory. Lawrence is the first school district taken over by the state of Massachusetts under the new ‘chronically underperforming’ legislation and is being positioned as the national model for state takeovers of school systems.

Just One Example of Riley’s Spending Increases - Dr. Mary Lou Bergeron’s office budget (for operating expenses) went from \$78,000 in the 2012 school year to \$1.2 million in the 2013 school year for an increase of \$1.15 million.

Salaries under the authority of the Assistant Superintendent went from \$264,512 in the 2012 school year to \$1.87 million. In just one assistant superintendent’s budget alone, the “proposed” spending increase under receiver Riley tops off at \$2.7 million dollars.

Free Dental for Everyone, Private Foundations “Leveraged” to Increase Government Spending

Much like the way the Lawrence Public Schools offers free meals to all students and their families, Receiver Riley plans on using money from a private foundation called Polished Teeth, LLC which touts

itself as a 501C3 not for profit corporation, to start offering free dental services to all students in Lawrence and their families.

Although Receiver Riley calls the free dental plan a “proposed plan,” the fact is Riley has complete authority to implement whatever programs he wants and does not “propose” the plan to anyone for approval.

Emails obtained by The Valley Patriot show that Commissioner Mitch Chester and Receiver Riley, along with Chris Gabrielli, plan on increasing government spending in the Lawrence Public Schools over time, using private foundations connected to or affiliated with Chris Gabrielli. The foundations will “donate” money for programs in the schools and eventually pull back their funding; leaving the state and federal government to pick up the tab once these programs and the curriculums are entrenched in the school system.

Commissioner Chester spells it out in an email to Gabrielli and Receiver Riley in an email (dated February 3, 2012) as follows:

“It is important to reiterate that these private resources are meant to compliment and leverage, not supplant [replace] public funding ... Bottom line, private resources spent now will leverage orders of magnitude larger public resources over time.”

The email also spells out how the receiver and private foundations can increase government spending on the Lawrence Public Schools:

“Also, it has been reported that some federal money currently available is not being used because of limited skill and capacity and as more schools in Lawrence become subject to state turnaround requirements [schools that they deem to be failing] they also become eligible for federal School Improvement Grant support...”

According to the emails, Receiver Riley has been communicating with a variety of private education foundations including the Bill Gates foundation.

NEXT MONTH: How false data and public propaganda was used to take over the Lawrence Schools for Political and financial gain.



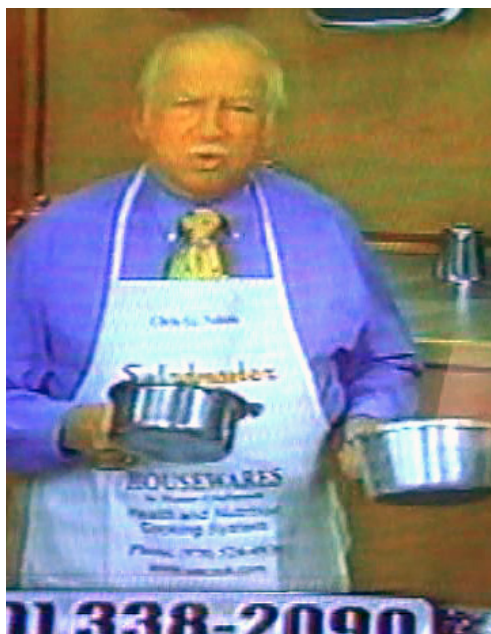
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The Legendary Chris Nahatis, Part 1

Tom Duggan

VALLEY PATRIOT PUBLISHER

Every American reading this article shares the same nostalgic feelings when they hear the voice of Frank Sinatra belting out "New York, New York," remembers eating a "Fudgie the Whale Carvel Cake on Father's Day with your "whale of a dad," or the roar of the muscle cars on our streets in a time gone by.

Americana is important to us in our past and present and impacts our buying habits; just look at the sneakers on the feet of the people living in the Merrimack valley- the only name brand sneaker still made in America- New Balance, of course! We believe in products and people that are tried and true and embrace them as part of the fabric of our culture. While you may not know the name, Chris Nahatis, he is a 90 year old Manchester Massachusetts native who introduced to Americans one of the most guilty pleasures of our time; the infomercial! He has been seen by billions of people from 1954 to the late 1990's on television stations all around the world touting his now famous "Saladmaster" cook-wear.

Nahatis, who could be considered the Dick Clark of infomercials, still lives in the Beach Street home he grew up in where he still runs his Saladmaster empire more than 60 years after starting to ply his trade on the hood of his car at local gas stations.

"I started off as a handyman when I was young; I worked in a meat market doing deliveries when I was about 13 years old. There isn't anything I wasn't willing to do

to make money. Nothing was beneath me. I always believed in working and at that age I was supporting my family because my father had gone back to Greece."

Chris says he started out working for himself when he discovered that he could make soaps and cleaning solutions in his basement and sold them in the local market where he worked. He also went door to door selling the "Green Dot Bleach" and "No Mist Defogger" but, Nahatis says, the business eventually failed and he lost his shirt.

"I always believed in treating people right," he explained. "You have to be fair with people, deal with them honestly and if you are determined to succeed you can do it. But you fail in life and you have to keep trying."

At a young age he says he started in sales by going out and buying a sales kit for \$2 and quickly started hocking products.

Nahatis joined the marines during World War II and said he almost lost his house where he, his wife and five children were living. "Times were tough," he said with a sigh. "I was on the GI Bill and the law said that the banks couldn't foreclose on your house unless you were three months late on your mortgage."

Nahatis's story is still relevant today considering the state of our economy and many families falling out of the middle class.

"Of course, I always paid up at the last minute, sometimes on the last day to stop them from taking my house, but one day these two guys from the bank showed up dressed real nice. They said 'we are here

to serve you foreclosure notice.' I begged them not to take my house. I said, 'I have five children what am I going to do? I am only two and a half months late you can't do this, please give me a chance.' They said 'that's your problem.' They didn't care and they weren't very nice about it either. They just wanted my house."

"I was sweaty and dirty, I had just come from the basement where I was mixing the chemicals for the soaps and I told those two guys, 'you get off my property and you don't come back here or I will go upstairs and get my German Luger and put a bullet in you' he laughed. "Things were different back then."

"They left and I kept my house," he continued. "But, when I started making money later on, oh I was making real good money too; I went to that bank and made a few big deposits. They were all excited, and they were real nice too," he said grinning. "Oh Hi Mr. Nahatis," they would say with a smile when I walked in."

Nahatis told the Valley Patriot that before he started doing infomercials he would take his Saladmaster machine with him everywhere he went.

"It was all stainless steel back then. I'd go to the local gas station, buy fifty cents worth of gas and then pull my salad master out and do a demonstration right on the hood of my car. People would gather around and I would start cutting like crazy, people couldn't believe it. They loved it. I would pull an apple out of my pocket and cut it up in seconds," he said making the motions with his hands. "I would sell two or three machines for \$30 each, pocket \$10 from each one and go put the money in the

bank."

But Nahatis got the last laugh on the bank. He says that a few months after making his first "big deposits" he went back to the bank and "withdrew every dime I had there and closed my account. I walked right across the street to another bank and put my money there."

A salesman, a gentleman, a hard worker, an entrepreneur, a veteran and a man of impeccable character, Chris Nahatis says he came up with the idea of doing infomercials when he offered \$50 to WBZ-TV in Boston to demonstrate his Saladmaster at the end their ailing show called "Daily Almanac".

"It was supposed to be their last show and I was only supposed to be on for three minutes but we went over time. I thought for sure this was going to be my last commercial but the station received 196 letters the next day and from there I became the prime sponsor of the show. I kept that show on the air for more than 15 years," he said proudly.

Today Nahatis' Saladmaster commercials can still be seen on television stations in Poland Springs Maine.

I was desperate to make money, that's what kept me going all those years. I was desperate to pay my bills and feed my family and I was always willing to work hard, but I always liked selling," he said. "And salad master was healthy. It was a healthy way to prepare food. People who buy Saladmaster really care about their health."

In 1971 Nahatis said that he was riding the wave of popularity from the Julia

NAHATIS: PAGE 42



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Sales continued to grow and by 1992, Saladmaster was experiencing significant growing pains and literally was bursting at the seams for warehouse space to store products and to house employees. Due to the size of warehouse space needed, it was difficult to find a facility in the Dallas metropolitan area that was suitable. Therefore, Saladmaster relocated to Arlington, Texas between two major cities, Dallas and Fort Worth, which was equally convenient to the airport.

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TOM DUGGAN'S NOTEBOOK

May Art Show - Atria Marland Place is hosting a month long Art Show featuring local artist's June Munroe and Wendy Cole. Viewing hours are every day from 9:00 am to 7:00 pm. All welcomed and the art is for sell. Atria Marland Place 15 Stevens Street, Andover, MA. For more information call 978-475-4224.

Treble Chorus - Please join the Treble Chorus of New England as they present, "Songs of Peace and Hope" on Saturday, May 12th, 2012 at 7:30 pm. The concert will feature our Concert and Schola Choirs and will be presented at the First Congregational Church, 26 Pleasant Street, Methuen, MA. Tickets are \$16.00/adults and \$10.00/students and seniors. For more information, please visit www.treblechorusne.org, call 978.794.4600 or email Anna S. Choi at tcnmanager@treblechorusne.org.

CALL FOR ARTISTS - "Through the Mist", 3rd Annual Art in the Orchard. Members Only Fine Art Exhibit and Sale at Mann Orchards. The Arts Institute Group of the Merrimack Valley (AIGMV) is hosting its 3rd Annual Art in the Orchard Fine Art and Fine Crafts Art Exhibit and Sale. The unique artists' tent style exhibit is on June 9th and June 10th, 2012 at Mann Orchards, 27 Pleasant Valley Street Methuen, MA 01844. AIGMV members from around the Merrimack Valley MA and Southern New Hampshire are invited to submit their interpretation of this year's theme "Through the Mist". AIGMV welcomes new artists, who would like to join the Arts Institute Group of the Merrimack Valley and participate in the "Art in the Orchard" art show. AIGMV welcomes members working in the following mediums to participate -oil, watercolor, acrylic, pastel, photography, pen/ink, mixed media as well as original fine artisan crafts, which include, but not limited to wood working, beading, ceramics, glass, metal and sculpture. Artwork drop-off and registration is Friday, June 8th, 2012 at Mann Orchards from noon - 5 pm. A small artist entry fee is required.

For more information or an application, please visit www.artsinstitutegroup.org or www.Facebook.com/AIGMV - Arts Institute Group of the Merrimack Valley, Inc./Events or contact Gail Fuller 617-510-5742 or Pilar Quintana 978-476-1545 - pilarquintana@comcast.net.

Andover - SENIOR MODELS STRUT LOCAL FASHIONS ON CATWALK - On Sunday May 20, 2012, the residents at Atria Marland Place will model local fashions on the catwalk. The Spring Bridal Show at Atria Marland Place will feature four residents, ranging in age from 78 to 82. All fashions will be provided by Abbey Bridal Shoppe.

Atria's signature Engage Life® program provides residents with a variety of life-

enriching events that are tailored to their individual interests, including cultural, spiritual, educational and physical activities. The fashion show will begin at 2:00 pm on Sunday May 20 at Atria Marland Place located at 15 Stevens Street, Andover, MA. For more information, please call 978-475-4225

Methuen Democratic Committee Spring Breakfast: The Methuen Democratic Committee will be holding a Spring Breakfast on Saturday, June 9th at 9am. The event will be held at The Methuen Senior Center, 77 Lowell Street. Ticket Donations are \$15.00.

Diana DiZoglio for State Rep Campaign Kick-Off Party. The Committee to Elect Diana DiZoglio for State Representative invites you to attend a Campaign Kick-Off Event featuring Methuen's own Prospect Hill band, former New England Patriot Max Lane and President Edward Kelly of the Professional Fire Fighters of Massachusetts. The Event will be held on Friday, May 11th at The Relief's In, 1 Market Street in Lawrence. Doors open at 7pm. Suggested donation - \$20. For more information contact Leah at Leah@

ventured to Dunstable to visit the Austin's country manor. In the mid 20th century, Calmore became Old Acres Inn and served as a popular boarding house in the area. Many years and many owners came and went before the Dacquino's purchased the property in 2003. The house, at the time, was suffering from deterioration and some poor remodeling. The Dacquino's began restoration immediately with the attempt to bring the house back to its former glory, while modernizing it to preserve its future. In the midst of restoration, Mary Dacquino, opened SeasonS at Calmore, an antique and interiors shop, that is housed on the property, in a brand new two story barn, with English greenhouse attached. SeasonS is now in its 8th year and will be having its 8th Annual Celebration of the Garden, on Sat. May 19th 10-6 (same day as the Home Tour) & Sunday May 20th 1-5. Come celebrate Spring in all its glory among the gardens at Calmore. Local Vocalist, Patty Axford will perform with Dave Howard and Kenny Selcer on Saturday from 12-3 in the barn next to the shop.

Tickets may be purchased for \$10/person at SeasonS at Calmore, Chelmsford

your heart and hips. Her songs explore the highs and lows that life has to offer. She's an expert at putting into words what so many feel - a true explorer of the complexities of the human condition. To learn more about Miraglia, go to www.daniellem.com

Tickets for this show are available at the door starting around 6:30; doors open at 7:30. Tickets may be reserved prior to the show by visiting www.newmooncoffeehouse.org, or by calling 978-459-5134.

Camp Constitution Announces its 2012 Family Camp in Rindge, NH - Camp Constitution announces its 4th Annual family summer camp program at the Toah Nipi Christian Retreat Center in Rindge, NH Saturday July 7 to Friday July 13th. This year's camp promises to be its most well attended in the camp's history. Featured instructors include Dr. Mike Coffman, author Jim Perloff, motivational speaker and author Earl Wallace, Pastor Garrett Lear, "The Patriot Pastor," "New American" writer and talk show host, Tom Eddlem, author Mrs. Sally Humphries, historian Tom Moor, and the Rev. Steve Craft. The camp will hold a number of classes including "America's Godly Heritage, several regarding the Declaration of Independence and the U.S. Constitution, Agenda 21 and the U.N., Creation vs. Evolution, The Moral American, The Midnight Ride of Paul Revere, The Shadows of Power: The Council on Foreign Relations and the American Decline, More Than a Right, and "The 10 Commandments, and Leadership"

In addition to the classes, campers and staff will visit historic Concord, MA, the Louisa May Alcott House, and the Franklin Pierce House, a hike up Mt. Monadnock and a community outreach where campers distribute copies of the U.S. Constitution to people in the neighboring towns. Recreational opportunities include swimming, volleyball, basketball, wiffleball, an indoor rock climbing wall, and chess tournaments. For information on the camp please visit our web site www.campconstitution.net or visit us on facebook For a promotional brochure visit our scribe.com page: <http://www.scribd.com/doc/61101973/Camp-Constitution-2012-Promotional-Brochure>

If you have any questions, please call the camp manager, Mr. Charles Everett (704) 288-7270 or E-mail halleckeverett@gmail.com

Phantom Gourmet Goes Green -

Phantom Gourmet's events are often known for purple branding everywhere, but now they are turning a shade of green. Partnering with EOMS Recycling of Brockton, the Phantom Gourmet Wine and Food Phest last weekend started a trend of greener events. "This year, Phantom Gourmet has taken on a more environ-

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HOME TOUR OF DUNSTABLE LANDMARK "CALMORE" - 1812 FEDERAL STYLE HOME - HOSTED MAY 19th to BENEFIT ANIMALS - All Proceeds to Benefit Animals at the Lowell Humane Society. Tour a piece of local history, as owners David and Mary Dacquino, open their 1812 Dunstable home, known as Calmore, to benefit the Lowell Humane Society on Saturday May 19th from 11-4. Built in 1812, by the Proctor family as a wedding gift for their daughter, this brick end Federal, saw many changes over the last two centuries. Always a prominent property in the historic center of Dunstable, the home came to be known as Calmore at the turn of the 20th century, when owned by Calvin Austin, a prominent Boston business man who founded the Eastern Steamship Company. Many of Boston socialites of the time

Animal Hospital or the Lowell Humane Society. All proceeds will benefit the animals at the Lowell Humane Society's animal shelter. For more information, visit www.lowellhumanesociety.org

The New Moon Coffeehouse concludes its 24th season with two vibrant local acts. Newburyport based Liz Frame and the Kickers and Revere raised Danielle Miraglia bring their brilliant, and sometimes raucous, Americana music to the New Moon stage on Saturday, May 19th at 8:00 pm. The coffeehouse is located in the Unitarian Universalist Church, 16 Ashland St, Haverhill MA. Admission to the show is \$20; \$10 for 18 year olds and younger. Danielle Miraglia comes armed with a strong steady thumb on an old Gibson, an infectious stomp-box rhythm, a harmonica, and blues-edged vocals. Her tunes range from heart-felt to socially conscious and will move both

NEXT PAGE

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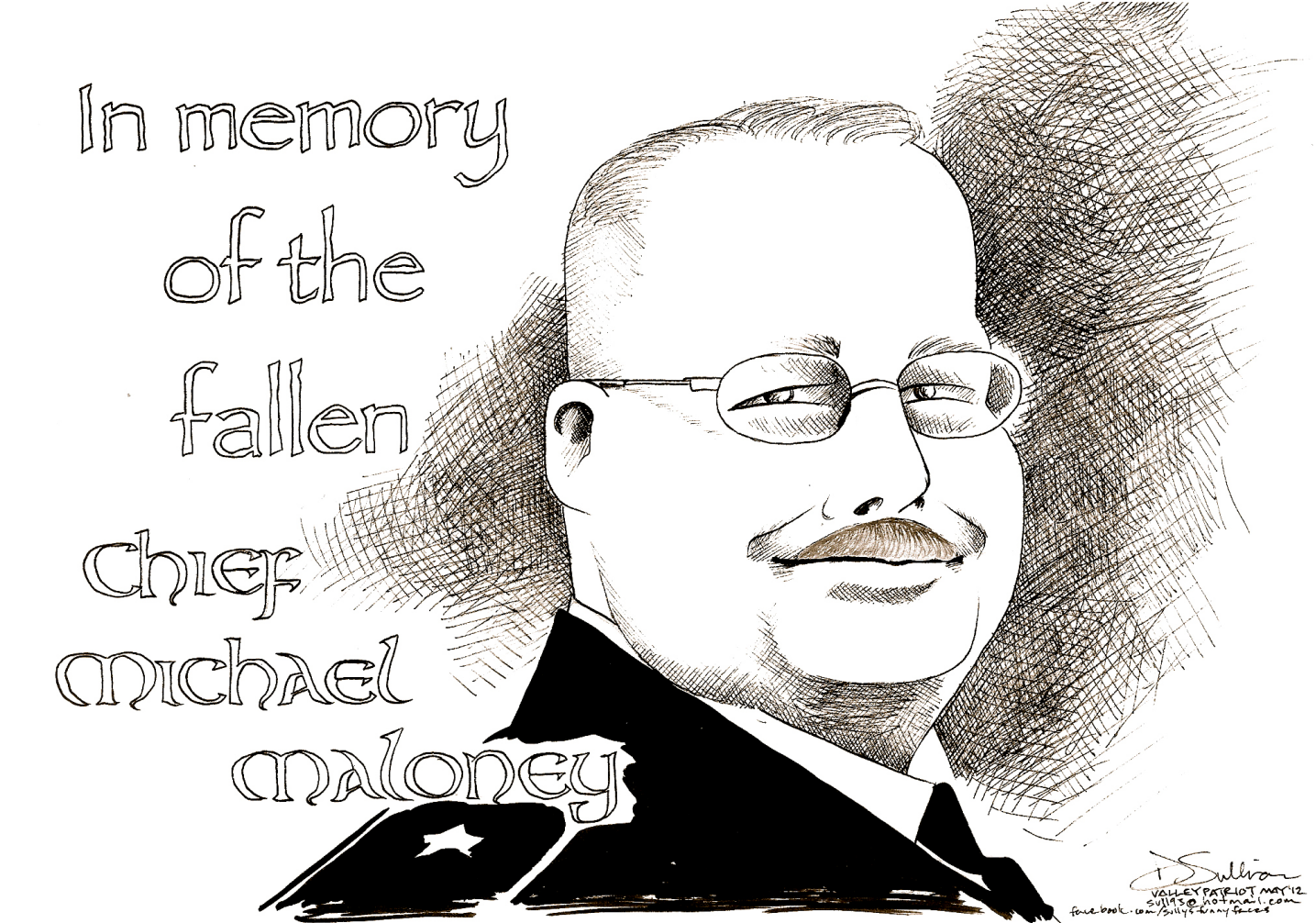
Angela from Methuen Family Restaurant shows off the grilled marinated chicken salad. See their story on page 13. See their ad on page 23.

mentally responsible approach to handling their waste by simply recycling it at their events” said Lou Tarentino, President of EOMS Recycling. “EOMS Recycling proves that you can be environmentally friendly and save time and money,” added Dave Andelman, CEO of Phantom Gourmet Inc. And the results were impressive. In addition to recycling 4 yards of card board, there was also 2.35 tons of glass processed. Recycling the glass alone resulted in the savings of:

3,125 lbs. of sand, 1,017 lbs. of soda ash, 1,017 lbs. of limestone and 355 lbs. of feldspar.

The two companies plan to work together on future events to minimize the waste produced.

The Haverhill YWCA is pleased to announce that the 23rd Annual Tribute to Women Luncheon will be held on Wednesday, May 23, 2012, at DiBurro’s of Ward Hill from 11:30 a.m. until 2:00 pm Congresswoman Niki Tsongas of will be the honorary Chairperson and keynote speaker. Congresswoman Tsongas is currently serving in her third term represent-



NEWS ITEM: Greenland New Hampshire Police Chief Michael Maloney was murdered in the line of duty while coming to the aid of wounded officers involved in a shootout while serving a warrant on a wanted man. Chief Maloney’s name will not go on the National Law Enforcement Officer’s Memorial Walls in Washington DC until May of 2013. His family and fellow officers are in our prayers.

ing the Fifth Congressional District of Massachusetts as a member of the US House of Representatives. Prior to being elected, Tsongas raised a family, practiced law, and served as a Dean at Middlesex Community College, all in the Fifth District. She serves on the House Armed Services Committee where she has a long history working to ensure our servicemen and women have the equipment and protection they need. Tsongas is also a member of the Natural Resources Committee which formulates federal policy related to domestic energy production, National Parks and the environment.

Women from the Greater Haverhill area are nominated to the YWCA Academy of Women because of their unique and outstanding achievements. The YWCA Academy of Women was established to create a permanent tribute to the achievements and significant contributions of women. Members of the Academy are women who bring out the best in all of us. Each one has become a role model by setting high standards, blazing new trails, working to

overcome obstacles, or participation in community. Those of us who have come in contact with them are challenged to aspire to greater heights. Nomination forms are still available by contacting the Haverhill YWCA at 978-374-6121. Tickets to this event are available at the YWCA, 107 Winter Street, Haverhill, and are \$40.00 per person. The social preview begins at 11:30 a.m. followed by the luncheon program fro 12:00 until 2:00 p.m. Tables of ten may be reserved.

DANVERS, May 11 - Amy Falk, of Syndala Life Coaching, will speak on May 11 on overcoming procrastination. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$10 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nsbforum.org

NETWORKING - DANVERS, May 18 – The North Shore Business Forum will hold a networking meeting on May 18 at the Danversport Yacht Club. Bring your best “elevator speech” and plenty of business cards. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$10 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nsbforum.org

nation Act,’ limiting the liability to quell concerns of the donors. The Bill has been proposed by State Representative Paul McMurtry of Dedham but is now finding increased support. “Restaurant owners are some of the most generous people I know. This Bill will untie their hands and allow them to do even more for the community,” said Dave Andelman, President of the restaurant and Business Alliance.

Lovin’ Spoonfuls, a Boston based non-profit organization, already operates under this model, rescuing fresh, healthy perishables with a focus on whole grains, lean proteins and fresh produce. According to founder and executive director Ashley Stanley “There are 49 million Americans who are hungry. There are over 100 billion pounds of food that’s wasted each year. Food recovery has long been a part of the fabric of hunger relief in different parts of the United States, and I think legislation like this, working in tandem with the Federal protections from the Emerson Act, would help to disarm the fears that surround food repurposing and food rescue in Massachusetts.”

The IRS has some advice for taxpayers who missed the tax filing deadline.

* Don’t panic but file as soon as possible. If you owe money the quicker you file your return, the less penalties and interest you will have to pay. Even if you have to mail us your return, the sooner we receive it, the better.

* E-file is still your best option. IRS e-file programs are available for most taxpayers through the extension deadline – October 15, 2012.

* Free File is still available. Check out IRS Free File at www.irs.gov/freefile. Taxpayers whose income is \$57,000 or less will qualify to file their return for

NOTEBOOK, PAGE 42

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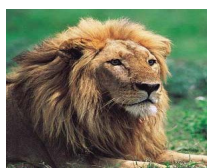
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ComeToLowell.com keeps it Local!

ComeToLowell.com launched on Sept. 28, 2009. It's an experiment in the promotion of a community driven localization strategy in answer to the globalization policies that we hear day in and day out in mainstream media.

Yesterday, I attended a film at Lowell City Hall entitled The Economics of Happiness; a documentary about the world-wide movement for economic localization. (see www.theeconomicsofhappiness.org for info). The film followed a gathering on the City Hall steps to shed light on the Connect the Dots movement (see www.350.org for info), which is devoted to developing a laser-like focus on climate change and its ever looming impact on the world.

The mayor and City manager were both front and center in support. The event was organized by Lowell architect and neighborhood leader and activist Jay Mason,



Colonel Sam Poulten

AIA. Jay heads the Tyler Park Neighborhood Association and is also a member of the Lowell Green Commission, a board of the City. Jay and Lowell Green Commission head Stephen Greene addressed the gathering.

Suzz Cromwell of the Lowell Film

MEMORIAL DAY – REMEMBER

Sat, May 19: Lowell Cemetery Tour with Dick Howe, 10am. meet at the Lawrence St. Gate

Sun, May 20: Lowell Cemetery Annual Memorial Day Remembrance, 12pm. Parade to begin at 12:30 PM at the Belvidere Gate on Knapp Avenue and will proceed to the G.A.R. lot.

Sun, May 27 -Franco-American Veterans

9:15am, St. Joseph’s Cemetery FAWV Memorial

9:30am, St. Joseph’s Cemetery, Ouellette Memorial

Greater Lowell Veterans’ Council

10:30am Ladd Whitney Monument (City Hall)

11:00am Lowell Memorial Auditorium

Visit ComeToLowell.com for information about the events listed above; and use it as a resource when planning a trip, relocation, starting a new job or attending school in Lowell.

Collaborative assisted with presenting the film inside City Hall and Mambo Grill Restaurant on Merrimack St. provided a delicious meal for all in attendance to enjoy.

ComeToLowell.com is about people connecting with each other, while support-

ing the City’s mantra of “work, live and play” as a community united in its efforts to move Lowell forward. It’s a grass roots initiative that promotes the integration of the diverse people of the neighborhoods with the political establishment.

ComeToLowell.com is a lighthouse that sends its beam to anyone with an interest including current Lowellians, and, those who may be planning any sort of sojourn to the City. It’s a resource for Lowellians as well as for those who plan to come to Lowell.

Learn about Lowell’s history from its origins as a settlement and resort for the natives, to the arrival of the Western Europeans and the advent of the Industrial Revolution, and its role in events that led up to the Civil War. Learn about the transition from a work force comprised of mill girls from area farms to the arrival of immigrants. A shift which led to the

COMETOLOWELL: PAGE 27

Memorial Day Services in Lowell on May 20th

Once again the Lowell Cemetery is planning the Annual Memorial Day Remembrance Even for Sunday, May 20, 2012 and we would like to invite you to take part in our activities.

This year our even will concentrate on the return of our military from Afghanistan. We are encouraging all returning troops to participate.

The parade will begin at the Belvidere Entrance on the corner of Knapp Ave. and Park Ave. East at 12:30 PM and proceed to the G.A.R. (Grand Army

of the Republic) lot. Last year’s even included The Lowell High School Band, local Veterans Organizations, Gold Star Wives and Mothers, Lowell Cemetery Trustees, City of Lowell Dignitaries, Westford Fire Dept. bag pipers & drummers, antique military vehicles, Civil War Groups, Lowell High School, Jr. ROTC, U Mass Lowell Air Force ROTC, Lowell Fire Dept. Honor Guard, Lowell Police Dept. Honor Guard and Pack 70 Boy Scouts.

At the G.A.R. lot we will have a flag

raising ceremony followed by The Pledge of Allegiance, The National Anthem, a wreath laying, a 21 Gun Salute and TAPS. A Blackhawk helicopter is scheduled to land for your review followed by a band concert for your enjoyment.

It is important that we continue to show our support to all the members of the Armed Forces who so proudly serve our country, especially at this time when many of our troops are deployed on numerous occasions. These servicemen

and women have sacrificed so much so that we can continue to enjoy our freedom. It is our sincere wish that you can participate in our even this year and help us to show our support to all veterans, living and deceased.

Thank you for giving us your consideration. Kindly contact our office @ 978-454-5191 to let us know if you can attend so that you can be included in our advertising.

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

May 10th - Visiting Angels, 10AM

Nurse Nancy, 1:30pm-3:45pm

May 11th - Bowling 9AM, Dollar Tree & Scola’s, 9:30am

May 14th, Affordable Hearing (FREE Hearing Screen), 10AM

May 15th, Grocery Shopping, 10AM

May 16th, Beginning Computers 9-11AM

Dealing With Loss, 10AM - DCOA Board Meeting, 2:30pm

May 17th, Mass Bar Association, 10AM

MVNP Special Meal, 11:30am

Nurse Nancy, 1:30pm-3:45pm

May 18th Bowling, 9AM

Kmart, Marshalls, 99, & The Chowder

House, 9:30am

May 22nd, Art Class, 9:30am-11AM

Grocery Shopping, 10AM

May 23rd, Beginning Computers, 9-11AM, Senior Club Meeting, 1PM

May 24th Coffee with the Director, 10AM - Quilting Class, 10:30am-noon

Nurse Nancy, 1:30pm-3:45pm

May 25th, Bowling, 9AM

Big Lots, Tuesday Morning,HomeGoods, 9:30am - Lunch at Ruby Tuesday

May 28th, CLOSED FOR MEMORIAL DAY!

May 29th, Grocery Shopping, 10AM

May 30th, Beginning Computers 9-11AM, Third Annual Talent Show Noon

May 31st, Quilting Class 9:30am-noon

Nurse Nancy, 1:30pm-3:45pm

Dracut School Happenings

Thu. May 10th, Special Education PAC Mtg. 6:30-8:30pm. @ the DHS Library

Fri. May 11th, Class 2012 Honor Recognition Breakfast. 8:30am. DHS Library

Dracut High Spring Instrumental Concert 7pm. DHS Auditorium

Mon. May 14th, School Committee Meeting: Exec Sess. 6PM @ Harmony Hall

School Committee Meeting, 7PM at Harmony Hall

Tue. May 15th. Lake View Junior High PTO Mtg. 7PM at the LVJH School

Wed .May 16th. Brookside Elementary PTO Mtg. at 7PM

Thu. May 17th, Spring Fling Concert with Greenmont, Parker, & Engelsby students. 7PM at the LVJH School

Fri. May 18th - Dracut High and Junior High Progress report Distribution, En-

gelsby Activity Night. 6:30-8:30pm

Dracut High Spring Choral Concert 7PM- DHS Auditorium

Tue. May 22nd. Dracut High PTO Mtg 7PM, DHS Faculty Room

String Fling Concert with Brookside and Campbell Students, 7PM, LVJH School

Thu. May 24th - Dracut High School Pre-Prom at4:30pm DHS Courtyard

Dracut High School Prom

CoCo Key Resort Danvers, MA

Elementary & Engelsby progress reports distributed

Thu. May 24th - National Junior Honor Society, 7PM at the LVJH School Café

Induction Ceremony

Fri. May 25th - Memorial Day Programs Various Schools

Wed. May 30th Dracut High Pride Night, 7PM at DHS Auditorium

Compiled by Connie Molinaro, to submit an event to Dracut Happenings email us at valleypatriot@aol.com

Dracut Recreation Department Summer Programs for Kids 2012

Boys Basketball: Must have Completed 2nd Grade, Season runs June 18-Aug 8th

Girls Basketall: Must have completed 1st Grade, Season runs June 18-Aug 8th

Swimming Lessons: Must have completed 1st grade, Season runs June 18-Just 22nd, July 8-July 13

Preschool + July 9-July13

Lego Camp: Must have completed Kindergarten, July 9-13th

Nature Camp: Must have completed the 3rd Grade July 16-27

Tennis Lessons: Ages 9-15, July 30-Aug3, Aug6-Aug-10th

Registration for all summer programs behind on MAY 1st. Please read requirements for each program carefully as programs varyfor registration deadlines. For detailed information for all programs go to www.dracut-ma.us

Click on Recreation Department and follow instructions in red for information and to register. If you have questions call the Dracut recreation Department at: 978-458-4478

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Jewish Film Festival Shows Movie Tribute to Yoni

Tom Duggan

VALLEY PATRIOT PUBLISHER

Last month the Merrimack Valley Jewish Federation held a Jewish Film Festival at Osgood Landing in North Andover, attracting more than 150 people from around the area.

The film festival's feature presentation "Follow Me, The "Yoni" Netanyahu Story," left many in attendance with tears in their eyes as they left the theater at Osgood Landing.

Yoni Netanyahu was the older brother of current Israeli Prime Minister, Benjamin Netanyahu and a legendary hero in Israel. Netanyahu, then a commander in the Israeli army, "was killed at the age of 30 leading the 1976 hostage rescue mission at the Entebbe Airport in Uganda."

In the film "Follow Me", co-directors Jonathan Gruber (Jewish Soldiers in Blue and Gray, NYJFF 2011) and Ari Daniel Pinchot (Producer, Paper Clips) present a moving portrait of Yoni's life through his own poetry, prose and letters. Ultimately a portrait of a young country through a young man, the documentary also features rarely seen footage of the 1967 war and the Entebbe raid itself, as covered by American news legend Walter Cronkite.

Laura Rodman, president of The Merrimack Valley Jewish Federation said that she found herself not only choked up during the film, but became a bit emotional just talking about it afterwards with The Valley Patriot.

"I first saw the rough cut last November and I'm all choked up now the way I was then," she said.

"The fact that they were able to use all that footage, both the personal footage and the war scenes, everything about it was so authentic it has to move anyone who sees it."

Rodman, lives in Nashua NH and originally hails from Brooklyn NY, and is in her first year as president of the organization. She said she saw "Follow Me" at the General Assembly of the Federation of North American Jewish Federation convention last November and knew right away that the film needed to be showed in Merrimack Valley.

"It shows how a man in the army ... of



PHOTO TOM DUGGAN

Laura Rodman, President of the Merrimack Valley Jewish Federation and Laurie Tishler Mindlin Executive Director of the Federation brought the new movie "Follow Me, the Yoni Netanyahu Story to North Andover last month.

any army, can be so poetic and speak so beautifully and really have two different lives. It just blows my mind, that's the only way I can put it."

Laurie Tishler Mindlin, who has been the Executive Director of the Merrimack Valley Jewish Federation for five years, told The Valley Patriot that seeing the film is very important not only for Jews but for everyone.

"I thought it was very important to show this film now because I think that today people don't have heroes. They don't have people to look up to, to live up to, to learn about and to aspire to be like them. I think today people struggle with a passionate commitment to Israel. This film shows that."

Mindlin said that the movie reflects a time when people came together and supported Israel and cared for the State of Israel.

"And what's really no difference today is that people so urgently want to wipe Israel off the map. But there isn't the support for Israel today that there used to be. That is why it was important to show it

now."

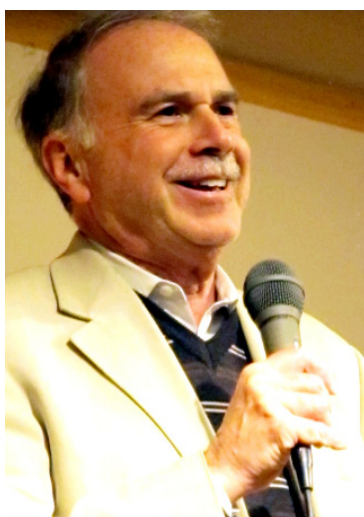
Mindlin said she also saw the rough cut of the movie last November with Laura Rodman and added, "I previewed it again a few days ago I thought it was very moving, very moving."

"This film was very well put together," she continued. "This was years and years of going through footage, hours and hours of film to edit."

"Next month it's in a couple of festivals across the country and then after that it will be opening in New York, Los Angeles, Toronto and southern Florida. Depending on how that goes it will be opening in other smaller communities. I think Boston is a second tier community but we expect it will be shown there later this year."

Mindlin said that even though "Follow Me" is a Jewish story "I think a lot of non-Jewish people will want to come and see this. It is universal though, everyone who sees this will benefit from it."

With more than 150 people turning out



for the festival, Mindlin said that she was very happy with the turnout. "We would always like to have more people," she said. "But I am very happy that so many came out to see this."

"The Jewish federation provides a variety of experiences throughout the world and various different people from different backgrounds might come to a Jewish film festival that might come to a family concert and so we are happy to provide something for all aspects of the community."

Colonel Sam Poulten, owner of WCAP radio and a resident of Chelmsford was also on hand for the festival and spoke to the audience prior to the movie presentation.

On stage he recounted how he was in Israel with Yoni one day when Yoni tried to convince him to move to Israel.

"We were walking about 4AM, he was in the lead as he always was, and we were with another Israeli soldier at the time. He said 'look at what is going on in the United States how can you live in a country that is so violent and has so much racial unrest?' The audience burst into laughter. "Then he stopped and told us to 'only step where I step and only move where I move.' When I asked him why he said 'explosives'. The audience roared with laughter again.

Poulten recounted how Yoni was his inspiration to join the US Army and added "what I learned from Yoni is that if I didn't do it, someone else was going to have to. And if everybody does a little bit, nobody has to do a lot."

Poulten said in 1976 he and his wife Gail were celebrating the bicentennial "when the news came to us in our hotel room about the raid on Entebbe and we were elated like everyone else was. The news said there was only one fatality and we were celebrating such a great victory... until we learned that the one was Yoni."

The festival also featured a comedic film by Yisrael Campbell, a Philadelphia born Catholic who converted to Judaism.

For more information on the Merrimack Valley Jewish Federation you can visit them on-line at: <http://www.mvjf.org/>

America: Still the Least Racist Country in the World

Dennis Prager

VALLEY PATRIOT SYNDICATED COLUMNIST

In light of the tragic killing of black teenager Trayvon Martin — and the manufactured hysteria surrounding it — one thing needs to be stated as clearly and as often as possible: The United States is the least racist and least xenophobic country in the world. Foreigners of every race, ethnicity, and religion know this. Most Americans suspect this. Most black Americans and the entire left deny this.

Black Africans know this. That is why so many seek to live in the United States. Decades ago, the number of black Africans who had immigrated to the United States had already surpassed the number of black Africans who were forcibly shipped to America as slaves.

And members of other races and nationalities know this. Even Muslim and Arab writers have noted that nowhere in the Arab or larger Muslim world does an Arab or any other Muslim have the individual rights, liberty, and dignity that a Muslim living in America has. As for Latinos and Asians, vast numbers of them from El Salvador to Korea regard America as the

land of opportunity.

And when any of these people come here - from anywhere, speaking any language, looking like a member of any race — they are accepted as Americans the moment they identify as such. He or she will be regarded as fully American. This is not true elsewhere. A third-generation Turkish-German, whose German is indistinguishable from the German spoken by an indigenous German, will still be regarded by most Germans as a Turk. The same holds true elsewhere in Europe.

On the other hand, a first-generation Turkish American, who speaks English with a heavy Turkish accent, but who identifies as American, will be regarded every bit as American as anyone else.

As is often the case, a foreigner pointed this out most clearly. On a visit to America in February, The president of Georgia, Mikheil Saakashvili, said:

"The other day, I was in a small company — and there were Asians, Koreans, Middle Easterners, some other people.

And they had been in America for, like, two, three, four years. And they talk American. They look American. Body language is American. I'm sure they already

think American. Go to Korea and become Korean in one or two years' time. Good luck with that. That's what's so special about this country."

Xenophobic? It is probably fair to say that most Americans are xenophiles. Last week, in Tampa, I met a 40 year-old man who works at a cigar lounge and bar. I commented on all the good-looking women who entered his establishment, and he told me that despite his low salary, that is precisely the reason he works there. They flock to him, he said.

"Why?" I asked.

"Because of my accent." He was from Russia.

The left-wing drumbeat about America as racist is a combination of politics and black memory.

The political aspect is this: The Democrats and the left recognize that if blacks cease viewing themselves as victims of racism, the Democratic Party can no longer offer itself as black America's savior. And if only one out of three black Americans ceases to regard to himself as a victim of racism, and votes accordingly, it will be very difficult for Democrats to win any national election.

The other issue is black memory.

Apparently, most blacks either cannot or refuse to believe that the vast majority of whites are no longer racist. Most Americans were hopeful that the election of a black president — thereby making America the first white society in history to choose a black leader — would finally put to rest the myth of a racist America. More than three years later it seems not to have accomplished a thing. I now suspect that if the president, the vice-president, the entire cabinet, the chairman of the Joint Chiefs of Staff, and all nine justices on the Supreme Court were black, it would have no impact on blacks who believe America is a racist society — or on the left-wing depiction of America as racist.

One can only conclude that the smearing of America's good name is one of the things at which the left has been most proficient.

Dennis Prager new book, Still the Best Hope: Why the World Needs American Values to Triumph, will be published April 24 by HarperCollins. He is a nationally syndicated radio show host and creator of PragerUniversity.Com.

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Auditions at The Firehouse Center for the Performing Arts



The Firehouse will be holding auditions for *Spring Awakening**, the award-winning play written by Steven Sater with music by Duncan Sheik. Set in late 19th century Germany, it concerns teenagers who are discovering the inner and outer tumult of sexuality. The original play was banned in Germany for some time due to its frank portrayal of abortion, homosexuality, rape, child abuse and suicide. The musical -- which won eight Tony Awards, four Drama Desk Awards and four Olivier Awards -- will be directed by Stephanie Williams and Lisa Zaleski. Auditions will be held Monday, May 14, 2012 from 6-9 p.m. at the Firehouse Center for the Arts, Market Square, Newburyport. Five performances of the play will run Thurs-Sun, July 19-22, 2012. Rehearsals begin May 21.

All actors interested in auditioning should call 978-499-9931 or email caron@firehouse.org for an audition appointment. Please come prepared with 32 bars of a rock/pop song. Please do not choose a song from *Spring Awakening*. Be prepared to sing, move and read from

the script. Wear comfortable shoes.

Available Roles: (Due to mature themes and subject matter, only 9th grade students and above may audition.) Students participating in this production are eligible to receive 2.5 elective credits from Newburyport High School. Students from other high schools are also eligible for credit. Details will be available at auditions. Questions can be forwarded to swilliams@newburyport.k12.ma.us

1 Adult Man, 1 Adult Woman, 6 Teenage Boys, 5 Teenage Girls, Ensemble

See www.mtishows.com for specific character descriptions and vocal ranges.

The Firehouse Center is a beautiful 200-seat historic theater that often draws full houses. Located in the thriving arts community of Newburyport, the theater is easily accessible from Boston by car (50 minutes), bus or train; and transportation to/from the bus or train to the theater can be arranged for rehearsals. Go to www.firehouse.org for more info.

*Produced by special arrangement with Music Theater International

Protecting our Citizens Rights In Newburyport

Lyndi Lanphear

VALLEY PATRIOT CONTRIBUTOR

I believe that our local government should not be trying to control or further burden their citizens with more costs and regulations, but instead should be supporting taxpayers by helping them keep their personal property rights. The Local Historic District (LHD) discussion has raised many points reflecting the fears of some citizens that property owners, unless held in check by a regulatory committee, will forever damage the historic aspect of their homes, either by misguided efforts to improve or repair those homes or by outright demolition to construct a new property. The threat of infill – building homes which conform to existing zoning and building regulations – has generated great angst.

There are alternative solutions to yet another regulator agency. The zoning, building, and demolition delay ordinances

can be tightened up to control density and demolition. Unquestionably the residents of our city have proven that they are interested in preserving the historic characteristics of our community and there is no reason to assume that will change. There are presently very few homes in the proposed LHD which are true to the original property. Changes have been made through the decades and they have added to the look and character of the district.

Newburyport is not a museum nor should it be. It is a vital, living community with beautiful antique homes that are lived in and cared for by their owners. Let's not add yet another level of governmental control and burden to our lives. As John Adams said, "Property is surely a right of mankind as real as liberty."

Lyndi Lanphear is a member of the SayNoToLHD@comcast.net group.

Lyndi Lanphear 347 High Street, Newburyport, MA 01950.

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The Hampton Beach Community Church is a Non-Denominational Church located at 49 Ashworth Avenue, Hampton Beach, NH, (behind McDonald's & the Water Slide, near the corner of D Street and Ashworth). The Singing Church holds Sunday services at 9:30AM each week in the summer time beginning June 20th and running for twelve weeks through September 5th.

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Hampton Beach Summer Activities

17 Special Fireworks Displays
Sun., May 27, 2012 - Sat., October 6, 2012 - Every Wednesday night, starting June 23rd and Holidays at 9:30 p.m.
Rain day for Wednesday shoots will be the following Friday
Memorial Day Weekend May 27
June 20, June 23 Saturday Sand Castle, Fireworks, June 27, July 4, a spectacular shoot, 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
Sea Shell Stage Line Up 2012 Events
Sunday, May 26, 2012 - Monday, September 3, 2012
Hampton Beach Catamaran Regatta
June 16 - 17, 2012
Hampton Beach Catamaran Regatta has become a highlight of the summer as champions and (relatively) new sailors alike converge on Hampton Beach for a weekend of sailing. The weekend is well organized, with races throughout the day, and held close to the shores so that visitors and non-sailors can admire the spectacle. If you want to sail you need to get in contact with the organizers through the details provided here. If you're just watching, simply get yourself a good bit of sand a camera and relax and enjoy the proceedings.
Scott Malcolm 603-502-7451
12th Annual Sand Sculpting Competition
June 21 - 23, 2012
Come watch 15 Masters of the Sand Sculpture Universe compete for over \$15,000.00 in prize money. Competition June 21 - 23. Awards Saturday night, June 23, 8 p.m. at the Seashell Stage.



Followed by a Fireworks shoot at 9:30 All for FREE!
The fun starts Friday, June 15th when 300 tons of imported sand is dropped on Hampton Beach and the "Grady Bunch" starts pounding up the demo site. The entire area is illuminated for night viewing through July 8th. Watch Greg Grady and "The Grady Bunch" build a mammoth Sand Demo Site. View all entries online at this website. The competition is by invitation only. Interested Master Sand Sculptors may contact event co-organizer: www.GregGrady.com The event is funded by the Hampton Beach Village District and Sponsors, in cooperation with The Hampton Area Chamber of Commerce and The NH Division of Parks. Interested sponsors or volunteers should contact us at hamptonbeachinfo@comcast.net
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

Sidewalk Sales (end of season clearance-SAVE \$\$\$\$)
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

FROM PAGE 24: COME TO LOWELL

culturally diverse population that exists today.
Historically, Lowell has had a strong political structure; one that "connects the dots" between the people in the neighborhoods, the City Council, boards and commissions, the executive staff under the City Manager, the colleges, and its state and federal delegation.
A "working together" mindset is the only way; in Lowell, in the region, nationally and internationally. It's where our hope for the future lies.
We hope Valley Patriot readers will come to Lowell and join in the celebration of all it has to offer.
Memorial Day in Lowell
In the late 50s and early 60s, Lowell would acknowledge Memorial Day with a parade through downtown Lowell. It would travel down Central St. to Merimack St. and then on to City Hall. Servicemen and women from World War II and the Korean War would proudly march, as would the Boy and Girl Officers from Lowell High School, Boy Scouts,

Girl Scouts, Cub Scouts, various marching bands, local politicians, etc.
Balloons would be floating towards the heavens and the crowds would be 6 deep on both sides of the street. Memorial Day was a glorious occasion in Lowell, and a grand affair!
While the parade has ceased and another tradition is no more, there's a wonderful tribute held each year at the Lowell Cemetery to take its place. This year, the event is held on Sunday, May 20, and there's a print out of the schedule on ComeToLowell.com in the "events" section.
Among the myriad of activities and remembrances including a wreath laying and a 21 gun salute, bring the family to see the military fly over by a Blackhawk Helicopter, which will land and remain on display for everyone to see.
Visit ComeToLowell.com for information about the events listed above; and use it as a resource when planning a trip, relocation, starting a new job or attending school in Lowell.

Newburyport Events

Midsummer Night's Dream will be at the Firehouse Center for the Arts. The Firehouse Center for Arts is located in Market Square. This is a great local show and will play from May 24th through June 3rd. The Show starts at 7:30 PM, Tuesday through Thursday and at 2:00 PM on Saturdays and Sundays. Tickets are \$19 for members, \$20 for students/ seniors and \$22 for adults. You can purchase tickets through the Box Office at 978-462-7336.
The HMS Bounty Visit will be in Newburyport from July 13th through July 16th. This is a great opportunity to view this ship and it is open to the public. For more information, contact Angela Gagnon 978-462-6680 x11.
The Newburyport Art Walk Weekends are back this year. They will be visiting various galleries and available on the weekends of June 23-24, August 18-19, and October 20-21. These walking tours start are Saturday 3-7 pm and Sundays, 1-5pm. Brochures are available at participating galleries or information can be obtained by emailing newburyportartwalk@gmail.com.

June 16th, at 8:00 PM. at the Firehouse Center for Arts, The comedy, magic and hypnotic entertainment of Peter Gross will amaze audiences. Ticket prices are \$16 Adults; \$14 Members/Seniors; \$10 Students.
June 16th, at the Newburyport Art Association at 65 Water Street, The 11th Annual Fine Art Auction will take place. For more information, go to http://www.newburyportart.org.
From July 29 through August 4 from 7:30-9pm at Waterfront Park, the Waterfront Park Concert Series will be held again this year. Different local bands and talent will be providing nightly concert entertainment for beach goers.
The 11th Annual Riverfront Music Festival will take place on July 7th from 1:00 PM until 6:00 PM at the Waterfront in Newburyport.
The Grand Finale Yankee Events of the Season will take place the weekend of August 4th featuring the Grand Finale Fireworks Saturday, August 4, Launched from Cashman Park at 9:15pm. The entire weekend will be loaded with events.

Ye Gay Ol' Valley

The Earth is but one Country

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

"The earth is but one country and mankind its citizens." This message struck me as simple and true, but one that is lost to present day greed and sectionalism. I am taking a course on the religions of the world and was introduced to the religion Baha'i. It began in Iran over a century and a half ago. From my research, I've discovered that, today, Baha'i has over five million followers in every corner of the world and is growing exponentially probably due to its non-discriminatory and all encompassing message of unity.

What attracted me immediately to this religion is that it does not categorize

people. There is no we or them; there is simply us. It demands economic justice and equal rights for everyone and calls for the breaking down of traditional barriers of race, class and creed. Wouldn't that be wonderful? Is it at all possible?

The Baha'i religion sees humanity as an evolving entity that is becoming more mature and responsible. Every religion and its founder throughout history have been essential parts of this evolution. We cannot and should not apply the same rules and expectations to the human race of today as we did to the human race of the past just as we don't apply the same rules and expectations to children as we do adults. "Baha'is believe that we now stand on the threshold of becoming an adult in our behavior, and thus capable of forming one world rather than diverse nations, race and religions."

This is very powerful. I have been an advocate for celebrating diversity and embracing those things that differentiate people from one another hoping to move towards a more just and accepting society. However, with the introduction to the Baha'i message, perhaps I/we have been looking at things through the wrong lens. Perhaps, instead of focusing on what makes us different, we should focus

on what makes us the same. And it is as simple as the fact that we are all human-period.

Baha'i believes in one God. This one God created a special and uniquely good race of people. According to the Baha'i, humanity is on the brink of blurring the lines between races, nations and religions. And why shouldn't we? Why do we have to distinguish ourselves as black or white, Muslim or Christian, American or Iranian, gay or straight? We all walk the same earth, breathe the same air, warm ourselves under the same sun and sleep under the same stars. And yet, we have to categorize ourselves based on belief, proximity, bank accounts and whatever else we can departmentalize.

Here, in the great United States, we pride ourselves on being a democratic, representative society. This is the very foundation of how the Baha'i function. "The structure of Baha'i assemblies worldwide is democratic and participatory. . . they take great pride in the consultative style of their operations and in the equality given to all, regardless of class, race, gender or age, a tradition that goes back to the earliest days of the Babi movement." It sounds to me to be a very 'American' mind set, but one that our entire population has yet to truly embrace and commit.

I'm going to look further into this Babi movement. As a member of the human race and as an American citizen, I believe it is my duty to do everything I can to make a more unified and selfless world. This is my first step. I hope you'll join me.



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



Morality Matters!

Language Manipulation and the War of Truth

Paul Murano

VALLEY PATRIOT COLUMNIST

Whoever wins the battle of language inevitably wins the war. This principle is nowhere truer than in culture wars, where false philosophies depend on manipulation of the language to convert the uncritical masses to a particular worldview. We are now at the end of our second generation that is conditioned by the language of a culture of death.

Below is an illustration of how language can hide the full truth. The terms on the left include popular verbiage today while the terms on the right are a more honest and objective usage of the language.

She's pregnant vs. She's with child.

The term "pregnant" speaks exclusively of the condition of the mother. While this is important it does not express the full truth. The traditional term "with child" includes both parties and expresses the beauty and awe of pregnancy rather than making it sound like a disease.

She's going to have a baby vs. She's going to deliver or give birth to a baby.

A woman "with child" already has a baby. Since "Going to have" denotes the future, and medical science is clear on when an individual human being begins, "going to deliver" or "give birth to" a child would be more accurate.

She/He is going to be a mother/father vs. She/He is a mother/father.

Parenthood begins when the offspring begins. A woman is already a mother and a man a father even before they are aware they are with child.

They don't want to bring a child into this world vs. The child is already in this world.

If there is a growing living human embryo the child is already in this world; albeit hidden from view.

It vs. He or She

This is a common one. Although the English language is deprived of a gender neutral pronoun, what sounds more dehumanizing than calling a human being "it"?

She's not ready to be a mother vs. She is a mother that may not feel ready.

The reality is if she's with child she is a mother. Feeling ready is subjective and is often quickly remedied by an attitude adjustment.

Embryo, Fetus vs. Human being in their embryonic or fetal stage of life; Preborn child

Although embryo and fetus are proper

scientific terms for early stages of the human life cycle, they are often used in an attempt to dehumanize. The fact that each reader is a grown-up embryo and former fetus allows them to use the terms "human being" or "preborn child" for the unborn.

Terminate the pregnancy vs. Kill the child

Termination of a pregnancy occurs by doing what? This euphemism, of course, is an attempt at hiding what abortion is and who is being aborted. And it seems easier to the uncritical mind to perform an abortion on a woman that is "pregnant" rather than "with child".

Abortion vs. Prenatal homicide

Intentionally killing an innocent human being is murder; but since there may be sincere ignorance on the part of those responsible the neutral term "prenatal homicide" might be most appropriate. Regardless, a third of us under 40 years old are missing today due to this common practice.

Euthanasia vs. Physician-assisted suicide

Euthanasia from the Greek literally means "happy death". It attempts to make homicide sound nice. No person is happy when they feel like dying, and no one should be happy about intending to kill the innocent. Physician assisted suicide is both homicide and suicide. It doesn't do away with the pain, it does away with the patient.

Gay/Homosexual vs. Person that has a disordered attraction to the same sex

The word gay simply meant happy until the early 1970's, and homosexual was used an adjective describing actions or feelings. Using gay or homosexual as a noun to label someone is relatively new and very counter-productive. It identifies a person with his or her feelings. This false use of the language seems to have come from political motives: If homosexuality can be seen as who a person is rather than what they feel or do, minority status and equality of lifestyle may be claimed, enabling special privileges from the state. We all have objectively disordered desires, whether they be propensities toward violent tempers, greed, getting drunk, overeating, bulimia, laziness, etc. Making such desires one's identity is both irresponsible and false. Other than the most basic dimensions of personhood (name, sex, ethnicity, religion), descriptive terms rather than identifying ones should be

NEXT PAGE

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Our Little Tea Party Is Growing Up

Christine Morabito
GREATER BOSTON TEA PARTY

Growing pains are inevitable for any fledgling organization. The Tea Party in Massachusetts was stretched to its outer limits over the past few weeks as our focus and mission were put to the test.

The Greater Boston Tea Party and other large Tea Party groups in the state have been well served by their sharp focus on the common sense fiscal issues that unite citizens from diverse backgrounds and political parties. A minor fracture appeared when a small group within the Tea Party chose to elevate the divisive social issues, attracting protests and negative press.

Now, in an effort to put this incident behind us, it is time to lick our wounds, strengthen our resolve and return to our time-honored principles of constitutionally limited government, free speech, free markets, individual liberty and personal responsibility.

That said, I would like to congratulate the Worcester County Tea Parties for another successful Tax Day Rally in Lincoln Square. Their gathering on April 15 exemplified the heart and soul of the Tea Party and I was proud to have participated.

There has been speculation – or perhaps wishful thinking from our rivals – that the Tea Party has reached its peak and fizzled out. The evidence suggests otherwise. The Greater Boston Tea Party is experiencing a healthy influx of new members at our monthly meetings and growing our Facebook membership on a daily basis. Our members are also quite active on Twitter and in the blogosphere, giving us a large presence in the social media arena.

While the Tea Party may be less publicly visible, the movement is far from

stunted. In our infancy, we protested and rallied often because we did not know what else to do. As we mature, we are learning to channel that energy into grassroots action that can affect change. By educating ourselves and others about public policy, volunteering for campaigns, writing letters and calling our representatives, we are working smarter, not harder.

In this busy election year, we are looking forward to some exciting projects. We are currently compiling a Candidate Questionnaire that will clarify candidates' positions on issues important to our members, with questions about taxes, spending, government regulations and health care reform. The questionnaires will be formulated into voter guides that will ultimately help citizens decide who might best represent them.

On June 23 we will host a Citizen Journalist Training provided by the Franklin Center for Government & Public Integrity. The training will consist of an exciting day of workshops designed to inspire "citizen watchdogs" to detect and expose corruption and taxpayer abuse at all levels of government.

With the goal of demanding transparency, accountability and fiscal responsibility from our elected officials, attendees will be educated on researching open records laws, filing Freedom of Information requests and using the power of the internet to spread their message. We will have more information about this event as the date draws nearer.

Any time we can clearly articulate the Tea Party message, especially to a non-traditional audience, we win. I recently had the tremendous opportunity to speak about the Tea Party to a Boston College political science class. Unsure what to expect,



PHOTO: TOM DUGGAN

I had a sneaking suspicion that I was the only Tea Party person these people had ever met. I was uneasy about having to speak for an entire class period, so I brought along a DVD just in case I ran out of material. I began my presentation by playing a video of Rick Santelli's rant from the floor of the Chicago Mercantile Exchange, which was credited with giving birth to the Tea Party movement. As I spoke, I shared a slideshow of Tea Party pictures I had collected over the years, depicting the evolution from our humble beginnings. I hoped that the students would ask questions, but feared they would not.

Luckily, my fears were never realized. The 50 minute class flew by and we truly ran out of time. The students were deeply engaged, asking thoughtful and challenging questions. What a delightful group of young people.

I may not have gained any converts, but I do believe I was able to convince them that the Tea Party neither breathes fire nor eats small children. We're getting there.



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

Language Manipulation: From Prev. Page

used, i.e. feeling or doing language rather than being language.

Sexually active vs. Fornicating

Premarital sex is a sociological term, created a few decades ago to be judgment-neutral in the attempt to re-define morality. In cultures where objective truth is rejected judging behavior is seen as "intolerant". The traditional term for sex outside of marriage is fornication. It is listed in the New Testament among the grave sins that keeps one from entering the Kingdom of God, and has been condemned universally regardless of religion up until the sexual revolution of the 1960's. Self-respect and the value people placed on marriage and its unique spousal relationship has henceforth been replaced by the "relationship" culture we have now, which is in reality a form of serial monogamy or bigamy. The term fornication, which properly denotes the intimate taking of someone who is not truly theirs, is more truthful.

Use protection vs. Use an unnatural impediment

We often hear this one. It speaks of protecting one's self from the natural purpose of an act, and sees pregnancy as a disease rather than an indication of good health,

which it is. With this upside-down view the "use protection" mentality sees human offspring as parasites like a tumor, to be either impeded or eradicated.

The world is overpopulated vs. The world is underpopulated.

This false notion began with "The Population Bomb" by Paul Ehrlich in 1968. Yet, the truth is that if every family in the entire world were to have a home on a quarter acre of land the entire world would fit into the state of Texas. There is not a population problem, but a distribution of goods problem. A selfishness problem. If there were five people living on earth there would still be a problem with equitable distribution.

Today most industrialized countries are actually seriously under-populated. The problem has gotten so bad that nations like Russia have offered bonuses to couples that will procreate; and some western European countries fear cultural suicide if a reversal of their 1.4 children per family average does not turn around quickly. Even in our own country it has been said that one reason illegal immigration has continued almost unchecked is because we need to replenish workers that used to be American teenagers. For more

sobering stats read Pat Buchanan's, "The Death of the West".

www.pewstater.com/view_news_id_11498.php <http://weblog.xanga.com/RuDun/231730770/item.html> www.leaderu.com/orgs/probe/docs/worldpop.html

Adult vs. Pornographic

"Adult" is not only a lame attempt at making pornography sound acceptable, but it's a rational misnomer: When it comes to human sexuality there is nothing more immature or non-adult than pornography. Now part of the culture as being only two clicks away from any child to see, it had become second in revenue only to oil companies.

In love vs. Infatuated with

We are emotional creatures. But the emotional high that often defines being "in love" is a misnomer. The essence of love is not a feeling but a commitment. If emotion and desire are seen as ends in themselves rather than stepping stones to permanent commitment, it quickly becomes selfishness. Love is active, not passive; it's not something you fall into but something you make happen. Love says "I love you in spite of..." not "I love you because of..."

Abstinence vs. Chastity

We hear about abstinence-only programs, but can they work? Abstinence while harboring lust is like non-violence while harboring anger; it is virtually impossible. If one doesn't include the psychological, emotional and spiritual dimensions of the human person, the aim is futile. In giving one's heart one's body demands to follow; for both anger and lust have

involuntary physiological responses that demand release. The aim of chastity is to discipline the eyes, mind, and heart so that one is able to discipline the body according to the true and the good.

Divorced vs. Separated

The sacred vows that virtually every couple makes on their wedding day includes "for better or for worse, until death do us part." They promise and recognize with their consent that only death can dissolve their marital bond. They are literally no longer two, but become one flesh. Following this logic a civil divorce (by the state) would be really a legal separation of two people that remain married. Only a declaration of nullity officially claiming it was never a valid marriage could enable a person to marry another. This is logic, not a religious statement.

Alternative lifestyle vs. Perversion

If you throw out human nature and make yourself into your own god (Gn 3:5), nothing is seen as perverted because you get to decide what is natural "for you". Personal choice becomes the standard because we get to create our own reality. This error, supported and upheld by the mass media, is why it's taken us just two generations to get to the point where other nations took centuries of decline to reach.



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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North Central MA-Greater Gardner Area

PUBLIC EVENTS

GARDNER

Saturday, May 12, 2012 at 8:30 AM - Ride for Alice Motorcycle Run @ the West End Beagle Club - "Ride For Alice" motorcycle run is now May 12th. Registration is 8:30-9:45... Ride starts at 10:00. Starts & ends at the West End Beagle Club. \$10.00 per bike. Guess the mileage & Win!! Chicken BBQ to follow...\$12.00 per dinner or \$10.00 in advance. 1st 100 tickets sold are guaranteed a dinner. Burgers & dogs will also be available. You can purchase tickets at the Beagle Club. We will have live music after. Hope to see all you riders there...It's for a great cause!! :)

Friday, May 11, 2012 at 11:00 AM to 2:00 PM Celebrate Mental Health at the Monument Park. Come to a free concert and learn about Mental Health Issues.Music by Tunefoolery. Lunch & refreshments available.Hosted by Alternatives and Alternatives' Crystal House Clubhouse.

Saturday, May 12, 2012 9AM to 2PM - Bottle & Can Drive - Chair City Oil. A bottle and can drive, tire recycle and car wash will be held on Sat., May 12th from 9 a.m. to 2 p.m. at the Chair City Oil Co., 525 Main St. Please help Boy Scout Troop 6. Bring us your bottles and cans, old tires or come have your car washed.

Thursday, May 17, 2012 at 2:00 PM

Movie Matinees at The Levi Heywood Memorial Library

Thursday, June 7, 2012 at 6:00 PM to 8:30 PM. Hervey Bowden Speech/ Essay Contest sponsored by Raymond Fredette. The Gardner Museum. Students, members and friends are invited to attend this free event at which local and regional history topics will be explored. At 7 p.m. the finalist essays will be read. A \$250 award will be presented. Pizza reception from 6-7 p.m. Reading of essays and award presentation from 7-8:30 p.m.

PUBLIC EVENTS

GARDNER

Monday, May 14, 2012 at 6PM -Fiscal Year 2013 Gardner Public Schools Budget Hearing - Council Chambers, City Hall

Wednesday, May 16, 2012 at 10AM - Capital Improvement Committee Meeting. Mayor's Heritage Hikers Benefit at the Gardner Ale House - Monday, May 21, 2012 at 5PM to 8PM. A percentage of the Gardner Ale house proceeds will go to our Heritage Hikers Team to Benifit The American Cancer Society. Conference, Room 128, City Hall

Tuesday, May 29, 2012 at 3:35PM - Contributory Retirement Board Meeting. Mayor's Conference Room, Room 128, City Hall.

Greater Gardner Chamber of Commerce. May Business After Hours. Sponsored by Heywood & Wakefield Place Apartments. Wednesday, May 23rd., 5 - 7:30PM

Heywood & Wakefield Place Community Room. Pine Street, Gardner. Cost: \$5 for Chamber Members \$7 for non-members. Advanced reservations requested. Contact the Chamber at 978-632-1780 email: epenney@gardnerma.com.

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or visit us on line at

valleypatriot.com

Conservation Commission

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



Leominster Mayor Lisa Wong (l) with U.S. Senate Candidate Elizabeth Warren (second from right)



Gardner Lions Club Posters for Peace contest winners last month.



Gardner Mayor Mark Hawke (middle) with his mom and dad, Mark and Nancy Hawke at a recent fundraiser.

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An “F” on Transparency in Massachusetts

Robert Eno
VALLEY PATRIOT POLITICAL COLUMNIST

After completing work on a \$32.5 billion budget, Speaker Robert DeLeo (D-Winthrop) said the budget process was, “the most open and transparent we can have”. The non-partisan Center for Public Integrity, among others, strongly disagrees. They recently gave Massachusetts an F for openness and transparency in our budgeting process.

For those who have spent just one evening in the House Gallery during budget week, would quickly see why we’ve earned that grade. Instead of actually debating the budget, representatives spend their time looking at their iPads, watching Netflix, snacking on soda and candy, and listening to their iPods, as they waited for the next consolidated amendment to become available. The process by which those consolidated amendments are created is particularly un-transparent.

Scurried away in the closed-door Room 348 the Chairman of Ways and Means, Brian Dempsey, holds court on budget amendments. This is where the real work of the budget gets done, beyond public or press inspection.

According to some Freshmen State Representatives, who would prefer to remain anonymous, the process is reminiscent of an audience with Don Corleone. Protocol demands that you praise Chairman Dempsey for his outstanding work on the budget, and to humbly ask him to support your gazebo, state park, budget increase, social program, etc..

After several hours of secret dealing a

consolidated amendment comes out. The next step is almost beyond description. The interim Speaker asks the clerk to read the amendment, or more to the point the first two sentences before dispensing with the reading. Then a voice vote is taken and immediately approved. No roll calls, no accountability. It is the rare amendment that gets a hearing on its own, although the rules allow for this.

For his part Chairman Dempsey seems to place a premium on efficiency, telling the press that having “30 or 40 folks interested in talking about an issue” could become “unwieldy”. This is why he prefers doing the work outside the prying eyes of the public. It is said that democracy is sometimes messy and Pam Wilmot of Common Cause agrees.

In 2008 Wilmot told the Eagle Tribune that the room 348 process is blatantly undemocratic. “It’s a shockingly private process to the most important piece of legislation that will be considered this year,” Wilmot said. “The state budget allocates the state’s resources, the public’s resources. It’s absolutely essential it be transparent from soup to nuts.” (<http://www.eagletribune.com/local/x1876431585/Statehouse-Secrets-Beacon-Hill-does-its-most-important-business-behind-closed-doors>)

For too many on Beacon Hill, including the Speaker, the F they received on transparency means fantastic. It’s about time they realize it means failure. This November you have a chance to remind them, by voting for a representative that values transparency.

“Hey, Governor Patrick, You Don’t Speak for Me!”

Ken Willette
VALLEY PATRIOT COLUMNIST

I was quite amused to learn recently that Deval Patrick will be making the rounds on the national press circuit as an official spokesperson for the Obama re-election campaign. I am actually thrilled that he is the national spokesperson, because his dubious record on crime, illegal immigration and tax hikes will open the door to political attacks similar to what happened to another Massachusetts Miracle Leftist—Mike Dukakis-- in 1988. As Romney will ultimately secure the Republican nomination, Massachusetts will be front and center as a tale of two totally different political philosophies on the national stage between two Governors with diametrically opposite views of America.

One philosophy (the conservative Romney camp) will advocate for bipartisan governmental reform, billions of dollars in less government expenditures, lower and simplified taxes, less regulations, sensible crime control and disincentives on illegal immigration. The other philosophy (the Patrick Occupy Movement) will cry out for more aid to illegal immigrants, call for the release of more cop killers and lifers, add thousands of more regulations, implement higher taxes, incur more user and transaction fees and expand the scope of government into every facet of human existence.

But, Governor Patrick, please remember that you don’t speak for me on the national press tour, especially when your liberal appointees released a murderous lifer who immediately returned to a life of



crime and killed a police officer in the line of duty. Please don’t mention the proud people of Massachusetts when you talk about at least \$93 million of our taxpayer dollars being spent on government services for illegal immigrants. Save your bleeding heart speeches for liberals like Sean Penn when you promote the benefits of in-state tuition rates for illegal aliens, when you delay the introduction of the E-Verify system in Massachusetts and when you stonewall the statewide implementation of Secure Communities.

We should require all public and private sector employers and vendors to utilize the E-Verify system, as an effective enforcement tool to deter the hiring of illegal aliens and undocumented workers in our state. Governor Patrick, you have intentionally stalled the full implementation of the Secure Communities program, whereby local and state law enforcement agencies can work in partnership with ICE officials to determine the immigration

DEVALPATRICK: PAGE 39

Local Home Sales Pick up in the First Quarter

Median prices drop compared with Q1 2011

The Northeast Association of REALTORS® (NEAR) reported today that sales of single family homes and condominiums in the 15 cities and towns from Boxford to Littleton during the first quarter of the year were up by double-digits versus last year — up 19 percent and 15 percent, respectively. During the month of March, single family home sales rose 10 percent versus the previous March, while sales of condominiums slipped by 1 percent compared with last March. The report is based on data from MLS Property Information Network in Shrewsbury.

The report also noted that the median price for single family homes sold during the first quarter, at \$265,000, represented a decline of 8 percent compared with the previous year’s first quarter, while the median condominium sales price of \$160,000 for the quarter dropped by 3 percent versus the same period last year. During the month of March, the median price of single family homes sold lo-

cally was \$259,950, a drop of 9.2 percent from the \$286,250 median sales price last March, and a decline of 1.9 percent versus the median price of \$265,000 for single family homes sold in February. Meanwhile the median price of area condominiums sold in March was \$166,250, a decrease of 7.6 percent versus last March, but an increase of 19.6 percent compared with February’s median sales price of \$139,000. 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 improving sales numbers reflect a market where prices continue to be more affordable and interest rates remain at historical lows. Buyers are looking for good values, and sellers are being more realistic with pricing, which translates into the increased activity we are experiencing in the market.” She added, “Buyers are sensing that the market is in recovery, which is evidenced by a healthy uptick in pending

sales, busy open houses, some instances of multiple bids, and overall increased confidence in the market. We are moving towards a stable housing market, which is welcome news as the busier spring months approach.”

During the first quarter, 508 single family home sales were closed locally, versus 425 during the first quarter of 2011, an increase of 19 percent. Most recently, 196 single family home sales closed locally in March, versus 178 sales last March, and compared with 159 sales in February. Additionally, 223 area condominium sales were closed during the first quarter, compared with 193 sales from January through March of last year, an increase of 15 percent, while 86 condominiums were sold in March compared with last March’s 87 sales, and versus February’s 68 sales.

The average length of time it took to sell a home in March was 136 days for single family homes, a decrease of 4 percent over last March. It took an average

of 142 days for the condominiums sold during March to close, a decrease of 2 percent compared with last March.

The report also provided local inventory levels as of April 15 which, at 1,474 for single family homes and 596 for condominiums, are up since last month. The inventory for both single family homes and condominiums locally remains well below the peaks set in 2006 and 2007.

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

Closed Sales March 2012 vs. March 2011	# Sold March 2011	# Sold March 2012	Yr over Year Change	Median Price March 2011	Median Price March 2012	Yr over Year Change	Avg. DoM March 2011	Avg. DoM March 2012	Yr over Year Change
Single Family	178	196	+10.1%	\$286,250	\$259,950	-9.2%	142	136	-4.2%
Condo	87	86	-1.1%	180,000	166,250	-7.6%	145	142	-2.1%
Multi Family	38	37	-2.6%	179,750	190,000	+5.7%	82	95	+15.9%

Closed Sales March 2012 vs. Feb 2012	# Sold Feb 2012	# Sold March 2012	Mo over Month Change	Median Price Feb 2012	Median Price March 2012	Mo over Month Change	Avg. DoM Feb 2012	Avg. DoM March 2012	Mo over Month Change
Single Family	159	196	+23.3%	\$265,000	\$259,950	-1.9%	146	136	-6.8%
Condo	68	86	+26.5%	139,000	166,250	+19.6%	119	142	+19.3%
Multi Family	32	37	+15.6%	163,750	190,000	+16.0%	64	95	+48.4%

THE DOCTOR IS IN

What you Should Know Herbal Medicine

Rami Rustum, M.D.
VALLEY PATRIOT MEDICAL COLUMNIST

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

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

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

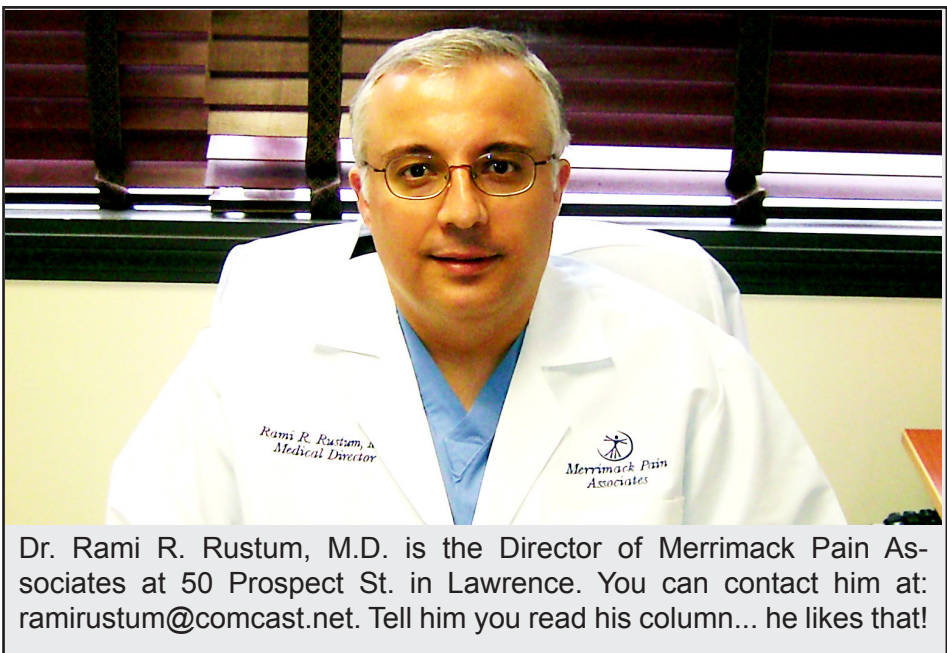
Nowadays people are being bombarded with thousand of unhealthy products, the level of sensibility in front of diseases is very high and that's why the use of medicinal plants can represent the best solution.

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

The history of herbal medicine

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

In the early 19th century, when chemical analysis first became available,



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!

scientists began to extract and modify the active ingredients from plants. Later, chemists began making their own version of plant compounds, and over time, the use of herbal medicines declined in favor of drugs.

Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their primary health care. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the last 20 years in the United States, public dissatisfaction with the cost of prescription medications, combined with an interest in returning to natural or organic remedies, has led to an increase in herbal medicine use.

How do herbs work?

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

How are herbs used?

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

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

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

there are contaminants (including heavy metals and pesticides).


What are the common used herbal medicine?

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

- Ginkgo (*Ginkgo biloba*) has been used in traditional medicine to treat circulatory disorders and enhance memory. Although not all studies agree, ginkgo may be especially effective in treating dementia (including Alzheimer's disease) and intermittent claudication (poor circulation in the legs). It also shows promise for enhancing memory in older adults. Laboratory studies have shown that ginkgo improves blood circulation by dilating blood vessels and reducing the stickiness of blood platelets. By the same token, this means ginkgo may also increase the effect of some blood-thinning medications, including aspirin. People taking blood-thinning medications should ask their doctor before using ginkgo.
- Kava kava (*Piper methysticum*) is said to elevate mood, well-being, and contentment, and produce a feeling of relaxation. Several studies have found that kava may be useful in the treatment of anxiety, insomnia, and related nervous disorders. However, there is serious concern that kava may cause liver damage. It's not clear whether the kava itself caused liver damage in a few people or whether it was taking kava in combination with other drugs or herbs. It's also not clear whether kava is dangerous at previously recommended doses, or only at higher doses.

HERBAL MEDICINE: PAGE 39




**VISPOLI:
FROM PAGE 5**



Dr. Vaso Hatzigiannis D.D.S.

Joseph P. Beninato D.M.D., P.C.

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jobs and job creation. I spoke a little about that tonight. The policies that are made and decided on Beacon Hill certainly affect business. I know that first hand. You know, when you raise the income tax and you vote for it in a border community, what does that do? The impact that is, companies move, people go to New Hampshire, it has an impact! Number one is jobs and job opportunity. I talked about economic opportunity in all of the towns, Lawrence, Tewksbury, Dracut and Andover. People coming out of school, what is the economic opportunity? Does the state really provide the foundation and the business climate to keep businesses here to foster new businesses and that type of thing? So, that's key, if you have a job, you have economic freedom... everything else comes into play.

VP: As one State Senator, how are you going to affect that?

Alex Vispoli: Well, I think if you look at forty Senators and only four Republicans running right now, there is no diversity. Diversity is very important. I think another voice is important. Just another diversity of opinion, another debate of ideas is going to impact that and if we don't start that, then what I call the culture of arrogance and corruption, is going to continue to fester.

Dawn Brantmuller contributed to this story

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What is a probiotic and how does it impact my health?

Lab testing ranges are EXTREMELY BROAD!

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

The human intestinal tract (GUT) contains 10 times more bacteria than all the human cells in the entire body—upwards of 100,000,000,000,000 (100 trillion) microorganisms. These enormous living mass of organisms generates intense metabolic activity and are the key to human health.

In an addition to what we think about with gut function, such as normal digestion, the intestinal flora exerts crucial effects on metabolism and immune function.

In 2001, an International Life Sciences Institute Europe consensus document proposed a simple and now widely accepted definition of probiotics as “viable microbial food supplements which beneficially influence the health of humans”. Probiotics consist of lactic acid producing bacteria (LAB), non-lactic acid producing bacterial species, and non-pathogenic yeast.

Examples of LAB are Lactobacillus, Bifidobacterium, Streptococcus etc, examples of non-lactic acid producing are Bacillus and Escherichia, example of yeast probiotics is Saccharomyces. Each of these, have many additional species and they play different roles in human health.

For example Saccharomyces boulardii have been know to be helpful in managing C. difficile, acute diarrhea, prevent relapses of Crohn’s Disease and ulcerative colitis as well as improve immune function.

Probiotic organisms have been shown to be effective in variety of both gastro-intestinal and extra-intestinal conditions beyond modulating intestinal flora and replenishing and maintaining normal gut bacteria. The positive effects of maintaining proper balance of these tiny organisms are immense.

Following is a list of all the positive health benefits:

- Diarrhea
- Vaginal dysbiosis
- Antagonism to pathogens
- Immune function enhancement
- Digestive support
- Short-chain fatty acid production
- Enhancement of mineral bioavailability

ability

- Vitamin production (folate, B12 and vitamin K)
- Reduction of cholesterol
- Management of inflammatory bowel disease (IBD)
- Improvement of food allergies
- Alleviation of irritable bowel syndrome
- Anti-carcinogenic activity
- Detoxification



- Support for autism spectrum disorder
 - Oral health
- How do I know I need probiotics?

Most individuals will need probiotics because the modern diet consists of highly processed, sterilized foods which are deficient in essential microorganisms. In our office will use a stool sample which is shipped to a lab to be analyzed to determine more specific needs of a patient. In addition, we use the 4R program restore normal gut function.

1. Remove all pathogens. Pathogens include “bad” bacteria, viruses, fungi, parasites and foods.
2. Replace digestive enzymes and restore normal pH of the stomach
3. Reinoculate with “good” bacteria or probiotics along with prebiotics.
4. Regenerate by providing nutritional support for healing and growth of normal GI mucosa.

Dr. Jin Sung is a chiropractic physi-



cian 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

FROM PAGE 16: THE GREAT CITY OF LAWRENCE

getting back its greatness again is for its citizens to re-educate themselves or in some cases educate themselves for the first time concerning the Declaration of Independence and the Constitution of the United States of America. “We hold these truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their powers from the Consent of the Governed, that whenever any Form of Government

becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its Foundation on such Principles and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness.”

As I read the above portion of our Declaration of Independence, my mind goes to the Takeover by the State of Massachusetts Department of Education of Lawrence’s Public Schools. This Takeover took place without any “Consent of the Governed”, that’s you and me! Even with the Mayor of Lawrence misleading the people of

Lawrence by stating it was his idea to invite the State to come in and Takeover its Public Schools because the Schools were failing. It has been made abundantly clear that the State was already well on its way to Takeover Lawrence’s Public Schools without the Mayor’s invitation because of the lack of Leadership provided by the Mayor and the former School Committee. They would not and could not hire a Superintendent of Schools over a period of two years, this lack of oversight vacillated the Takeover by the State, proving the Takeover had nothing to do with our Schools failing. Unfortunately, most of, if not all of Lawrence’s City and State elected Officials have welcomed this takeover with open arms.

This Takeover took place and is being welcomed by the citizens of Lawrence mostly because of their ignorance of their

Rights as Citizens of the United States of America! This ignorance mixed with apathy is why the City of Lawrence is in the shape it is in!

This is why the next step for the City of Lawrence to get back its Greatness after seeking God’s help is for its citizens to educate themselves on their Rights! This will empower them to be less dependent on our State Government which is predominantly ruled by one party, the Democratic Party which encourages this dependency and also to end the practice of allowing it to make decisions for them that affect their Safety and Happiness.

When all is said and done, I believe that most Americans would agree that the Takeover by the State of Massachusetts Department of Education of Lawrence’s Public Schools is Not a good thing!

God Bless you all.

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Dining Out With Kids on the North Shore

Dana Rousmaniere
VALLEY PATRIOT CONTRIBUTOR

As any parent knows, dining out with kids can be a stressful experience. You're constantly on guard, fearing the sudden tantrum—not to mention the fact that feeding the entire family can get awfully expensive.

In North Shore Baby (Union Park Press, December 2011), I provide parents with a bevy of tips for avoiding the mid-meal meltdown, and offer suggestions on how to keep your wallet—and kids—happy and full. Here are just a few of those recommendations:

Don't be afraid to take your child to a rowdy, noisy restaurant.

I know this sounds counterintuitive, but when your baby lets out a squawk or your toddler forgets to use an indoor voice, you'll be relieved when no one even glances in your direction. Believe it or not, one of my favorite places to take my kids is O'Neill's Irish Pub in Salem. Sunday afternoons have become an unofficial "family day," so you won't feel out of place bringing the kids to a pub.

Look for places with kid-friendly menus and activities.

Face it: your three year old isn't going to want to pick at your plate of scallops. Make sure the restaurant has a kids' menu with smaller portion sizes of fan favorites like chicken tenders and grilled cheese. And while you're waiting for your food, it's always nice to have a way to keep the kids entertained. Old standbys like Bertucci's are always great—kids love to play with the pizza dough. Andolini's in Andover might be one of the most kid-friendly restaurants in the area. There's a menu full of Italian classics, and kids get a kick out of making their own sundaes—an option that's included with every kid's meal. Best of all, if you're worried about the kids being noisy, you can ask to be seated outside on the patio.

Another tip: order the kids' meals when you order your beverages. Make sure the kids get their meals first, and order the ice cream to arrive at the same time as your entrées. Or, keep the ice cream in your back pocket (not literally – it'll melt, folks) as a reward for best behavior.

Watch your wallet

Going out to eat with your whole brood can be pricey, but many local spots offer kids meals at a discount—or even at no charge—when you order an adult-sized

entrée. So, save a few bucks! A perennial favorite is Michael's Harborside in Newburyport, which lets kids eat free on Tuesdays as long as an adult orders from the regular menu.

Bring your own activities

Not all restaurants have crayons or coloring books to entertain your kids. If the restaurant doesn't offer these little extras, it's a good idea to pack your own to keep the kids busy. If you bring toys from home, make sure they aren't the beeping and buzzing sort. Yes, your son loves his Buzz Light Year, but the couple at the next table probably won't want to hear "to infinity and beyond!" throughout their meal.

Pack an emergency snack

Sometimes restaurants have unexpected waits, or the kitchen inexplicably becomes backed up. In these instances, it's always a good idea to have a snack on hand to offer your kids. Making a hungry child wait for food is a surefire way to cause a tantrum,

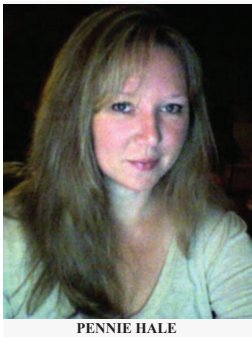


but if you have something for your kids to nibble on in the meantime, it should stave off any brewing outbursts.

Dana Rousmaniere is a writer, editor, and content manager for online and print publications. She has written for Fit Pregnancy, Good Housekeeping, The Atlantic Monthly Online, Northshore Magazine, and others. Dana lives on Boston's North Shore with her husband and three children. Her book, North Shore Baby, can be purchased at local bookstores or online.

Let's Talk About Food Addiction: with Pennie Hale

Pennie Hale
VALLEY PATRIOT FOOD COLUMNIST



Pennie
The definition of carb addiction: A compelling hunger, craving, or desire for carbohydrate-rich foods; an escalating, recurring need or drive for starches, snack foods, junk food

or sweets.

Carbohydrate-rich foods include, but are not limited to: breads, bagels, cakes, cereal, chocolate, cookies, crackers, Danish, fruit and fruit juice, ice cream, potato chips, pasta, potatoes, pretzels, rice, pie, popcorn, and sugar-sweetened beverages.

In addition, carbohydrate act-alikes (sugar substitutes, alcoholic beverages, and monosodium glutamate) may trigger intense or recurring carbohydrate cravings and/or weight gain.

According to the online carb addict quiz, I am a "severe" carb addict. I answered "yes" to all ten questions! (carbohydreaddicts.com). I have known this for a very long time. What I didn't know is that there are MANY websites devoted to this subject. Just search the term "carb addiction" and you will get over 3.5 million links. There are tips on how to curb your cravings, advice from doctors, book suggestions, diet ideas, warnings about carb withdrawal, and so much more. There is even information on how to help our carb-addicted pets!

When I think back to when my carb addiction started, I wonder why it was that I turned to sugary foods instead of any other kind of substance. What may be true is that I didn't actually choose carbs as a source of comfort. Perhaps I felt that comfort from certain types of food which made me turn to it in other times of distress. Let's face it, unhealthy foods are everywhere. They're cheap. They give instant gratification. I have even heard friends refer to sugary food as the "friend



that's always there".

What I've learned is to avoid the "triggers" that always lead to the search for junk food. I believe that stress, anxiety, sadness, boredom and loneliness are my triggers. Since I can't totally avoid any of those feelings, I will always be tempted to soothe myself with food. This is my struggle. It was when I was a teenager, and it is now.

I believe that any and every weight-loss diet works. While you are dieting and exercising, you are becoming healthy and losing excess weight. If you don't make that diet your lifestyle, however, you will not see long-term results. I lost weight.

I lost 75 pounds two years ago. Maintenance is the hard part. I have gained 20 of those pounds back. I ultimately now have 50 more pounds to lose. I know how to lose that weight. I have learned a lot about weight control and carb addiction. Putting all of that knowledge in to practice on a daily basis is difficult for me. I'm tempted by carbs every single day. Some days I resist. Other days I don't.

Are you a carb addict? Do you struggle with an eating disorder? Do you struggle with weight control? I am interested in your story. If you would like to share it with me, please email me at pennielacoture@verizon.net.

Sheila's Recipe Corner: Plum & Almond Tart

Sheila Mullins
VALLEY PATRIOT COOKING COLUMNIST

You will see that I love to cook for a crowd when you read my recipes. Why? I simply love to feed & entertain people.

I also love how herbs & spices can totally transform simple food into a warm embrace in the mouth & can transport me (OK, in my mind) to a faraway place; a dinner vacation without ever leaving home. I, like many of you, cannot afford to go away, so why not transport yourself, your family &/or friends to someplace magical for an evening? Try my Moroccan inspired steamed chicken with couscous.

Serves 12-14. This recipe can be cut in half or in thirds without affecting the dish. It also makes for wonderful leftovers.

3 lbs. boneless skinless breasts of chicken cut into 1" chunks*

4 onions, cut into eighths

6 large plum tomatoes, cut into quarters
4 small zucchini, cut into 1" rounds
2 summer squash, cut into 1.25" pieces
16 oz. mango chutney



3 T curry powder
1 t cayenne powder, or to taste
2/3 c raisins
1/4 c chopped fresh ginger (no substitutions)

1 T salt
8 cloves garlic, chopped
2 T cornstarch
1-1/2 t each cinnamon, fenugreek seeds, ground coriander
1/3 c each chopped mint & chopped flat leaf parsley
2 boxes couscous, cooked according to package directions
Toasted whole or slivered almonds** (Pignolas also work well)

Preheat oven to 350°. In a small bowl, mix together the chutney, raisins, & all herbs & spices. In a large pot, place all the vegetables & chicken. Add the chutney mixture to the chicken & vegetables.

Mix everything together & pour into a large roasting pan. Cover pan completely with foil & seal. Cook for 30 minutes. Serve over couscous & top with a sprinkling of almonds.

* Can use thighs but you will need to adjust the cooking time.

** To toast almonds, place nuts in a single layer in a dry frying pan over medium heat. Shake the pan every 30 seconds or so as they will go from toasted to burned in a split second. Remove from heat when they begin to turn light brown & empty onto a plate to cool.



Sheila Mullins is a resident of Newburyport and an expert cook.

You can email her at: sheila_a_mullins@hotmail.com

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HEROES - THE SEDDON'S: FROM PAGE 1

engaged the enemy with only empty rifles and bayonets—without the cover of artillery fire. Surprise attacks were their forte. They won victory after victory, but not without cost. The 10th Mountain suffered one of the highest casualty rates in the war. Of the 13,000 soldiers deployed to Italy, nearly a thousand died.

The 10th Mountain entered combat at the 11th hour in Italy's Apennines on January 28, 1945. They captured Riva Ridge, Mount Belvedere, and led in the Po Valley offensive that cut off the Germans from reaching the Brenner Pass.

In three short months of intensive, bloody battles, they liberated Italy. It was one of the fastest advances through enemy territory of any division in WWII. The German Army surrendered Italy on May 2, 1945.

Prepared at "Camp Hell"...

George Seddon, with the 85th Mountain Infantry Regiment, 604th Field Artillery Battalion, received his initial training with the 87th Regiment, high in the Colorado Rockies, on the continental divide. They began at Camp Carson in Colorado Springs and continued another 10 months at Camp Hale in Pando, near Leadville—elevation 9,480 ft above sea level. "It was 200 miles from Camp Carson to Camp Hale," he said, "and we trekked the entire distance in 10 days, covering 20 to 25 miles a day on snowshoes over deep snow, leading our mule pack trains with all our

the mountains. It took three mules to carry one 75mm Howitzer, disassembled. He had charge of three mules named "Hitler," "John," and "Mary." "I don't know who named them but I made sure "Hitler" was always in the lead," he laughed.

"You have to approach mules carefully, let them first get used to your presence. Gradually we moved closer and closer. Then we walked around him, eventually patted him on the back. Finally, we gave him food and water. Only then could we safely secure a load on his back."

Before deployment to Italy, George got a foretaste of mountain warfare in the foggy, wind-swept Japanese-occupied islands of Kiska and Attu in the Aleutians, off Alaska. "Although the Japanese had already evacuated when we arrived, they left behind equipment, mines, booby traps, and underwater foxholes."

...For victory on Mount Belvedere "Camp Hell" was good preparation for Mount Belvedere.

In late January 1945, the Tenth finally entered combat in the North Apennine Mountains of Italy. They faced German positions along the 5-mile long Mount Belvedere-Mount della Torracchia ridge. Other divisions had tried to take Mount Belvedere three times but had failed.

To get to Mount Belvedere, they first had to capture Riva Ridge, a 4,600-ft high escarpment, used by the Germans as a lookout for guarding all approaches to



WWII veterans Corporal George Seddon, U.S. Army, 10th Mountain Division, and his wife Phyllis, U.S. Navy.

the summit—again executed in secret at night—the 10th Mountain attacked with bayonets, without the cover of artillery fire. Again the surprise assault brought victory!

The Germans made seven counterattacks over two days but were roundly defeated. The Tenth were fearless fighters. In three days, they took nearly 1,200 prisoners and occupied 35 square miles of enemy territory. By March 5, the 10th Mountain Division had occupied a solid line of ridges and mountains. They were now in a position to break through the Germans' Apennine Mountain line and open the way to the Po Valley.

Seddon, also a combat medic, narrowly escaped death in "Purple Heart Valley," so named because the one way "in" was also the only way "out." In the Po Valley, the Germans had blown up all the tunnels so the 85th loaded their artillery on amphibious vehicles and "ducked" them across the storm-tossed waves of Lake Garda—under the constant barrage of enemy fire from the other side of the lake. They finally reached Torbole, which they captured after a fierce battle. Here Seddon saved his commander's life and received the Bronze Star.

The singing warriors

Both George and Phyllis Seddon come from a long line of Salvation Army officers. Phyllis' father, John Valentine, traveled with the founder, General William Booth. Both her parents, and an uncle and aunt were officers (pastors) in the Salvation Army. George's parents were also officers (his father a Brigadier General), as were his mother's whole family.

George Seddon also faced his own personal "Mount Belvedere" when battling several types of cancers. He has been healed of them all. Today, he and Phyllis, true to their Salvation Army background, brighten the local Dunkin' Donuts where a crowd always joins them in singing old Gospel songs. Through this, they have been able to encourage others facing "Mount Belvederes" of cancer and fear.



George Seddon with his three mules Hitler, John, and Mary. It took three mules to carry one 75mm Howitzer.

True to their faith, the Seddons have their feet firmly planted on Christ the Solid Rock, who has made their feet like hinds' feet to scale the mountains of adversity (Habakkuk 3:19).

The commander of the 10th Mountain Division, General George Hays, told his men: "When you go home, no one will believe you when you start telling of the spectacular things you have done. There have been more heroic deeds and experiences crammed into these days than I have ever head of. The Lord had us by the hand."



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



10th Mountain Division men march through the Po Valley, leading a pack mule team loaded with ammunition and supplies, during the big "push" in Italy in April 1945.

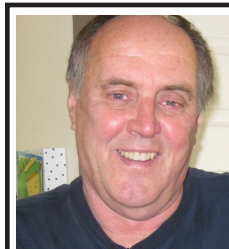
equipment and supplies."

Camp Hale was dubbed "Camp Hell." Only the very hardy could endure the rigorous training. Steep slopes, 12-ft deep snow, 50-deg-below-zero temperatures, climbing and rappelling down sheer cliffs. At night they slept in caves carved out of the snow. "Food on mess trays froze solid in seconds unless we first dipped the metal trays in boiling water."

In the Artillery, George loaded and unloaded pack mules with 300-lb equipment, led them on 25-mile-a-day treks through

Belvedere. A 1,500-ft vertical ascent was the only way to the summit. The Germans, with their experienced mountain troops, believed no one could scale Riva Ridge so they left only one mountain battalion to defend it. But in the middle of the night, the 10th Mountain's 86th scaled the escarpment and took the Germans by surprise!

Mount Belvedere followed. The 85th and 87th Regiments scaled Belvedere, which was heavily protected by troops and minefields. In the bloody battle to capture



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News from the American Legion

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

April has been a busy month highlighted by the visit of the American Legion National Commander Fang A. Wong of New York. He received a great reception put on by the Chinatown Post at the Empire Garden in Boston on Thursday, April 19th. On Friday the 20th, we went on a tour of the Chelsea Soldiers home.

There we learned that it is the 2nd oldest state soldier's home in the country.

They have about 500 residents and patients ranging in age from 24 to 94. Commander Wong was also well received at the Morrisette Post in Quincy. On Saturday, April 21, after the Department Executive Committee meeting, there was a "rap" session at the Marlborough Post.

And then that evening was the banquet at the Holiday Inn in Marlborough. It was well attended and he gave a good presentation. Many thanks to all who participated in these events.

After leaving Massachusetts, he was off to Rhode Island, then home for a night before heading out to Alaska. But always in touch with Legion staff and



leaders, smartphone in hand with many emails and text messages.

The Massachusetts Secretary of Veterans' Services, Coleman Nee was also at the banquet honoring Commander Wong. He reminded us of how proactive the state is in providing benefits to veterans, unlike many other states. We are lucky

to have him as an advocate for us on Beacon Hill.

With my term as the American Legion Department of Massachusetts Commander beginning to wind down, I want to thank all of you for the support given to my wife Elaine and I these past few years. I will continue to be active in my

Post, District and at Department levels.

I do want to remind everyone of my theme: Vision, Image, Programs. Vision being the 4 Pillars as established when the Legion was formed in 1919. Image is my "hot button".

Too often the general public just thinks of the American Legion as the local bar. We are NOT about being a bar.

Many posts are successful without a bar. That leads into programs. If a post is not sponsoring any programs of the American Legion, then it is not truly a Legion post. Some of the larger and better known programs include: Baseball; Boys/Girls State; Student Trooper; support for Boys Scouts; Oratorical contest; and Scholarships.

And my monthly reminder: Get out and VOTE in the November election!

May God bless our troops and their families.



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

2nd Annual Memorial Ride for U.S.M.C PFC Eric Currier

A charity fundraiser will be held in honor of fallen US Marine, PFC Eric Currier on Sunday, June 3rd at the Knights of Columbus, 462 Broadway, Methuen from 8:30am until 8pm.

Proceeds from the Memorial Ride will go to the home Base Program. (www.homebaseprogram.org), a partnership of The Red Sox Foundation and Massachusetts General Hospital to help veterans with post-traumatic stress disorder (deployment- and combat-related stress) and traumatic brain injury (TBI) and their families...

PFC Eric Dennis Currier, (United States Marine Corps.) was killed by enemy sniper fire in Helmand Province, Afghanistan on Feb 17, 2010, during Operation Freedom. Eric was

born on March 13, 1988 in Methuen, and was raised in Methuen and Londonderry, N.H. he is a graduate of Londonderry High School, (Class of 2007). He joined the Marine Corps in 2009. Eric is survived by his wife, Kayla (Parkhurst) Currier; father, Russell Currier Jr. of Methuen; and his mother, Helen Boudreau and her husband Kevin of Londonderry, N.H.

Eric and Kayla married in September of 2009 and he was deployed on January 10.

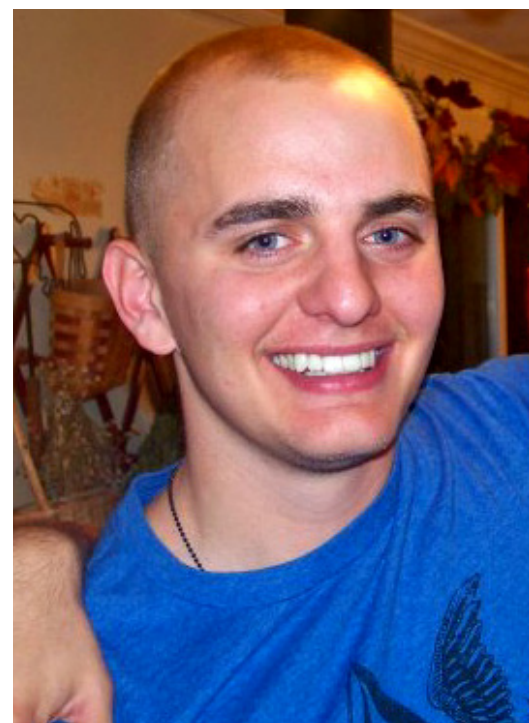
He has three brothers Brent, Dilan and 10 yr old Kevin and a sister Marlena, He also has 2 step sisters.

You can buy a chance to win a 2012 HD Road Glide from the Raffle after

the Bike Run which should return around 2pm. Everyone is welcome to the cook-out and to listen to the bands. Buy a raffle ticket for your chance to win a 2012 HD Road Glide. You do not need a motorcycle to attend the cookout and listen to the bands. Events start around 2 pm.

Raffle tickets for the 2012 HD Road Glide 100.00 each (only 350 tickets will be sold) are available.

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Thomas Connors
VALLEY PATRIOT WOW! COLUMNIST

Having a deeply-rooted personal Reason for everything you do is a necessary ingredient to achieving life-long success. If you want to begin Living the **WOW!** and sustain the momentum to continue striving despite any and all discouragement that will inevitably come your way, you must develop and maintain a truly passionate Reason to carry on.

It is one thing to have goals and to dream. It is another to ask yourself why you want to accomplish what you set out to do. Having goals and dreams can certainly help you focus your actions and activities. But if you don't have a great Reason why you established those goals in the first place, they will disappear at the first difficulty that throws you off track. When you can easily identify your personal Reasons for wanting to Live the **WOW!**, nothing will stop you from succeeding.

Find your Reason and you'll find your WOW! It's inevitable and as sure as the sun rises and sets each day.

You've heard it all before. One person fails at every attempt to succeed while another experiences one form of success after another. Seems like everything they touch turns to gold. The element that makes all the difference is that one person lacks this very essential ingredient to achieving meaningful success. The kind of success that leads to Living the **WOW!** throughout a lifetime. That ingredient is a clear Reason to fall back on when times get challenging and despair sets in.

FROM PAGE 31:
DEVAL PATRICK

status of apprehended criminals. Hundreds of thousands of criminal aliens have been successfully caught and deported across the nation under Secure Communities, but being in full compliance here in Massachusetts would conflict with the Governor's image of showcasing a friendly, pro-criminal Commonwealth. A state where illegal aliens who commit serious crimes are treated as protected guests.

Governor Patrick, please feel free to talk to MSNBC and all the liberal policy wonks about how you increased income taxes, raised commuter transit fares multiple times and imposed new licensing and processing fees on hundreds of thousands of middle-class and working class families to pay for services to illegal aliens. Don't forget to brag about the fact that EBT (welfare) recipients enjoyed taxpayer-subsidized booze, porn, cigarettes and scratch tickets under your watch before commonsense reforms were approved just recently.

Mitt Romney definitely exited the state in better fiscal shape when he departed the Governor's office. He has no Willie Horton monster hiding in the shadows to be revealed on the national press circuit. He reformed the government apparatus, reduced billions in spending, promoted a strong law enforcement agenda and cooperated with Democrats on major state laws.

Governor Patrick, please don't forget to talk about the jobs created between your Administration and the previous Republican Administrations. The stark comparison might actually accomplish something few humans thought possible—a speechless Deval.

You can email Ken at:
kennethwilletta@verizon.net

A deep, ingrained, meaningful Reason to energize them each step along the way before their goals are reached.

Show me a Student or Guest at American Training who can clearly articulate why they are attending our unique and proven education and training programs and I will show you an eventual winner in life.

It never fails. Whenever I hear Students state that they want to succeed because they want their children to be proud of them, I know that person is going to make it. When I hear a Guest or Student say that they want to achieve a particular goal because they are tired of others looking down on them, I know they will beat down and plow through any barriers put in their way.

These are the people who have a solid Reason for joining us and getting ahead. They exhibit a passion for the Reasons that drive them to achieve success well beyond their expectations.

Let the greatest Reason there ever was encourage you to press on and begin Living the WOW!

Having a great Reason to achieve what you set out to do is nothing new. It goes back to the beginning of time. Just think for a moment. What lesser person would have been able to withstand blasphemous attacks on one's character, cruel personal humiliation and threatening physical harm? Although He suffered tremendous mental and physical pain, Our Lord, Jesus, had the greatest Reason for accepting all that hatred; He loved you so much, He

was willing to give His very own life so you could live an amazing one fulfilled beyond belief if you so chose.

Take His example and apply it to your own life. Don't let it go to waste.

Reasons are what motivate you and me to stare down challenges and blast past roadblocks. Passionate Reasons allow you to outlast any potential distractions.

Keep in mind that there are as many Reasons as there are people and goals set. Your task is to find the Reason that causes a desire to well up inside you and stretches you beyond your comfort zone. Living the **WOW!** requires a consistent and life-long commitment if it is going to be a worthwhile pursuit.

Ask yourself ...

Grandparents ... how important are your grandchildren? Do you love them enough to make the time to teach them how to become responsible young men and women of our community? Is your love for them Reason enough?

Husbands and wives ... is the love you have for one another Reason enough to survive the challenges of married life? Are you willing to sit down and discuss meaningful Reasons why both of you should grow your relationship into a deeper and even more satisfying love? Are your children reason enough to stay together and raise them?

Do you have a great Reason to find that job, work beyond expectations and earn respect from your supervisor? If not, it's time you do some soul-searching to find


the Reasons to make you want to go the extra mile.

Be patient. Take the time to work at it. This isn't rocket science. It's not hard to realize its potential to you and those you love.

While goals and dreams are the "what" to help you focus and determine your levels of success, Reasons are what drive your efforts to take action. Reasons are your "whys". Why you want to achieve a goal or goals. Why you want a particular dream to come true. Why you will work toward a life of Living the **WOW!**

Identifying your Reasons for achieving goals you've set and dreams you wish to come true, eventually leads to you coming full circle and discovering your Reason for being on this earth; your life's purpose. And once this is realized, you will attain the most amazing levels of success, achievement and satisfaction you could have ever imagined.

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



Tom Connors is President/CEO of American Training, a diverse collection of companies committed to "Bringing Out the Best in Everyone They Touch". He believes in living life to the fullest by making the WOW! a regular part of your personal, spiritual and working life. You can reach Tom at Tom@AmericanTrainingInc.com or by writing to him at Tom Connors, American Training, 102 Glenn Street, Lawrence, MA 01843} © 2012. You can also visit Tom at his BLOG ... TomConnors-ThinkPad.blogspot.com

FROM PAGE 32: HERBAL MEDICINE

Some countries have taken kava off the market. It remains available in the United States, but the Food and Drug Administration (FDA) issued a consumer advisory in March of 2002 regarding the "rare" but potential risk of liver failure associated with kava-containing products.

- Saw palmetto (*Serenoa repens*) is used by more than 2 million men in the United States for the treatment of benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate gland. A number of studies suggest that the herb is effective for treating symptoms, including too-frequent urination, having trouble starting or maintaining urination, and needing to urinate during the night. But a well-conducted study published in the February 9, 2006 edition of the New England Journal of Medicine found that saw palmetto was no better than placebo in relieving the signs and symptoms of BPH.
- St. John's wort (*Hypericum perforatum*) is well known for its antidepressant effects. In general, most studies have shown that St. John's wort may be an effective treatment for mild to moderate depression, and has fewer side effects than most other prescription antidepressants. But the herb interacts with a wide variety of medications, including birth control pills, so it is important to take it only under the guidance of a health care provider.
- Valerian (*Valeriana officinalis*) is a popular alternative to commonly prescribed medications for sleep problems because it is considered to be both safe and gentle. Some studies bear this out, although not all have found valerian to be effective. Unlike many prescription sleeping pills, valerian may have fewer side effects such as morning drowsiness.
- Echinacea preparations (from *Echina-*

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

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

Alerts you need to know!

Used correctly, herbs can help treat a variety of conditions and in some cases may have fewer side effects than some conventional medications. But because they are unregulated, herbal products are often mislabeled and may contain additives and contaminants that aren't listed on the label. Some herbs may cause allergic reactions or interact with conventional drugs, and some are toxic if used improperly or at high doses. Taking herbs on your own increases your risk, so it is important to consult your doctor or pharmacist before taking herbal medicines. Some examples of adverse reactions from certain popular herbs are described below.

- St. John's wort can cause your skin to be more sensitive to the sun's ultraviolet rays, and may cause an allergic reaction, stomach upset, fatigue, and restlessness. Clinical studies have found that St. John's wort also interferes with the effectiveness of many drugs, including the blood thinner warfarin (Coumadin), protease inhibi-

tors for HIV, birth control pills, certain asthma drugs, and many other medications. In addition, St. John's wort should not be taken with prescribed antidepressant medication. The FDA has issued a public health advisory concerning many of these interactions.

- Kava kava has been linked to liver toxicity. Kava has been taken off the market in several countries because of liver toxicity.
- Valerian may cause sleepiness, and in some people it may even have the unexpected effect of overstimulating instead of sedating.
- Garlic, ginkgo, feverfew, and ginger, among other herbs, may increase the risk of bleeding.
- Evening primrose (*Oenothera biennis*) may increase the risk of seizures in people who have seizure disorders.

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

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SHAWN HANSEN'S COMEDY CORNER WITH WEIRD AL YANKOVIC

Shawn Hansen

VALLEY PATRIOT COMEDY WRITER

Known as the King of Parodies, Alfred Matthew 'Weird Al' Yankovic will be on tour from Saturday, April 28 – Sunday, May 13 performing in 12 shows over the course of 17 days in 10 different states.

He will be performing in Primm, Nevada on April 28, Albuquerque, New Mexico on April 30, Wichita, Kansas City on May 01, Minneapolis, Minnesota on May 03, Merrillville, Indiana on May 04, Detroit, Michigan on May 05, Indianapolis, Indiana on May 06, Akron, Ohio on May 08, Lowell, MA on May 10, Atlantic City, New Jersey on May 11, Englewood, New Jersey on May 12, and Waterbury, Connecticut on May 13.

Making fun of songs he heard on the radio at the age of eight, Yankovic said, "I think I mentally blocked out a lot of those. The first one that actually got any kind of attention to people was My Bologna, which was when I was a teenager. Other than that they're all pretty bad. The first decade of my songwriting was pretty atrocious."

Yankovic wrote the song My Bologna in 1979, as it was a parody of the song My Sharonda by The Knack.

On Weird Al's 2012 tour he will be stopping by the Lowell Memorial Auditorium for a show on Thursday, May 10 at 7:30 p.m.

"We don't travel with an opening act," said Yankovic when talking about traveling on tour. "We used to have a local standup comedian open the show for us, but the show has gotten pretty long. I go on stage, and I think the show now is about 2-hours, and 15-minutes, so it's like an Evening with Al, so we didn't want to torture people's bladders making the show much longer, so it's basically you show up, and I'm on stage."

Yankovic will sing songs from his most recently released compact disc called "Alpocalypse."

"We'll definitely be doing some songs from that," said Yankovic. "It's the Apocalypse Tour, and we'll also be doing all the greatest hits, and a few obscured songs as well, so it's a good mix of material from the whole Weird Al Catalog. Hopefully it will be a satisfying experience for one, and all."

Recently being nominated this year for Best Comedy Album Alpocalypse, and Best Short Form Music "Perform this Way" Yankovic feels like he has had a great life.

"It's a thrill to be nominated," said Yankovic. "I wasn't expecting to be nominated for the best show for a music video, so that's a huge honor. That was pretty much expecting to lose to Adele, so it wasn't a crushing defeat."

Along with songs from Alpocalypse, Yankovic will be performing classics such

as Fat, Amish Paradise, White & Nerdy along with a whole slew of fan favorites.

With everything Yankovic has accomplished this year, he has won three out of 14 Grammy Award nominations. He had sold over 12-million albums making him the best selling comedy-recording artist in history, and wrote his first children's book entitled, "When I Grow Up."

Reflecting on his career that began in 1976, he said, "I've had so many wonderful, and surreal moments in my career it's hard to start to name them all. I've been on the Simpsons twice, I was on 30 Rock, I won three Grammy's, I've met my he-



roes, I played in venues that I can't believe I've been allowed to play. I've had a pretty blessed life. I get to do exactly what I want to do for a living, and I have fun everyday."

For more information about Weird Al go to www.weirdal.com, like his Facebook fan page at www.facebook.com/weirdal, and follow him on Twitter at www.twitter.com/alyankovic. For

more information about the LMA go to www.lowellauditorium.com, call their box office at 1-978-454-2299, or go directly to the LMA at 50 East Merrimack Street in Lowell, MA 01852.

Shawn Hansen's Comedy Corner: My Fourth Year

Writing for The Valley Patriot from May 2009 – May 2012 I have published 67 articles. Relating my writing skills to sports, mainly baseball because that is my favorite sport. This is my fourth year on the team because I have contributed to The Valley Patriot in 2009, 2010, 2011, and 2012.

I wrote 15 articles in 2009, 36 in 2010, 9 in 2011, and seven thus far in 2012 equating to the number I previously mentioned of 67.

As a publication that prints monthly, which is once a month, writing for four-years with my team, which is (you guessed it) The Valley Patriots, not the New England Patriots I have been with the team for 29-months.

Publishing articles each month since May 2009 currently to May 2012 I should have written 29 articles, but have written

67 articles, which means I have written 38 articles more than what I should have. ... That's a lot of writing!

On paper are my articles in The Valley Patriot, but also is the fact that 29-months realistically is 2-years, and 5 months for a nifty 9-5 cubicle job.

... That's not the case here though, because I have been writing for The Valley Patriots (sports name) for four-years



(4-seasons) now.

The first article I wrote in The Valley Patriot was about the Lowell Spinners. I wrote this article on April 26, 2009 as it published in the May 2009 edition. Looking back on my first article the headline read, "It's time to spin up a new season with the Lowell

Spinners." This article was on page 24, and ironically had an advertisement for the First Annual GBSCC Summer Sports Fest that was held from June 5-7, 2009.

This was ironic for two reasons because first off in the summer of 2009 I started writing as a freelance journalist for the Community Newspaper Company out of Concord, MA. Jason 'Mac' McEntire, editor of the Tewksbury Advocate, and Wilmington Advocate gave me an assignment in the fall of 2009 to write a preview of a sports show the Greater Boston Sports Collectors Club hosted at the Wilmington Shiner's Auditorium, and ever since I have been covering these events. ... Since 2009 I have covered 9 sports shows for all you statisticians. ... Oh, and this is also ironic because I mentioned that my first article was on page 24, and guess what? I wrote this article on April 24 to publish in

the May.

It was fun writing that article as it is every time I write for The Valley Patriot because I interviewed the Lowell Spinners Manager at the time Gary DiSarcina. People who don't know who DiSarcina is look him up on Google, or Wikipedia.com. He played shortstop for the California Angels, and the Anaheim Angels (same team) from 1989-2000.

Playing with the same team for 12-years DiSarcina wore numbers 4, 11, 33, and 9. He had a career batting average of .258 with 28 home runs, 355 runs batted in, 20 triples, and 186 doubles all on 966 hits playing in 1,086 games.

The team he played for changed names once, but kept the "Angels" name on their jersey. A few years ago they changed their name again, this time to the Los Angeles Angels of Anaheim. Still keeping the name "Angels" I wonder if they will ever change their name to the Los Angeles Angels of Anaheim within the state of California.

Ranting about the team DiSarcina was on, they were known as the Los Angeles Angels from 1961-65, California Angels from 1965-1996, Anaheim Angels from 1997-2004, and the Los Angeles Angels of Anaheim from 2005-present.

With that said, or written depending on which one you think would read better at the end of this article, for more information about Shawn Hansen go to his website at world wide web dot Shawn Hansen dot weebly dot community ... also known as [aka] www.shawnhansen.weebly.com ... whatever the weebly means.

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Community Comes Together to Grant Local Elderly Couple's Wish

by Terri Crow Mercier

Eunice and Marcel Laplante were married at Lowell City Hall 28 years ago.

They could never afford a full church wedding as they had always wished for. They live at Colonial Heights Nursing Home in South Lawrence. Staff at the nursing home wanted to grant them their long time wish for a church wedding. Father Israel Rodriguez of St Patrick's Church performed the mass and the wedding was followed by a reception with lunch, cake and dancing afterwards at St Patrick's Parish Center.

This was enjoyed by over 40 residents from the nursing home as well as staff and family members. Staff stepped in to fill the roles of the wedding party. Administrator Rob Taber gave the bride away, the Best Man was Tim Delisle the Maintenance Director, Groomsman Jenrry Garcia the Dietary Manager, the Ring bearer was Roberto Padillo, son of CNA Carmen Rivera, Maid of Honor was Kimberly Cole a CNA, Samantha Sarno, Activity Assistant, filled in as bridesmaid and flower girls were Sierra and Celine Leroka, daughters of nurse Tony Leroka.

Eunice wanted so very much to be

able to walk down the aisle to meet Marcel at the alter, however she has been in a wheelchair for the last couple years.

The Sun Dance Rehabilitation department at Colonial dedicated themselves to helping Eunice accomplish this goal. This was all made possible by many people coming together and donating a variety of needed things. Trinity ambulance provided all the transportation. Kenoza Vending, Mannion catering, Cakes by Lish, Photography by Robbie Valcourt, Sol Amor Hospice Chaplain Mark was the DJ.

St Patrick's Parish Volunteers that faithfully serve Colonial Heights Nursing Home assisted with this event in many ways as well. Countless people donated beautiful outfits, jewelry and dress shoes for all the residents to wear. Not only was the wedding day enjoyed by all the residents but the events leading up to the big day were very meaningful as well for all the residents.

The men had celebrated the bachelor party by going out with the male staff for pizza and a movie. The women all enjoyed a bachelorette party with make overs and trying on all the clothing choices to find i t dress.





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TOM DUGGAN’S NOTEBOOK: FROM 21

free through IRS Free File. For people who make more than \$57,000 and who are comfortable preparing their own tax return, the IRS offers Free File Fillable Forms. There is no software assistance with Free File Fillable Forms, but it does the basic math calculations for you.

* Pay as much as you are able. Taxpayers who owe tax should pay as much as they can when they file their tax return, even if it isn’t the total amount due, and then apply for an installment agreement to pay the remaining balance.

* Installment Agreements are available. Request a payment agreement with the IRS. File Form 9465, Installment Agreement Request or apply online using the IRS Online Payment Agreement Application available at www.irs.gov.

* Penalties and interest may be due. Taxpayers who missed the filing deadline may be charged a penalty for filing after the due date. Filing as soon as possible will keep this penalty to a minimum. And, taxpayers who did not pay their entire tax bill by the due date may be charged a late payment penalty. The best way to keep this penalty to a minimum is to pay as much as possible, as soon as possible.

Although it cannot waive interest charges, the IRS will consider reductions in these penalties if you can establish a reasonable cause for the late filing and payment. Information about penalties and interest can be found at Avoiding Penalties and the Tax Gap.

* Refunds may be waiting. Taxpayers should file as soon as possible to get their refunds. Even if your income is below the normal filing requirement, you may be entitled to a refund of taxes that were withheld from your wages, quarterly estimated payments or other special credits. You will not be charged any penalties or interest for filing after the due date, but if your return is not filed within three years you could forfeit your right to the refund.

MBA to honor leaders in public service, legal aid with Access to Justice Awards at May 31 Annual Dinner

Boston, MA – The Massachusetts Bar Association will honor four attorneys and one law firm with Access to Justice Awards at the MBA Annual Dinner May 31 for their exemplary efforts in providing legal services to the public. The event will be held at the Westin Boston Waterfront.

“We applaud these honorees for their ongoing commitment to ensure all Massachusetts residents receive the legal help they need and deserve,” MBA President Richard P. Campbell said. “They are an inspiration for all of us in the legal profes-

sion.” MBA Access to Justice Section Chair Charles E. Vander Linden and Vice Chair Isabel Raskin presented the report of the Access to Justice Award nominees at the March meeting of the MBA’s House of Delegates, which unanimously approved the honorees.

“The process of selecting the Access to Justice Award recipients this year was both humbling and inspiring. Humbling because it is a reminder of how committed these lawyers have been to advancing the cause of justice on behalf of the disadvantaged. Inspiring because these lawyers have achieved results for their clients that permanently change those clients’ lives and protect their rights,” Vander Linden said.

Legal Services Award - Thomas Mela has dedicated his career to helping children on both a systematic and personal level. He currently works as managing attorney and senior project director, handling school discipline cases, supervising MAC’s case advocacy team of attorneys, managing the pro bono partnership with DLA Piper, and providing support to attorneys on special education and school discipline matters. Mela also leads the Children’s Law Support Program Advisory Committee, the Education Law Task Force and the School Discipline Work Group.

Pro Bono Award for Law Firms - Brody, Hardoon, Perkins & Kesten LLP, Boston. BHPK participated as one of six law firms in the Middlesex Domestic Violence Pro Bono Attorney Program created in 2008. The program is a public/private partnership that aids high risk domestic violence victims through providing them with free representation for restraining order hearings. The firm took on 17 cases in the past year, all ending in their clients favor. The firm’s named partners and all eight of its associates volunteered to participate in the program.

Pro Bono Public Award

Linda C. Hickman, Neighborhood Legal Services, Lynn. Hickman, a resident of Boston’s South End, began volunteering at Neighborhood Legal Services in 2005 after she and her family moved back to Boston. The Northeastern University Law School graduate volunteered with the Elder Law Unit three days a week, helping with many complex cases. Hickman has been instrumental in providing legal services to those who may not have otherwise had access and has increased the number of clients that Neighborhood Legal Services has been able to help.

Defender Award - Dulcinea Gon-



Tennis Lilly of the Lawrence Conservation Commission picks up trash with this gleeful volunteer at the Campagnone Common in Lawrence during Earth Day’s half-day cleanup last month.

calves, Youth Advocacy Department, Committee for Public Counsel Services

Goncalves, a Dorchester resident and Roxbury native, has represented indigent juveniles in the criminal justice system since 2005. She is the attorney in charge of the Quincy Youth Advocacy Department of CPCS supervising three attorneys and support staff that carry 15 to 20 cases at a time. Goncalves also works as a staff attorney at Suffolk University Law School’s Juvenile Justice Center, and is regarded as a zealous advocate with outstanding dedication to her clients.

Prosecutor Award - Michael Fabbri, Middlesex District Attorney’s Office.

Fabbri, an Ashland resident, is chief trial counsel at the Middlesex District Attorney’s Office. His 24-year career in the office has included stints as chief of

homicide, chief of the Special Investigations Unit, deputy chief of the Appeals and Training Bureau and Framingham regional supervisor. Fabbri also worked in the Attorney General’s Office in the special investigations unit and as deputy chief of the Medicaid fraud Division. He has served as faculty of the National College of District Attorneys and on the MCLE Curriculum Advisory Committee. Chair of the MBA Criminal Justice Section Council, he has volunteered as a coach and judge of the MBA Mock Trial High School Program.

The Access to Justice Awards is part of the MBA’s Annual Dinner, which will also include the presentation of the Legislator of the Year Award to Speaker Robert A. DeLeo.

FROM PAGE 19: CHRIS NAHATIS

Childs cooking show, “So I did a demonstration at the Boston Home Show and it was a success. We did about \$239,000 in sales in one show.”

Today info-mercials are a multi-billion dollar industry across the globe. Companies sell everything from vacuum powered hair cutting gadgets to household named products like the Ginsu Knife, Magic Jack, Laser Straight, and the NordicTrac.

While many of these products may not be the piece of high quality Americana that the Saladmaster still is today, you can’t deny the creativity of the products and the

people on air who deliver the sales pitches that keep us coming back for more, thanks to Chris Nahatis.

You would be lying if you said you have never been tempted to pick up the phone and order a product while experiencing an “I HAVE to have that now” moment, especially when the offer is doubled at no additional cost, and “not sold in stores!”

NEXT MONTH: How Chris Nahatis Discovered the Saladmaster Product!

See our exclusive Valley Patriot, Saladmaster discount offer on page 19!!

FROM PAGE 6 NA SENIOR CENTER

June 15th. Bus leaves at 9:30. There are 1 mile and 3 mile routes to walk. Bring a picnic lunch with you and meet seniors from all over Massachusetts. Sign up is required.

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

NATIONAL COUNCIL ON AGING: Wednesday, May 16 @ 5 pm is the Ceremony for the Award for Excellence in Educational Programs awarded to the North Andover Senior Center.

THE BUTTERFLY PLACE: Westford, MA. Friday, May 18, Bus: \$4 due at sign

up. Admission is \$10 on your own.

TRIP TO THE SAUGUS SENIOR CENTER: Tuesday, May 22, Bus leaves the center at 9 am, \$5 for lunch and a performance of “Breaking the Silence: Voices of Hope”. Please join us on this trip to the Saugus Senior Center for an original Play, raising awareness about and providing hope to victims of Elder Abuse and Neglect. Sign up required.

ONE-TIME FREE FITNESS PASS: May is Older American’s Month. Stop by the front desk and pick up your free fitness pass for one exercise class of your choice during the month.

Hablamos Español



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Email: lawrence@omnidp.com
MON-FRI 8AM-6PM & SAT 9:30AM-2PM

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Even Grownups Need Support – Relay for Life Turns 18 in Haverhill

Nathan Webster

VALLEY PATRIOT CONTRIBUTOR

On June 8th and 9th, 2012, members of our local community will gather for 24 hours of support, fundraising,

celebrations, memoriam, and fun – The Relay For Life Of Haverhill. Teams as small as 3 and as large as 100 or more will walk around the track at Northern Essex Community Col-

lege to get well, stay well, find cures and fight back against cancer. We will not sleep, as cancer never sleeps. We will light luminaires to honor those who are still battling cancer, and those whom we have lost to this terrible disease.

We will honor our survivors with a special lap around the track and a celebration dinner. And we will acknowledge our caregivers, with whom our survivors could not be without every day of every hour - being there to hold their hand, share a smile and a story, and dedicating their lives to giving back.

We kick off our celebration at 3pm Friday when all teams take the track and begin walking. At 6pm opening ceremonies take place with speeches, dedications, and our honorary survivor speaks.

There is a DJ that plays music the whole 24 hours to keep teams motivated and focused on our ultimate goal – our mission statement – to raise cancer awareness and funds for research, advocacy, patient services and education.

Nightfall approaches and all teams gather outside their campsites to light taper candles and light luminary bags that circle the track. Each bags bears the name of a loved one lost to cancer or who is still fighting. We usually light these bags during the reading of a poem or the playing of a special song.

Relay is not all celebrations and memorials. We also engage the teams in fun activities such as a pie-eating contest and a “Miss Relay” competition during our Midnight Madness. Miss Relay, by the way, is a panel of MALE participants dressed up like Females – yes I said Male – in themed competition for the coveted title of “Miss Relay”.

We also have children’s activities on Saturday Morning like Tiki Treat and

kids games to keep them busy while sleep deprived parents grab some much needed caffeine and nourishment – all donated by generous local companies and our own teams.

Saturday the 9th we encourage the community to join us for all day activities including fundraisers, a drawings tent, a Relay store, information booth, and our DJ that has been pumping out music since 3pm Friday. We have a fight back ceremony and more activities like watermelon eating, K-9 demonstrations and Karate and dance exhibitions, and after lunch our closing ceremonies.

You may ask, “Why should I get involved? No one I know has been affected by cancer?” Really? Look around.

Your neighbor, your friend, your co-worker – someone you know has been affected in some way. “OK, so how can I help?” You can start or join a team. You can walk in the survivor lap. You can donate to help us reach our goal.

You can purchase a luminaria bag honor someone. You can volunteer your time for one of our local programs, like Road to Recovery, where volunteers give cancer patients rides to and from treatment. Think about those people, and what they are doing, and how they didn’t think they couldn’t help – and how they are making a difference.

To start a team, join a team, volunteer or donate, please contact our 24 hour all volunteer hotline at 800-ACS-2345 or visit www.relayforlife.org and search for a local event in your area.

To find out more about the Relay For Life Of Haverhill, please contact our Event Chair Gina Bowman at 978-375-3041 or Co-Chair Lilia Credit at 978-994-0194 or visit our website at www.relayforlife.org/haverhillma

REINADO Chiquitita & Infantil SEMANA HISPANA 2012

Sábado 12 de mayo, 2012 :: 6:00 pm
Saturday, May 12th, 2012 :: 6:00 pm
YMCA :: 129 Haverhill St, Methuen MA 01844

Más información / More info
Sara I. Saldaña 978-479-0244

Donation :: \$5/p/p

semanahispanaenlawrence.com

Semana Hispana en Lawrence
 Hispanic Week in Lawrence

NAHAH, LLC

North Andover Haverhill Animal Hospital

Saturday May 12, 2012

Check out the updated itinerary!

- ✓ Giveaways
- ✓ Tours of the hospital
- ✓ Dr. Murtha will be giving a talk on Lyme disease
- ✓ Dr. Maffezzoli will be giving a talk on emergency care
- ✓ The Salem Animal Rescue League will have adoptable dogs
- ✓ Dog washes available for a donation to the Salem Animal Rescue League
- ✓ Professional pet photographer from 9a-2p and for a \$20 donation to the Salem Animal Rescue League, one can get a photo shoot and a 5x7 picture of their pet mailed to them
- ✓ Demonstrations from K9 Results, who will be doing dog training & protection demos.
- ✓ And of course we'll have snacks & cake!



North Andover FLIGHT ACADEMY

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 A/P Apprentice

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