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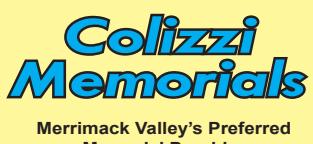
"Congress shall make no law..."

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

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Illegal Donations

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PHOTO: COURTESY

Just days after taking office in 2010, Lawrence Mayor William Lantigua (right) poses with Dave Walton (middle), owner of Patriot Ambulance, and Lantigua's 2010 candidate for mayor of Tenares, Dominican Republic. Just days after the donation, Patriot's contract was renewed for three years even though it was not set to expire for 19 months.

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VALLEY PATRIOT OF THE MONTH HERO IN OUR MIDST: ARMY CAPT. JOHN LOVING

Helen Mooradian

VALLEY PATRIOT VETERAN COLUMNIST

On October 22, 1969, three U.S. choppers flew down into a "hot" landing zone in the southwest corner of Vietnam, in Tay Ninh Province, on the Cambodian border. Their mission: sweep out the nest of Viet Cong hiding in Cambodia, officially neutral at the time.

As the two American combat advisers, the South Vietnamese commander, and 80 South Vietnamese soldiers hit the ground, the Viet Cong opened fire with machine guns, mortar, and small arms.

Cambodia was sanctuary to the Viet Cong, who hid there in their jungle base and routinely made forays across the border into South Vietnam—attacking, terrorizing, and killing soldiers and civilians—without fear of retaliation. No U.S.

troops were allowed to fight in Cambodia nor fly into the country.

First Lieutenant John Loving, Raleigh, North Carolina, U.S. Army, 24-year old commander of a six-man U.S. Mobile Advisory Team to the South Vietnamese Army, was used to leading with minimal supervision from superiors. They had to go behind enemy lines. They were in an open field, completely exposed. They had no support from U.S. gunships. He was glad his trusted friend, Sergeant First Class Mack Rice, was with him.

When two South Vietnamese received critical head and neck injuries, Loving called in a medevac helicopter. The red smoke grenade showed the helicopter where to land. It also made the others sitting ducks for the enemy. At the height of the firefight, with mortar rounds dropping

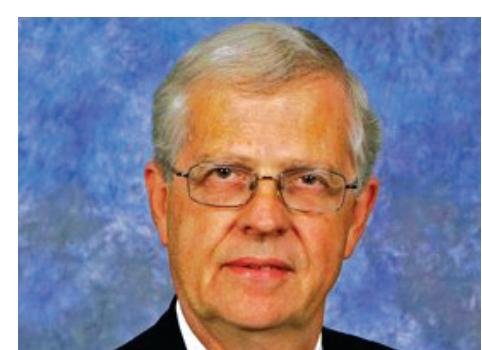
all around them, Rice loaded the wounded onto the chopper. Amid the deafening roar of gunfire kicking up dirt all around them, all the South Vietnamese fled.

Now the two Americans stood alone facing the enemy—John Loving and Mack Rice—along with their radio operator. "The radio operator would have probably run too but I was holding onto the microphone," Loving said.

When Loving called in gunships to open fire on the Viet Cong, the pilot of the assault helicopter balked. "Sorry, that's in Cambodia, sir," he said.

Loving was furious. "Red Dog," he yelled to the pilot. "This is Sassy Cat SIX. By emphasizing the word 'six,' I clearly indicated I was a commander. The pilot didn't know I was only a first lieutenant."

LOVING: PAGE 31



Captain John Loving, U.S. Army Reserves, served in Vietnam April 1969 to January 1970 in a remote area of Tay Ninh Province. As a First Lieutenant, U.S. Army, he was commander of a U.S. Mobile Advisory Team to the South Vietnamese Army. He received the Silver Star for gallantry for his courage under fire in destroying a Viet Cong base hidden in Cambodia, then officially neutral. He and another American literally faced the enemy alone. For this operation and others, he was decorated three times by the South Vietnamese government with the Vietnam Cross of Gallantry. Other awards include: Army Commendation Medal, Combat Infantry Badge.

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Enemies of Free Speech In Haverhill in the name of "Civil Rights"

Just days before the 2012 election, members of the Greater Haverhill Civil Rights Commission demanded that a political sign (supporting Scott Brown) be removed from private property because it included the phrase "Not an Indian". That phrase was clearly shorthand for "Not a fake Indian" or "Not a Native American Impostor" -- a reference to news stories that prove that Elizabeth Warren claims regarding her Native American ancestry were nothing more than self-serving lies.

"Civil Rights" members Rabbi Ira Korinow, Rev. Jane Bearden and Dr. Jonathan Miller were featured on the front page of a local newspaper because they sent a letter to the property owner demanding that his sign be taken down.

In their letter they claimed that "The sign implies ethnic inferiority, that Native Americans should not be eligible for elected office and that Native Americans cannot serve in the United States Armed Forces because they are not patriotic." Their letter further states that "While the First Amendment protects against government suppression of protected speech, it does not provide for the abuse of the amendment when words contain offensive language and convey hate."

This is the prevailing strategy employed by left-wing fascists who seek to impose censorship by smearing their political opponents with false charges of racism, gender bias (the "war on women"), or hate speech. Just last month our own Dr. Ormsby had to respond to a similar outrageous attack (see our October edition) by leftist professor Gerard O'Connor.

Clearly Korinow, Bearden and Miller are enemies of the Constitution and are traitors to the founding principles of this nation. Their efforts should not go unchallenged and their accusations and demands should not be tolerated since they are nothing more than blatant attempts to suppress freedom of speech.



We find that the actions of Rabbi Ira Korinow of Temple Emmanuel and the rest of his brown shirts at the "civil rights commission" are patently offensive and we consider their letter to be an attack on our human rights; rights that are recognized and protected by our Constitution.

We at the Valley Patriot find it disturbing that Elizabeth Warren lied about being a Native American to advance her career but we are more appalled that our right

to freedom of speech is under assault in the name of protecting "Civil Rights." Of course, the intent of Korinow, Bearden and Miller was not to protect civil rights, it was merely a disingenuous attack on Scott Brown and a ploy to aid their fellow traveler Elizabeth Warren.

Martin Luther King would not support any attack on free speech rights and certainly not cowardly attack cloaked in malice. The Greater Haverhill Civil Rights

Commission should focus on doing their job – protecting civil rights – and refrain from engaging in politically motivated attacks that merely serve to diminish our most important civil right.

Their efforts in this matter dishonor the life of Dr. Martin Luther King and they cheapen the fight for real civil rights by likening a political sign with no hate at all, with repulsive attacks or against others based on race.

Meet The News Bosses Same As The Old Bosses

Jeff Katz

RADIO TALK SHOW HOST/TALK 1200AM

The election where the worst president in history should have been shown the door is over and the Dear Leader has actually been re-elected. By every reasonable measure Barack Obama has been an abject failure as President of the United States. Unemployment continues to rage out of control, our grandchildren's grandchildren are now in hock up to their eyeballs thanks to the fraudulent stimulus and a huge chunk of our private sector is about to be eliminated in favor of a government takeover of the health insurance business. So with all of this, and a laundry list of other Obama designed boondoggles, how could this architect of failure possibly be returned for another term?

Four years ago, the lightweight's lightweight burst on to the national stage and

running on a record of having no record was somehow able to snare the nomination of the Democrat Party. Obama and his cadre of pathological liars, hatchet men and ministers of hate demonstrated that no lie was too big to tell nor was any dirty trick too small to employ. The very junior senator from Illinois was comfortable employing race baiting and class warfare. Rather than throw the flag on Obama's reprehensible tactics the guilty leftists posing as journalists embraced and empowered him. As Obama mangled the language, butchered syntax and visited fifty seven states, the faux reporters buried the stories.

For the past four years America has burned and the naked emperor has fiddled and fiddled. Economy in the tank? Must be Bush's fault. Four dollars for a gallon of gas? Wasn't me. Unemployment out of control? Blame the Tea Party. Questions

about the real history of the Oval Office occupier? Clearly you're a racist.

Obama was not just worthy of defeat, all of the numbers showed that he was the most beatable President in recent history. So, what happened? How was it possible that he rolled to a very impressive victory? There are a few parts to the answer.

First of all, the Republican Party once again fielded a terrible candidate. While I voted for Mitt Romney and encouraged others to do so as well, I did this only because I thought that he could staunch the bleeding. I was under no delusions about him ever being a great president but I did believe that he would be a suitable stop gap.

What was established a long time ago was that Romney's only consistent, unwavering core belief was that he believed that he should be president. Every other belief was subject to change. Romney was consistently on both sides of each big issue. In fact, the most honest appraisal of Romney came from his own spokesman when he had his famous etch-a-sketch moment.

But something bigger than a very weak GOP candidate was at work here. A real consistent conservative might have been able to break through better than one who's opinion was usually yes, no and maybe.

The larger picture is that the worst president in history was able to push the United States to the quintessential tipping point. Obama phones, government pay outs and union pay offs have stripped more than fifty percent of the population of their independence. Obama is the food stamp president by design.



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

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

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Local daily news updates are online at facebook.com/valleypatriot

The Priorities of America's Youngest Voters

Zack Murray

VALLEY PATRIOT HIGH SCHOOL COLUMIST

By the time this column is printed, we will know who was elected into office.

2012 has marked a stunning surge in young voters, eager to finally make a difference in national politics. Some will have voted for incumbent Barack Obama, some for Mitt Romney, and even some yet will have voted independent.

But perhaps there are ideals that each separate candidate holds that are not the ones that this younger generation should be focused on. Very common topics this election year are abortion, and same-sex marriage. The latter has been referred to as the "civil rights movement of our time" by Vice President Joe Biden. The former has been called upon again and again by bringing questions upon the original Supreme Court ruling Roe vs. Wade.

These issues are important. That much I will concede. However, it is my opinion that there are priorities far more important than those.

Why are hardly any young Democrats

poised to start a protest for this country's failing economy? There are daily marches for both abortion and same-sex marriage, yet there is hardly anything being said about America's finances.

This may be a generalization; I'm certain there are some out there who are deeply concerned with the welfare of our money. But the United States almost hit the debt ceiling in recent years, nearly defaulting on our loans and plunging the world into a recession of that to rival the Great Depression.

My fellow generation is not terribly worried about what we soon will have to deal with. The summer jobs we hold will not support us in three or four years when we are either in college or out on our own. We are going to have to find a way to make ends meet. A little more focus on the delicate economical situation at hand could not hurt. No matter what the election outcome is, the next four years are ones to be watched and studied very closely by young voters.

They could very well be our saving grace, or our plunge into financial hardship.

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That 47% was not far off

Ralph Wilbur

VALLEY PATRIOT EDITOR

Well, I guess the outcome of the election proves that Romney was right about that 47 percent.

Perhaps it is even more. It appears that the nation has reached the tipping point where there are more people dependent on the government, in one way or another, than those who are not. After his survey of America around the 1830's Alexis de Tocqueville made the following perceptive commentary.

"A democracy cannot persist as a permanent form of government. It can only exist until the voters discover that they can vote largesse from the public treasury."

"From that moment on, the majority always votes for the candidates promising the most from the public treasury with the result that a democracy always collapses over loose fiscal policy, always followed by a dictatorship."

The shadows of what he predicted are

presently cast full upon us to a ludicrous degree. Observe now the importance during an election campaign of "free contraceptives". De Tocqueville's predictions are becoming a reality all around us.

The Democratic Party is no longer the party concerned with what our citizens can do for America. Remember Jack Kennedy's famous inaugural speech. "Ask not what your country can do for you?" Once we reach the tipping point, America will be in a decline very difficult, if not impossible, to reverse.

The nation's culture is fast changing. When given the choice between hard work and Santa Claus, the majority voters today pick Santa Claus.

The work ethic that made this country strong and great is rapidly diminishing as the term itself, "work ethic", becomes extinct. Perhaps things must get much worse before they can get better. If they do so, let's hope we can find our way back.

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- * Balance Disorders/Dizziness
- * Multiple Sclerosis(MS)
- * Numbness/Burning/Tingling
- * ADD/ADHD, Migraine or chronic headaches
- * IBS/Digestive Disorders
- * RLS (Restless Leg Syndrome)

- * Insomnia
- * Chronic back pain
- * Thyroid Disorders
- * Chronic neck pain
- * Weight Loss
- * Fibromyalgia



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Military Connection, Inc.,

Ann Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

The Military Connection, Inc., is an organization with a mission to reach out to anyone who has served or is currently serving in the United States Armed Forces.

Staff Stg. Eugene "Gene" Smith (Ret), who left the army in 1995 with an honorable discharge has been active helping people and sees the need to give one on one help for those who have "fallen through the cracks". He is the founder of this newly formed group of helping hands.

In a recent conversation with Gene, he explained that although there are programs available for both in service personnel and for Veterans of any branch of service, there is a need for those who need help but are reluctant to ask for help.

His recent organization has been formed to find and help these individuals, who feel lost and forgotten. Gene, a very approachable and kind man has met these men and women through referrals,

outreach, meetings and speaking to small groups.

He said that sitting down one on one with someone allows them to open up and "cut through red tape". Meeting with them and seeking help for their particular need plus following through for weeks, months or years, allow the service men or women, especially those who have little or no support from family members to have someone to "talk to about their issues. Gene has said he understands how someone can be alone, without hope and subject to being preyed upon, by various people.

Among the services that the Military Connection, Inc. offers are support, health, education, advocacy, empowerment, referrals and a new lease of their life.

If you know of a serviceman or woman who could benefit from this organization, you may contact Stg. Eugene Smith, (Ret) at 978 273-9255.

Donations may be sent to The Military Connection, Inc. c/o Bank of America, 23 Main Street, Andover, Ma. 01810.

Notices From the North Andover Senior Center

It is an exciting time of year for catching up and visiting with families, neighbors and friends. Grand children are coming home from college and adult children who have moved out of the area are returning home for a visit with parents and grandparents.

It is the time of year we at the Senior Center receive calls from adult children with concerns regarding their parents living situation. The concerns come from all different directions, a noted decline in ability of the older adult to perform normal daily activities have slipped from 4 months ago.

Loss of initiative, disorientation, personal care including dressing, bathing, preparing meals and even eating a meal has shifted. For an older adult a little forgetfulness or confusion is normal, but when do you know if there is a serious problem. What can family members do? To start while you are at home, set up an appointment with your parents or grandparents primary care doctor or at a geriatric clinic. Check in with their next-door neighbor and ask what they have observed. Use the resources that are available in your community. Call the Senior Center speak with our Outreach Manager, Donna Delaney let us know your concerns so we can follow up when you are not in the area.

The Meals on Wheels Program is available for the homebound older adult. A hot meal will be delivered every day and an

added bonus, someone visually see them and reports back on any changes. Our Friendly Visitor Program will provide a visitor who can stop by once or twice a week. Medical transportation and grocery shopping are also available. For additional information call the North Andover Senior Center at 978-688-6560.

****FAMILY EDUCATION WORKSHOP: Home Instead Senior Care is offering a FREE program Tues, Nov. 20, covering the following topics: Alzheimer's Disease or Other Dementias, Capturing Life's Journeysm, Techniques to Handle Challenging Behaviors, and Activities to Encourage Engagement. Call the Senior Center to reserve your space; 978-688-9560.

THANKSGIVING FEAST: Thursday November 15th, 12pm. Come and enjoy a turkey dinner with all the fixings. \$10 per person. Must sign up and pay with reception, limited to 100 seniors. Entertainment by the "Rockoholics"

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

Volunteer Medical Transport Drivers are needed! You can set your own schedule, morning or afternoon any day of the week.

IRS Warns Consumers of Possible Scams Relating to Hurricane Sandy Relief

WASHINGTON — The Internal Revenue Service issued a consumer alert about possible scams taking place in the wake of Hurricane Sandy.

Following major disasters, it's common for scam artists to impersonate charities to get money or private information from well-intentioned taxpayers. Such fraudulent schemes may involve contact by telephone, social media, email or in-person solicitations.

The IRS cautions both hurricane victims and people wishing to make disaster-related charitable donations to avoid scam artists by following these tips:

* Be wary of charities with names that are similar to familiar or nationally known organizations. Some phony charities use names or websites that sound or look like those of respected, legitimate organizations. The IRS website at IRS.gov has a search feature, Exempt Organizations Select Check, which allows people to find legitimate, qualified charities to which donations may be tax-deductible. Legitimate charities may also be found on the Federal Emergency Management Agency (FEMA) Web site at fema.gov.

* Don't give out personal financial information — such as Social Security numbers or credit card and bank account numbers and passwords — to anyone who solicits a contribution from you. Scam artists may use this information to steal your identity and money.

* Don't give or send cash. For security and tax record purposes, contribute by check or credit card or another way that provides documentation of the gift.

* Call the IRS toll-free disaster assistance telephone number, 1-866-562-5227, if you are a hurricane victim with specific questions about tax relief or disaster related tax issues.

Some scammers operating bogus charities may contact people by telephone to solicit money or financial information. They may even directly contact disaster victims and claim to be working for or on behalf of the IRS to help the victims file casualty loss claims and get tax refunds. They may attempt to get personal financial information or Social Security numbers that can be used to steal the victims' identities or financial resources.

Taxpayers suspecting disaster-related frauds should IRS.gov and search for the keywords "Report Phishing." (irs.gov)

Call the North Andover Senior Center for more information. Speak with Cahla at 978-688-9560 for application and assistance.

FOXWOODS: Next scheduled trip, Tuesday, Nov 20, \$30 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael's parking lot at 7 am. NO TRIP IS PLANNED FOR DECEMBER.

SUPPER CLUB: NO SUPPER CLUB IN THE MONTH OF NOVEMBER

LECTURE SERIES: Monday November 19th 10-11:30 (No scheduled lecture Nov 12th due to the Veterans Holiday and the Senior Center being closed) Speaker Gene Willis, Engineer from the Dept. of Public Works.

WALKING GROUP: Monday through Friday 9 a.m. Walk at your own pace around the Youth Center located on Johnson Street.

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

FRIENDS OF NORTH ANDOVER SENIOR CENTER HOLIDAY BREAKFAST: December 7th, 9:00 am

FREE but limited to 100 tickets for N. Andover Seniors. Call reception for reservation.

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

NEW BASIC I COMPUTER SERIES: Thursdays 1-2:30. Start date: Oct 25th, Nov 1, 8, 15th. The class is limited to 4 students. Sign up with reception.

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

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

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

ROCKINGHAM MALL TRIP: Last Monday of every month. Bus leaves at 1-1:30. \$4.00 round trip from the Senior Center. Special holiday trip being planned for December.

Recycle and support the Senior Center. The Senior Center needs donations of gen-

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Mon 3:30-4:30 Zumba Basic (Mary),
Wed 3-3:45 Zumba Gold w/Tallie,
Wed 4-5 Zumba Fitness w/ Tallie, Thu
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tly used jewelry, knick-knacks and other small items for our Unique Boutique. Please leave your gently used treasures at our reception desk anytime. You can also drop off your used cell phones and ink cartridges for recycling.

Yarn donations needed. The knitting group at the Center is hard at work creating "warm woolies" to be sold at the Holiday Fair on November 24. All money raised is donated to the Senior Center. HOLIDAY FAIR....MARK YOUR CALENDAR! The Senior Center Holiday Fair is fast approaching.

SATURDAY NOVEMBER 24th. White elephant table, bake goods, books, jewelry, handmade knit goods. 9-2pm. Santa will visit after the parade. Enjoy a hot dog, chips and beverage for lunch.

Accepting donations the week of November 19th. Afternoon activities are cancelled on Wednesday Nov 21st in order to set up for the fair.



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SEE OUR AD ON PAGE 27



Attorney Evans of Foley and Hoag (for the City of Lawrence) and Valley Patriot publisher Tom Duggan stand before Judge Murtagh on October 11th. Judge Murtagh held the city in contempt last month and issued his second order, Mayor Lantigua to release public documents. Lantigua refused.

Lantigua Defies Judge, Blacks Out Public Information

Judge Holds City in Contempt - Issues 2nd Order, Lantigua Ignores him

Tom Duggan
VALLEY PATRIOT PUBLISHER

Essex Superior Court Judge Thomas Murtagh has, once again, ruled that the City of Lawrence must turn over public information that the Valley Patriot has been seeking since February.

Lawrence City Attorney Charles Boddy has refused to turn over public records sought by the newspaper since February of this year.

The records requested concern School Department employees and payments made to a law firm that does legal work for the city and which also serves as landlord to the Lawrence School Department Central Offices located behind city hall.

After being ordered by the Secretary of

"Defendant is ordered to furnish plaintiff Duggan the documents requested in Exhibit A to this complaint ... Amounts paid to DiAdamo Firm are not Privileged."

Essex Superior Court Judge Thomas Murtagh

State's Office and Essex County Superior Court Judge Thomas Murtagh earlier in October, Lantigua's City Attorney, Boddy released the school department information and payment sheets showing payments were made to the DiAdamo law firm but redacted the amounts paid to the DiAdamos (Carmine and William who are father and son) in violation of MGL



Chapter 66 and the Judge's ruling.

Boddy claimed that the payments were matters of "attorney client privilege" despite the fact that the DiAdamos get paid with tax-payer dollars and handle public cases for the city.

The DiAdamos have also served as the attorneys for the Greater Lawrence

Sanitary District, The City of Lawrence's Workforce Investment Board and have represented Lawrence Mayor William Lantigua personally.

After receiving these redacted documents, The Valley Patriot filed for a contempt order with Judge Murtagh, who ruled again on October 30th in favor of The Valley Patriot:

"Defendant is ordered to furnish plaintiff Duggan the documents requested in Exhibit A to this complaint..."

"Amounts paid to DiAdamo Firm are not Privileged," Murtagh ordered.

As of the time we went to print on November 11th, Lawrence Mayor Lantigua and City Attorney Charles Boddy have

PUBLIC RECORDS, page 23

Patrick Promotes Transgressions Against our Citizens

Joseph D'Amore
VALLEY PATRIOT COLUMNIST

 There's no shortage of evidence that the Governor of Massachusetts will go down in the Commonwealth's history as the Great Enabler. His sway over legislators to practice the fine art of indifference enables those who wish to advance tyranny and anarchy against the citizens of Massachusetts.

Two notable examples, the first of which is Lawrence, where the state appointed fiscal overseer Robert Nunes continues to pursue a policy that is a complete discharge of his duty. He refuses to weigh in on what he calls a "personnel matter" with officers of the Lawrence PD (who have been indicted, and in one case a conviction and yet continue to receive their salaries to a tune of \$270,000 per year). Though the specific line of authority leads to Lawrence Mayor William Lantigua to terminate those salaries which is aligned with Com-

monwealth statutes that require suspension of salaries in such case, inaction reigns.

The Mayor's refusal to act incubates a transgression against the people of Lawrence but also all Massachusetts taxpayers since 70% of the city's \$76.3 budget is subsidized by the Commonwealth. This is a remarkable condition because there are two levels of authority that should compel the Governor to lead those in charge to lead! State law is very clear; if a public employee is indicted or convicted of criminal charges salaries must be suspended. Secondly in Lawrence's case, the State legislature approved the appointment of Nunes as fiscal overseer in March, 2010. Even without a state law which effectively overrules the Mayor's current inaction the Governor should remind the Nunes that he is vested with the responsibility to protect the financial resources of the city.

Regarding the swirling reports of a miscarriage of justice perpetrated by chemist Annie Dookhan of the state's crime lab facility .

"It's a total failure of the chain of command. The governor has to know his

appointees are doing their jobs, and the appointees need to watch their own people," said David Tuerck, executive director of the Beacon Hill Institute, a conservative think tank.

Mr. Tuerck understates the obvious. At the very least you have incompetence and a lack of basic management controls, but at worse and what is far more likely is that a state government replete with politically favored appointed positions creates ripe conditions for malfeasance and corruption. We witnessed the same degradations with the Probation department 18 months ago. As of this writing the Governor's official public response to this crises ; silence

. It is without precedent that his Governor presides over an administration that has failed in every possible way in upholding their sworn duty to defend the enlightened principles of "the commonwealth". In effect those inclined to prosecute tyranny and anarchy are enabled with this administration.

This dereliction of duty will continue to flourish until such time that through intense scrutiny and a collective effort of



citizens a zero tolerance of corruption and incompetence is corrected through the ballot box by replacing the current administration with those aligned with the public's interest.

Joe D'Amore writes from Groveland, Massachusetts you can email him at damorecos@earthlink.net

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\$15MIL Contract Renewal After Ambulances “Donated”

Tom Duggan

VALLEY PATRIOT PUBLISHER

Just days after taking office in 2010, Lawrence Mayor William Lantigua, his Chief of Staff, Leonard “Lenny” Degnan of North Andover, and then DPW Director Frank McCann of Haverhill, were involved in a transaction with Patriot Ambulance Company, a private contractor that provides ambulance services to The City of Lawrence.

That transaction, witnesses say, resulted in Patriot Ambulance owners donating two ambulances to Lantigua’s adopted home town of Tenares, (in the Dominican Republic), a transaction that has been the subject of investigation by state and federal authorities. Since the transaction, Lenny Degnan has been indicted by the Essex County District Attorney’s Office and Frank McCann has appeared before at least one federal grand jury in Boston.

Once Patriot Ambulance provided two ambulances as a “gift” to Lantigua’s hometown, a \$15 million contract extension was awarded by Lantigua to Patriot Ambulance for services in the City of Lawrence.

Lantigua and members of his administration are currently under investigation by the FBI, the Essex County district attorney, the attorney general and several other law enforcement agencies, for bribery, extortion, conspiracy, abuse of power and corruption.

Among scores of other questionable actions by Lantigua and his administration are “donations” to the Town of Tenares, Dominican Republic, including two garbage trucks donated by Allied Waste in Chelmsford, which is contracted to collect the city’s trash.



Lawrence DPW Director Frank McCann (l) with William Lantigua (center facing camera) Patriot Ambulance Owners Dave Walton, (far right), and Lantigua’s candidate for Mayor of Tenares in 2010.

Now, sources close to Mayor Lantigua and witnesses close to the corruption probes say that two ambulances were outfitted with firefighting equipment, medical supplies, defibrillators, hand wipes, rubber gloves and various other supplies – all gifted to Mayor Lantigua, to be sent to the Dominican Republic.

Documents Show Transfer

Records show that no vote of the city council was taken to donate the ambulances as required by law.

A source close to Lantigua’s office says that McCann and Degnan were doing most of the “dirty work” but that Lantigua himself “facilitated the transfer.”

Sources say that Lantigua’s Chief of Staff, Lenny Degnan called Patriot Ambulance a few days after Lantigua took office and demanded an ambulance be sent to

the Dominican, but then when Lantigua showed up on January 7, 2010 “it went from one ambulance to two ambulances.”

“Mayor Lantigua came in with Frank McCann and some candidate for mayor in the D.R.. I can’t say it was a promise by Dave (Walton) or Moe (Patriot Ambulance owners) for an extension on the contract with the city, but I can tell you that the contract wasn’t even up for a year and a half, but by the time they handed the ambulances over to the city, Patriot’s contract with the city was renewed for three more years.”

Another Patriot employee told the Valley Patriot that the contract extension wasn’t directly tied to the ambulance “gift” but added, “That contract was renewed, not so much as a quid pro quo for the donated ambulances, it was more because Willie kept saying he was worried about the state coming in and taking over the city. He said he wanted to make sure we were ‘taken care of’ if that happened before the contract expired,” he said. The Patriot employee repeatedly denied that there was ever a “deal.”

Patriot’s Contract Renewal

Ambulance companies are mandated to file transportation reports to the local fire department. Given that 2/3 the population of Lawrence is considered under the poverty limit we estimated the approximate value of Patriot’s contract as follows.

According to call and log sheets obtained by our Valley Patriot sources: In one quarter (three month period) Patriot Ambulance transports approximately 2,700 patients. With at least 75% of those calls being Medicare from poor patients (billed at approximately \$495.00 per transport), those Medicare transports net approximately \$1,002,375 in revenue per quarter-year.

With 25% of Patriot Ambulance transports paid by commercial insurance or private pay patients, billed at a minimum of \$1,650 each, (resulting in \$1,113,750 for the ambulance company). Given that these are quarterly payment, the Medicare plus private payments add up to approximately \$5,123,250 annual revenue from Lawrence 911 calls involving Patriot Ambulance. With Lantigua renewing the Patriot Ambulance contract for three years that yields more than \$15 million per year in guaranteed revenue.

Sources close to Lantigua who are involved in the multiple criminal investigations, say that Chief of Staff Degnan “wasn’t asking, but demanding” that the ambulances be “donated” just a day or two after Lantigua took office. Our sources also say that it was Degnan who made it clear that the Patriot contract was set to expire before the end of Lantigua’s term and demanded the ambulances.

“Frank McCann (DPW Director) called Patriot Ambulance and called, and called” a witness said.

“It was almost daily and sometimes more than once a day,” the source said, “asking for the titles of the ambulances and asking what was taking so long for the transfers.”

Our source said that Patriot appeared to be having a hard time transferring the title and McCann was getting pressure from Lantigua to “expedite” the ambulances to the Dominican.

“Finally on March 1, 2010 McCann called and said he was coming down to get the titles himself.”

Documents obtained by the Valley Patriot show that the title transfer forms still had the name of the leasing company, and that’s when they observed a represen-

DONATION: PAGE 8

STATE OF NEW HAMPSHIRE No. 18570081
REGISTERED OWNER'S ASSIGNMENT / DEALER'S REASSIGNMENT
OF TITLE TO A MOTOR VEHICLE

VEHICLE IDENTIFICATION NUMBER (VIN)	YEAR	MAKE	BODY
1FDSE3SF5YH32U145	2000	Coupe	SCHBUS

*** WARNING ***
THIS ASSIGNMENT/REASSIGNMENT DOCUMENT MUST BE RENDERED WITH THE CERTIFICATE OF TITLE.
FEDERAL LAW REQUIRES THAT YOU STATE THE ODOMETER MILEAGE UPON TRANSFER OF OWNERSHIP.
FAILURE TO COMPLETE OR PROVIDING A FALSE STATEMENT MAY RESULT IN FINES AND/OR IMPRISONMENT.

REGISTERED OWNER'S ASSIGNMENT / LICENSED DEALER'S REASSIGNMENT
THE UNDERSIGNED REGISTERED OWNER OR DEALER HEREBY CERTIFIES THAT THE VEHICLE DESCRIBED ON THE ATTACHED TITLE HAS BEEN TRANSFERRED TO THE FOLLOWING PRINTED NAME AND ADDRESS

BUYER'S PRINTED NAME(S): *Matthew Jenkins*

PRINTED ADDRESS WITH WARRANTY TO BE FREE OF ALL ENCUMBRANCES EXCEPT AS FOLLOWS:

TEN IN FAVOR OF:

WHERE ADDRESS IS:

ODOMETER DISCLOSURE STATEMENT
I state that the odometer now reads 207,885 (NO TENTHS) and to the best of my knowledge that it reflects the ACTUAL MILEAGE of the vehicle unless one of the following statements is checked:
 I certify that, to the best of my knowledge, this odometer reading "EXCEEDS MECHANICAL LIMITS."
 I certify that, to the best of my knowledge, this odometer reading is "NOT THE ACTUAL MILEAGE."
WARNING: ODOMETER DISCREPANCY: 1727

SIGNATURE OF OWNER/DEALER OR AGENT: *Matthew Jenkins*

PRINTED NAME: *Matthew Jenkins*

BUYER'S SIGNATURE: *Matthew Jenkins*

REASSIGNMENT BY LICENSED DEALER ONLY
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FROM PAGE 7: ILLEGAL AMBULANCE DONATIONS



PHOTO TOM DUGGAN

Patriot Ambulance Marketing Director John Felci (l), and Patriot Ambulance Owners Maurice Ryan and Dave Walton at Lantigua's mayoral inauguration on January 4, 2010, just two days before Lantigua's "transaction" with Patriot for two free ambulances and a school bus.

tative of Patriot Ambulance cross out the lease company name on the document and write in, "32 Westech, LLC," the parent company of Patriot Ambulance.

"The titles were then signed over to William Lantigua and Coady's Towing picked them up for transport overseas," according to a source close to the Lantigua administration.

In 2011, Patriot Ambulance owners Dave Walton and Maurice Ryan testified before both state and federal grand juries in the corruption probes connected to Lantigua and the two ambulances. Shortly thereafter, John Felci, Marketing Director for Patriot Ambulance also testified before both grand juries.

Felci was frequently seen at Lantigua fundraisers during the 2009 mayoral election and is listed as a contributor on Lantigua's campaign finance reports. Reports are filed with the state's Office of Campaign and Political Finance.

The owners of Patriot Ambulance have been witnessed at Lantigua events, and at least one current employee of Patriot Ambulance has been convicted previously for conspiracy to commit Medicare fraud in connection with Quincy Hospital in 1984, where bribes had been accepted in connection with Bay State Ambulance.

The Valley Patriot is withholding that employee's name until it is determined that he was involved in any wrongdoing connected with Patriot Ambulance.

The federal grand jury was temporarily suspended when the U.S. attorney's office indicted Whitey Bulger and needed the staffing power to begin prosecuting that case.

No Comment and a Missing School Bus

"I really have no comment on any of that Tommy," said John Felci, Marketing Director for Patriot Ambulance, in a phone interview prior to our publication.

"I've been told by the attorneys that because this is ongoing I can't say anything. So, I value our friendship and you know I love your newspaper, but I am going to have to say 'no comment' for now," Felci said.

Valley Patriot sources also say that Lantigua Administration officials asked Patriot Ambulance to purchase a "short bus" and send it to the city for shipment to the Dominican Republic in addition to the two ambulances, which Patriot employees were willing to purchase for donation to the Dominican Republic.

When Lantigua's candidate for mayor of Tenares lost the election in 2010, Mayor Lantigua suddenly informed Patriot that he didn't want the bus anymore.

"So, he never took delivery of the bus and we don't know what Patriot did with it," stated a source involved with this transaction. The Valley Patriot found the bus earlier last month on property being used by Patriot Ambulance.

Two of our news spotters in the Marlboro area confirmed that the short bus was still on property located at 15 Sawin Road in Marlboro, on November 1, 2012, as we prepared for this story. But less than 24 hours after we asked John Felci of Patriot Ambulance about the bus (who again said "no comment") one of our volunteer photographers went to the lot in Marlboro to get a photo for this story and found that the bus was no longer there.

Lantigua Era Indictments and Convictions

Former Lantigua Chief of Staff Lenny Degnan, who worked on Lantigua's campaign and owns an insurance company in Lawrence, has already been indicted by Essex County District Attorney Jon Blodgett for fraud and corruption.

Degnan is officially charged with "solicitation of a bribe with corrupt intent, knowing solicitation of a bribe, unlawful use of an official position, conspiracy, extortion or attempted extortion."

Degnan is also under investigation by the FBI, the U.S. attorney's office and several other law enforcement agencies in connection with the Lantigua administration's dealings with private contractors.

State Representative Jim Lyons (R) Andover, has called the Lantigua administration a "criminal enterprise" and has been joined by scores of state and local officials calling for a full state takeover of the City

Agreement To Extend Contract For Ambulance Services

It is hereby agreed between Patriot Ambulance, Inc., 1260 Main Street, Concord, MA, hereinafter referred to as "the Contractor", and the City of Lawrence, Massachusetts, a municipal corporation organized and existing under the laws of the Commonwealth of Massachusetts, hereinafter referred to as "the City", that the contract for Ambulance services between the Contractor and the City is hereby extended from March 1, 2010 to February 28, 2013, unless otherwise mutually renewed or extended in writing.

This agreement may be terminated by either party upon 90 days written notice to the other party by certified mail, return receipt requested.

All of the terms and conditions of the contract between the City and the Contractor dated July 1, 1999 and the "Amended Request for Proposals-Ambulance Services Specifications," which is attached hereto and made a part hereof, and "Emergency Ambulance Service Proposal," submitted by the Contractor and dated May 17, 1999, which is also attached hereto and made a part hereof, shall remain in full force and effect for the extended term of this contract.

In witness whereof the parties hereto have executed this Agreement as of the March 1, 2010.

CONTRACTOR
Patriot Ambulance, Inc.

By:

CITY OF LAWRENCE

By

William Lantigua
Mayor

APPROVED AS TO FORM:

of Lawrence.

Also indicted by the Essex County Grand Jury was Lantigua's friend and former campaign manager, Deputy Police Chief Melix Bonilla for "trick, scheme or device to mislead in the procurement of supplies, fraudulent conversion of city property, unlawful use of official position, conspiracy, extortion or attempted extortion."

Bonilla's name did not come up during our investigation of the Patriot Ambulance transaction.

Bonilla was a sergeant on the Lawrence police department the day Lantigua was inaugurated in January of 2010, but was promoted over lieutenants and captains and made deputy chief within a few short weeks. The deputy chief at the time was Mike Driscoll. He was summarily demoted to captain by Lantigua to make room for his friend and campaign supporter.

Also indicted was a Lawrence police officer alleged to be involved in an illegal towing scam under Lantigua.

Former Lawrence City Councilor Israel Reyes, a supporter and political ally of Lantigua plead guilty shortly after Lantigua took office for his part in illegally printing campaign material for State Senator Barry Finegold with a Lawrence School Department printer.

The printing machine used, was paid for by state taxpayers with a grant that Lantigua voted for while he was in the legislature. Use of the state purchased printing press (for political campaigns) resulted in a short prison term for former Lawrence School Superintendent Wilfredo Laboy, (a Lantigua ally and supporter while he was a state representative) and John Laurenza, a school department employee.

Sources say that Lantigua's transactions

with private companies doing business with the city, voter fraud, extortion, and multiple other crimes are still being investigated on multiple levels.

TIMELINE

November 3, 2009 State Representative William Lantigua elected mayor of Lawrence

December, 2009 Lantigua engages with Allied Waste, the company that does the city's trash collection, to send two garbage trucks to the Dominican Republic.

January 4, 2010 Lawrence State Representative Willie Lantigua Inaugurated as Mayor of Lawrence.

January 7, 2010, Lantigua shows up at Patriot Ambulance on Blanchard Street in Lawrence to have two free ambulances sent to the Dominican Republic.

February 23, 2010, Titles for two ambulances transferred.

March 1, 2010 City worker picks up titles at Patriot Ambulance and has ambulances shipped to the Dominican.

March 1, 2010 Mayor Lantigua renews Patriot Ambulance's \$27 million plus contract for three years even though their contract is not up for renewal.

EDITORS NOTE: Why is Patriot Ambulance refusing to answer our questions about charitable donations to the poverty stricken country of the Dominican Republic? Are they attempting to cover up additional information or are they just afraid of losing this multi-million dollar ambulance contract from their friends in Lawrence Mayor William Lantigua's Administration?

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- * Bathroom Remodeling & Repair Work
- * Replacement Boilers & Furnaces
- * High Efficiency Boilers & Hot Water Heaters (with rebates)

Woman Dies after Knee Surgery at Holy Family Hospital

Son Calls for Criminally Negligent Homicide Charges

Tom Duggan

VALLEY PATRIOT PUBLISHER

When Hampton Beach NH resident Helen Bousquet was admitted to Holy Family (Caritas) Hospital for knee surgery last month, her son, Haverhill native Brian Evans, says he had no idea she would never be coming home again.

"It's been unbelievable from A to Z," Brian Evans told the Valley Patriot in an exclusive interview.

"My Mom went in for knee surgery and now she's dead. This place [Holy Family Hospital] has been unbelievable; they screwed up everything from beginning to end. It was knee surgery. She went in for a basic routine procedure and she never came home and I want someone held accountable."

"First," Evans continued, "they put it in her medical chart that she had a heart condition and they also put it in her chart that she had sleep apnea, and had been prescribed by a doctor to be on a sleep apnea machine when she sleeps. So, despite this, she comes out of surgery and they put her in recovery with no machine and no monitor, and for one minute they shouldn't have taken her off a heart monitor, or a monitor to monitor her breathing" he said emotionally.

Methuen Awarded \$180K for Park Improvements

Methuen, MA – Mayor Stephen Zanni and Aaron Gornstein, Undersecretary of the Department of Housing and Community Development are excited to announce that Methuen has been awarded \$187,780 in Community Development Block Grant (CDBG) funding. The funds are intended to renovate the Tenney Street playground, update the equipment and making the area handicap accessible.

"I'm grateful for the opportunity to make this important investment in the Arlington Neighborhood," said Zanni. "This grant gives Methuen the tools to make dramatic enhancements to this neighborhood for the benefit of residents both young and old."

"With this grant, the city of Methuen will be able to not only reconstruct a playground that is widely used, but also ensure that it is accessible for all children," said Undersecretary Gornstein. "The federal block grants for community improvements are critical to revitalizing neighborhoods and creating jobs all across the Commonwealth."

The playground renovation will include the removal and disposal of all antiquated equipment, with new equipment installed that will meet current safety standards. New equipment will include a wheelchair

accessible platform swing.

"What is important to me is that this playground has the durability to last a long time," explained Zanni. "We have made sure that this site will be stocked with equipment that is high on quality, and low on maintenance."

The site will include a new rubber-surface, as well wood fiber ground covering.

"The Tenney Street playground project is a model of what can be done when key stakeholders unite behind a vision for our community and work together to make it a reality," said Congresswoman Niki Tsongas.

"In Methuen and across the Commonwealth strong local, state and federal partnerships are helping to provide means and mechanisms for revitalizing our cities and towns. A modern, safe playground will be a place for residents of all ages to build strong bonds that will in turn spur growth in the community."

"The Tenney Street playground is not only a safe gathering place for children, but also a place where adults come together to discuss and affect changes that have great impact on public safety and quality of life in the neighborhood," said State Representative Linda Campbell. "This is great news for the city."

"Then they released the body without the next of kin's permission. The body was cremated before an autopsy and to top it all off, when the funeral home picked up the body a few days later, the Holy Family didn't even know the body was gone."

"But they still had the death certificate and it lists seven causes of death. How did they determine her cause of death

without an autopsy? I will tell you in my opinion that the cause of death was their own negligence and if this doesn't meet the definition of criminally negligent homicide, then I don't know what does," he said.

"If they can do this to me just think about what they are doing to other people and other people's moms?" Evans added.

Evans, who is famous in his own right as the crooner whose new song "At Fenway," a tribute to Fenway Park in its 100th year, has been chosen by the Boston Red Sox to be played at Fenway Park during games, and has been added to The National Baseball Hall of Fame library. Major League Baseball has licensed the song for game use which is the first time any song has had that distinction in the league.

Evans says he just wrapped up shooting his music video for the song, which his mom was featured in with Hollywood star, William Shatner.

"Shatner loved my mom," Evans said. "She was really looking forward to the release of this video. She had such a blast making it too. She was so excited about it. She was so proud. She was so excited that Shatner was in the video with her, and Shatner loved my mom. He asked for her all the time when we spoke. Little did any of us know when we were having fun making the video, that my mom would never get a chance to see it. All because the incompetent workers at the hospital

didn't do their jobs," Evans charged.

"My mom asphyxiated in their care, she was throwing up all day, she was sitting in that room unchecked. She kept calling me telling me she wasn't feeling well."

"And it never dawned on anyone that I kept asking how her vital signs were? The nurse responded they were fine, but how did they know if she wasn't on the monitor?" It never dawned on them to find out why? They knew full well about her heart condition and sleep apnea problem."

Police run around?

"The first thing I did was go to Methuen police. Actually, first I called them and they said this sounds like a civil case, you should call the hospital administrator. Why would I do that? They are the ones whose negligence killed my mom, in my opinion" he alleged.

Evans says he called the Massachusetts State Police and eventually went down to the State Police Barracks in Boston where he was told he had to file a report with the Methuen PD and that they would, in fact take the report.

"Methuen tells me to go to the State Police and the staties say go to the Methuen police, I wasn't going to let this go. I was going to keep going back and keep calling everyone I could until I got someone to pay attention to me. My mom went in for knee surgery and she is dead. What part of this was so hard for people to understand?"

KNEE PATIENT: PAGE 20

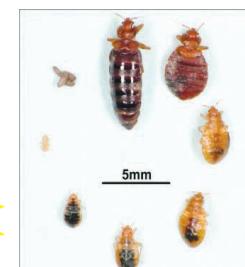
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Methuen Awarded \$180K Park Improvement Block Grant

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STATE REPRESENTATIVE



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LINDA DEAN CAMPBELL
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RONNIE'S RANTS

Random Thoughts

Ronnie Ford

VALLEY PATRIOT OPINION COLUMNIST

My good friend Steve Zanni, duly authorized and sworn in as Mayor of Methuen, is finding himself in little battles here and there. Mayor, you have to establish a plan of running things and stick by it. You are going to have political spats and the mark or character of a political leader is his ability to lead and not waver. Steve you are doing all right, but you have to understand that they have their sights right on you. And, the fingers are on the trigger. A word to the wise is sufficient.

As I pen this, it has been almost eight weeks since the Benghazi attack, and murder of an Ambassador and three Americans. Yet, we have not heard anything credible from Obama. Surprise, surprise! Why?

They are investigating! Bull! Obama and his secretaries and other fools in his administration, fiddled and danced while the US Consulate in Benghazi was attacked, and four Americans were savagely tortured and murdered. How many of you saw the pictures that were rampant on the Internet of our Ambassador being held by some terrorist under his arms and dragged through the streets? Chris Stevens was stripped from the waist up, chest area brutally scared and bleeding, his eyes looked like someone almost close to unconsciousness and death. How horrid to

see that and what if his mother saw that! Yet, Obama called the incident "bumps in the road". How anyone can EVER believe anything that comes out of his mouth is beyond me. Did any of you notice the SILENCE of our news media on this subject? Why are we not calling them out on this? If we are silent on this it means we agree with Obama. Come on people start yelling. Do not let this inept president get away with this. What if it was your son or daughter?

What have we learned in the last 2065 years? "The budget should be balanced, the treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, the assistance to foreign lands should be curtailed lest Rome become bankrupt. People must again learn to work, instead of living on public assistance" CICERO, 55 BC. EVIDENTLY, NOTHING!

Now more than ever, our nation needs a lot of prayers. I do not know who will win the presidential election, but who ever it is will need prayers. Please drop in to the Perpetual Adoration at St. Monica's and say some prayers for us all.

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

Ronnie may be contacted at radio-talk@comcast.net

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The Merrimack Valley Irish Connection



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

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

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

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

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

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

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

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

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

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Voter Fraud in Lawrence, Why Can't they See?

Peter Larocque
VALLEY PATRIOT COLUMNIST

I guess I shouldn't be shocked that in the very Election Office in Mayor Lantigua's Palace, known as Lawrence City Hall, an Election Department employee allegedly forged signatures on public documents, nomination papers to be exact, which a candidate turns into the Election Office to be verified for placement on a ballot.

The fact that the daily paper printed the alleged forgeries with names of people not even able to vote is very telling don't you think?

Is honesty and integrity too much to ask for? Is it a coincidence that the nomination papers in question belong to the City Council President who was running for State Representative?

I ask, why?

This District was made for Councilor Moran from the get go, redistricting and the Democrats on Beacon Hill made sure of it! This race is supposed to be a done deal so why the need to allegedly forge? Also as far as I know Councilor Moran hasn't publicly stated one way or the other if he should win a State Representative seat would he step down from the City Council?

Maybe he believes that he can do both, sound familiar? By the way, this incident has not diminished my respect for Council President Moran, I like the guy! Plus as of the time that I'm writing this column, I am not aware of any evidence that Councilor Moran had any knowledge of or had anything to do with these alleged forgeries. But that does not change the fact that he is a very well known good friend of Mayor Lantigua.

It is these kinds of situations that take

place at city hall that make it very difficult for an honest and respectful family person to apply for a position to serve on a City Board. The Mayor has free course to fill them with his family members and supporters.

The question before us Lawrencians is who really benefits from the Devers, Moran, Finegold or Adams victories on Tuesday? The one and only, Mayor Lantigua, that's who. These four buddies of the Mayor are enablers. They choose to not see what is going on in City Hall and throughout the city! But like I said at the beginning, I shouldn't be shocked. They count on the fact that the majority of Lawrence citizens are either uninformed or just do not care about what is taking place in our city hall! The old blind leading the blind scenario.

Reading the endorsements in the daily paper for these four friends of the Mayor has not been easy for us who know better. For the life of me I do not understand why they just can't see!

Like I said before in last month's column, no matter what happens on November 6, 2012, God promises to continue to take care of His people!

"Blessed be the God and Father of our Lord Jesus Christ, who hath (past tense), blessed us with all (every) spiritual blessings in the heavenly places in Christ."

Ephesians 1: 3 It's a win win situation for believers!

God Bless you all.

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



American Training Honors Dan Barter

Dan Barter of Raymond, NH, founder and President of Summit Records Management, a division of Northeast Reclaiming Services, Derry, NH, was presented American Training's highest honor last month, the Life Matters Award, at their 15th Annual Partnership Awards Masquerade Gala. This SOLD OUT event was held at the Indian Ridge Country Club, Friday, October 19, 2012.

This annual event acknowledges both companies and individuals who put "work first" for people with disabilities and those looking to live more meaningful lives. The Life Matters Award acknowledges Partners of American Training that have a deep and passionate commitment to people with disabilities.

"Dan's passion for adventure and love for life makes him a natural choice for our first Life Matters Award. He has taken life beyond the limits, not only physically with his dramatic and heroic conquering of the Seven Summits, but with his commitment in giving back to our community by making work available to those with disabilities from Boston to the New Hampshire border. This work goes well beyond a simple gesture. Our people with

disabilities are an integral and effective compliment to Dan's nation-wide business operation," Thomas M. Connors, President and CEO of American Training.

Founded in 1979, American Training is fully committed to their mission statement – Bringing Out the Best In Everyone We Touch...Because Life Matters.

They provide services using proven methods leading to lives that are fuller and more meaningful, in a unique environment and in a distinct manner that cannot be found anywhere else. They are recognized for their WOW! Philosophy, which details the fun and entertainment we incorporate into our activities, while always acknowledging dignity and respect for each individual.

American Training, Inc. programs support unemployed workers in need of technical training; young parents and youth in need of direction; and people with disabilities or mental illnesses who want to more fully participate in their community, or need a place to live. ATI is the parent company behind Day Services, Clinical Services, Residential Options, LARE Training Center, Contract Services, Starworks and Vanway.

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It's all About Government Retirement

Lonnie Brennan
VALLEY PATRIOT COLUMNIST

The year 2011 was a sweet year for some of the 560+ taxpayer-funded employees of the little Town of Georgetown. And salary is just $\frac{1}{2}$ of the issue. Yes, we're late in posting the information this year, but there's always time to enjoy the top 12 listing:

Once again, topping the list was School Superintendent Carol Jacobs garnering \$174,782.37 total compensation for the year ending Dec. 31, 2011. Light Department Superintendent Wayne Snow took second place at \$126,092.55, while High School Principal Peter Lucia came in third at \$117,480.32.

Fourth place on the list was Police Chief James Mulligan at \$109,461.29, followed by Light Department Linesman Chad Cunningham at \$104,794.76, and Police Lt. Donald Cudmore at

GEORGETOWN TODAY

\$99,117.61. School Principle Donna Tanner garnered \$98,949.08, Office Kevin DeFeo \$96,940.92, Officer Scott Hatch at \$96,934.14, Light Department Linesman Kyle Morse at \$96,381.65, (beloved) Lt. David Thompson at \$96,372.52, and Town Administrator Michael Farrel rounded up the top dozen wage earners at \$93,209.35.

But wait, there's more. Yes, Mr. Farrel hits the bottom of the elite listing, but town hall is closed on Fridays, so he gets a 3-day weekend, every week of the year. Oh, and the future looks even brighter for our town admin., as this year Mr. Farrel - with the passage of 'the School override' which temporarily freed up a lot of town cash - garnered a \$3,500.00 per year bonus contribution to his personal retirement account which we'll see reflected in next year's numbers, courtesy of 4 out of

5 members of the board of selectmen.)

What does it all mean? Well, you have to look at the big picture: retirement pay. At the current projections (assuming continuous pay increases and additional years of 1 to 10 years in service), Carol Jacobs can expect to receive in excess of \$100 thousand per year in retirement pay (which hopefully she'll draw on for 25-30+ years after retirement, or a total of \$2.5-\$3 million in taxpayer funds). And the others will see an average of 60% of their salaries or \$63,000 per year (or \$1.2 to \$1.8 million each).

Do you have \$1.2 to \$1.8 million in your 401K saving account? Just wondering. Well, there's always Social Security (a fraction of that), perhaps, maybe. Either way, take comfort in knowing that your public employees will be well taken care of in retirement, even if you might be living in relative poverty by comparison.

Tax Increases Coming Soon

We've seen our second large Prop 2 1/2 tax push-over in as many years, and if you thought the simple \$1.2 million increase affected your taxes, just wait until the impact of the approx. \$50 million school bonding project (\$800-1,500 per household) as it hits next year to pay for round

one of the school rebuilding project.

Round one you say? Yes, then there's the few million for roadwork for the schools and potential traffic lights and such, and the projected \$7-8 million bonding (another big loan) for renovations of the high school.

Georgetown is getting expensive, not just the nation: food prices continue to rise, gasoline has doubled in four years, electric bills are just silly, and the water folks charge us \$160 per year just to send out the water bills ('billing fee of \$40/quarter added to your usage bill'), and the list of fees and tax increases that others are looking at now is really, really frightening.

Well gang, keep failing to vote, or keep voting for the popular generic cheerleader of spending boys, or just keep watching Idol, non-reality phonier than WWF TV with Snook sluts and such, and keep making sure you don't pay attention. Have a glass of wine. Chill out. Government is the answer. Half the population doesn't pay federal income taxes, and the number is rising. Big government comprised of all Democrats, all one mob of big-spenders... Keep it coming.

Folks, keep the faith, stock up on food, cash, and laundry detergent, and as always, keep sending your notes. I'll post your info at GeorgetownToday.org. Peace.

THANK YOU!!



On November 6TH we Exercised our essential duty as American Citizens and we voted! In doing so we joined hands despite our differences to move in one direction.

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The Walk for Hunger supports hunger relief programs throughout the state

Project Bread, the state's leading antihunger organization, has awarded \$226,650 in grants to emergency food programs in the northeastern part of the state through funds raised by the 44th annual Walk for Hunger. The grants will support programs such as food pantries, schools, farms, food banks, food salvage programs, and other community organizations providing hunger relief. Over 43,000 supporters walked to raise money to help the hungry.

Over 30 different agencies in the area will benefit from these grants. Emergency food programs are a vital resource for people who struggle with hunger, something an estimated 750,000 people in Massachusetts experience. Last year, Project Bread-funded emergency food programs across the state reported serving 61 million meals to those in need.

"As we begin to think about the holidays," said Ellen Parker, executive director of Project Bread, "it's essential to remember those who are struggling to put food on the table for their families. We owe them as great a measure of relief as possible to get through these difficult times."

Statewide, over 430 food programs received grants from Project Bread's Walk for Hunger in 125 communities across the state. Below is a partial list of grant recipients in the northeastern area. For a complete listing, visit www.projectbread.org/fundedagencies.

- Our Neighbor's Table (Amesbury)
- Beverly Bootstraps Community Services (Beverly)
- Bread and Roses Soup Kitchen (Lawrence)
- Open Pantry of Greater Lowell (Lowell)

Robert Lanzoni, executive director of Bread and Roses Soup Kitchen in Lawrence, explained how the grant from Project Bread will assist their pantry: "The number of people who have come to Bread and Roses Soup Kitchen and community pantry has increased by twenty percent in the last six or eight months. The funds given by Project Bread will be used to provide more food for more people."

About Project Bread

As the state's leading antihunger organization, Project Bread is dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts.

Through The Walk for Hunger, the oldest continual pledge walk in the country, and other sources, Project Bread provides millions of dollars each year in privately donated funds to support hunger relief through emergency programs, schools, community health centers, farmers' markets, community suppers, home care organizations, and other programs that protect the individual and strengthen community food security.

For more info visit projectbread.org.



Boys and Girls Club of Greater Lowell 15th Annual Holiday Auction

Lowell, MA – The Boys and Girls Club of Greater Lowell presents the 15th Annual Holiday Auction Thursday, November 29 at 5:30 pm at the Lowell Memorial Auditorium. Tickets are on sale now for \$100 each, and are available by contacting The Boys and Girls Club of Greater Lowell at 978-458-4526 or by emailing Emily Wiseheart at ewiseheart@lbgc.org.

For more information or to view the invitation, please visit www.lbgc.org.

The Boys & Girls Club of Greater Lowell offers mostly low-income youth, teens, and their families the most extensive and affordable youth development programming in Lowell. The Club provides children ages 7-18 with educational, social, and recreational programs, and

only charges \$26 per child for the school year program and \$10 per week during the summer. Funds raised from the Holiday Auction help keep our fees affordable and allow us to provide scholarships so that no child is turned away from our services due to an inability to pay.

In addition to supporting a worthwhile cause, the Holiday Auction is a fantastic way to enjoy time with great people, join in an exciting auction where there is something for everyone, as well as indulge in a gourmet dinner and drinks. We have a wonderful committee planning this event and we are looking forward to a fun evening with friends and colleagues to support the Club's programs.

Senior Happenings

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

Tue-Nov 13	Free Hearing Screening	10:00am
	Grocery Shopping	10:00am
	Movie	12:00pm
Wed-Nov 14	Beginning Computers	9:00-11:00am
Thur-Nov 15	Dealing with Life's Changes	10:00am
Fri-Nov 16	Nurse Nancy	1:30-3:30pm
	Bowling	9:00am
	Pheasant Lane Mall & Food Court	9:30am
	Cribbage	12:00pm
Tue-Nov 20	Grocery Shopping	10:00am
Wed-Nov 21	Reiki	11:00am
Thur-Nov 22	THANKSGIVING CENTER IS CLOSED	
Fri-Nov 23	CENTER IS CLOSED	
Tue-Nov 27	Veteran's Breakfast	9:00am
Thur Nov 28	Grocery Shopping	10:00am
	Coffee w/the Director	10:00am
	Dealing with Life's Changes	10:00am
	MVNP Special Meal	11:30am
Fri Nov 29	Nurse Nancy	1:30-3:30pm
	Bowling	9:00am
	Kmart (Salem NH) & 99 restaurant	9:30am
	Cribbage	12:00pm

Dracut Town Happenings

For further details on what is happening in Dracut and locations of all meetings, please visit the town website calendar section at:

www.dracut-ma.us

Wed Nov 14	Permanent Building Committee	4:30-6:30pm
	Historical Commission	7:00-8:00pm
	Planning Board	7:00-9:00pm
Thur Nov 15	Zoning Board of Appeals	7:00-9:00pm
Tue Nov 27	Board of Selectmen	7:00-8:00pm
Wed Nov 28	Planning Board	7:00-9:00pm
Thur Nov 29	Cable Advisory Committee	7:00-8:00pm

Merrimack Valley Idol

A taste of Hollywood comes to Andover when Quota International of Andover presents "Merrimack Valley Idol" on Saturday, November 17 at the Wyndham Andover from 6:00-10:00 PM featuring a competition among 12 highly talented vocalists in the Merrimack Valley. They will be competing for \$500 in prize money and a chance to open a future performance by the New England Tenors.

The contestants come from a wide range of local communities. The contestants are:

Nurilys Cintron and Ilia Paulino from Lawrence, Evan Denmark, Susan Hawes, Delilah Kaufmann-Laduc from Andover, Jamian Figueroa and Connor McGrath of Haverhill, Julie Fisher and Daniel Nickerson from Methuen, Ali LaFontaine from Dracut, Bonnie Rynkowski from Beverly and Kally Riddinger

from Pelham, NH. Each contestant auditioned in phase one of the competition in early October with the local celebrity judges Josie Walker, Elly Seavey and Mike Fay.

The evening of entertainment will feature a dinner, silent and live auctions, a cash bar and more. Quota International of Andover is a non-profit [501C (3)] organization whose focus is to provide financial support, time and resources to help meet the needs of disadvantaged women and children and hearing impaired children in the Merrimack Valley. The evening is the Club's annual fundraiser. The public is welcomed to attend this event that promises to be a fun filled entertaining evening for everyone. Tickets to this event are available by contacting Louise Hadad at lhedad@comcast.net.

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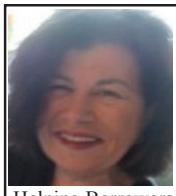
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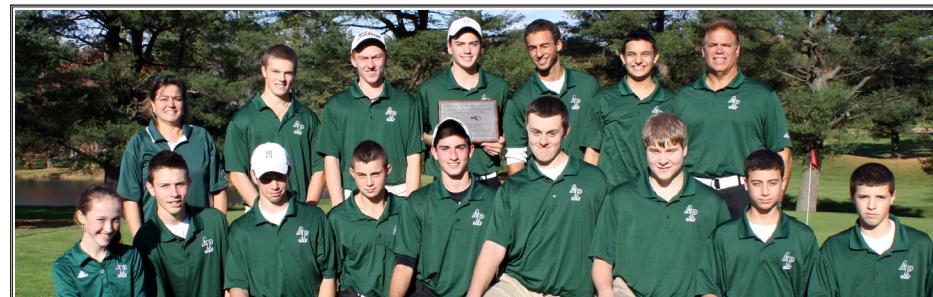
PANTS ON FIRE AWARD – Of all the candidates telling all the lies they could this election season, by far the winner of the Valley Patriot's "Pants on Fire Award" for the 2012 election goes to Congressman John Tierney. Tierney took a template from the playbook of the Democrat National Committee in Washington D.C., which advises candidates to accuse their republican rivals of being "right wing extremists" and tie them to conservative talk show host Rush Limbaugh, former Vice Presidential candidate Sarah Palin, and the Tea Party.

It didn't matter to Tierney that many members of the Tea Party actively opposed Richard Tisei (Tierney's opponent). And it didn't matter to Congressman Tierney that Senator Tisei is an openly gay man who supports abortion, gay marriage and softening gun laws. Congressman John Tierney went out on the campaign trail and falsely repeated, over and over, that "Richard Tisei is a right wing extremists" and said he was a Tea Party candidate. Twice on my radio show when he called in, he said the same. Even after it was pointed out to Congressman Tierney that Members of the Merrimack Valley Tea Party were handing out anti-Tisei literature at meetings, (I know, I watched my friend Lyndi Lanphear of that Tea Party chapter spearhead the anti-Tisei movement in Essex County), Tierney continued his falsehood.

MARCOS DEVERS EMBARRASSES JOSE SANTIAGO WITH EPIC WIN - You have to hand it to Lawrence State Representative

Marcos Devers, who has the distinction of being Lawrence's first-ever Dominican and first ever "Latino" mayor. While Democrats across Massachusetts enjoyed election wins in nearly every race by a 2-1 margin, Devers outright destroyed Jose Santiago on Election Day receiving 9,253 votes, to Jose Santiago's 1,707 votes. That's about and 84% margin of victory for Devers who proves again and again that he is a "love and power" not to be messed with.

When Willie Lantigua finally leaves office as the worst mayor in human history, someone will need to fill that power vacuum and someone is going to need to fix the disaster Lantigua will leave behind.



AUSTIN PREP. SCHOOL GOLF TEAM RECEIVES THE 2012 MIAA DIVISION III SPORTSMANSHIP AWARD FOR THE FALL SEASON.

The Austin Preparatory School Golf Team includes, kneeling from left, Megan Mahan, Kyle Sikora, Cameron Russo, Robert Pagano, Andrew Gerety, Patrick Scanlon, Dylan Dalbeck, Frank Pagano, and Stephen Guttadauro; and, standing from left, Assistant Coach Doreen Fuller, Alec Svendsen, captain Kenneth Richer, captain Zachary Fuller, captain Anthony Mandile, Nichols Moses and Coach Paul Mayo.

Whenever I ask people who can fill the void and do the job when Lantigua finally leaves, they scoff at the suggestion of Marcos Devers righting the ship. But if you look at those numbers above, I will say again, Marcos Devers is the heir apparent to the Lantigua throne and I don't see anything short of scandal that will stop that from happening.

AS PREDICTED MORAN DEFEATS CUFF - (Moran: 8,392 votes or 63% - Kevin Cuff 4,828 votes) - I tried so hard to convince Independent State Rep. Candidate Kevin Cuff that the fix was in and that the newly created "Latino District" (the 17th Essex District), was created specifically for Lawrence City Council President Frank Moran, (Willie Lantigua's friend and right hand man in city hall).

In fact, I announced it on my radio program on 980AM, WCAP long before Frank Moran and Kevin Cuff even announced their candidacies, and days BEFORE the new redistricting maps were even released by the legislature. I knew then, (and therefore, so did you) that Lantigua and his allies had traded favors with state legislators to create a "Latino District" tailor made for his friend Frank Moran. The fix was in, and my readers, my listeners and my Facebook followers knew what was going to happen in this race long before it even began.

But, you have to hand it to Moran's

destined-to-lose opponent, Kevin Cuff. Cuff was accessible, he went out and raised issues, talked to voters, knocked on doors, and even though he lost overwhelmingly, his candidacy resulted in more proof of election fraud in Lawrence. That's right, weeks before the final election last month, it was learned that there were forgeries on Frank Moran's nomination papers, and that Willie Lantigua's head of Elections Department, Rafael Tejeda had forged them and then certified his own forgeries. Of course, nothing will ever be done about this, Lantigua was quoted afterwards saying that Tejeda deserves a raise. Listen, I have been saying forever that the fix is in at the Lawrence Election Department. I just wonder if this blatant election fraud would be tolerated if it was done by a white, republican mayor (like Mike Sullivan)? I think you all know the answer to that one.

LYONS WINS, PUPPYGIRL HAPPY - On election night, Republican State Representative Jim Lyons (of Andover), won his first reelection bid by defeating former State Rep. Barbara L'Italian for the second election in a row. The Valley Patriot's very own PuppyGirl Kate Whitney (of Boxford) endorsed Representative Lyons for his strong support for rescue dog shelters. During the campaign Lyons even adopted a dog from PuppyGirl's shelter "One Tail at a Time Rescue" in Haverhill. Lyons said

that he will continue to advocate for rescue shelters and will continue his investigation of the State Department of Agriculture and their cozy relationship with the dog breeder industry.

FINEGOLD SMOKES ADAMS

(Barry Finegold: 44,223 votes; or 65% of the vote. Paul Adams 23,648 votes). Like Most Republicans on the ballot last month, Paul Adams never really stood a chance against his Democrat opponent (incumbent State Senator Barry Finegold). But then again, if you look at the election results across the commonwealth it's pretty clear that Alex Vispoli , or any other Republican candidate would have suffered the same fate. And that's too bad. Adams has not been my favorite State Representative, but by the end of his one and only term on Beacon Hill, Adams had learned some very hard lessons and seemed ready to redeem himself if only given the chance. At the

end of the day, the issues didn't matter, the pledges and promises didn't matter, and Finegold's cushy relationship with Lawrence's Mayor William Lantigua didn't matter. Voters cast their ballots on election day based on party lines alone.

1ST ESSEX SENATE RACE- IVES RUNS THE TABLE

(Kathleen O'Connor Ives (D) 36,175, Shaun Toohey (R) 26,483,

Paul Magliocchetti 12,764, Jim Kelcourse 3,340)

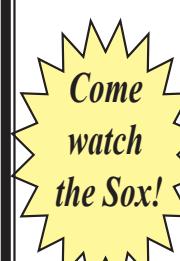
Newly elected State Senator Kathleen O'Connor Ives ran the table on Election Day defeating all three of her rivals in every community of the 1st district. After her win, the Democrat City Councilor from Newburyport appeared on the Paying Attention! radio program on 980WCAP, saying that she will attend local Tea Party meetings. This might not make her too popular with her Democrat colleagues on Beacon Hill but I have a feeling Ives will be doing a LOT of things in her two year term that are not going to sit well with the Democrat leadership. Ives pledged during the campaign to champion 209A reform, and legislation requiring financial penalties on individuals who refuse to comply with Freedom of Information requests for public documents and public information.

Ives says she is eager to listen to con-



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stituents who have different views than her, and that people should not assume where she stands on issues just because she is a Democrat. (And you wonder why I endorsed her??) Ives says she doesn't just want to represent her Democrat constituents in the 1st district "I want to represent everybody. That means listening to and talking to people who have very different views. I really feel that it's important to talk to the other side, so to speak, because there are some issues we will have in common and I want to be able to work with people on those common concerns." Ives will follow in the tradition of her predecessor Senator Steve Baddour who also attended and frequently spoke at Tea Party Meeting in North Andover.

As for Paul Magliocchetti and Jim Kelcourse, I wish I could have voted for both of them. I hope they both stay involved in the community and run again for public office. They ran clean campaigns, brought a breath of fresh air to the civil discourse during debates, and showed that they have the ability to lead if given the chance.

DIANA THE DRAGON SLAYER
(Diana Dizoglio (D) 11,133 Karin Rhoton (R) 6,555)

Newly elected State Representative Diana DiZoglio pulled the upset of the election season in the Merrimack Valley when she defeated incumbent David Torissi in the primary. But, DiZoglio still had to beat the Republican candidate Karin Rhoton in the November election. And that's exactly what she did. DiZoglio nearly ran the table, winning Haverhill, Lawrence and Methuen, and only lost North Andover by about 60 votes. For her part, Rhoton worked hard and had many issues on her side, but she was just no match for the type "A", go getter from Methuen who knocked on more than 5,000 doors in the primary alone. I am hoping Karin stays active and runs again for local office, and I congratulate Diana DiZoglio for ridding the Valley of one of the worst state representatives the Valley has seen in a long time. Now, Willie Lantigua will have one less puppet on Beacon Hill to push through his corrupt agenda. Maybe in the next election we ought to run a Democrat candidate against Barry Finegold in the primary. It seems like the only way to unseat a Democrat incumbent.

FROM THE MA OFFICE OF CAMPAIGN AND POLICAL FINANCE.

CPF-12-37: Christopher Griffin, Braintree. Did not comply (public employee); 7/26/2012. A public employee, Christopher Griffin, served as treasurer of the Rep. Mark Cusack Committee. The campaign finance law prohibits public employees from serving as treasurers of political committees. To resolve the matter, the committee made a \$750 payment to the state's general fund.

in March 2011, but did not resign as treasurer of the political committee until May 2012. The campaign finance law prohibits public employees from serving as treasurers of political committees. To resolve the issue, Griffin agreed to make a payment of \$200 to the state's general fund.

CPF-12-37: Rep. Mark Cusack, Braintree. Did not comply (public employee); 7/26/2012. A public employee, Christopher Griffin, served as treasurer of the Rep. Mark Cusack Committee. The campaign finance law prohibits public employees from serving as treasurers of political committees. To resolve the matter, the committee made a \$750 payment to the state's general fund.

METHUEN VILLAGE LAUNCHES "PHOTOVOICE PROJECT", a unique, inspiring photography exhibit featuring the works of individuals living with memory loss. Methuen Village announced the opening of The PhotoVoice Project, a distinctive exhibit featuring the photographs and writing of older adults living in the community's assisted living and Compass Memory Support™ neighborhoods. The Opening Reception for the exhibit is Thursday, November 13, 2012 from 4:00-6:00pm at Methuen Village located at 4 Gleason Street, Methuen. The public is invited to attend to view the works and will have an opportunity to meet the artists. The PhotoVoice Project was developed by several researchers at the University of Michigan to enable individuals with disabilities to identify, represent and articulate aspects of their lives by working with cameras to

Supercuts in Haverhill is proud to announce a peanut butter drive to help the community during the month of November. Already this year Supercuts donated back packs filled with school supplies to kids going back to school and a portion of proceeds during a "Cutathon" for breast cancer in October. Last year at this time Supercuts conducted a coat drive for the holidays. This year we are asking the general public for help with our effort to collect jars of peanut butter which we will contribute to the local food banks.

In America today about one in six families face an inability to obtain a nutritionally sound diet to provide an active and healthy life. We are anxious to play a part in taking care of the nutritional needs of our community. In the month of No-

vember, Supercuts in Haverhill will accept any unopened jars of peanut butter from their patrons or anyone wishing to come by our store. All that is collected will be in turn donated to the local food banks.

Why peanut butter? Peanut butter has nutritional value and a long shelf life. It contains vitamins B, B3, E, K, and is high in protein. It is something that most kids love to eat. There are also many ways to incorporate peanut butter in meals.

The Supercuts team is hoping we will have truck loads to donate however we will be grateful for whatever we collect as will the families that receive it. Please join Supercuts in helping fight against hunger by donating a jar(s) of peanut butter to 257 Lincoln Ave.

capture images of interest and then giving meaning to those images through words. Senior Living Residences, the Boston-based company which manages the daily operations of Methuen Village and created Compass Memory Support, is the first assisted living company in the United States to adapt this program for individuals living with different types of dementia. Exhibiting the work at the end of the six-week project in a public space creates a forum for dialogue, awareness and solidarity with individuals living with memory loss who are often isolated and misunderstood by society. Methuen Village is located at 4 Gleason Street in Methuen. For more information, visit www.methuenvillage.com or call 978.685.2220.

LAWRENCE PUBLIC LIBRARY TO OFFER DOWNLOADABLE MUSIC FROM THEIR WEBSITE

The Lawrence Public Library has joined Library Ideas™ network of Public Library websites that offer access to over 3 million songs including Sony Music's catalog of legendary artists. The Freegal™ Music Service will allow the Lawrence Public Library to increase the size and diversity of its collection by offering access to over 10,000 music labels from 65 different countries. Under the terms of the agreement, registered card holders of the Lawrence Public Library can download a select number of Freegal Music tracks in the MP3 format each month at no direct cost via www.lawrencefreelibrary.org. The library will underwrite the purchase of the music. Libraries all over the world subscribe to the Freegal Music Service, including the Princeton (NJ) Public Library, Maricopa County Library District (AZ), The Edmonton Public Library (AB), Orange County Public Library (FL), The Biblioteche di Bologna (IT), Nashville Public Library (TN) and Fairfield Public Library (CT). The Freegal Music Service recently announced the availability of free mobile apps for registered cardholders of subscribing libraries. The Freegal Music apps are available in the Apple® App Store and Google Play®.

NETWORKING - November 30 – Bring plenty of business cards and join dozens of North Shore professionals at the North Shore Business Forum's networking meeting. The North Shore Business Forum



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

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

SALISBURY – BLOOD DRIVE : A Community Blood Drive will be held at the Hilton Senior Center, 43 Lafayette Road, Salisbury Friday, November 16, 2012, 1 p.m. to 6 p.m. sponsored by the Salisbury Lions Club and the American Red Cross. Every two seconds someone in the United States needs blood and every pint donated could save up to three lives. The Red Cross is urging the public to make an appointment to donate blood by calling 1-800-Red-Cross (1-800-733-2767) or visit www.redcrossblood.org. Snacks, fruit juices, and bottled water is provided to presenting donors by the American Red Cross. Corn Chowda will be provided to presenting donors by Salisbury Lion members Herman & Regina Fortin owners of Lena's Seafood Restaurant. Every day in November one presenting donor will be awarded a \$50 gift card that can be used towards your Thanksgiving dinner

BAT MITZVAH AROUND THE WORLD - Andover- The Merrimack Valley Jewish Federation will celebrate the 90th anniversary of Bat Mitzvah around the World on Thursday, November 15, 2012, 7 pm at the Lanam Club, 260 North Main Street, Andover. Barbara Vinick and Shulamit Reinhartz of the Hadassah-Brandeis Institute and editors of Today, I am a Woman: Stories of Bat Mitzvah Around the World, will present a special conversation based on their book. Drawing from the informative, dramatic and poignant stories from 78 countries, Reinhartz and Vinick will talk about the history of bat mitzvah, and how it is celebrated around the world. The book is a collection of personal testi-

NOTEBOOK, PAGE 38

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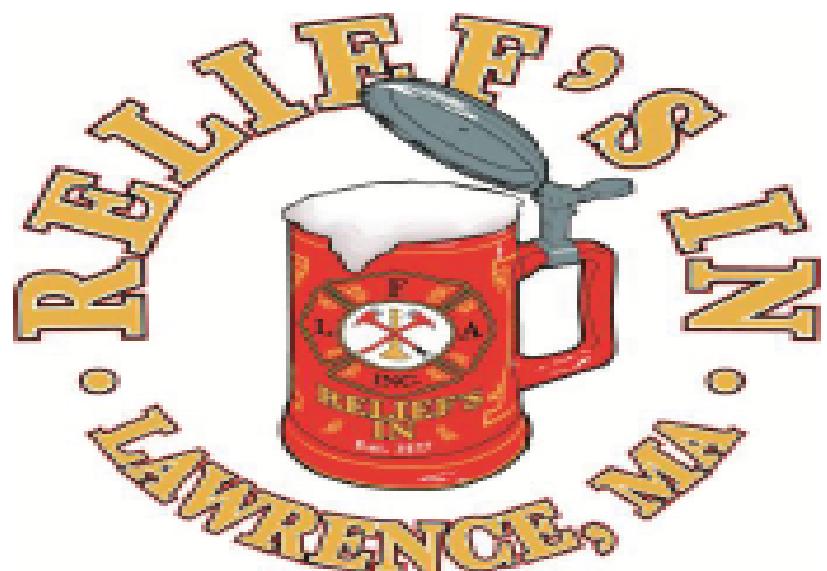
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Valley Patriot On the 2012 Campaign Trail



The Tea Party – Take 2

Christine Morabito
GREATER BOSTON TEA PARTY

Rarely am I at a loss for words, but I feel as if I am groping around in the dark after an extraordinarily long and disappointing Election Day.

The November 6, 2012 election will be recorded as a major milestone in the life of the Tea Party, and the day we had been planning for since our birth. This I can assure you: We did not go away after 2010, and we have no plans to go away now. What has changed? Virtually nothing.

This is probably a good time to articulate the mission of Greater Boston Tea Party. We are a group of citizens who are concerned with the increasingly burdensome reach of government. Our mission is to educate and advocate for the restoration and defense of public policy that promotes limited government, free markets, free speech, individual liberty and personal responsibility, all tenets of the Constitution of the United States of America and the Bill of Rights. We advocate citizen engagement through civil discourse, community involvement and online activities that promote peaceful and productive social change.

At our founding, we made a firm decision to concentrate on the fiscal issues that most Americans agree on. Over the years, this position has been fiercely challenged by individuals who feel we should address social issues. These very social issues were used unfairly, but quite effectively against us in this election season.

Today I came across a Twitter post stating "I'm pretty happy that my uterus still belongs to me for the next

four years." As ridiculous as it was, the Obama campaign successfully convinced millions of women that, under a Romney presidency, their uteruses were in danger of being commandeered.

There is plenty to be outraged by.

From my vantage point on Election Day, it was immensely frustrating to see the reports of rampant voter fraud taking place all over the country, and be helpless to do anything about it. We will continue to advocate for voter ID laws and coordinate with True The Vote, a non-partisan, citizen-led initiative, forming a Massachusetts team to clean up our horrendous voter rolls. Unfortunately, our True The Vote databases were not available to us for this election, but will in the near future. You can sign up at <http://www.truthevote.org/>

I find it hard to believe that we have become a society addicted to government entitlements. In real life I work as a psychiatric nurse and have counseled numerous individuals dealing with addiction problems. While it is true that addicts must hit "rock bottom" to begin recovery, I am constantly reminded that that bottom is relative. For some it might be losing a job, but others may have to lose everything before they ask for help. The Obama administration's first term was the bottom for many people, in terms of losing their liberties. I have no doubt that a second term will be a wake-up call for millions of others.

Our saving grace may be Obama's lack of a mandate for further radical change. He will also be acutely aware that his second term will define his legacy.

I would personally like to thank all the pro-liberty, freedom-loving candidates



for sacrificing their time, energy and financial resources to run for state and federal offices. Individual Tea Party members worked tirelessly to help get these candidates elected, and their losses were heartbreaking.

We at the Greater Boston Tea Party will continue to work closely with the many Tea Party groups that share our goals and mission, such as the great folks from the Merrimack Valley and Worcester Tea Parties.

The Tea Party believes in putting principles above party. To that end, it is important to establish dialogue with our legislators, regardless of party affiliation. Yes, even in liberal Massa-

chusetts, there are many fiscal conservatives on both sides of the aisle.

To those who disagree with our fiscal conservatism, we hope to establish a civil dialogue. We are not the enemy. With all the vitriol over the past 4 years, few of us have the stomach to continue it. I believe most Americans want what is best for this country. It is my sincere hope that we can work together to achieve it.



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

FROM PAGE 9: Knee Patient Dies at Holy Family

How is this not a criminal case? Just because the building says hospital doesn't give them a free pass."

"I mean, my mom had been calling me complaining that the nurses weren't paying any attention to her. They were treating her like a pain in the ass and they never did what they were supposed to do, and now she is dead."

Family friend Mark Biltz said he accompanied Evans at the hospital and said that the surgeon Dr. Ronald Marvin, admitted to both he and Evans that a heart monitor "may have made the difference."

"I was there as a witness," Biltz told the Valley Patriot.

"We talked with the doctor about why she wasn't on a heart monitor and asked if it would have made a difference and he said it may have made a difference if she had had one. We asked why she didn't have one given her pre existing conditions that they knew about and he said he didn't know."

"I can also tell you that the conditions at the hospital were terrible. The bathroom near the ICU had human feces on the men's room toilet seat that wasn't cleaned for the two days we were there," he concluded."

"After calling everyone I could and writing letters to everyone I could," Evans added, "finally I got Methuen to take a report. Then I got a call from Agent Mike Lawrence of the FBI who said they are going to assess this and check the history of the hospital and all those involved. I have written every congressman, state senator, legislator, the Surgeon General, The White House, everyone I could think of. I even filed a complaint with the state medical examiner's office, with separate

complaints to the board of medicine, for the nurses, doctors, the hospital, and Steward Health Systems, who owns this hospital. I also filed a complaint with the FTC (Federal Trade Commission) and the Attorney General's Office for the misleading name of Holy Family Hospital which, in my opinion gives elderly people a false sense of confidence when this hospital is a business as evidenced by the Dunkin Donuts in the lobby."

"The Attorney General of NH and the governor's office in addition to those in Massachusetts are also looking into it, as it is their duty to protect citizens of their state in situations like this."

Funeral Home Backs Evans' Story

The Evans family funeral home director John Brewitt of the Brewitt Funeral Home in Epping, New Hampshire confirmed that Evans had contacted him about his mom. Brewitt confirmed that the death certificate listed seven causes of death and that the body was released without a death certificate.

"We contacted a funeral home in Methuen to aid us and give us some advice on how to handle this since they were local and they would be handling the cremation. Brian wanted cremation as soon as possible so we engaged Cataudella," Brewitt told The Valley Patriot.

"Once we straightened out that confusion, we got a call from Holy Family who said they could not release the body until the family was aware there could be an autopsy. That's not standard, we don't see that very often at all."

Brewitt admitted that the body had already been released when he got the call.

"They weren't offering to do one. They knew Brian was upset, and they wanted

to make sure he knew he could get one independently if he was questioning cause of death. I called Brian but I couldn't reach him," Brewitt recounted.

"But, there was a husband and he is legally the next of kin so I got a hold of him and he happened to be three miles down road when we spoke. He went down there and stopped in and straightened it out. They released the paperwork, we got the death certificate over the weekend, and that's when I went to the police station and proceeded as Brian would like us to."

"I can tell you Brian was very upset when we spoke. He was very emotional as you might expect. He said there had been no monitoring of his mom and they didn't follow her medical history. He was very upset and frustrated that the hospital had filled out an extensive death certificate and put everything in her medical history on it even though there was no autopsy. I suspect they did that to cover themselves. There were maybe, excessive amounts of causes and contributing factors to the death of Mrs. Bousquet," said Brewitt.

"The cause of death didn't matter at that point," Evans said.

"If she was monitored, she'd have had a fighting chance. Although I wasn't legally her next of kin at the time, I told them I didn't want her to be given an autopsy because I didn't want this hospital to do anymore to her than they already did. I am her son, and I couldn't protect her from these morons."

How does a woman without an autopsy have so many causes of death on her certificate. Shouldn't it just say "undetermined due to no autopsy"? Not at



this hospital, where they listed seven causes without one," says Evans.

Kerry Calls for Investigation

Senator Jon Kerry said in a letter to Evans that he has referred the case "directly to the Board of Registration in Medicine and asked them to carefully review the concerns of your letter."

Evans said he is not letting the death of his mom go until someone is held responsible for her death.

"The disrespect they showed for my mother, both alive and dead is just shameful. They were even parading medical students into her room while she was trying to recover and the nurses were joking and laughing in her room, one of them even put a pen on her chest like she was a desk, like she wasn't even a human being."

"My mom was the most important person in my life but she sure as hell wasn't all that important to the people working at Holy Family Hospital in Methuen I will tell you that. She will be important to them now."

Ye Gay Ol' Valley**Tying the Hands of the Teacher****D. B. Langevin**

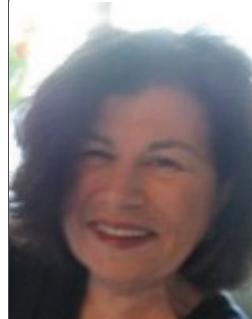
VALLEY PATRIOT LESBIAN COLUMNIST

As a teacher I am told that I must inspire my students. I must make my classes interesting and engaging, keep up with the latest technology, know and follow the curriculum frameworks and the Common Core Standards. I am given a short list of what it is I have to do and a laundry list of things that I can't do. More and more my colleagues and I are being battered with new laws and regulations that restrict our abilities to keep order in ever increasing class sizes and ways in which we truly can keep an often time dry curriculum interesting and engaging.

When I was a young student teachers would reward us with stickers, certificates and even small pieces of hard candy when my peers and I were particularly well behaved, did something nice, raised our hands more often than not or some other behavior that deserved recognition. When I became a teacher I instituted the same policy. I even kept a small supply of crackers or cookies on hand for those students who didn't always have the luxury of breakfast every morning. If their focus was off or they looked distracted and pale, I quietly ask them if they'd had breakfast and if not the quick snack would get them up and running.

How many times did any of us come home asking our mothers to make cupcakes for our birthday to bring in. I can't count the number of times my own children did the same as they were growing up. In class, it was a great bonding moment; a nice break; and an important recognition for the birthday boy or girl.

Well, you can forget all about that. Recently many school systems and even states have adopted a new wellness policy that has pretty much outlawed the giving or sharing of any consumables completely. I could quite literally lose my job if I handed out so much as a tic tac. Teachers are no longer allowed to give out any type of food as a reward in any way. No more hard candies for doing all of your homework that week. No more sharing cupcakes on your birthday. If a child didn't have breakfast that morning or any morning, too bad, they only have another three or four hours until lunch and that's



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Morality Matters!**Jihad of the Cultural Left****Paul Murano**

VALLEY PATRIOT COLUMNIST

When people over here decry religious wars in the middle east as being backward they unwittingly display hypocrisy. There has been an ongoing religious war on our soil for decades ironically perpetrated by secular humanism or the cultural left, which Dennis Prager calls the fastest growing religion in America. Most Americans are members without realizing it.

This month's election confirmed what has been apparent for quite a while, that secular humanism in its faith claims and practices has all the trappings of a religion. It's pastor is now Barak Obama who preaches hope and change, not through spiritual transformation on route to eternal life but by government intervention creating "fairness" to minorities and women.

It seeks liberation, not from sin but from responsibility; not from the devil but from the white man. Its faith life is expressed through the manipulation of politically correct language, and it's moral code is one that is meant to please the desires of their god, the Self. Its sacraments include the various forms of sexual deviancy, centered around their main sacrament of (un)holy communion with the birth control pill. Their central sacrifice is not one human being on a cross but 4200 preborn human beings per day in abortion clinics, offered to the god of self. The aim of their sacraments is not to give life in order to heal and elevate, but to impede life or destroy it in a culture of death.

Pastor Obama, now re-elected to a second term, preaches hope and change, not in God and resurrection but in earthly utopia through governmental intervention. He preaches not commitment to marriage and family but to contraception and abortion in order to avoid the responsibility of marriage and family. He preaches to the god of self that life is not a gift but a choice, and that we get to redefine life and love since in this religion we are our own gods. Anyone who refuses baptism into the church of secular humanism through the media and academia is treated with disdain. It is now America's most popular religion and it is openly and brazenly at war with Christianity. Why? Because its number one enemy is truth.

I was again reminded of this holy war as I woke up this morning, the morning after the election, to a personal e-mail in my facebook inbox from a complete stranger who happens to be a facebook friend of a friend familiar with my writing. Here is his note verbatim. I kept his last name anonymous to protect his reputation:

"I guess you guys just didn't pray hard enough? Heed these words. The train has left the station on gay marriage, marijuana

reform, and abortion. Standing in front of a moving train can be dangerous and what was started by love can NEVER be stopped by hate and fear. Have a nice day you antediluvian anti-progress ostrich."

Sincerely, James"

And my response to him:

"James, you're a bit late. The train you speak of left its station four decades ago. The darkening of the culture has been well underway. These trains come and go throughout history. It's never been about popularity or feeling safe -- those are irrelevant. It's about being faithful to the truth regardless of the onslaught."

I'm ambivalent about marijuana, but prenatal homicide and same-sex sodomy called "marriage" will probably become more and more popular as society becomes more and more blind to its addiction, until it crumbles. It's happened before in history and it will happen again. The important question for individuals relates to character: Do we blindly go with the flow or do we remain firm regardless of consequences? This is, and always has been, the primary question that defines the person.

As for your prayer comment, since it's blasphemous in nature I will assume you're not open to the theological truth that prayer is not meant to force God's hand on anything, but rather to remain in union with Him."

In his note we can see four of this religion's most common dogmas, two of faith and two of morals:

Faith doctrines: 1) truth is measured by popular opinion, and 2) goodness is measured by the time one lives in.

Moral doctrines: 1) attacking with personal insults is the best way to avoid issues at hand, and 2) to justify one's own hate it must be projected onto someone else.

Finally, a proper interpretation of his note sums up the ultimate aim of this religion - to dethrone the God of the universe and replace Him with the god of self. Yes, the religion of the cultural left has won yet another battle by this election, but their jihad can never be successful in winning a holy war against God and the natural law inherent in human nature, no matter how clever and powerful they think their gods of self might be.

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



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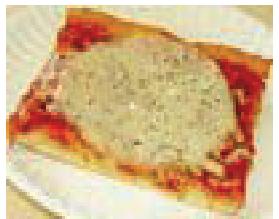
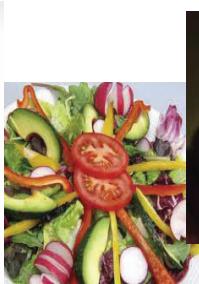


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FROM PAGE 6: City Refuses to Release of Payments to DiAdamo Law Firm

refused to comply with the judge's order.

TIMELINE:

In February of this year The Valley Patriot filed a public records request seeking public information from the City of Lawrence. Under Chapter 66 of the Public Records law, requested documents must be turned over within ten days.

In June of this year we were notified (only after calling the city) that Lawrence had "lost" our Freedom of Information Request and The Valley Patriot was forced to re-file our request.

At the end of July, The Valley Patriot received a letter from Attorney Boddy stating that the documents we requested were indeed public documents, and for \$61.81 he would release them.

The Valley Patriot paid the city. The city cashed the Valley Patriot's check. And then Lawrence Mayor Willie Lantigua's City Attorney refused to turn over the records.

The Valley Patriot filed an appeal with Secretary of State Bill Galvin's office, which promptly ordered the city to turn over the requested material ... three times.



Lawrence City Attorney Charlie Boddy and Mayor William Lantigua have refused to comply with Judge Murtagh's Order.



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"In a September 26, 2012 electronic mail, Mr. Duggan informed this office that the City had yet to provide records responsive to his request. In order to allow the office to clarify its position Michael Pagones, an attorney on my staff, called your office. Your office has yet to respond."

But because there is no penalty in the Public Records Law for those who refuse to comply, Secretary of State Galvin's says there is nothing he can do to penalize Mayor Lantigua or City Attorney Boddy.

State Representative Jim Lyons said that he is outraged by the behavior of the City of Lawrence and pledged to file legislation to put "serious penalties" on individuals who fail to comply with the Freedom of Information laws. "These documents, these records and the information on them belong to the people, not Mayor Lantigua or anyone else," Representative Lyons said.

"If there is no penalty in the law, then there really is no law, that needs to be addressed. I will be happy to file a bill in the next session to put teeth into this legislation and make sure people who withhold public information should pay heavy penalties."

Secretary of State's Bill Galvin's office wrote letters and made phone calls to Attorney Boddy in August and September of this year but Boddy refused to talk to them and also refused to call them back.

On October 3rd the Valley Patriot filed action in Essex Superior Court demanding that the city comply with the law and a hearing was scheduled for October 11th.

Lawrence City Attorney Charlie Boddy, (whose office is less than 20 feet from Essex Superior Court) did not appear on behalf of the City of Lawrence for the October 11th hearing. Instead Mayor Lantigua contracted with the high priced Boston Law Firm of Foley and Hoag to fight The Valley Patriot's \$61 public records request.

Finally, on October 11th, Judge Mur-

"Please take back to your client that these records are to be produced forthwith ... forthwith, and that means immediately, sooner than immediately, I want these records produced."

Essex Superior Court Judge Thomas Murtagh

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Plan ahead for your pets when traveling, unexpected inclement weather

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Traveling for the holidays? Leaving your pets in the care of family, friends or a pet care service? Or if you are just staying at home during the storms: Please plan ahead for what mother nature may send our way. This past week when Hurricane Sandy hit, I had two clients traveling overseas and neither were about to return to the States for almost a week later.

1. A couple extra cans of dog or cat food
2. Can opener – manual not electric
3. Buy a gallon of water
4. Super yummy treats and a favorite toy
5. Medications- (may be worth getting the prescription filled if running low)
6. Collar with ID tags – animals name and phone number and your contact info
7. Crate or a carrier – in case you must evacuate
8. Flashlight and extra batteries
9. Wee Wee pads and some cleaning supplies
10. Pet First Aid kit



Plan on indoor playtime! If you have a dog and cat that tend not to get along or a cat that is typically an outdoor cat...well your house may have a little extra energy this week. Please remember this is not the norm for your pets, they may be nervous, tired and or anxious. Please have a little extra patience with them.

Bring in your outdoor pets... ALL cats must come in!

1. If you have bunnies, try bringing their cage into your garage for a few days

2. If you have a barn, prep it and have extra food available in case you are unable to get outside to check on your animals

If you need to evacuate please remember:

1. Most hotels will allow you to bring your pet "in case of an emergency" but

please call to confirm first.

2. If you are going to a family or friend's home, This is all new to your pet too, understand your animal's behavior may not be his normal self.

3. If you are being placed in a shelter please confirm they allow pets. A RED CROSS SHELTER WILL NOT ALLOW ANY ANIMAL INTO THEIR SHELTERS. Please request a town or FEMA sponsored shelter as they care and realize your pet is your family ~ ALL are welcomed

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.

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PUPPY LOVE! with Kate Whitney

Breeders Kill Shelter Dogs' Chances to LIVE!

Let's hope the snow if over for good. I don't know about you but I am so ready to get the dogs outside and do some gardening. Thank you so much for the continued support of my column. Many of you have emailed me with questions or comments; I absolutely love hearing from you, so thank you.

This month I want to talk about something that is very near and dear to my heart, dog rescue. I urge you to read through this whole article. Some of you may find it difficult because it exposes some truths that are hard to swallow, but the only way that things are going to change is if you get as angry as I am and feel it in your heart to take a stand for the dogs that have no voices or to just plain support dog rescue and everything it stands for.

However, please do not read this and turn a blind eye, as so many people do. Remember that one person can make a difference.

Just by telling others about rescue and how important adoption is, is helping the cause. Some of you may prefer to make a monetary donation, that's helping the cause too. Whatever you do, know that it is greatly appreciate by those of us who strive to find homes for these great dogs.

If you have been reading my column for a while, you know that I am always promoting adoption and rescue as opposed to going to a breeder, pet store, or ordering dogs online (just awful). For those of you who are new to my column (and even for those who have been with me from the start), I want to refresh your minds about



how I got started.

I was taking my cat to the vet in the fall of 2007 (coming up on 4 years, wow!) and I saw the cutest little puppy in the waiting room. It kind of looked like a golden retriever puppy; if you have ever seen a golden puppy then you know the level of cuteness I'm talking about.

Well to be fair to all breeds, most puppies are just adorable in general. Anyway, I asked her where she got the dog and she said she had found it on Petfinder.com. Well, let me tell you, my family and friends will tell you that finding out about Petfinder opened a can of worms and lead me to my true passion in life, dog rescue and adoption.

When I got home from the vet's office, I immediately checked out this website

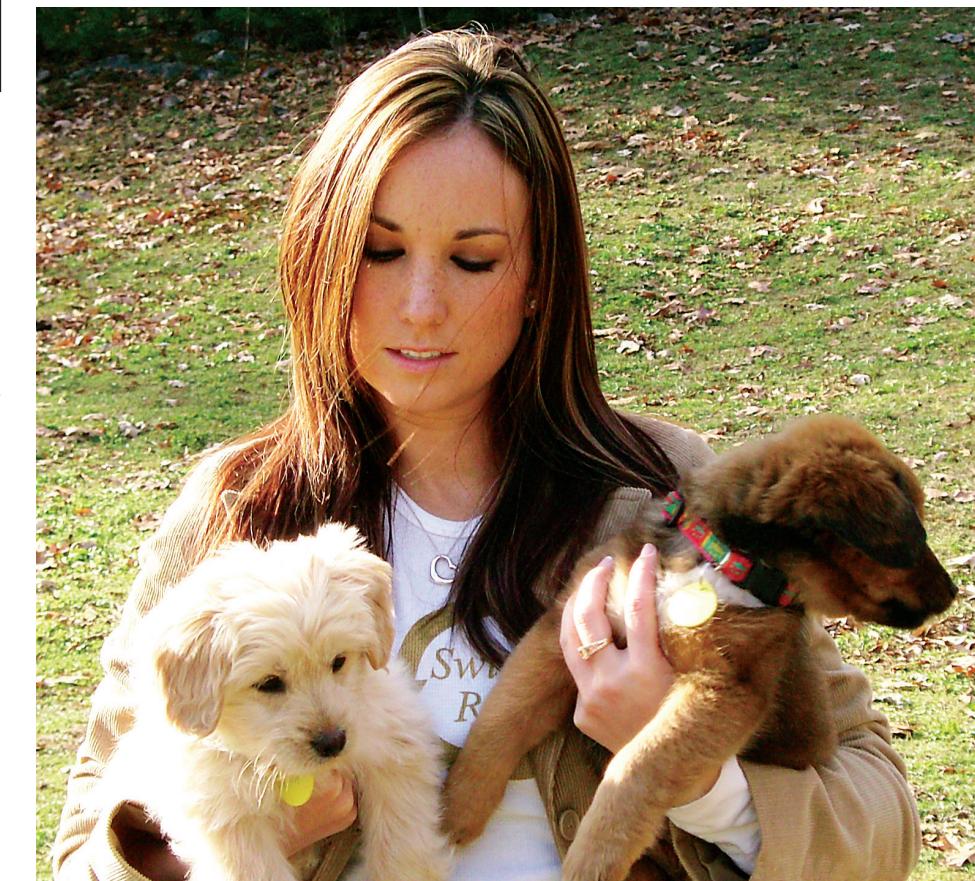
I had never heard of. When I pulled it up the heading said something like "Welcome to Petfinder.com!"

The virtual home of 319,938 adoptable pets from 13,417 adoption groups." 319,938 pets? That's almost 320,000 homeless animals in the US and those are just the ones listed on

Petfinder!

Imagine the real number of homeless pets? I stared at my computer screen, not really knowing what to do next.

I typed in my zip code and chose to search for "dog". And what was presented to me was shocking. Page after page of dogs came up, each with a picture and description of the dog. After doing some reading, I realized that all these dogs were



in shelters or rescues and needed homes. Every breed and age could be found. I asked myself a question that I still ask myself today: why are people still breeding dogs when there are so many that are homeless? I will always remember a t-shirt I saw online once it said "breeders kill shelter dogs' chances". If you really need a purebred dog (and let's be serious, who really does?) remember that one in four shelter dogs are purebreds.

After snapping out of my state of shock, I emailed a few of the rescues that had ads for "foster homes needed." I had no idea what that meant, but assumed it was like being a foster home to a child. I heard back from one of the rescues and the rest is history. I was introduced into a world of pain, sadness, politics, greed, and a little bit of happiness (that comes when a dog is placed in a new forever home).

When people ask me about dog rescue, I tell them "it's not 'fun'...it's emotionally and physically hard." I sometimes (if they have the time) go on to explain this. It's emotionally hard because you have to be okay with realizing that you can't save every shelter dog. There just isn't enough space, money, or homes to take these dogs. Those of us in rescue get several emails a day from shelter/rescue workers stating their "last plea" for groups of dogs at their facility. It's an email that lists anywhere from five to sometimes thirty-plus dogs that are on "death row" and will be put to sleep (PTS) the next day or in the following days, unless they can be pulled out and saved. Sometimes I can't read the emails because I know I can't take any, so why look into the eyes of these poor dogs and know I can't do a single thing to help them? These emails haunt me. The PTS date is in red font...the dog's name, age, breed, health, and why it was surrendered are all listed. Sometimes there are litters of five week old puppies, ten year old dogs that were dumped at the shelter to die, and everything in between. Often times rescues get these emails and they can only take one or three or five dogs at that present time. To see a list of forty five dogs that are at one shelter and know you can only choose five breaks your heart. It's like you are choosing the fate of these precious souls. But you have to remember that saving five is better than zero.

Now let's look at the physical side of dog rescue. How many of you spend your weeknights relaxing after work? Maybe enjoy a nice dinner, watch your favorite tv show or lose yourself in your book? Well those of us in dog rescue do something else when we go home (I'm talking from personal experience and what I've learned from talking with others in rescue). We

check applications. Potential adopters submit applications for specific dogs and it's our job to check them and make sure the fit, on both ends (for the family and the dog) is the right one. Many rescues require references to be listed. Sometimes three are needed as well as a vet reference. What this means is that we call and talk to these people and find out a little more about the person or family that wants to adopt from us. This process can be quick, or it can take hours, depending on how much detail people go into. At night we also brainstorm fundraising ideas, or talk about upcoming adoption days. When you are involved in a small, all volunteer rescue, your day is not over when you leave the office. How many of you use your weekends to relax and do errands or get things done around the house? Well those of us in rescue spend hours every weekend doing adoption days, transporting dogs to and from foster homes, bringing dogs to their new homes (sometimes they are hours away), or doing fundraising events. Volunteers do this work because seeing that wonderful dog go to a new home makes everything worth it. On Sunday night, we don't feel like we had a normal weekend. We are exhausted. But it was all worth it.

Our volunteers give up their weekends and weeknights because it means they get to promote the rescue and keep it going. We sit at Petsmart for three hours on Saturday and get excited when we have \$15 in our donation jar. This is what has to be done to survive. We volunteers do it because that money is what keeps our efforts going. Many small rescues don't get state funding or large donations from wealthy companies. They rely on donations from private donors like you. It's expensive to run a 100% volunteer non profit small rescue. Vet bills and other costs add up so quickly, it's sometimes impossible to keep up. Often times it gets overwhelming and frustrating. We can only give so much of our own money to keep the rescue going. We need people to care as passionately about saving great dogs as we do! If you want to learn more about how you can get involved or to make a donation, email me!

Have you ever heard the expression "actions speak louder than words"?

Well that quote holds true here. Dogs can't thank us with words, but they can thank us with their actions. Seeing a dog that was once too skinny, matted, scared in the back of a cage, with tail between its legs, evolve into a healthy, happy dog that greets people with kisses and a wagging tail is all we need! People often say "it's the little things in life"...for those of us who make dog rescue our mission, a "little thing" is as simple as a wagging tail.

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This is the usual statement heard from any patient suffering from fibromyalgia.

Fibromyalgia is a chronic condition characterized by widespread pain in the muscles, ligaments and tendons, as well as fatigue and multiple tender points.

The disease affects about 3% of the population in the United States. Women are much more likely to develop the disorder than are men, and the risk of fibromyalgia increases with age. Fibromyalgia symptoms often begin after a physical or emotional trauma, but in many cases there appears to be no triggering event.

* Symptoms – Signs and symptoms of fibromyalgia can vary, depending on the weather, stress, physical activity or even the time of day. The whole mark of the disease is: Widespread pain and tender points.

The pain associated with fibromyalgia is described as a constant dull ache, typically arising from muscles. To be considered widespread, the pain must occur on both sides of your body and above and below your waist.

Fibromyalgia is characterized by additional pain when firm pressure is applied to specific areas of your body, called tender points. Tender point locations include:

- * Back of the head
- * Between shoulder blades
- * Top of shoulders
- * Front sides of neck
- * Upper chest
- * Outer elbows
- * Upper hips
- * Sides of hips
- * Inner knees

Fatigue and sleep disturbances

People with fibromyalgia often awaken tired, even though they seem to get plenty of sleep. Experts believe that these people rarely reach the deep restorative stage of sleep. Sleep disorders that have been linked to fibromyalgia include restless legs syndrome and sleep apnea.

Co-existing conditions

Many people who have fibromyalgia also may have:

- * Chronic fatigue syndrome



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!

- * Depression
- * Endometriosis
- * Headaches
- * Irritable bowel syndrome (IBS)
- * Lupus
- * Osteoarthritis
- * Post-traumatic stress disorder
- * Restless legs syndrome
- * Rheumatoid arthritis
- Tender Points as frequently identified in Fibromyalgia
- * Causes of Fibromyalgia

There is no known or proven reason in fibromyalgia, but it most likely involves a variety of factors working together. These may include:

* Genetics. Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.

* Infections. Some illnesses appear to trigger or aggravate fibromyalgia.

* Physical or emotional trauma. Post-traumatic stress disorder has been linked to fibromyalgia.

* Risk Factors

Risk factors for fibromyalgia include:

* Your sex. Fibromyalgia occurs more often in women than in men.

* Age. Fibromyalgia tends to develop during early and middle adulthood. But it can also occur in children and older adults.

* Disturbed sleep patterns. It's unclear whether sleeping difficulties are a cause or a result of fibromyalgia. But people with sleep disorders — such as nighttime muscle spasms in the legs, restless legs syndrome or sleep apnea — often have fibromyalgia.

* Family history. You may be more likely to develop fibromyalgia if a relative also has the condition.

* Rheumatic disease. If you have a rheumatic disease, such as rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

* Tests and diagnosis

The diagnosis of Fibromyalgia is usually made from the history of the pain in addition to performing detailed clinical exam. No lab work or x-rays imaging is needed.

* Treatment

In general, treatments for fibromyalgia include both medication and self-care. The emphasis is on minimizing symptoms and improving general health.

Since the symptoms of fibromyalgia are diverse and vary among patients, treatment programs must be individualized for each patient. Treatment programs are most effective when they combine patient education, stress reduction, regular exercise, and medications. Recent studies have verified that the best outcome for

each patient results from a combination of approaches that involves the patient in customization of the treatment plan.

Patient education

Patient education is an important first step in helping patients understand and cope with the diverse symptoms. Unfortunately, not all physicians are intimately acquainted with the vagaries of this illness. Therefore, community hospital support groups and the local chapters of the Arthritis Foundation have become important educational resources for patients and their doctors. Arthritis Foundation is a national voluntary health organization that provides community education through their many local chapters. Community hospital support groups also provide an arena for patients to share their experiences and treatment successes and failures.

Stress reduction – It is extremely difficult to measure stress levels in different patients. For some people, spilling milk on the table can represent a significant tragedy! Stress reduction might include simple stress modification at home or work, biofeedback, relaxation tapes, psychological counseling, and/or support among family members, friends, and doctors. Sometimes, changes in environmental factors (such as noise, temperature, and weather exposure) can exacerbate the symptoms of fibromyalgia, and these factors need to be modified.

Exercise – Low-impact aerobic exercises, such as swimming, cycling, walking and stationary cross-country ski machines can be effective treatments for fibromyalgia. Exercise regimens are most beneficial when performed on an every-other-day basis, in the morning. How exercise benefits fibromyalgia is unknown. Exercise may exert its beneficial effect by promoting a deep level of sleep (non-REM sleep). Similarly, avoiding alcohol and caffeine before bedtime can also help promote a more restful sleep. While these diet changes may not apply to everyone, they can be very helpful for some. There is no specific fibromyalgia diet or food supplements that are recommended for all patients.

Medications – Traditionally, the most effective medications in the treatment of fibromyalgia have been the tricyclic antidepressants, medications traditionally used in treating depression. In treating fibromyalgia, tricyclic antidepressants are taken at bedtime in doses that are a fraction of those used for treating depression. Tricyclic antidepressants appear to reduce fatigue, relieve muscle pain and spasm, and promote deep, restorative sleep in patients with fibromyalgia. Scientists believe that tricyclics work by interfering with a nerve transmitter chemical in the brain called "serotonin." Examples of tricyclic antidepressants commonly used in treating fibromyalgia include Amitriptyline (Elavil) and Doxepin (Sinequan).

Studies have shown that adding Fluoxetine (Prozac), or related medications, to low-dose Elavil further reduces muscle pain, anxiety, and depression in patients with fibromyalgia. The combination is also more effective in promoting restful sleep and improving an overall sense of well-being. These two medications also tend to cancel out certain side effects each can have. Tricyclic medications can cause tiredness and fatigue while Prozac can make patients more cheerful and awake. Even more recently, study of patients with resistant fibromyalgia found that Lorazepam (Ativan) was helpful in relieving symptoms. Prozac has also been shown to be effective when used alone for some patients with fibromyalgia.

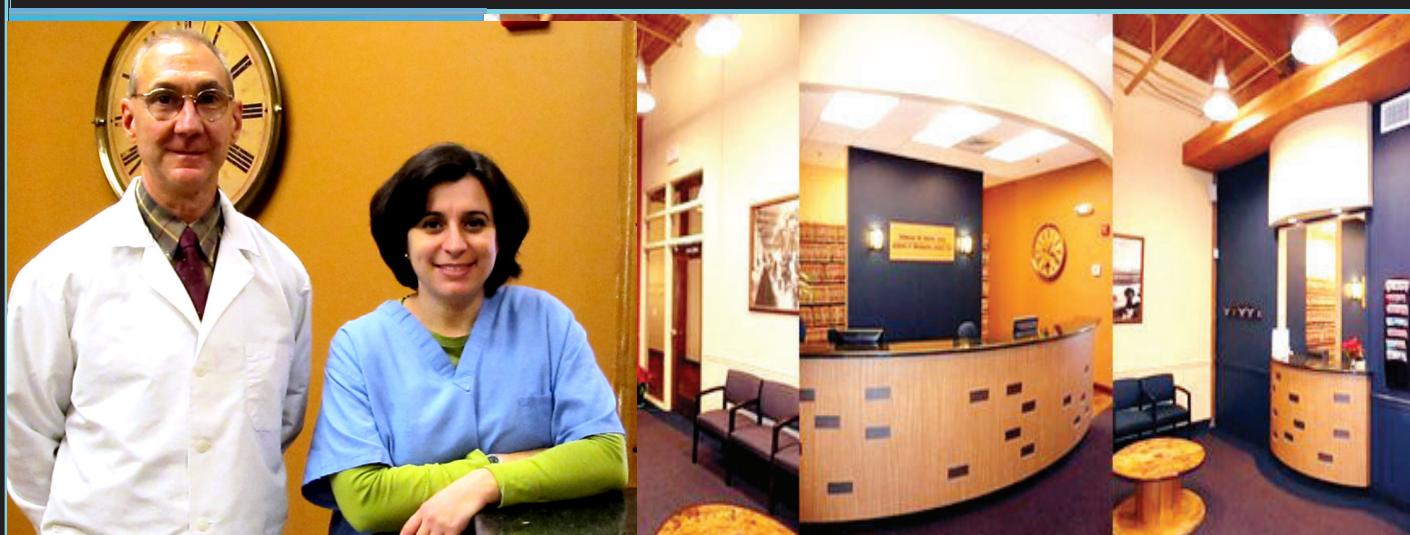
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Gluten: The Silent Killer

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

As we have previously stated, the gluten molecule (the protein part of wheat) can cause destruction and long-term damage to the intestines if you are gluten intolerant, or even gluten sensitive. There are specific tests that your doctor can order that can detect this for sure. However, you do not have to be diagnosed as gluten intolerant/sensitive to know that you experience unpleasant and harsh symptoms when you eat wheat or wheat related products.

The nature of the gluten structure is the culprit—its amino acid sequence can cause inflammation in the intestines. Inflammation, or swelling, in the intestines causes the body to not be able to absorb the essential nutrients and building blocks (such as vitamins, calcium, protein, carbohydrates, fats and other important nutrients) from the very food it is breaking down. Your body can't work well without these nutrients. This problem, regardless of how well you eat, is robbing your body of what it needs to function properly!

People who are gluten intolerant or sensitive can experience a wide variety of symptoms when they eat wheat products. These can range from, but are not limited to, bloating, constipation, diarrhea, fatigue after eating, cramping, hypoglycemic

symptoms, dizziness and nausea.

When you are experiencing Fibromyalgia, Chronic Fatigue & Thyroid symptoms, your body is already oversensitive.

Therefore, during your time of healing, it is extremely important that you try to avoid (or at least decrease) eating any wheat or wheat related products. Fibromyalgia, Chronic Fatigue & Thyroid sufferers need all the nutrients and building blocks they can get in order to heal and feel better!

Other foods that can produce gluten tolerant/sensitive symptoms

Although wheat contains the troublesome gluten molecule, there are other grains that can produce very similar symptoms and gluten-like reactions. These can include rye, barley, oats, buckwheat, quinoa, amaranth and millet.

In addition, many Fibromyalgia, Chronic Fatigue & Thyroid sufferers can also have similar uncomfortable reactions to other foods, such as milk, corn or soy. Although these foods do not contain the gluten molecule, their structure is similar enough to produce inflammatory symptoms in a lot of people. For this reason, these foods should be avoided as well to increase the healing of the GI tract as well as contribute to lessening the stress put upon this system.

We live in a wheat world!

Once you become aware of the dangers



of the gluten molecule and how it is part of wheat, you will begin to notice that most of the products on grocery store shelves have wheat or some type of wheat component in them! In addition, some products may not actually contain gluten, but wheat is used in their processing (i.e. most soy sauces or on conveyor belts as an anti-stick substance). Gluten can also be used as a filler—most medications contain gluten! The reason for wheat's popularity is that it is relatively inexpensive to grow and process, and has a good shelf life. All those positive qualities still do not outweigh the damages it can produce.

At times it may seem impossible to eat things that do not contain wheat. Howev-

er, the more you learn about what products have wheat and their alternatives, the easier it will become. Then you will be in the habit of substituting healthier options, eating better and feeling great!

References:

Gluten-Free Diet: A Comprehensive Resource Guide, Shelley Case, B.Sc.H.Ec. Prescription for Nutritional Healing, Balch & Balch, 1990. Celiac.com, Celiac Disease & Gluten-Free Diet Support Page.

Dr. Jin Sung is a chiropractic physician who offers a unique, drug-free, and effective approach to the management of chronic health conditions. He utilizes

CONSTIPATED, PAGE 36

Fibromyalgia: From Previous Page

In 2007, Pregabalin (Lyrica) became the first medication approved specifically for treating fibromyalgia. Lyrica has advantages of flexible dosing that can be adjusted according to persisting symptoms.

Other treatments – Local injections of

analgesics and/or cortisone medication into the trigger-point areas can also be helpful in relieving painful soft tissues, while breaking cycles of pain and muscle spasm. Some studies indicate that the pain reliever Tramadol (Ultram) and tramadol/

acetaminophen (Ultracet) may be helpful for the treatment of fibromyalgia pains. The muscle relaxant Cyclobenzaprine (Flexeril) has been helpful for reducing pain symptoms and improving sleep.

The nonsteroidal anti-inflammatory drugs (NSAIDs), while very helpful in treating other rheumatic conditions, have only a limited value in treating fibromyalgia pain.

Narcotic pain relievers and cortisone medications have not been shown to be beneficial in this condition. Narcotics and cortisone medications are avoided because they have not been shown to be beneficial and they have potential adverse side effects, including dependency, when used long-term.

Both biofeedback and electroacupuncture have been used for relief of symptoms

with some success. Standard acupuncture was recently reported to be effective in treating some patients with fibromyalgia.

While you are dealing with this problem it is good to know that you are not alone.

Organizations such as the Arthritis Foundation and the American Chronic Pain Association provide educational classes and support groups. These groups can often provide a level of help and advice that you might not find anywhere else. They can also help put you in touch with others who have had similar experiences and can understand what you're going through.

References: 1- American Pain Society
2- Mayo clinic website, 3- National Fibromyalgia Association 4- Medicinenet.com

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Phoodeez.com, Revolutionize How You Cater Events

Phoodeez, a Boston-based online food delivery company being marketed to college students and businesses, launched their website this past week. The site is specifically designed to make it easier for students and business professionals to order catered food for their events.

"For years it always struck us as kind of surprising that there wasn't really a definitive catering site – a place where you could go to see who was the best, who showed up on time, and how the service was" said Christine Marcus, a former U.S. Department of Energy official and Phoodeez CEO. "Catering was always kind of a shot in the dark. Order from a restaurant – don't consider how much is coming and hope for the best. We felt that something like that should be a lot easier."

The idea to launch Phoodeez came when Marcus and business partner Salvatore Lupoli attended club meetings and conferences while studying for their MBA's at MIT's Sloan School of Management.

"We'd go to these events and whoever was running them would order just piles of food," described Lupoli. "Then you'd see half of it get thrown away. It was just such a waste – and not just the food. Just think of the guy paying for it. It really hit us then that this could be something that could strike a chord, so we seized the opportunity."

Lupoli is no stranger to the food service industry having founded the popular Sal's Pizza and Salvatore's Italian Restaurants – with nearly 50 locations throughout Massachusetts and New Hampshire. He feels his experience will come in handy helping Phoodeez carve out its piece of the pie in the local Boston market. Lupoli, Co-founder of Phoodeez, will serve as the Chairman of the Board.

"When it comes to doing anything in the food industry, focus and being where your customers are at is what makes you or breaks you," Lupoli explained. "Even if it's an old cliché, they always say 'think big, act small'. That's what we're doing here."

And thinking big they are. This past week, Phoodeez launched their new website, which offers a variety of new features for their customers and offers a uniquely simple online experience for their customers.

"The site reflects the business," said Lupoli. "Everything we do is based on making it easy to order catered food. It's easy to navigate, there's no guess work about where you need to go or what you need to do. All the restaurants we do business with are right there and packages and quantities clearly listed."

While more focused on catering than other online ordering sites like Foodler and Seamless, Phoodeez.com takes their experience a step further, offering full-blown



Christine Marcus and Sal Lupoli of Phoodeez.com

account management for its customers.

"The great thing about the new site is that you can literally manage just about anything you'd want to with regards catering your own events," explained Marcus. "From keeping tabs on your spending to assembling the right sized packages so you don't waste money – everything is there. Especially for companies and organizations that spend a lot on catering, we think this will be a boon."

Despite being centered on offering a new and unique service to their customers, the company keeps itself grounded in traditional, timeless business values.

"We're doing a lot of new things with this company, but we've been building it the old-fashioned way," he emphasized. "Offering a great product, offering great service and reasonable prices. Work smart, do what you say you can do, and people will buy."

Also unique to Phoodeez has been its fiercely local focus. Phoodeez is working exclusively with restaurants in the local Boston market – selecting them not only on the quality of their food and service, but on sustainability as well.

"We're looking to be very selective about who we do business with," said Marcus. "We're looking to do business with people who are prepared for what's coming tomorrow, that includes not using wasteful materials."

The company's local focus has been reinforced even more by their aggressive philanthropy in the community. For every order placed with Phoodeez, the company gives back a percentage of their profit to a local charity, non-profit or organization.

"We've been giving back from day-1," emphasized Marcus. "It wasn't something we decided to do when we had enough cash stacked up in the back. We think if you're going to be about something, you really need to execute and deeply engrain that in your company culture. We feel we've done that."

Currently Phoodeez conducts most to all of its business online, but has office space at MIT's Beehive Cooperative and Harvard's Innovation Lab.

About Phoodeez

Phoodeez is a Boston-based catering company that helps college students, administrators and business professionals cater events easily. We partner with local restaurants to introduce and expose people to incredible dining experiences right in their own back yard. We do this by offering a unique, innovative online ordering system designed to make it easier for the customer to order food for their events.

For more information visit our website at www.phoodeez.com or give us a call at (877) 764-3560.

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Thomas Connors

VALLEY PATRIOT WOW! COLUMNIST

Realizing how much LIFE Matters for you personally as well as those around you gives you an undeniable edge toward living a very fulfilled and meaningful Life. It helps you Live the **WOW!**

That realization will change your general outlook, the importance you put on every minute you are alive and will force you to cherish even the little things you currently take for granted.

When you are willing and able to look well beyond your own self interest and put others' well-being ahead of your own, that is when you will realize what Living the **WOW!** is all about.

When you are "called" will you be there to answer it? When the opportunity presents itself, will you be ready?

In the past we have discussed the responsibility you have to use your talents to their utmost. At the same time, you also have an obligation to help others live up to their full potential. To help them see how their LIFE Matters as well. Those, "others", could be your spouse, your children or a stranger you haven't even met yet.

I want you to realize that these people are probably not going to just come to you. YOU need to encourage them and guide

them when the time is right. And when it is the right time and your encouragement is taken and acted on, LIFE will Matter to that person like never before. And, to you as well.

These kinds of positive and influential changes to your mindset can really make all the difference in how you approach life from the moment you get up to the time you lay your head on your pillow at the end of the day.

You see, from the very minute you were born, you were destined to play a unique role in this world. We have mentioned this fact-of-life many times. Well, you also need to know and fully understand that you were also chosen to play a role as your brother and sister's keeper by showing others how much their LIFE Matters as well. THAT fact was given to you by a higher power that watches over you and your world.

All of us are given the same world in which to live. Sure, some of you might have been born in poverty while others with silver spoons in your mouths. Still others reside in countries where opportunity and the chance to succeed appear almost nonexistent. But, you ought to try to acknowledge that even in these situations people, somehow, rise up to levels of

happiness, contentment and success that seem miraculous.

Make no mistake, we are all part of God's plan for us to live peacefully and in support of one another.

Idealistic? You could say that. But, remember, with God all things are possible. People everywhere could Live the **WOW!** ... IF they truly Believe!

Yet, there is a flip-side to this as well. That prospective harmony disintegrates bit by bit when we let our egos and our hearts get distracted. We become selfish and our efforts turn inward rather than looking at the interests of others. We allow ourselves to become takers rather than givers and the result, inevitably, is a false sense of accomplishment that quickly dies.

American Training is a powerful influence to people with disabilities looking to make their LIFE Matter. You ought to consider being an active member of their efforts.

A few weeks ago American Training put the value of LIFE front and center when it awarded Dan Barter of Derry, New Hampshire the recipient of their 2012 LIFE Matters Award. Dan epitomizes the genuine meaning of truly living and enthusiastically encouraging a full and meaningful LIFE. He doesn't sit back and wait for LIFE to happen. He sets out to discover and enjoy it for all its worth.

Amazingly, Dan has accomplished a fete only a very select group of people from the United States have succeeded at. A real **WOW!** for sure. He has climbed the Seven Summits; the highest mountain peaks on each of the seven continents.

That same inner drive led him to also build a business that stretches from one coast to another through Summit Records

Management. And he went steps further to actively make LIFE Matter for those finding their own way in this life by supplying them with work and a second chance at greater self esteem. That's the kind of life that makes a difference in our world and one we can and should emulate.

Don't wait for opportunity to knock or some sign from above before you decide to make your move. Start re-thinking how you can begin Living the **WOW! ... and making your LIFE Matter ... today.**

Take a lesson from the recent devastation caused by "Sandy" in order to wake you up to how much LIFE Matters. Put yourself in the awful photos coming out of New Jersey and New York. Think those people now know how much LIFE Matters?

Go out and discover the meaning of life by taking the time and making the effort to get out of life everything it has to offer. When you have done that and more by playing a role in others' lives by being an example to them, then you can say that your LIFE really does Matter.

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 ... TomConnorsThinkPad.blogspot.com



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News from the American Legion

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

By the time you read this, the elections will be done and over with. First of all I want to thank all who ran for office. It is an incredible commitment of time and money.

I cannot imagine the stress on one's family as everything one has ever said or done is under intense scrutiny. And the distortion that is put into the political ads is incredible. The personal attacks done on all sides is a disservice to the public and the process. And \$2 billion dollars being spent on the presidential election in terms of ads is just plain crazy! How much of that could have been spent to help those in need.

I do hope that YOU did get out to vote. After all, that is what elections are all about.

Our right as citizens of this great nation to choose our leaders. And if unhappy with any incumbents we can vote them out of office. We continue to see around the world that many are giving up their lives for the freedoms we enjoy. Freedoms which are often taken for granted.

Yes, troops are coming out of Afghanistan. Just remember we will still have some presence there as we do in some many other countries around the world. These troops and their families continue to make sacrifices on a daily basis. Stuff still happens at home which has to be deal with.

Some are still making the ultimate sacrifice and being killed. It would be nice if all of this would magically go away once we leave Afghanistan.

That however is not reality. Just look at the recent events in Libya. And we know not where the next hot spot will be. Only that there will be a hot spot and brave American troops will be there to do their duty.

The Veterans Administration (VA) continues to be overwhelmed with claims. Claims take months to process while the veteran waits for much needed assistance.

Congress still has to tackle the budget and avoid the financial cliff that is approaching. The massive cuts to the Defense budget if allowed to happen will be devastating. With this economy, where will 130,000 troops find work? What



will happen to them and their families? Unemployment is higher for veterans than the general population. A fine thank you for their service.

There is progress being made in terms of credentials and licensure. It only makes sense that skills gained in the military are recognized in the civilian sector. If one can drive trucks, be an electrician or plumber in the military, that should receive credit towards licensure in any

state.

A medic who has served in a combat zone should have credit toward being an EMT or other health care profession. We are making progress but there is still much to be done. Congress and the Administration are working on this along with credentialing agencies and The American Legion. You and I need to let them know that this is important as well as making sense. And this is a basically cost neutral issue. We talk about skills gaps but our transitioning military provides a dependable source of workers for our nation.

This Veterans Day we must not forget our veterans, their families and the sacrifices made for YOU and ME. Let's give them thanks with providing the assistance they need.

May God bless our troops and their families as they make sacrifices so we can continue to enjoy the many freedoms of our country.

 *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*



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FROM PAGE 21: TEACHER

with us to let them know that they are loved and cared for if only for six hours a day and we're not allowed to do anything but put an understanding look on our face and emptily tell them, "It's going to be okay."

And what about discipline? It used to be accepted that if a child misbehaved, missed homework, or was just generally disruptive in class we, as teachers, could use our discretion and have them come in for lunch recess to make up the work or to lose a privilege due to their poor decision making.

They would get to eat lunch; they just couldn't go out and get their fifteen minutes of free time. It worked, too, for those students whose parents were not able to pick them up for an after school detention. Lunch detentions must now be approved by a parent. So, if a child can't be picked up after school AND a parent does not allow them to stay in for lunch recess we have no, zip, zero, none, goose eggs of a manor in which to discipline an unruly child.

Apparently that fifteen minutes outside makes all the difference in the world on whether a child becomes obese or not. It couldn't be the three bags of chips, two slices of left over pizza and two liter bottle of Mountain Dew they consume every day after school or the fact that they do nothing but watch TV while doing it. In house suspensions have been all but taken

away along with out of school detentions because according to the state, if a school suspends a child he or she will be more likely to drop out of school and be incarcerated as a result. So, essentially it is our fault the child went astray due to the suspension. Recess monitors cannot force misbehaving students to, "stand on the line". If a student is being unsafe or their behavior is threatening the safety of others the recess monitors would make them stand on a painted white line until the recess was up. When I was a kid, we had to stand against the wall. Can't do that any more because it takes away fifteen minutes of activity. Recess monitors have to have the student walk beside them for the duration of the recess period.

Every year more and more is added to our "can't do" list and yet, because we are professionals, we assess, modify and adjust and somehow make it work. I will continue to hug my students with words of encouragement and feed them with all the knowledge possible until I am told I cannot do that any longer and am replaced with a real robot.



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

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FROM PAGE 1: ARMY CAPT. JOHN LOVING

he writes in his book, "A Soldier's Faith" (Anomalos Publishing House, Crane).

"I'm the commander of this operation, and I'm telling you this is Vietnam, not Cambodia. I want you to shoot up that target and anything else you see that looks like the bad guys."

After a long pause, the pilot replied. "Roger. This is Red Dog and I'm attacking this target based on your order, and I note your call sign is Sassy Cat Six."

Almost immediately, the pilot unleashed a tremendous volume of rocket fire onto the Viet Cong machinegun emplacement, completely knocking it out. Further attacks completely destroyed the mortar and wiped out the enemy. The battle had lasted all morning.

Loving, Rice, and the radio operator dashed across a field under heavy fire and found two more critically wounded. Again Loving called in a chopper, and helped load the wounded himself, as mortar rounds exploded around them.

For his valor that day, Lieutenant Loving received the Silver Star. Sergeant Rice received the Bronze Star with V.

Three life lessons learned

On the battlefields of Vietnam, John Loving learned three key lessons about life that turned his life around and made him an overcomer.

"Wake Up Call #1: I suddenly realized I was not in control." While setting up an ambush along a riverbank, Loving and his platoon were fired on by powerful 50-caliber machine guns and red tracers from an approaching boat. Their only cover was a muddy rice paddy, with a thin layer of water. Unknown to them at the time, this was a U.S. boat that had detected Viet Cong slipping in secretly and lurking on the shore. "We couldn't get up and run



"My tour in Vietnam forever changed the way I view life...and helped shape the man I am today," says John Loving, who has found true peace from the painful wounds of trauma experienced in Vietnam. He is the author of "A Soldier's Faith: Spiritual Lessons from the Battlefield" and "Combat Advisor." He also speaks to groups around the country.

because the gunner would see us and mow us down. There we lay in the mud helpless, nearly 20 U.S. and South Vietnamese soldiers. I was directly responsible for them all. Yet there was nothing I could do to save them . . ."

This crisis led John Loving to question: Did he really believe God existed? And if so, was He a loving God to whom he could pray? "I decided "yes" to both questions. Then, for the first time in my life, I surrendered my will to God. Our platoon was miraculously saved."

"Wake Up Call #2: The imposter—appearances are deceiving." After a trip up

the river to Tay Ninh City, Loving and a group of American soldiers were returning to base when suddenly Loving saw something moving in the water, about 200 meters away. It was a man, obviously Vietnamese—bobbing in the waves! His head and shoulders were visible, his right arm raised as if waving to them. Was this a Viet Cong trick to lure the Americans into an ambush? Was it a civilian needing help?

As they came closer, Loving realized the young man was dead, his open eyes rolled back into his head, his right arm frozen in death. As the waves lapped against the shore, the corpse swayed back and forth, almost as if to warn, "Be careful. I didn't think I would end up like this, but it could happen to you."

The man was dead yet he "seemed" alive.

That bobbing image crystallized for Loving all the trauma of Vietnam. Memories may be suppressed for many years but had not been erased. Like that corpse bobbing in the water, the flashbacks would pop to the surface, unexpectedly. So he tried to hide the pain of deep wounds behind a façade, what John Eldridge calls the "false self." The manly response, Loving thought, was to shut down his emotions. . . Then he came upon the words of St. Irenaeus, "The glory of God is man fully alive." One day he experienced the truth of Jesus' promise: "The thief comes to steal, and to kill, and to destroy. I have come that they may have life, and have it

more abundantly" (John 10:10).

"Wake Up Call #3: I am not invincible." Although Loving had escaped death many times in Vietnam, one close call really shook him up. He had flown into provincial headquarters with a few men to pick up supplies. "Thirty minutes before our return to Ben Cau, I went to the bar at the NCO Club. My two companions finished their business and, anxious to get back, they returned on the chopper as scheduled. I decided to stay and finish my drink and catch the next one 30 minutes later. The first chopper was shot down, and all three men died instantly. That night I couldn't sleep. I dreamt Death was stalking me. Then the words of one of my men pierced the darkness: 'Our mothers are praying for us.' I came to realize I had been spared because I still had a purpose to fulfill here on earth. My work was not yet finished."

John Loving found peace—not in psychiatric therapies that are only partially effective—but in the Person of Jesus Christ who said, "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled. . ." (John 14:27).



Helen Mooradkhanian 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



John Loving surrounded by South Vietnamese soldiers in Tay Ninh Province.



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Shawn Hansen's Comedy Corner - Steven Wright

Coming from Burlington, Massachusetts, Comedian Steven Wright said, "I liked growing up in Burlington. It was a good time to grow up there before it hit, well I guess it went insane explosion wise, industrial park wise," explaining that new renovations to the town were taking place left, and right. "Then I was in junior high school. Before that it was mother nature."

Attending the Burlington school systems in his younger years, Wright went to the Wildwood Elementary School, which is now Wildwood Park, The Union School, which is now the Burlington Police Station, and Frances Wyman Junior High School, which was on Terrace Hall Avenue at the time.

Every day after school Wright would play baseball with his friends in a field near his house. In the winter when the neighborhood river would overflow with water, and freeze, they would play hockey. He also would ride bikes to Walden Pond in Concord, ride horses, and had a paper route for four-years.

"We were always doing something," said Wright. "We chopped trees down for no reason. We were always outside doing stuff. That was another time. Now kids are in front of a computer doing stuff, but we made up all our stuff."

Working with a Burlington paint crew in the summers of 1973, and 1974, Wright reminisced of the times when he painted lockers, classrooms of different schools including the new high school, which is known as Burlington High School to this day.

"After Christmas break, we went into the new school," said Wright. "We did half of our senior year in the old one, and the other half in the new one. We were the first to graduate out of that school in 1973." The high school Wright went to before Burlington High School was located where Marshall Simonds Middle School is now at 114 Winn Street.

Looking back at his time going to BHS, Wright said, "We were in that building for four months. I just remember the hallways



were like hills going down."

After high school, Wright went to Middlesex Community College from 1973-74 in Bedford, took a year off, and finished his education at Emerson College from 1976-78.

"It was great going to Emerson," said Wright.

After attending Emerson College, Wright lived in Boston for four-years, went to Los Angeles, New York City, back to Los Angeles, and has been back in New England for the past 10-years.

Watching Johnny Carson all the time when he was a teenager, 16-year old Wright felt he made the right decision to become a comedian. At the age of 23 he went on stage for the first time at an open mike at the Comedy Connection in Boston.

"It was extremely nerve wracking," said Wright. "I did about three minutes, which is all I had written, all I had memorized, and they laughed at half of it.

A friend of mine who was already doing comedy said, 'Take the half out that didn't work, rewrite it, and go back the next week.'"

The friend that gave Wright the inspiration to continue on in the industry was Boston Comic Mike McDonald.

"He helped me a lot by what he said after that night because I was thrown off," said Wright. "I was looking at it as a negative experience because they didn't laugh at everything which in hindsight was insane. But, how could they laugh at everything? His little talk with me really kept me going?"

Telling Wright to not worry about anything because it was his first time appearing on-stage, McDonald told him that it was the first time he told those jokes, and to have it go half good is pretty good.

After McDonald's words of wisdom, Wright said he felt that the night was a completely positive experience because he made jokes up that the audience laughed at, which is what he wanted to do all

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Let's Talk About Food Addiction

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

Originally Published November, 2011

There are so many delicious food temptations at this time of year. Let's face it. It's going to be a challenge for a lot of us. I personally do not ever dread the holidays because it's a time for family, celebration and happiness.

I look forward to Halloween, Thanksgiving and Christmas every year because of all the gatherings and fun events. I love spending time with my children and grandchild and making this time of year memorable for them.

As a child I remember Halloween as a time with friends. We would dress up, go out right after dinner and not return home until our candy bags were too heavy to carry. I took great pleasure in going through everything, sorting all the different sizes and varieties of treats and finding the best hiding spot in our house so that my brothers wouldn't raid my stash.

Thanksgiving was a time when everyone was in our home, helping with the cooking, enjoying each other's company, picking at appetizers for hours and then sitting together at one large table to enjoy a home-cooked meal. I always pretended that I was a waitress. I would take everyone's dessert orders and deliver them to their place in the living room. My grandmother would always put a dollar in my pocket as my tip.

Christmas was a time of transformation. Our house always looked particularly light and special. I don't know if it was the lights on the Christmas tree, the plug-in candles in the windows or just that everyone was in the holiday spirit. On Christmas day, we always sang Happy Birthday to Jesus – a tradition I believe I may have started and one that I carried on in my own home with my kids. The food at Christmas was much like the food at Thanksgiving. However, with all the decorations and the beautiful red tablecloth, everything seemed to taste better.

Now as an adult, I think back to what my mother used to say each and every holiday. She would say, "How am I supposed to get through the next couple of months without



gaining 50 pounds?"

She would make cookies or other treats with us. My brothers and I would eat whatever we wanted. When I was young, I was very active and thin. I had a healthy relationship with food. My mother, however, was like how I became as an adult. She would tell herself to put the items away but she would eat whatever was left over. Then she would feel like a failure and regret her gluttony. I once asked her,

"Mom, why do you always say you're not hungry and then eat lots of food when no one is looking?"

It was an innocent, naïve question but she was not happy with me for noticing what she was doing. I believe I embarrassed her but now I understand what she was doing. She was trying to resist temptation, and then when she wasn't able to resist, she gave in. She was trying to be a good example for her children but then she gorged on sweets.

Food is a part of many occasions, celebrations and events. Most people enjoy baking, cooking and serving their favorite dishes. My daughters like to bake with me. My son likes to eat. This Halloween was the first year that my son didn't go Trick or Treating. My youngest daughter did. The day after Halloween, she noticed that "someone" had raided her candy bag. I guess I forgot to tell her to find a good hiding spot!

Pennie Hale is a Methuen resident, you can email her at penniehaleacouture@gmail.com

SHEILA'S RECIPE CORNER: BREAKFAST

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

It's beginning to look like the beginning of the holiday season. Can you believe that only in a few weeks is Thanksgiving??!

This is the time of year that one needs some tasty, inexpensive recipes for appetizers. With that in mind, I developed the following. Bon appetit!

Bacon Cheddar Cheese Straws

1 sheet frozen puff pastry, thawed
3 slices of bacon, cooked until crisp, drained & finely chopped
 $\frac{1}{2}$ c grated cheddar cheese
 $\frac{1}{4}$ - $\frac{1}{2}$ t ground cardamom seed
Salt & pepper
Preheat oven to 375°F.

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

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



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

Using a pizza wheel, cut on the short side into $\frac{1}{2}$ " strips. Twist strips so they create a loose spiral.

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

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

French Onion Crostini

1 French baguette sliced into $\frac{3}{4}$ " thick slices
5-6 T extra virgin olive oil
2 good sized onions, sliced
2-3 T cognac
1/8 c fresh thyme, no substitutes
 $\frac{3}{4}$ c grated Gruyère cheese
Salt & pepper

Preheat oven to 375°F.

In a preheated frying pan, heat 2-3 T oil & add onions. Turn heat to medium. Add onions & salt. Cook, stirring occasionally, until onions begin to be caramelized. Add cognac. Turn heat to medium low. Cook, stirring occasionally, until onions have caramelized. Remove from heat & season with pepper.

While onions are caramelizing, make the crostini. Place sliced baguette pieces on a baking sheet & drizzle with remaining oil. Bake until lightly golden brown & toasty, takes about 7-10 minutes.

Assembly process: start with a crostini, add a small amount of onion, sprinkle relatively generously with thyme & then cheese.



Return to oven until cheese is melted & starts to brown.

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



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Happy
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TOM DUGGAN'S NOTEBOOK: FROM 19

monies about how young women reflect on their bat mitzvah experiences. Although the narratives center around the ritual, we learn about Jewish life and what it means to be come an adult woman in different communities around the world. Today, I am a Woman has been nominated for the Sophie Brody Medal, an award given by the American Library Association for outstanding achievement in Jewish literature. Reinhartz is the Jacob S. Polofsky Professor of Sociology at Brandeis University, and the founder and Director of the Hadassah-Brandeis Institute. Her 12 books include Jewish Intermarriage around the World, and The JGirl's Guide. Barbara Vinick, Ph.D. has collected and edited stories for Esther's Legacy: Celebrating Purim Around the World at the Institute. She is also secretary of Kulanu, an organization that helps isolated and emerging Jewish communities around the world. Interested persons may call 978-688-0466 for more information. Tickets are \$13.00 a person) and can be purchased online at www.mvjf.org or by mailing a check to MVJF, PO Box 937, Andover, MA 01810.

ANDOVER DEPARTMENT OF COMMUNITY SERVICES - New York Shopping Trip – November 17th. Start your holiday shopping early in the Big Apple! You are on your way to enjoy the city and see the sights! Motor coach departs Andover at 6:30 am and returns by 10:30 pm. Fee is \$51/person. Go online to register at www.andoverma.gov/dcs or contact the Andover Department of Community Services, at 978-623-8274. - Father Daughter Holly Ball, – November 17

Dads, begin the holiday season with your daughters! Enjoy an evening of dancing, games prizes, and refreshments. Dance the night away at Old Town Hall, Ages 5 & under from 5:00-6:00 pm and Ages 6-10 from 6:30-8:00 pm. Cost is \$35/family. Go online to register at www.andoverma.gov/dcs or contact the Andover Department of Community Services, at 978-623-8274.

ESSEX CHAMBER MUSIC PLAYERS HOLD FUNDRAISER AT NECC - The Essex Chamber Music Players, in residence at Northern Essex Community College's Haverhill Campus, will continue its 12th concert season with a fundraiser featuring the Essex Jazz Ensemble on Sunday, November 18, at the Hartleb Technology Center, 100 Elliot St., at 2 p.m. Tickets are \$15 general admission, \$10 for seniors, \$5 for students, and free to NECC students with college ID, but donations are welcome. The event will feature music originals and

American popular standards with ECMP's Artistic Director and flutist Michael Finegold, internationally renowned classical composer and jazz pianist Tom McKinley, Boston's top bassist Bruce Gertz,

and well-known jazz drummer Joe Hunt. ECMP will continue its season with concerts on February 24, 2013 (snow date of Sunday, March 24) featuring pianist David Alan Pihl in recital and May 19, 2013, featuring internationally known clarinetist Richard Stoltzman and violinist Andrew Koji-Taylor. For additional information contact Mike Finegold at ecmp314@comcast.net or call 978-470-1584

WINTER COAT DRIVE - For the month of November, Atria Marland Place will hosting a Coat Drive to help local citizens. Throughout the month of November, new and gently used donations can be dropped off with our concierge from 9 am to 6 pm. Please help us make this winter a little warmer for everyone in our community. Drop off at Atria Marland Place located at 15 Stevens Street, Andover, MA. For more information please call 978-475-4225 Atria Senior Living is one of the nation's leading providers of independent living, assisted living and memory care services. Home to more than 13,000 older Americans in 27 states, Atria communities provide respectful, quality services designed to promote independence and help seniors enjoy a fulfilling lifestyle. Atria's goal is to provide environments where older people thrive, where loneliness and isolation are forgotten and where families have confidence that their loved ones are secure and fulfilled. To learn more about Atria's innovative programming or to find an Atria community near you, please visit www.atriaseniorliving.com.

Lawrence Council 67 will be celebrating Holy Mass in Memorial to all of our Brother Knights who have passed away during this last year at 11AM on Saturday, November 17, 2012 at Our Lady of Good Counsel Parish, Saint Theresa Church. The Families and Friends of our departed Brothers are especially welcome; but everyone and anyone is welcome to join us in Celebration of Holy Mass. Holy Mass will be celebrated by our Chaplain, the Most Reverend Bishop William J. McNaughton. Following Mass there will be a Luncheon in Father Duperry Hall (below Saint Theresa Church.) For more info contact: Paul Lambert, GK, Lawrence Knights of Columbus Council No. 67. 978-609-6420

Conservative views remain valid today

"...the belief that the rights of man come not from the generosity of the state, but from the hand of God." JFK 1961 Inaugural Address

Those were words that came from a Democratic president who praised Catholicism and cherished his family. I think things must have been much less complicated back in 1961. Those were the days when there was an American Dream of home ownership. A 16" television with an antenna on your roof and a car classified a couple as 'rich'. A college education was a gift from God and families struggled and saved to send their children to college.

For many of us our parents or grandparents didn't speak English and had to learn it to earn citizenship in this God loving country. How many of us have grown up with parents or grandparents who spoke English as second language and yet many with little to no education, pursued a life path to become integrated into our society as Americans? These folks essentially wanted to be functional in our society. Even though their focus was family and they cherished their culture and heritage, they knew that their children would find the keys to happiness by being proud Americans. Therefore becoming a citizen who contributed to the community through volunteerism, philanthropy and

public service were compelling notions. This is different from today where many people from other countries come here just to take and not return anything. They receive free housing, free food, fuel assistance, health care and education all without even a thought of committing to learn the language or become citizens. This is the symptom of a declining nation and our democratic politicians are sowing the seeds of our own demise because their cause is to enable those that take only and contribute little.

Americans are the most loving, forgiving and compassionate people in the world. The reason for that is because a person who works hard, reaps their sow. And we are grateful for what we have.

The working man and woman have built this nation. Thrift is still a valid method to enjoying prosperity and preserving it for future generations.

This country is founded on individual responsibility, hard work and sharing resources voluntarily. It's not based on government programs, entitlements and forced redistribution of wealth.

The November elections offer us all one last hope to restore the principles that built the greatest nation in the world

Cindy Vachon
South Boston, MA

November is Diabetes Month

November is national diabetes month and the American Heart Association/American Stroke Association warns that people living with type 2 diabetes are at an increased risk for cardiovascular diseases, such as stroke or heart attack. The leading cause of death among people with diabetes is cardiovascular disease.

In fact, the American Heart Association/American Stroke Association created The Heart of Diabetes campaign to raise awareness of the connection between type 2 diabetes and cardiovascular disease. The program encourages patients living with type 2 to get regular physical activity, eat healthy foods, and work with a healthcare provider to develop a treatment plan. By reaching these goals, people can better manage their type 2 diabetes and reduce or delay associated risks, including heart attack or stroke.

And if you are a stroke survivor, you already have a form of cardiovascular disease that affects the blood vessels of the brain. A stroke survivor with diabetes should take extra precautions when caring for themselves including:

1. Be careful of potential drug interactions. It's important to bring all medications to every doctor visit so that any potential interactions can be monitored.

2. Lifestyle changes that are necessary including diet and exercise. The recommended eating patterns for type 2 diabetes patients are also good for improving cholesterol and blood pressure.

3. Stay positive. A stroke survivor may have physical limitations making the ability to exercise compromised. Pay special attention to calories in and calories burned so that realistic expectations can be set around weight loss goals.

During National Diabetes month and throughout the year, the AHA/ASA is urging all those afflicted with diabetes to take the My Diabetes Health Assessment to learn their personal risk of having a stroke or heart attack in the next ten years.

About the American Heart Association

Founded in 1924, we're the nation's oldest and largest voluntary health organization dedicated to building healthier lives, free of heart disease and stroke. To help prevent, treat and defeat these diseases — America's No. 1 and No. 3 killers — we fund cutting-edge research, conduct lifesaving public and professional educational programs, and advocate to protect public health. To learn more or join us in helping all Americans, call 1-800-AHA-USA1 or visit www.heart.org.

FROM PAGE 32: HANSEN

along.

Looking at some of Wright's most recent accomplishments, he appeared as himself on an episode of *Louie* in 2011 entitled, "New Jersey/Airport," and was on the Late Late Show with Craig Ferguson yet again.

"I think he's a very nice guy," said Wright. "I think he's a brilliant comedian, one of the fastest minds in comedy I've ever seen. I loved being on his show, because when I'm on there, I'm sitting down talking with him. We're just making it all up right there."

Mentioning that nothing is prepared, and it is all improv, Wright, who was referred to as a slowed down Foghorn Leghorn by Ferguson said, "It's like two guys in an insane asylum having a discussion." – Being on the Late Late Show with Craig Ferguson.

Wright will perform at The Wilbur Theatre on Saturday, Dec. 01, and Sunday, Dec. 02 at 7 p.m. Tickets can be purchased by clicking "View Tickets" for either date by going to www.com-boston.org/venues/228/wilbur-theatre-ma-tickets?gclid=CK_NtNbTq7MCFcuZ4AoduwQAQ.

"I love playing in Boston," said Wright. "It's interesting because a lot of my friends, and family, and me, and the audience are there."

For more information about Wright go to his website at www.stevenwright.com. The Wilbur Theatre is located at 246 Tremont Street in Boston, and for more information about them, go to www.thewilburtheatre.com, or call 1-617-248-9700.



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Kara Cann and Frank Cann of Coffee Cann at Salvatore's Riverwalk Complex in Lawrence attended the ribbon cutting ceremony by Governor Deval Patrick for Sal's newest business tenant, NxGen. See the Coffee Cann Coupon on Page 22.



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The cost of higher education was on the minds of the 300-plus high school students and their parents who attended the Massachusetts Department of Higher Education's Go Public event, held on Thursday evening, October 18 at Haverhill High School. Shown left to right in photo are April Anamisis, a Lab Science student at Northern Essex Community College, Lane Glenn, president, Northern Essex Community College, Jim Scully, Haverhill Superintendent of Schools, Patricia Maguire Meservey, president, Salem State College.

300 Attend Go Public Event at Haverhill High School

The cost of higher education was on the minds of the 300-plus high school students and their parents who attended the Massachusetts Department of Higher Education's Go Public event, held on Thursday evening, October 18 at Haverhill High School.

Brian Dempsey, chairman of the House Ways and Means Committee and a graduate of UMass Lowell, hosted the event which was designed to raise awareness of opportunities available at state college and universities.

Dempsey reported that by 2018, 70% of all jobs in Massachusetts will require at least some college education.

"When I look into the crystal ball I see that the Commonwealth is headed for trouble if we don't get more students into college and completing college."

Dempsey also addressed the issue of student debt saying "I believe our students deserve excellence in higher education at a cost that won't leave them drowning in debt for years to come. None of you should have to choose between buying a home and paying off your student loans."

Dempsey's remarks were followed by a student panel featuring Yahaira Campusano of Lawrence, UMass Lowell; Brian Kibler of North Andover, Salem State University; and April Anamisis of Methuen, Northern Essex Community College. Students shared their experiences at their respective colleges and offered advice for high school students considering where to go to college.

Each of the college presidents including Marty Meehan, UMass Lowell, Patricia Maguire Meservey, Salem State University, and Lane Glenn, Northern Essex Community College had two minutes to answer the question "What surprises students when they arrive at your campus?"

Meehan emphasized UMass Lowell's new academic buildings; Meservey shared

Salem State's faculty/student ratio and breadth of program offerings; and Glenn described a vibrant campus life at Northern Essex, featuring sports, student clubs, and performing arts opportunities.

During the question and answer period, college presidents were inundated by parent questions regarding college debt, faculty to student ratios, and career placement rates.

Representing his dual roles as a member of the Haverhill School Committee and co-chair of the Massachusetts Workforce Investment Board, Joe Bevilacqua echoed the thoughts of many when he closed the program with the following remarks, "Kids today have to go to community college and beyond in order to succeed. We need to make sure college is accessible and affordable and that a college degree leads to a job."

After the formal program, parents and high school students were invited to attend financial aid sessions in upstairs classrooms. The standing-room only crowds spilled into the hallways.

With campuses in Haverhill and Lawrence and extension sites in Methuen and Groveland, Northern Essex Community College is a state-assisted college, offering over 70 associate degree and certificate programs as well as hundreds of noncredit courses designed for personal enrichment and career growth. More than 7,400 students are enrolled in credit associate degree and certificate programs on the Haverhill and Lawrence campuses; and another 6,700 take noncredit workforce development and community education classes on campus, and at businesses and community sites across the Merrimack Valley. Northern Essex is the only state college located in the lower Merrimack Valley Region of Massachusetts. For more information, visit the website at www.necc.mass.edu.

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