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## METHUEN COP HONORED

Officer Dan O'Connell Receives Valley Patriot - Officer Tom Duggan Sr. Law Enforcement Award



PHOTO: TOM DUGGAN



PHOTO: RON MUSHOW

The Valley Patriot and the family of slain Lawrence Police Officer Tom Duggan, Sr. bestowed the first ever Valley Patriot, Officer Tom Duggan, Sr. Law Enforcement Award to Methuen Police Officer Dan O'Connell. **See Story Page 9**

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## VALLEY PATRIOT OF THE MONTH HERO IN OUR MIDST: SGT ROBERT A. HUNTER, U.S. MARINES

Helen Mooradkianian,  
VALLEY PATRIOT VETERAN COLUMNIST

In late summer of 1944, an aircraft carrier filled with Marines sailed from San Diego for Peleliu Island in the Pacific—and a mid-September invasion. On board was 18-year old Robert A. Hunter, of Tewksbury. "We were all pumped up and ready for action after training together for one year."

The "island hopping" strategy in the Pacific had proved successful as the Marines secured one island after another in their advance toward the Japanese mainland: Roi and Namur in the Marshall Islands (February 1944), Los Negros (March 1944), Wake Island (May 1944), Saipan and Guam (July 1944), and Tinian (August 1944).

But instead of Peleliu, Bob and half his

group ended up on Midway Island that September with the 3rd Marine Aircraft Wing, VMF-324 (fighter bombers). Their job: retrain land-based Corsair F4U fighter pilots to operate from aircraft carrier decks—even more urgent since Japanese "kamikaze" (suicide) pilots began attacking U.S. ships.

Bob was bitterly disappointed. He requested a transfer to Peleliu with the ground troops. His commanding officer grew livid. "Rising slowly from behind his desk—he looked 7 feet tall!—the veins in his neck and arms bulged. A deep red flush crept up his neck and spread across his face. Clenched knuckles gripped the desk. Finally, he barked, 'Get back to your barrack! Get down on your knees and pray you'll eventually make it

**HERO: PAGE 29**



Sergeant Robert A. Hunter, U.S. Marine Corps, 1943 to 1946, served on Midway Island in the Pacific during WWII, stationed with the 3rd Marine Aircraft Wing, VMF-324 (fighter bombers), the squadron that retrained land-based Corsair F4U fighter pilots to operate from aircraft carrier decks. In 1944 carrier strikes against Japanese-held islands had intensified, and carrier-based fighter pilots were needed to protect U.S. ships against attacks by Japanese "kamikaze" or suicide pilots, especially after the Battle of Leyte Gulf in the Philippines. The Corsair F4U was the first fighter bomber to exceed speeds of 400 mph. The Japanese called it "Whistling Death" because of its speed. American troops called it the "Sweetheart of Okinawa."

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# Does Big Governmentitis Lead to Dementia?

**Dr. Charles Ormsby**  
VALLEY PATRIOT EDITOR

If you had an acquaintance who was an astrophysicist that specialized in planetary physics and he commented during an interview that the sun came up in the west, you would have to suspect that his brain must have turned to mush. Some sort of brain disorder would be the only explanation for such a patently false assertion.

The quote from Kathleen Sebelius is similarly disturbing. As the Secretary of HHS, Sebelius should be the top dog when it comes to understanding health insurance and, as a prerequisite, what the concept of insurance entails.

What is insurance and what is its function?

Insurance is a way to spread the risk of events that are uncommon, but whose costs/consequences are unacceptably high for an individual or family to bear alone.

For example, assume everyone has one chance in a thousand each year of being hit with a million dollar loss (say from fire) and most people were unable to afford this loss. After watching the unlucky few be devastated each year and losing sleep worrying about being the next unlucky person to be hit, someone would invent the idea of insurance.

"Hey everyone, why don't we each pay \$1050 every year into a pool and then use the funds in the pool at the end of each year to cover the million dollar losses

When asked to comment on individuals with high-deductible, catastrophic health plans, Health and Human Services Secretary Kathleen Sebelius said, "Some of these folks have very high catastrophic plans that don't pay anything unless you get hit by a bus. They are really mortgage protection, not health insurance." (AP)

that occurred that year? The \$1000 would cover the actual risk and the \$50 would provide for a buildup of extra capital in case a higher frequency of loss occurred in a single year plus pay for administrative costs and profit to those guaranteeing the payout. If we do this we can all sleep well at night knowing that we no longer need to worry about this risk."

After the applause died down, someone might ask, "What should we call this?"

Let's call it Insurance!

Based on this idea, several million families might participate in the "Global Fire Insurance Company" by paying the annual premium of \$1050.

After several years, some analysts might determine that the risk was not exactly the same for all participants in the pool. Those with wood houses might have a fifty percent higher risk than those with brick houses. Those with the brick houses would start complaining that they are being overcharged to pay for the excess risk incurred by those with wood homes.

The Global Fire Insurance Company has a choice. It could establish two different

insurance premiums to more accurately align costs and risks or it could stay with one annual rate in an attempt to assuage their higher risk customers who do not want to pay for the risks they are incurring.

If the Global Fire Insurance Company chooses to stay with a single annual rate of \$1050, a competitor (aptly named the Smart Fire Insurance Company) will quickly spring up offering two policies: one for \$1250 (wood houses) and one for \$850 (brick houses).

At first, all the wood home owners would sign up for the Global \$1050 plan and all the brick home owners would sign up for the Smart \$850 plan. But the folly of the Global Company would quickly be evident. Their claims would quickly out-strip their premium income and they would either have to go bankrupt or adopt the rates offered by the Smart Company. Either way, the rates that persist will be those that fairly align with actual risks – because any discrepancy leaves an opening for a new start-up to exploit.

One final note: After these fair rates became standard, owners of wood homes would have an incentive to reduce their fire risks in a manner that would lead to lower rates (insurance companies would adjust or new competitors would spring up) and brick homes (or any home with lower risks) would become more desirable. Over time, home owners and home builders would reduce their risks of fire in response to the differential in insurance rates. The world would become a better/safer place in response to the market's rate setting competition.

Insurance for health costs is conceptually no different. Insurance represents a pooling of improbable risks that represent costs that are unacceptably high. If an event is highly likely, it is not a good candidate for insurance. If the cost of an event is minimal, it is a poor choice for insurance.

For example, assume that 100% of individuals need heart transplants at the age of 50 and that transplants cost \$100,000. It would make no sense to insure this event because the premiums would be set to the actual cost plus an extra administrative fee. Why pay the fee if you can just save for this known event yourself? If anything, people would offer investment plans to prepare for this predictable cost.

If there is one chance in a thousand that you will incur a broken toe, but the cost

to treat it with a simple splint was under \$100, you wouldn't insure this either. For the same reason, we don't insure the cost of groceries or gas for our cars.

So, what is insurance? It is the pooling of risk to avoid unaffordable costs of rare events. Exactly what Kathleen Sebelius says is NOT insurance.

Is she an idiot?

No, her big government, statist philosophy is merely overpowering her rational faculty. Truth no longer matters. She is willing to deny the most obvious facts to achieve her statist goals. She is on a mission.

Her mission is to have the government take over the healthcare industry. She and the statist cabal that is running our federal government have to re-define insurance to get the public to accept government control.

Note that what she and Obama describe as health insurance is exactly the opposite of that described above for fire insurance. What constitutes insurance to her/Obama has the following characteristics:

- Everyone pays the same regardless of risk (young vegetarian marathon runners and older, obese chain smokers pay the same premium; pre-existing conditions pay the same even though they represent established high risk and known costs. Note that this provides no incentive to make healthy life-style choices.)
- Even the least expensive items are covered just for a co-pay (including predictable events like annual checkups – the health equivalent of car inspections, and inexpensive/affordable tests like blood tests and x-rays. Note that this provides no incentive to economize when buying healthcare services.)

This is not insurance. This is the intentional elimination of fair market pricing of health insurance, the government take-over of one sixth of the private economy, and the destruction of the liberties of those that work in healthcare. Equally important, it is the destruction of the world's finest healthcare system and a permanent intrusion on all American's right to manage their own healthcare choices (both lifestyle choices and healthcare buying decisions).

Sebelius and Obama don't have dementia, but they are evil. They are consciously deceiving the American public to socialize our healthcare system and to destroy our liberties.

Don't let them do it. You may live to regret it ... but not for long.



Dr. Ormsby is a former member of the N.A. School Committee. He is a graduate of Cornell and has a doctorate degree from MIT. He is currently a faculty member in the Department of Mathematical Sciences at UMASS, Lowell. Email him at [ccormsby@verizon.net](mailto:ccormsby@verizon.net).

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# Will the Real Dan Rivera Please Stand Up?

Lawrence City Councilor Dan Rivera is running for mayor against incumbent Willie Lantigua.

We find that odd.

For the last two and a half years, Lawrence City Councilor At-Large, Dan Rivera has approved nearly every hack appointment made by the embattled Mayor Lantigua. His approvals included the now indicted Deputy Chief Melix Bonilla, and indicted former Lantigua Chief of Staff, Lenny Degnan.

He has made unfounded racial accusations against the motives of City Councilor Marc LaPlante (a tactic Lantigua has perfected to an art form).

He advocated for Lantigua to be able to borrow \$35 Million after Lantigua had already spent more than

\$280 million that the state taxpayers had sent him (in local aid) to run his city. Furthermore, after Lantigua received the \$35 Million loan, and spent every last penny of it, Dan Rivera went along with cutting 35 police officers and 34 firefighters, closing two fire stations ... and making excuses for Lantigua's fiscal incompetence every step of the way.

Rivera also testified in favor of House Bill 1441 at a joint house and senate hearing in 2010.

Now, the born again Dan Rivera spends his days and nights coming up with new ways to publicly criticize Lantigua for his spending.

It would be oh so funny if it weren't oh so sad for the people of Lawrence who have this kind of political theater

to contend with while the city is crumbling and crying for leadership.

Working in Rivera's favor in this race is his valiant military service and a network of political insiders in other communities. He is a former aide to Congressman Niki Tsongas and has the ear of high ups in state government. He is likable, and very bright.

However, the question that will haunt him, and the one that voters will have to square with his record is: How would Dan Rivera be different from Willie Lantigua?

If City Councilor Dan Rivera is going to try and convince voters in Lawrence to reject Willie Lantigua and chose him as their replacement, based on politically expedient attacks on his spending, he underestimates the

Lawrence voters, especially Lawrence's Dominican voters.

To most of Lawrence's Dominican voters, Mayor Willie Lantigua is still a rock star. They support him, they are active, and they are the largest voting block in the city.

Though Lantigua's antics have turned off many Dominican voters in Lawrence, most still support him.

If Dan Rivera thinks that he can lure away people who voted for Willie Lantigua in 2009 by becoming a Johnny-Come Lately convert on the "Willie Must Go" bandwagon, he first has to get past the fact that he was a driving force in every one of Willie's spending "issues" since Lantigua took office

... or at least until recently.

# Words? What Are They Good For?

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST

I have heard the phrase, "words have meaning" for the better part of my life. As a small boy when I called my brother something nasty and then tried to explain that I did not really mean anything by it, my mom or dad would come along and remind me that "words have meaning." The same admonition was visited on my brother when he would hurl some verbal nastygram in my direction. Throughout all levels of school, I've had teachers, counselors, principals and professors remind me that "words have meaning." In the

world I have inhabited as a writer, speaker and broadcaster, I have been reminded repeatedly that, "words have meaning." Attorneys often let people know that "words have meaning" usually by using meaningful words like libel and slander.

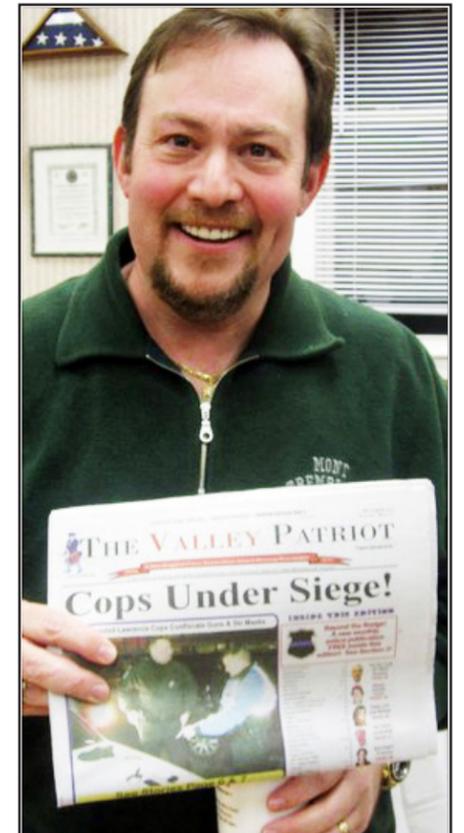
Despite millions of lessons about words and their meanings, we now know that we've all been wrong all this time. Certain words we have defined over the years are presently having their meanings changed, altered, twisted or simply flushed.

The raging debate about so-called marriage equality is being decided by the Supreme Court and whatever the ruling is,

half of the country will be livid. Let me be clear, I wish all people a long happy, healthy life. Want to live with a man? OK with me. A woman? Alright, then. An ornate rocking chair? You betcha. The problem is not necessarily with whom or what you choose to share your life, but rather the word which is used to describe said relationship. As marriage is currently being redefined to include a variety of new matrimonial machinations, I would simply remind people that any new definitions will set the precedent for even more connubial computations in the future.

Another term we all know the definition of is also being changed. Just days ago, the Associated Press declared that the term "illegal alien" which of course is used to describe people who have illegally invaded the United States will no longer be used. Nope, no more describing illegal aliens as, well, you know illegal aliens. Apparently illegal aliens will now be known as undocumented visitors! Call me crazy, but it seems to me that you can only be undocumented when you actually start the process by being documented. Sort of like when I walk out of the house and forget my wallet.

So what is next in the lunatic lexicon? May I humbly suggest that the crime of bank robbery now be described as making an unexpected withdrawal? How about declaring that drug dealers should now be referred to as undocumented pharmacists.



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. WEBSITE: visionaccomplished.net

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# An Interview with Town Manager Andrew Maylor - Part 1

**Tom Duggan**

VALLEY PATRIOT PUBLISHER

*The Valley Patriot interviewed North Andover Town Manager Andrew Maylor last month. This is part one of at least a three-month series on the direction of the town from the man who replaced Mark Rees, and is now in charge of administering the town's public services.*

North Andover Town Manager Andrew Maylor worked in post-receivership Chelsea for six years. He told The Valley Patriot it was a great learning experience.

**You have worked in cities and towns, which do you prefer, which do you see as functioning better?**

"After six years, I became the first town administrator in Swampscott. I spent about 10 years there," Maylor said. Overall, he adds, "I preferred working in towns."

"I think there's more involvement and more interaction with people in towns. That drives the accountability. There's more accountability in towns because you have more feedback and engagement with the public than you do in a city. In a city, the accountability needs be driven by personal responsibility and structure of government."

"In towns like North Andover, there are more people who are paying attention. I think from that perspective, a good example of places where accountability doesn't work, would be my experience with the Essex Regional Retirement Board; I was appointed by the state to take over the chair because of the controversy there for a protracted period of time. There was a good example where people stopped showing up to meetings. It was an independent body, so it was not like a town or a city [board]. The governing board was completely independent and there weren't interactions with media or residents quite frankly, so it was a good example how things can go wrong."

"I think the town provides that constant feedback which I appreciate. So, yes I prefer working in a town and I think a town functions better."

**Was North Andover your first pick?**

"I had been applying for positions, and I told the people of Swampscott I was looking for a bigger town with more resources. I had been applying for a number of positions at the time. I was a finalist here. I was a finalist in Winchester as well, but I did tell the folks in Winchester that if I was offered the job in North Andover I was going to take it. So yes, North Andover was my first choice. No disrespect to the Winchester folks, but this seemed to make more sense to me. So, yes, it was."

**So now that you are here, did North Andover meet your expectations?**

"It did. Yes. You know I had dealt with commercial businesses and commercial industry in Chelsea, but in Swampscott there was very little commercial interaction. So, I'm putting my hands back in the game as far as attracting commercial businesses, get them to interact and participate in government. Now, that's what North Andover has, but it's also what North Andover needs, right? I think we can all agree that we need more corporate presence whether it's at 1600 Osgood Street, or the loss of commercial business down at Electric and Converse. We need to engage more heavily and attract more businesses in North Andover. That's one of the pieces that I've had past experience in and an interest in, but didn't have much experience with in Swampscott, which is much smaller."

**Do you live in town?**

"I live in Lynnfield."

**Are you thinking of moving into town?**

"Yeah, I think the limitation right now is that I have three school age kids. I have a daughter who attends Merrimack, a daughter at Lynnfield High, and another daughter who's in high school. Trying to move your kids out of a high school they have attended for a few years is not something that goes over well. So, I am close by. I am here often. I was here last Sunday watching the storm response by our DPW staff. I think there are ways to engage in the community when you don't live here, and I have found that very easy to do. Lets' see how things go as the kids get a little older."

**There were a lot of complaints at our news office about the piles of snow all over Main Street during the last blizzard. Talk about what happened.**

"It was a blizzard. My reaction having watched our initial response, and then our response that Sunday was that, when we were actually able to remove snow physically ... I think it was the appropriate response. We have a DPW that's responding to clearing parking lots in schools, sidewalks as walking routes to school, the Main Street corridor, and then the other streets. So, given the fact that it was about 30 inches of snow in less than 24 hours, I think the response was pretty impressive."

"I think every storm is different, and you have to look at the magnitude of what you are trying to remove. We are very aggressive on Main Street. I think you see it on the sidewalks, and that we removed snow. Many towns don't remove snow on the sidewalks but we make an aggressive effort to not just plow the snow, but to remove the snow. It does come with some of its own limitations. If you were just plowing it and moving it you wouldn't get the piles, but in the end you are asking all



these small businesses to clean in front of their spaces, and we would have less of a 'return to work' environment. The fact that we are removing the snow means we are going to pile it first."

"When you have 30 inches of snow, that means you are going to run into some complications. The snow occupied half the parking lot out back here, 30 feet high. We staged it there and hauled it to Sharpners Pond behind the soccer fields."

**What about the Bradstreet School? (this interview was done prior to the Selectmen's decision not to approve the low-income housing proposal).**

"Ultimately, there are a lot of factors that will go into the decision of what happens with the Bradstreet School. Obviously, the interest of the business community downtown is one piece of that. In fairness, defining it as just low-income housing is an interesting approach. There's affordable housing all over the place. This [proposal] is work-force housing. If you attended the meeting and presentation, you would have seen we were clear about the application process, and who could qualify. A good analogy for the income range of the people who would qualify would be in the range of what we pay police officers and firefighters. I think you have to look at that program in total. I am not taking sides. It's part of the selectman's process to evaluate what's been presented."

"All I have said from the beginning, in relation to the Bradstreet School is this: people have to recognize one of the trickier things any community does is surplus an asset, and then have to sell it. It's never what people think it is going to be. If you can imagine what people would put there

in a perfect or even a semi-perfect world, it never turns out to be that. There are a lot of articles nationally about the stockpiling of surplus municipal buildings and how long they stay unoccupied. Bradstreet still looks good after five years, but overall you start to see the signs of blight. Blighting Main Street would drive businesses out more than whatever use it could be."

"It's a public RFP (request for proposal) process. If I had an option to pick a vendor, call in people and ask them what they think is the best use for that building, there are things I would prefer. But it's up to the selectmen and the people."

**Tell me about some of the other properties North Andover is sitting on and not using and what we are renting.**

"We currently lease two spaces. We have a no cost lease till 2015, I might be off by one year on that, for the Community Development Department, which includes inspectional services and the like. We pay utilities for use of that space located at 1600 Osgood Street. We will go full rent by about 2016. The School Central Administration Office is currently in that space at 1600 Osgood. They pay approximately \$100,000 a year to occupy that space. The facilities master plan committee formed by the town several years ago first identified intent, and funded in fiscal 2011. We had a company come in with the help of a committee which met dozens of times, talking about rental spaces, existing structures, and what to do with them. It was a thoughtful plan. It began long before I arrived, but I saw the benefits at the end of it. There's been an estimate to rehab that for public use at \$9M."

MAYLOR: PAGE 27

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## April in Andover

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

April is one of the best months of the year, and in Andover we have so much to enjoy. To everyone who might see snow melting over their flowers beds yet still held up in some spots along the roadside, these are just soft reminders of what Spring will bring.

March, to me, was the best. Goodbye to the howling winds and heavy snowstorms of winter, look out summer here we come!

While Andover has seen winter end and summer spring forth, there were many of us who thought it would never end. Of course, this "season of change" brings more than warm weather.

April 18, 1775 could have been a spring day like today. The farmers all ready to begin the planting, tension in the air due to the major upheaval in the country which was divided by those who were in favor of George III, those who were followers of the Sons of Liberty, and those who just hoped for another spring and summer that would allow the crops to blossom forth with a rich harvest.

My personal favorite of all the patriots who made their mark before, during and after the the Revolutionary War has always been Paul Revere. From reading both contemporary works about Revere, and

the book "Paul Revere and the World He Lived In" by Esther Forbes, I have gained an immense respect for him. Paul Revere was a man of his time. He was loyal, a good father, he possessed unusual talent as a silversmith, and was relied upon by the men he choose to band with who set this country on the road to freedom.

The study of Paul Revere's life is a lesson to be remembered. He was the type of man who became famous due to his duty to family, to country, and to his fellow man. We may remember the Longfellow poem telling the story of the charge of the Old North Bridge, but we should also remember that the men and women of the stand at the bridge were fighting for their very existence and independence.

How many men from Andover and northern Essex County were ready to answer the shot that was heard around the world? It should be noted that there were about one-third who answered the call to arms, one-third who were loyal to King George, and one-third who were not ready to choose either side until they were secure in who would win.

It is interesting to muddle over how our present day history will be portrayed in the history books of the future.

## Boards And Committees

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

There are several openings throughout the Town of Andover on a variety of town boards and committees.

For those who would be interested, the following is a list with the number of spots available: The Ballardvale Historic District Committee, three vacancies; Ballardvale Fire Station Building Committee, one vacancy; Cable Advisory Committee, three vacancies, Council on Aging, five vacancies, Cultural Commission, two vacancies; The Green Advisory, one vacancy; Elderly Tax Aid Committee, two vacancies; The Task force for

Lowell Junction Interchange, two vacancies; Housing Partnership/Fair Housing Committee, two vacancies; Recycling Committee, one vacancy; Scholarship Committee, two vacancies; Spring Grove Cemetery, three vacancies. The TRIAD Council needs four members, and the Zoning Board of Appeals has one associate member vacancy.

A form can be found at Town of Andover information on the official Town Offices site. The form is listed as "Talent Bank Form".

Additionally, you may call 978-623-8202. The Town of Andover appreciates the interest its citizens give through Public Andover boards and committees.

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Guselli

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## Notices From the North Andover Senior Center

National Volunteer Month is a time to celebrate people doing extraordinary things through service. Whenever you see a successful, busy and active Senior Center, you can count on the fact that there are many volunteers working behind the scenes, making things happen. This year we will be honoring over 150 volunteers who have given 50 hours or more of direct services or support to the North Andover Senior Center. We have chosen to do this special celebration in June. Town officials, speakers, entertainers, and group facilitators have given back to their community, we thank you. So, be sure and thank volunteers when you see them in action. They need to know they make a difference. A special thank you to the Council

on Aging Board of Directors, to the Friends of the North Andover Senior Center Board of Directors and all their members. Great things are accomplished every day because of volunteers.

**HEALTHY LIVING:** Sign up for a free six-week workshop for Chronic Pain self-management. Mondays 12:30-3pm, April 8 - May 20. There will be no class April 15th. Registration with receptionist is required, but the workshop is free.

**DAY TRIP:** Thursday April 11th. Tour a "Sugar House" and then lunch at Parker's Maple Barn. Bus \$5 - departs @ 9:30am. Separate checks at the restaurant. Sign up with reception.

**News & Views:** Every Wednesday from 10:00-11:30am. Come and join the lively discussion of current events, politics, history, and you never know what else.

**MYSTERY LUNCH RIDE:** Thursday April 18th. Depart from the Senior Center at 9:30am. Visit a nearby Senior Center, have homemade soup for lunch, shop at their thrift shop, then head to a music school for a free concert by a jazz vocalist. Bus and lunch \$4.

**THE FIX IT SHOP:** On the 1st and 3rd Monday of the month from 12:00-3:00pm. We repair almost as good as new. Lamps with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center. (April 1st and 22nd due to the holiday.)

**VOLUNTEER MEDICAL TRANSPORT DRIVERS ARE NEEDED!** You can set your own schedule, morning or afternoon, any day of the week. Call the North Andover Senior Center for more information. Speak with Cahla at 978-688-9560 for application and assistance.

**WALK IN CLINIC:** The North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic every Wednesday from 9:00am until noon. If you are a North Andover senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen level. You will be able to consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service, but donations are gratefully accepted.

**TRIAD Meeting:** On April 16 at 10:00a.m., TRIAD will present "Car Fit", a program that will make sure that your car is properly adjusted for you. Drive your car into the Senior Center parking lot and an officer will assist you. Come into the Center for a photo ID and information about our Yellow Dot program. All are invited.

**DONATIONS NEEDED:** The center is collecting used cell phones, ink cartridges

## ZUMBA WITH TALLIE!



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

and new yarn. Please help us out with your donations.

**LECTURE SERIES:** Takes place every Monday starting at 10:00am. The Better Business Bureau will be the speaker on April 8th. Mark your calendars for Monday, April 29th when we will have retired Forensic Scientist, Paul Zambella, speak about his 36 years with the Massachusetts State Police Crime Lab.

**Hearing Clinic:** Miracle-Ear will be at the North Andover Senior Center the 3rd Wed of the month, 10:00am to noon. Sign up with reception for a free screening.

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# Ward Commits to St. Lawrence, Keeps NHL Dream Alive

Mark Behan

VALLEY PATRIOT SPORTS REPORTER

Moments into his high school hockey debut, then-Haverhill High freshman Brian Ward wasted little time scoring his first goal. The goal brought the Hillies' student-body section to its feet in celebration. And soon a boisterous chant reverberated throughout Haverhill's Veterans Memorial Rink.

"He's a freshman!" "He's a freshman!" "He's a freshman!"

Yes, the precocious 14-year-old Ward had arrived.

But Ward's journey from dazzling debut to today has been a circuitous one – chockfull of 12-hour bus rides, a stint in college, three years of prep school, and the unwavering dream to play in the National Hockey League.

Ward is wrapping up the season with the Tri-City Storm of the United States Hockey League (USHL) in Kearney, Nebraska. The 21-year-old center has spent the better part of three years with Tri-City and, as team captain, is enjoying his best season to date. Ward currently has a 13-

game point (goal or assist) streak and has registered a point in 24 of 25 games.

"I am playing pretty well and have had a good season," said Ward, noting the Storm (22-29-7) has suffered an injury-plagued season and will not qualify for the playoffs. "It gets easier being my third year. I am playing with some good players and getting more playing time."

In addition, Brian, son of Robert and Mary Ward of Haverhill, committed to attend St. Lawrence University in Canton, NY, next fall.

Ward said one of the main reasons he chose St. Lawrence – where hockey is the only Division 1 sport contested – is the opportunity to skate for Coach Greg Carvel.

"He has a very good reputation. He showed a lot of interest in me. I knew they really wanted me," said Ward of Carvel, who coached in the NHL. "He has a clear-cut plan of where he sees me playing."

After that memorable opening game six years ago, Ward enjoyed a fabulous freshman campaign. He led the Hillies in scoring, earned Merrimack Valley All-

Conference honors, and was named team MVP.

Ward's Haverhill High career, though, was short-lived as he transferred after his freshman year to Governor's Academy in Byfield, MA.

At Governor's, Ward blossomed and began garnering national attention, leading the team in goals and being named its MVP in 2010.

Ranked as high as No. 91 by NHL Central Scouting, Ward was not only a prolific scorer but at 6-foot-1, 195 pounds, he was also an adept player of rough-and-tumble style hockey when necessary. In August of 2009 – before the start of his junior



year – Ward committed to attend Dartmouth College.

Before entering Dartmouth, Ward played a year for Tri-City. It is common for Division 1 players to skate in a junior hockey league before attending college. The Storm plays a

64-game schedule and attracts from 3,000 to 4,000 fans per game. "Road" games are indeed on the road with Tri-City's closest opponent being a two-hour bus trip from Kearney. Twelve-hour bus trips are not uncommon. Off the ice, Ward has lived with the same host family since arriving in Nebraska. And on ice, the competition

**WARD: NEXT PAGE**

# Critical Choice To Make On April 30th for US Senate

A Vote For Dan Winslow Is A Vote To Get Our Country Back On Track

The April 30th Primary Day in the race for US Senate is coming quickly and Dan Winslow needs your support.

We have been given the great opportunity to send a message to our fellow citizens all across America that Massachusetts is sick and tired of what has been going on in Washington, and it's time to get our great country back on track by electing a new US Senator.

If you don't want Barack Obama's "path to citizenship" which will give twelve to fifteen MILLION illegal immigrants social security numbers, driver's licenses, and special in-state tuition rates for our state colleges and universities, then you have to vote for Dan Winslow.

If you want to repeal Obamacare, then vote for Dan Winslow.

If you want to stop the trillion dollar tax hike that Harry Reid rammed through the U.S. Senate last month, then you should vote for Dan Winslow.

If you want to elect someone who both supports and believes in our Constitution and the Bill of Rights, then vote for Dan Winslow.

If you want someone who will finally get the answers to what really happened in the September 11th terrorist attack on our Consulate in Libya where our Ambassador and three other Americans were murdered, then you have to vote for Dan Winslow.

If you want someone who will make the tough decisions to end out of control spending and cut the huge federal deficit, then you should vote for Dan Winslow.

Dan Winslow was born in Western Massachusetts, one of four boys in his family.

His dad was a small businessman and his mother, a first generation Italian-American, was a nurse.

Dan worked his way through Tufts University and Boston College Law School. He served twenty years in the private sector in private practice. Dan is also one of

the few people in the history of our state who has served in all three branches of our state government.

First, he served as a state judge where he was nationally recognized for the innovations he brought to the bench. Dan then gave up his lifetime judicial appointment to serve as the state's chief legal counsel during the 2003 state budget crisis where he was a member of the team that helped erase a \$3 Billion budget deficit without raising taxes.

In 2010, after serving as Legal Council to Scott Brown's victorious U.S. Senate campaign, Dan decided to run for office himself, jumping into a race for State Representative and beating a well financed Democrat who had been considered the favorite.

Going to the State House in Boston, Dan pledged to stand up to the political machine and the Beacon Hill insiders didn't like it. One political boss told the newspapers, "Tell Winslow we're coming after him". But Dan won re-election when the political machine couldn't find anyone to challenge him.

The late conservative giant, William F. Buckley use to say, "Vote for the most conservative candidate who can win."

That's Dan Winslow. And if Republican and Independent voters join together to



PHOTO: TOM DUGGAN

vote for Dan in the April 30th primary, Dan Winslow will beat Ed Markey in the final election in June.



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## Councilor Kannan Packs ‘em In: Announces Run for Mayor

Hundreds of supporters pack the Knights of Columbus Gaythorn Hall (see ad page 3) to support Methuen City Councilor Jen Kannan last month. Kannan announced her campaign for Mayor against incumbent Mayor Steve Zanni. Zanni is in his first, two year term as mayor.

## Corruption Triumphs in Methuen: D’Agostino the Casualty

Tom Duggan  
VALLEY PATRIOT PUBLISHER

Private citizen Richard D’Agostino applied for the open city solicitor’s job in Methuen among eleven other candidates. He was by far the most qualified for the position as he was one of the last two finalists before political shenanigans derailed his chances of employment with the city. He went through the interview process

and a background check. He was vetted by city councilors at open meetings and was subject to public scrutiny as well as back door whisper campaigns and scurrilous attacks by cowards who hide in the shadows, always angling for personal gain or political power.

As the fired Lawrence City Attorney, D’Agostino has a long history of public service going all the way back to the 80’s

when he was an Alderman in Lawrence.

He knows the players, he knows where the bodies are buried, he knows how to play hardball with the big boys, and he knows how to get things done.

Methuen would have served themselves well to hire him to replace the outgoing solicitor Peter McQuillan.

But they didn’t.

The city council chose not to hire him after a well-coordinated attack on his character by Lawrence Mayor Willie Lantigua, someone pressured his references to retract their letters of recommendation, a coordinated effort by those who wanted to stage a coup to reinstate McQuillan by sabotaging the process, and a spate of politically motivated editorials and “articles” in the Eagle-Tribune.

The level and fury of the attacks on D’Agostino was something out of a well-managed political campaign in Lawrence, not a council appointed city solicitor’s position in Methuen.

And whether individual city councilors realize it or not, their action, or should I say inaction, in replacing Peter McQuillan with a guy like Richard D’Agostino, have given more power to the corrupt and self-serving and weekend the political power of those who are trying to stop the corruption. By voting against Richard D’Agostino, the Methuen City Council has sent a clear message to people like Willie Lantigua that he can sabotage his political enemies in other communities just by causing controversy, whether he is right or not.

I know, I know the councilors will say that Lantigua did not influence their decision but that isn’t how Lantigua sees it and



Attorney Richard D’Agostino

handing him a victory like this (even in his own mind) emboldens him.

It also sends a signal to the editorial board of the Tribune that they have more power in Methuen than they really have. They also scored a big win when the council ran from controversy and rejected D’Agostino for the position.

Then there are the Methuen insiders who schemed and planned and plotted to sink D’Agostino’s nomination. The council sent them a signal that their tactics work. The next time a nomination comes up that doesn’t fit with the sacred cows behind the curtain, they can create the same kind of controversy over nothing and achieve the same end.

Methuen had a real chance to get it right. They blew that chance. That doesn’t make them bad people or necessarily part of the corruption, but them caving in to the pressure of the corrupt and self-serving has certainly made them a tacit part of the problem.

### HAVERHILL’S WARD: FROM PREVIOUS PAGE

is top-flight.

“It’s a big step up from prep school, with the skill and the maturity of the players,” said Ward, who netted nine goals with six assists in his first year (2010-11). “The league gets a lot of the best kids in the country. Almost everyone playing will go to a Division 1 college.”

After one year with Tri-City, Ward appeared poised to play at Dartmouth. However, during the summer before he started classes, Ward injured his back while working. The injury lingered into the fall, and Ward was not healthy enough to play. When he did return, Ward practiced with the Big Green but did not participate in any games. After one semester in Haverhill, he made the difficult decision to leave Dartmouth and return to play with Tri-City.

The situation at Dartmouth was frustrating, said Ward, but he laced up his skates for the Storm, played in the final 25 games of 2011-12 and recorded 16 points.

His offensive prowess continued this season. In 39 games, Ward has piled up

22 goals and 29 assists – by far the most points he has totaled in nearly three years.

While his first foray into college hockey did not go as planned, Ward is excited about St. Lawrence.

“I fell in love with the school,” said Ward, who will enter college as a sophomore with three years of hockey eligibility. “I hope to play center. The team is losing its high scorer and is looking to replace him.”

From Haverhill High freshman to Storm captain to soon-to-be St. Lawrence sophomore, Ward’s journey has been long and arduous. But the dream remains.

“I want to make the NHL, 100% that’s my dream,” said Ward. “If that wasn’t the goal, then I wouldn’t have left one of the best schools in the country.”



Mark Behan is a former reporter for the Haverhill Gazette and has received an award from the New England Press Association for his writing. Mark is now the local sports columnist for The Valley Patriot. Mark lives in Newton NH, you can email him at behanms@aol.com

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PHOTO BY TOM DUGGAN

## Methuen Police Officer Dan O'Connell Valley Patriot, Officer Tom Duggan Sr. Law Enforcement Award Recipient

Justess Jacobson

GRANDDAUGHTER OF SLAIN LAWRENCE  
POLICE OFFICER TOM DUGGAN

This award will go to one civilian and one police officer or firefighter every year.

My grandfather, Officer Tom Duggan believed that it was the little things a police officer does every day that made the biggest difference in people's lives.

While he worked on many major cases and high profile crimes in Lawrence he always said that it was the day to day work that he did helping people in small ways that really made him love his job.

On March 16, 1990, he lost his life in the line of duty. Unfortunately, I was unable to meet this amazing man, as I was born after his tragedy.

But from everything I have read and been told, he was obviously a man who loved being a police officer... and it was because he loved being able to make a big difference in little ways.

This year, the Duggan family and The Valley Patriot have created the first ever "Valley Patriot, Officer Tom Duggan Sr. Law Enforcement Award" and grant it to Methuen Police Officer Dan O'Connell.

This officer has done such great work in the community and, a few summers ago The Valley Patriot was there to see it first hand.

One day at the July 4th celebration in Methuen he made a difference in the life of a little girl and the expression on her face (see photo) surely showed it.

Officer O'Connell saw a little girl at the event who was crying and terrified because she had lost her mommy.

In that one instant when this officer found the lost little girl, he picked her up, held her and told her that she would be ok. With just a look and a few kind words, this little girl went from tears to a precious smile because Officer O'Connell was able to show the true meaning of "making little things count" by comforting her until her



PHOTO BY RON MUSHOW PHOTOGRAPHY

Methuen Police Officer Dan O'Connell receives The Valley Patriot's, Officer Tom Duggan Sr. Law Enforcement Award last month.

parents were found.

We need more police officers like this one and for sure we need more people to give them awards.

Tonight, an award is being given to a police officer for showing kindness and concern for a little girl. An award for showing love and appreciation for the people he is charged with protecting.

It is with great honor that The Valley Patriot and the Duggan family present the first public safety officer to ever receive the Tom Duggan Sr. Law Enforcement Award: Methuen Police Officer Dan O'Connell.



Justess Jacobson is the granddaughter of slain Lawrence Police Officer Tom Duggan, Sr. is a resident of Manchester, NH and is graduating from Hesser College next month with a degree in communications. EMAIL: valleypatriot@aol.com

## The Merrimack Valley Irish Connection

Jack Doyle, County Sligo

VALLEY PATRIOT IRISH COLUMNIST

There is a Marist Convent in Tubbercurry. A large portion of the building was a secondary school until 2002. When the community vacates the building next year it will be transformed into affordable housing for those who need it.

Now a Tubbercurry landmark, it will house a major new social housing project. Sophia Housing together with Sligo County Council, has developed a scheme of 32 apartments at the Emmet Road site. There are six apartments with two bedrooms and 26 one-bedroom apartments.

Sophia is a national housing association providing accommodation, support and outreach to hundreds of vulnerable people on the margins of society across Ireland.

Established in 1999, it has projects in Dublin, Wicklow, Limerick, Cork and Sligo. The launch of the Tubbercurry scheme is the culmination of a campaign which began a number of years ago.

Sligo native, Jean Quinn, of the Daughters of Wisdom and founder of Sophia, was approached by the Marist Sisters. They offered the site of the original school to provide much needed housing in Sligo.

Sophia's Eamonn Martin, who worked for many years in a local bank, led the project. Bennett Construction gave employment to many local people during construction.

Jean Quinn said: "I believe this wonderful project will provide valuable support and facilities for the Tubbercurry com-

munity as a whole. "We look forward to welcoming the first residents to their new homes."

The complex also consists of a nurturing centre, conference space and meeting rooms. There is also a wisdom centre and a day care facility.

Jean Quinn said: "The vision of Sophia is to have projects that enable people to make positive differences in their lives."

The Marist Development was originally opened in Tubbercurry in 1914.

The building of the project has been funded by the Department of the Environment, Community and Local Government. Adjacent to the site there are three houses, each with eight units of accommodation.

Sophia is also planning an official open day in June where local people will be welcome to visit for a tour and further information.

In Tubbercurry, the Marist Way of Life is alive and well and our presence there spans 110 years. If the walls could speak, what stories they could tell about our response to the crying needs of people including the 4 selected by the General Chapter.

Today the sisters engage with those thirsting for meaning through their various ministries, especially in Holy Family Primary School, by involvement with pupils, staff, parents, teachers and boards of management. Some community members are involved in parish outreach, often helping families in times of bereavement and/or tragedy.

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# Searching for the Next Mayor of the "Great" City of Lawrence!

Peter Larocque  
VALLEY PATRIOT COLUMNIST

In this column I would like to put forth what I am looking for in a candidate to be the next Mayor of the Great City of Lawrence. First and foremost I want to make it clear that I am not looking for a Savior for the city of Lawrence. The citizens of Lawrence already have a Savior, and that is the Lord Jesus Christ! There is nobody alive on earth who can improve upon the finished work of Jesus Christ. Furthermore, the next Mayor doesn't have to be perfect either. According to Romans 3:23, "For all have sinned and fall short of the glory of God", this tells me that perfection is off of the table. Now that I have made that clear, what is it exactly that I am looking for in a candidate for the next Mayor?

The answer to that question is also found in the Bible, Exodus 18:13-26. Here we read the account concerning the time after God freed His people by His mighty hand from captivity and slavery brought about by the evil Egyptian taskmasters ruled by Pharaoh. Once out of Egypt and in the wilderness the people, being many, needed leadership. It was Moses' father-in-law Jethro, who brought this to his attention. This thing that Moses was doing, which was ruling over God's people all by himself, was not good. So Moses' father-in-law told him that God would help him to look among the people

for able men that feared God, men of truth, hating covetousness. This Biblical account tells us that the new leadership, Moses' top administrators, had to come out from among the people.

So, in keeping with these same attributes, the next Mayor of Lawrence has to be a Lawrencian who has a heart for the city and a love for all the people, not just one segment of the population. Additionally, the next Mayor of Lawrence must be able. (By the way, I believe this truth applied today could mean man or woman, but for brevity, I will use the masculine). So the first requirement to lead as Mayor is that he must be a Lawrencian who is able, which means confident in one's ability and possessing the education and knowledge to get the job done. Someone with integrity and secure in their own skin, someone solution minded, someone who brings people together to work together for the common good.

Secondly, someone who fears God! A person who has reverence for God. One who is humble, and prays and acknowledges that he is limited and turns to God for guidance and solutions to what the city needs.

Thirdly, a man of truth, simply put, someone who says what he means, and means what he says. Someone we can trust to also do what he says, one who lives by the same rules and laws that we the people are expected to abide by.

The next Mayor cannot make speeches about shared responsibilities while at the same time living irresponsibly, doing that which appears contrary to living under the same rule of law. The practice of making speeches about public safety being their number one priority, only to shortly thereafter lay off police and firemen and close firehouses must end!

The fourth attribute in the next Mayor of Lawrence is one who hates covetousness! The next Mayor of Lawrence must not be one who is fixated on power! He cannot and must not put his own interest (greed) before the interest of the City! The next Mayor cannot surround himself with people who will only tell him what he wants to hear. The next Mayor should not fill his administration with family members, or those who are more loyal to him than the City Charter.

On a personal note, I would like the next Mayor of Lawrence to be a family man who is not afraid of allowing people to see that family is a priority! Also someone who is not easily intimidated to lead all the people of Lawrence no matter what their ethnicity is. The Great City of Lawrence has been, and will always be a city of immigrants. Our next Mayor must be one who celebrates and embraces all backgrounds and classifications.

Finally, the next Mayor of Lawrence needs to begin the process of getting our city and our public schools back under

local rule. The next Mayor of Lawrence cannot continue the practice of relying on the state to oversee its city budget and the education of its children. The process of weaning the city off of dependence on the state's intervention must begin. Putting it plainly, The city of Lawrence operating without a State Financial Overseer and a State Receiver/Superintendent must be a part of the next Mayor's agenda!

The question now arises, is there someone in Lawrence who has these convictions and fits these qualifications? I know of a few and I bet you, the readers of The Valley Patriot know of some as well. Only God knows if they will rise to the occasion. I am praying that one of them answers the call to lead.

What I do know for sure is that our current Mayor falls short of these leadership skills and attributes and my criticism has nothing to do with his ethnic background.

So as a citizen of the Great City of Lawrence, I am looking forward to an exciting election season this year, which includes the campaign for our next Mayor! See you around, 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

## Godsmack's Sully Erna Opens the Doors at Hampton Casino Ballroom for 2013



Lawrence Native Sully Erna, drummer and lead singer for the band Godsmack performs his acoustic "unplugged" show at the Hampton Beach Casino Ballroom last month to a sold out crowd. Erna opened up the Casino Ballroom's Summer concert series.

Ron Mushow

VALLEY PATRIOT ENTERTAINMENT REPORTER

Performing at The Hampton Beach Casino Ballroom, Godsmack drummer, lead singer and Lawrence native Sully Erna took the stage with a full house of fans eager to hear his acoustic solo show.

Sully played for well over two hours with his acoustic unplugged show.

The spirit Sully Erna has for music was just awesome for his regular fans and new fans alike. Sharing many personal stories, Sully inspired the crowd when he started singing each song.

At one point Erna mentioned how great it was to be back in New England performing since he was born and raised in Lawrence, but his tours keep him away from his home town. Erna played a spate of new songs and even delighted the crowd with older Godsmack songs as well.

The crowd roared with every beat of his music. To enhance the Casino Ballroom ambiance, Erna added theatre style seating which is a new way to enjoy the performance. Each chair even has a cup holder so the audience could sit and relax during the show. Another Lawrence boy makes good! Congratulations Sully Erna on all your success, and thank you for your inspiring musical talent.

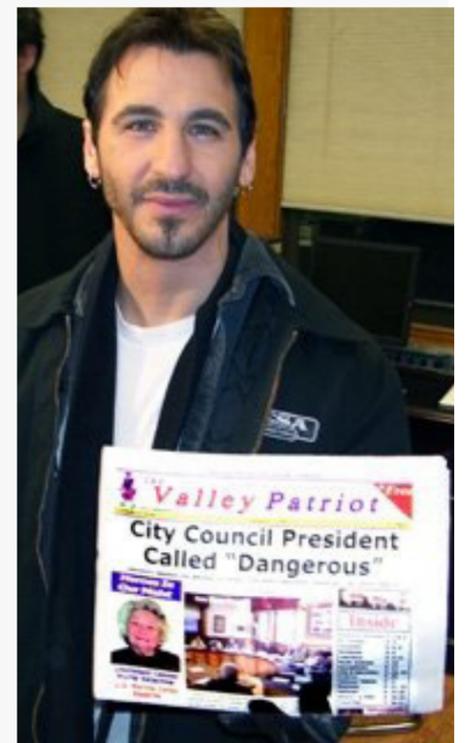


PHOTO: TOM DUGGAN

Sully Erna with his copy of The Valley Patriot at Lawrence City Hall back in 2007 after being given the keys to the city by Lawrence Mayor Mike Sullivan and then doing an exclusive interview about his book on growing up in Lawrence.

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# Dracut Principal, Fitzgerald inducted into Wrestling Hall of Fame

**Mark Behan**

VALLEY PATRIOT SPORTS REPORTER

Following in the footsteps of his namesake and late father, Dr. Robert Fitzgerald, Jr. is a hall of famer.

The longtime Methuen High wrestling coach was recently inducted into the New England Wrestling Hall of Fame. He was honored with three others during a ceremony in Providence, RI, and joins a select group enshrined in the hall.

"It meant a great deal to me to be honored by my peers. There are not many inductees of the New England Wrestling Hall of Fame," said Fitzgerald. "I grew up around this (wrestling) so to end up at the pinnacle of it is a tremendous feeling. It permanently recognizes my accomplishments and contributions to the sport of wrestling."

Fitzgerald's father, Robert P. Fitzgerald, Sr. for whom the Lawrence football stadium is named, was a Lawrence Hall of Fame coach in football and wrestling. His influence gave Bob, Jr. the impetus to coach.

"My dad was my hero and I always wanted to be like him," said Fitzgerald, who grew up in Methuen and Lawrence. "He helped so many student-athletes and was a tremendous advocate for the underdog and I wanted to do the same."

Fitzgerald, 49, is principal of the Lakeview Junior High School in Dracut. He and his family reside in Methuen. Married to wife Julia, the couple has two children,

Robert and Scarlett. He is the son of Barbara Fitzgerald.

As Methuen High's coach from 1985 to 2001, Fitzgerald shepherded the Rangers to 310 wins and a state title during his illustrious 17-year career. His grapplers captured 11 individual state championships and two New England crowns.

At 5'-11" and a rock-solid 240 pounds, Fitzgerald, who has won New England titles in power lifting, appears fit enough to crunch or pin opponents as he did during his collegiate days at Boston College. A member of the 1985 Eagles' football team, which won the Cotton Bowl, Fitzgerald played with Heisman Trophy winner Doug Flutie. Fitzgerald captained the wrestling team at BC and was a Catholic University All-American. He also shined in the classroom, as he earned the Dean's Award for Outstanding Student-Athlete and was a Rhodes Scholar finalist.

Coaching in the rugged Merrimack Valley Conference (MVC), Fitzgerald relished "the competition with the great MVC coaches." He recalled the first time his squad defeated powerhouse Lowell as a memorable moment. But Fitzgerald speaks as fondly about the camaraderie fostered and friendships forged as he does the state championship title in 1997.

"There are the great matches and championship teams," said Fitzgerald, who graduated from Central Catholic. "But I tend to remember the daily practices, getting to know the wrestlers, (and) hav-



Dr. Robert Fitzgerald, Jr. displaying Hall of Fame plaque with students at Lakeview Junior High School in Dracut.

ing to bring the kids down to the YMCA to sweat off the last couple of pounds. (I remember) the out-of-state trips and how much the kids looked forward to them and remember to this day."

He cited the strong relationships he has built with former wrestlers, noting Rob Niceforo, the coach at Lawrence High who guided the Lancers to a state title, and the many friends he has met through wrestling. Among those is lifelong best friend Tony Sarkis, Greater Lawrence Regional Vocational Technical's wrestling and football coach, who grew up wrestling with Fitzgerald and penned his Hall of Fame endorsement letter.

Many of Fitzgerald's wrestlers were the first in their family to graduate from high

school and to further their education in college.

"(Helping them) is my biggest accomplishment by far," said Fitzgerald. "I always hoped the sport would help them develop character and habits that would make them better people."

Fitzgerald's student-athletes not only developed character, among many traits, but they also developed into talented mat men – to the tune of 310 wins. And those victories were not shrouded in mystery.

"One of my wrestlers once told a reporter, 'Fitz's secret is simple: we work harder than everyone else.' That has always been my M.O.," said the Dracut principal. "Work your butt off; make sure

**FITZGERALD: PAGE 34**

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## 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](http://www.dracut-ma.us)

Thu	Apr 11	10:00am 1:30pm-3:45pm	Merrimack Valley Legal Service Nurse Nancy
Fri	Apr 12	9:00am 9:30am	Bowling Fairhaven Tour, Lunch, and Bingo
Mon	Apr 15	CLOSED	PATRIOT'S DAY
Tue	Apr 16	12:00pm	Movie: ARGO
Wed	Apr 17	2:30pm	Dracut COA Meeting
Thu	Apr 18	10:00am 11:30am 1:30pm-3:45pm	Elder Service (protective Services) Special Site Meal Nurse Nancy
Fri	Apr 19	9:00am 9:30am	Bowling Chunky's Movie & Lunch
Mon	Apr 22	10:00am 10:30am	Scrapbooking Class Rep. Colleen Garry Office Hours
Tue	Apr 23	9:00am 10:00am	Veteran's Breakfast Grocery Shopping
Wed	Apr 24	1:00pm	Senior Citizens Club Meeting
Thu	Apr 25	10:00am 1:30pm-3:45pm	Volunteer Breakfast Nurse Nancy
Fri	Apr 26	9:00am 9:30am	Bowling Savor's and Chili's
Tue	Apr 30	10:00am	Grocery Shopping

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## Ye Gay Ol' Valley

## Christian Homes Produce Gay Children

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

Why do some people "fear" having a gay child? Most don't really think they will. Most people assume that their children will be heterosexual, but when the topic is breached, I've heard many parents confess that they would be very uncomfortable or unhappy if they had a gay child. Some even go so far as to say they couldn't or wouldn't be able to deal with it. Those who are against gay marriage or gay parents say that it is an unhealthy environment for children to be raised in and every child deserves to have a mother and a father. Well, I was raised by a traditional heterosexual couple and I'm gay. Why is that?

Both of my parents were Roman Catholic. My mother was an only child of an insurance salesman and a Lawrence mill worker. They sent her away to a Catholic boarding school so that her religion and peers would surround her. My father was the youngest of three children. His sister died of scarlet fever when she was three. I don't know what my paternal grandfather did for work. I never knew he existed until I found out that he had died. He had been an alcoholic and my grandmother, a hairdresser, divorced him in the 1930's at a time when divorce was as bad as being gay. My father and his brother were promptly sent to a Christian orphanage so that my grandmother could establish her life and business. They spent several years there being physically and emotionally abused by Catholic nuns. My parents met when my father was fourteen and my mother was fifteen. Dad went home that day and told his mother that he had met the girl he was going to marry. Theirs was a classic love story.

My father was in pre-med at Merrimack College when he quit his junior year and enlisted. Upon his return from Korea, he attended Tufts and became a dentist with a successful family practice. At a time when only two percent of women attended college, my mother graduated from Emmanuel College in Boston with a teaching degree and eventually added a degree in social work.

Because they had been raised in cold, loveless, religious institutions, they made it a goal to fill the home they built with love and respect, providing deep seeded traditional family values based on their Christian beliefs. I was born the youngest of their five children. We had dinner every night, as a family, without fail. We went to Sunday mass every week. We all got baptized, attended CCD, received our first communion, were confirmed and married in a church by a man of the cloth. We were raised on the word of God.

From 1969 to 1977 we'd vacation in Biddeford Pool, Maine. Often times we'd be accompanied by my Uncle's family, a neighborhood family or several friends of

any one of us kids. One summer we had almost twenty people in that cottage on the beach. My parents took in people who were down in their luck, having trouble at home or passing through town and needed a hot meal. More than once we'd come home and find that my mother had picked up some wayfarer wanderers and were feeding them. She did this because that's what Jesus would do. On many occasions, we had some one living under our roof that was not family, but needed help in some way.

We were lucky enough to have a pool. By the time my brothers and sister were married and having children of their own, almost every weekend we'd all find ourselves sitting on the deck by the pool with food and drinks flowing as easy as the conversation and laughter, while my nieces and nephews splashed away. Winter weekends would find us around the television watching football and eating nachos or sitting around the fire just catching up.

Throughout my childhood and young adult life until both of my parents were taken by colon cancer, every member of our family from the oldest, down to the youngest knew that they were loved and accepted. I knew explicitly this to be true when I came out of the closet at twenty-nine and I received nothing less than love, support and affirmation from my devotedly Catholic parents.

I was taught when you do something you do it well, the measure of a person is not the size of their wallet, but through their deeds. I was told to accept when I was wrong and apologize, always say please and thank you and treat everyone regardless of race, religion, financial standing or sexual orientation with patience, respect and, when possible, love. My parents made it clear that God loves all people and the underlying theme of every one of Jesus' messages was love one another as God loves us and it is ONLY God that has the right to judge.

My parents loved each other and our family with such fierce devotion that it spilled over into every aspect of our lives. Our home was stable, safe and secure. Our family's strong foundation was bricked with the mortar of a deep Christian faith. At the time of my mother's death my parents had been together for almost forty years teaching us that true love lasts.

My parent's stable marriage, loving, Christian, honest, and hard working home produced a gay child. In fact every one of my gay, lesbian, bisexual and transgendered friends grew up in a Christian household - EVERY one of them. I can only deduce that Christian homes produce gay children.



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](mailto:BLangevin@aol.com)

## MORALTY MATTERS

## The Nuptial Meaning of the Body

Paul Murano

VALLEY PATRIOT COLUMNIST

At the moment of this writing the Supreme Court is deliberating two cases related to so-called "same-sex marriage". If the justices have any sense they will state in a clear voice that marriage has nothing to do with equality or rights, but is an outgrowth of human nature that must be recognized. Because we live in an era that human nature is being challenged and manipulated for perceived self gratification, it is a good time to appeal again to common sense and revisit the basic notion of the nuptial meaning of the body.

If you look at the human body it is apparent that most of its parts exist primarily for the sake of the self. The heart keeps the person alive, the other vital organs sustain that life; the eyes, teeth, stomach, legs, all exist primarily for the good and survival of the self -- we feed ourselves, wash and clothe ourselves, oxygenate ourselves by breathing; we exercise, sleep, learn, etc. all for the good of the self. Virtually all of our involuntary and routine volitional movements promote and preserve the self, and are subconsciously acts of self love. The proposition "Love your neighbor as yourself" would be meaningless if there was no proper love of self that the body is made to foster.

The only parts of the human body that exist primarily for another are the reproductive parts. The nuptial meaning of our bodies, imprinted in the function and purpose of our maleness and femaleness, speak of the nature of what we are as a sexual species and who we are as male and female persons. The body expresses the soul, even if the emotions or psyche may be disordered.

While the body points to the fact that we belong to ourselves in many ways, we are also designed to give the self to another in order to create a union that is by its nature permanent and life-giving. Just as proper self-love means to sustain the life and health of the individual, sexual love means to sustain the life and health of the family and society. Like other animals, male and female bodies are complimentary opposites to propagate the species. As persons we are made to share the self with another as a gift of love. We are both animals and persons (not just one or the other as is erroneously emphasized today), which means we give life through love as body-persons. Two become one to become three. Any attempt to separate love and life, union from procreation, is a denial of our sexual and personal being.

Marriage between a man and woman, therefore, is not only something found in the scriptures of the world's great religions; and it is not only something found exclusively throughout all of human history in every tribe, nation, and culture. These truths are evident, but man-woman

marriage is also something that springs from the very nature of what it means to be male and female human beings. It is a natural institution, an extension of human nature ordered to the union and creation of individuals. Disrespecting natural law means disrespecting self.

Union and procreation are (and always have been) the essential components of marriage according to natural law. The nuptial unitive and procreative meanings of the body share love and life, bonding and babies, neither of which can be accomplished by people of the same sex. Just as eating sand would be a futile attempt at loving self by nurturing one's own life, so too persons of the same sex cannot unite into one flesh nor give life as its result. Regardless of intent both acts contradict love and are objectively abusive. This is no more opinion than saying junk food is bad for you or that our bodies are not made to sit at a desk all day without any exercise. There is a natural order to love and life that is stubbornly and foolishly being denied today.

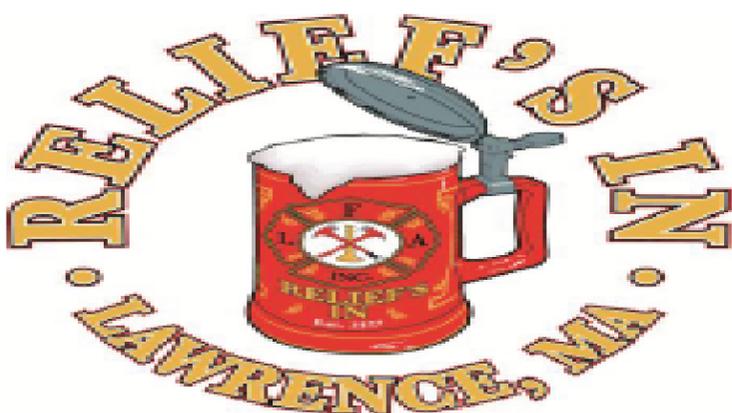
Those who find themselves with disordered attractions to those of the same sex or anything else deserve both compassion and truth. Compassion because of the cross they carry perhaps through no fault of their own; and truth because the temptation to act upon disordered desires can be very strong. Contemporary society chooses to ignore the truth for the sake of compassion, a dangerous of displaced compassion. This is because on the one hand we see ourselves no higher than beasts that cannot control our impulses so we put condoms in schools and condone homosexual behavior. On the other hand we see ourselves as no lower than angels acting as if we are pure spirit, persons without bodies, choosing to contradict our bodily selves at will.

For the government to condone behavior that produces not only disease of the body but more importantly disease of the soul by calling it "marriage" is irresponsible and harmful, objectively hate rather than love, for it promotes obsession and addiction rather than liberty. The denial of the nuptial meaning of the body which naturally leads to self-loathing and God-hatred cannot possibly serve the good of any individual regardless of the strength of desire, and is a slow cancer to the health and well being of the family and society.



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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# Tax Day Tea Party Rally: "Unburdening the Next Generation"

Christine Morabito  
GREATER BOSTON TEA PARTY

Please join the Tea Party and other liberty-minded groups as we gather on the Boston Common April 13. The Parkman Bandstand will be rocking with live music starting at noon, from People's Blowback, and then a variety of speakers from 1-3 p.m.

The theme is "Unburdening the Next Generation" which underscores our concern for the legacy of debt we are leaving our children and grandchildren. We started this movement because we felt the frustration of being Taxed Enough Already. Governor Patrick and the Massachusetts legislature apparently did not get the memo, because they are currently considering raising our taxes by \$500 million. More spending, more demands on the taxpayers and no common sense reforms in sight.

Government spending and borrowing is out of control and the country is now \$16 trillion in debt and counting. The Tea Party is criticized for disagreeing with President Obama on, well, everything. We actually agree with Obama on many things he says. However, what he does is another story entirely. For instance, in 2008, when the national debt was only \$9 trillion, the president said, "To take out a credit card from the bank of China, in the name of our children ... that's irresponsible, it's unpatriotic." The Tea Party could not agree more.

We are expecting large crowds on the Common to send a message that government must learn to live within its means



just as we the people must do. Our emcee will be none other than Tom Duggan, publisher of The Valley Patriot and radio host on WCAP. Keynote speaker, Grover Norquist, President of Americans for Tax Reform, has been a champion for limited government and better stewardship of our tax dollars. Dr. Keith Ablow, author and Fox News Psychiatry Contributor will have some advice for us on how to make sense of all the political madness that bombards us on a daily basis.

Joining us on the stage will be Boston radio host and columnist at the Washington Times, Jeff Kuhner, who has been heavily promoting the event on WRKO, Jeff Katz, formerly of WRKO and now embarking on a new career, and Todd Feinburg who currently fills-in for Dan Rea on WBZ and is also reinventing himself.

Other speakers at the rally will be Na-

than Fatal, President of the New England Objectivist Society, Paul Crane, Executive Director of Massachusetts Fiscal Alliance, and Aaron Goldstein, Contributor to The American Spectator.

Then, for something completely different, we look forward to being entertained by local hip hop artist, Andres "DraMatik" Gonzalez as he unveils his Tea Party rap song, entitled "We the People."

Jim Wallace, Executive Director of Gun Owners Action League will be sharing his thoughts on how we as a society, and especially our children, will be less safe if we lose the right to defend ourselves.

Recently, our very own Rep. Jim Lyons discovered that Massachusetts spent a shocking 93 million in taxpayer dollars on healthcare for illegal aliens. Jessica Vaughan, Director of Policy Studies at the Center for Immigration Studies will discuss how this kind of activity is bankrupting our state and how our children will suffer the consequences.

East Walpole baker, Andrea Taber burst onto the political scene when she protested accepting EBT cards as payment for her "luxury" whoopie pies and pastries at the Braintree Farmers Market. The "Whoopie Pie Lady" has since started her own political movement called the Common Sense Restoration Project and had 75 people at

her first meeting. We are proud to have her share some common sense at the Tax Day Rally.

The Tea Party seems to resonate strongly with immigrants who hail from lands with far less freedom than ours. Jake Danishevsky is one such immigrant. Jake is a Soviet-born Jewish American and author of "After Tastes and Tales from Russia." He will speak at the rally about the freedoms we take for granted in this country and how dangerously close we are to losing them.

For years the Tea Party has struggled to attract new members into the movement. With that in mind we have invited Ron Shaich, CEO of Panera Bread and cofounder of the non-partisan group No Labels to address the crowd about the group's efforts to rein in government spending.

We are inviting the U.S. Senate candidates and hope you will be able to meet them all.

For more information, please visit <http://greaterbostonteaparty.com/>

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

IN YOU'R CORNER ... WITH SEN. KATIE IVES

## Let's Get the Basics Right in Massachusetts

Senator Katy O'Connor Ives  
VALLEY PATRIOT COLUMNIST

As the legislative session heads into the spring, there are a series of important issues facing the Commonwealth. I'm highlighting transportation funding and child safety in this column. As always, I welcome your thoughts on these and other issues.

### TRAINS, ROADS AND TAXES

Beacon Hill is currently debating how to adequately and predictably pay to maintain and improve the state's transportation infrastructure. Governor Patrick has asked the legislature and public to support a call for \$1.9 Billion in new revenues to support investments in both transportation and education. Many legislators can agree that the need for improved funding for transportation and education is necessary. However, raising threats of increased fare rates and service cuts for public transportation adds to the public's sense of economic unpredictability, and it's not a constructive strategy for political discourse.

I see three important elements missing from the transportation funding proposal. First, we first need an update on MBTA accountability. There needs to be additional transparency on the status and progress of promised reforms for more efficiencies within our transportation system. We need to see ongoing improvement in the safety, cleanliness and reliability of the public transportation system since the

reorganization of the transportation agencies took place. That accountability and credibility must be in place for us to invest in its improvement. How can commuters feel confident in public transportation as a viable alternative if its unpredictable and more expensive (once the cost of parking is included), than driving?

The second thing that's missing is a recognition that most people don't have any discretionary income right now. We must understand how the current economic climate relates to funding proposals.

Lastly, we need to be willing to consider creative alternatives. One example of a more long-term concept to directly fund transportation improvements is express lane tolling. Express lane tolling has been implemented in Maryland, Georgia and Virginia, where an EZ Pass allows drivers to use the carpool lane or another designated lane as an "express lane" during heavy traffic periods. Drivers can opt to pay a couple of dollars to avoid traffic and get in the express lane. This kind of revenue source would be optional, drivers would decide if they want to use the lane on an individual basis and those monies would go directly back into the transportation system. As an added benefit, retrofitting existing lanes to create express lanes would create jobs. I've been discussing the idea with residents and electeds to get feedback. A strategy like express lanes could provide funding to improve our

public transportation. Increased ridership on public transportation in turn, would ease traffic congestion. An improved public transit system and a new option for drivers to get to that meeting, appointment or flight on time is possible. In short, accountability, fairness and creativity are key to moving forward on this.

### CHILD SAFETY SHOULD BE FIRST ORDER OF BUSINESS AT DEPARTMENT OF EARLY EDUCATION & CARE

We were all disturbed by the recent report from the State Auditor, citing major breaches in the oversight of Massachusetts child care facilities. More specifically, the report found 119 instances where the address listed for Level 2 or Level 3 sex offenders in the Massachusetts Sex Offender Registry matched that of a Department of Early Education & Care (EEC) licensed child care provider.

The EEC is responsible for licensing and regulating child care providers and residential care and adoption/foster care placement agencies. The report found that EEC is not confirming that child care facilities are conducting the required Criminal Offender Record Information (CORI) checks on facility staff. Additionally, EEC has not been conducting unannounced inspections of residence-based child care facilities as required by law.

The report from the State Auditor made

specific recommendations to fix these problems. I've filed legislation in response to these recommendations which would require child care facilities licensed through EEC to perform CORI checks for all child care facility operators, workers and those on the facility premises, even if they do not typically have unsupervised interaction with children. Under this legislation, EEC would be required to perform Sex Offender Registry Information (SORI) checks on all new child care provider applicants and renewals. Applicants or current licensees that didn't perform CORI checks would have their licenses suspended and risk license revocation.

I've also sent a letter to Acting EEC Commissioner Weber requesting a meeting to discuss the audit's findings and his Department's plan of action. I've asked the Department to include the recently departed EEC Commissioner in meetings where they anticipate explaining the failures in oversight and their response since these problems transpired under her tenure. The EEC has responded to my office's letter and a meeting is on the books. I look forward to updating residents on this front in the next



Katy O'Connor Ives is a first term State Senator from Newburyport. She is a Democrat and a former Newburyport City Councilor. You can email her at [occonnor.ives@gmail.com](mailto:occonnor.ives@gmail.com)

# Valley Patriot Hero Award Recipient David Swabrick

## Lawrence Firefighter Served 11 Tours of Duty in Afghanistan, Purple Heart Recipient

Tom Duggan

VALLEY PATRIOT PUBLISHER

Like most heroes, honorable men who do honorable things don't want awards and accolades. They are uncomfortable being publicly thanked for their service because to them, it is their duty to serve their country ... and being thanked for doing so seems foreign and almost offensive to them, despite the well intentions of those who are doing the thanking.

Despite that, The Valley Patriot chose to offend him anyway.

One of our Valley Patriot Hero Awards this year goes to a man who really knows what it's like to risk his life to save others.

Since we know he hates it when his story of bravery and heroism is told publicly, we won't go into the long history of what this next recipient has done to earn a purple heart and so many other awards. We know he himself appreciates something much more simple.

After the Muslim attack on our country on 9-11-01, when the United States

military needed men and women to go to Afghanistan to fight Muslim terrorists in our global war on terror, this man said "SEND ME."

And when his tour of duty was over, he said once again ... "SEND ME."

Eleven Times David Swabrick said, "SEND ME".

And ... after serving our nation with eleven tours of duty in Afghanistan, United States Army Reservist David Swabrick dons another uniform, and now puts his life on the line every day for his community as a Lawrence Firefighter.

The Valley Patriot family is proud and honored to be able to bestow one of our 2012 Hero Awards to Lawrence Firefighter David Swabrick, and thank his wife Pam and his family for sacrificing their time with him while he sacrifices for others.

Thank you David, eleven times and more THANK YOU, we are blessed by your commitment to doing what is right for your community and your country!



Lawrence Firefighter and US Army Reserve Sgt. David Swabrick receives A Valley Patriot Hero Award for his 11 tours of duty in Afghanistan and his public safety service, with Tom Duggan and Award Presenter Anabel Gutierrez.

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# Valley Patriot 9th Anniversary BASH

More than 400 people turned out last month to attend The Valley Patriot 9th Anniversary BASH, where the editors of the monthly newspaper (Tom Duggan, Dr. Charles Ormsby and Ralph Wilbur) honored police officers, firefighters, veterans, and members of the community with awards, citations and a program that included comedians, singers, a rapper, and a spate of congratulatory speeches by local political leaders and celebrities.

The annual BASH master of ceremonies was The Valley Patriot's PuppyGirl Kate Whitney who writes The Valley Patriot's "Puppy Love" column (page 32) and donates her time to rescue puppies that are scheduled to be killed at "high kill" animal shelters.

PuppyGirl and One Tail at a Time find foster homes and then permanent homes for the rescued dogs.

"Tonight is about you," Valley Patriot publisher Tom Duggan told the sold out crowd. "Tonight we want to honor those of you who help The Valley Patriot function every day. We wanted show our appreciation to those who help us in very big ways and those who help in small ways but make a big difference with their contribution," he said.

"It's also about honoring our servicemen and women whether it be police, fire, or veterans. They are the ones that keep our



Valley Patriot publisher Tom Duggan presents a plaque in memory of his father slain Lawrence Police Officer Tom Duggan Sr. to the Lawrence Firefighter's Relief In. Here, Duggan also presents photos of Lawrence's Fire Department to Deputy Chief Brian Murphy, Manuel Gonzalez and Retired Lawrence Firefighter Brian Kane.

rights to free speech protected with their lives," Duggan said after the BASH.

**A PROGRAM LIKE NO OTHERS**  
Keynote speaker Jeff Katz formerly of Talk 1200, an exclusive columnist for The Valley Patriot and now a successful motivational speaker, congratulated The Valley Patriot editors on reaching the nine year milestone.

"I counted 89 times tonight, Tom mentioned how everybody at The Valley Patriot does things for free. There is a dedication and a devotion on the part of Tom, and there's a dedication and devotion on

the part of those of us who are thrilled and honored to be part of The Valley Patriot."

"The Valley Patriot, for nine years has done a lot of hard work. I congratulate Tom, in my neighborhood we would say 'Mazel Tov'. Congratulations to everybody who has been able to step up, work hard, make a difference, and I would urge you to stay strong, because there are a lot of people who are counting on you," Katz concluded.

The event included a performance by famous comedian Mac Livingston, a rap

**BOTTOM OF NEXT PAGE**

## VALLEY PATRIOT AWARD RECIPIENTS

**Valley Patriot Officer Tom Duggan Sr. Law Enforcement Award**  
\* Methuen Police Officer Dan O'Connell  
\* Scott Emerson

### Valley Patriot Hero Award

\* John Lenotte  
District Commander  
American Legion  
\* Helen Mooradkian  
Valley Patriot Hero Columnist

### Valley Patriot President's Award

\* Dan Selenius  
\* Christine Morabito  
President Gr. Boston Tea Party

### Good Will Ambassador Award

\* Tracey Zysk  
Wiggles and Jiggles  
\* Lonnie Brennan

### EDITOR'S CHOICE AWARD

Joe D'Amore  
**Honorable Mention Award**  
\* Mike Grammont

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ABOVE (photo 1), Michael Tarshi Jr., and Ronnie Ford's family with a framed remembrance of Ronnie, complete with the story of his passing and the caricature tribute drawing of Ford done by Valley Patriot Cartoonist David Sullivan of Dracut. (Photo bottom left), Paul Murano, co-host of Duggan's Paying Attention Radio show on 980WCAP and Duggan's daughter Justess Jacobson play "Paying Attention" the theme from the show. (Photo bottom right) Michael Ford (with mic) Tom Duggan (Pennie Hale in back) and Michael Tarshi Jr.

PHOTO BY RON MUSHOW PHOTOGRAPHY

# Valley Patriot Tribute to Ronnie Ford

Ronnie Ford was not only a radio legend in The Valley but he was our salesman, columnist and even a deliver driver here at The Valley Patriot.

During the 9th Anniversary BASH, The Valley Patriot paid tribute to Ronnie with a presentation to his family and a surprise announcement from Valley Patriot publisher, Tom Duggan.

"We realized after Ronnie passed away that he had a little back pay coming, so we'd like to present this check to his wife, Anne Ford, for \$400" Duggan said.

"Also, We know Ronnie didn't make a lot working for us here at The Valley Patriot, but we made an executive decision when Ronnie died. We decided that as long as Ronnie's list of advertisers stays with The Valley Patriot, we will continue to pay his commission check to Ann because, we believe that the best way to honor Ronnie Ford is to take care of his wife."

Duggan called up members of the Ford Family and Michel Tarshi, Jr. on behalf of

the Tarshi family and explained that, since the passing of both Ronnie Ford and Michael Tarshi, Sr. (who were best friends), The Valley Patriot wanted to bring both families together and presented a framed photo of both Ronnie and Michael having breakfast at Carleen's Restaurant with their friend Billy Depardo (who ironically died a week after the BASH).

"When Ronnie's son, Michael, took the microphone after the presentation he said something that, to me, was the most memorable moment of the night," Duggan said after the event.

"He said, he never really got it. His dad used to get hate mail and rocks thrown through his window because of some of the votes he took as an elected official ... and he used to ask his father why? Why do you put up with that? ...and Ronnie's replay was 'because "there are people who need me.'

"I never got it, I really didn't," Michael Ford said of his father, "but after tonight ... I get it now! I get it!"



The last photo of Ronnie Ford (in checkered shirt), Billy Depardo (left) and Attorney Michael Tarshi (right) all together.

PHOTO: TOM DUGGAN

## VALLEY PATRIOT BASH: FROM PREVIOUS PAGE

tribute to The Valley Patriot's exposes of Willie Lantigua, (by award-winning rapper DraMatik, Andreas Gonzalez) called "Congress Shall Make No Law", and a tribute to radio legend and WWII veteran Ronnie Ford.

There was a special appearance by famous crooner Brian Evans, who sings the official song of Fenway Park "At Fenway".

Evans stunned the over crowded room by giving them the very first look at his new music video (to be officially released on April 1, 2013) featuring William Shatner. Evan's song has been nominated by the Major League Baseball Music Hall of Fame.

"If not for The Valley Patriot having the courage to tell my mother's story, CNN and other news wouldn't have picked up the story. It's because of this newspaper that my mother's story is now known and because of The Valley Patriot, State Senator Bruce Tarr is sponsoring legislation to make sure what happened to my mom won't happen to anyone else," Evans said.

Evans mom Helen Bousquett was admitted to the Holy Family Hospital last year for knee surgery and died because, Evans says, the hospital did not give her the care she needed during recovery for sleep apnea.

Duggan also showed a three minute video tribute to The Valley Patriot's over 30, girls softball Champions "The Valley Patriots"

State Representative Jim Lyons praised The Valley Patriot and publisher Tom Duggan for their fight to get the state's public records laws changed so that officials can no longer conceal public documents.

During the ceremony held at the Lawrence Firefighter's Relief In, Valley Patriot publisher Tom Duggan Jr. stunned the crowd

by calling up Lawrence Firefighters and members of the Relief In with a story and a present.

Tom Duggan's father, Officer Tom

Duggan Sr. was a Lawrence Police Officer killed in the line of duty in 1990.

### RE-DEDICATION OF A LANDMARK

Tom Duggan, Jr. rededicated an honor to his father, Officer Tom Duggan, Sr. to the Lawrence Firefighter's Relief In, where the event took place. The honor was initially dedicated to the Lawrence Police Station.

"After my father was murdered in 1990, I spent a lot of money on a plaque to honor my father at the Lawrence Police Station. A few years later I found that a Lawrence Police Captain who never liked my father very much, had taken the plaque down. I found it in his office on top of some boxes with a bag of garbage on it. I



Tom Duggan holds up a plaque that once hung at the Lawrence Police Station honoring his father. Duggan and his family presented the plaque to the Lawrence Firefighter's Relief in where his father was a member.

picked up, tucked it under my arm, and it has been hanging in my office ever since," Duggan said to a room of applause.

"People who knew my father know that when he wasn't working, which wasn't very often, he spent a lot of time at the Firefighters Relief In, playing cards or watching football. He considered the Firefighters Relief his second home. Here he would unwind with other police officers and firefighters so, I thought it appropriate that we, the Duggan family, rededicate this plaque to your family here at the Firefighter's Relief In, where I know it will honor him among the men and women who will appreciate what he lived for and what he died for."

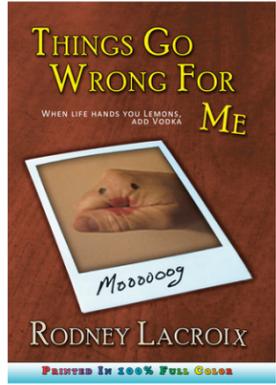
Duggan, flanked by his daughter Justess Jacobson and his girlfriend Pennie Hale, his sister Becky Duggan Kruschwitch and her daughter Ava, Officer Duggan's sister Dorothy Duggan Incropera and her husband (Duggan's former shift commander) Frank Incropera, Duggan's sister Quianna Roy, and former Philadelphia Police Officer and radio legend Jeff Katz presented the rededicated honor to Lawrence Firefighters Manny Gonzalez, Lawrence Deputy Fire Chief Brian Murphy, retired firefighter Brian Kane, and Sharon Birchall, President of the Lawrence Exchange Club.

# TOM DUGGAN'S NOTEBOOK

## THANK YOU LINDA LEMERISE

For the past five years, The Valley Patriot has been edited by Linda Lemerise of Methuen who had the laborious task of fixing all of my typing mistakes, syntax errors and a myriad of other writing problems that go with putting together a publication of this size. Linda retired last month and I wanted her, and our readers to know that we are eternally grateful for all the hours of hard work you spent working on The Valley Patriot and all the advice, love and friendship you have given us throughout the years. We will miss you Linda. If you ever decide to come out of retirement, you are always welcome here at The Valley Patriot.

"THINGS GO WRONG FOR ME" by Valley resident Rodney Lacroix is a great collection of short scenarios that have happened in his life, seemingly from the narrative that was going on in his head at the time. Funny, silly and quite relatable to the silly, stupid things that happen to all of us, "Things That Go Wrong for Me" is an easy read with many illustrations to give you an idea on how Rodney sees the world and interprets what happens to him, you almost can't put it down.



Rodney deals with a myriad of events in his life from serious relationship issues to a run through a parking lot on a breezy day, but no matter the topic, he leaves you laughing with his quirky and distracted way of looking at things.

Normally I don't have time to read books and when I do they are usually books on history and politics (or Shakira), but I have to admit the entertainment value of this book made it seem less like I was "reading a book" and more like I was immersed in a comic book when I was a kid.

Things go wrong for all of us at times, and Rodney Lacroix gives us a humorous and off-beat way of laughing at ourselves the next time they do.

You can get Rodney's book at BN.com for \$15.99 and if you like to laugh, it's well worth the price.

## ANDOVER ART STUDIO AT DUNDEE PARK

A new art studio has opened in Andover by Sharon Silverman featuring everything from portfolio preparation, and art lessons, to parent-child play dates where parents come in and do art classes with little ones. Silverman also features a talented and gifted program for kids through their teens who show exceptional talent in the arts. "You have to have a portfolio and show your work to get into the program," Silverman told The Valley Patriot. "We will have photography, painting and drawing, mixed media work and sculpture. People will get a little of everything, there's a lot here to try. We are going to be taking reservations and applications for May 1st."



Lowell Lions - Pictured left to right are Governor Ted Irvin, Linda Caron (Mother), Renee Dixon (Daughter), Gov. Bob Sinclair, and Lowell Lions Club President Marcel Plouffe. Renee Dixon was installed along with her sponsor: Mother Linda Caron as the first ever Mother/Daughter Lowell Lions Club Members. Gov. Bob Sinclair Did The Official Installation At Lowell's Olympia Restaurant On April 2, 2013

"There isn't an all age studio in Andover," Silverman continued. "I know there's one that works with young children but not an art studio for adults or teens, so this is something that is great for the kids."

Silverman says she is also doing another huge universal international project, "Under The Same Sky". She is asking everyone who wants to participate to send 4" x 6" photos of the sky above their heads. Silverman will collect photos until November, and then create a giant installation of all the sky photos from across the world in a circular installation. "This will transform from morning sky to noon, to story sky and into the nighttime, from dawn to dusk. People from as far away as Greece and Mexico have already started sending me wonderful sky photos, and I think this is something people will really appreciate."

Silverman says that it is free to send a photo. Photos sent must be 4x6 with the submitter's name, where they are from, and where picture was shot. Documents of all participants will be invited to the party.

"I tried to think of something that, no matter what your circumstances are in

the world, we are all still united under the same sky. What we don't want, however are photos with skylines, trees, birds or anything else. In order for this to work it has to be just the sky, the clouds, the sun, nothing on earth."

Silverman's studio is located at Dundee Park in Andover on the 2nd floor of building 3. Visitors may enter through doorway of Deaven and Associates and then go down the hall on left. To send a photo mail it to: PO Box 1212, Haverhill, MA, 01831

**SPAGHETTI AND MEATBALLS** - All you can eat, spaghetti and meatball supper, Sat., April 27th at the Trinitarian Congregational Church, 77 Elm Street North Andover, from 4:30 to 6pm. \$9 for adults, \$7 seniors and children under 12, Children under 4 eat free.

**SPRING CLEANING?** Please consider donating your gently used treasures to the North Andover High School Drama Guild's Giant Yard Sale/Car Wash Fundraiser on June 1st. Donations are being gratefully accepted now or alternatively, can be dropped off at the Middle School on the morning of the event. Please contact Yvette Bonin at ylbonin@comcast.net (978771-2081) or Kathi McFadden

at 978-944-2268 to schedule a pickup or for more information. Please mark your calendar for June 1st 8am - 2pm. Rain Date June 2, 2013. We are also seeking volunteers to help with pick-up, storage, and sorting. Please contact either Yvette or Kathi. As always, thank you for your support!

**THE NORTH ANDOVER HIGH SCHOOL DRAMA GUILD** will be performing "GODSPELL" on Friday, May 17th at 7pm, Saturday, May 18th at 1:30 and 7pm and Sunday, May 19th at 2pm in the High School auditorium. **GODSPELL** is a musical by Stephen Schwartz, and a book by John Michael Tebelak. It is a series of parables based primarily on the gospel according to Matthew, enacted through song, dance, comedy, and mime. Advanced tickets are \$15 for adults, \$10 for students/seniors and can be purchased online at [www.nahsgodspell.brownpaperickets.com](http://www.nahsgodspell.brownpaperickets.com), or the box office at 978-794-1711 X 51195. Tickets at the door are \$18 for adults, \$12 for students/seniors. **ALL SEATS ARE GENERAL ADMISSION.** We beseech thee... come see the show, enjoy face painting in the lobby, and have a wonderful time! Hear Us!

**SOFTBALL!** Registrations are still being accepted for GIRLS ages 5-16!! Coaches are still needed, as well as assistant coaches for softball. Get ready for the season with these pre-season clinics! Mt. Vernon Park - Softball field (weather permitting). Saturday, April 13th 1-2:30PM (Ages 5-12); 2:30PM-4PM Ages (12-16) the 2 travel teams. Tuesday, April 16th 5:30-7PM (until dark), All ages. Sunday, April 21st 1-2:30PM (Ages 5-12); 2:30-4PM (Ages 12-16) the 2 travel teams. Tuesday, April 23rd 5:30-7PM (until dark) All ages.

**FRIDAY NIGHT PIZZA AND PITCHING!** Learn the fundamentals of softball windmill pitching! Friday, April 26th, May 3rd, May 10th, May 17th, 6PM-7PM (softball pitching). All ages. (Have to bring a catcher/parent to catch). Still accepting registrations for girls ages 5-16 as well as coaches, and assistant coaches for softball. Please email Ann Gubellini at [gubellini@comcast.net](mailto:gubellini@comcast.net)

**LITTLE LEAGUE** - South Lawrence Little League Tryouts Tryouts will be held on Sunday, March 24th at Lawrence High School, 70 North Parish Road. 12-1PM, (Ages 8 & 9) Baseball & Softball; 1-2PM (Ages 10 & 11) Baseball & Softball; 2-3PM (Age 12) Baseball & Softball; 3-4PM (Ages 13+ older) Softball only. Registrations will be accepted the day of tryouts. If you haven't registered, please arrive 1/2 hour early to tryouts to register your child. Please go to [slwll.org](http://slwll.org) for additional information!

**HAVERTHILL COUNCIL ON AGING HOSTS INFORMATIVE WORKSHOP** - Dr. Richard Mugavero of HealthSource of Bradford will host a Lunch and Learn Workshop "Healthy to 100" Monday, April 22nd 10:30-12:30 at the Citizens Center, 10 Welcome St. Learn how people are living longer and with a better quality of life. Dr. Mugavero will apply the techniques he uses on improving quality of life. Learn how to live without any limits. "Live Like You Mean It!" Reservations are required. Please contact Mary Connolly, R.N. at 978-374-2390 x15.

Marta Davis of Merrimack Valley Legal Aid will be at the Citizens Center, 10 Welcome St., on Tuesday, April 23rd, at 10:30AM to discuss

**NOTEBOOK: NEXT PAGE**

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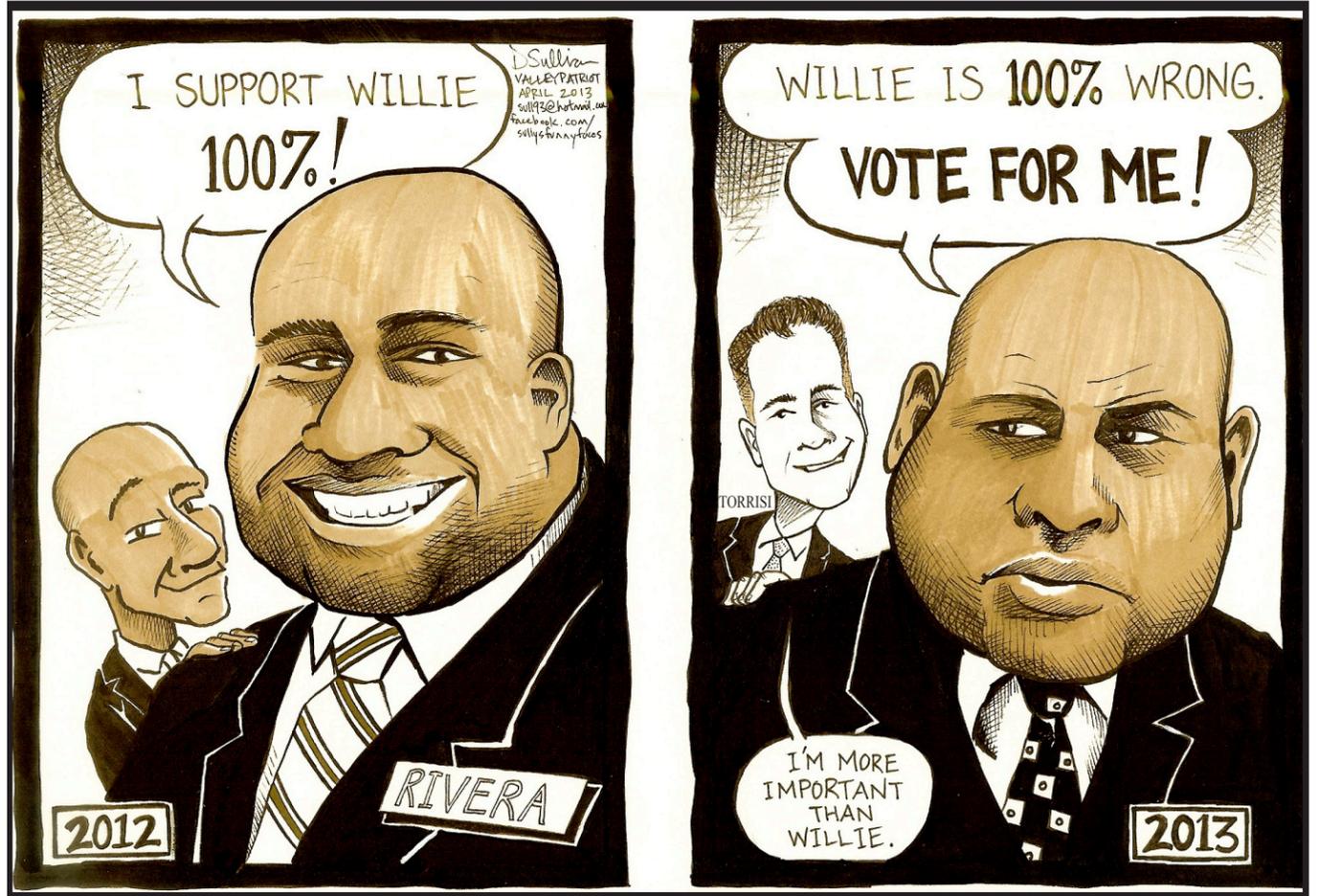
Jefferson Davis of Caldwell Banker Real Estate will do a presentation on preparing to sell your home and downsizing on Thursday, April 25, at 10:30AM. Jefferson is a seasoned realtor from Haverhill. Preparing to sell your home is difficult, and he is happy to share his insights and offer ideas and suggestions based on his years of experience.

**LAWRENCE CHESS CLUB** - will meet on Wednesday, April 17th, from 6-8pm at the Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event, third Wednesday each month. Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. We can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required.

**JAH-N-I ROOTS BAND'S** new CD "CHECK YOUR TIMING" release party! MARIA'S, 81 Essex Street, Haverhill, MA (978-521-1472). Friday, April 19th Door: 7:30PM, Band: 8:30PM. Tickets \$5 in advance, \$7 at door. For advance tickets, email: selah.promo@gmail.com or call 978.521.5680

**JEWISH FILM FESTIVAL - ANDOVER** The Merrimack Valley Jewish Federation will hold their annual Jewish Film Festival 2013 on Sunday, May 5th starting at 3:30PM at Osgood Landing, 1580 Osgood Street, North Andover.

**NOTEBOOK: PAGE 34**



**NEWS ITEM:** After rubber stamping Mayor Lantigua everywhim for 3 years, Councillor Dan Rivera now wants to unseat him.

## Lantern Festival in Andover

Fair weather event  
**Saturday May 11 from 6 - 8 pm**  
**West Parish Garden Cemetery**  
**129 Reservation Road**  
**Andover, MA 01810**

[Westparishgardencemetery.org](http://Westparishgardencemetery.org)

Based on an ancient Asian tradition, this spiritual lantern floating festival is a way to honor living friends and family and honor those who have departed. Each of the inscribed lanterns sends a message of eternal life, peace, hope and faith into the world.

Decorate your lantern shade and then at dusk, participants light the candle inside their lantern and in unison, float it onto the pond behind our cemetery chapel. Dr. Robert Atwood will play peaceful bagpipe music during the launching ceremony. This is a collective spiritual



experience where people extend warmth, compassion and understanding.

Guests will be invited to bring a picnic supper and enjoy the entertainment provided. Included will be Chinese Singers from the Andover Chorus, a Children's production from the Chinese School of Andover, a trio of Chinese Drummers from Odaiko of New England and a martial arts presentation by students from Yangs Martial Arts in Andover. A Lion Dance will be performed prior to lighting the lanterns.

This unique lighting event will prove to be the beginning of a new annual tradition at the West Parish Garden Cemetery. A donation of \$10 is requested. Proceeds will be used to support the replacement of the Chapel roof. Please bring a chair, blanket and flashlight in addition to your picnic supper!

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 Jim Wallace ~ Executive Director, Gun Owners Action League  
 Jessica Vaughan ~ Director of Policy Studies at the Center for Immigration Studies  
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# Lowell City Councilor Rita Mercier Offers a Lesson About Democracy

**George Delucu**  
VALLEY PATRIOT GUEST COLUMNIST

On Tuesday night, about 100 people crammed into the Lowell City Council Chambers to participate in a discussion about a motion to clear the air on Mayor Murphy's erratic behavior and actions over the past 15 months. The motion was prepared by City Councilor Rita Mercier.

Mayor Murphy had issued a letter of apology which found its way onto the City Councilor's desks that night.

I regularly attend City Council meetings on Tuesday nights as I don't have a TV, nor a reliable computer, no internet connection, and no smart phone. What I've discovered is that none of these devices can adequately substitute for being in the hallowed City Council Chambers LIVE. It's what you don't see on LTC Channel 99, that makes the experience so special, clear and true. As a spectator, you are a participant. You literally become part of the democratic process.

It was terrific to see so many people come out to witness and/or speak on a motion put forth by a City Councilor. It was wonderful to see and hear so many engaged in the discussion about the motion. It was interesting to be in the balcony among a throng of people, when most times I'm one of a few, and on several occasions have been the only person in the audience.

Let's talk about democracy.

Motions are made every City Council meeting. If you're a Lowell resident, you have an opportunity to participate in developing policy. Yet, how many of those in the room on Tuesday take advantage of that democratic right?

How many of those who were in at-

tendance participate in their neighborhood group meetings?

How many are registered to vote? How many don't vote in City elections?

How many go to functions and events held by our cultural communities?

How many attended the Master Plan Update meetings, or Tanner Street or Rourke Bridge meetings, or meetings to protect the Pawtucket Falls Dam? How many have honestly toiled over such issues?

How many are on a City Board or Commission?

How many actively work in any capacity to make Lowell a better place?

How many went to Tuesday's meeting just to witness a spectacle?

How many will never see the inside of the Council Chambers again?

How many volunteer their time to help under-served residents of Lowell?

How many knock on doors to talk about public policies, or engage people in the street or otherwise encourage others to register and vote?

How many go to the Lowell Senior Center to make sure that our senior citizens, many disabled, are being taken care of and to find out what they need day in day out? How many act as care givers for such people?

How many regularly help the poor in Lowell?

How many help people with disabilities who try to navigate Downtown Lowell streets? How many even say hello?

It's safe to say that very few of those who attended can answer affirmatively to a majority of these questions. Those who can, know who they are and might be embarrassed by any special recognition.

So besides the Greek contingent who were

there to defend the honor of their culture and heritage, what did the majority of those who attended expect to achieve by their presence on Tuesday?

If you were one of the ones who attended the meeting to criticize City Councilor Rita Mercier, then perhaps it's you who needs to reflect within. Is that really the best you can do? What purpose is served by criticizing people with spirit and enthusiasm who work tirelessly day in and day out to make your City a better place? Why not invest your efforts by rolling up your sleeves and helping out in some way?

An old colleague of mine, Len Gengle, once told me that in politics "Things get done by those who show up." If you're a no show, then what gives you the right to speak at all? Oh, right ... that would be democracy, as City Councilor Rita Mercier so eloquently expressed at the meeting.

Sometimes things happen and someone's stature rises or falls as a result. City Councilor Rita Mercier is a courageous human being who I don't really know that well except to say hello, but who I've admired for years for her unbridled dedication and service to Lowell. In that regard, she stands head and shoulders above all who were in the peanut gallery that evening. She's a true Lowellian.

Although I didn't agree with all of his comments, I gave City Councilor Vesna Nuon a standing ovation after his speech because he acknowledged that his participation on the council was made possible by the work of Mayor Patrick Murphy. It was an emotional moment. How many who were in the audience fully understood the relevance?

How many inspired by Councilor Nuon's comments will now work with the Latino, Indian, African and/or other immigrant communities to help give them a leg up politically, as Councilor/Mayor Murphy did for the South East Asian community? This has perhaps been his most significant accomplishment to date in his service to his City.

"New Lowell" vs. "Old Lowell"? If the meeting on Tuesday was a demonstration by the so called "New Lowellians" then



count me out. "New Lowellian" is just another name for the disgruntled and now defunct "Blowellian" group, who scurried off and hid as they were flushed out. If "Old Lowell" is the top down elitists who try to steer the City into the future without the input of Lowell residents ... that's not me. I'm just a Lowellian. And if you live in the City of Lowell, then you are too.

PS: Dick Howe, Jr. didn't honor the contributions of current City Councilor and former Mayor Rita Mercier in his new book "Legendary Locals of Lowell." I have a copy of the book and perhaps a more appropriate name would be "People of Lowell who I admire, and a cursory outline of some of Lowell's History" by Richard P. Howe, Jr. and Chaim Rosenberg.

George DeLuca is a blogger at [Lowell2020.Wordpress.com](http://Lowell2020.Wordpress.com) and [ComeToLowell.com](http://ComeToLowell.com)

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## Shawn Hansen's Comedy Corner with Paula Poundstone

## The Devil's Armpit

Shawn Hansen

VALLEY PATRIOT COMEDY WRITER

Coast to coast is a phrase that references a state in the western part of the United States to the eastern part. Comedian Paula Poundstone, who grew up in Sudbury has lived in California, which she calls "The Devil's Armpit" since 1980.

Getting back to the coast to coast reference, Poundstone will be traveling from California to Boston to entertain comedy fans at The Wilbur Theatre.

"I've been there a couple of times," said Poundstone, explaining that she felt it was a great time performing there. "I've been there over the last couple of years, and had really fun shows. I was lucky enough to tape a CD the last time I was there."

Speaking of Poundstone's CD it is called, "I Heart Jokes Paula Tells Them in Boston," and was released on April Fools Day.

Growing up in Sudbury, Poundstone said it was a nice place to live in, and regrets her children didn't have the opportunity to live there.

"Sudbury was a nice place," said Poundstone of Sudbury Regional High.

"A lot of conservation land back then."

Reminiscing on how the high school she attended was torn down she noted that the maintenance worker from the school sent it to her a number of years ago. "I actually have my locker door in my bedroom."

Known to be handy, her assistant made a cabinet for the door, and turned it into a medicine cabinet.

Feeling that the locker door gift was a prized possession, Poundstone said she couldn't do a lot with the brick from the building her physical education teacher gave her.

Starting comedy 34-years ago in 1979 at Boston's Comedy Connection upstairs at the Charles Playhouse, she vividly remembers the set she had.

"I remember the first time I went on



stage," said Poundstone. "I don't remember everything I said though."

Taping her first set, and eventually throwing it out, Poundstone said she did listen to it before giving it the heave ho.

"It didn't reflect what I thought I remembered because one thing to do the first time on stage was the MC would make it a big fact that it was your first time on stage," said Poundstone. "They would encourage the audience to be good to the new coming comic."

Appearing at The Wilbur Theatre at 246 Tremont Street in Boston on Friday, April 19 at 7:30 p.m., Poundstone said her comedy is largely autobiographical where she talks about perceptions outside of her life.

"My favorite part of the night is talking to the audience," said Poundstone. Asking people in the crowd where they are from, and what they do for a living is something the comic originally from Sudbury loves to do.

For more information about The Wilbur Theatre go to [www.thewilburtheatre.com](http://www.thewilburtheatre.com), or call 1-617-248-9700. For more information about Poundstone go to [www.paulapoundstone.com](http://www.paulapoundstone.com).

*Shawn Hansen is the host of Shawn Hansen's Comedy Corner on TV. He writes for the Tewksbury Advocate, and has published articles in 10 newspapers. For more info about Hansen, go to [shawnhansen.weebly.com](http://shawnhansen.weebly.com).*



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## SHEILA'S RECIPE CORNER: MUFFINS AND PEASANT BREAD

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

My general modus operandi is to not present recipes that require specialized cooking tools that are not customarily found in any kitchen. Today will be an exception. I am presenting a way to make dollars stretch by making the most of one's food budget & one heck of a main course, in my humble opinion!

The first dish is called chicken with 40 cloves of garlic. Before you pass out from the idea that the dish is all garlic, let me assure you that the garlic is roasted, so it's sweet & mellow & butter-like. It's quick to assemble, feeds a good amount of people, makes for excellent leftovers, & is a dish that any time I make it I receive loads of compliments on. The actual prep time is about 20 minutes; however, there is a catch.

The unglazed clay pot (such as those made by Romertopf) has to be soaked in water for at least 30 minutes. The way I approach this is to simply pull out the pot & fill each half when I get up in the morning.

Let's get started!

Chicken with 40 cloves of garlic  
7-7.75 lb roasting chicken  
1 bunch fresh flat leaf parsley  
3 heads of garlic  
1 bunch fresh thyme  
1 bunch fresh sage  
4 dried bay leaves

Salt &amp; pepper

2 medium onions, sliced

Prepare the roaster & season it inside & out. Place sliced onions in bottom of empty clay pot. Into the chicken's cavity, place 1/4-1/3 of the bunch of parsley, 1/3 each of the thyme & sage, & 2 of the bay leaves.

On top of the bird, place 1/3 of the remaining parsley, almost all of the rest of the herbs & the 2 bay leaves. Place the UNpeeled (make sure they are NOT peeled!) cloves of garlic around the bird towards the bottom of the pot. Place the empty cover on top.

Place pot in a cold oven & turn the temperature to 400°F oven. Cook for approximately 1 hour & 20 minutes to 1 hour & 45 minutes depending on the bird's size. Let rest uncovered for the first 10 minutes & cover for the next 20 minutes.

This goes spectacularly with last month's peasant bread. Take the garlic & squirt onto the cut bread slices & spread like butter. It's delicious!

Serves 6-8 depending on size of bird & the appetite of those eating!

Chicken Stock

It seems crazy to me when one has a roast chicken or turkey to not make stock; it's like throwing away money to me. It's simple, easy, & frankly, takes little time to actually make; it simply has a long cooking time. As crazy as it



seems, when I make stock, I leave it on the stove covered overnight on somewhere between warm & low. That way, it's done in the morning.

This stock will be far richer & more flavourful than stock one can readily purchase. Moreover, you have just stretched your dollars by using the "leftovers" to create stock that can be used for any purpose one would use stock.

Carcass of 1 chicken  
Leftover herbs from above  
3 carrots  
2 onions  
3 stalks of celery  
12 peppercorns  
3 T salt  
Herbs from inside bird  
Into a lobster pot (or into several pots

equal to that size, proportionally divide the ingredients), place all ingredients. Slice the onions in half. The onion & carrots need not be peeled. Fill pot within 3" of top with cold tap water. Heat to boiling then turn down heat to low. Cook covered for at least 6 hours & as long as 8 hours.

Let stock cool to warm. Remove & discard all bones, vegetables, peppercorns, & herbs. Strain stock through paper towels to clarify. Place into containers or ice cube trays & freeze.



Recipes are created by Sheila Mullins. Sheila lives in Newburyport & is a personal cook. She can be reached at [Sheila\\_A\\_Mullins@hotmail.com](mailto:Sheila_A_Mullins@hotmail.com) & she looks forward to hearing from you.

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## Immigration Reform

Tom Weaver

VALLEY PATRIOT COLUMNIST

We are blessed that the US Senate has gangs – groups of like-minded individuals that unite across party lines in an effort to achieve compromise. We have had health care gangs, budget gangs and now immigration gangs. Apparently, the only way to compromise between those that want more government and those that want less is to form a gang. Maybe this immigration gang should be labeled M08 or something.

Here is the issue – the President wants immigration changes, the Democrats want immigration changes and the Republicans want immigration changes. They agree: everyone wants more laws in an effort to change immigration. And what is the goal of these sweeping immigration changes – new voters. Millions and millions of new voters, bypassing the current “legal” immigrants... Even the “establishment Republicans” now realize that if we do not ignore the Rule of Law, we will lose the immigrant vote.

If we step back for a moment, why do we pass new laws? Once, laws were passed to fix a problem or to “make regular” a repeatable action, for example: voting or registration. Today, it seems as though laws are passed as legacy issues, so that we remember the “esteemed colleague from the other side of the aisle.”

So the question is asked: do existing immigration laws work? How would we know? Have they ever been enforced? Here is a simple idea – until the existing immigration laws are enforced, the Federal government should refrain from all attempts to “fix” the problem, and we, the American public, should hold them accountable. As an engineer, it is insanity to fix something if you do not know how it performs – unless you happen to own Solyndra or Cape Wind windmills.

Why do we attract so many legal immigrants? We are the beacon of freedom and opportunity, which is why we have so many waiting to enter this Nation. Once, there were no fences, there were no safety nets – there was simply the Rule of Law with the opportunity to achieve the American Dream. An immigrant was either successful or they went back to their native land, if something worse did not happen.

But today, we want more voters. We change programs established for our citizens, and make them available for the less fortunate who come across our borders illegally. By providing welfare, education, in-state tuition, healthcare and other “entitlements” – are we that beacon of greatness; or

*So the question is asked: do existing immigration laws work? How would we know? Have they ever been enforced? Here is a simple idea – until the existing immigration laws are enforced, the Federal government should refrain from all attempts to “fix” the problem, and we, the American public, should hold them accountable.*

are we slave masters – creating a dependent class who will trade votes for the magnet of welfare?

We have rules regarding child labor – and they are enforced. We have rules restricting the employment of illegal aliens – but we turn our backs on those rules because those are the jobs that no American will do.

Why?

It is slave labor. Government, business and most important, we know that it is slave labor. And the slave work force endures so that they can return much of what is being earned to their native land and their families. How sad is it that we allow them to believe that they have achieved the American Dream...

As a charitable Nation, we passed laws demanding that medical treatment always be provided, yet we failed to develop a payment plan. As a result, most hospitals within a few hours of the border are closed – bankrupted, unable to provide services to American patients. As a former Congressional candidate once offered, why not deduct payment from the foreign aid program?

Immigration is what made this Nation great. Millions of folks with different ideas, traditions and cultures, came to this land of freedom and opportunity, wanting to become Americans. They learned the English language and shared their expertise; we became greater due to the melting pot of excellence. They came knowing that there was no safety net, there were no guarantees – but they would have the opportunity to achieve.

Compare that with today, when millions leave impoverished countries where governments fail to support the poor, to come to America where the government provides prosperity – slavery in return for votes... Government charity has never worked and it will never work, and the price to pay for the attempt is simply slavery...

This Nation is great. We need to return to the values that made us great: freedom, opportunity, rule of law. And before we bastardize immigration laws yet again and create even more economic magnets, let's see if the existing laws actually work, especially if we remove the false charity of those magnets.

## It's the Media Stupid!!

James Garrett

VALLEY PATRIOT GUEST COLUMNIST

As conservatives, we can develop strategies to regain political control of our country on both local and national levels. We can organize initiatives to counter the outrageous policies of big government and the liberalism that seems to be metastasizing throughout our culture. But, unless we focus on the effects that the liberally biased media has had on America and the voting public, we are wasting our time.

### MEDIA MIND CONTROL

Despite what the network pundits would have us believe, the defeat of Romney and Republicans nationwide was not due to some contrived “war on women” or their stand on illegal immigration, but rather the result of media mind control. The main stream news media, reflected by the entertainment industry and our education system are the dominant influences shaping public opinion in America. These three industries define the public's perception of reality and “political correctness”. They inhibit free and open discussion. Many voters are persuaded to support liberal values and candidates just to avoid being ridiculed or demonized. It's disturbing to realize that even a slightly biased news media could be the deciding factor in a “close” election.

### IN NEWS WE TRUST!

Most Americans rely on the “news” for factual information regarding political matters. But, the media is driven by ratings and commercial sponsors, as well as corporate affiliations and political influence. Those factors weigh heavily on news content and programming decisions. News organizations will sometimes exclude relevant details of a story, or ignore a story entirely if it fails to support a particular political narrative. It can be difficult for viewers to decide which sources of information to trust.

Adding more spin, late night comedians ridicule those who support conservative values with sarcasm that could easily be redirected at any of us who disagree. Not wanting to face the same sharp-tongued criticism, too few of us stray from our comfort zone to challenge opinions deemed to be “politically correct”.

A biased media, whether left or right leaning, is detrimental to the tenets of democracy. Many voters have become

unreceptive and even hostile to conservative and Republican viewpoints. Conservative assertions are often dismissed as lies and distortions. These so called “low information voters” are actually “disinformation voters”. They are not a problem because of what they don't know, but because that what they do know is wrong!

### POLITICAL INTOLERANCE

When attempting to discuss political issues with those who rely solely on the main stream media for news and information, you might as well be claiming that you had been abducted by space aliens. The reaction is typically the furrowed eyebrows of those secure in the belief that they are in good company. You may be asked, “Where do you get this stuff?” Worse yet, you may be shunned or demonized for your political beliefs.

### BRANDING & PROACTIVE PERSUASION

The challenge facing us is to correct misconceptions and establish a receptive attitude for future messages. The Democrats have successfully branded themselves as the party of compassion and the Republicans as elitist, greedy and uncaring. We must no longer let them and their media cohorts define us. We must develop a branding campaign to counter the negative identity with which liberals have branded conservatives and Republicans.

It would be unrealistic to assume that we can change the minds of those who vote only their self-interests. But, well-intentioned voters need only to realize that perhaps they have been influenced by a biased media and/or peer pressure. We can easily present them with examples of liberal media bias. In fact, we have “binders full of them”. This will help voters recognize media bias and its role in shaping public opinion. Such an initiative will motivate voters to question popular opinion and to think independently.

As conservatives, we need to overcome the fear of being ostracized for expressing conservative principles both as a political party and as individuals. An informed voter can deflect the ridicule of misguided followers and win the support of the undecided. Going along to get along may assure our good standing with others, but maybe we would all be better served if we could persuade others to go along with us.



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# Legislators have Ignored the State Constitution

D.J. Bettencourt

VALLEY PATRIOT NEW HAMPSHIRE COLUMNIST

The Mercatus Center, on the campus of George Mason University, is billed as an "education research and outreach center" and does something incredibly rare for an institution within higher education. It thinks seriously about freedom and how states can protect and expand it. Not ironically, Mercatus takes its name from the Latin word meaning "markets."

Every few years Mercatus publishes a comprehensive study, "Freedom in the 50 States" that ranks each state by combining their ranked scores for fiscal, regulatory, and personal freedom. For individuals and businesses looking to escape environments they dislike and moving to states they believe to be more beneficial economically and personally, the study is a vital road map.

For New Hampshire, the latest study conducted between 2009 and 2012, looks outstanding. We rank as the 4th freest state in the nation and we are far and away the freest state in New England. By comparison, Massachusetts ranked 30th, Maine 39th, Vermont 43rd, Connecticut 40th, Rhode Island 46th. The freest state was North Dakota.

While this ranking is very encouraging for the Granite State, a deeper look within the numbers reveals some troubling trends. From 2001 to 2008, New Hampshire reigned as the freest state in America. In 2009, Mercatus saw New Hampshire's grip begin to slip but we maintained a second place ranking. However, according to the most recent study, by the end of 2010 we were clearly no longer the freest state. What was the culprit for New Hampshire's freedom decline? Democratically controlled legislatures from 2007 to 2010.

The Mercatus study vanquished the notion that New Hampshire's longstanding heritage based on freedom was impenetrable, regardless of which political party was in control of state offices. As Ronald Reagan correctly understood well over 30 years ago, freedom isn't magically passed along in the bloodstream, rather it must be protected and cultivated.

The study specifically cited the 2009-2010 legislatures' decision to destructively raise numerous taxes and fees and utilizing one-time stimulus funds to bloat the size of government which resulted in massive debt. While the study credited the 2011-2012 legislature for cutting spending and expanding educational freedom, the good work we accomplished in two years

could not mitigate the damage wrought by the Democrats in previous four years.

Additionally, the study exposed troubles beyond simple notions of freedom. New Hampshire scored poorly in several specific economic rankings that indicate economic health and competitiveness. For example, we rank only 7th in economic freedom and 27th when it comes to regulatory policy. Most troubling, we rank 27th when it comes to ability for our citizens to find a job and 33rd in both health insurance and educational freedom. Thanks to the 2011-2012 Republican legislature, these porous rankings are improvements from even the worse rankings. Consequently, New Hampshire has some significant work to do to compete economically with the rest of the nation.

Will we remain a beacon of freedom in New England and America? It remains an uncertain question. The 2012 elections returned Democrats to power in the New Hampshire House of Representatives and the Governor's Office. The leadership teams in both are nearly identical to those that precipitated New Hampshire's decline and it appears they are picking up exactly where they left off. Within the House budget, passed just last week, Democrats increased spending by 16% and raised dozens of taxes and fees.

In the end, elections have consequences both good and bad. Unlike 2012, the advocates of freedom and responsibly sized government must craft a compelling argument for the 2014 elections about why freedom matters. We must start to recruit candidates who can effectively articulate that message.

The Mercatus study and others like it are helpful but they are not complete arguments. It must be defined in terms that make every citizen appreciate why they should care that New Hampshire regains its status as the freest state in America. After all, our freedoms hang in the balance.



D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term.

He currently works as a special education academic assistant and is the Volunteer Coordinator at the Salem Animal Rescue League.

## Crimeline's Crime of the Month –Credit Cards Stolen from Massachusetts School

The Salem, NH and Manchester, Massachusetts Police in a coordinated effort are investigating the theft of two credit cards stolen from a purse located in a Manchester, Massachusetts elementary school on February 25, 2013.

The credit cards were used at Best Buy in Salem, NH for two purchases, one for a Macbook Pro and the second for a PS3 totaling \$2,563.95. They were also used at Babies R Us in Salem, NH to purchase various items totaling \$383.73.

The photos are of a Black/Hispanic female and Hispanic male who were identified as using the stolen credit cards.

If you can identify these suspects, please report it to Crimeline of Southern NH and you could qualify for a reward of \$1,000. To report a crime, please contact us at: (603) 893-6600 or (800) 498-4040 or go online to [www.crimelinesnh.com](http://www.crimelinesnh.com)

Your call will be completely anonymous



and you will be issued a secret Crimeline number, known only to you and Crimeline. If your tip results in a conviction you will be awarded a \$1,000 cash reward at a location of your choosing. You will not have to interface with the police. However, if you choose to testify the reward increases to \$2,000.

### FROM PAGE 5: ANDREW MAYLOR

"The feeling is, that's \$9M. Is that really where we are going to spend \$9M compared to other choices? So, the decision was made as part of the facilities master plan, that rather than invest \$9M into that facility, (as an example of using it for offices for Community Development and School Department Central Offices), it would be best that we make other choices. It's not as easy as turning the key. When you leave a building unoccupied for a year and reopen it, you must meet full code compliance as if it was a new building. That [building] is not near code compliance. It doesn't serve well in the public environment and if you make it a public building, you are going to spend \$9M. So, then you are left with a public process of putting it out for another RFP."

"We got one response [last time]. My experience on those kinds of buildings is that you will only get one to three responses. Really, it's for the selectmen to decide. From my perspective, what doesn't make sense is to do nothing. Doing nothing is a problem. We are spending between \$40,000-\$50,000 per year watching it get old. You can't do that. Spending money for the sake of retaining a building where I see one car parked every day and nobody is using for recreation space or even parking makes no sense. Letting the Bradstreet School sit there without taking actions is the wrong action."

What about any other unused buildings

that we are paying for?

"First, to be clear on what we pay, the biggest cost associated with non-used public buildings is insurance. The liability and risk insurance is higher on an unoccupied building than one that is occupied. The rest of the cost is utilities, but we keep the temperature down and are not burning the midnight oil on the heating."

"The second building we have is the former police station. As part of the facilities master plan, it called for the former police station to be rehabilitated, or knocked down and rebuilt. That is underway to study, to place the School Central Administration Office and take it out of 1600 Osgood. We are paying \$100,000 a year to be at 1600 Osgood so, the feeling was that the town will be around for a couple of hundred years, rather than paying \$100,000 which will grow in rental costs, we would rehab the former PD and put the School Department Central Offices there. That puts them close to the Kittredge School, Middle School, and the Atkinson. So that is the plan which is underway. The design is ongoing, the Town Meeting funded that and we will go back to the town meeting this year and ask Town Meeting to fund the construction of that project. And we fully expect that Central Office will come out of 1600 Osgood, stop paying rent and move to that facility."

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# News from John Lenotte of the American Legion



PHOTO BY RON MUSHOW PHOTOGRAPHY

Valley Patriot Publisher Tom Duggan, and Award Presenter Anabel Gutierrez bestow "The Valley Patriot Hero Award" to John Lenotte during The Valley Patriot's 9th Anniversary BASH last month.

## John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

A recent press release from The American Legion national headquarters stated the following: A March 17 New York Times article described an American Legion post near Chicago that is struggling to attract young members. The article used that post as an example to advance a broader theory about the nation's largest veterans service organization. The headline read: "An Aging American Legion Fights for Relevancy." Interesting that the Wall Street Journal ran a similar article in 1971, and the Legion today is as strong as ever.

More information from the press release: The American Legion remains by far the nation's largest veterans service organization, with 2.4 million members and more than 13,800 community posts, because its relevance is woven into the fabric of our nation. Approximately 250,000 veterans a year join The American Legion for the first time. The percentage of eligible veterans who have become members, in fact, is trending upward and stands at over 14.5 percent nationally. Comparatively, it was 11.1 percent in 1970 when the pool of eligible Legionnaires was about 7.5 million greater.

The American Legion annually awards millions of dollars in scholarships at every level, from the Legacy Scholarship Fund that provides college educations for those who lost parents on active military duty after Sept. 11, 2001, to more than 14,000 other college awards provided through local posts. Every year, The American Legion's Child Welfare Foundation awards approximately \$700,000 in grants to organizations that help the most vulnerable and at-risk children of our country. I will note that donations to Legion charitable programs are all spent on the charity. The organization absorbs the administrative costs. Consider this fact when you are donating to various charities.

In Massachusetts, there are approximately 60 thousand members of The American Legion, Sons of the American Legion and American Legion Auxiliary. At the state level, \$22,000 is given out

in scholarships each year to 32 students. There are programs like Legion Baseball, Student Trooper, Boys and Girls State, Oratorical Contest and support for the Boys Scouts. In 2011 we saw the following statistics from posts in Massachusetts: 173 scholarships totaling \$120,000, \$29,000 donated for troop support efforts and \$35,000 given in aid to veterans and their families. And there is still more that is done in and for our communities.

As The American Legion National Commander responded to the NY Times, we are still very RELVANT in today's society. We continue to promote and work our Four Pillars: National Security; Americanism; Children and Youth; and Veterans Affairs and Rehabilitation. We have been doing this since 1919 and will continue to do so for the past, current and future generations of Americans and our veterans.

On April 20th, Post 4 in Haverhill will be holding a fundraiser from 7-11pm. Proceeds go to Operation Comfort Warriors, a program to directly purchase comfort items for the troops. There will be a spaghetti supper and DJ. Tickets are \$20 per person. You may call the post at 978.373.6885 or contact me at: JohnLDistrict8@verizon.net . Hope to see you there!

On another note, April 30th is an important date on the calendar. There will be a primary election for the US Senate race here in Massachusetts. Please get out and vote. Voting is a right that is precious to many but most take it for granted. Remember, it was only in 1920 with the passage of the 19th amendment to the US Constitution, that women were allowed to vote. Take it serious. Join me in voting on that day.

May God Bless our troops and their families as they protect our way of life.



John Lenotte is the American Legion, Commander, Wilbur M. Comeau Post 4 Haverhill and Vice Commander, Dept. of Massachusetts. He is also the recipient of The Valley Patriot Hero Award. You can Email him at JohnLDistrict8@verizon.net

## American Legion's John Lenotte Receives Valley Patriot Hero Award

The Valley Patriot newspaper bestowed our coveted "Hero Award" to The American Legion's John Lenotte at a ceremony held during the newspaper's 9th Anniversary BASH last month.

Lenotte is a man who has honorably served his country, and while many veterans do their service and then continue on with civilian life when they return home, Lenotte came home and got involved with the local American legion, raising money, helping veterans become more aware of the government services available to them, walking them through the process to receive those services and donated his time

to help the men and women who sometimes get forgotten by the very government they put their lives on the line for.

On top of all that, John Lenotte has been elected District Commander of the American Legion, and volunteers his time to write a column for our veterans every month in the pages of The Valley Patriot.

John Lenotte is a true hero in our community and it is his volunteer work, activism, and selfless work in the community helping veterans that lead Valley Patriot editors to choose him to receive this well deserved award!



PHOTO BY RON MUSHOW PHOTOGRAPHY

Valley Patriot publisher Tom Duggan and Award Presenter Anabel Gutierrez bestow The Valley Patriot Hero Award to Helen Mooradkianian for her service to our nations veterans.

## Helen Mooradkianian Receives Valley Patriot Hero Award

When we started The Valley Patriot nine years ago, the one thing we wanted to do that was sorely lacking in other publications was to continually highlight and honor veterans on the front pages of our paper every month. Today it seems like the only time you hear about veterans is when the media focuses on some poor soul with PTSD who committed a crime, disgraced the uniform or did something wrong.

A few years ago, at the time when we had to let go one of our writers for shopping our material to the Eagle Tribune, a wonderful woman told us that she loved what we were doing for the veterans and asked if we would LET her write our Valley Patriot of the Month Column ... as if it was her privilege... to help us.

Since that time Helen Mooradkianian has treated our "Valley Patriot of the Month - Hero in our Midst" column exactly the same way, as a privilege.

To date, she has sat with dozens of

veterans living among us in the community, listened to their stories of heroism, bravery, and sometimes tragedy. Always treating them with the honor and the respect they deserve,

Helen Mooradkianian has perfectly, yet delicately captured the essence of their service and their experiences, and relayed them through her brilliant talents as a writer to all of our readers in the Valley and beyond.

Helen Mooradkianian is always looking to do more to help even when her plate seems full, and she always makes sure make that our veterans are her first priority; whether it is holding a flag during our standout on Flag Day, attending our Memorial Day services in North Andover, or just lending a sympathetic ear to a veteran who wants to talk.

We are proud to know Helen, and we are honored to be able to give her a Valley Patriot Hero Award.



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**FROM 1: ROBERT A. HUNTER, U.S. MARINES**

Stateside!”

Bob’s CO, it turned out, had been a fighter pilot at Guadalcanal when he was captured by the Japanese and tortured as a POW. He finally managed to escape. The CO’s decision probably saved Bob’s life. The Battle of Peleliu in September 1944 turned out to be one of the bloodiest battles in the Pacific War, with reportedly the highest casualty rate of any amphibious invasion. Some 80% of the Marines who had trained with Bob died in that battle.

Bob’s life was spared for a purpose. Like many veterans, he wondered why. The answer, in part, would come decades later.

**Midway—Where “Gooney Bird” Meets “Bent-Wing Gull”**

Since April 1944, when the Corsair F4U was finally cleared for carrier-based takeoff and landing, there had been a scramble to retrain land-based fighter pilots. Since existing carriers could not be spared, and were also subject to submarine attacks, one solution was to convert the paddle-wheel steamers on the Great Lakes into training vessels—in the safety of Lake Michigan. Their decks, however, were only two-thirds the length of a fleet carrier’s.

Midway Island, half-way between San Francisco and Tokyo, had access to

complete aircraft facilities since Pan-Am World Airways used it as a stopover and refueling station. Its paved runways were marked off to the precise dimensions of a carrier deck.

It was there on Midway that the “Bent-Wing Gull”—the Corsair F4U fighter-bomber with folding wings—met the Albatross or “Gooney Bird,” so-called because of its hilarious 25-step courtship dance, shrill whistle, and comical antics.

The Japanese called the Corsair F4U “Whistling Death” because of its speed (more than 400 mph), maneuverability, 4,000-pound-bomb payload capacity, and kill ratio of 11:1. American troops called it the “Sweetheart of Okinawa.” The F4U became one of the more popular, although controversial, fighter planes.

Since Midway was nesting home to the Albatross and dozens of other species of birds—including the bo’sun bird that can fly backward—paving the runways helped drive the Albatross to relocate. Inevitably, however, flocks would return, flying onto the runway.

“We were very careful, very protective of those birds,” Bob Hunter recalls. “They loved to perform by dancing together.

They strutted and pranced around, whistling or making gurgling noises in their throat.” Whenever the “Gooney Bird” met a man or a 10-ton truck, it would bow low



Marines on Midway Island. Robert A. Hunter (front row, third from right) shown with the 3rd Marine Aircraft Wing’s telephone communications specialists. The VMF-324 retrained land-based fighter pilots for take-off and landing on fleet carriers. Midway is home to the Laysan Albatross or “Gooney Bird,” known for its comical strutting antics, as well as the bo’sun that can fly backward.

but refuse to get out of the way. They had absolutely no fear of man.

The island’s rats were another matter. “We slept next to the aircraft in revetments—tent-shaped dugouts covered with sandbags. Rats crawled over us at night, gnawing on our fingers if our hands were exposed,” he recalls.

**Dive-bombing on Wake Island**

Although a land-based telephone communications specialist, Bob went on one surprise “bombing mission.” It’s one he will never forget.

On Midway he ran into an old friend from Tewksbury High, a Marine pilot of the Dauntless SBD-2 dive bomber. SBD-2 fighter pilots trained by dropping bombs on Wake Island after the Japanese had reclaimed it. “C’mon. I’ll take you for a spin,” he said. Bob couldn’t resist the offer.

The SBD-2 was the chief Allied dive bomber in the Pacific Theater. From an altitude of 25,500 feet, the pilot literally dove at a steep angle over the target—dropping up to 2,250 pounds of bombs. It sank more enemy ships than any other aircraft in the Pacific.

Little did Bob know that he was in for the ride of his life. “Now when I drop my bomb and pull out of my dive,” his friend said, “you yell as loud as you can and open the canopy above your head. That will help me regain altitude...” Of course, it was a joke, and the force of gravity left Bob totally speechless and unable to lift a finger!

**Saving lives one at a time**

After the war, Bob joined the family business as an orchardist, caring for acres of fruit orchards. A powerful truth came alive for him. Good trees, like good people, bear good fruit. Bad trees bear bad fruit. Bob knows his life was spared for a purpose and he reached out to help others, counseling teenagers and visiting the elderly in nursing homes.

Along the way he learned some lessons. At the age of 30, Bob returned to finish college, got his Master’s, then earned an advanced certificate toward a doctorate in education and counseling. All the while he worked several jobs to support

his growing family. “I became a workaholic. I focused on making money. I even accumulated quite a tidy sum—only to lose it all virtually overnight. Since then I counsel young men, ‘Spend quality time with your family. Don’t let ambition or the love of money consume you.’”

A former school guidance counselor who practices “active listening,” Bob has seen lives transformed. A struggling young girl, later diagnosed as a schizophrenic, was directed to the therapist who helped her. An 18-year old boy, a high school dropout hooked on alcohol and drugs—who looked on Bob as the father he never had—took Bob’s counsel. He got help, then entered a special high school diploma program (higher than a GED) that Bob had helped to establish at Middlesex Community College. He graduated as class valedictorian, received a \$500 college scholarship, and studied culinary arts for a future in restaurant management.

Recently, Bob took in a destitute man—without money, job, or place to live—who had spent his life savings caring for his elderly, terminally ill father. He found the man a home, a job, and soon the man will be baptized at First Baptist Church of Tewksbury, where Bob is a trustee.

New life. New hope. Jesus said, “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also” (Matthew 6:19–21).

Thank you Sgt. Hunter for all you have done for our country and being a Hero in Our Midst.



Helen Mooradian is our Valley Patriot Hero columnist and a former business writer. She is also a member of the Merrimack Valley Tea Party. You can email Helen at hsmoor@verizon.net

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## Home Health VNA to participate in a national project to reduce rehospitalizations

Home Health VNA is pleased to announce that they are participating in a national project that is focused on reducing avoidable rehospitalizations. The SafeSide Rehospitalization program has been successful in assisting home health agencies to achieve up to as much as a 6 percentage point reduction in this critically important area. Developed by Fazzi Associates, the leading home health research firm, Home Health VNA submitted an application to participate in this national project and was accepted for the 2013 SafeSide program.

Every segment of the healthcare industry has been tasked with decreasing the number of avoidable hospitalizations. Nearly twenty percent of Medicare beneficiaries discharged from the hospital are readmitted within 30 days, costing the Medicare program 18 billion dollars annually. Beginning last October 2012, hospitals that receive Medicare payments started to see financial penalties based on their rehospitalization rate for three diagnoses: Acute myocardial infarction ("heart attack"), Pneumonia and Heart Failure. The amount of financial penalty and the number of diseases that those penalties are based on will increase over the next three years.

Noting that it is not just about the expense, John G. Albert, MBA, FACHE, President and CEO of Home Health VNA added, "Each time a person is readmitted to the hospital, the individual and his or her family and caregivers have their life disrupted. Hospitalizations are exhausting for patients with chronic illnesses and are often self perceived to be brought on by something that they did or didn't do. That cycle can be self perpetuating, creating

what we call a "revolving door" effect that does nothing to promote wellness and prevention."

"Not all rehospitalizations are unnecessary," Albert stresses, "it is the times when our team of clinicians working with the physician can anticipate or react quickly to signs that a patient's condition is worsening. That is the time to intervene and attempt to prevent a hospitalization."

Fazzi Associates' Founder and Managing Partner, Dr. Robert Fazzi had this to say about the SafeSide project, "The development of this highly effective model did not come easy. It came through reviewing our experiences and insights from over 20 years of change and improvement efforts. We looked at contemporary management theory and practice, including goal setting, leadership, complexity theory, overload theory, data-driven decision-making and accountability. All healthcare providers including home health agencies must work to reduce the rate of avoidable hospitalizations and this model will help get them there."

Albert stated "Home Health VNA is committed to the goal of keeping people in this community in their homes and this is just one more way that we are trying to do just that."

Home Health VNA is a not-for-profit agency affiliated with HomeCare, Inc. and Merrimack Valley Hospice. Together, the three agencies serve more than 90 communities throughout Northeastern Massachusetts, the Merrimack Valley and Southern New Hampshire. For more information, visit their website [www.HomeHealthVNA.org](http://www.HomeHealthVNA.org)

## Have Your Shoelaces Become Chains?

Jeff Katz  
CERTIFIED LIFE COACH  
VISIONACCOMPLISHED.NET

So, we've all heard the suggestion that you need to work hard in order to achieve something. Just when we all agree that hard work is essential, then someone else comes along and offers that nugget about working smart instead of hard. So which is it? You're right, both are vital to success but one can truly become a game plan to get there in a much more direct path.

Take a look at the word smart and see it as an acronym. Understand that to work smart, you'll need to start with "S" which stands for a specific goal. "M" reminds you that the goal must be measurable. "A" mandates that the goal actually be attainable. "R" declares that the goal must be realistic and relevant and finally "T" forces us to impose a timely nature to the goal.

When we attempt to spell out our goals, most of us make sweeping pronouncements. I want to lose weight is a common refrain, but what exactly does that mean and how do you get there?



Motivational Speaker Jeff Katz is now available for speaking engagements

I want to lose weight could mean that you want to drop twenty pounds or one hundred pounds. Set a specific goal of ten pounds and now you know what you really want to do. Why? Because now it is specific and measurable! Dropping ten pounds in a day is not reasonable but ten pounds in two months is attainable and realistic with a clearly delineated time line attached. In other words, you'll be working towards your goal of dropping ten pounds in a S.M.A.R.T. way!



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**Dr. Jin Sung**

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

Most people realize that their thyroid is important for controlling their metabolism and body weight.

But did you know that depression, heart disease, chronic fatigue, fibromyalgia, PMS (premenstrual syndrome), menopausal symptoms, muscle and joint pains, irritable bowel syndrome, or autoimmune disease could actually indicate a problem with your thyroid?

The classic signs of a sluggish thyroid gland include weight gain, lethargy, poor quality hair and nails, hair loss, dry skin, fatigue, cold hands and feet, and constipation -- and these symptoms are relatively well known.

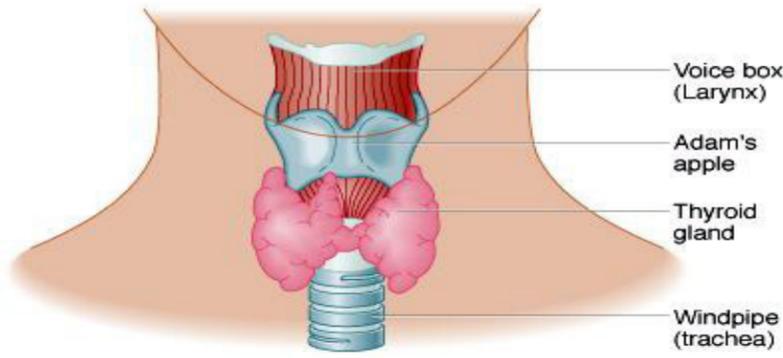
However, some of the conditions you might not associate with your thyroid include:

- High cholesterol
- Irregular menstruation
- Low libido
- Infertility
- Gum disease
- Fluid retention
- Skin conditions such as acne and eczema
- Memory problems
- Poor stamina

And there are, in fact, many more conditions that can be associated with poor thyroid function. Your thyroid plays a part in nearly every physiological process. When it is out of balance, so are you. This is why it is so important to understand how your thyroid gland works and what can cause it to run amok.

The sad fact is, half of all people with hypothyroidism are never diagnosed. And of those who are diagnosed, many are inadequately treated, resulting in partial recovery at best.

# Understanding Thyroid Disease



**Hypothyroidism: The Hidden Epidemic**  
Hypothyroidism simply means you have a sluggish or underactive thyroid, which is producing less than adequate amounts of thyroid hormone.

"Subclinical" hypothyroidism means you have no obvious symptoms and only slightly abnormal lab tests. I will be discussing these tests much more as we go on since they are a source of great confusion for patients, as well as for many health practitioners.

Thyroid problems have unfortunately become quite common.

The same lifestyle factors contributing to high rates of obesity, cancer and diabetes are wreaking havoc on your thyroid... sugar, processed foods, stress, environmental toxins, and lack of exercise are heavy contributors.

More than 10 percent of the general population in the United States, and 20 percent of women over the age of 60, have subclinical hypothyroidism. But only a small percentage of these people are being treated.

**Why is that?**

Much of it has to do with misinterpretation and misunderstanding of lab tests, particularly TSH (thyroid stimulating hormone). Most physicians believe that if your TSH value is

within the range of "normal," your thyroid is fine. But more and more physicians are discovering that the TSH value is grossly unreliable for diagnosing hypothyroidism.

And the TSH range for "normal" keeps changing!

In an effort to improve diagnosis of thyroid disease, in 2003 the American Association of Clinical Endocrinologists (AACE) revised the "normal" TSH range as 0.3 to 3.042. The previous range was defined as 0.5 and 5.0, which red-flagged only the most glaring hypothyroidism cases.

**How to Know if You are Hypothyroid**

Identifying hypothyroidism and its cause is tricky business. Many of the symptoms overlap with other disorders, and many are vague. Physicians often miss a thyroid problem since they rely on just a few traditional tests, so other clues to the problem go undetected.

But you can provide the missing clues!

The more vigilant you can be in assessing your own symptoms and risk factors and presenting the complete picture to your physician in an organized way, the easier it will be for your physician to help you.

Sometimes people with hypothyroidism have significant fatigue or sluggishness, especially in the morning. You may have hoarseness for no apparent reason. Often hypothyroid people are slow to warm up, even in a sauna, and don't sweat with mild exercise. Low mood and depression are common.

Sluggish bowels and constipation are major clues, especially if you already get adequate water and fiber.

Are the upper outer third of your eyebrows thin or missing? This is sometimes an indication of low thyroid. Chronic recurrent infections are also seen because thyroid function is important for your immune system.

**Laboratory Testing**

Even though lab tests are not the end-all,

be-all for diagnosing a thyroid problem, they are a valuable part of the overall diagnostic process. The key is to look at the whole picture.

New studies suggest a very high incidence of borderline hypothyroidism in Westerners. Many cases are subclinical, and not showing up at all in standard laboratory measurements.

Coexistent subclinical hypothyroidism often triggers or worsens other chronic diseases, such as the autoimmune diseases, so the thyroid should be addressed with any chronic disease.

Many physicians will order only one test -- a TSH level. This is a grossly inadequate and relatively meaningless test by itself, as well as a waste of your money. It would be like saying you know your water is pure because it tastes fine.

I recommend the following panel of laboratory tests if you want to get the best picture of what your thyroid is doing:

- TSH -- the high-sensitivity version. This is the BEST test. But beware most all of the "normal" ranges are simply dead wrong.
- Free T4 and Free T3.
- Thyroid antibodies, including thyroid peroxidase antibodies and anti-thyroglobulin antibodies. This measure helps determine if your body is attacking your thyroid, over-reacting to its own tissues (ie, autoimmune reactions). Physicians nearly always leave this test out.

**Diet**

Your lifestyle choices dictate, to a great degree, how well your thyroid will function. Eliminate junk food, processed food, artificial sweeteners, trans fats, and anything with chemical ingredients. Eat whole, unprocessed foods, and choose as many organics as possible.

**Gluten and Other Food Sensitivities**

Gluten and food sensitivities are among the most common causes of thyroid dysfunction because they cause inflammation.

Gluten causes autoimmune responses in many people and can be responsible for Hashimoto's thyroiditis, a common autoimmune thyroid condition. Approximately 30 percent of the people with Hashimoto's thyroiditis have an autoimmune reaction to gluten, and it usually goes unrecognized.

How this works is, gluten can cause your gastrointestinal system to malfunction, so foods you eat aren't completely digested (aka Leaky Gut Syndrome). These food particles can then be absorbed into your bloodstream where your body misidentifies them as antigens -- substances that shouldn't be there -- our body then produces antibodies against them.

These antigens are similar to molecules in your thyroid gland. So your body accidentally attacks your thyroid. This is known as an autoimmune reaction or one in which your body actually attacks itself.

**Final Thoughts**

A thyroid problem is no different than any other chronic illness -- you must address the underlying issues if you hope to correct the problem. The path to wellness may involve a variety of twists and turns before you find what works for you.

But hang in there.

If you approach it from a comprehensive, holistic perspective, you will find in time that all of the little steps you take will ultimately result in your feeling much better than you could have ever imagined.

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

*The information in the article is strictly informational and not meant to diagnosis, treat or cure any disease. Please consult your physician before starting any program.*

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## PUPPY LOVE! with Kate Whitney

### A Wonderful Night of Celebration and Recognition for the Community



PHOTO BY RON MUSHOW PHOTOGRAPHY

#### PuppyGirl Kate Whitney VALLEY PATRIOT PUPPYGIRL

Welcome Spring!

What a great time of year we are coming upon. Another GREAT thing is The Valley Patriot 9th Anniversary Bash that happened a few weeks ago. What fantastic night that was. I know a lot of you were there for this special evening, thanks for coming and supporting such a great newspaper and team.

For those of you who couldn't attend, try to come next year; it was a night filled with food, fun, awards, and great silent auction items.

Many awards were handed out to local superstars within our communities. It's wonderful when "everyday" people can be recognized for the incredible work they do; none of them expected to get public

recognition.

And that's why they so deserved the awards they received. Heroes don't do acts hoping to get recognized or rewarded. They do things because they think it's the right thing to do...some even think it's their job or duty. These people are heroes to me. I think the world would be a better place if we can remember people like this. Selfless individuals who just want to help in whatever way they can.

I would also like to thank Tom Duggan, The Valley Patriot Bash Committee, and the whole Valley Patriot staff for asking me to be this year's Master of Ceremonies.

I had an absolute blast!

It was an honor sharing the stage with the many incredible individuals who were recognized that night.



Reflections by Christine

#### I'm Henry, and PuppyGirl Says You Should Adopt Me!

Before I got the name Henry, I was known as #211 at the county pound in a rural suburb in Virginia. I was most likely tied outside for most of my life...when I arrived at the pound they had to cut my collar off because it was so tight and embedded in my neck.

That is all in the past now and I am ready to receive the love and attention that I deserve. I am super friendly with people and other dogs; they say I meet no strangers because I love every person and dog I meet! I am a sweetie. They think I am a Shepherd/Husky mix and about 1 year old (maybe even younger). I am up to date with my vaccines, and heartworm negative. I didn't mind the vet looking in my mouth during my exam.

I just wanted to crawl in the volunteer's lap and cuddle. I weigh about 53lbs but I'm skinny and could afford to gain some weight. I wandered to a nice family's home, where they took me in. They couldn't

keep me so they turned me over to animal control in VA. I got along great with their dogs and the 4 young kids they had. Henry is your typical Shepherd: he's very strong and needs exercise. An active home with a fenced yard where Henry can run around and stretch his legs would be best.

He still has lots of puppy energy and would do best in a home that is experienced with the shepherd breed. He gets along great with other dogs, loves attention and toys, and is eager to please. He would love to go on daily runs and even to a daycare where he can run around with friends. He's not really sure about cats, so he would probably prefer to be in a home without them.

He is crate trained, house trained, and knows the word "no". He is a super sweet boy who is just dying for a place to finally call "home". To fill out an application to adopt Henry, please visit [www.OneTailataTime.com](http://www.OneTailataTime.com)

## Tips to Prepare for Puppy Season!



#### Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

Puppy season, puppy season, puppy season – everyone loves puppy season! How can you not? These cute, adorable, fluff balls that snuggle up with you, are just so precious.

But there is a lot more to being an owner to one of these cuties. That's something we all have to remember. As innocent as they are at 12 weeks old, they do eventually grow into toddlers, teens and adults. As an owner, this is something to remember when bringing a pet into your home.

People call me all the time telling me they are thinking about getting a puppy and then ask what breed I recommend. I always say the same thing.

1. Think of your family's lifestyle and the time you have to dedicate to your dog. Of course, I always remind my clients I am PRO rescue and to consider that as an option. Different breeds have different temperaments, grow to different sizes and some have different dietary requirements. Do your research and decide what breed is the best fit for your family.

2. Before you take that cute "puppy in the window" home, take a good long look at your finances. Dogs are not cheap ... visits to the vets, going to the groomers, hiring a pet care provider, dog trainer, and your every day expenses of food, toys and treats can become quite costly. Don't let emotion get the best of you, a pet is not an impulse item; it is a lifelong commitment.

3. Once you have that pooch, the first thing to do is make an appointment with your local veterinarian. Take the time to have a puppy consultation. Building a personal relationship with a vet is very important. This will be your puppy's doctor for the course of his life. The vet will invite you in to discuss a health and wellness plan for your dog and start him on all the required vaccinations needed.

4. Don't forget to ask your vet to microchip your dog. As puppies grow they do like to explore and chances are AT LEAST once he will sneak away from your home. It happens all the time, it is their nature to take a stroll around your neighborhood to build their sense of independence. No, it doesn't mean you are a bad puppy parent. It just means you need to be prepared by having a microchip that contains all your contact information. Also, please register your dog with your town and obtain a town license.

5. Grooming is personal hygiene for your dog. Dogs need to have baths, toe

nail trims and their teeth brushed too. The sooner you can start a dog with a groomer the easier it will be for your puppy to get use to water, tubs and dryers. You can start a dog as soon as 12 weeks old for his first groom. Besides, who wants a stinky dog?

6. Training is a must! Unless you want your dog to rule your house. NO no no ... do you want to wake up every morning to all your shoes eaten or bathroom accidents all over your home? Probably not. There are several reputable trainers and training programs available. Whether you want to go to a training facility or have a trainer come to your home, please start puppy school as soon as you get your loved one. Believe me, a trained dog is a happy dog ... and you will be a VERY happy pet owner.

7. Pet sitting and dog walking is also something to consider. As you leave for your eight-to-10 hour work day, who is going to check on your dog? There is no possible way that a 16-week old puppy can go that long without a puppy break. Also, leaving a dog alone for long periods of time creates anxiety and behavior issues. Hire a dog walker to come in midday to check on your pooch and to take him for a walk. This will help your dog learn to trust other people, create an exercise routine, and to keep your home from being destroyed by a lonely and bored puppy. When looking for a pet sitter please make sure they are insured and bonded and have taken a pet CPR and first aid class.

You are trusting this person to take care of your new baby and you want to make sure they know what to do in case of an emergency.

Now ... go to your local rescue or reputable breeder and pick out the pooch that will be the new love of your life. And ... ENJOY PUPPY SEASON!!



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



PHOTO BY RON MUSHOW PHOTOGRAPHY

### Tracey Zysk Receives Valley Patriot Good Will Ambassador Award

North Andover resident and Valley Patriot Doggy Columnist Tracey Zysk was given "The Valley Patriot Good Will Ambassador Award" last month for her tireless work to promote The Valley Patriot in the community.

Tracey started off as an advertiser for her own startup dog walking business in North Andover more than five years ago.

Within a very short period of time The Valley Patriot offices started getting phone calls from businesses in downtown North Andover asking for ad rates and telling us that it was Tracey who recommended they contact us if they really wanted to grow their business.

Tracey Zysk has delivered papers for The Valley Patriot in the snow and rain,

she writes a column for the paper every month, routinely calls the news office with tips on what is happening in the community, she helps to organize community events like the North Andover Merchant's Association National Night Out, and others ... and she does it all for no compensation.

Most importantly Tracey is a dog lover! We are not sure what The Valley Patriot would look like on our 9th anniversary without all the help and support of Tracey Zysk, for sure we would not be as big ... or as successful as we are.

It is a great pleasure to have bestowed our Valley Patriot Good Will Ambassador Award to North Andover resident, activist and dog walker Tracey Zysk.



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## TOM DUGGAN'S NOTEBOOK: FROM 20

The festival will feature two films, *The Other Son* and *Hava Nagila (The Movie)*. *The Other Son* tells the story of Joseph, a young man preparing to join the Israeli army, who finds out that he is not his parent's biological son. He was inadvertently switched at birth with Yassin, the son of a Palestinian family from the West Bank.

This revelation turns the lives of these two families upside-down, forcing them to reassess their respective identities, their values and beliefs. "Can your son, the one you brought up, ever stop being your son? Can the "other" be any less your son? Or, as Joseph asks, am I still Jewish?" The film is in Hebrew, French and Arabic, with English subtitles.

*Hava Nagila (The Movie)* has been reviewed as "Infectious! Vastly Entertaining!" It is a documentary romp through the history, mystery and meaning of the great Jewish standard. Featuring interviews with Harry Belafonte, Leonard Nimoy, Connie Francis, Glen Campbell, and more, the film follows the ubiquitous party song on its fascinating journey from the shtetls of Eastern Europe to the kibbutzim of Palestine to the cul-de-sacs of America. High on fun and entertainment, *Hava Nagila* is also surprisingly profound, tapping into universal themes about the importance of joy, the power of music and the resilient spirit of a people. "Fascinating! A fun and fanciful frolic."

Donations from the event will benefit the many programs of the Federation. Call 978-688-0466 for more information. Tickets \$18 can be purchased online at [www.mvjf.org](http://www.mvjf.org)

**SENATOR'S OFFICE HOURS**

Sen. Kathleen O'Connor Ives' upcoming office hours in Newburyport - Senator Kathleen O'Connor Ives will be hosting office hours in Newburyport on Friday, May 3rd between 1:00 and 2:00 PM. Office hours will be held at the Newburyport Public Library, Program Room. Appointments are not required.

**SALISBURY** - Senator Kathleen O'Connor Ives will be hosting office hours in Salisbury on Friday, May 3rd between 3:00 and 4:00 PM. Office hours will be held at the Salisbury Fire Department, EOC Conference Room.

**HAVERHILL** - Senator Ives will be hosting office hours in Haverhill on Friday, May 17th between 1:00 and 2:00 PM. Office hours will be held at the Haverhill Public Library, Milhender Room.

**METHUEN** - Senator Kathleen O'Connor Ives will be hosting office hours in Methuen on Friday, May 17th between 3:00 and 4:00 PM. Office hours will be held at the Nevins Memorial Library, Trustee's Room.

Appointments are not required. For any questions, please contact her office at (617) 722-1604 or by emailing [Christopher.Power@masenate.gov](mailto:Christopher.Power@masenate.gov)

**HAVERHILL COUNCIL ON AGING KNITS FOR LOCAL HEROS**

Local Hero's, Inc. is a 501(c) 3 non-profit organization working to support our local ser-

vicemen and servicewomen & their families. 100% of all donations received go directly to these local heroes. Over the last eight plus years, Local Hero's Inc. has sent out over 15,000 packages to our military across the globe.

Local Hero's Inc. needs your help to successfully reach our goal! The acts of charity from the community are extremely important to the success of our troops. It's the little things from home that can have a large positive impact on the success of our soldiers.

The Haverhill Council on Aging and Veteran's Services would like to help Haverhill seniors & others to make these donations by collecting items here & delivering the donations to Wilmington, MA COA. Call Kathy/Rita at 978-374-2390 ext. 11, or ext 16 for information on what items are requested or to volunteer to help with this project.

**THANK YOU TO ALL OUR SPONSORS OF THE 9th ANNIVERSARY VALLEY PATRIOT BASH!**

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**Protect Yourself from the Dirty Dozen Tax Scams****IRS Special Edition Tax Tips**

The IRS's annual 'Dirty Dozen' list includes common tax scams that often peak during the tax filing season. The IRS recommends that taxpayers be aware so they can protect themselves against claims that sound too good to be true. Taxpayers who buy into illegal tax scams can end up facing significant penalties and interest and even criminal prosecution.

The tax scams that made the Dirty Dozen list this filing season are:

**Identity Theft.** Tax fraud through the use of identity theft tops this year's Dirty Dozen list. Combating identity theft and refund fraud is a top priority for the IRS. The IRS's ID theft strategy focuses on prevention, detection and victim assistance. During 2012, the IRS protected \$20 billion of fraudulent refunds, including those related to identity theft. This compares to \$14 billion in 2011. Taxpayers who believe they are at risk of identity theft due to lost or stolen personal information should immediately contact the IRS so the agency can take action to secure their tax account. If you have received a notice from the IRS, call the phone number on the notice. You may also call the IRS's Identity Protection Specialized Unit at 800-908-4490. Find more information on the identity protection page on [IRS.gov](http://IRS.gov).

**Phishing.** Phishing typically involves an unsolicited email or a fake website that seems legitimate but lures victims into providing personal and financial information. Once scammers obtain that information, they can commit identity theft or financial theft. The IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. If you receive an unsolicited email that appears to be from the IRS, send it to [phishing@irs.gov](mailto:phishing@irs.gov).

**Return Preparer Fraud.** Although most return preparers are reputable and provide good service, you should choose carefully when hiring someone to prepare your tax return. Only use a preparer who signs the return they prepare for you and enters their IRS Preparer Tax Identification Number (PTIN). For tips about choosing a preparer, visit [www.irs.gov/chooseataxpro](http://www.irs.gov/chooseataxpro).

**Hiding Income Offshore.** One form of tax evasion is hiding income in offshore accounts. This includes using debit cards, credit cards or wire transfers to access those funds. While there are legitimate reasons for maintaining financial accounts abroad, there are reporting requirements taxpayers need to fulfill. Failing to comply can lead to penalties or criminal prosecution. Visit [IRS.gov](http://IRS.gov) for more information on the Voluntary Disclosure Program.

"Free Money" from the IRS & Tax Scams Involving Social Security. Beware of scammers who prey on people with low income, the elderly and church members around the country. Scammers use flyers and ads with bogus promises of refunds that don't exist. The schemes target people

who have little or no income and normally don't have to file a tax return. In some cases, a victim may be due a legitimate tax credit or refund but scammers fraudulently inflate income or use other false information to file a return to obtain a larger refund. By the time people find out the IRS has rejected their claim, the promoters are long gone.

**Impersonation of Charitable Organizations.** Following major disasters, it's common for scam artists to impersonate charities to get money or personal information from well-intentioned people. 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. Taxpayers need to be sure they donate to recognized charities.

**False/Inflated Income and Expenses.** Falsely claiming income you did not earn or expenses you did not pay in order to get larger refundable tax credits is tax fraud. This includes false claims for the Earned Income Tax Credit. In many cases the taxpayer ends up repaying the refund, including penalties and interest. In some cases the taxpayer faces criminal prosecution. In one particular scam, taxpayers file excessive claims for the fuel tax credit. Fraud involving the fuel tax credit is a frivolous claim and can result in a penalty of \$5,000.

**False Form 1099 Refund Claims.** In this scam, the perpetrator files a fake information return, such as a Form 1099-OID, to justify a false refund claim.

**Frivolous Arguments.** Promoters of frivolous schemes advise taxpayers to make unreasonable and outlandish claims to avoid paying the taxes they owe. These are false arguments that the courts have consistently thrown out. While taxpayers have the right to contest their tax liabilities in court, no one has the right to disobey the law.

**Falsely Claiming Zero Wages.** Filing a phony information return is an illegal way to lower the amount of taxes an individual owes. Typically, scammers use a Form 4852 (Substitute Form W-2) or a "corrected" Form 1099 to improperly reduce taxable income to zero. Filing this type of return can result in a \$5,000 penalty.

**Disguised Corporate Ownership.** Scammers improperly use third parties form corporations that hide the true ownership of the business. They help dishonest individuals underreport income, claim fake deductions and avoid filing tax returns. They also facilitate money laundering and other financial crimes.

**Misuse of Trusts.** There are legitimate uses of trusts in tax and estate planning. But some questionable transactions promise to reduce the amount of income that is subject to tax, offer deductions for personal expenses and reduced estate or gift taxes. Such trusts rarely deliver the promised tax benefits. They primarily help avoid taxes and hide assets from creditors, including the IRS.

**FITZGERALD FROM PAGE 13**

you are getting the most out of what you have. The harder you work at something, the harder it is to surrender."

Fitzgerald was a fanatic about conditioning and believed in "incredibly demanding workouts." He would travel to Pennsylvania to learn "cutting-edge techniques," which he would employ with his teams.

"I wanted to make sure as both a wrestler and a coach everything had been done to put us in a position to be successful," Fitzgerald said.

Looking back on his hall-of-fame career, Fitzgerald remembers where it all

began.

"I started wrestling at the Lawrence YMCA. There was a great tradition there," Fitzgerald said. "I am glad I was able to carry it on. I am also extremely proud to carry on my father's legacy. My dad would have been very, very proud."



Mark Behan is a former reporter for the Haverhill Gazette and has received an award from the New England Press Association for his writing. Mark is now the local sports columnist for The Valley Patriot. Mark lives in Newton NH, you can email him at [behamns@aol.com](mailto:behamns@aol.com).



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## A View On Gun Control

Often when I'm speaking to people who don't hunt, target shoot, collect or own firearms, I'm faced with the task of explaining why they should care if the Second Amendment is revoked or curtailed. The attitude is often, "why should I care?" and "this doesn't affect me." The Second Amendment ("2A") is a larger argument than the right to own firearms without undue restrictions. The reason the Founding Fathers put the 2A second illustrates it's importance. Right after stating that the peoples right to protest, assemble, pray and petition the government for redress came the 2A: the right that ensures all other rights.

Many people say that the Founders never meant for people to have military style weapons. The intent was exactly that. At the time of the founding, the people had just fought a war with the monarchy that sought to control every aspect of their lives. A people that had traveled to almost the other side of the world to pray, govern, work and prosper as they saw fit were now burdened under a government that took away their liberties, sought to disarm them and taxed them without giving them a voice in how they were governed. A government that sought to make sanctioned religions superior to those that were not and used illegal means to silence their critics. A government that took wealth from hardworking, successful people and sought to redistribute it to others. I'll pause for a moment to see if any of this sounds familiar.

At the time the 2A was drafted it would have been simple to say "bows and arrows" or "swords only", but The Founders knew that without parity of force with any tyranny the tyranny would always win. The people who had fought the British fought with similar (and in some cases superior) weapons. In a day when government's have tanks, drones, rocket launchers, bombers, fighters, smart bombs, dumb bombs, and blue water navies, a semi-automatic rifle is hardly the parity the founders envisioned. The Framers' intent was that every adult, capable of defending their nation (the "militia") should be allowed to own weapons giving them parity with any tyranny.

But why? Surely in our progressive, modern society with the protection of law enforcement and the military such weapons in the hands of the average citizen are simply unnecessary. The exact opposite is true.

Even only looking at the past 100 years of rule by Lenin, Stalin, Hitler, Mao, Pol Pot, and others, the citizens were always disarmed into a coercive state and done so by law enforcement or the military. Disarming a populace is necessary to control them, whether by an internal force or an external one.

Even the Commander of the Japanese Navy understood this during World War II. He was adamantly opposed to any plans to try to invade the USA, stating "You cannot invade the mainland United States. There would be a rifle behind every blade of grass." He understood that the spirit of nationhood and independence of the average citizen, along with ready access to weapons would force such an invasion to fail.

What about self-defense? The Supreme Court has ruled repeatedly that law enforcement has no duty to or legal liability to protect any individual, just society in general. Translated that means if the police don't get to your home when you call in time to save your life, they don't have any liability. That's just your bad luck. The right of self-defense has been steadily eroded since the early 1900's in the US.

Many of these acts are clocked in the language of reform or hidden in other legislation. The Gun Control Act of 1968 prohibited the importation of inexpensive firearms, and further criteria were added over the years. The net effect is that if you're poor, you're simply out of luck finding a firearm selling new for less than about \$300. While there was never any definitive link between less expensive weapons and crime, there firearms were labeled "Saturday Night Specials" and a media campaign was created to make them seem more dangerous than other firearms. This overlooks the fact that dead is dead.

Back to rights, it's important to understand that in the eyes of The Founders the Constitution gives us nothing. It's not a list of privileges the government bestows upon us. It's a warning letter to future governments that this is the least we can expect. The Declaration of Independence made this clear, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Lib-

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erty and the pursuit of Happiness." These rights were further enunciated in The Bill of Rights. Not rights granted by the state to individuals, but a warning to the state that these are the basic rights of any man.

But I don't own a gun? Why should I care? Do you pray? Why should we let someone worship a tree? Or any God other than a Christian God? Because that is their right as granted in The Bill of Rights. No religion can be promoted or suppressed by the government. That's the right all citizens have to worship as they see fit without interference.

Have you every marched in a protest march or sued the government? Even in recent memory none of the changes of the 1960's: the Civil Rights Act, the rise of gender equality and the end to the Vietnam war would have occurred without this right. All of those changes were gained by people protesting their government. A right guaranteed by the First Amendment.

Do you have problems with the government throwing you out of your home so they can house soldier there? Thank the 3rd Amendment. It seems silly now, but during the Civil War, the Federal Courts had to act to prevent the US Government from doing this.

It all comes down to what protects this country over the long term from tyranny and oppression. Every small step acting to limit the Second Amendment should be viewed as if it is an attack on the First Amendment. Let's all look at it that way. A waiting period..... before you can speak your mind? A limit on the number of..... arguments you can have about your government? A limit on the size of..... your churches' congregation? It seems very different when viewed that way.

Detective Paige Anderson Weeks  
Brunswick, Georgia

## LETTERS

To the Editor:

When in the course of human events, there are times when there needs to be change. Not for changes sake, but for the sake of the integrity of the Government. Government is supposed to be of the people, by the people, and for the people. Whether it is Federal, State, or Local, people within these institutions seem to forget this, and that is why we have elections, to remind them of that. We the people here in Billerica on Saturday April 6, 2013 will have that chance.

Last October at Town Meeting a project was passed to redo the Town Center. Our Town Charter provides for a referendum process of any action of Town Meeting. A few brave souls, led by George Simolaris, decided to challenge the project. Overcoming the obstacles in the Charter, the signatures were collected, the question was put to the voters and the voters came out droves to resoundly defeat the center project.

Over the course of those few short weeks, we watched the arrogance of the executive branch, with the exception of Selectmen Rosa. Rosa uncovered an email from the Town Clerk's office to the Town Manager saying that the Clerk's office could handle an election on Saturday or Monday. This email was never given to the Board of Selectmen. The Town Manager hid it and then become upset that it was uncovered. This was a direct violation of the Town Charter Section 2-13 (c). The Selectmen and only the Selectmen were to set the date for the referendum election, and no one else. The first job of any Selectmen is to protect the Town Charter regardless of your opinion on the matter at hand. Selectmen Rosa did his best to protect the Charter; Selectmen Correnti did his best to protect the special interest. The Town Charter be damned.

It is now time for change. It is time to send bought and paid for, by special interests, packing. It is time to put "We the People" back in charge. Therefore, I am asking all registered voters of Billerica to exercise their duty and vote for the Reelection of Michael Rosa and to select George Simolaris for Selectmen.

Sincerely,  
Anthony M. Ventresca  
31 Sheridan St.  
Billerica

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