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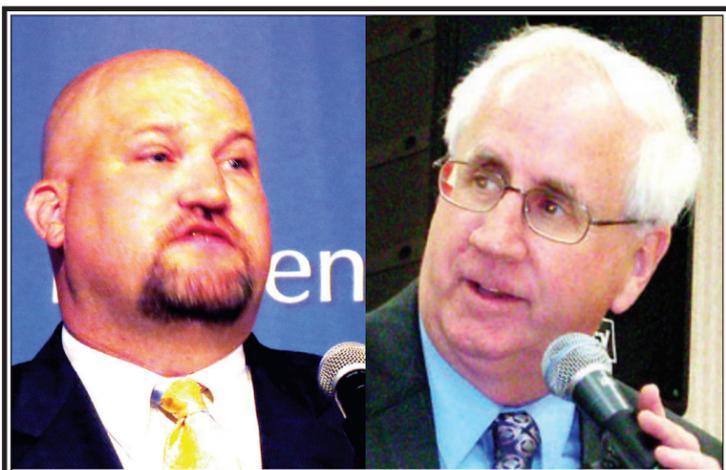
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\$10,000,000 MORE IN SALARIES

With No Transparency, Lawrence School Receiver Jeff Riley Raises Salaries in Central Office



(L) Lawrence School Receiver Jeff Riley just handed out nearly \$10M in raises to Administrators in the failing Lawrence School System. (R) Andover State Rep. Jim Lyons (R), says there needs to be transparency and accountability in Lawrence.

SALARY INCREASES IN LAWRENCE SCHOOLS

FY - 2012-2013	FY - 2013-2014	DIFFERENCE
\$98,859,333	\$108,021,973	\$9,162,640

Tom Duggan
VALLEY PATRIOT PUBLISHER

When State Receiver Jeff Riley took over the failing Lawrence Public Schools more than two years ago, he promised to decrease the number of school department workers at central office and "decentralize power" in the Lawrence Public Schools.

But Riley's Fiscal Year 2014 Lawrence School Department Budget set to go into effect on July 1st is a whopping \$159,879,807, compared to last year's school department budget which was \$150,207,053 an increase of more than \$9.6 million.

Lawrence School Receiver Jeff Riley tells the public that his goal in 2010 was to "decentralize" the schools and give more power to individual schools.

The bulk of that \$9,672,754 increase in state tax payer spending on the Lawrence Public Schools (\$9,162, 640) is slated for increases in salaries.

"So, of the \$9.1 million in salaries that

SALARIES: PAGE 11

INSIDE THIS EDITION!

Jeff Katz on
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VALLEY PATRIOT OF THE MONTH

BATAAN HERO: SGT. VICTOR COTE USAAF 1920-2013

Helen Mooradkian,
VALLEY PATRIOT VETERAN COLUMNIST

In this Memorial Day issue, we honor a local WWII veteran who survived the brutality of the Japanese POW camps and the "Hell Ships." Although he passed away February 3, 2013, shortly before his 93rd birthday, his story of courage and endurance lives on.

Sergeant Victor Cote, U.S. Army Air Corps, was a POW in Japan's Camp 17 near Omata, Kyushu, when he heard B-29 Superfortresses thundering overhead. Looking up, he saw a large mushroom cloud rising over Nagasaki, 40 miles across the bay. It was 11:01 a.m. on August 9, 1945. The B-29, "Bock's Car," and its escort planes had flown directly over his camp on their way to

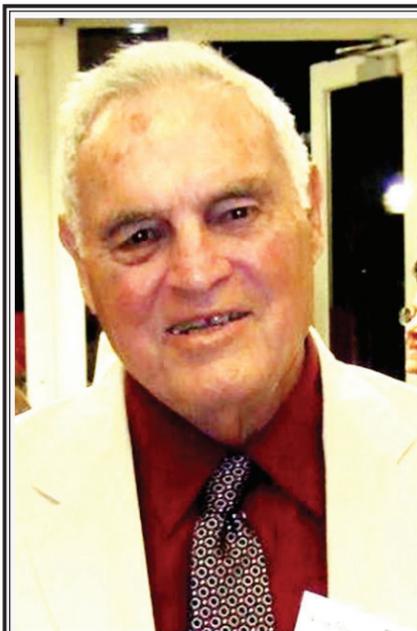
Nagasaki to drop the second atomic bomb, ending WWII.

"I didn't know what the bomb was, only that it was something new and powerful," the Tewksbury native recalled. After 40 months as a POW—with the last twelve spent in slave labor at Camp 17's coal mines—his ordeal was finally ending.

Ten hours earlier Victor's first cousin, Philip Cote, had witnessed "Bock's Car" take off from Tinian Island in the Pacific with its escort planes, one of which he had just serviced. Philip was crew chief of maintenance for the B-29 bombers on Tinian, where he had served exactly one year to the day. (For Philip's story, see "Hero in our Midst," September 2012.)

The atomic bomb saved Victor's life.

HERO: PAGE 29



Sgt. Victor Cote, U.S. Army Air Corp., 1940-1945, who passed away February 3, 2013, was serving in the Philippines when he was captured by the Japanese and spent three and a half years as a POW in the most notorious camps: O'Donnell, Bilibid, and Cabanatuan, before he was thrown into one of the infamous "Hell Ships" bound for Japan and slave labor in the coal mines of Camp 17. He narrowly escaped the Bataan Death March, and came close to death numerous times but survived. "I just wanted to live," he kept saying. He received the Presidential Citation for Nichols Field, Bataan and the POW camps. Sgt. Cote was one of four WWII POWs interviewed for the special DVD documentary entitled "I Just Wanted to Live!," an oral history project produced by the University of Florida (www.crookedfences.com). After his discharge, he served 30 years with the Lowell Fire Department, retiring in 1982 as Deputy Chief.

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Are Statist Leftists Allies of Radical Islam?

Dr. Charles Ormsby
VALLEY PATRIOT EDITOR

The world has long had wars between good and evil. Those who share the ideals of our Founding Fathers can usually spot which side is most aligned with the good and which with the evil.

For example, we have an on-going war against Islamic terrorism. In this case the evil side is pretty clear to most of us. The U.S. may not be perfect, but we don't embrace the depravity that is enthusiastically supported by radical Islam: the slaughter of innocent civilians, the enslavement of women, the murder of homosexuals, and the tyrannical destruction of basic human liberties.

Oddly, the statist left in the U.S. seems inclined to offer aid and comfort to Islamic extremists. The left is unable to even associate the terrorism that we face with Islam, despite the fact that well over 95% of the terrorist acts we have suffered are clearly traced to radical Islam.

The few terrorist acts that originate outside of radical Islam can and should be handled separately. It is the coordinated aspect of the Islamic terrorist threat and its international scope that justifies our focus on Islam and that defines our enemy in this war.

As long as the perpetrators of these attacks fight against us in the name of Allah and their ranks are overwhelmingly made up of radical Muslims, the enemy in this war is radical Islam. It cannot be otherwise!



PHOTO COURTESY: RADIOFREEPEABALL

Are leftists actually allies of radical Islam (making them traitors), or are they idiots, unable to grasp these basic concepts and identify our enemy? Or, maybe they are just cowards, too fearful to confront a violent enemy?

Since there is a history of leftists fighting ideologies they deem a threat to their collectivist world view (e.g., opposing Hitler, but only after he attacked the Soviet Union), cowardice is not likely an adequate explanation.

Leftists support and give comfort to our enemy in the War on Terror either because of a partial overlap of ideologies or due to idiocy.

I think the real explanation is a combination of the two: specifically, idiocy

driven by ideological overlap.

Leftists are often blinded by their need to protect, defend and advance their sacred beliefs whenever possible.

Here are the sacred beliefs that statist must always promote:

1. Collective decision making (through governments) is the primary, if not the only, mechanism for organizing human societies and controlling human actions
2. Everything of value should be "owned" collectively and, therefore, there is no right to private property
3. Most of the world's evils are the result of Capitalism (especially its support of and dependence on private property) and the classical liberal tradition that gave rise to and is the defining characteristic of Western civilization.

These beliefs are fundamentally inconsistent with individual liberty.

Leftists know that they are in a war with the founding principles outlined in our Declaration of Independence and our Constitution, and with the broader tenets of Western civilization.

So is radical Islam.

Leftists may not share many of the specific beliefs of Islamist militants, but they share a common enemy - the ideas that define the United States.

Leftists are protective of the Islamist extremist movement because "the enemy of my enemy is my friend."

When you read reports of statist/leftists taking actions or supporting positions that are obviously irrational, I'm sure you often have the same reaction I do. You say to yourself, "That is idiotic!"

Their statements and actions may appear to be idiotic to those of us who share American values, but they may be the only alternative available to those who are blindly committed to the irrational philosophy outlined above.

Consider the following reactions of leftists to major terrorist attacks:

The Fort Hood shooting? Avoid any

association with our friends the terrorists, especially if it embarrasses our statist leader and undermines our war on Capitalism and individual freedom. Blame it on workplace violence even if the shooter was in contact with and was inspired by foreign Islamic terrorists.

The attack on Benghazi? Must be the result of an anti-Muslim video (a twofer: protect the Islamic terrorists while placing the blame on anti-Muslim bigots). Of course it was obvious from the beginning that this attack was the handiwork of Muslim extremists. Even CNN now reports that three or four al Qaeda fighters participated in the attack. For leftists, their participation must have just been a coincidence.

The attack on the Boston Marathon? Probably just two lone-wolf attackers ... hopefully Tea Party members. Ooops again! Just keep moving along. There is no pattern here.

No one with a shred of intelligence would have similar reactions to these events unless their brains had become so twisted by an irrational ideology that it was impossible for them to form rational conclusions.

But this phenomenon - where logic is turned on its head - is not confined to the left's complicit behavior with our enemy in the War on Terror.

IT PERMEATES EVERYTHING THEY DO.

They were SOFT on Communism during the cold war. Same reason.

They consistently DEFEND the most indefensible government spending/waste. Same reason.

They routinely SUPPORT gut-wrenching deficits and debt. Same reason.

They NEVER criticize any government regulation that diminishes or destroys private property rights. Same reason.

Increases in tax levies and proposals to institute new taxes are ALWAYS defended. Same reason.

The list goes on and on.

So, when you read the news or watch it on TV and you find the lefties supporting our enemy or taking a totally idiotic position on an issue that Mickey Mouse could have grappled with more sensibly - take pity on them. Their brain has been rotted by a political philosophy that is so illogical and evil that they can no longer deal with reality using their rational faculties.

This IS the definition of mental illness.



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.

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Ultimate Power, No Transparency, No Outrage

SEE STORY PAGE 1

The corruption and the fleecing of the state taxpayers by Lawrence officials is staggering, and we believe the biggest scandal going on in the state. Yet the media and elected "leaders" on Beacon Hill continually look the other way.

At issue: Jeff Riley is the state appointed receiver in the Lawrence School System.

He is not certified to be a superintendent yet, he lists himself as "superintendent" on his letterhead and webpage. This is the tip of the iceberg of dishonest theater coming out of the most corrupt city in the state.

Riley took over the failing Lawrence School System a year ago promising transparency. He promised to put education dollars "directly into the classroom". He promised to work with parents and turn the school system around by decentralizing power in central office and making sure state tax dollars go "directly to the chil-

dren". After all, this is all supposed to be "about the children".... right?

Yet, here we are a year later. Riley has refused to tell the public how he is spending their money, refuses to communicate with parents, and violates the legislation which allowed the state to take over the schools.

He has stripped the School Committee of all power, even to run their own meetings. He conceals public documents, hides raises and the friends and former colleagues he has hired from outside the district.

Last month Riley increased the salaries in his central office by more than \$6.1M. He increased salaries elsewhere by more than \$3M, and he refuses to tell the public who is getting all those raises.

When we asked Lowell State Rep. Tom Golden why there is no outrage by legislators from around the state for the Lawrence schools, his answer was quite damning of

the state's Democrat leadership on Beacon Hill.

Golden said on 980WCAP's Paying Attention Radio Program, that the last time he submitted a bill concerning all the money his constituents are paying for Lawrence, he was attacked by the Democrat leadership, who told him to mind his own business because Lawrence is not in his district.

Golden then went on to reveal that because of the pressure by Democrats on Beacon Hill, he was loathe to try again to address the lack of transparency in Lawrence's spending of state tax dollars... even though his constituents are paying for it. This kind of Democrat bullying is why Lawrence Latinos have little chance of a good education in our public schools.

We would argue that Lawrence is everyone's district. Especially since communities like Dracut, Methuen, North Andover and Lowell are pinching pennies to stop

the closing of libraries or police and fire layoffs.... all the while their tax dollars are going into a black hole of spending in Lawrence with no transparency and no accountability...not to mention NO RESULTS.

We also find it damning that Deval Patrick and the Democrat leadership have no interest in the public's right to know. They have no interest in increasing the educational opportunities for young Latinos in Lawrence. We find that to be racist based on their own definition.

We call upon our colleagues in the media to start investigating Riley's spending. We call upon state officials to be leaders, and stand up to the pressure of their own party and do what is right. We call upon them to force Riley to publicly reveal exactly how he is spending our tax money. Given Tommy Golden's revelation, however, we are not holding our breath that any of them really care about the children in Lawrence.

Terrorism Hits The City of Boston

Jeff Katz

VOTED AP's BEST RADIO TALK SHOW HOST

Just in case anyone needed a reminder that we are still a nation at war, they should have gotten that message loud and clear on Patriot's Day 2013. On April 15, two bombs were deployed which rocked the finish line of the venerable Boston Marathon. What followed these attacks, really demonstrated the perilous times in which we live.

Within minutes of the bombs going off, a large collection of the usual suspects declared that the attacks were "obviously" related to taxes. These faux journalists announced that "clearly" the attacks had

been perpetrated by "Tea Party types" and "right wingers." I read one online posting asking "Where was Sarah Palin?" when the attacks occurred. There was no need to wait for the facts, because "we know" what happened. These same voices of tolerance and diversity inclusion who had long opposed the death penalty now announced that they would reconsider that for the "tea baggers" who did this.

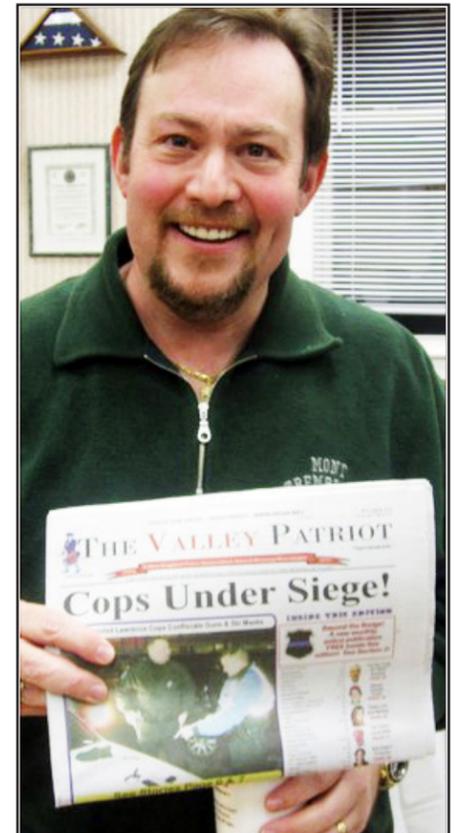
As we know now, despite the hopes and dreams of the demented leftists, the terrorists were two men acting in the name of Islam. We can argue about what particular strain of Islam they followed and we should acknowledge that the vast majority

of the world's one billion Muslims are not involved in terrorism, but we would be downright irresponsible to ignore what tied these jihadis to others waging their own "Holy Wars" against us.

The Boston Marathon bombers had every opportunity to become good decent people and proud members of the American family. They were granted asylum to escape war in their native land. They received tax payer funded housing, food stamps, scholarships and more. At last count, it is believed that more than \$100,000 in tax dollars came from us and was given to them. Instead of gratitude, we got slaughter.

Once it became clear that the latest terrorist attack was very much like the bulk of the terrorist attacks we've seen in the last decade, we were all warned by political hacks, flacks and White House staffers deployed to MSNBC to refrain from "jumping to conclusions." All of a sudden, the same folks who gleefully proclaimed the Tea Party to be the culprits wagged their fingers at the rest of us who live on planet earth and cautioned against any "speculation."

Now the only question remaining is, will the Obama administration which placed the label of "workplace violence" on the massacre at Fort Hood start to describe the jihadi terrorist attacks at the Boston Marathon as "sports related deaths and injuries?"



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 2

Tom Duggan

VALLEY PATRIOT PUBLISHER

VP: So you've got 4 years left on a 5 year contract, what are your goals at the end of the 5 years? What do you want us to be able to say after these 4 years are up?

MAYLOR: To me, the primary focus for the last 4 years has been sustainability. Sustainability has a lot of different facets to it.

VP: Explain what that means to the average reader who might not get the political.

MAYLOR: I'm not sure it's a political term, but sustainability from my perspective is making sure that we are maintaining our assets, maintaining our service levels, and not going back to the trough by building those kinds of expenses to a point that we're asking the taxpayers for more than they already give. So it's a balance. It's a balance to say that generationally we have to continue to maintain our assets; I think we're trying to do that now by catching up on what is a significant amount of deferred maintenance. So there's a stewardship component to sustainability, so the person who sits in this seat next...five years, ten years, fifteen years from now, isn't left with \$10M worth of deferred maintenance to buildings because we chose that we were going to pay for other costs instead.

Also, to build reserves to make sure that the infamous "new normal" (It isn't today like it was ten years ago, and I don't expect that things are going to be like they were in the 1990's again, I think the world has changed) so we need to build reserves to make sure we're protected against those downsides.

And we need to make sure that our services reflect what we can afford and what we're willing to pay for them. So that's sustainability, that includes again making

sure that our inactive part of the budget has preventive maintenance and deferred maintenance investment, rather than forgetting about it because we want to pay for one more employee.

It means finding creative ways to create strategic partnerships with neighboring communities, with state agencies, whoever makes sense for us to partner with to provide for lower costs for what we do. We could be better at strategic partnerships. If we could invest in our infrastructure on a regular basis and not forget about that because, the challenge is; it's between that choice, or a person, or a position, we'd be better served in the long term.

If we can set aside reserves as a part of the normal course of what we do, then we'll avoid the fluctuation of difficult times. Sustainability is a broad base that's about stewardship and it's about making sure that when the unusual happens, you don't have to stop everything and say 'oh my G-d how do I handle this?'

You prepare for the unusual.

VP: How do we get people to come back downtown? It seems like everything funnels now to route 114. It's very impersonal, a lot of malls. So how do you think we bring people back to downtown North Andover?

MAYLOR: That's a great question, and one that's asked often, probably almost every day since I've been here.

I think it's a number of different steps. Let me start with the limitations, then I'll go into how to change those limitations.

We do suffer from what I would call an eclectic infrastructure. We're post-depression buildings here mostly, so there's not really that continuity, that, look... I think part of it is charm, you want to create an image where, as folks turn the corner passing Mike's, they're coming into an environment that is something they can



North Andover Town Manager Andrew Maylor talks about the direction of the town and what he hopes to accomplish while he is here.

say is pretty cool to be in, is cool to be a part of. We don't have that today.

I think there needs to be a continuity of infrastructure, look at the work of the two buildings not owned by the same owner, the Heav'nly Donuts and the appliance place. That kind of sort of continuity of storefront, I don't mean cookie cutter, but it creates a little bit of an image down there. It's nice to look at. Wouldn't it be great if we could continue that kind of storefront appeal up and down Main Street?

Not that every building looks the same, but sort of a common theme, a common look. You look at communities that thrive in that regard, like Newburyport. Those buildings were all made in the 1600's. They don't need to create the image, the image exists. Salem creates the image, right? We don't have an image like that; we don't have a natural appeal. It's not a disrespectful comment, it's just that there doesn't look like there was a grand plan or anything when Main Street was being built. We need to find out how to create that.

VP: There's millions of dollars out there available for CDBG grants for community development, I know Lawrence is always aggressively doing that, saying to store owners in certain areas that we want you to apply for this because we want to use some of these money for that area. Why doesn't North Andover do that?

MAYLOR: Great question, let's talk about that. If you do research on CDBGs, you'll see they're almost always through

cities. Cities in Massachusetts are entitlement communities, and therefore they get \$800,000 annually just for filling out a piece of paper.

Communities like North Andover are not eligible for those, but they're eligible every 3 years. Typically, if I were to apply for this contract and for the next 4 contracts, I'm not going to get one. So, I completely support just that, a way to start a facility improvement program locally.

So, we would provide the vision, meaning a design or an architectural look, we would meet with the local businesses and say 'here's what your storefront could look like and here's how we're willing to partner with you.'

The struggle with that is, how do you fund that? How do you fund that sort of revolving fund or that sinking fund to make that kind of investment and we've talked about a few different ways to do it. But, if it happened to be that project or another project on Brad Street, and they were willing to pay something, I'd be wondering if we could use those dollars to do exactly that, that we use investment that we're being provided as a way to go to those businesses and say 'here's 4 or 5 or 6 different ways your business could look.'

We want to work with you to do that. The cost is \$30,000. If you pay 15, we'll pay 15.' I very much support the fact that I think that is a way to get what Main Street looks like, improved to a degree that we can start changing the image.

NEXT MONTH PART III

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Notes from Memorial Library

Grants for Culture Programs

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

On Tuesday, May 14th at 6:30 pm, there will be a special performance of "Meet Julia Child".

The Delvana Theatre Company, with Lynne Moulton as Julia, will explore the vital and interesting life of this famous French Chef. The cast will be available for discussion of Ms. Child after the performance.

Sunday, May 19th at 2:00 pm, there will be an afternoon of piano music by students of the Merrimack Valley Music Teachers Association.

Wednesday, May 22nd at 7:00 pm., there will be a presentation by world famous genealogist, Dick Eastman. He will speak on Genealogy Apps for Mobile Phones.

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Registration is required for these

programs. Please call 978-623-8041 extension 51.

Memorial Library has many groups and activities that appeal to all ages. Several groups do require registration, so a call to the library for the list of programs for each month is advisable. The activities are also available online through the library home page.

Teen programs cover a variety of interests for this age group. The children's programs cater to very littlest child to age 5, and are usually set in the mornings.

Again, a list of programs is offered that will entertain and inform the youngsters. School age K-6 grade programs, are held after school and Saturdays throughout the month.

In addition, the library has computers and programs for use, special exhibits and a helpful staff make a trip to the library well worth the time.

Anne Knowles

VALLEY PATRIOT ANDOVER COLUMNIST

Senator Kathleen O'Connor Ives, and Representative Diana DiZoglo with Linda Ann Mac Donald, chair of the North Andover Cultural, have announced the award of 10 grants totaling \$4,400 for cultural programs in North Andover.

"I want to extend my sincere congratulations to the recipients of this year's North Andover Cultural Council grant awards. These awards will help fund cultural events and activities in North Andover that are valuable educational opportunities and add to our quality of life. Local theater and concert performances are just a few examples of the cultural enrichment these grants provide, and it's important for resources to get local cultural initiatives." said Senator O'Connor Ives

A complete list of recipients and grant amounts can be found below.

The North Andover Cultural Council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences and

humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

Decisions about which activities to support are made at the community level by a board of municipally appointed volunteers.

The members of the North Andover Cultural Council are: Linda Ann Mac Donald, Chair; Jennifer Recklet Tassi, Secretary; Steven Dawe, Treasurer; Ed Wang, and Michael Etchu.

Representative Diana DiZoglo said "The North Andover Cultural Council has greatly contributed to the town by inspiring and motivating residents to stay actively involved in the community through the arts, sciences and humanities. I am happy to hear that they have received the support they need to continue to be successful in their efforts."

The North Andover Cultural Council makes limited resources go as far as possible, and they make the tough decisions about which projects should be supported. The North Andover Cultural Council is committed to ensuring the arts, sciences and humanities are part of people's everyday lives in our commu-

GRANT: PAGE 26



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Notices From the North Andover Senior Center

Each day at the North Andover Senior Center, our staff works to accomplish the best outcome to attain dignity and respect for every older adult who participates at the Center. Society cannot thrive or even survive without the continuous active participation of all people as they age. Each of us, both individually and collectively, has a stake in building an environment in which every person has an equal opportunity to participate in all aspects of community life.

To attain economic security through a combination of earning an adequate income, saving money over one's lifetime, and learning basic financial skills to avoid financial hazards and financial exploitation. To attain and sustain the best possible physical, cognitive, and mental health and have the opportunity to benefit from proven methods for maximizing and improving one's abilities, health and happiness. To reside in affordable housing suitably designed to accommodate the predictable changes in

functional abilities we'll likely experience as we age. To exercise control over managing one's own life and participate in a wide range of civic, cultural, learning, spiritual and recreational opportunities for as long as possible. To have access to social assistance services, including protection against abuse and neglect, that can be readily provided in an efficient and appropriate manner for diverse populations. To have an adequate array of flexible, reliable transportation options. To have access to affordable long-term services and supports that can sustain individuals in the setting of their choice, including a consumer's full participation in managing services. To lend meaningful support to caregivers to preserve the beneficial impact caregiving has upon the caregiver, the person depending upon them and society at large. These are the goals the Executive Office of Elder Affairs challenges us each day to attain for the older adults in

our community.

MEDICAL TRANSPORT VOLUNTEER 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.

UPCOMING TRIPS: Tuesday May 14th, Monthly Mystery Ride. Visit a local Senior Center and listen to the sounds of Big Band, Bus departs 9:00 am. Bus and lunch \$4. Thursday May 16th, Day Trip to Indian Hill Music School. Free concert by traditional guitar and flute duo Matt & Shannon Heaton. Bring your lunch and enjoy dessert refreshments there. Bus departs Center at 9:30, Bus \$2. Thursday May 16th, Supper Club - Petey's Restaurant Rye Beach, NH. Bus departs @ 4:30. Bus \$2.

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

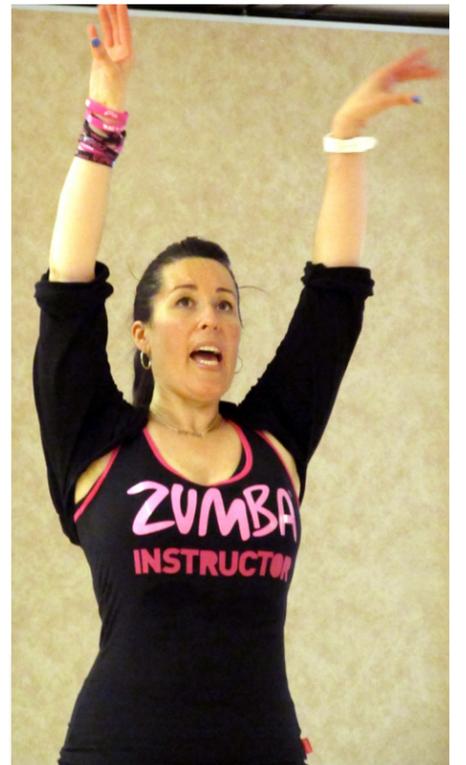
THE FIX IT SHOP: On the first and third Monday of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is \$2 - \$4 depending on work needed, plus parts. Proceeds benefit the Senior Center. May date is May 20th.

WALK-IN CLINIC: The North Andover Senior Center and Home Health Inc/VNA operates a wellness clinic every Wednesday from 9:00 am 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.

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

SHINE VOLUNTEERS: Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; the 1st, 3rd and 4th Tuesday of the month, 12-2:30. Call center for an ap-

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pointment.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist, will be available on the third Friday of every month from 9:00-12:00. Upcoming dates are, May 17th and June 21st. Dr. Connolly is available on the second Wednesday of the month from 1:00-4:00. The next dates are May 8th and June 12th. Please call to schedule an appointment.

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

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LeapFrog Group Ratings Are Bought and Paid For

Dr. Padmanabhan

VALLEY PATRIOT GUEST COLUMNIST

This is the first of a series of occasional columns on medical corruption, an issue that affects us all.

Readers of the Valley Patriot are aware of the totally avoidable death of Brian Evans' mother, an incident reported on exclusively by this paper. The issues raised by this incident have far-reaching implications for everyone in Massachusetts and the country. I shall focus on one in this column.

Brian chose Holy Family Hospital as the place to provide his mother's medical treatment based on a quality ranking of A, certified by a consultancy called the Leapfrog Group in Boston. Leapfrog issues rankings in the form of grades A, B, C etc. We are supposed to believe that Hospitals ranked A by Leapfrog provide excellent care and are a safe place to take our loved ones to.

Let us now examine that assumption.

The Leapfrog Group consultancy was founded by Dr. Lucian Leape at the Harvard School of Public Health. Interestingly his webpage at Harvard says many things but neglects that little detail [http://www.hsph.harvard.edu/lucian-leape/]. Through the auspices of a private nonprofit organization that calls itself the Institute of Medicine, Dr. Leape published a report on the vast danger of medical errors and

recommended his consultancy by name in this report to help hospitals reduce errors.

Leapfrog on the other hand, advertises to the hilt the names of Dr. Lucian Leape and his colleague Dr. Ashish Jha, also at Harvard, as a way of legitimizing its rankings. We are supposed to believe that a Leapfrog rank of A actually means that the hospital provides the highest quality care possible, and provides the highest level of patient safety because it is associated with Dr. Leape and Dr. Jha at Harvard. The report in the Boston Globe last year on Leapfrog's rankings certainly gave us that impression.

Leapfrog's rankings are sought after by hospitals because of the huge sum of cold cash that accompanies a Leapfrog ranking of A. The cash comes from all of us via Medicare and private insurance companies who set aside a sum every year as a reward for hospitals who get a Leapfrog ranking of A. Typically, this bonus payment is in the hundreds of thousands of dollars every year.

Obamacare helps Leapfrog directly by further docking payment to hospitals who do not get a high rank. US Health Secretary Kathleen Sebelius and Dr. Leape together headlined last year's annual meeting of the American Medical Students Association. And Sebelius' Department of Health and Human Services paid for Dr. Leape's keynote address at that symposium. Our tax dollars at work, directly

paying for a generation of new doctors trained to unquestioningly worship at Dr. Leape's altar.

Leapfrog of course does not issue it's A for free. You have to pay them. But you pay them happily because you know Medicare and private insurance are going to shower you with bonus payments that will more than make up for the initial purchase of the Leapfrog ranking. It is no different from people throwing their money at Bernie Madoff.

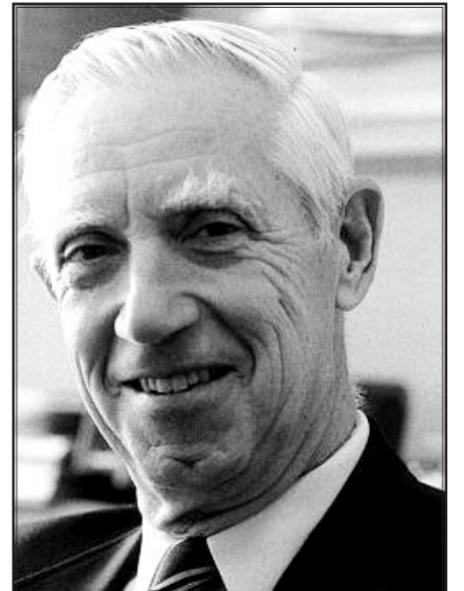
That's how it works.

What Brian Evans tragically discovered when his mother was left to die at Holy Family Hospital despite a Leapfrog ranking of A is what I personally discovered when I worked at Cambridge Hospital, also a happy recipient of an A from Leapfrog.

In Cambridge's case, a hospital that commits major medical errors and refuses to do mandatory analyses of them or report them to relevant authorities, the irony is even richer as Dr. Lucian Leape is a Trustee of the hospital himself and has published finger-wagging papers on changing the culture of medicine using Cambridge as an example to be emulated.

The latest press release from Leape's Institute, from March 10, 2013, includes his statement -

"Because they are powerful role models, all clinical faculty need to be the kinds of physician we want our students to



Dr. Lucian L. Leape, founder of the LeapFrog Group

become," said Dr. Leape.

Of course Cambridge had to get a Leapfrog rank of A. It would take the shine off the rank considerably if Dr. Leape's own hospital did not. The entire scheme would be at risk.

In the category called Leadership Structures and Systems, it is described as follows -

"Leadership failure is one of the most frequent causes of unexpected events

LEAPFROG: PAGE 8

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Once Moderate on Taxes, Cammpbell Now Sticks it to State Tax Payers

DJ DEEB

VALLEY PATRIOT METHUEN COLUMNIST

Methuen's State Representative Linda Dean Campbell joined 96 of her Democratic colleagues in the Massachusetts State House of Representatives on April 8th in voting for House Transportation Bill 3382, which raises taxes on Massachusetts residents to bail out the inefficient Massachusetts Transit Authority. This vote by Representative Campbell just proves that she is a tax-and-spend liberal who is out-of-touch with her constituents in Methuen.

After 10 hours of debate on the evening of Monday, April 8, 2013, the Massachusetts State House of Representatives voted 97-55 to increase the current 21-cent-per-gallon state gas tax by 3-cents to 24-cents-per-gallon in 2015 and further indexing it to inflation each year following resulting in further gas tax increases without a vote. In addition, the House Transportation Package raised the current \$2.51 per-pack cigarette tax by an additional \$1.00 per pack and included tax increases on cigars and smokeless tobacco. Finally, the proposed legislation changed the formula for calculating business and utilities taxes, which would have amounted to a further tax increase on just about everyone in the Commonwealth. Following the vote, House Speaker Tom DeLeo remarked, "I am proud of today's vote for a carefully calibrated revenue package that allows us to fund our transportation system in a way



that encourages economic growth while minimizing the pain on families and employers." Speaker DeLeo, are you serious? The Massachusetts Transit Authority is a joke and we should not pour another dime of taxpayer money into it. New taxes and more taxes are certainly not the answer if we want to encourage economic growth. I think the House Speaker and his minions that voted for this bill, including Representative Campbell, need to take Economics 101.

The House Transportation Bill 3382 is intended to be a watered-down version of Governor Deval Patrick's more ambitious plan to raise taxes for transportation and education. Governor Patrick, who in my view is one of the worst governor's in the Commonwealth's history, proposed a \$1.9 billion transportation and education

funding plan that would have included most of the House tax increases and raised the state income tax from 5.25% to 6.25%. The Senate has been working on its own proposal and a compromise bill is expected soon. What's the matter Governor Patrick, your incompetent sales tax increase from 5% to 6.25% a few years ago did not achieve the intended results? We can be sure that whatever final legislation is agreed to will include tax hikes. In addressing the Governor's plan, Haverhill Representative Brian Dempsey correctly pointed out that the income tax hike would hurt middle class families. Even Speaker DeLeo acknowledged that the Governor's plan would devastate the Massachusetts economy, but why do we have to entertain any tax increase? We should be cutting government spending, trimming government programs, reducing taxes, and privatizing the Massachusetts Transit Authority.

Now, what about the Massachusetts Transit Authority? The problem is that Massachusetts transportation agencies are expected to run a nearly \$550 million operating deficit by 2018. According to Gregory Sullivan of the Pioneer Institute labor expenses and benefits exceed 70 percent of the costs of the commuter rail system. The fact remains that a February 2011 contract granted employees a 13.7% salary increase over a two-year period from 2011 to 2013. This far exceeds cost-of-living increases. This is irresponsible management when most people have witnessed their salaries decrease or remain relative since the 2007 recession. There are also numerous other abuses within the MBTA. In his Policy Brief "Run-away Transportation Costs," Pioneer's Gregory Sullivan points out that MBTA painters earn over \$79,000 per year while the average painters for regular state government make an average of \$46,700 annually. In addition, customer service employees for the MBTA are compensated between \$54,000 and \$61,000 per year while customer service employees for the Massachusetts registry of Motor Vehicles make between \$34,000-\$45,000 annually. Enough is enough. The MBTA needs to be privatized and/or subcontracted out to private contractors. This will lower costs, create new jobs, and negate the need for higher taxes on citizens of the Commonwealth.

Representative Linda Dean Campbell is certainly not as intelligent as I once thought she was. The House did not even need her vote to pass the transportation bill. With Methuen being a border community to New Hampshire she had the perfect excuse to vote against this legislation. Instead she cow-towed to House Speaker DeLeo and to the Democratic leadership. Our other Methuen representative Diana DiZoglio saw through this and

voted the right way as did Dracut Representative Colleen Garry. Both DiZoglio and Garry voted to oppose higher taxes. Kudos to both Rep. DiZoglio and Rep. Garry for voting the right way! Representative Campbell, on the other hand, would like to see more businesses move to New Hampshire. This legislation will certainly encourage Methuen residents as well as other Massachusetts residents to spend their money and make their purchases in New Hampshire. This only serves to hurt local businesses, especially convenience stores of which Methuen has many.

On her website, Rep. Campbell writes, "As you are aware, I will soon need to choose between a transportation proposal put forth by the House and the Senate, or a plan put forward by Governor Patrick." Really, Representative Campbell? The lesser of two evils is still evil. She continues, "We need to establish sources of Revenue for transportation that will be reliable and more predictable long term." Finally, to add insult to injury, Rep Campbell writes that the House legislation "encompasses "a very modest increase in the gas tax. It is estimated that the gas tax increase will cost the average driver, at most, an additional \$30.00 per year and will not put us at any competitive disadvantage regionally within New England." Do you really expect to be able to sell us this bogus bill of goods, Representative Campbell? The legislation that you voted for ties future gas tax increases each year to inflation without any further votes. I have been and will continue to buy my gas in New Hampshire.

House Speaker Tom DeLeo, Representative Linda Dean Campbell, and other pro-tax legislators need to get to the root of the problem by exploring innovative ways of improving the state's transportation system without raising taxes and without burdening the Commonwealth's residents with new fees and regulations. It is time to privatize the wholly inefficient and dysfunctional MBTA. The answer is not more government intervention and bailouts, but less. Government should only do those things that the private sector cannot accomplish more efficiently. In my view there are very few things that the private sector cannot do better and more efficiently than the government. This certainly includes the Massachusetts Transportation Authority. State government has failed us. It is time for State Government to get out of the way and let the private sector work its magic. While we are at it we should roll back Governor Patrick's sales tax increase and reduce personal income taxes. We can do this by offsetting the revenue loss with the future proceeds generated by casinos. I won't hold my breath expecting this to happen

CAMPBELL: PAGE 35

LEAP FROG: FROM PAGE 7



that cause the injury or death of a patient. Studies reveal that failure in reliability and systems performance stems from inconsistent execution. Leadership structures and systems must be established to ensure: organization-wide awareness of patient safety performance gaps, direct accountability of leaders, investment in performance improvement abilities, and that action is taken to ensure safe care of every patient..." Dr. Leape's Cambridge Hospital has been awarded the full 120 marks out of 120, the same as Massachusetts General Hospital.

After all, that category deals directly with Dr. Leape himself.

It is no wonder thus, that Brian Evan's mother was neglected to death by a hospital with a Leapfrog ranking of A. Any Hospital has good and bad staff and errors can slip in, but simply going by a Leapfrog ranking of A is sheer folly...and you are unlikely to learn this from the Boston Globe.

Dr. Padmanabhan is board certified Neurologist who specializes in Multiple Sclerosis in the Boston area. You can reach him at scleroplex@gmail.com

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Community Action Council Welcomes New Director Rosa Talero

LAWRENCE – Executive Director Evelyn Friedman has appointed Rosa Talero as Chief Operating Officer and Tracey Chalifour as the new Director of Development and Planning for the Greater Lawrence Community Action Council Inc. The two new members of senior management add a combined three decades of professional experience in operations and fundraising for non-profit organizations.

Filling a newly created position, Talero is responsible for overseeing all internal operations of the \$34 million social services agency with about 300 employees in 18 programs. Chalifour is replacing Maureen Mulcahy who is retiring after more than 45 years with the agency. Chalifour will concentrate on private fundraising, grant applications and strategic planning.

“The experience and skills that Rosa and Tracey bring to GLCAC will help us to improve our service delivery and expand our reach as we strive to help families achieve self-sufficiency. Improving our internal operations while seeking private funding sources are two priorities I have for this agency,” said Friedman, who assumed leadership of GLCAC in September 2012.

Talero brings more than two decades of experience in community, economic and housing development, and specifically 11 years of first-hand, non-profit management experience. She most recently served as Director of Operations for the City of Boston’s Department of Neighborhood Development, where she oversaw internal operations including human resources, technology initiatives, policies and procedures, budget planning and internal communications. In addition, she managed the department’s real estate portfolio.

Prior to that, Talero worked for the City of Miami’s Department of Community Development. A native Spanish-speaker, Talero holds an MBA from the University of Massachusetts-Boston, and a Bach-

elor’s Degree in Economics from the University of Bogotá Jorge Tadeo Lozano.

Chalifour joins the agency with a successful track record of grant writing, fundraising, special event planning, and marketing and communications for non-profit organizations in the economic development and health care sectors.

She joins GLCAC from Winchester Hospital where she served as the Stewardship and Communications Liaison, a multi-faceted role that included writing grant proposals, maintaining existing donor relationships, planning events, and development of communication collateral and annual reports.

Prior to that she worked as Special Events Manager for Partners HealthCare’s North Shore Medical Center, where she directed an annual fundraising event that topped \$5 million over five years. Previously, she served as Membership and Marketing Manager for the Greater Merrimack Valley Convention & Visitors Bureau, where her duties included production of the annual visitor guide with distribution of 100,000 copies.

A certified project management professional, Chalifour holds two Bachelor’s Degrees from UMass-Amherst, in Business Administration and in Hospitality Administration.

GLCAC encourages and promotes the improvement of community life in Greater Lawrence with special emphasis on programs in education, social services, child care, health, housing, youth employment and related fields. GLCAC last year served 29,000 individuals in Greater Lawrence. Since its inception in 1965, the GLCAC has been a consistent partner in working with local, state and federal governments and private agencies in creating opportunities and providing hope for people living in poverty.

The Merrimack Valley Irish Connection

Groups React to Verdict in Inquest Into Death of Savita Halappanavar

Jack Doyle, County Sligo
VALLEY PATRIOT IRISH COLUMNIST

A pro-choice group is urging the Medical Council to act quickly to implement the recommendations of the inquest into Savita Halappanavar.

The jury returned a verdict of death by medical misadventure, and endorsed the coroner’s 9 recommendations, central to which is a call for the Medical Council to lay out exactly when doctors can intervene to save the life of the mother.

31 year old Savita Halappanavar died from septicemia at Galway University Hospital last October, following a miscarriage for the Pro-Life Network in Mayo told Midwest News that Ireland has always had a very high standard of maternity care. The spokesperson said the inquest was very necessary to look at what happened in the lead-up to Savita’s death. The spokesperson said the law in relation to when a doctor can intervene when the life of the mother is at risk is clear and the recommendations will only serve to clarify that situation further.

Meanwhile Mr Tony Canavan, Chief Operating Officer for the Galway and Roscommon University Hospital Groups issued a statement following the conclusion of the inquest yesterday on behalf of University Hospital Galway.

Mr Canavan said I think anyone following the inquest proceedings will have appreciated that the untimely death of Ms Halappanavar caused deep upset among hospital staff, particularly those who were directly involved in her care and who came to give evidence to the Coroner. Our senior counsel has thanked the Coroner and I would like to add our thanks to him and his team, and the Gardaí who collected the depositions on his behalf, for their courtesy and understanding.

The statement continued: This was the

first direct maternal death at the hospital in 17 years. From the very beginning, we have followed all of the legal and medical requirements. While it has been difficult to have our practices and services in the spotlight, we know that this type of public accountability and scrutiny ultimately helps to improve the way care is delivered. Sadly, there were lapses in our standards of care but I am sure people appreciate that we always try to do the best for our patients. As the inquest has starkly demonstrated, complex medical situations unfold, often very quickly, in real time.

We will take on board the Coroner’s recommendations to ensure that deficiencies will be rectified by the hospital. We owe this to all of our patients and to our staff to ensure that they are in environment that operates to the highest standards.

I would like to reassure all concerned that we have already introduced a range of improvements, including:

- the implementation of early warning scoring systems;
- the education of all staff in the recognition, monitoring and management of sepsis and septic shock; and
- We have also improved our communications processes and will be implementing new procedures for doctors’ handovers.

In addition to taking on board the coroner’s recommendations we will promptly act on all of the recommendations arising from report of the HSE-appointed investigation team and from the HIQA report.

In conclusion, we wish to again offer our sincere sympathy to Mr Halappanavar, to his family and his wife’s family, and to their many friends in Ireland and in India. *Midwest Radio 96.1 FM

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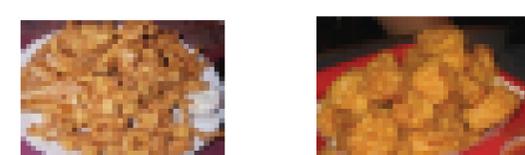
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SEVENDUST ROCKS CASINO BALLROOM



PHOTO: RON MUSHOW PHOTOGRAPHY

BY RON MUSHOW - On April 19th the Hampton Beach Casino Ballroom hosted "SEVENDUST", the heavy metal band from Atlanta, Georgia. Sevendust came in and blew the doors off the venue with an incredible show. The 6 member band was formed in 1994 by bassist Vince Hornsby, drummer Morgan Rose and guitarist John Connelly. Their ninth and newly released album, Black out the Sun, became available to the general public on March 26, 2013. SEVENDUST's performance was the 1st sold out show for the Hampton Beach Casino Ballroom's 2013 season. They put on an energetic show with amazing lighting effects which included steam blowing up all over the stage giving the effect of actual pyrotechnics.



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FROM 1: Spending in Lawrence's Failing Schools Climbs to \$160M

Riley Increases Central Office Salaries by More Than \$6M, Won't Release Spending Documents

he is increasing for spending in the Lawrence schools, more than \$6 million of that is salary increases at central offices," said Jim Blatchford of the school committee.

"That doesn't seem like Receiver Riley is decentralizing power at central office like he promised, that seems like he is increasing and centralizing power in his office," said Jim Blatchford an elected member of the school committee.

Since the Lawrence Schools were taken over by the Massachusetts Department of Education, the elected school committee has been rendered powerless to pass budgets or cut spending. They act in an advisory role but members of the committee say that Riley refuses to give real numbers or even give committee members copies of the meeting minutes.

Riley, as state appointed receiver (he is not the superintendent) has refused to give a spending breakdown on which if his friends and supporters at central office are getting the bulk of the \$6 million he has increased in their salaries at the central office on Essex Street.

NO TRANSPARENCY

The remainder of the \$3 million increase in salaries went to raises and new hires in the schools themselves.

"Some of it I have no problem with," School Committeeman Blatchford told the Valley Patriot.

"We are lucky we got a breakdown by school. In fairness this is the most in depth information he has ever given the public but, truthfully this is not an in depth budget at all. He has never given us any real numbers. He won't even give us the actual enrollment numbers, so we have no idea how many kids we even have in the school system. The public has the right to know where their money is going and while we



State Appointed Lawrence School Receiver Jeff Riley (L), who is not certified as a school superintendent, is in charge of Lawrence's \$160MIL failing school system. Here he sits with Mayoral Candidate and Lawrence City Councilor Dan Rivera in 2012 on the day Riley announced his plan to turn around the Lawrence Schools. \$10 Mil in salaries later there is no transparency, no accountability and no results.

now have an idea, we still don't know, really."

Blatchford says he has no problem with some of the spending, at least the spending in the school buildings as the LPS has created the Phoenix Academy for troubled kids, and doubled the number of teachers in that school since last year.

"It's an admirable program so increasing that program is OK with me from what I have seen but, a \$6 million increase in central office salaries goes against everything he has been saying since he got here."

Blatchford says that of the nearly \$160 million Riley is spending on the Lawrence Public Schools for fiscal year 2014, only \$7,306,654 comes from local Lawrence tax money.

"We are supposed to be contributing at least 5% of the school budget from local dollars, most communities similar to Lawrence spend somewhere in the neighborhood of 5.5-6% of their school budget from

local dollars. We are at 4.25%."

Documents obtained by the Valley Patriot show that the Lawrence Schools are paying \$15,776,981 for charter school tuition with only \$3 million coming back in reimbursements.

Now that Riley has submitted the budget to himself, and approved the nearly \$160M in spending with no oversight, he has scheduled a public hearing for Monday evening at 7PM.

"He gives us his budget, then he holds a public hearing on the budget afterward?" Blatchford asked. "At some point the public ought to have some say or at the very least some details about how state tax money is being spent."

IT'S YOUR MONEY

State Representative Jim Lyons (R) Andover, told the Valley Patriot that the amount of money being spent in Lawrence with no accountability is "outrageous."

"We are pouring endless amounts of

money into Lawrence with zero accountability and what's worse they won't even tell us what our state tax dollars are paying for. This is consistent with what I see the Patrick Administration doing time and again. We are hurting communities that are doing it right, cutting costs and being fiscally responsible while we are, at same time rewarding those who are wasting our tax dollars. It's wrong."

"The fact that the Commonwealth is not fully funding "target share" while at the same time increasing funding to the City of Lawrence for salaries in the school's central offices is fundamentally unfair."

"Whether it be agencies that do business with Department of Public Health, or a city like Lawrence which refuses to follow the rules, The Patrick Administration consistently rewards bad behavior with additional funding."

"At the same time, they refuse to give the minimum amount of money required to towns like Andover and North Andover under target sharing."

Target sharing is a state requirement which mandates the state fund education foundation budgets at a minimum of 17.5%.

"The governor's proposal in the past has not funded the 17.5% levels. It's ridiculous. The fact is, local communities surrounding Lawrence are not receiving the minimum amount of funding they need for their schools, while Lawrence is getting more than 95% of their schools paid for by the state tax payers. It's very unfair to the tax payers and hardworking citizens of Massachusetts.

Especially those who live in Andover and North Andover who are struggling to keep up with the increased cost of public schools."



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Revolving Door: Will Lawrence's Politics Ever Change?

Peter Larocque
VALLEY PATRIOT COLUMNIST

Before I get into Lawrence politics, I would like to share a comment that I posted last week on my Facebook page concerning the Boston Marathon Bombings.

Good morning and G-d bless you Family and Friends! It has been one week since the horrific event took place in our Boston. Today I would much rather focus on the good and not the ugly. As best hospitals in the world, I thank G-d. Since they are the best trauma hospitals in the world, with the best doctors and nurses and staff and full blood banks, they were able to replace the huge amount of blood loss immediately. Also the timing of this horrific event took place at the change of shift. The morning shift volunteered to stay as long as needed as the evening shift was arriving so that all the best hospitals in the world were very well staffed and able to respond to the needs of our fellow citizens. Even in the midst of the ugly, the hand of G-d was on Boston. Sure, like I said, I would rather the horrific event never happened, but it did and that it happened where it did and when it did, I thank G-d. I also thank G-d for all the law enforcement and medical personnel that was there who without hesitation knew what to do. G-d Bless you all!!!!

Now to Lawrence's politics, this past

weekend I received in the mail an invitation to a fundraiser for former City Councilor Nilka Alvarez-Rodriguez who is announcing her plans to run for Councilor-at-Large in the 2013 City elections. My first reaction to the letter was good because in the letter she states that she took the time out of office to focus on her health and family. Then she went on to say that she believed that she was now ready to serve the city again, this time as Councilor-at-Large. My next thoughts were, good for her, go for it!

As the weekend progressed and the Primary Election for the US Senate to replace former US Senator John Kerry, who is now our Country's Secretary of State, was soon approaching, pictures began to fill Facebook. These pictures were of State Representative Marcus Devers who is supporting and campaigning with Congressman Ed Markey in the City of Lawrence.

These pictures on Facebook are what brought me to my question, will the politics in Lawrence ever change? Look, people have the right in this country to support and campaign for whomever they please, I believe this and stand by it! But pictures do speak a thousand words, like the old saying goes. In these pictures you see State Representative Marcus Devers, City Councilor-at-Large Dan Rivera and Candidate for Mayor of Lawrence, City Councilors Eileen Bernal and Kendry Vasquez. Then finally last but not least,



Former Lawrence City Councilor Nilka Alvarez Rodriguez, Congressman Ed Markey and former Lawrence Mayor and State Representative Marcos Devers.

former City Councilor Nilka Alvarez-Rodriguez and candidate for City Councilor-at-Large.

So what are these pictures saying you might ask? The answer is quite simple; individually these are all wonderful well meaning hard working politicians who would do anything for their constituents. But collectively are all from the same apron strings, a liberal progressive ideology that is little by little destroying the City of Lawrence. I will say it again, each work very hard at what they do and would do almost anything for you, but together they represent an ideology of liberal progressiveness that in the long run is not helping the City of Lawrence at all.

For example, when push comes to

shove they will all stand and support Governor Deval Patrick when he runs for President of the United States of America in 2016. How do I know this you may ask, just look at who they are supporting for US Senator! Could they get any more liberal? Furthermore, they are doing this because their ideology is telling them too and this same ideology will tell them to support Governor Deval Patrick for President. Even knowing that this is the same Governor who is putting the rights of terrorist before the rights of Americans by not releasing exactly what welfare benefits they received while living in Massachusetts!

How does all this affect Lawrence? Again very simple, these are the same

LAWRENCE: PAGE 25

GLCAC's Head Start Wins Award for STEM Curriculum

The GLCAC's Head Start program recently won recognition for its innovation and leadership in teaching science, technology, engineering and mathematics to preschoolers. In a ceremony attended by Lawrence Mayor William Lantigua, Lawrence Superintendent of Schools Jeffrey Riley, parents and GLCAC staff, three prize-winning teachers were honored for using bridges and statues to help preschoolers learn STEM concepts, and the students in those classes received certificates declaring them "Head Start Civil Engineers."

The Head Start teachers have received awards from the Essex County Association for the Education of Young Children at its annual "Best Practices in STEM Fair." STEM is an area of increasing importance and focus in early childhood education, particularly at the GLCAC's Head Start program.

Teachers Angela Amenta and Merletca Delgado won first place at the 2013 STEM fair for leading their class at the Head Start on Park Street in studying how bridges are built and in building a bridge in the playground, with help from the GLCAC maintenance staff. Last year, teacher Angeline Bombard placed third for utilizing statues in the Common to learn STEM concepts.

Even before these students can read, our wonderful teachers are introducing them to

basic scientific and mathematical concepts in interesting and engaging ways that relate to their daily lives. They cross bridges to get to school or walk by statues on the Common, and we're able to use these experiences to spark their interest in STEM that may, one day, lead them to a career in one of these important fields. I congratulate our teachers and staff for their accomplishments and the groundbreaking work they do with their students," said Evelyn Friedman, Executive Director of the Greater Lawrence Community Action Council Inc., a Lawrence-based social services agency that serves 29,000 individuals annually with a variety of programs to help families achieve economic self-sufficiency.

"In addition to assuring school readiness and family engagement, the GLCAC's Head Start program is actively striving to be a leader in STEM education and to make each of our students a 'STEM Star' so when they graduate from our program, they have a solid educational foundation in science, technology, engineering and math, as well as in language and arts. For us, STEM is not just one activity a day, it's woven throughout our curriculum, from teaching biology and nutrition in our vegetable gardens to teaching language skills in our dual-language video chats with students in other schools," said Anne



D'Errico, Program Director of the agency's five Head Start centers in Lawrence and Methuen.

The Head Start program has three STEM laboratory classrooms equipped with interactive smart boards, tablets, and a variety of math, science and literacy materials. The teachers are trained in planning STEM lessons that will engage the children in critical thinking and problem solving, developing integrated curricula, and aligning Head Start frameworks, the state Preschool Learning Guidelines, and the state Department of Education Curriculum Standards.

In studying bridges, the preschoolers looked at pictures of bridges, had classroom discussions, learned related vocabu-

lary, took field trips to bridges, and built bridges both with blocks in the classroom and with lumber in the playground, with assistance from the GLCAC maintenance staff.

In studying statues on The Common, preschoolers visited the various monuments, drew pictures of them, and built monuments using blocks. They planned and designed monuments using recyclable materials and explored the chemical changes and reactions as they mixed and measured sand-mixtures to create building materials. In addition, the examined the different texture, weight, size and other attributes of materials used to construct statues, including marble, granite and bronze.

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McVeigh and Tildsley retire; Dunham leads Striders

Mark Behan

VALLEY PATRIOT SPORTS REPORTER

After a combined 70 years of coaching and 875 wins between them, two Lions of the Winter have retired.

Longtime Andover High School girls' basketball head coach Jim Tildsley has stepped down. Tildsley coached for 39 years, including the last 18 at Andover, where he shepherded the Golden Warriors to four state titles. He notched 378 career victories in his illustrious career.

North Andover High School's boys' hoops coach Mike McVeigh made his swan song season a memorable one. The Scarlet Knights, playing their first season in the Merrimack Valley Conference, shared the Large School title with perennial state power Central Catholic. McVeigh retired after 31 years and 497 wins at North Andover.

While McVeigh and Tildsley have moved on, Pat Foley and Chris Boardman are the two new kids on the coaching block.

Foley will take over as Brooks School's head football coach, and Boardman is Lawrence High School's new softball coach.

The 30-year-old Foley arrives at Brooks after working four years as an assistant coach at Colgate University. He played football at both Newburyport High School and Bates College.

Born and raised in Lawrence, Boardman works as a teacher at Lawrence High,

where he has served as an assistant football and baseball coach in recent years.

Dave Dunham of Haverhill set the UMass Lowell track team's school record in the 10,000-meter run (6.2 miles) way back in 1987. For over a quarter of a century, this record looked unbreakable. That is, until Lowell's Jeff Veiga ran 29:07.76 in the College Men's 10,000 meters at last month's Penn Relays to improve on Dunham's 26-year mark of 29:25.54.

But at 49 years young, Dunham is still going strong. A couple of days after Veiga broke his UMass Lowell record, Double-D led the Central Mass. Striders to the American Masters 10K Championship at the James Joyce Ramble in Dedham.

Congratulations go out to a pair of Methuenites who shined on the big stage: Magnificent miler Mike O'Donnell, and hoops hero Georges Niang.

O'Donnell captured 10th place in the one-mile run at the New Balance National Indoor Meet at the Armory in New York City. He clocked 4:14.88, a personal-best time and a new Methuen High School record in the event.

O'Donnell was on a school-record-breaking tear this season as he also set new marks in the 800 meters and 1,000 meters. The Methuen High senior won the mile at both the MIAA Division 1 Meet and All-State track championship. He will attend the University of Connecticut next fall.

Playing for the first time since 1979, Niang and Iowa State met favorite Notre



Dame in the first round of the NCAA basketball tournament. And Niang probably made the Fighting Irish wish they had waited another three-plus decades to meet. The Iowa State freshman pumped in a season-high 19 points to lift the 10th seeded Cyclones (23-12) past the 7th seeded Fighting Irish 76-58.

Ohio State ended Iowa State's season abruptly in the second round, eliminating the Cyclones in the waning seconds, 78-75. The 6-7, 245-pound Niang collected eight points, seven rebounds, two assists and one steal in the defeat.

Niang grew up in Methuen and attended the Tilton School in New Hampshire. At

Tilton, Niang not only broke the school scoring record (2,372 points), averaging 24.2 per game as a junior and 25.1 as a senior, but he also was class president.

Hey, she looks familiar. North Andover High School's Danielle Coughlin created a buzz in Valley wrestling circles this season when she became the first girl to capture a Massachusetts state wrestling crown – the 106-pound title. Her feats of strength did not go unnoticed nationally, as she appeared in Sports Illustrated "Faces in the Crowd" section.

After winning the state title, Coughlin advanced to the All-New England Tournament. **DUNHAM: PAGE 34**

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May 14	Tue	Board of Selectmen	7:00-9:00pm
May 15	Wed	Historical Commission	7:00-9:00pm
May 16	Thur	Zoning Board of Appeals	7:00-8:00pm
May 20	Mon	Finance Committee	6:00-7:00pm
May 21	Tue	Community Preservation	7:00-9:00pm
May 22	Wed	Planning Board	7:00-9:00pm
May 28	Tue	Board of Selectmen	7:00-9:00pm
SENIOR HAPPENINGS			
May 13	Mon	Affordable Hearing Free Hearing Screening	10:00am
May 14	Tue	Grocery Shopping Movie: Life of Pi	10:00am 12:00pm
May 15	Wed	Dracut COA Board Mtg	2:30pm
May 16	Thur	Atty Joan Kleger MA Bar Nurse Nancy	10:00am 1:30-3:45pm
May 17	Fri	Bowling Northwood tour, lunch, bingo 9:30am	9:00am
May 20	Mon	Rep. Colleen Garry Office Hours	10:30am
May 21	Tue	Grocery Shopping	10:00am
May 22	Wed	Senior Citizens Club Mtg	1:00pm
May 23	Thur	Northwood Rehab & Healthcare Nurse Nancy	10:00am 1:30-3:45pm
May 24	Fri	Bowling Dollar Tree & Irish Cottage	9:00am 9:30am
May 27	Mon	MEMORIAL DAY CLOSED	

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Ye Gay Ol' Valley

Court Corruption and Child Custody

D. B. Langevin

VALLEY PATRIOT LESBIAN COLUMNIST

"Derek" is a forty-eight year old divorced father of two who has not seen, heard from or spoken with his two children ages 13 and 10 since June 11, 2011 due to, what he claims, is a corrupt court system that is skewed in favor of mothers.

When I spoke with him about what effects not seeing his children have had on his life he stated that, "Emotionally, I am a wreck, crying most nights. Nightmares are a common nightly event. If I sleep more than four hours a night, it is a good night."

He admitted that he's had thoughts of running away from it all and even suicide. There is no telling what affects not seeing their father is having on his children, but there are enough scientific and psychological studies to give evidence to what they may be. This will be explored in my next column. For this one, I'll focus on the corrupt court system in Massachusetts.

I investigated federal and state laws regarding child custody and support when parents divorce. I also looked into what happens in our courts regarding mother and father's rights and what is really granted. I found some interesting facts on www.exiledfathers.com such as:

"According to the constitution and U.S. Supreme Court case law, family court judges have no legal authority to assign custody of a child or terminate any parental rights without 'clear and convincing evidence' that a parent is harmful to a child." This makes sense and sounds comforting to divorcing parents discussing the logistics of child custody. However, what really happens in U.S. divorce courts is frighteningly quite the opposite. "Two million restraining orders are issued every year in the U.S.; most are based on allegations of domestic abuse."

Through my research, mothers file most allegations against fathers. 82.6% of mothers receive custody of children as opposed to 17.4% of fathers. Furthermore, "In private, lawyers admit that between 50%-95% of restraining orders should NOT be issued. Massachusetts issued 40,000 restraining orders in one year. This is in contrast to the law abiding states that issue about 3% per capita." What happened to the 'clear and convincing evidence'?

In Derek's case there was no clear and convincing evidence proving that he was abusive to his children or their mother. Mom simply cried 'wolf' and Derek was slapped with a restraining order. I asked Derek straight out if his ex had any reason to be afraid of him or fear that he may be harmful to his children. He said no and told me the event that brought this false claim about. Derek had showed up during one of his scheduled visitations without a child support check. As a result, his ex refused to give him the children. Derek naturally became upset and angry and started to scream

at the end of the driveway, demanding the right to see his children. He admitted to using explicative language, which his wife grossly exaggerated, in court.

"I was angry and frustrated. I didn't know what to do. I wanted to see my children. I was within the court ordered time to do so, and she was refusing me my right to see my children. In my eyes this was a violation of court orders. In her eyes I was in violation because I did not have the child support check, but one has nothing to do with the other."

His ex filed her first restraining order against Derek and it was granted. There was no history of abuse, calls to 911 because of domestic violence, no visits to the emergency room with questionable injuries and no evidence of any teachers, school administrators, guidance counselors or nurses ever having concerns about the children's safety.

With one point of the finger, a father was told that he could have no contact at all with his own children. Not even his family could see them because that would be viewed as Derek using them to get to his children. Because of a knee jerk reaction and clear violation of state law, a father and his children were denied the right to be together. Derek felt his side of the case fell on deaf ears.

Through my research, lawyers and child advocates agree, "Crying fear of abuse is like the silver bullet for parents seeking sole guardianship of their children." I also discovered that many lawyers and some politicians who support restraining orders receive money from feminist support groups. This can't be legal.

You may be asking, "Well, why didn't he bring a check with him that day? The answer is simple. He didn't have the money. When a divorce involves children there are many money matters to be considered: alimony, child support, splitting of the assets and such. Derek was making about \$20,000 less than his ex was when the marriage dissolved. He could have received alimony, but waived that right.

Since the mother, in this case and in most cases, was granted custodial guardianship of the children, it was Derek's obligation to pay child support. There is a set formula that the courts use to determine just how much a parent should pay. Derek should have been paying approximately \$200 a month. For whatever reason, the judge in this case ordered Derek to pay \$900 a month, more than what he was making. He didn't have a check because he didn't have the money. Another interesting fact from exiledfathers.com is, "State and Judicial branches receive billions of dollars in kickbacks from the federal government for increasing child support each year and the State Department of Revenue gets a percentage of all child support."

What happens when you can't pay child

COURT CORUPTINON: PAGE 25

MORALTY MATTERS

The Newest Hero in the Dictatorship of Relativism

Paul Murano

VALLEY PATRIOT COLUMNIST

You know the drill, someone of social importance comes out as "gay" and the media talking heads fall over each other deifying him.

Among the herds vying for the politically correct tolerance award regarding NBA's Jason Collins this week, public praise came from none other than Oprah, Bill Clinton, and Barak Obama from the White House. What was this enormous heroic act that deserved such adulation from the cultural left? Collins revealed to the world that he desires sex acts with other men. Yes, in 2013 this makes someone a hero.

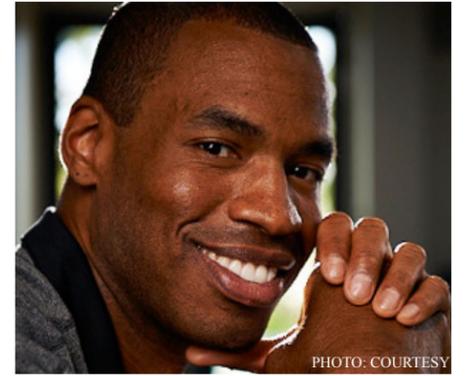
Let's look a little closer to this strange phenomenon. Would a person be given such hero status if he proclaimed that he or she is involuntarily sexually attracted to children? How about if an athlete publicly admitted he was in love with his sister? Would an NBA player get such hero treatment if he came out as a polygamist? All of these "coming outs" take some courage; and each might truly say they've had their propensities since birth. Why then such a special status for those who proclaim their attraction to those of their own sex?

The short answer is timing. We've seen the twin dictators of our age (the media & academia) do this before in its systematic quest to break down the natural order so as to create its own reality.

This "reality" enables us to worship the god of self through the sacraments of money and pleasure. We all saw this begin to unfold first by separating sex from baby-making through the lie of the contraception mentality, then with the promotion of pre-marital sex. Then when the twin dictators found success in destroying the joy and innocence of the young, the abortion age was born and the divorce culture instituted.

Once the twin dictators filled its disciples with addiction and shame they knew it was over. The pornography explosion that infects everyone via the internet and cable TV from the smallest child to the oldest grandparent was imposed on the nation without a fight. It was only then, in this context of numbness, addiction, and self-loathing that the notion of "same-sex marriage" began to gain traction. Right on cue.

Polygamy inevitably will be next, followed by incestuous marriage. The last two dominoes to fall for the clean sweep are the very last two taboos - pedophilia and bestiality. If there are no objective criteria for love and marriage stemming from human nature, if marriage is simply what individuals want it to be, then there is no reason why the rest of these domi-



noes won't follow.

The truth is that nobody comes out of the womb properly balanced and without flaw, and sexual brokenness is one of the deepest ways original sin has infected human nature. Disordered inclinations are not something people need to hide. They are part of the human condition, and it is our job to display compassion to each other regarding them. But love necessarily means not condoning unnatural behavior, and displaced compassion or compromise to the truth is always cowardice in sheep's clothing. If Jason Collins revealed his proclivity to family and friends as something he's struggling with, realizing that giving in to disordered desires is never a good thing, this would have been very admirable. Instead he oddly proclaims with pride to the world his affliction, and the talking heads in turn demand that everyone accept homosexual behavior as good, natural, and alternative.

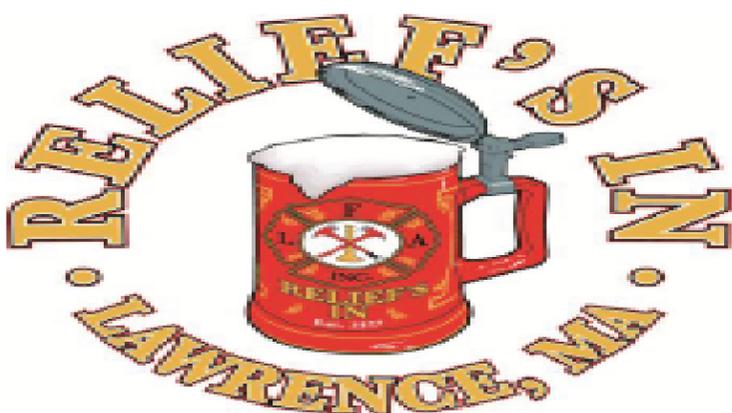
So why the hero's welcome? It's the right time for the twin dictators to make a Jason Collins a godlike figure in order to fulfill their agenda. In the new secular religion the gods of self and their fatal misunderstanding of liberty will not be satisfied until all behavior related to pleasure is redefined accepted.

What the world needs now are real heroes -- those who are willing to stand up against the dictatorship of relativism to bring sanity to a world of sheep following the gods of self to a culture of death. If we are not ready and willing to be ridiculed and persecuted by the powerful and their minions, we are part of the problem. That is a reality today that we can no longer ignore.



Paul Murano teaches philosophy at North Shore Community College and Middlesex Community College, and theology at the College of Saint Mary Magdalen. He hosts *Beneath the Surface* talk radio show on 980 WCAP Sunday nights 10pm-midnight, hosts the *BTS TV show* at Burlington Cable Access TV, and is co-host of the *Paying Attention!* radio program on Saturday mornings. Paul is also chairman of Heartbeat Pregnancy Help center in Burlington and is a singer/songwriter/musician.

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

Two Bills for Welcoming Survivors Home

Senator Katy O'Connor Ives
VALLEY PATRIOT COLUMNIST

We are all shocked and saddened by the cruelty of the attacks inflicted on innocent people at the finish line of the Boston Marathon. We mourn for the four individuals who lost their lives and their grieving friends and families. Our hearts also go out to the injured victims and their families. They were random bystanders who will never have the same lives again. During this painful time, we are all trying to respond. We want to be supportive. We want to be helpful and make a difference. There are two proposed pieces of legislation that will do just that.

Injured survivors are beginning different lives with new challenges. Very few families have prepared for the financial hardship that accompanies the necessity of home modification. Those injured victims, once discharged from the hospital and rehabilitation, will have to adjust to living with physical challenges, most typically in the same places where they resided before the attacks. Retrofitting homes with the ramps and making other adjustments for access is costly. This can result in delay and frustration. Without question, the injured have already suffered enough.

I support the efforts of Representative Claire Cronin and State Senator Thomas Kennedy for filing house bill 3615, an

act providing for home modifications and moving expenses for certain victims of the Boston Marathon bombings." This bill will allow for a one-time receipt of \$10,000 for each of the fourteen people who lost a limb or use of a limb because of the bombings. The monies are for home modifications in order to make residences handicapped accessible. In cases where it makes more sense to relocate to a handicapped accessible home, the funds may be applied toward the moving expenses needed to relocate.

Even though the One Fund has raised upwards of \$28 million, much of those donations will be applied toward non-covered medical expenses and divided amongst survivors and families. That money will be necessary for the survivors' new and ongoing medical costs, which will be difficult to cover as injured victims may also experience diminished earnings. This bill helps in the specific area of home modification, which is an additional and necessary need for many survivors.

Unfortunately, the Marathon Bombing survivors aren't the only citizens in need of support for home modifications. Another important piece of legislation under consideration during the legislative session is House Bill number 3177, titled An Act to Improve Veterans Home Modi-

SENATOR IVES: PAGE 28

DEMOCRAT CORNER WITH MARA DOLAN

Why Independent Voters Think the MA Dems Are the NY Yankees of Politics

MARA DOLAN
VALLEY PATRIOT DEMOCRAT COLUMNIST

There is one factor that heavily favors Gabriel Gomez among independent voters: he isn't a Democrat. While it's impossible for most Massachusetts Democrats to understand, there are people who are just sick of seeing us win all the time. They don't vote for the Republican just because they believe that having another perspective, any other perspective, makes for better government (and they really do think that), they also vote for the Republican because they want the Democrat to lose.

Like watching Susan Lucci lose year after year on the Daytime Emmy Awards, they watch the Republicans lose elections. They think it just doesn't seem fair. All those Democrats, marching in lock step. It's the Machine they think. The God-damned machine has done it again!

But the Massachusetts Democrats are not some machine with a switch you can flick to elect people. If it were, Martha Coakley would be a United States Senator. Unlike the Yankees, who really do suck and who really do just buy their victories, the Massachusetts Democrats win for two reasons: we're right on the issues, and we work harder.

We start by listening, and understanding the concerns of most Massachusetts voters,

like jobs, education, health care, transportation, climate change, and campaign finance reform. Then we develop evidence-based policy to address those issues. We send our people to knock on doors armed with the facts, and explain what we stand for and how our candidates will make a difference when elected.

Gabriel Gomez hasn't done any of that. He's a one percenter who equates speaking English as a second language with growing up underprivileged. He thinks deregulation will create jobs, even though there is no evidence to support that, and Mitt Romney just lost big time trying to pitch that one.

But as long as the Democrats keep listening, using facts and evidence to build their case, and the Republicans don't, we'll keep winning even if we don't spend the most money. Why am I not worried about giving away all the tricks of the trade to the Republicans? Because if they really listened to the voters of Massachusetts, and developed evidence-based policies to address their concerns, they'd turn into Democrats.



Mara Dolan is an attorney, a former candidate for State Senate and the producer and host of "Twilight Talk" on WCAP, Mondays 7-9pm. You can follow her on Twitter @MaraDolan. You can email her at mara@maradolan.com

Conservative Fallacy: The Wedge that Binds

Christine Morabito
GREATER BOSTON TEA PARTY

We have seen our worst enemies, and they are among us. The Tea Party will not survive without a thorough self-examination. No need to rebrand, change our name or repackage our message. The solution is simple - we must return to our roots.

As President of the Greater Boston Tea Party, I consider it my responsibility to keep this rickety ship on course. Over the past year, I have spent more time debating those on "our side" than anyone on the left.

This has drained precious time from the more productive things I could and should be doing (maybe by design).

In 2009, when we started the Tea Party, I remember thinking the acronym "Taxed Enough Already" was brilliant. What reasonable, hard-working American could disagree with that? I was also proud that we were non-partisan; that we welcomed anyone who shared our belief that government is too big and spends too much money.

So what happened? Why have our numbers dwindled and why is there so much infighting?

Over the years, various special interest groups have attempted to pressure the Tea Party to adopt their particular cause. In their growing frustration, these voices have become louder and their actions more vindictive, resulting in loss of membership, exclusion of would-be members and splintering of affiliated groups. That's how you kill a movement.

I never understood the demands made upon the Tea Party that they include social issues in their platform. These issues are incredibly divisive.

It is not difficult to find pro-family and faith-based groups in Massachusetts that deal exclusively with issues like gay marriage and abortion. Yet, the loudest Tea Party voices on social issues do not belong to these organizations even though they say their main concerns are social issues.

I am left to wonder why.

My friend Tom Duggan asked me to consider that when groups are protesting outside an abortion clinic, it would be absurd for others to approach them and demand they talk about the fiscal issues "because they go hand in hand", or the Constitution or lower taxes ... yet the opposite happens when the Tea Party focuses on the fiscal. We are told the social and fiscal "go hand in hand, you can't focus on only one."

There is a home for every issue. Let's stick to what we do best. Those interested in only the social issues are free to join those other groups.

Our biggest critics on the right assume that because the Tea Party takes no position on these issues that we personally disagree with them. This is not necessarily the case. I have attended numerous lobbying events at the State House with pro-family groups, advocating for things like tougher penalties for child sexual predators, parental notification laws and rejection of the infamous Bathroom Bill. Again, the aforementioned critics who only want to focus on social



PHOTO: "MARK NASSAL"

issues are never there.

I have met many conservative Democrats and otherwise socially liberal folks who tell me they agree with the Tea Party on many issues. Since when is that a bad thing?

If we insist on ideological purity, rejecting individuals who share our fiscal concerns, we leave them no choice but to join the liberals and progressives - and I wouldn't wish that on anybody.

On April 13th we hosted a spirited but peaceful Tax Day Rally on the Boston Common. Our dynamic speakers highlighted the theme "Unburdening the Next Generation" to a crowd of around 1,500. The audience included members of Occupy Boston, who, unlike last year, were not there as protestors, but as polite observers.

To my knowledge, only one person was asked to leave the event for causing a disturbance. That individual was a Tea Party member. Although admonished for his behavior, he persisted in obnoxiously heckling the speakers, because, in his opinion, they did not discuss the US Constitution to his liking. Apparently, this man is not familiar with our mission statement, which specifically mentions the document.

Then there were the many Tea Party members who boycotted the event because the bipartisan group, No Labels was invited. Again, we require no ideological litmus test for inclusion, only that we agree on fiscal issues. That's how you grow a movement.

This is a call to action: To challenge those who insist on subverting our message by insisting we take on social issues. If successful, they will destroy us.

But the existence of the Greater Boston Tea Party is not what is germane here. Like its predecessor of the same name, the Boston Tea Party was only about personal liberty, ensured by smaller, less intrusive government.

What we are fighting for here is the very foundation of this great country. Let's take our Tea Party back before we become the dead movement the media and Washington elites so badly want us to be.



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



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Jeff Katz Joins 980WCAP

Veteran talk radio personality Jeff Katz will return to the airwaves on a regular basis starting on Monday April 29th. Katz, a three time Associated Press award winning broadcaster will contribute a daily commentary for the legendary New England station WCAP-AM 980 which is licensed to the Boston suburb of Lowell. The Katz Commentary will be a sixty second daily commentary, airing in both morning drive and afternoon drive.

"I am thrilled to be able to offer my opinions once again on a daily basis to the people of New England. WCAP is one of the great heritage stations in America and I am honored that they have decided to add my unique perspective to their great station. While The Katz Commentary will certainly address the issues of the day, I will also add in some thoughts and perspectives in the areas of positive psychology and self-growth. The Katz Commentary can best be described as, 'Not Left, Not Right, Just Real'" said Katz.

Sam Poulten, owner of the venerable WCAP said, "I don't usually agree with

Jeff's political point of view but I've always enjoyed his insight and we're proud to add The Katz Commentary to our line up of strong, passionate local voices at WCAP-AM 980. We always remind people that WCAP is where everybody gets it and starting April 29 they'll also get Jeff Katz in the morning and the afternoon."

While Katz has not hosted a daily talk show since TALK 1200/Boston changed formats in August, he has stayed quite busy in broadcasting with numerous guest hosting duties for the nationally syndicated Todd Schnitt Show. During the week following the Boston Marathon bombings Fox News Radio and dozens of stations from coast to coast featured Jeff as a special correspondent and commentator on the matter.

Katz also writes two monthly columns for The Valley Patriot a New England Press Association Award winning newspaper. He is also a featured contributor to the online Patch publications.

Check out the WCAP-AM 980 website by visiting www.980wcap.com

The pursuit of liberty is a marathon

Dr. Keith Ablow
FOX NEWS ANALYST

Nothing will be quite the same in Boston or in America after Monday's terrorist attack. Psychologically, the bombings bring terrorism to the streets of an American city, on a sunny Patriot's Day during a road race, the Boston Marathon.

The bombings mean that any street corner, in any American city, is vulnerable -- that terror need not come from the sky, nor target iconic skyscrapers and national landmarks. It can target people where they gather just for fun, on any given day.

The attacker or attackers today used bombs in backpacks, not commandeered jets. They chose the streets of Boston, not the Capitol Building in Washington, D.C., or the World Trade Center in New York City as their target. This is because the target of those who hate freedom is anyone who loves it, anywhere, anytime.

Here is the irony: We are vulnerable, because we are free and strong.

On Monday, Boston and America joined cities like Jerusalem and nations like Ireland, which have long known that safety is relative, that the danger that comes from asserting the values we hold dear is omnipresent, that life itself is a gift that can be taken not only by cancer and heart disease, but by the disease of terrorism.

We are no more vulnerable today than yesterday, but we will feel more vulnerable, because we had no known hint of what was to befall us. This event will register, psychologically, in the minds of those at the Boston Garden and Madison Square Garden and at parades on Fifth Avenue in a way that only the carnage on 9/11 did -- and, possibly, even more.

With all our TSA security, with the Homeland Security Act, with the government nosing around in our emails and deploying drones at home and abroad, with the (nonsensical) talk in Washington about banning assault rifles or restricting access to ammunition, an 8-year-old boy was blown up Monday, two adults were blown up on Monday, and more than a hundred others were injured, some losing limbs.

Here is the irony: We are vulnerable, because we are free and strong.

These qualities attract the ire of those who would have us shackled and weak,



Fox News Analyst Dr. Keith Ablow with his Valley Patriot at the Boston Tea Party Rally on Boston Common just two days before the Boston Marathon.

who are consumed by hatred for individual possibilities, rather than love for what a free person can dream about and strive for and accomplish.

Please tell your children this: We are attacked in America because we speak about and believe in the power of people to guide themselves through life, to make their own decisions, to think their own thoughts, to speak freely and to pursue their own happiness.

Tell them that as long as the Lincoln Memorial, the Jefferson Memorial and the Statue of Liberty grace our great land, that those opposed to equality and freedom will always see us as enemies. Tell them that we must always be vigilant, but never afraid.

Tell them that we cannot be defeated, because the truth wins, every time.

And we, in America, hold great truths to be self-evident.

Tell them that liberty is a marathon.

Dr. Keith Ablow is a psychiatrist and member of the Fox News Medical A-Team.

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Valley Patriot Columnist and Hero Award Recipient John Lenotte, District Commander of the American Legion with Joe Bevelacqua of the Chamber of Commerce.



Haverhill Mayor, James Fiorentini presented citations last month from the City to the Zero Robotics participants at Haverhill High School.



Helping to raise money for the ONE FUND BOSTON are: Back Row - Nicole Silva Grade 5 teacher: Jeremy Berard, Grade 6: John Slabzynski, Grade 8: Amanda Matthes, Grade 8: Colette Belanger, Pre-k teacher. Middle Row - Valentina Nkwantah, Grade 6: Kelly Anderson, Grade 1 teacher: Samantha Augusta, Grade 7: Estevan Jean-Pierre, Grade 1. Front Row - Julia Taveras, Grade 1: AJ Carter, Kindergarten: Sarah Augusta, Grade 3: Giselle Jean-Pierre, Pre-k: Iris Beato, Pre-k

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- Frances "Fran" Jacobs
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Methuen Police Officers on the streets of Boston during the search for Muslim Terrorists who bombed the Boston Marathon.

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Greater Boston Tea Party Tax Day Rally on Boston Common - Andrea Tabor, Owner of the Humble Pie Company refused to accept EBT cards for her home made pies. Valley Patriot Publisher Tom Duggan was the Master of Ceremonies. Christine Morabito, President of the Greater Boston Tea Party hosted the event. Valley Patriot Columnist, WCAP commentator and AP Award winner Jeff Katz. Ron Shaich from "No Labels" and founder of Panera Bread spoke about "no budget, no pay" for congress. Anti Tax activist Grover Norquist, and Lawrence native and hip-hop sensation Andreas Gonzalez, aka DraMatik! singing "We the People" a song he wrote for the Tea Party.



Pictured above (L-R) Officer William Mears, Officer William O'Connell, Sergeant Steven Doherty, Officer Andrea Fogarty, Officer Sean Scharneck, Mayor James J. Fiorentini and Lieutenant Anthony Haugh. Not pictured is Officer Thomas Howell.

Haverhill Cops Service After Marathon Bombings

Haverhill Mayor Jim Fiorentini handed out citations to the seven officers that participated in the capture of the marathon bombing suspect in Boston last month.

Haverhill is a member of the Northeastern Massachusetts Law Enforcement Council (NEMLEC). They are a professional law enforcement organization that maximizes and expands member resources and capabilities by sharing equipment, knowledge and personnel. Agencies operate through mutual aid agreements.

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TOM DUGGAN'S NOTEBOOK

NOTEBOOK FINAL

LANTIGUA DIDN'T VOTE - The Merrimack Valley's most successful "community activist" Lawrence Mayor Willie Lantigua didn't bother to vote last in last month's Primary for United States Senate. I'm sure Willie had much more important things to do that day, but how can you be a role model for young Latinos in Lawrence if you don't even bother to vote?

SHERIFF COUSINS CAUGHT WITH HIS PANTS DOWN ... AGAIN

Last month there was yet another escape from Essex County Sheriff Frank Cousins custody. On April 25th inmate Reford Watkins (DOB: 01/04/1978) failed to return to the minimum security facility called "The Farm" on Marston Street in Lawrence. Watkins was on a work detail at the Haverhill Country Club on the night of April 25th at 9pm but refused to return (on the honor system of course) to prison. The Valley Patriot reported the escape the next day thanks to information we received by confidential sources in the Sheriff's Department. Sheriff Cousins's office, however, did not notify the public of the escape as mandated by law, until a full 48 hours after Watkins fled. This was a full 24 hours AFTER The Valley Patriot reported it on our Facebook news page, embarrassing the Sheriff once again for not telling the public of the escape. At least we have progress though. Up until this most recent escape, Cousins refused to notify the public, even after we broke news stories of an escape from his facility on our news page.

Watkins was convicted of assault and battery with a dangerous weapon and vandalism. He is still at large.

JUDGE CORNETTA ORDERS LANTIGUA TO TURN OVER FILES... AGAIN

Essex Superior Court Judge Cornetta has ruled once again that the City Of Lawrence must turn over documents requested over a year ago by the Valley Patriot. "This is about transparency," Cornetta told the city's high priced Boston attorney from Foley and Hoag. "The information Mr. Duggan is asking for must be presented. I think your client should get that by now, Mr. Duggan is not going away. The statute is clear, the press and the public have the right to know what their tax money is being used for I'm going to give your client two weeks to produce the documents Mr. Duggan has requested."

It looks like there is light at the end of the tunnel, and we are finally going to get all the documents we requested in February of 2012. But don't ever count on Willie Lantigua to do the right thing. A full report will be published next month.

MARKEY'S LIES:

Congressman Ed Markey is now the

Sheep Shearing on the Common!



The North Andover Festival Committee presents the 41st Annual Sheep Shearing Festival on Sunday, May 19th from 10am to 4pm on the Old North Andover Common. Activities include sheep shearing and herding demonstrations, pony rides, craft fair, food vendors, cowpie bingo, and much more! There will be a free shuttle from the Franklin and Middle Schools.

For more information, call Jeff at 978-682-5212

Democrat nominee for United States Senate in a race against Gabriel Gomez to fill John Kerry's vacant seat. On the night of his primary win however, Markey dusted off the DNC talking points from the last election, forgot to adjust them to suit his opponent's bio, and began to hurl bizarre accusations against Gomez.



First, he accused Gomez of being part of the Karl Rove, Republican conspiracy ... when there is no evidence that Rove even knows who Gomez is. Then he heaped on the party lie about how

Gabe Gomez was the Tea Party candidate when the reality is, at the time Markey was making his speech, Tea Party activists were drowning in their sorrows at Mike Sullivan headquarters pledging not to support Gomez in the final election. But, facts are not relevant in an election because the people who are supposed to fact check candidates (the news media) doesn't seem to care about facts as long as it's the Democrat candidate telling the lie.

RICH OLD WHITE GUY VS YOUNG

VIBRANT LATINO ... WHATS A LIBERAL TO DO?

For 25 years, the news media and the democrat party narrative has always been to get voters to have a knee jerk, emotional reaction to a race. The narrative has always been "rich, old, white guy equals bad" and "young vibrant minority equals good". But now, the Democrats have a problem because their candidate for United States Senate is Ed Markey, the rich, old white guy and his Republican opponent is the young, vibrant, Latino Gabriel Gomez. What's a liberal to do? I mean if you consider yourself a liberal and have bought into the decades long narrative that we need minorities to represent minorities in government, then how can you possibly vote for the rich, old, white guy over the young vibrant "new ideas" Latino? Well you could close your eyes and pretend the Markey campaigns fairytale of Gomez being "Karl Rove" or an "extremist Tea Party" candidate. But deep in your heart you know that's not true. The fact is, if the Democrat Party



leadership really cared about minorities, especially Latinos, why didn't THEY nominate a Latino for the U.S. Senate seat? And now that we are on the subject, the news media and the Democrat Party have routinely held the position that those who voted against Obama or Deval Patrick must be racist. I wonder how it will fly now that the tables are turned? I mean, if you are a liberal and you vote against Gabriel Gomez in favor of Ed Markey you must be a "racist" right? I am going to thoroughly enjoy watching the race baiters in the Democrat Party try to nuance their way out of this one. They set up the very construct (phony though it may be) that could cost them a seat in the U.S. Senate this year. He who live by the sword ...

DEMOCRATS AND ANOTHER RICH WHITE GUY

And now that we are talking about race, isn't it interesting how people like Deval Patrick and the Democrat leadership on Beacon Hill talk about "proportional representation" at election time. They give speeches extolling the virtues of appointing "minorities" to government positions, and that those who do not agree are "racist". They never seem to live up to their own standards, do they?

One example is Jeff Riley, receiver for the Lawrence School System. With 90% of the Lawrence school children being Latinos, and a large majority of those students being Dominican, the man appointed to oversee that schools in Lawrence is another rich, old, White guy. Someone who (according to liberal doctrine) cannot understand what it's like to be a poor

inner-city Latino trying to learn in such an oppressive environment. How can he relate? How can he possibly represent them? This is just more proof that even the Democrat leadership in Massachusetts doesn't believe their own myth of "proportional representation. All I know is, at the end of the day, Deval Patrick is appointing White guys to oversee Latinos. He is appointing White guys to oversee blacks. He is supporting a rich, old White guy named Ed Markey over a "Latino" Gabriel Gomez... and all with a straight face, while they lecture us about proportional representation.

46K PLUS READERS LOG ON FOR BOMB COVERAGE - During the week of the Boston Marathon Bombing and the search for the Muslim Terrorists The Valley Patriot Facebook Page was constantly being updated with minute by minute updates on the situation. According to our stats page, on the night of the terrorist's capture we had more than 46,000 people logged on to get news updates from the Valley Patriot. In addition to that, we had

NOTEBOOK: NEXT PAGE

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nearly 98,000 people following updates on Tom Duggan's personal Facebook page, and another 22,000 people logging on to valleypatriot.com to get their news. We want to thank all of the police, fire and emergency responders, as well as the medical personnel in the Boston hospitals and our on the ground news spotters who fed us second by second information on the multiple incidents going on that week. THANK YOU to all of those who helped and all those who followed us.

METHUEN VILLAGE

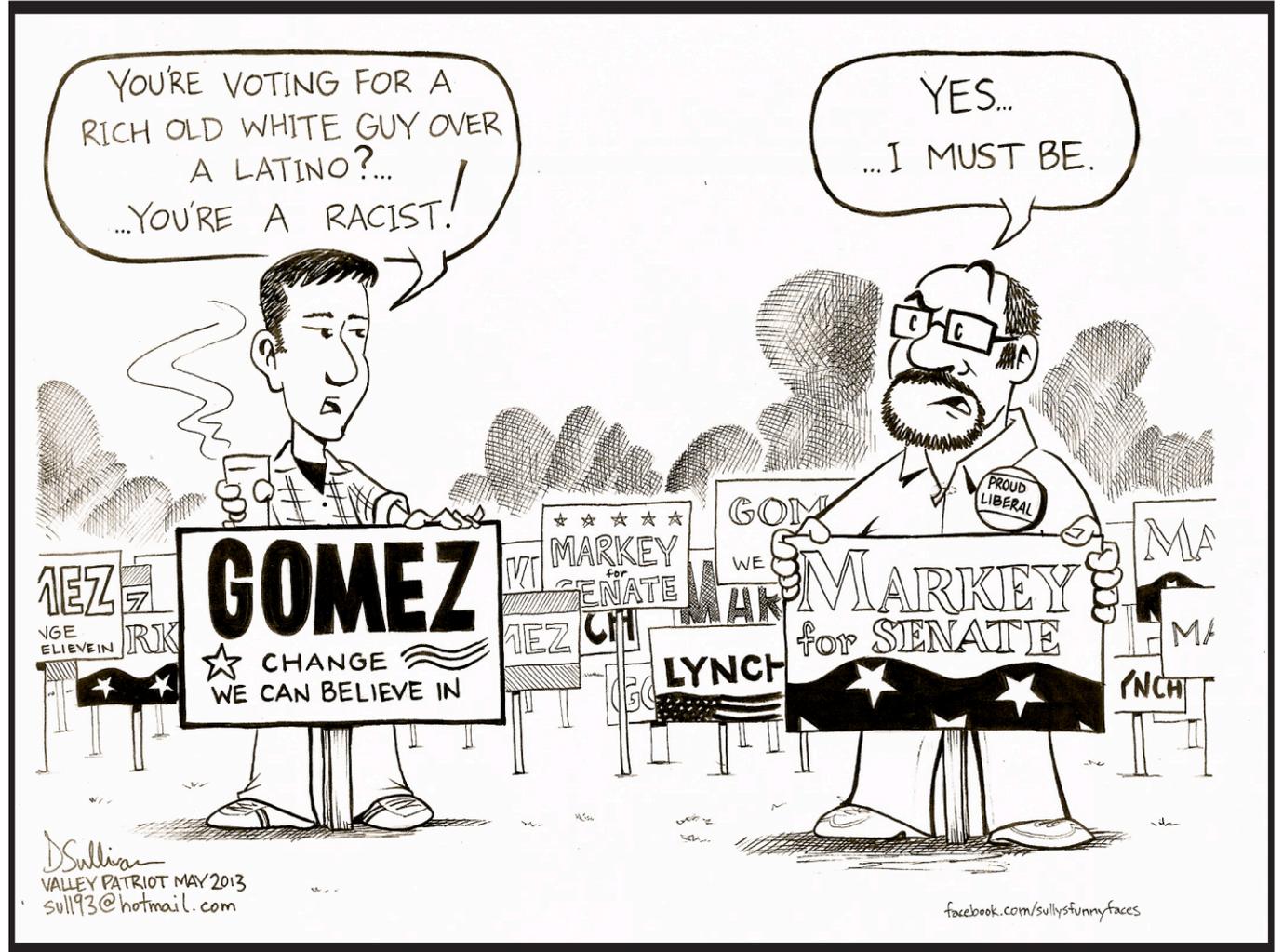
* Scot Andrews at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites the public to a performance by pianist Scot Andrews on Friday, May 10th at 2:00 p.m. Scot will perform everything from Joplin to Waller on the baby grand! Advance RSVP is encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com.

* Storyteller Doug Rickard at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites the public to a performance by master storyteller and guitarist Doug Rickard on Wednesday, May 15th at 2:00 p.m. Doug will take us on a musical journey around the world! Advance RSVP is encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com.

* Country Western Guitarist Tim Barrett at Methuen Village: Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer's care, invites the public to a performance by country western guitarist and singer Tim Barrett on Monday, May 20th at 2:00 p.m. Advance RSVP is encouraged. Methuen Village is located in the heart of downtown Methuen at 4 Gleason Street. For more information, call 978-685-2220 or visit www.MethuenVillage.com.

THE ASIAN CENTER OF MERRIMACK VALLEY, Inc. of Lawrence, MA is excited to share that Judith Chmielecki, Board Member and Secretary of our Executive Board of Directors, was recently recognized by the National Institute for Staff and Organization Development receiving their Award for Excellence. Ms. Chmielecki and her family reside in North Andover.

The Asian Center currently serves the Greater Lawrence immigrant population providing much needed English classes to speakers of other languages, Citizenship services and classes, Preschool, Summer Enrichment Youth Programs and Elder Services. Ms. Chmielecki has served on our Board of Directors for



eight years. She works closely with staff and the agency on The Friends of the Asian Center Campaign. Additionally, she is involved in ESL curriculum development at the Center and in promoting our services supporting all immigrants. "The immigrants of Greater Lawrence are so appreciative of the support we give to them. I am honored to be able to give back to the community by serving on the Board of the Asian Center."

The NISOD Award for Excellence recognizes outstanding teachers in the country's community colleges. Ms. Chmielecki teaches English as a Second Language at Northern Essex Community College, where she has worked for more than 13 years. An advocate for student success, Ms. Chmielecki is active in college projects, regularly sharing ideas with colleges to support ESL curriculum development. Recently she assumed responsibility at the college for coordinating the ESL Learning Social Club.

Ms. Chmielecki is a graduate of Salem State University with a degree in education and she has completed graduate work at Lesley College and Fitchburg State University.

AMERICAN LEGION unveils web page dedicated to military honor and remembrance

Throughout the United States and around the world, honor for our nation's military heroes can be found guarding the Tomb of the Unknowns at Arlington National Cemetery, at museums, cemeteries

and memorial sites dedicated to the great wars, in monuments recognizing any local community's wartime sacrifices, and in the obituaries of veterans.

These are just some of the ways in which our U.S. military personnel and veterans are remembered. The American Legion – the nation's largest veterans service organization – now provides a way for anyone to visit these sacred sites and keep the memories of military sacrifice alive. A new American Legion web page packed with stories, photos and videos, along with the ability for visitors to add their own words and images, is now available at www.legion.org/honor

"Legionnaires are encouraged to share stories of their time in uniform, their family's military legacy and what their posts are doing to recognize the servicemen and women, past and present, who keep America safe," said James Hall of New Jersey, chairman of The American Legion Magazine Commission, which oversees the organization's website.

Already, dozens of stories have been submitted for publication and many of those have already been posted. Those wanting to share their stories can go to www.legiontown.org to submit text and photos online. Once approved by an administrator, those stories will appear on the honor and remembrance web page.

Other features of the web page include: a collection of articles and photos about honor and remembrance that have appeared in The American Legion Magazine, and other media; a special "In Memoriam" module for those who want to honor veterans who have passed on by providing their own tributes. Families are encouraged to submit obituaries of veterans by going to www.legion.org/honor and clicking on "In Memoriam." Once you fill in the deceased's name, the obituary and upload a photo (optional), just hit the save button. There is no charge; a database of more than 1,200 museums, memorials or cemeteries that can help you plan a visit or an opportunity to explore online. These sacred places are compiled in a database, searchable by state and category. To suggest an addition to the database, send an email to honor@legion.org or call (317) 630-1298; photo galleries of prominent places of remembrance, including Arlington National Cemetery and U.S. memorials, monu-

ments and cemeteries in Europe.

AMERICAN LEGION - Every year The American Legion Auxiliary and American Legion of Methuen are proud to sponsor young men and women from Methuen High School to participate in the Massachusetts Boys and Girls State Program that has been in existence for 75 years. We will be holding an orientation meeting at the American Legion Post 122, 200 Broadway, Methuen, MA on Tuesday, May 21st at 6:00 PM for this year's participants. We have also invited last year's Girls and Boys Staters to relate their experiences to this year's students. It is an honor for the students to be chosen, and looks great on their resumes.

The American Legion Boys State and American Legion Auxiliary Girls State will be held at Stonehill College June 15-21, 2013, with over 850 students in attendance. This is a premier program for teaching how government works while developing leadership skills and an appreciation for citizen's rights. Participants run for office, learn public speaking, create and enforce laws, and actively participate in all phases of creating and running a working government in this exciting and fun program. The participants meet other students from across the state while developing confidence and leadership skills that may shape their future. This year we were excited to raise enough money to send 5 girls and 4 boys who will be completing their junior year at Methuen High School.

THE LAWRENCE CHESS CLUB will meet on Wednesday, May 15th, from 6-8pm at the Lawrence Public Library, corner of Haverhill & Lawrence streets. This is always a FREE event, held the third Wednesday of each month. Please bring a friend and a chess set. ALL ages and abilities welcome. Play, learn and help teach. They can teach anyone to play in about 20 minutes, but it requires a lifetime to master. English is not required.

HAVERHILL - The John Greenleaf Whittier Museum Home opens weekly for tours starting Saturday May 4th from 11am to 4pm through the end of October. Special tours and groups can be accommodated by calling 978-388-1337.

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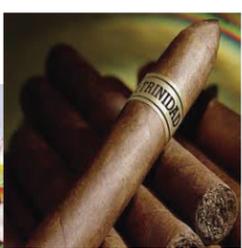
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Lawrence's Crayone on Forefront of Great Music, Raising Money for Charity

BostonCharityAlbum.com - Local Artists & More Contribute to the Cause

Tom Duggan

VALLEY PATRIOT PUBLISHER

LAWRENCE - Funusual Records is proud to release the Charity album 'We Stand With You' featuring 17 tracks.

An album that features both local artists from around Massachusetts and artists of the '80s for a cause.

With the tragedy that hit Boston recently, Funusual Records has decided to help those in need and print this special 'Physical' CD version of the album with a \$20 price tag.

The album has unreleased music from local artists, some of whom are brand new while others are up and coming artists like PaaPaa and Dynamic, to well established artists from Lawrence like Bylli Crayone & Domenic Marte. Leo A Dion (formerly known as SonChild) is also on the album. '80s legends Nu Shooz and Musical Youth have also joined the charity album.

Charity work is nothing new to label owner Bylli Crayone who is also a well known artist in the field of dance and club music. He has been involved with many charities for for years, in fact, back in 2007 he started a few of his own.

The 'Back 2 School', 'The Gifts 4 Kids' and the 'Winter Coat Drive' are just a few charities that he runs every year. Back in 2010 when Crayone formed the music group LawTown Voice with 20 artists from Lawrence they recorded the song 'Trust And Believe' where the proceeds went to Haitian Relief. He produced a Christmas album that featured many artists that have come together for charity. An album that included names like Domenic Marte and '80s pop princess,

Debbie Gibson.

When asking Crayone how long it took to get this new charity album started, Crayone says "its 'off the ground'. I came up with the idea for this project on Thursday night (the 18th), that night I sent out emails and made a ton of phone calls to artists that I know to see if they would get involved.

Everyone said yes, and I mean everyone. But I needed to get this project completed and for sale "asap". There was no time available to wait for songs to be cleared, licensed, etc. Many more well known '80s artists wanted to be involved, but it could have taken 30 days or longer for the songs to be cleared and I had to turn them down and say sorry, this needed to be put together in hours, not days or a month. They understood and still support this project. Eighties artists like Martika, Tiffany and Tommy Page are just some of the ones I had to turn down."

Back in the '80s, the group Musical Youth had a big hit with their song 'Pass The Dutchie' and now 30 years later the group is making a comeback. Their new single 'I Can't Wait' can be found on the charity album. They also have a new album of their own coming out this month as well.

Then there's '80s pop duo Nu Shooz, best known for their '80s hit 'I Can't Wait', the song with the addictive bassline and wacky music video. They are on the charity album with a very '80s inspired pop song called 'Anytime'.

Then for those of you who were freestyle fans, you must remember April and her songs 'Someone To Hold' and 'Right on Time'. Shes had more than a handful



Debbie Gibson and Lawrence Music Sensation Bylli Crayone

of Freestyle hits, but those were 2 of her biggest. Well, she is on the charity album with a new song called 'Hold On' featuring Tito Puente, Jr.

When it comes to local artists, there are many involved with this album and to me, it all starts at home with a project like this. Local hip-hop artists include Son B of Hood Pro with his song 'Miracle,' a very emotional song with a message.

Then there's Jill Marc with a soft rock song called 'All My Tears', she's got a strong voice, reminds me of Melissa Ethridge. Leo A Dion formerly known as SonChild with his rendition of the Tina Turner classic 'Whats Love Got To Do With It'. Other local stars that went beyond Lawrence, like Domenic Marte with a unreleased dance mix to his song 'La Quiero' and Bylli Crayone with a new remix of his 1991 song 'Girl Hang It Up!', remixed just for this album.

Other local artists include Justina, Reality, Da Chief, PaaPaa, Dynamic, Liza Zayas, Nazarae and Silly Grinn. And there's two out of state artists that joined the project as well: Manny Blue of Florida with his song 'Energy,' and Lovari of New York City with his song 'Right Here'.

The Album is available in CD format only and is being sold for \$20 with free

shipping. All the proceeds are going to THE ONE FUND to assist the 170+ people that have been injured during the attacks. Massachusetts Governor Deval Patrick and Boston Mayor Tom Menino have announced the formation of The One Fund Boston, Inc. to help the people most affected by the tragic events that occurred in Boston on April 15, 2013. If you would like to donate directly, you can at www.OneFundBoston.org

This album is also a tribute to those lives lost on April 15th. This album is a token of their memory. The cover art design features well known Boston related images and it also embraces the images of Martin Richard-8, Krystle Campbell-29, Lu Lingzi-23 and the inside insert has MIT Officer Sean Collier-26.

The entire project only took 3 days to put together. If you would like to purchase a copy of the CD, Please visit www.BostonCharityAlbum.com

Executive Producer: Bylli Crayone Co-Executive Producer: David 'Big Dawg' Brousseau

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TV TALK WITH BILL CUSHING

Today is the Golden Age of TV Drama, Thanks to Cable!

Bill Cushing

VALLEY PATRIOT TELEVISION COLUMNIST



I hear people discuss the "Golden Age of TV" in referring to TV of the past. They refer to shows like Hill Street Blues, St. Elsewhere, and M*A*S*H, all great shows to be sure. But they came at a time when

shows like that were few and far between.

In these days of hundreds of channels, TV viewers are not restricted to NBC, CBS, ABC, and FOX, to find good quality TV Drama. I argue that TODAY is the TV's Golden Age. With basic cable channels such as FX, AMC, TNT, A&E, and USA, to name a few, the choices have never been more plentiful. The same goes for high-quality dramas. Twenty-five years ago, you may have had 2 or 3 excellent dramas on the air in any particular TV season. Now it's not uncommon to have that many on in a given week or maybe even a given night. Don't get me wrong, broadcast television does offer some quality programming. In fact I would say that when it comes to comedies, the broadcast networks do it better. But cable TV is the place to go for drama.

Shows like The Shield, Breaking Bad, Rescue Me, Mad Men, The Walking Dead, Sons of Anarchy, Justified, The Americans, Damages, Southland, The Wire, Homeland, Game of Thrones, and The Sopranos all have a couple of things in common. All of them are critically acclaimed, award-winning, highly respected programs, and all of these shows aired or still air on a cable network. The list of these cable dramas goes on and on.

But why does cable offer much better original drama than network TV does in this era? There are several reasons.

Cable offers less restrictions than broadcast networks do. Cable allows for more sophisticated and intricate storylines with decidedly adult themes and language. Cable offers you the feel of watching the quality of a big screen film with every episode. Groundbreaking shows like The Shield, Sons of Anarchy, or The Walking Dead would never have seen the light of day if it weren't for cable TV.

Cable drama series also have seasons of much shorter length. Whereas a broadcast network drama show such as NCIS produces anywhere from 20-24 episodes a season, cable shows only produce 10-13. That means less "filler" episodes, episodes that do not really push the story forward but are there merely to fill a quota because the storyline isn't enough to stretch an entire season. Cable TV seasons run 3-4 months. This means that reruns are basically non-existent, and every episode is important. CBS needs to stretch 24 episodes of NCIS over an 8 month period since the broadcast networks seasons start in September or October and run until May. That leaves plenty of time for reruns.

My guess is that you will see the major broadcast networks start following cables lead and give shows 13 episode seasons instead. This will give them the flexibility of adding more original programming, and more quality writing for each drama series. Overall, cable drama series provide a much more enjoyable, and satisfying experience for the discernable TV viewer than broadcast networks offer.

With the viewing choices growing every day, the broadcast networks will need to step up their game in order to compete for our time and attention, and TV will be better for it.

You can follow Bill Cushing on Twitter @TVNewsandNotes or Facebook at TVNewsandNotes

LET'S TALK ABOUT FOOD/ADDICTION

Letters from You

Pennie Hale

VALLEY PATRIOT FOOD COLUMNIST

I would like to share an email I received in response to my column from my new friend Rick Bellanti:

Dear Pennie: I loved the article on weight loss. I am a food addict - I have been on a weight loss journey since December 15th 2011, and I'm happy to say I'm down 130lbs. with 85 lbs. more to go.

Here is part of my Story:

I grew up watching the impact of diabetes on my Dad. My Dad, Jerry Bellanti, was a very famous musician from Lawrence, Massachusetts. My Dad lost his toe, foot and then leg due to diabetes, and then lost his life as a result of complications from the disease on September 6, 1998. Now I watch other relatives and friends dealing with it and knew I was headed in the same direction.

My doctor was concerned that I already had the signs of Type 2 diabetes, also known as pre-diabetes and I knew that I did. I had high blood pressure as well as very bad sleep habits. I had been trying to exercise regularly and eat better, but never really made significant progress. In December 2011 (at 46 years old) all of that changed. At my yearly physical my doctor had a very serious talk with me about my health. At the time of my appointment I was told I had an 8 A1C sugar level (Type 2 diabetes) and weighed 407lbs. My BMI (Body Mass Index) was 62.9. I had dangerously high blood pressure, gout in my feet as well as other foot problems, knee pain, signs of back problems arising and, complications from Type 2 diabetes and heart problems all seemed to be in the very near future for me. I became serious about the food I was eating as well as making exercise a part of my daily life - I started on December 15, 2011...this is my new journey - thank you for being a part of it.

This journey has been one of the hardest

(and yet most fulfilling) I've ever done. I'm starting to write a book mostly from my journal of notes that I've been taking down over the last 12 months or so. I've been on every diet known to mankind (and even some I made up on my own) always had great success in the short term usually losing around 30 lbs. in 6 weeks or so, then I get complacent and stop thinking of my objective and not taking it seriously and, in a very short term the weight always comes back and with more, the Yo-Yo

dieter... This has been a cycle I've been on my whole life since I was 13yrs old. This particular journey started rather quickly and I had no choice in the matter, it was do it or do nothing and die (like my father before me did).

I went to the doctor December 8, 2011 for my yearly check up. At that time I was physically run down, exhausted, knee pain, back pain, I had a persistent cough that had started back in September that would not go away. I had hypertension and I could barely lift my leg up to get on the scale which said I was 412 lbs. I picked up some prescriptions, did some blood work and went home. Four days later, the doctor's office called me and they said he needed to see me right away, so I made an appointment for the next week. When I showed up, there was the doctor, a nurse practitioner and a nutritionist there. On a table in front of them were all these medications and gadgets, as well as needles. Apparently, my blood work came back as Type 2 diabetes - really bad cholesterol and a dangerously high blood pressure. They wanted to teach me how to check my own blood sugar as well as give myself insulin with a needle - in addition to medication for my high blood pressure. My head was spinning and I couldn't understand anything they were saying, so I talked to him by myself

FOOD: PAGE 27

SHEILA'S RECIPE CORNER: CORIANDER POTATOES/SAUTÉED SPINACH

Sheila Mullins

VALLEY PATRIOT COOKING COLUMNIST

This is my spin on something my Mom used to make on occasion. It's simple, doesn't over power the main course, & is still tasty on its own.

Coriander Potatoes

The number of servings is solely dependent upon how many potatoes one uses. Let me urge caution here, do not crowd the pan or the potatoes will steam versus fry & do not try to rush this; trust

me, it doesn't work.

1 potato per person, peeled & cut into 3/4" dice

Salt & pepper to taste

1 rounded teaspoon ground coriander per potato

2 T oil/3 potatoes

Preheat a large skillet over medium heat until quite hot. Add oil, then potatoes & salt. Cook over medium heat until browned & then give the potatoes a good turn in the pan. Cook until brown on all sides about 6-8 minutes per side &

total time is approximately 45 minutes for 3 potatoes. When cooked, remove pan from heat, add pepper to taste & coat with coriander. If potatoes are too dry for coriander to stick, add a touch of oil & barely coat all potatoes & then add coriander. Serve while hot.

Sautéed Spinach with 2 Cheeses

This is another easy recipe. This one, though, has a lot more punch. It would make an excellent side for something like raviolis or stuffed shells.

Makes 2 servings

8 oz bag of spinach

2 T each shredded parmesano reggiano & pecorino romano cheeses

Salt & pepper

2 T toasted pine nuts

2 cloves finely chopped garlic

1 T olive oil

Into a preheated large skillet, add the oil followed by the spinach. Sauté the spinach until it starts to warm. Add salt to taste & garlic. Cook until the spinach starts to shrink in volume & it's heated through. Remove from heat. Add all remaining ingredients except nuts & stir well for 30 seconds using residual heat. Top with nuts. Serve immediately.



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

LAWRENCE MAYORS RACE FROM 12

people who will also not begin the process of ending the City of Lawrence's dependency on the State by removing the State Overseer or the State Receiver/Superintendent of Schools. They would much rather not rock the boat of their ideology and keep the City of Lawrence dependent on State oversight for their city budget and the education of the city's children. This all reminds me of a famous picture taken about four years ago of Lawrence politicians all standing behind one candidate for Mayor, also of this same ideology. What has happened since? Only those who have been living under a rock for the last four years would not know the answer

to that!

So in conclusion, will the politics of Lawrence ever change? Not if we continue electing the same politicians with the same ideology over and over again.

G-d help us who go to work every day and are homeowners and pay our taxes and live in Lawrence!

G-d bless.



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

COURT CORRUPTION: FROM 14

support? A number of things can occur. Usually they garnish wages. Derek had his own massage business. The courts took his business license away because he wasn't able to pay child support. How does this make sense? The courts should have adjusted the child support at this point, but did not, and Derek has not earned over \$900 a month since. His drivers license was then revoked, therefore his transportation to find gainful employment. The courts took all possible means away in which Derek could earn an income. His ex-wife and the Massachusetts court system were raping Derek. I'm pretty sure that is illegal.

Naturally, he was very concerned about when, if ever, he was going to see his children again. The restraining order was for one year. For a full year, Derek, could not have any contact with his own children because of a bogus claim. For those of you who are parents, you know what this would feel like - utter devastation.

Derek did as the courts said while he tried to piece his life back together so he could prove he was a worthy father when his wife didn't have to prove he was not. Six months into the restraining order, he wrote a term of endearment addressed to his children on a child support check. His wife immediately contacted her lawyer, claimed that this was a violation of the restraining order and wanted it extended. Legally, in order to renew or lengthen a restraining order, the plaintiff must make an entirely new case.

Once again, Derek's basic rights were violated and no case was presented against him. His ex wasn't even at the hearing. This should have resulted in the original restraining order's termination. Instead, the restraining order was extended.

Over and over again the Massachusetts court system has violated this father's rights. Derek feels that his first amendment rights were violated when he was not

listened to by the judge at the first hearing for the divorce; his right to be innocent until proven guilty was violated, as well as his parental rights. Recently his children were interviewed by a court ordered psychologist to see if they wanted to see their father again. Because they have not seen or heard from him in almost two years, thanks to their mother and the court system, they said, "No". In their eyes, their father has done nothing to contact them.

Derek's case is sickening and disheartening. Sadly, he is one of thousands of fathers and their children who are victimized by vindictive mothers and a court system that gets monetary rewards for supporting unfounded restraining orders and ballooned child support. Although his professional and personal life has been shaken to the core, Derek's resolve has not. He says he will not give up fighting to see his children. He vows to do something to make divorce courts more balanced for fathers and expects compensation from the state for the hundreds of thousands of dollars and more that they milked from him under the guise of, "what was best for the children." He doesn't know how, but he will make changes and a difference for fathers who may fall victim to the same injustices in the future that he has and continues to endure.

If there is anyone out there that can help Derek or has information about someone or some way that can please contact me at: DBLangevin@aol.com. In next month's column I will be addressing Parental Alienation Syndrome.



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

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The Battle Between Freedom and Personal Safety

Tom Weaver

VALLEY PATRIOT COLUMNIST

Once again, as free people, we witness evil. We see the hate sparked by the radical actions of a few. We see innocence cut down in the beginning of life. We see lives destroyed, lives that will take years to rebuild. We witness the response of citizens. We watch the reactions of those charged with our protection. Yes, once again we see the streets of Chicago....

Chicago has one the highest numbers of surveillance cameras in the Nation, cameras focusing on keeping us safe. Chicago has the strictest gun laws in the Nation, laws passed to keep us safe. And yet, Chicago averages almost two violent deaths per day... One would think that the citizens of Chicago would be safe.

And in Boston last month, we witnessed a similar action. With all the police, with all the security, the radicalization of a religion determined that terror was the weapon of choice. And like Chicago and many other cities in this Nation, terror destroyed life, wreaked havoc, and eliminated economic gain. But is that not why terror is used? Be it by militant gangs, drug doped criminals, anarchists or those committing terror in the name of a god, terror is used to change the way we live in a free society.

We live in a free Nation, less free than 50 years ago, but still one of the freest Nations in the world. Yet, when terror strikes in the way of a shooting, a bomb or a drunk driver, we tend to ask for more from our government. We believe that government is the answer. But, is that really true?

President Obama praised the first responders, as did the Governor and others. Yet, while the first responders were great, the people were better. Doctors, nurses, and just the people reacted to the terror, they reached down and helped, they lifted, they bandaged and they carried. Without the people, there would have been many more deaths.

Rahm Emmanuel, the Chicago mayor, praised Boston's cameras and stated that more "big brother" cameras are required. Government has hundreds of cameras, but the cameras did not stop the crime and the bombers were not identified by government cameras. No, the average citizen submitted personal photos. Local stores, free enterprise, provided surveillance films from their front doors. And, government still could not

solve the identification -- until the photos were released to the public. That is when college kids called the hot lines and identified the man in the photos.

And then government declared martial law, I apologize; they "locked-down" the city. They dictated that lawful businesses could not open restricting commerce, they closed roads and the transit system, and they demanded that citizens stayed indoors. Then they roused citizens without warrants, demanded that they leave their homes under gunpoint while their premises were inspected. But they failed to find the younger brother. That is until they admitted defeat and lifted the "lock-down". He was found outside the police barricade by a citizen who wanted a cigarette and saw a torn boat cover with blood.... The people found the terrorist, not the police.

For years, government has been telling us to call 911 and they will be there. They have told us that the Parade route is secure, that every law enforcement officer is on watch. And yet, evil still occurred.

On the whole, we are a trusting society. We have learned to trust and believe in government. We have been taught that government has made us the greatest Nation in the world. We have been taught that government will protect us, that government will provide the correct answers, that government truly wants everyone to be equal. We have been taught to go to work and with the taxes, everything else will be taken care of.

But, that is a lie. We are responsible for ourselves. We must protect ourselves. We must be vigilant ourselves. We must recognize that hard work and sweat made this Nation great, not government. We must be more involved, involved in every aspect of public and private life. Government cannot protect us from evil. As government grows bigger and bigger in an attempt to make us secure, we simply lose more and more freedom.

In the end, evil will still occur, as it happened in Boston, even with the greatest government force assembled in free society. And death also occurs every day in Chicago... It is a simple fact that in any society, free or despotic, evil will always occur. So, it is time for us to be more responsible, to protect ourselves from evil and ultimately, to preserve our freedom, a right given by the Almighty, not the government.

Representative Diana DiZoglio Fights to Close Campaign Finance Loopholes

Last month, during the state budget debate, Representative Diana DiZoglio (D-Methuen) addressed her colleagues for the first time in the 188th General Court in support of closing a serious loophole regarding municipal election ballot access.

In Massachusetts, the Office of Campaign and Political Finance, commonly known as OCPF, requires all candidates for public office to record and report their campaign finance activity. Candidates who fail to file campaign finance reports by the established deadline are assessed a fine of \$25 per day for every day they are late filing. The total amount of the daily fines is capped at \$5,000, which means a candidate has 200 days, or more than six months, within which he or she may remedy any problems with their records, file the appropriate documentation, and pay the fine before further action may be taken against them. Under current law, OCPF may take court action against candidates for county office and candidates for state office to resolve delinquent cases. OCPF may also block a delinquent state or county candidate's ballot access.

Individuals seeking elected office at the town or city level, however, may appear on the ballot and stand for election even if they have gone beyond the 200 day grace period, have not paid the \$5,000 fine, have had this debt referred to a collections

agency, and have not disclosed sources of campaign contributions and recipients of campaign expenditures.

"It is extremely unfortunate that certain situations have occurred that have allowed us to realize that this loophole exists. Now that we have realized it, however, it is our duty to deal with this issue as swiftly and effectively as possible - before we allow another election cycle to proceed without closing a very apparent and problematic loophole," DiZoglio said in her speech. "This vital legislation will ensure that candidates in municipal elections are held to the same professional standards as candidates in county and state elections."

"This is bipartisan legislation that has secured 31 co-sponsors from both Democrats and Republicans. Now is the time to act on this measure and to show our constituents across the Commonwealth, that we are capable of getting things done in a timely manner-in time to make a difference when it counts," She concluded.

Rep. DiZoglio has secured a slot for her legislation to be taken up at the next Election Laws Committee hearing scheduled for May 15th at 2pm at the State House. She invites constituents who wish to testify at the public hearing to contact her office at 617 722 2800 x8558 or at Diana. DiZoglio@mahouse.gov.

GRANTS: FROM PAGE 6

nity and across the state.

Statewide, more than \$2.3 million will be distributed by local Cultural Councils in 2013.

Grants will support an enormous range of grass-roots activities: concerts, exhibitions, radio and video productions, field trips for schoolchildren, after-school youth programs, writing workshops, historical preservation efforts, lectures, First Night celebrations, nature and science education programs for families and town festivals. Nearly half of LCC funds support educational activities for young people.

The North Andover Cultural Council will seek applications again in the fall. Information and forms are available

online at www.massculturalcouncil.org. Applications are due Oct. 15, 2013

This year's grants include: North Andover Council on Aging

North Andover School's Enrichment Council

Merrimack Valley Philharmonic Society, Inc.

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Nothing "Fair" About the Market Place Fairness Act

D.J. Bettencourt

VALLEY PATRIOT NEW HAMPSHIRE COLUMNIST

By any measure, the "Market Place Fairness Act" currently under consideration by Congress is terrible policy. However, its negative effect on New Hampshire and small business is particularly pronounced.

The proposed legislation is an internet sales tax that seeks to force every on-line retailer with annual sales exceeding \$1 million to collect a sales tax on their customers based upon the sales tax rate where that customer resides. This would even apply to businesses operating in states with no sales tax. In short, it expands the taxing power of state and local authorities to squeeze revenues from businesses and individuals that would ordinarily be well outside of their jurisdiction.

How does the law work? Normally, sales taxes are collected and remitted by retailers at the "point of sale." When retailers at "The Loop" make a sale, they collect the sales taxes that are due to Massachusetts and the City of Methuen and send them to the proper revenue agency. Under this scenario, it is immaterial whether the particular buyer is a resident of New York City (8.875% sales tax) or Salem, New Hampshire (0% sales tax) because the tax is collected at the "point of sale" and thus is the same for everyone. Under the proposed law, the "point of sale principle" is discarded and retailers are forced to track the place from which an online buyer has made a purchase, calculate that shopper's applicable state and local sales taxes based on wherever they reside, collect the tax, and then remit them to the applicable revenue agency.

Currently, nothing prevents states from taxing online sales within their state.

However, few states elect to do so because it would encourage companies to locate in less-taxing states. Instead, the Market Place Fairness Act allows states to punish citizens for shopping at out of state businesses. Worse, the law invites double taxation through interstate compacts which could allow sales to be taxed in both the shopper and business's jurisdiction. While this is currently forbidden by the Internet Tax Freedom Act of 1998, that protection expires next year.

The act is particularly offensive to states like New Hampshire who value its sales tax free environment. Grant Bosse of the Josiah Bartlett Center for Public Policy captured its effect on New Hampshire perfectly, "Taxing online sales wouldn't cost New Hampshire residents much in the short term. We don't have a sales tax, so we wouldn't have to pay it. But it would erode our ability to attract online retailers,

at least those that hope to grow to a million in annual sales."

This threat to small business is hardly inconsequential. Often internet sales are the only thing keeping a significant number of small businesses afloat. Internet sales have weathered the disastrous Obama economy remarkably well. In fact, they are one of the few economic bright spots that are currently creating jobs. Hurting the ability of small businesses to innovate and make money online by locating internet operations in tax friendly states will only result in more businesses closing their doors. The only winner under this scheme is the ever growing appetite of government.

New Hampshire's two United States Senators, Kelly Ayotte and Jeanne Shaheen deserve great credit for opposing the Market Place Fairness Act and fighting for an exemption for states with no sales tax. Ayotte has astutely pointed out that the proposed law would add expensive administrative costs by forcing small businesses to track the place from which an online shopper has made a purchase, calculate the applicable state and local sales tax, collect that tax, and then remit them to the proper revenue agency. It is an unfunded mandate in its worst form.

So why, given the strong arguments in opposition, does passage in the Senate appear likely? The primary selling point is that the act pressures states to streamline and simplify their tax codes. This provision was intended to lure small businesses into supporting the legislation by promising to make it easier for them to comply with the business tax code, thus bringing them some much needed certainty and stability in their day to day operations.

However, the Act completely fails in that promise because it still requires businesses to keep track of 9,600 widely diverse and constantly changing taxing jurisdictions. Thus, any benefit of the law is vastly outweighed by the additional hassle and administrative costs.

In the end, the Market Place Fairness Act is a stark reminder to always beware any proposed law with "Fairness" in its title.



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.

Fraudulent Purchases

Ron Penczak

GUEST COLUMNIST

Salem, NH Police are looking to identify the male suspect in the attached photo. This person is suspected of using a fraudulent duplicate credit card to purchase items at Best Buy in the amount of \$855.94 and Two Guys Smoke Shop in the amount of \$91.54 on April 10, 2013 between noon and nine pm.

One photo shows a glimpse of a possible tattoo on the suspect's right lower arm.

If you can identify this suspect please report it to Crimeline of Southern NH. To report a crime, please contact us at: (603) 893-6600 or (800) 498-4040 or go online to www.crimelinesnh.com

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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 24: TALK ABOUT FOOD

and he basically said that if I kept going the way I was, I would be dead in 5 years. (NOT good with a 5yr old princess at home waiting for me).

He told me he would give me 3 months to try and lower my blood sugar on my own without the meds. It takes 90 days for your blood cells to clear out the sugar. He also told me that he wanted me to have gastric bypass surgery to save my life, and that high blood pressure medicine was a must. By the time I got home from my appointment with the doctor, there was a message on my machine from CMC Hospital in Manchester, New Hampshire setting up an appointment for a consultation for the surgery... I never called them back! Instead, I went home and sat at the computer and googled "how to lower your blood sugar" and "how to lower your blood pressure". I must've hit at least 30-40 websites all day and night, taking down notes...

I came up with 2 lists; one was the foods that help lower your blood sugar, and another list of the foods to stay away from. Obviously, sugar was the main thing to stay away from, so from that day on (December 15, 2011) I never had sugar again. This wasn't a diet to lose weight, it was a diet to lower my blood sugar as much as I could before my next appointment with the doctor. The weight loss started as a side effect of eating all the right foods.

I started watching shows like The Doctors, and Dr. Oz, and listened to everything they were saying. I've learned that sugar substitutes are just as bad, if not worse than regular sugar, so in January I gave them up as well. This meant no more diet coke for me (which was the hardest part as of yet). I found out that artificial sugars trigger your brain by tricking it into thinking it's having sugar

when it's not, and in a short time you start craving bad carbs, sweets etc....

I was so scared about eating sugar that I even swore off fruit for the first 5 months. I have since incorporated them in. In January I joined the gym. It was the hardest thing I ever did, walking in there not knowing what to expect. I walked in with my head down and just focused on my objective. I just got on a treadmill, programmed a slow speed and walked for one hour... I ended up walking 3 miles! Then the following day was easier, then the next day, the next day etc.. Now I do it 5 times a week and have incorporated some weightlifting, as well as running in a half dozen 5K races this summer. When I went back to the doctor, I was down 86 lbs., my A1C sugar went from 8 to 5.7... normal person, so no diabetes. My blood pressure was normal, all my cholesterol numbers were perfect in every way, he was so excited - NO MEDICATIONS for anything! I went and saw him last month and all my numbers were even better, and I had lost 130 lbs. altogether, with 85 more to go to reach my goal.

I don't miss sugar at all. I still have another 85 pounds to go, but I know I will eventually get there. I'm taking it slow with a loss of 1 pound a week or sometimes nothing at all, but I feel great and I've never said that before in my life!!!!

So many people have said I have inspired them to join a gym, workout, diet etc. That's so cool to know, but I always have to keep things grounded because I know I could easily go back to where I was, and I don't want that...ever!"

That is just one of the emails I've received from readers of my column. If you would like to share your story, please email me at penielacouture@verizon.net

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FROM PAGE 16: SENATOR IVES

fications, sponsored by Representative Carlo Basile, would establish a program to assist disabled veterans in making home modifications so that they can enter, exit and navigate their homes. This important legislation was referred to the Joint Committee on Veterans and Federal Affairs and hard-working municipal veterans' agents--veterans themselves--spoke in support of the legislation and detailed the very real need to support injured veterans in this way. This bill would assist a veteran, regardless of age, who has either 1) lost a limb or limbs or 2) lost the use of a limb or limbs, while serving in the military. They would receive financial resources specifically for the purpose of

home modification. Modification would included special fixtures or movable components relative to the veteran's disability. Veterans that own a home, as well as veterans who rent, would be eligible. The Commissioner of Veteran's Services would create the rules and standards to confirm eligibility and the awarding of home modification benefits.

I'm focused on advocating for both items in the Legislature so we can translate good will and support into meaningful legislation that will assist so many in need. All of these survivors and our veterans deserve to be welcomed home.

News from John Lenotte of the American Legion

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

It seems like all we have been doing the last couple of years is have a vote for US Senator from Massachusetts. This past primary election on April 30th saw less than 730,000 voters out of a potential 4 million voters. What a shame. I hope that there will be a larger turnout for the June 25th election. This is such an important position. It is for one of our two US Senate seats, one of only 100 Senators in Congress. I constantly hear people talk about their dissatisfaction with government. Where were they when it was time to vote? I was there and will be there on June 25th. I hope you will join me in voting on that day.

Spring is here and that means it is baseball time. American Legion baseball has been around since 1925. More than half of today's major league players were once playing Legion baseball. Over 60 of the members of the hall of fame once played Legion ball. Some of the names of great MLB and Legion baseball include: Albert Pujols, Roger Clemons, Al Kaline, Frank Robinson, Johnny Bench, Carlton Fisk, Gregg Maddux, Jeff Reardon, Mo Vaughn, Justin Verlander, Ted Williams and Carl Yaztremski. Carlos Pena played for the Haverhill Post 4 team! For more historical information check this out on the web: <http://www.legion.org/baseball/history>

For information about Legion baseball in Massachusetts, go to this website: <http://masslegionbb.org/>.

On a national level, the Legion's Eco-

nomics Division has been working with Senator Tim Kaine of VA and Representative Tammy Duckworth of IL on the Troop Talent Act. This is designed to aid troops in pursuing a career once they leave the military. This directs the services to provide information about any civilian licenses or certifications for which their military training and experience could qualify them for, or what additional steps they may need to take. There has been a lot of progress in this area but more needs to be done. We recently saw Mrs. Obama and Dr. Biden promoting jobs for troops. What a great way to say thank you for your service by getting them a job.

Memorial Day is right around the corner. As in past years, we will be out there with gatherings of family and friends. Why not take a few minutes and turn out for the local parade as a way to educate our children as to what the holiday is all about. A thank you to those who gave their all so that we might enjoy our freedoms. A day of remembrance for them and their families of the sacrifices endured. We are a great nation because of their sacrifices. It is because of them that the United States of America exists and, despite the recent violent acts of a few, many around the world aspire to come to America!

May God bless our troops and their families.

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

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FROM 1: VICTOR COTE, USAAF

The Japanese had a standing order to "eliminate" all evidence of POWs as soon as the first Americans landed on their mainland.

Victor Cote cheated death repeatedly. At the age of 22, he narrowly escaped the Bataan Death March—lying in a

Victor Cote cheated death repeatedly. At the age of 22, he narrowly escaped the Bataan Death March—lying in a makeshift field hospital with dysentery. Later captured by the Japanese, he was sent to several notorious POW camps in the Philippines: O'Donnell, Bilibid, and Cabanatuan, where "Americans died like flies." He also endured three months stuffed in the dark, unventilated hold of a "Hell Ship" bound for Japan—and the infamous Camp 17, reputedly the worst.

Despite 25 attacks of malaria, scurvy, pellagra, dry beriberi, and cerebral malaria (seizures, coma), Victor Cote survived and lived a long, healthy life.

His cousin Philip Cote, now 97, still lives in Dracut—not

far from the Cote family compound on Trull Road, Tewksbury, Mass., where Victor and Philip were raised together.

When asked how he managed to survive, Victor said, "I just wanted to live." Miraculously he did, by the grace

of God.

DECEMBER 1941—WAR!

Victor was stationed at Nichols Field, Manila, when it was bombed within days after Pearl Harbor. "My barracks went up in flames. Japanese dive-bombers filled the entire sky, destroying every American plane. Not one got airborne."

Victor was handed a rifle pulled out of storage, but it jammed—it had not been cleaned. "Japanese dive-bombers swooped down relentlessly all day long. This hell lasted a week before

we boarded a barge to cross the bay to the Bataan peninsula. That trip was a nightmare. A low-flying Japanese plane strafed us throughout the trip."

Finally reaching Bataan, he was pressed into combat on the front lines near Parsay—without prior infantry training. "Only a field separated us from the advancing Japanese Army. Every day

planes flew over, bombing and strafing. I saw legs blown off my friend—men dying all around me."

One week before his 22nd birthday on April 7, Victor was told: "You'll never



Sgt. Victor Cote, U.S. Army Air Corp., was at Nichols Field, near Manila, Philippines, when Pearl Harbor was attacked. Within days, the Japanese attacked Nichols. Sgt. Cote received the shoulder patch of the Far East Air Force, and the silver blue enamel badge of the combat infantryman, a combination seldom seen. When doing slave labor in the Mitsui coal mines in the notorious POW Camp 17, only 40 miles across the bay from Nagasaki, he saw the atomic bomb drop on that city.

The Japanese "Hell Ships" were unmarked freighters that crammed 500 to 1900 POWs in the dark, unventilated cargo hold for a three-month trip from the Philippines to Japan's slave labor camps. Deprived of air and water, as well as food, men suffocated in the 120-degree heat and died, or else went mad. Many of these unmarked freighters were also bombed and torpedoed by American forces who did not know POWs were on board.



live to see your birthday." Dysentery put him in the hospital where the doctor confirmed, "There's nothing we can do for you." So he lay on the ground, waiting for death.

In a twist of irony, because of this, Victor escaped the 85-mile Bataan Death March, April 10-16, 1942, that ended at Camp O'Donnell. He survived the hospital, but the Japanese captured him anyway when he left his jungle hideout to catch a monkey for dinner. He was trucked to Camp O'Donnell, arriving just after the Death March survivors staggered in.

"The entire front gate area of Camp O'Donnell was covered with the dead and dying, "boys dying at the rate of 60 a day." (Military reports state 1500 Americans died at Camp O'Donnell, most of them Death March survivors.)

Victor was assigned to burying up to 150 men a day, in a shallow pit 18 inches deep, 20 feet wide by 40 feet long. Monsoon rains would wash away the topsoil, exposing a protruding arm or leg.

Most POWs died of starvation, polluted drinking water, malaria or dysentery. "We got one small ball of rice a day. One spigot of water supplied the entire camp of 7,000 Americans. You had to stand in line for three hours."

After two weeks at Camp O'Donnell, Victor was sent back to Bataan to collect old anti-aircraft guns and ammunition left behind by American forces. A month later, he was sent to Bilibid prison in Manila, a transfer point to other camps. "Men were dying here faster than at Camp O'Donnell—all skin and bones, vomiting uncontrollably." From Bilibid he was transferred to Cabanatuan, a Japanese slave labor camp.

At Cabanatuan, Victor leveled 3 to 4-foot high anthills with a long-handled hoe and planted camotes (sweet potatoes). His weight dropped from 150 to 100 lb. Many times he thought he would die, especially after very severe dysentery and malaria hospitalized him for six months. The dysentery section had an unnumbered "Zero Ward." No one ever left there alive. "Death surrounded me constantly. I'd go to sleep next to a POW and wake up next to a corpse. While waiting for death, we played macabre

games: who would be the next to die?" Japanese brutality was savage. "They beheaded POWs. They buried them alive. They made them dig their own grave and then would shoot them in the head. They forced men to kneel in submission at the front gate, hands tied behind their knees, 24 hours a day, and beat them. They beat one POW all day long for picking up a bar of soap. We were forced to watch these executions."

THE "HELL SHIP" AND THE CROSS

Then Victor was thrown into a "Hell Ship" bound for Japan—where 500 to 1900 POWs would be crammed into the dark, unventilated hold, with virtually no food or water, for a three-month trip from Manila to Japan—which normally took five days. Victor slept on bags of grain infested with lice, lived on one cup each of rice and water a day.

He arrived in Japan a skeleton in rags, assigned to Camp 17's coal mines. "We had to build stone walls to shore up crumbling ceilings. Cave-ins killed many POWs. A 5-ton rock crashed, narrowly missing me. I saw men beaten to death for stealing food, or for no reason at all. Some 200 died the year I was there.

"Each morning outside the gate, we saw two to four Americans tied to a wooden cross, where they knelt until they died."

The cross, symbol of suffering and death—yet also symbol of the ultimate triumph of good over evil, eternal life over death. At the cross, Christ conquered Satan and the grave. Jesus said He came "to destroy the works of the devil" (I John 3:8). He promised, "I am the resurrection and the life. He who believes in me, though he may die, yet shall he live" (John 11:25). "Where, O death is your victory?"



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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Cheryl Hajjar

VALLEY PATRIOT MOMMY COLUMNIST

As I listen to my Ipod, I hear Christina Aguilera's voice reciting "Nobody's gonna hold us down, nobody's gonna hold us down", I remember a friend of mine once told his daughters they could be anything they wanted to be, that nobody could hold them back from obtaining what they wanted in life. I will always remember that conversation. I felt like he was talking to me. My name is Cheryl Hajjar and I am a business owner, a single parent and a lifelong resident of the Merrimack Valley. I am also a taxi cab driver to my 10 year old son, carting him around to his sporting events, piano lessons and sleepovers with his friends. During the week afterschool I am in the homework trenches with him, pulling my hair follicles out one by one while assisting in book reports, tests and projects. My duties also extend to cooking, cleaning, and paying all the bills. Oh, and did I mention working as a real estate agent to bring an income in? I am convinced that if there was an award for the best multitasker, I would be crowned the champ hands down. On the not so fun side, I have been discriminated against as a single mother when it came to finding housing when my son was a baby, left the father of my son because of his philandering ways and had to return home to Mommy and Daddy at 32 years old with an infant for a brief time, oh joy! I have been sued in federal court by a professional swindler, and have had to deal with many unethical business associates that left me disheartened and wanting to quit, but I didn't because I was raised a fighter. You can push me out a window but I'm just going to keep getting back up. I believe in the underdog, karma and an eye for an eye. Why am I telling you all of this? Because I am just like all of you and all I have to say is this, if it weren't for Heav'nly Donuts coconut flavored ice coffee, I simply do not know how I would make it through my days.

As a young teenager, I knew that I was carved out to be different. Over the next 10 years I did everything from competing in National Fitness competitions, to writing songs in Nashville and Los Angeles. I have also owned and operated multiple businesses including a real estate business, a residential cleaning company, and even a network marketing business. I have met a

lot of amazing people and had some of the best experiences, as well as some worst experiences too. Needless to say, this has been quite an adventure.

Currently, I am the CEO of a company called Indigo Magic. My co-founder and cousin, Amy Perreault and I started a children's project out of a need to help wean my son Dylan off of his pacifier. I had written a nursery rhyme entitled The Paci Pixie in which a small little fairy type character helps the child give up his/her pacifier to the new born babies that need them. The idea developed out of a pure need for my son.

From there, Amy, who owns and operates an in-home day care suggested we write a book to accompany the song. Furthermore, at Amy's suggestion, we decided to develop other characters such as The Potty Pixie, The Bubba Pixie, The Bedtime Pixie and The Blanket Pixie because in her experience, not all children have pacifier addictions. Some cannot stop using their bottles or their blankets, so we expanded on the concept. Steven, Amy's husband and a graphic designer, designed for us in 3D animation software our characters that are featured in our animated short film and books. You will hear Amy's sister, Lynne Hajjar, sing on all of the songs, audio books and voiceovers for the film.

From the start, this project has been fueled by the immense creative passion that my family has. We combined our talents to fashion a product that has been well received by parents and children, and effective in its purpose. Our company, Indigo Magic as it is known today, started from one simple thought, a solution for my son. You can read more about our brand, The Indigo Pixies and Indigo Magic at: www.indigopixies.com

I decided to write this column because I felt there was a need for it. There is some light that needs to be shed on what exactly is going on in the workforce for women today. It's not as rosy as the media portrays it, but then again it never is. There are a lot of trends going on, changes happening, and harder decisions that women are needing to make in both their professional and personal lives as we strive for equality in the workforce. Let's take a look at some facts.

We as women have come along way when you think of where our female ancestors were in the past when it comes to career choices. We have basic civil rights. More and more women are entering the workforce and starting their own businesses than ever

BABIES: NEXT PAGE

What Shall We Tell Our Children?

Jeff Katz

CERTIFIED LIFE COACH

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As I have delivered speeches on positive psychology, personal growth and self-motivation around the country, I have often been asked how to share these messages with younger children. There's obviously no easy answer, but the same positive attitudes we strive to embrace as adults, are good tools for our children to have in their toolbox as well. Every human being, regardless of age, is ultimately seeking out the opportunity to achieve self-actualization. Supportive but honest feedback is essential, as is the construction of a nurturing and realistic framework.

In light of the barbaric actions visited upon Boston by terrorists on Monday April 15th, once again the question many parents are asking is, what shall I tell my children? There are no easy answers. You must determine what is appropriate for your own children, obviously. You must take their age and awareness of the news into account.

I will share how my wife and I handled this with our eight year old. We told him about the actions of the terrorists, but also advised him that he must not live in fear. We explained that bad people will do bad things and sometimes good people are hurt by those actions. As only



Motivational Speaker Jeff Katz is now available for speaking engagements

an eight year old can do, he quizzed us on why there was so much coverage of this event in the news. After all, he pointed out, when he slipped off a rock at school, cut his forehead and had to get stitches, there was no mention of this on the radio, tv, or newspaper. And therein was our opportunity to put this in terms he could understand. We told him that bumping your head and getting stitches hurts, but it happens every single day of the year. Every day we reminded him, people fall off of rocks. And because these events happen every day, they are not big news stories. A series of brutal attacks like we saw on Patriot's Day thankfully does not happen every day, and that is exactly why it is news.



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Learn About Beating Peripheral Neuropathy

Dr. Jin Sung

VALLEY PATRIOT CHIROPRACTIC PHYSICIAN

"I haven't slept well at all and the burning and tingling is just miserable. Nothing seems to help for long. It really hurts, plus I feel tired and groggy all the time from the medication..."

We hear this all the time from our patients when they are suffering from peripheral neuropathy. Neuropathy essentially means nerve "damage". There are many known causes of neuropathy such as diabetes, smoking, nutrient deficiencies, chemotherapy and certain prescription medications. But sometimes there are no known causes of neuropathy which we call "idiopathic neuropathy".

But the good news is that there has been significant progress being made in the treatment of peripheral neuropathy which allows patients to not only get excellent in-office care, but to be discharged in a very reasonable period of time to a home treatment program with follow-up.

What can cause peripheral neuropathy?

The causes of peripheral neuropathy are in many cases unfortunately unknown. In fact, the most common cause of neuropathy in this day and age may actually be what's called idiopathic, meaning of unknown certainty. It's no longer diabetes.

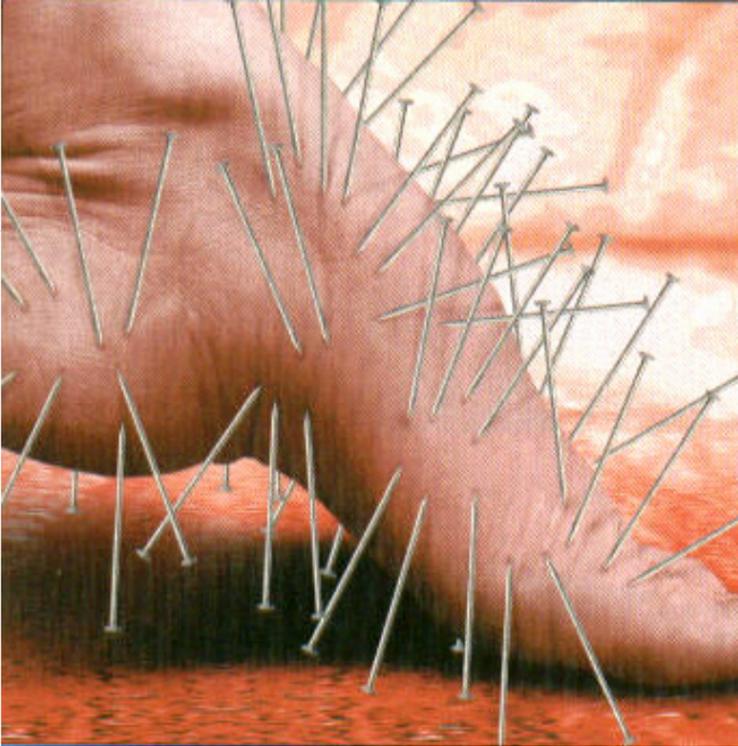
In our modern world, we are subjected and exposed to many environmental toxins, including heavy metals. We also are seeing patients surviving cancer and living much longer. Unfortunately, one of the undesired complications of chemotherapy is the development of peripheral neuropathy. We are also seeing patients developing

compression neuropathy, such as carpal tunnel, chronic sciatica and back pain and nerve damage associated with conditions like degenerative spinal disc disease and spinal stenosis. Part of this, of course, is because we are living longer and being more active than ever before.

Other common but often overlooked causes of peripheral neuropathy are statin medications, hormonal dysfunction, alcoholism, vitamin B deficiencies, immune-complex diseases and abuse of over-the-counter medications. Whatever your condition, it is important to work with your entire healthcare team, preferably with just one professional in charge to avoid unnecessary duplication of tests, over use of medications and improper use of supplementation.

How do I know if I have peripheral neuropathy?

Knowing if you have peripheral neu-



ropathy should be very straightforward.

Unfortunately, patients with peripheral neuropathy suffer greatly. In my experience and the experience of many physicians, patients have symptoms for years, which gradually build to a crescendo before they present to our offices.

These symptoms initially may include such things as mild loss of sensation of the hands and the feet, progressive worsening of tingling and numbness that will oftentimes wake the patient at night, or completely disturbed sleep.

We also find that many patients with

peripheral neuropathy have a combination of these most annoying symptoms. This could include not only the presence of tingling and numbness but shooting pains. I have had many patients tell me that one of the most annoying symptoms, especially in colder climates, is the coolness of the feet as well as the (trophic) changes that occur in the skin. Sometimes, that is extreme dryness, cracking, fragility etc.

Are all the peripheral neuropathies the same?

Unfortunately the answer is NO. The signs and symptoms can be similar but the underlying cause can be different. For example if you are diabetic and blood sugar is causing your neuropathy then diet and exercises must be addressed along the office therapies or else the patient will never get better. If your neuropathy is induced by medication then a qualified doctor must adjust your medication for long lasting relief. Lastly, I find that when patients are labeled as having "idiopathic neuropathy" they often have underlying autoimmune disease such as Celiac Disease.



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

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FROM 30: BABIES AND BRIEFCASES

before but the fact is the data reveals that even though this might be true, women are still not making it to the top level jobs. Out of 190 heads of state, only 9 are women. In corporate, only 15% of women hold the top executive jobs, and even in the non-profit sector where it is thought that women dominate, only 20% of women hold the top spots. The 2013 data also reveals that for every dollar a man earns, a woman

only earns 77 cents for the same job. What happened to the Equal Pay Act of 1964? Apparently, this country's employers didn't get that memo.

Also I found this next segment quite disconcerting as well. When asked, men attributed their success to themselves while women most of the time, attributed their success to an external force such as someone helped them or they were lucky. There is something really wrong with this. On average, women feel undeserving of promotions and negotiate far less for themselves than their male counterparts. The messages that we as women are telling ourselves is that we still do not believe we are good enough.

My goals in writing this column is I am hoping to inspire women to raise their hand more in the boardroom, to take a stand for a belief, help create more successful entrepreneurs, and to embrace each other as a community of leaders bound together by both moral and ethical principles. We need to push forward for our daughters, creating a path for them so they are not afraid to use their voices and be heard. I look forward to being on this journey with all of you. I will leave you with one of my favorite quotes: "To be a star, you must shine your own light, follow your path, and don't worry about the darkness, for that is when the stars shine brightest."



Cheryl Hajar is a lifelong resident of the Merrimack Valley. She keeps busy by fulfilling her duties as a mother to her young son. She is an entrepreneur and the CEO of Indigo Magic, an interactive children's company. One of her passions is music, songwriting and classical piano which she incorporates into all areas of her life.

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PUPPY LOVE! with Kate Whitney



Kate Whitney

VALLEY PATRIOT PUPPY GIRL

Happy Spring, readers!

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

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

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

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

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

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

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

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

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

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

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

I typed in my zip code and chose to search for "dog". And what was presented to me was shocking. Page after page of dogs came up, each with a picture and description of the dog. After doing some reading, I realized that all these dogs were in shelters or rescues and needed homes. Every breed and age could be found. I asked myself a question that I still ask myself today:



why are people still breeding dogs when there are so many that are homeless? I will always remember a t-shirt I saw online once it said "breeders kill shelter dogs' chances". If you really need a purebred dog (and let's be serious, who really does?) remember that one

in four shelter dogs are purebreds.

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

When people ask me about dog rescue, I tell them "it's not 'fun'...it's emotionally and physically hard." I sometimes (if they have the time) go on to explain this. It's emotionally hard because you have to be okay with realizing that you can't save every shelter dog. There just isn't enough space, money, or homes to take these dogs. Those of us in rescue get several emails a day from shelter/rescue workers stating their "last plea" for groups of dogs at their facility. It's an email that lists anywhere from five to sometimes thirty-plus dogs that are on "death row" and will be put to sleep (PTS) the next day or in the following days, unless they can be pulled out and saved. Sometimes I can't read the emails because I know I can't take any, so why look into the eyes of these poor dogs and know I can't do a single thing to help them? These emails haunt me. The PTS date is in red font...the dog's name, age,



"I'm Animal Friendly" License Plate Marks Milestone

Tracey Zysk

VALLEY PATRIOT DOGGIE COLUMNIST

On September 24, 2011 I had the wonderful opportunity to meet Karen Smith of the Massachusetts Animal Coalition at the New England Pet Expo in Wilmington, MA. When I stopped at Karen's booth it was well decorated and nicely organized, but more importantly, it was more informative than I ever imagined.

Karen was representing the Massachusetts "Animal Friendly" license plate campaign. She had plates available for all to see and pamphlets of information. We have all seen the plates, and we are familiar with what these plates represent. However, how many of us know the details? Karen provided to me information from the Massachusetts Animal Coalition in a recent press release that I wanted to pass on to our animal loving Valley Patriot readers.

The Massachusetts Animal Coalition (MAC) has just awarded \$176,000 to 29 animal organizations and control facilities

across the state. These grants tip the scale: as of today's date over 1 million dollars have now been given out to numerous animal shelters, rescue organizations, and municipal animal control departments. The funds – used to help support vital spay and neuter programs – are raised through the sale of the "I'm Animal Friendly" charitable license plates. More than 8,000 "I'm Animal Friendly" license plates have been sold since the program's inception in 2004.

"Massachusetts drivers are really showing their care and concern by not only purchasing the plates, but also renewing them," says MAC Board Member Anne Lindsay. "Although this program only touches the tip of the iceberg, given the scope of the problem of animal homelessness, continued sales of the plates will move us closer to the day when all Massachusetts animals have a home."

The grants are used to fund programs providing spaying and neutering to cats,

LICENSE PLATES: PAGE 35

breed, health, and why it was surrendered are all listed. Sometimes there are litters of five week old puppies, ten year old dogs that were dumped at the shelter to die, and everything in between. Often times rescues get these emails and they can only take one or three or five dogs at that present time. To see a list of forty five dogs that are at one shelter and know you can only choose five breaks your heart. It's like you are choosing the fate of these precious souls. But you have to remember that saving five is better than zero.

Now let's look at the physical side of dog rescue. How many of you spend your weeknights relaxing after work? Maybe enjoy a nice dinner, watch your favorite tv show or lose yourself in your book? Well those of us in dog rescue do something else when we go home (I'm talking from personal experience and what I've learned from talking with others in rescue). We check applications. Potential adopters submit applications for specific dogs and it's our job to check them and make sure the fit, on both ends (for the family and the dog) is the right one. Many rescues require references to be listed. Sometimes three are needed as well as a vet reference. What this means is that we call and talk to these people and find out a little more about the person or family that wants to adopt from us. This process can be quick, or it can take hours, depending on how much detail people go into. At night we also brainstorm fundraising ideas, or talk about upcoming adoption days. When you are involved in a small, all volunteer rescue, your day is not over when you leave the office. How many of you use your weeknights to relax and do errands or get things done around the house? Well those of us in rescue spend hours every weekend doing adoption days, transporting dogs to and

from foster homes, bringing dogs to their new homes (sometimes they are hours away), or doing fundraising events. Volunteers do this work because seeing that wonderful dog go to a new home makes everything worth it. On Sunday night, we don't feel like we had a normal weekend. We are exhausted. But it was all worth it.

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

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

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

It's Kitten Season!!

Crystal Galloway Arnott
SHELTER MANAGER, LOWELL HUMANE SOCIETY

Sure signs of spring have arrived, sunshine and blooming flowers, but for those of us in the animal sheltering field we have a different name for it: KITTEN SEASON. The usual reaction to kittens is a chorus of "awwws" and the fierce desire

to snuggle up in a pile of these fluffy little cuties, but for shelter employees, we get that deer in the headlights look and maybe even groan a bit. Kitten season means lots of babies found without their mothers and in need of

around-the-clock care and bottle feeding every few hours (even at 2am, just like a human infant!). If we're lucky enough for a momma cat to be brought in along with them, then we hope we have an available foster home to care for them until they are ready to be separated from their mother and find their new homes.

Don't get me wrong, you'll catch me snuggling my "bottle babies" while I feed them. Once in a while I even cry when it's time to give them up to another foster home when they begin eating on their own, but our energy could be used elsewhere. Many of the kittens we receive are born to feral or outdoor community cats that don't have an official owner. You can make a difference in these cats' lives by contacting The Lowell Humane Society for assistance with spaying/neutering and vaccinating these outdoor cats.

Spaying/neutering your pet can help by decreasing aggression toward other animals, preventing behavior problems,

reducing the animals chance of getting certain types of cancer, increasing life expectancy, reducing the incidence of injury and disease, reducing the urge to roam, and decreasing the incidence of fight but most important is reducing the amount of animals that end up in shelters each year. The summer months tend to



be the time where local shelters are bursting at the seams, and by spaying and neutering NOW you can prevent many kittens from being born outdoors!

We need your help in ENDING pet overpopulation, and it's easier now than ever! Check out these resources to get your pet fixed soon!

Dracut Residents –until May 30th
Spay/neuter for Pet Cats: Male \$40 Female \$60. Call for an appointment for The Catmobile at 978-465-1940

Spay/neuter for Outdoor Cats: Contact Crystal at the Lowell Humane Society for assistance trapping them 978-452-7781 or info@Lowellhumane.org

Lowell Residents – until May 30th
All spay/neuter services for Lowell Cats are FREE on The Catmobile! Call for an appointment 978-465-1940

Lawrence Residents –until funds run out
Spay/neuter for Lawrence Cats is just \$10 through the MSPCA. They can also assist with outdoor cats! Spay/neuter for Lawrence Dogs is just \$75 per dog. Call for an appointment at 978-607-7453, press 8, followed by ext. 6101. All other areas: If you need assistance with spaying/neutering your animal and you live in another location, contact the MSPCA about their SNAP (Spay Neuter Assistance Program) at (617) 541-5007.



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TOM DUGGAN'S NOTEBOOK: FROM 20

John Greenleaf Whittier lived with his sister, mother and aunt from 1836 until his death in 1892. As a committed Abolitionist, faithful Quaker, creative thinker, environmentalist and freedom lover, Whittier published inspired poetry most of his life and is famed for his poem "Snowbound," and especially his anti-slavery activism.

Visit the home and see the family furnishings, artifacts and memorabilia, along with the gift shop's publications of John Greenleaf Whittier's works and his history. For over 100 years, volunteers of the Whittier Home Association have been stewards of this historic house museum, maintaining the property and collections, and striving to educate others about the life, legacy and works of J.G. Whittier. Take a virtual tour and view upcoming events on our website www.whittier-home.org. Our email is whittierhome@verizon.net

Upcoming at the home: the Annual Plant/Bake/Book Sale in the Victorian Garden, May 18th, 9 a.m. - noon (rain date May 19). All welcome.

HVERHILL SENIORS - Blankets for Kids Group meets at Citizens Center. The Blankets for Kids group is meeting every Tuesday from 9:30 until 11:00. No sewing or knitting skills required, and blankets will go to the Department of Child Services in Haverhill. This is a great opportunity for seniors and others to volunteer for a valuable cause. Contact Kathy or Rita at 978-374-2390 for details.

THE NEVINS FAMILY OF SERVICES is hosting a Flag Raising and Veterans Memorial Service on Tuesday, May 28th at 10:30 am. The Honorable Congresswoman Niki Tsongas and Mayor Zanni are our guest speakers. Veterans from all local Veterans groups are invited. The event will be held at the Nevins Manor, 110 Broadway, Methuen. Nevins Family of Services is a non-profit organization that cares for seniors and the devel-

opmentally delayed of the Merrimack Valley.

NEWBURYPORT - EVENT LISTING
Saturday, June 8th and Sunday, June 9th ... 10:00 a.m. to 4:00 p.m. RAIN OR SHINE

After a blustery and blizzard-filled winter, everything is finally coming up roses in Newburyport as the 34th Annual Garden Tour springs to life on Saturday, June 8th and Sunday, June 9th. Boasted as New England's oldest, continuously running tour, this year's theme, "City Gardens," will feature over a dozen spectacular sites, large and small, offering flowers and colors that serve as a warm and radiant reminder of spring's long-awaited arrival.

The lovingly landscaped gardens not only serve as a veritable sanctuary for floral enthusiasts, but are also sure to provide a bumper crop of spring gardening inspiration! Lucy Butler, Garden Tour chair, shares "The diversity of this year's gardens is stunning. Each homeowner has truly carved out their own little oasis right in the heart of Newburyport's bustling downtown."

"City Gardens," many located within easy walking distance of each other, is a most unusual marriage of the natural outdoors and Newburyport's charming, but somewhat urban jungle. Visitors will witness creative use of limited space that still delivers a palette of dazzling, sunny hues and uninhibited greens.

TICKETS: \$25 per person (\$20 if purchased prior to May 31st). Garden's open Saturday, June 8th and Sunday, June 9th, from 10:00 a.m. to 4:00 p.m. RAIN OR SHINE.

For more information, please call 978.462.2681 or visit www.Newbury-Hist.org. Tickets also available at Corliss Brothers Garden Center and Nursery, 31 Essex Road (Rt. 133), Ipswich; Beach Plum Farms Nursery & Garden Center, 88 Elm Street (Rt. 110), Salisbury; and The Greater Newburyport Chamber of

Commerce (38R Merrimack Street), Beach Plum Too Flowers and Plants (50 Water Street) and Kelly's True Value (163 State Street), all in Newburyport.

NEW MOON COFFEE HOUSE - EMAS REVOLUTION

In the spirit of Emma Goldman's famous attribution, "If I can't dance, I don't want to be part of your revolution," the musical duo emma's revolution brings their songs of social conscience, truth, and hope to Haverhill. They perform on Saturday May 18th at the New Moon Coffeehouse. The show starts at 8:00 pm. Local singer/songwriter Meg Rayne opens the evening.

Emma's revolution is the duo of award-winning activist musicians, Pat Humphries & Sandy O. The duo's songs create new standards in the art of social justice. Their great lyrics, melodies, harmonies, and enticing beat bring listeners to a higher social consciousness--always with a dash of healthy irreverence. Their song "Peace, Salaam, Shalom" and "Keep Moving Forward" are sung around the world at virtually any human rights gathering--labor, environment, immigration, women's rights. Join the revolution.

Opener Meg Rayne hails from Newburyport. She is spiritual, sassy, and inspiring. As she says; "I sing my heart out ... I feel so grateful that I can offer music that just might bring a little more love to this crazy world".

The coffeehouse is located in the Universalist Unitarian Church, 16 Ashland St, Haverhill MA. Admission to the show is \$20; \$10 for those ages 18 and under.

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

Bring your own mug and the coffee is only \$1.00 for the evening.

The easiest way to get to the coffeehouse is to take 495 to exit 51A (Route 125 South). Stay on Route 125 South for about 1.5 miles. At intersection of Routes 125 & 110, look left for a red brick church. Turn left onto Kenoza Ave (aka Rte 110). Then first right by UHaul trucks, and right onto Ashland St. There are 2 parking lots available behind the church, on both sides of Ashland St. The coffeehouse entrance is also there, at the back of the church.

LOWELL -- Lowell teenager Julia Fra-

ser was inducted into the National Honor Society at Austin Preparatory School in Reading on Monday, April 8th.

The guest speaker for the event was alumnus Dr. Anthony DeFranzo of Abington, from the Class of 1979. DeFranzo was the valedictorian of his Austin Prep class, and has been a physics instructor at Hanover High School in Hanover since 1994. Prior to that, he was a research scientist at Itek Optical Systems in Lexington. He is also a recipient of the 2012 Massachusetts Institute of Technology Inspirational Teacher Award.

HVERHILL - Haverhill Council on Aging will be offering a new tap dancing class for area seniors! Class will be offered on Mondays at 11:00 a.m. at the Citizens Center, 10 Welcome St., and the cost is \$5 per class. Instructor Susan Tibbets will lead the class. Please call Kathy or Rita at 978-374-2390 if you are interested in learning more about this class.

METHUEN - Methuen man recognized at the State House on Thursday as one of "29 Who Shine."

Mark Hargreaves of Methuen, a Computer Information Technology major at Northern Essex Community College, will be among the honorees at next month's "29 Who Shine" student recognition ceremony in Boston. Created in 2011 to recognize outstanding students at all 29 of the state's public campuses, the event this year will take place May 2nd at the State House.

Hargreaves graduated from Greater Lawrence Vocational Technical School 15 years ago and became a mechanic.

When he was laid off from his job with a forklift company two years ago, he decided it was time to pursue his dream of a college education and he enrolled at Northern Essex.

According to Computer Science Professor Russ Gouveia, who nominated him for the honor, Hargreaves was serious about his education from the start, excelling in the classroom and organizing student study groups.

He was soon recruited to serve as a supplemental instructor, leading study sessions for students enrolled in computer science courses, and as a computer science tutor. As Professor Gouveia writes "Everybody seeks out Mark because he's so helpful."

When the college created a college-wide information technology committee, Hargreaves was invited to serve as the

FROM PAGE 13: DUNHAM

ment. There, the Scarlet Knights senior co-captain claimed another first as she became the first girl to win a match in the six-state tourney. Coughlin finished her career with a 115-44 record, including 33-10 this season.

Upset special: The Merrimack College men's lacrosse team knocked off the No. 1 team in the country LeMoyne College, 5-3, in Northeast-10 Conference play.

Goalie Connor Reagan blocked 24 shots as the fifth-ranked Warriors snapped a pair of Dolphin winning streaks. Jamie Shand notched the game-winning goal with just over five minutes to play in the game.

Prior to the upset, LeMoyne -- which

loses about as frequently as the Globe-trotters -- had won 59 straight conference games and 33 regular season games. The Dolphins of Syracuse, NY, are 130-3 in their past 133 conference games and had not lost a conference game since March 31, 2007, a 7-6 defeat to, you guessed it, Merrimack.



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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student representative. He also volunteers to help college staff set up computer labs over summer and winter breaks.

Hargreaves is planning to transfer to Merrimack College or Southern New Hampshire University to pursue a Bachelor's Degree in Computer Science part time while working full time.

Hargreaves watched his uncle build his own business from the ground up, and he would like to do the same. He envisions himself developing a networking business, and even has a few patents for computer inventions that he would like to market.

In May 2011, the Massachusetts Department of Higher Education launched "29 Who Shine," a program to recognize outstanding students representing each of our 29 public campuses. The honorees, chosen because of their academic achievements and record of student leadership and community service, stand poised to contribute greatly to the civic life and economic well-being of the state. Whether furthering their education or entering careers here in Massachusetts in fields as diverse as education, public policy, medicine, creative arts, and engineering, they truly embody the vibrant future that we all envision for the Commonwealth.

NECC SPEAKERS - NECC Announces Student Commencement Speaker

David De Jesús of Lawrence has been selected as the student speaker for Northern Essex Community College's May 18th Commencement.

De Jesús, who worked full-time at a medical device company while pursuing his Associate's Degree full-time, will graduate with high honors. He is a 1996 graduate of Greater Lawrence Regional Voc-Tech High School.

While at Northern Essex, De Jesús was a member of Phi Theta Kappa honor society; the Pathways to Academic and Career Excellence (PACE) Program, a federally funded student support program; and the Student Leadership Program. He also served as a supplemental instructor in Music Theory 2, leading weekly review sessions for students.

A talented guitarist, De Jesús performs frequently at Northern Essex, and is actively involved in his church community.

According to Kristen Arnold, his PACE

CAMPBELL FROM PAGE 8

because our legislators have an unlimited spending appetite. This is why 24-year old Leah Cole, a Ron Paul Republican won the special election in Peabody last month to become the newest member of the Massachusetts House of Representatives. Her anti-tax message resonated with the voters and we should mobilize to get more Leah Coles elected across the Commonwealth.

We will remember Representative Campbell's poor decisions and lack of real leadership at the ballot box next November. Rep. Campbell has put partisan Beacon Hill politics ahead of her constituents in Methuen. We need to replace Representative Campbell with a true Representative of the people like Leah Cole. In the meantime I will just continue doing my shopping in New Hampshire as I have done consistently since the sales tax increase in order to boycott that mistake.

D.J. Deeb is a Methuen resident. He served as a member of the Dracut School Committee from 2005-2008 and the Greater Lowell Regional Voc-Tech School Committee from 1997-2009. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School.



Business entrepreneur & philanthropist Salvatore Lupoli wins coveted Italian-American Award. Last month, business entrepreneur Salvatore Lupoli along with six other recipients received the I Migliori award, which honors Americans of Italian heritage who've made a positive and significant contribution to society. Boston Magazine has called the I Migliori award "the single most prestigious honor to be received by men and women of Italian descent". Lupoli receives this honor for his successful career in business as: owner & founder of Sal's Pizza, Salvatore's restaurants and Riverwalk Properties, raising over \$250 million in capital with his vast business ventures. Ultimately, Sal believes the most important thing he's done is, "give back," through his many charitable endeavors which include: a reading program he designed for the Billerica, MA Public School System, donor to: Habitat for Humanity, Camp Fatima and Adelante Youth Center, Lawtown Boxing Club, Debbie's Treasure Chest, serving as a football coach for Chelmsford High School and Chelmsford Pop Warner. Furthermore, Lupoli has achieved all of this while still only in his mid-forties.

Advisor, "I have seen him eager to share his experiences and advice with younger students. He is comfortable in a mentoring role and many of his fellow students have appreciated and benefitted from his guidance."

De Jesús has been accepted to the Berklee College of Music in Boston and UMASS Lowell. A Master's Degree in Music is in his future, and his goal is to become a music teacher.

Upon learning he had been selected as commencement speaker, De Jesús said "It is truly an honor and a privilege to be selected at this year's student commencement speaker. Although I have worked hard to be an exemplary student during my time at NECC, I would never have expected to be worthy of such an honor."

De Jesús was nominated to be student speaker by his wife Anna De Jesús, Kristen Arnold of PACE, Karletty Medina of the Student Success Center, and his music theory instructor, Vasily Medved. A committee including faculty and members of the commencement committee review student speaker nominations and makes a recommendation to President Lane Glenn, who makes the final decision.

Close to 1500 graduates will receive

LICENSE PLATES: FROM PAGE 32

dogs and rabbits at minimal cost. Proceeds are granted out each year by MAC to non-profit animal organizations and city and town animal control departments within the Commonwealth. As of today's date, a total of \$1 million has been granted, and more than 22,000 animals have been spayed or neutered as a result of the "I'm Animal Friendly" license plate program. The plates are available through the MA Registry of Motor Vehicles. They are tax deductible and can be purchased online by Massachusetts motorists at or at any full-service RMV branch.

"The license plate program has made a huge difference in the numbers of animals we are able to get spayed and neutered," states Chris Arnott of the Lowell Humane Society. "For example, Jinx is a nine year old cat who was surrendered to the Lowell Humane Society. She had given birth to 15 litters in her lifetime, all yielding 5-7 kittens each. Jinx was spayed thanks to the MAC grant."

Massachusetts Animal Coalition (MAC) is a statewide, non-profit organization comprised of animal professionals and individual volunteers dedicated to working together to decrease the number of

certificates and Associate Degrees at the college's 51st Annual Commencement, which will be held on Saturday, May 18th at 11 a.m. on Northern Essex's Haverhill Campus. Carmen Ortiz, the U.S. Attorney for the District of Massachusetts, will be the featured speaker.

NORTH SHORE BUSINESS FORUM- INTRODUCTION TO WINDOWS 8 AND OFFICE 2013

DANVERS, May 17th – Kate Ritter, of Essex's PC9LIVES, will speak at the North Shore Business Forum on Windows 8 and Office 2013 fundamentals. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$11 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nsbforum.org

BUSINESS NETWORKING EVENT

DANVERS, May 31st – Networking event at the North Shore Business Forum on May 31st. Bring plenty of business cards and your best "elevator speech." The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The \$11 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nsbforum.org

LETTERS

US Immigration Policy A Suicide Pact

I get impatient with friends who speak platitudes about the Boston Marathon bombing as though it were an unexpected tragedy. It should not be viewed as an unexpected tragedy; it was an Islamist terrorist attack waiting to happen. The unvarnished truth is that current US immigration policy ignores comprehensive government studies on the subject of terrorism. In short, US immigration policy is a suicide pact.

The 9/11 Commission Report was the most exhaustive study of a terrorist attack ever conducted. It was a bi-partisan study by ten Commissioners - five Democrats and five Republicans selected by Congress. The Report concluded that our immigration policy must be changed so that we know who is coming into the country. The Report states unequivocally, "The enemy rallies broad support in the Arab and Muslim world..." Does US immigration policy reflect that reality?

No, it does not. In fact, individuals are legally allowed to emigrate from areas of the world known to be hotbeds of Islamic extremism. The two Boston Marathon bombers emigrated legally from one such area of the world.

The Department of Homeland Security created after 9/11 is supposed to keep us safe but what good is it when we have an immigration policy that defies common sense? We have four attacks in the last five years including the Fort Hood shootings, which killed 13 people, the failed car bomb in Times Square, the underwear bomber on the airplane and now the Boston bombings. US Rep Peter King identified 16 Islamist-based terror plots against New York since 9/11. Where will the next attack occur?

The great majority of Muslims are good citizens who contribute to society and want nothing more than to live in peace. Unfortunately, studies show that a small but significant percentage of Muslim Americans (8%) say that suicide bombing and other forms of violence against civilian targets are often or sometimes justified to defend Islam from its enemies. (See Pew Research Report dated 8/31/2011). That 8% translates into thousands of potential jihadists who present a significant threat 24 hours a day in our country.

Maybe members of Congress currently writing the new immigration amnesty bill should put aside the usual political correctness and deal with reality. It is high time to get control of our borders and enact and enforce meaningful laws governing who is eligible to immigrate to our country. It is time to wake up and smell the coffee.

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homeless, neglected, displaced and abused animals in Massachusetts. MAC promotes collaboration, providing ongoing education programs, and encouraging responsible and humane animal care practices.

"MAC's goal is to work toward an end to homeless animals in our state," says Ms. Lindsay. "The plate program is a significant way for everyone in Massachusetts to help reach this goal."

If you would like addition information regarding this program please contact Contact: Anne Lindsay (978) 549-3879 Email: annerlindsay@gmail.com



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



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