LAWMAKERS FILE BILL ON ILLEGALS

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Christine Morabito

TEA PARTY

Lesbian Columnist Danni Langui

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Shawn Hansen’s TV Corner

The Doc. is IN Dr. Rami

 bruton

After months of sitting on the sidelines while the Tea Party Groups demanded “Secure Communities” (allowing local police to cooperate with Federal officials when dealing with illegal aliens), legislators finally propose legislation to curb services to illegals and support secure communities.

See Story: Page 27

VALLEY PATRIOT OF THE MONTH

Hero in Our Midst: Staff Sgt. John Katsaros Part II

Helen Mooradkanian

VALLEY PATRIOT VETERAN COLUMNIST

Last month we described the miraculous escape of downed airman, John Katsaros, USAAF, of Haverhill, whose life was saved during WWII by the French Resistance. Smuggled out of Nazi-occupied France in a 3-month, 3,000-mile escape, he gathered strategic intelligence used to liberate France. For this, he received France’s highest honor: Part II follows.

Legion of Honor: Chevalier

On September 6, 2011, in Haverhill, in a ceremony attended by military and political dignitaries, Staff Sergeant John Katsaros, USAAF (ret.), received the Chevalier in the French Legion of Honor for his “outstanding contribution to the liberation of France from Nazi occupation in World War II.”

Consul General of France, Christophe Guilhou, granted this prestigious medal to Katsaros, on behalf of French President, Nicolas Sarkozy, who signed the decree. The medal was created in 1802 by Emperor Napoleon.

“This honor,” the Consul General said, “is a token of France’s eternal gratitude. France has never forgotten the tremendous sacrifice and contribution that went into helping liberate our country. Mr. Katsaros, thank you for your courage, perseverance, and dedication. You are a true hero.”

On his three-month, 3,000-mile escape through enemy lines, he gathered extensive strategic military information for the USAAF Intelligence and Britain’s Special Operations Executive (SOE), founded by Winston Churchill.

The escape route Katsaros followed was mapped out by the British SOE working with the French Resistance. They code-named him “Burgundy,” and smuggled him in various disguises from the north of France near Reims, where his B-17 was shot down, to the south, across the Pyrenees into Spain, then Gibraltar and England. He flew home on President Roosevelt’s personal plane.

As Consul General Guilhou pointed out, “It is imperative we honor men such as Mr. Katsaros for their courage and sacrifice. France has never forgotten the tremendous heroism displayed by Staff Sergeant John Katsaros. He is a token of France’s eternal gratitude.”

KATSAROS: PAGE 44

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ATTORNEYS AT LAW

SEE OUR AD P. 3

See Story: Page 27

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Lesbian Columnist Danni Langui

Shawn Hansen’s TV Corner

The Doc. is IN Dr. Rami

bruton

Staff Sgt. John Katsaros, USAAF, ret., rescued by French Resistance in WWII, received France’s highest award on Sept. 6th: “Chevalier” in the French Legion of Honor. His medals include: Purple Heart, Distinguished Flying Cross, Air Medal with Cluster, French Resistance and WWII Victory Medals, POW Medal, Bronze Star, British Flying Boot. He will speak Nov. 16, 7 pm, MV Tea Party, VFW, North Andover.

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PUPPY GIRL

CTOBER 2011

FEST EDITION 96

SSUE

10
EDITORIAL

Dangerous Ideas

Presidential candidate Ron Paul continues to promote the flawed concept that terrorists should be protected by the constitution.

He recently decried the killing of Al-Qaeda operative Al-Awlaki, saying that because the Muslim terrorist was an American citizen he should have been arrested, prosecuted and tried in a criminal courtroom.

If Mr. Paul had his way the constitution would be a suicide pact. This is the same kind of thinking that led to 9/11. War is not a Criminal justice matter. Those who think we can fight a war with warrants and trials are naive and dangerous.

There are domestic crimes to be investigated by police, prosecuted by DA's and tried in criminal courts. Then there are wars which are to be conducted by the military and the CIA. This man wasn’t a domestic criminal who held up a bank, he was a soldier in a terrorist army.

We should never confuse the protections of our constitution on criminal justice matters with matters of war. And make no mistake about it we are at war, or at least they are!

But people like Ron Paul want our military heroes to serve warrants on the battlefield instead of killing our enemies. We say this is just one more reason Ron Paul should never hold elected office, much less be president.

Booing should be denounced

Last month a gay soldier asked a question during a Fox News, Republican presidential debate.

While asking his question via satellite, one man in the crowd boooed the soldier. We do not know exactly why the audience member was booing; we do know that no loyal American soldier should be disrespected in this manner.

We also know that since this happened there has been no outrage from the Republican Party or their candidates.

Sure, Senator Santorum said that he didn’t hear the booing and denounced it. But the silence among conservatives and Republicans over the disrespect of an American hero has been deafening.

We also believe that if the Democrats had a similar incident where a soldier was booed for supporting the war in Iraq (for example), the outrage among conservatives and Republicans would have been loud and clear. The protest and hand wringing would have gone on for weeks.

We strongly denounce the behavior of the person who booed our soldier, whatever his reasons were. And we believe the response by the GOP and conservatives should have been just as loud and just as fervent as if this had happened during a Democrat debate.

To the Editor,

Like so many women across the country, I’m proud to be a wife of an incredible man who chose to be a Professional Firefighter/Paramedic. I am disabled, and find it difficult, as he like others in his profession, works long, strenuous shifts (sometimes he’s held over), and does overtime, that is if overtime is available. Most cities, and towns first cut back on emergency responders during negative economies, this also includes Police Officers and are forced to work as a skeleton crew. Because FF/Paramedics are grossly underpaid, they are forced to work at least 2 sometimes 3 jobs to make up for the low weekly insult called pay, and the expense of so, so benefits they receive for the arduous work they are forced to perform. In a September 4, 2011 issue of the Ravalli Republic, Scott Rickard, and Economist for the Center Of Applied Research at MSU Billings, states, “Throughout the country, Firefighting has highest percent of multiple job holders..

Most lay people would be surprised what the physical requirements are for FF’s, the initial schooling, and training to become a Paramedic, as well as the requirements to continually maintain certifications for FF’s, and Paramedics alike. Studies are showing more patients are being successfully reuscitated with pre-hospital care. My Physician worked as an EMT through medical school, and is impressed at the advancements FF/Paramedics are receiving to better service their community. The nature of calls FF’s do in the harshest of circumstances is inspiring as they have a rare enthusiasm for their profession.

Myself, like others, have watched Joe Shortsleeve, Chief Correspondent at WBZ-TV, publicizing cover-ups within the Government. Until he scrutinized some Boston FF’s for taking a fire engine to get lunch, was it 4 times in a couple of weeks? I had to think the last time I had lunch only 4 times in a couple of weeks, I couldn’t

Firefighters: Page 7

Valleypatriot@aol.com

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Texas Governor Rick Perry is ALL Heart!

Jeff Katz
RADIO TALK SHOW HOST/TALK 1200AM

Heartless, eh? I must confess, I’ve really been trying to deal with the news I received in September from Texas Governor Rick Perry. Seems that Slick Rick knows me better than I know myself. Here I was laboring under the misconception that I was a patriotic American. A hard working man trying to do the right things for my wife and my three children. Doing the best that I could to provide a strong moral compass to my kids. Trying to provide enough spiritual enlightenment to them that they appreciate what they have. Working to make sure they do not covet what someone else might possess because they had rightfully earned it.

My wife and I welcome Shabbat to our home on Friday evenings by lighting candles in keeping with the Jewish faith. As part of our Friday dinner we give the children coins to deposit into a tzedakah box which is then donated to those who need it more than we do. I suppose the box which is then donated to those who need it more than we do. I suppose the need to provide taxpayer subsidized housing while collecting a taxpayer funded pension for a job she never had! After that you’ll probably need a drink, so head on over to Framingham where you can visit with Barack Obama’s illegal Uncle Omar Obama, a/k/a Onyango Obama a/k/a Obama Oyongo as he works the counter at Conti Liquors. If Barack’s Uncle Omar asks to see your ID before he sells you your booz, be sure to ask to see his too.

It just seems to me that if you are going to provide tuition breaks it makes more sense to give them to a family from New Hampshire than one who is here illegally from New Zealand. Of course, the bigger question here is about the larger agenda at work. See, the in-state tuition scheme is the first part in the amnesty puzzle. After all, even if the illegal aliens receive a college degree, they are not allowed to work in the United States. Guess what is coming down the pike? The argument that we’ve already paid for their education, so we’ve got to grant them amnesty and eventual citizenship so that they can work

Fibromyalgia? Chronic Fatigue?

Do you feel like every drop of energy is drained from your body and some days you just hurt all over? Does going to the bathroom feel like a ten-mile hike?

You are not alone. Six million Americans suffer from the effects of fibromyalgia. But the sad fact is most of them have been told they’re crazy, lazy, or just depressed.

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- Aching all over
- Disturbed sleep
- Tender points in the neck, and spine
- Recurring headaches
- Fatigue & Stiffness

Maybe your doctor doesn’t even think fibromyalgia is a real disease, but you know it is. You suffer with it every day. Fibromyalgia is often called the invisible disease. You look fine on the surface, but underneath you’re often exhausted and in excruciating pain.

My name is Dr. Jin Sung a chiropractic physician and over the past thirteen years, I’ve used gentle treatments to help hundreds of fibromyalgia patients feel better and live healthier, more joyful lives. The more patients I helped get better, the more I realized that…

No One Should Have To Suffer The Way You Do.

I’ve made it my mission in practice to help those suffering with chronic pain like you.

To help people with fibromyalgia and chronic fatigue, I’m running a special offer for people suffering from fibromyalgia. For 15 days only, $49 will get you all the services I normally charge new patients $180 for! Just call by February 20th and you’ll get a complete examination including a detailed neurological examination and a neuromuscular logical examination and a neuromuscular examination. A thorough analysis of your exam findings so we can start mapping out your plan to being pain free.

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State Marching Band Competition Comes to NA

There are many questions families need to ask about older drivers and driving safety. Driving is a symbol of freedom, yet most of us will reach a point when it is no longer safe to drive or our vehicle may be in need of modifications in order to maintain independence on the road.

Join us for an informational program with an occupational therapist from New England Rehabilitation Hospital to discuss the challenges of driving on the aging population. This program is free of charge and is sponsored by the Merrimack Valley Memory Support Coalition. This is a Community Education program; all are welcome to attend. We encourage you to bring the older driver and your family.

Ongoing discussions and objective assessments will help the older drivers and their families evaluate the risks in their unique situations. Please join us on Wednesday, September 28, 2011, 4:30 – 5:30 p.m. at the North Andover Senior Center, 120 R Main Street, North Andover. For further questions or to register, contact 978-688-9560. DON’T BE LEFT OUT! Choose your prescription drug and set up email. $25 per person due at registration.

NEW OPEN ENROLLMENT DATES DON’T BE LEFT OUT! (Oct. 15 through December 7th) enrollment for Medicare Advantage and Drug Plans. Open enrollment is much earlier this year and is a great opportunity. What should you do first? Review your PRESCRIPTION DRUG and HEALTH INSURANCE NEEDS. By September 15th, see your physician and review your medications! Check for: contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic? PREVENTION is the best medicine! While at the doctor’s review preventive services under Medi-care and sign up for the Annual (FREE) Wellness Visit to UNDERSTAND the plan changes. By October 1st, you should receive the 2012 “Medicare and You” handbook. Review the changes at the back of the guide or go to www.medicare.gov! You may expect a lot of marketing material soon, but please know that help is available if you find it confusing. EXPERT INFORMATION AND ASSIS-TANCE. If you would like to learn about your options, wish to save money or need assistance to change your plan, attend one of the regional SHINE presentations advertised in your local newspaper, call your regional SHINE Program at 1-800-AGE-INFO or the North Andover Senior Center for an appointment 978-688-9560. DON’T BE LEFT OUT! Choose your prescription drug and health insurance plan by December 7, 2011, for January 1, 2012.

REMEMBER: NEW DATES FOR MEDIATE OPEN ENROLLMENT OCTOBER 15 – DECEMBER 7.

MEN’S BREAKFAST: Thursday, October 6, @ 9 am. Christopher E. Hopen Ph. D, President of Merrimack College will be the guest speaker.

HARVEST DINNER: Sunday, October 23, 1-4 pm at the Senior Center. Roasted Chicken Dinner, mashed potatoes, green beans, cranberry sauce and apple crisp. Entertainment by Russ McQueen. Tickets: $15 for adults and $6 for children under 12. This event is open to the public and is sponsored by Wheelabrator of North Andover and the Friends of the North Andover Senior Center. $7 and sign up is required.

All are welcome to attend and feel the beat and pageantry of our amazing High School Marching Bands! Gates are open at 4pm, the competition begins at 5pm. Tickets are $8 for adults, $5 for students and seniors. For more information and links to forms for program ads, best wishes ads and flyers, please visit: http://northandovermusic.org


Activities From the North Andover Senior Center

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October - 2011

North Andover

THE VALLEY PATRIOT 5
Parents of Public School Children Beware!

Transformative Education – A Looming Disaster

Do you see any references to academic educational vision has an important role to play in making a difference in the world situation.” [Emphasis added.]

Is this what our public schools need? Is this what parents want as the philosophy that guides their children’s education? Will this serve to improve academic outcomes? Will this provide the basis for our students to succeed or excel in college? Public schools have produced abysmal educational outcomes for decades. A high percentage of students departing our public schools (especially urban school districts) are dropping out at or below the eighth grade level. Their math and science skills are often even worse.

What should our schools need is a REAL transformation, not a politicization of the educational process.

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Valley Patriot

6 October - 2011

THINKING OUTSIDE THE BOX

Doctor Chuck Ormsby

VALLEY PATRIOT EDITOR/COLUMNIST

Learning about the latest educational fads must be one of the most boring experiences known to mankind. But if you have a child in a public school and you care about his or her education and future prospects, you should be forewarned that the latest, politically-correct education fad is on its way.

The new elixir is called Transformative Education and public schools are being duped into adopting this pseudo-education philosophy. Before proceeding, please read the summary in the nearby box.

If your eyes glaze over as you read this, I sympathize with you. Count yourself as lucky that you didn’t have to read the whole article, or even worse, the remainder of the conference proceedings.

All lies must be mixed with little bits of sweetener and self-evident truths. These are added to make the poison more palatable. Who would disagree that “transformation is to be the goal of any education community”? Or that students need a “safe, supportive, sustainable, nurturing … environment”?

Yes, we want to transform students from being ignorant children with few skills to knowledgeable young adults with a broad and useful set of skills. And, of course, we want to do this in a safe, supportive … Oh heck, this is such obvious pablum it doesn’t deserve further attention.

If the leaders of our public schools have not been stressing these attributes every day they go to work, I propose we take them out to the school yard next week and beat them with a stick. (-:)

Such indispensible filler is the Trojan horse of all new-fangled education philosophies. None of these sweeteners are new or add anything of value to the philosophies. None of these sweeteners jan horse of all new-fangled education fads must be one of the most boring experiences known to mankind. But if you have a child in a public school and you care about his or her education and future prospects, you should be forewarned that the latest, politically-correct education fad is on its way.

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Such indispensible filler is the Trojan horse of all new-fangled education philosophies. None of these sweeteners are new or add anything of value to the obvious list of policies to be honored by any educational institution.

There are two major objections to this latest fad: What is included AND what is missing.

First, what is missing?

Do you see any references to academic content? There are none, unless you think that our public schools are training community organizers.

Are there any innovative pedagogical techniques? Not unless you think casting teachers “as role models, facilitators and mentors, co-inquirers and critical friends, experienced co-learners, respectful guides and compassionate helpers in the educational process” represents an educational breakthrough.

All teachers understand that they need to develop a relationship with their students; one that is conducive to learning.

For some students this is best achieved with a smile while others require a not-so-polite kick in the butt. Some students challenge themselves and merely need encouragement while others require a frank discussion of the consequences of ignorance. Students and teachers are not co-learners.

Certainly a teacher should always be building a better world. In today’s world, individual transformation and personal

Are educational priorities that relate to established fields of study (e.g., language arts, mathematics, science, and history) provided, or is guidance given regarding suggested achievement goals? No. In fact, the article rails against such “prescriptive” curricula.

Faults with what is included:

Given the glaring absence of any guidance concerning key issues, the consistent smearing of leftist political jargon is very unsettling. Least offensive is the knee-jerk support for “adequate” funding for facilities, teacher training, and the support of low “class size and overall learner-educator ratio” – now called “human scale,” a new buzz phrase to confuse and disarm the public.

More offensive is the agenda of promoting “social justice,” leftist code for advancing a socialist state, promoting wealth re-distribution, and demanding equal outcomes (not equal opportunity).

After outlining their vision in the original article, the authors concluded by unveiling their real agenda: “Despite the fact that our main analysis focused on individual transformation and personal growth, the real underlying discussion was on a larger scale of transformation – social transformation and ultimately building a better world. In today’s world, when we are constantly confronted by social injustice and inequality, the unbalanced distribution of material resources and, above all, political power residing in the hands of a few, (the) transformative
It is very hard to be positive about Lawrence. There has been a lot of press lately about a number of issues connected to, and potentially positive for, the city, but there is no reason to think anything is getting better soon.

Voter ID efforts are underway in Massachusetts and there is another article in the paper describing exactly what is going on. A ballot petition has been submitted, but the Attorney General who had to review all petitions, has rejected it because she claims that the only way to get a state ID is to pay $25, and this then constitutes an unreasonable barrier to voting. A lawsuit has been filed and the State Supreme Judicial court will rule on it. If they say it is unconstitutional it’s not going to go further. The signature collecting currently being organized (they will need 70,000 certified) will be for naught. Even if it did get to the ballot in November 2012 and passed (not a sure thing, as big money will be up against it and many people will fall for the “$25 is a poll tax” argument), the legislature and courts could block it. The people in power don’t want it. Voter ID wouldn’t even be an issue if we had political leadership with a shred of decency and a belief in the American way, or if city clerks and election officials all took their jobs and oaths seriously.

This month has stories of illegal immigrants in MA committing violent crimes and law enforcement trying to get around the governor blocking Secure Communities (a program to forward criminals’ fingerprints to ICE- Immigration & Customs Enforcement). These illegal immigrants would have not been in circulation if Secure Communities had been in place. In a normal state there would be outcry that something should be done. However not much appears to be changing due to the attitude of the “we love illegals” Patrick administration. This is the real problem. A local police department ended up with three illegals in their holding cell. They call ICE and ICE says “Oh, okay. Only 3? We can’t be bothered making the trip up to the Merrimack valley for less than 10 illegals.” Also in the news is that Lawrence also just got $600K in a special state appropriation targeted for police. It was highlighted in a press conference with all the local politicians lining up to take credit, except the Mayor, who was strangely mute. The state cuts local funding on one end and then doles it out on the other, probably having some breakfast, no lunch, due to station duties, required daily training, and 911 calls. While Mr. Shortsleeve is snoozing in his cozy, dry, and warm bed as thousands of FF’s across the country, are being dispatched to calls, then only to go to another job, then 8-24 hours later (sometimes) completely exhausted, he comes home to do chores at home, and trying in between to spend time with his family, never complaining. Does Mr. Shortsleeve in his investigations ever see that FF’s are still in the top 20 (just behind Police Officers) of most dangerous jobs of 2010 concerning occupational injuries, illnesses, and fatalities? Mr. Shortsleeve, while at work, how often are you troubled about an occupational injury, or illness that may disable you, or even end your life?

On the eve of Hurricane Irene, we were preparing for the storm. Around 2am, we received a call that our eldest son was in a serious car accident, something you never prepare for. We were told he was talking, however, he was transported by ambulance to a hospital! Both mortified, my husband met the ambulance at the hospital, I at home for our other children, all I could do was cry, and pray. My husband works the ambulance in that town as his 2nd job, and would have had to see our son in an accident (an not an uncommon occurrence). The FF’s, and Paramedics stated that the scene was a wreck, however his seat belt saved him! It was FF’s, and Paramedics that responded, not Mr. Shortsleeve. The car was in pieces, leaving FF’s to remove debris, vehicle fluids to avoid a hazardous materials incident which could also catch fire, while another serious accident going on at the same time (FF’s were required to perform numerous duties). I’m gracious for their professionalism, and compassion, they knew it was urgent until seeing my husband at the hospital. Mr. Shortsleeve, did you take witness to the Emergency Responders during the storm? They were non-stop, possibly without lunch! In my town, I’ve called the FD to our home recent as it had filled with gas fumes due to a problem with the oven, afraid for my children, the FF’s took the extra time to reassure my children that everything was okay, there was no more threat of a fire, again finding myself thankful we have the best on-call FD anywhere!

Mr. Shortsleeve, I hope you never experience any emergencies, however, if you do, please rest assured that when you call 911, you will get the service that is well beyond what you pay for, how can you put a price on the safety of your family?
The service residents receive from Emergency Responders is priceless! We do have FF’s to thank for stricter building codes, and making many things fire proof! Fire Departments, and Emergency Responders alike, hold open houses to better educate their communities, in my community, they’re always available for questions or concerns the public may have.

Being a part of a FF family is an honor, if a FF or family member is ill, injured, or a death occurs, it effects them all, they cover shifts with out pay for however long is needed, they stand for, and behind each other through the fat, and skinny! I wonder Mr. Shortsleeve if you have ever had the privilege of being part of such devotion amongst coworkers.

The “observations” reported by Mr. Shortsleeve, and WBZ on the Fire Department has negatively impacted them. I’m certain this was not an investigation, but rather “observations” poorly thrown to get into a report. It’s time for Mr. Shortsleeve, and WBZ to sincerely, and formally apologize to the FF’s everywhere put in a negative light. We all err, we’re human, and don’t always say or do the right things. My husband has the same education as Mr. Shortsleeve, he has a Bachelor’s Degree from a renowned Catholic College. The difference is that he has made the choice to help people in need where you have made the choice to criticize, sometimes the undeserving, however, you are forgiven.

Please support your local Fire Department, and Emergency Responders for their hard work making your community a safer place to live.

I have found an inspirational adage on We Party Patriots website for Mr. Shortsleeve, and WBZ as well as others who are ill-informed regarding Fire Fighters, (you can’t buy lunch for this kind of potato change)! The author is unknown:

On average homeowners pay $1.40 per day for a full time Fire Department includ

ingsalaries, and benefits. If you own a smart phone, you pay on average $3.40 for it.

That phone won’t die for you, protect your property, save your life, perform CPR, or drive you to the hospital in an emergency.

Sheila McLain Seery
Westford, MA
Senator Finegold Gets $631K Grant for Lawrence Police

VALLEY PATRIOT STAFF

LAWRENCE – State Senator Barry Finegold (D) Andover, held a press conference Monday at Lawrence City Hall to announce a state grant approved in Governor Patrick’s budget for $631,000 to beef up the Lawrence Police Force.

“It’s something we are going to fight for every year, something we are going to keep advocating for,” Finegold said admitting that the money for Lawrence Police is not automatically going to be renewed next year.

Asked if there were any restrictions on how the grant money can be used, Secretary of Public Safety Mary Ellen Hef- ferman said, “The restrictions are for the chief to decide how he wants to deploy the officers. It’s for police officers that were laid off. It’s to bring them back, but how the money is used is up to the chief.”

Under the Charter of the City of Lawrence, Police Chief John Romero is considered a department head that must follow the directives of Mayor Lantigua. In essence, Chief Romero can spend the money the way he wants if the Mayor lets him, but Mayor Lantigua could direct him to spend the money differently.

Finegold said that the money is part of a grant awarded to several communi- ties “…to help out cities that had a lot of police layoffs, Fall River, Lowell, and other cities that are high crime areas. To me the priorities have to be public safety, because if we can’t keep the city safe, then economic development and education will fall.”

“We were able to give Lawrence about 2/3 of what they were looking for,” Hef- ferman added.

“Because we had so many folks looking for this line item, its formula driven, and Lawrence was at the top of the list.”

Mayor Lantigua did not speak at today’s press conference and left the room when it started.

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Lawrence Company Volunteers to Help Maintain Ball Fields

LAWRENCE, MA: Lawrence City Councilor Marc LaPlante has announced that the Lawrence company, Tompkins Landscaping, has begun work to main- tain the South Lawrence East ball fields.

“When the South Lawrence East Little League had its gear and equipment stolen two years ago, individuals and companies throughout the region and country responded with funds and equipment to ensure that Lawrence children continued to play baseball without interruption,” said LaPlante. “The support continues today with Billy Tompkins of Tompkins Landscaping stepping up to make sure that the South Lawrence East youth have adequate fields to play ball in time for next season.”

Upon a recent visit to the ball fields by LaPlante, Tompkins, Lawrence DPW Director John Isensee, and South Lawrence East Little League President George Herman, weeds were growing waist high and the turf was spotty with the baseball diamonds totally compromised.

“My main factor was seeing the effects of dwindling budgets to properly maintain the city’s fields and the after effects. Every citizen should have pride in the appearance, and be proud of their respective town or city, especially the areas where their children practice sports and play games on,” said Tompkins.

“Donating even just a little bit of time to help out is a great example of what could be done. If everyone helped out, donated, or assisted even just a couple hours to maintain, beautify, and keep their city or town looking great it would go a long way in dealing with the situation at hand,” added Tompkins.

Budget cuts have had a significant affect on the Lawrence Department of Public Works’ ability to provide the necessary maintenance at the fields.

“Given the staffing for the Streets and Parks Department, it is nearly impos- sible to service all of the ball fields and parks to a standard that is acceptable to all,” explained Isensee. “In trying to be as creative as possible, we still struggle to maintain to acceptable conditions.”

BALL FIELDS, page 18

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Our Politicians Fail Us in the City of Lawrence

Bob O’Koniewski
VALLEY PATRIOT COLUMNIST

Election time is once again upon us here in Lawlestown. The choices we make on Tuesday, November 8 will dictate how the remaining two years of the Lantign cabal at city hall will go—namely, if he is still around!

Elections have individualized meaning for voters, but they all come down to one thing: A referendum on where we are at and where we are going.

Concerning incumbents, I tend to view these things as a type of employee performance review. Is the incumbent meeting the demands of the job? Is he or she responsive to those that pay his/her salary? Does he/she set reasonable, useful goals and work to meet them? Is there a special skill he or she brings to the table that is a key part of the workplace that would be a detriment if missing? Does the person answer to me, the taxing boss, or to some other entity?

But the overarching question at times like this always comes down to one thing: Are we as a city better than we were two years ago? That has got to be asked.

As I tend to think that most hours of most days I am a somewhat rational person, to me, these are all reasonable questions. Unfortunately, most voters do not go to the necessary rational lengths to make reasonable judgments. Instead, we get people who vote for someone because they share a nationality, or they speak well, or they smiled at me at the grocery store, or my kids play Little League with that guy’s kid. You get the idea. For these people, I wish long-term oxygen use for them because evidently their surrounding atmosphere is depleted of this vital element. These airheads, for example, have given us a president so out of his depth we may have suffered complete, irreparable harm as a nation. But I digress.

Going into November, in the city council races, I have to look at four slots filled with incumbents: my District “A” councilor Sandy Almonte-Rosado, and the three At-Large incumbents Frank Moran, Dan Rivera, and Roger Twomy. Let’s take the District “A” slot first. Sandy will not be getting my vote. And not really for any particular or subjective reason other than I think she brings a middle school mentality to a grown up’s world. (By way of full disclosure, my wife was a candidate for this seat two years ago when it was an open seat, but the other candidate being Joe “Where Are They Now” Armano.) I am always willing to give someone a fair shot whether I voted for them or not. After all, even the blind squirrel can find the occasional nut. Whether you agree or disagree with a particular councilor’s point of view, you can respect what they say if they act like a grown up and have a well thought out approach. You may not agree with it, but at least it is a starting point for a potentially productive discussion.

To listen to her at council meetings and the inane, irrelevant things that come out of her mouth make me want to jam knitting needles into my ears. In addition, she has to be the least responsive politician I have ever run across in my lifetime. Oh, I think she calls back “her” people, but if it is coming from my spouse or my neighbors, that sound you hear are the crickets amidst the silence of her response. This is a person who quit a full time job to take a part time job as city councilor, and now wants the council to increase the pay to $35,000 a year to cover her immaturity. Simply pathetic. Maybe if we didn’t have burned out buildings throughout the district for years now (on which her signs are placed, by the way), or people getting shot on my street one Easter and all around us along with the increased drug activity at my doorstep, or the illegal dumping throughout the neighborhood, maybe we can shake it off to the rookie syndrome. In this instance, I’m sorry—I think not. She is simply so out of her depth she needs scuba gear.

District A better than two years ago?

FAIL, PAGE 18

Red flag 1.: Being supported by people who blindly supported Laboy.

Red flag 2.: Being supported and involved with people who stole from our kids.

Red flag 3.: Being involved with school administrators when the very post you seek demands you to be a check to that administration.

Red flag 4: Being a supporter to repre- sentatives like Finegold and Torrisi who this district is trying to be rid of, because they are detrimental to the social advance of our community.

Red flag 5: Not having the backbone to come out and call people names like ‘racist’ and instead working in the shadows to lead others into doing it.

Red flag 6: Not knowing that commen- ting on radical Muslim terrorists is an American right under freedom of speech. Or for that matter, that Muslim is a religion and a self appointed name from a nation half way around the world over- given in of itself.

Red flag 7: Seeking to dismiss the American right to nominate a candidate because they included Lawrence in their address or used Mr/Mrs in their name.

Red flag 8: Being supported by those who consistently commit so much crime and drugs but don’t lift a finger to fix the problem, not the least of which is to vote for someone new.

Red flag 9: Being opposed to the school administration, up until the time you de- cide to run for school committee.

Yes, I’m talking about Jen Cooper, candidate for school committee District E. It is likely that being first on the ballot and a very low voter turnout will enable that person in with ‘political click’ to get elected.

I think the danger of having such a person will not only be harmful to the dis- trict but will move the districts reputation back into the harmful light that the rest of Lawrence viewed our district due to political hacking. Lawrence will continue to suffer if we do not bar the current group of politicians and the people they support to run for office from doing so.

I am so disturbed at having someone like this in office, as well as other harmful politicians that I will spend the next two years being involved in either running against or finding others to run for office in the future.

Time for YOU the reader, to talk to your neighbor. Do they support you and the community or political hacks and them- selves?
How the Race Was Won... Go West Young Man

William Manzi

The Methuen Mayoral primary results are in, with Al DiNuccio topping the ticket, and Steve Zanni finishing second. Both Ken Willette and Jack Cronin finished some distance back, in third and fourth place respectively. So what happened, and what is likely to happen in November? A number of things jumped right out at you, and while the numbers need to be looked at in more detail they already tell the story. But before we get to numbers let’s look at some other factors.

One of the hard truths that comes out of this campaign is that running for Mayor is not like running for School Committee or City Council. And that truth was most evident in the campaigns of Jack Cronin and Ken Willette. In order to be successful in a Mayor’s race you must raise some money, and have a message that can be put forth with adequate campaign resources. If you are going to try to run a “live off the land” campaign then you had better be ready to have a group of enthusiastic volunteers and plenty of shoe leather to get around the City. Both of those candidates worked hard, and have done wonderful things for the community. But the campaigns were more reflective of lower office campaigns, and just could not reach critical mass with the resources they had available.

So, based on that then you would expect the candidate with the most money to win? Well, not necessarily. The DiNuccio campaign had more resources than Willette or Cronin, but certainly less than Zanni. But the enthusiasm in the campaign came from DiNuccio, who has a committed group of volunteers who more than made up for the difference in resources. They were out early and often, and drove a singular message that resonated in the primary. The anti-tax anti-union message carried, and was relentlessly driven by the campaign. Help from established politicians, including City Councilors Jeanne Pappalardo and Patricia Uliano, certainly helped in key areas, although the campaign eschewed political endorsements. The DiNuccio folks ran a very good campaign, and the results are reflective of that.

Steve Zanni ran a more traditional campaign, with three separate mailings, and significantly more resources. For a while it looked like Zanni might squeak through. After I had compiled 8 Precincts, (4 in the East, and four in the Central) Zanni had a slight lead. And that was heading into Zanni’s home district, the West. (Also the home District of DiNuccio). It was set up for a battle of strength vs. strength, with both DiNuccio and Zanni, in previous elections, showing their greatest strength in Precincts 8 and 11 in the West. Those two Precincts told the story of the night, with DiNuccio winning both handily. The margins in 8 and 11 allowed DiNuccio to overcome the Zanni lead built in the Central. Winning the West, and winning big in the home Precinct of Steve Zanni, were the keys to victory for Al DiNuccio. The Zanni forces will regroup, and hope that higher voter turnout in the general election in November will lead them to victory. But mark round one for DiNuccio.
Sean Fountain stands with the people of Methuen and is by far, the best candidate to represent the West End on the City Council. We know that if Sean is lucky enough to get your vote in November he will be consistent, professional, and more importantly he will be accessible to the voters of Methuen.

-Mike Gagliardi, Local 175 Laborers’ Union of North America
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Qualified by Education
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MLO 37451
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Tips for throwing your doggie parties
I know many of my readers are dog crazy like me, and will do anything to celebrate our furry friends! I thought I was going to be a

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Valley Patriots, Methuen, North Andover, Methuen, & Lawrence

**ANOTHER VALLEY PATRIOT EXCLUSIVE!**

Union President Sheehy told the Valley department budget plain and simple, "to the members of the firefighters union really sad that they aren't listening, add for this guy." There isn't a situation like, this guy's just not our guy. We are all in this together, this is a guy that wants to cut us further," Sheehy said at the meeting. 

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**Why Al DiNuccio Represents a Fresh Start for Methuen**

Kenneth Willette
VALLEY DISTRICT OPINION COLUMNIST

Starting this endorsement article, I would be remiss by not taking this opportunity to personally thank the hundreds of voters who expressed confidence in my candidacy for Mayor of Methuen. While we ultimately will not advance to the final round, we achieved a strong third place finish, promoted a multifaceted conservative agenda and likely set the table for Al DiNuccio to become the next Mayor of Methuen—a leader who will not be influenced by the self-centered, tax-and-spend machine politics of the past; who will start the process of ending the lawsuits caused by political meddling; and who will give Methuen residents an open and transparent municipal government that they truly desire.

I can state this political belief with confidence, because Al and I shared the same goals and vision for the City of Methuen, especially since we campaigned as rivals who respected each other and presented bold ideas, including a conservative and realistic approach to balancing the budget, restoring integrity in government, and highlighting public safety. As we competed in four debates (one radio and three televised engagements), I realized that Al would not back away from his ideals, that he would vehemently challenge the status-quo and that he actually conducted research on the major issues of the day. We both declined union donations and endorsements, and we were proud not to receive donations from individuals found guilty of ethical violations. We pledged not to raise property taxes, vowed to implement term limits, promised adherence to civil service rules and called for managerial studies of the police and fire departments. During the later stages of the campaign, Al and I formed a mutual understanding that materialized into a verbal commitment—the victor would receive the endorsement of the runner-up. Unfortunately, in this instance, I achieved that distinction, in no small measure to the late arrival of Jack Cronin, whom I stipulated had a sizable base of senior citizens and independent-minded voters similar to me. When two candidates with similar support networks are competing against each other in a multiple person race for one available seat only, which is obviously different from a multiple seat councilor contest or a school councilor race, you often hear the split results witnessed during the 2011 Methuen preliminary election. But let me make this point perfectly clear—Jack Cronin had every right to run for Mayor. I do not question his reasoning. I will not attack him personally and I know it was very difficult for many mutual friends to decide between us. I do not begrudge anyone, and I hope my statements in this column reflect the finest spirit of our democracy. I also hope that many of Jack Cronin’s supporters will now cast a decisive ballot for Al DiNuccio in the November election. Many seniors have not experienced a cost-of-living adjustment in four years, have undervalued homes, and are dealing with rising medical and insurance costs. They are also not pleased with the depleted services in Methuen yet grapple with annual property tax increases. They are not naysayers, but advocates of constructive change.

When two of the top three finishers are esposing a plan not to raise property taxes, are traveling door-to-door and listening first-hand to the grievances of hardworking and often lifelong Methuen residents and are advocating constructive changes, the voters are clearly not satisfied with local politics as usual. This column should also not be interpreted that Al automatically will be elected Mayor in November. Al is not taking anything for granted. He has assembled an extensive grassroots organization, re-opened his campaign headquarters, placed hundreds of signs across Methuen, received the support of ticket topping officials from the City Council and the School Committee, and conserved his resources by political meddling; and who will give Methuen residents and are advocating constructive changes, the voters are clearly not satisfied with local politics as usual.

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Valley Patriots, Methuen, North Andover, Methuen, & Lawrence

Firefighters Oppose

DiNuccio Over Stand on Ambulance Privatization

Tom Duggan
VALLEY PATRIOT REPORTER

Methuen Firefighters Union President Tim Sheehy publicly called for all firefighters who live in the City of Methuen to oppose the candidacy of mayoral candidate Al DiNuccio during a meeting of the Professional Firefighters of Massachusetts. The meeting was held at the Lawrence Firefighter’s Relief Inn in Lawrence Friday afternoon. Sheehy spoke before the more than 400 union firefighters from across the state telling them that DiNuccio was “100% against the firefighters” and urged those who lived in Methuen but work in neighboring communities not to display lawn signs or support DiNuccio’s candidacy for mayor. The Methuen elections for mayor will be held Tuesday, November 6.

“We normally have 96 guys (on the Department), we’re down to 92 guys and this guy wants to cut us further,” Sheehy said into the microphone. “They had a debate last night and all he talked about was the fire department, and cutting us, privatizing our ambulance, which (means) we would probably lose another 20-30 people,” he concluded.

“For all locals, we have guys (who work) in Lowell, Dracut, Andover, North Andover, even as far as Boston (who live in Methuen). I don’t think anyone really wants that.”

In an exclusive interview with the Valley Patriot, Mayor Cronin said he wants to privatize the ambulance service in Methuen. Al DiNuccio’s campaign headquarters are telling them that DiNuccio was “100% against the firefighters,” and that DiNuccio had a sizable base of senior citizens and independent-minded voters similar to me. When two candidates with similar support networks are competing against each other in a multiple person race for one available seat only, which is obviously different from a multiple seat councilor contest or a school councilor race, you often hear the split results witnessed during the 2011 Methuen preliminary election. But let me make this point perfectly clear—Jack Cronin had every right to run for Mayor. I do not question his reasoning. I will not attack him personally and I know it was very difficult for many mutual friends to decide between us. I do not begrudge anyone, and I hope my statements in this column reflect the finest spirit of our democracy. I also hope that many of Jack Cronin’s supporters will now cast a decisive ballot for Al DiNuccio in the November election. Many seniors have not experienced a cost-of-living adjustment in four years, have undervalued homes, and are dealing with rising medical and insurance costs. They are also not pleased with the depleted services in Methuen yet grapple with annual property tax increases. They are not naysayers, but advocates of constructive change.

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How the *ESB changed the face of rural Ireland

Jack Doyle, County Sligo

*Rural electrification came to the parish in 1957. This changed the face of the country-side. Electric milking machines were used to milk the cows instead of the arduous task of doing it by hand. It revolutionized work in the home and on the farm. It was a boom to the busy housewife who did most things by hand until this time. The moment the current was switched on was breath taking as the houses were revealed in a new light.

The 60watt bulb highlighted obscure corners, and showed areas of the kitchen deep in turf dust and cobwebs left untended for years. Older people of the that time were known to rush from their houses after switching on to stare at the sudden illumination, thinking their dwellings had caught fire.

The age of the oil lamp and lantern disappeared forever. It took the drudgery out of life with a whole host of electric appliances to make easier. Life speeded up as a result and today there are even more gadgets on the market to alter our lives beyond recognition. We have two group water schemes in the parish, one comes from Loch na Leibe, while the other in the Keash area provide water supply today providing water supply for the farm and the home.

Nearly all the houses were thatched with wheat or straw or even reed. The thatching had to be renewed every few years as the thatcher in each area of the parish was almost permanently employed. By the 1960’s the thatched cottage had all but disappeared and the art of thatching with it.

Shoemakers were common in the parish at this time. Clogs were made chiefly in the Rathmullen area were reputed to be first-class tailors who made the suits of cloths for the men.

The Duffy family in Rathmullen were renowned dressmakers. They looked after the needs of the ladies. A variety of other trades were also practiced, the saddler, the tanner, and the copper, but with the advent of mass-produced factory goods the needs for all these trades and skills declined.

The coming of mechanization changed all this. The old methods of cutting and saving the turf and the hay were changed forever. The threshing machine disappeared from the scene in the late 1940’s. After the 1960s there was the virtual disappearance of the horse and tillage, pigs and poultry as farm enterprises in the parish. This was due mainly to the increasing profitability of the competing enterprises such as milk and beef.

The threshing machine did the rounds from farmyard to farmyard to thresh the oats. The straw was made into ricks and gran was be taken to the mill to make into oatmeal for porridge, or to be crushed as feed for cattle.

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My Tax Pledge to you:
"I will not submit a budget that requires a Property Tax Increase"

The only Candidate with Public Safety Experience

The only Candidate with Community Development Experience

The only Candidate with Extensive Corporate Business and Finance Experience

The only Candidate with the knowledge, creativity and objectivity to Lower costs and Increase efficiency in all departments in the city (Cut the Waste)

I ask for your vote on
Tuesday November 8th

Call 978-360-1298 for
a ride to the polls.

- Extensive Corporate Experience
  - Human Resources
  - Facilities Management
  - Benefits and Compensation
  - Contract Negotiation Skills

WWW.DINUCCIO.COM  AL@DINUCCIO.COM  FACEBOOK: Al Dinuccio

Paid for by the Committee to Elect Al Dinuccio.

MAYOR 2011
FAIL FORWARD - Self-Motivation For When The Going Gets Tough

Dianna Dizoglio
WAVERLY PARK COLLEGE

One hopes that tough times will produce humility, strength of character, and eventually growth and change. As anyone who has faced a challenge knows, however, this process is a LOT easier said than done.

When you are faced with losing your home, your car is broken down and you've lost your job—how are you supposed to stay positive and just believe that you will have the strength to persevere? I am far from having this figured out, but I have been recently steeply considering this question.

As I sat on the couch in my best friend's apartment, I thought about my Honda Civic that had finally just died on me. I thought about the fact that I had just lost my job, and how I was now back on the bank account; and the fact that I had been getting almost nowhere in the jobs I had applied to. I thought about my education and how I had worked my way to the graduate degree. I thought about the worried looks on my Nana's face concerning my wellbeing. I thought about my reputation, and I thought about my health.

I personally think both are decent people but the manner in which they have allowed this city to deteriorate legitimately brings to question whether they should be re-elected. In our view, we are certainly a worse city under their stewardship than we were when we moved here.

As far as I am concerned, they have failed us. They have abandoned us. They have answered to a higher calling at city hall, not to their constituents. Taxpayer. But one William Lantigua, mayor and master of all that surrounds him. And it all goes back to one, albeit rather major, issue—our public safety.

“God, please let this work out,” I thought to myself. “I am tired, I am broke, and for months I have been trying for my best to not completely lose it. I know you’re looking at me, as you always have, but this time it’s really hard to trust things are going to work out.”

I began to think about the motivational books that I had been reading on how adversity motivates, creates resilience, develops maturity, and can bring greater opportunities.

I thought about the fact that I have been exposed to a lot of extra- terrestrials. I thought about how my church attendance has gone way up since I started going through this recent rough patch.

And then I thought about how much I was thinking—think of the point where I was thinking about my thinking—I laughed.

I laughed at myself; I laughed at my statistically significant tendencies; I laughed at my entire situation.

I thought about the fact that I have recently encountered. I laughed at people’s negative and positive comments; I laughed at the way that my employment situation and light. There’s no option here. The police are this city’s mortgage. While I am certainly in no position to call for political interference in the police and for provision are certain bills you always need to pay—

AMBULANCE: FROM PAGE 15

President Tim Sheehy came to me and we talked about this and I told him all this. Overtime is big waste of money. Out- sourcing is something we have to take a serious look at.

“We are currently losing money. Here’s the funny part: we only have a 71% col- lection rate on ambulance services. Now, there’s a bill in the State house that is designed to hide the numbers.”

“Tompkins Landscaping’s generosity for manpower and equipment to which he will need shelter and you need warmth to produce humility, strength of character, and eventually growth and change. As anyone who has faced a challenge knows, however, this process is a LOT easier said than done.

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The Benefit of Home Schooling

Paul Murano

Valley Patriot Columnist

For the past nine years I have taught at four colleges, and I’ve come to know what to expect. This year, however, I started a new job at a small Catholic college and it has renewed my faith in this country.

Up until now I have been used to dealing with good-hearted students who suffer from today’s widespread spiritual crisis; the crisis of thought. They were brought up in today’s hedonistic and relativist media culture, have been exposed to soundbite and even basic bumper sticker politics (“Change”). Often they are the victims of broken families, growing up with an absent deadbeat father and/or an absent working mother. They have been victims of what education has become - the memorization of inconsequential facts, and the flooding of minds with useless information - keeping natural curiosity, thought, and creativity from blossoming.

In papers I wrote I am continuously crossing out “feel” and replacing it with “think.” They have been so used to telling people, even themselves, how they feel that they have forgotten to really think. Knowledge without wisdom or understanding. They have been pressured by peers along the way into doing things they’ll regret the rest of their lives, and the resultant attempt to feel good about themselves the fear of facing the truth of what they’ve become also closes the mind to truth. Because of all these factors and more that young people are forced to endure today, most are unable to enjoy the freedom that clarity of thought brings.

I’ll give you two examples. When I shared a natural law analogy between the two sensual appetites that exist to keep us alive, food and sex, an otherwise talkative class turned into an uncomfortable silence. In short, the analogy goes like this: There is great pleasure attached to the two survival activities, eating and sex, because life is a basic good, and it makes perfect sense that nature has this extra motivation to sustain and propagate life. While the natural end or purpose is the continuance of life in the human (food) and for the species (sex), the personal motive for eating and sexual relations may be different (pleasure, love, etc.). The natural law dictum is simple: One can not say yes to pleasure and no to purpose. That is, while one’s personal motive may not be nutrition or impregnation respectively, the natural end of both activities must be respected and never intentionally thwarted. It is a violation of our human nature to begin the act (eating or sex) to attain its pleasure, but intentionally thwarted its natural end. Regarding food this would render bulimia an unnatural and disordered act; regarding sex it would render contraception, abortion, homosexual acts, masturbation, and heterosexuality by minors a sin. Although disordered desires in people and should be handled with compassion, they never justify violating the natural law. This is a very simple principle that has been lost in most people today due in part to the aforementioned cultural influences.

A second example is just as perplexing. Until this year most of my students polled said if they had the option they would save the life of their dog instead of a stranger. If they had to swerve the steering wheel of their car on a dark rainy night to hit only one of these two parties, a majority each semester stated they would hit the stranger.

But this semester I have been pleasantly shocked. With these new students the inner barriers to clarity of thought seemed to have melted away. In short, the kids are back.

HOME SCHOoled, PAGE 40

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Boston Red Sox Wild Card Failure

Nate Richards

Valley Patriot Columnist (North Andover)

On what was the most nail biting conclusion to the regular season in sports history, our beloved Boston Red Sox fall short to the Baltimore Orioles last Wednesday night. Now the big question that is to happen to our beloved Terry Francona?

For awhile, Red Sox nation was at eased for the playoffs, but that was soon to be challenged. In September the Red Sox were leading their division by a long shot, everyone, thought that the Sox were going to clinch the wildcard and move on to the Postseason. The Red Sox would have to sweep the series, in order to even think about clinching the wildcard. Sox ended up losing the series, to the Baltimore Orioles, in what some people say was the worst downfall in sports history.

Now, Red Sox nation is in Awe. Going into the last month in the regular season, most people thought that it would be the Boston Red Sox storming the field and cracking open the bottles of Champaign in the locker room, celebrating the clinching wild card. Red Sox ended up losing the series, to the Baltimore Orioles, in what some people say was the worst downfall in sports history.

Security too Restrictive at North Andover High School

Zack Murray

High School Columnist (North Andover)

Up until this September, North Andover High School was the last public high school in the region without a regimented security program.

Seniors had the ability to leave school campus for lunch, provided they remained on time for their next class. Students were allowed to walk freely to their lockers, or to the library to get a head start on their homework or if they needed a computer for an urgent e-mail. Nobody is allowed to leave class within the first five minutes and the last five minutes of class. There are also designated teachers who watch to make sure students adhere to the rules.

The defense that Red Sox nation thought were all just “hype” were now hitting .288, and the fans had this feeling that this was doom.

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Seniors had the ability to leave school campus for lunch, provided they remained on time for their next class. Students were allowed to walk freely to their lockers, or to the library to get a head start on their school work. As of the 2011-2012 school year the faculty at North Andover High has instituted a near lockdown procedure day-to-day schedules. All outside doors are locked at 7:45AM save for a few of the North entrance doors, in which visitors and students must go through the school. During lunch, students are placed into the cafeteria and a small area just outside of it, which is then cordoned off by a small, yellow, children’s playpen.
Crimes Down in 2011

Today, Mayor James J. Fiorentini announced that total crimes in the City of Haverhill are down a total of 11% for the first eight months of the year compared to same time in 2010 and are down from 2009. Crime is also down 13% for the first six months of 2011 compared to 2010 and down from 2009. The Mayor has always prioritized public safety and has never laid off a single police officer. Haverhill should be proud and celebrate this success!

"Public safety has been a top priority of my administration," Mayor Fiorentini said. The police are doing an excellent job keeping our city safe. We are in the process of hiring new officers to join our department to fill some vacant positions.

People should know that crime cycles go up and down depending on economic trends. We cannot say with certainty that the crime rate will continue to go down. What we can say with certainty is that Haverhill is moving in the right direction and that we have an excellent and dedicated group of police officers."

Police Chief Alan DeNaro stated: “It appears the numbers are trending down due to the hard work and dedication of the Haverhill Police Department.”

Haverhill Bank and Economy Co-operative Bank Agree to Merge

Haverhill Bank and Economy Co-operative Bank of Merrimac have agreed, in principle, to merge. Both are depositor-owned institutions and expect to complete the union by the end of the year, subject to regulatory approvals.

Both banks are state-chartered co-operative and will operate under the Haverhill Bank name, charter and bylaws once the merger is finalized. Economy Co-operative Bank of Merrimac, a member of the Haverhill Bank’s six locations as a branch. Officials of both banks cited improved economies of scale and more efficient operations as reasons for the merger.

Economy Co-operative Bank Vice President and CEO Gary B. Gorycki said Economy’s depositors will enjoy many advantages. “Depositors will benefit from access to additional branch locations, a larger array of products and services and the convenience of more ATM and electronic banking options,” he explained. Gorycki, who has served Economy Co-operative Bank since 1984, plans to retire from banking upon the completion of the merger.

The combined bank will have approximately $235 million in deposits, $30 million in capital and 70 employees. There will be no layoffs or office closings, officials said. Attorney William J. Barron, a member of Economy Co-operative Bank’s board of directors, will join Haverhill Bank’s board. Haverhill Bank was born “The Haverhill Co-operative Savings Bank Fund and Loan Association” in 1877. It successfully merged with Citizens Co-operative Bank in 1963, Whittier Co-operative Bank in 1983 and Northeast Community Credit Union in 2008. It became the oldest cooperative bank in Massachusetts in 1994 when the first cooperative bank chartered was acquired. Economy Co-operative Bank commenced operations in 1889.

Mayor Honors Young Lifesaver

Haverhill, MA: Last month, Mayor James J. Fiorentini honored 6 year old Zach Powers, who recently saved the life of his grandfather by quick thinking and calling 911.

Grandfather Charles Henderson is a diabetic whose blood sugar became dangerously low causing him to pass out. Zach, who was visiting, found his grandfather on the ground and through training from family members, called 911 and described the neighborhood to the Police so they could respond. Paramedics told Charles that he would have most likely died had Zach not called the emergency number.

The Mayor presented a Citation from the City of Haverhill recognizing Zach for being a lifesaver and for his family in providing such important emergency instructions. "Zach is a hero to his family," Mayor Fiorentini said. "Without his actions, I would not have the pleasure of meeting Charles Henderson today. I appreciate the training that Zachary’s family has provided him in responding to situations such as this. Zach’s calm and cool response surely saved his grandfather’s life!"

North Andover Seniors from Page 5

North Andover Senior Center

North Andover Senior Center. The pool table is set up in the Nutrition Side and will be available when there are no activities that will interfere.

Scrabble: Mondays, 12:30 – 2:30, come on in and play.

Foxwoods: Next scheduled trip, Tuesday, October 28, $25 includes lunch buffet, transportation and Keno. Bus leaves from St. Michael’s parking lot at 6:30 am.

Support Services and Programs

Stress Relief: Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Panic Healer. For a $5 donation to the Senior Center.

Foot Care Schedule Change: Dr. Connolly is scheduled to see clients on the 2nd Wednesday of every month starting September 14 from 1 – 4 pm by appointment only.

Editorial

Now Available at the Meat House

223 Lincoln Avenue
Haverhill, MA, 01830
Phone/fax: (978) 374-9603
Write us at emilys@comcast.net

Valleypatriot.com
The Greater Lawrence Community Action Council, Inc., 2012 Fuel Assistance Program will begin registering appointments to take Applications for FIRST TIME APPLICANTS on October 15, 2011. (Prior year applicants have been mailed an application again this season.)

CRITERIA FOR ELIGIBILITY:
• Residency: Participants must reside in Lawrence, Methuen, Andover, North Andover, Reading or North Reading.
• Low Income: Participants must prove they meet Federal and State Income guidelines by providing income and documentation showing gross household revenue for all household members 18 years and older for a minimum of 4 weeks (one month) prior to their application date.

Persons whose heat is included in their rent (including those individuals who reside in Federal Section 236, Section 211 (D) (3) and Section 202 developments and in state Section 13A rental housing) may be eligible for assistance.

APPOINTMENTS MAY BE MADE BY CALLING THE FUEL ASSISTANCE OFFICE
(978) 681-4950
Staff members will provide all necessary information.

Our office is located at 305 Essex Street (2nd Floor),
Lawrence, MA 01840


OUTREACH IS AVAILABLE FOR ‘FIRST TIME’ HANDICAPPED AND ELDERLY APPLICANTS WHO ARE TOTALLY HOMEBOUND: PLEASE CALL (978) 681-4950.
the moderator is. Public debates are for the
opportunity to participate in a debate,
enough.

This business being a nice guy just isn’t
will certainly take care of seniors in town.

Fountain is a North Andover Firefighter
issues and gets back to her constituents
for not voting to indemnify Mayor Manzi
Pappalardo may not always vote the way I
other politicians think nothing of doing.

the blessing of my board I thought I would
did candidates are in any election cycle. So, with
is free to opine on who their favorite can

For some reason that story got far less
attention, and was for worse as it was a
call to violence; MATHENY ELECTION:
FOUNTAIN AND PAPPALEDRO ARE BEST
While the Valley Patriot has a policy
against the newspaper officially endorsing
candidates, each of our board of directors is
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CITY COUNCIL - WEST END - (vote for 2) Incumbent city councilor Jeanne Pappalardo has announced her candidacy for city councilor. She calls it like she sees it, she
lets the voters know where she stands on issues before the council and she doesn’t play the usual Republican games. She’s someone for
other politicians think nothing of doing. Pappalardo may not always vote the way I would like her to (and she was very wrong for not voting for
royal: House of Roast BEEF (1978) 794 4996
464 Lowell St - Methuen

TOM DUGGAN’S NOTEBOOK
ROYAL HOUSE OF ROAST BEEF

METHENY ELECTION: FOUNTAIN AND PAPPALEDRO ARE BEST

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against the newspaper officially endorsing
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can support a variety of artistic projects and activities in Haverhill— including ex-
hibits, festivals, field trips, short-term art-
rist residencies or performances in schools,
workshops and lectures. The Haverhill Cul-
tural Council is part of a network of 329
Local Cultural Councils serving all
351 cities and towns in the Common-
wealth. The LCC Program is the largest
grass roots cultural funding network in the
nation, supporting thousands of commu-
ity-based projects in the arts, sciences and
humanities every year. The state legisla-
ture provides an annual appropriation to
the Massachusetts Cultural Council, a state
agency, which then allocates funds to each
community.

HAVERHILL CULTURAL COUN-
CIL will distribute about $18,000 in
grants. Specific guidelines and complete
information on the Haverhill Cultural
Council please visit ci.haverhill.ma.us/
departments/human-cultural/ Application
forms and more information about the Loc-
al Cultural Council Program are available
online at www.mass-culture.org/lcc_pub-
ic.asp.

THE NORTH ANDOVER CUL-
tURAL COUNCIL has set an
October 15 postmark deadline for or-
ganizations, schools and individuals to ap-
ply for grants that support cultural activities
in the community. According to Council
spokesperson Edward Wang, these grants
can support a variety of artistic projects
and activities in North Andover— includ-
ing exhibits, festivals, field trips, short-
term artist residencies or performances
in schools, workshops and lectures. This
year, the North Andover Cultural Council
will distribute about $4,470 in grants.
Previously funded projects include per-
formances at Stevens Memorial Library and
other poetry, music, and visual arts pro-
grams throughout the town. For specific
guidelines and complete information on the
North Andover Cultural Council, con-
tact Edward Wang at 978-683-6621 or at
ewang1@comcast.net. Application forms
and more information about the Local Cul-
tural Council Program are available online
at www.mass-culture.org/lcc_public.asp.

NORTH SHORE BUSINESS FORUM

THE IMPACT OF TIME MANAGEMENT
In Your Business
Tuesday, October 11, 2011 / 8:00 –10:00
am. Effective time management is a funda-
mental key to success for business owners
and busy professionals. This workshop
will teach you how to develop goals and
how to prioritize your activities to achieve
those goals. You will learn to identify and
determine time wasters and how to
focus on your highest value tasks. Using
technology as a time enhancer will also be
discussed. At the end of the session, you
will walk away with a specific plan to use
your time most effectively, helping you to
grow your business.
This workshop is taught by Jim “Pouli”
Pouliopoulos, The Growth Coach®, a
certified Strategic Minds® business
coach with over 25 years experience in a
variety of industries including high-tech,
medical, government and professional
services. He has contributed to the success
of large companies including General
Electric and IBM as well as a number of
successful small businesses as a marketing
consultant, product manager, director of
marketing and sales, spokesperson, public
speaker, trainer, facilitator, market re-
searcher and engineer. Additionally, Jim is
an adjunct faculty member at Bentley Uni-
versity and Worcester Polytechnic Institute
where he teaches business and marketing
courses. COST: $10 LOCATION: The
Center, 88 Middle St., 2nd Floor, Lowell,
MA 01852 RSVP: sharjis@comteam.org,
978-322-8400

RIGHT START ENTREPRENE-
RIAL TRAINING - ***The next 6 class
series begins October 12, 2011***
6-class series runs every Wednesday
Aug 31, 2011 - May 9, 2012
Wednesday nights from 6:00 – 9:00 pm
*except for the week of November 23,
2011
The Right Start Entrepreneurial Train-
ing Program provides a solid educational
foundation on which to build a small
business. Practical, flexible, and taught
by small business professionals, this six-class
series will help you learn the difference
between success and failure. Starting
August 31st, this series runs continu-
ously throughout the year so that you can
either take all six classes in a row or once
a month, as needed to fit your schedule.
Training provides a firm foundation of
practical knowledge to build your business
and covers these topics: Intro to Business,
Marketing, Sales, Bookkeeping and Taxes,
Financing, and Business Law. Get the
tools you need for success!
COST: $90 for all 6 classes
LOCATION: Community Teamwork
Inc., 153 Merrimack St., (Bon March
Building) 3rd Floor, Lowell, MA 01852
RSVP: sharjis@comteam.org, 978-322-
8400
HOW TO PROTECT YOUR
BUSINESS Thursday, October 13, 2011 / 6:00 -8:00 pm
This workshop will first focus on differ-
ent business formations, and their advan-
tages/disadvantages, as well as rights and
liabilities of business owners in different
business forms: sole proprietorships, part-
nerships, corporations, and LLC’s. Then,
the instructor will focus on the strategies
and techniques to protect small businesses
through a variety of liability insurances
and business succession planning. This
workshop is taught by Attorney Ye Huang,
who specializes in business law and estate
planning law, with 14 years experience in
financial protection and business succes-
sion planning. Besides practicing law,
he also manages MetLife New England
Agency Lowell Branch in Lowell, MA.
Active in his communities, Attorney
Ye Huang also serves as Chairman and
President of Asian American Association
of Quincy. COST: $10 LOCATION: The
Center, 88 Middle St., 2nd Floor, Lowell,
MA 01852 RSVP: sharjis@comteam.org,
978-322-8400

Marketing Your Business Monday,
October 24, 2011 / 8:00 -10:00 am. Under-
standing and applying strategic
marketing can help grow your business
in any industry, market or economy. This
workshop will teach you the four basic
functions of marketing and how they
impact your business operations. You
will learn the five strategies to grow your
business in any environment. At the end
of the workshop, you will have a clear set
of effective marketing plans that you can
implement immediately.
This workshop is taught by Jim “Pouli”
Pouliopoulos, The Growth Coach®, a
certified Strategic Minds® business
coach with over 25 years experience in a
variety of industries including high-tech,
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978-322-8400

NEWS ITEM: Despite taking an oath to defend the Constitutions of the United States and the Common-
wealth of Massachusetts, Governor Deval Patrick continues to claim voter ID and Secure Communities are
“racist” and refuses to support protecting the Constitution and the right to vote.

Sean Fountain
Methuen West End Council
Because.... Change is GOOD!
NO Tax Increases - Live Within Our Means
Create Youth Services Dept. & Youth Center

ELECT Mike Condon
Councilor At Large
For All of Methuen

For All of Methuen

Valleypatriot.com
Melvern Taylor and the Fabulous Mel-Tones (of Lowell) were rocking out at the Blue Mermaid in Portsmouth, NH last month and were catching up with all the news in the Valley Patriot in between sets.
To download MP3’s of Melvern Taylor’s music you can visit:
melverntaylor.com

Jeff Katz, Boston’s best radio talk show host (on Talk 1200’s AM) was at the sight of Ground Zero during the memorial services for the tenth anniversary of the 911 Muslim attacks on America. We were honored to learn that during station breaks at Ground Zero, Katz was seen reading the September 2011 edition of The Valley Patriot.
You can listen to the Jeff Katz program weekday mornings from 5-10AM on 1200AM on the radio dial or listen live on line at www.talk1200.com

METHUEN VILLAGE CASINO NIGHT A BIG HIT!

Methuen Village Assisted Living held a Casino Night raising $5,000 for Boston University Alzheimer Research Center
* Reduce the achievement gap by increasing extended day learning programs for all grade levels.
* Create Gang Intervention Collaborative to enhance safer learning environments.
* Kemal supports Exam Schools
* Increase part time Pre-K & Kindergarten classes to full time
* More expansion of Pre School Programs
* Expansion of After School Programs
* Coordinate with police & other Agencies for School Security

Lawrence School Committee

District “A” Prospect Hill

Your Independent Voice!

Vote for Kemal Bozkurt on Nov. 8th & Let’s make our Schools BETTER!

Kemal BOZKURT

Lawrence School Committee

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Three Dogz Diner... Overlooking the Waterfalls in Lawrence (The Old Sam’s Steak-Out)

LET THREE DOGZ DINER CATER YOUR NEXT TAILGATE PARTY W/YOUR CHOICE OF SOUTHERN BBQ MENU

13 South Broadway, Lawrence

Valley Patriot readers GET FREE COFFEE with breakfast!!

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North Andover High School is hosting the N.E Scholastic Marching Band Association Marching Band Competition!

Saturday October 15, 2011 - Showtime at 5pm - Gates open at 4pm

Fourteen high school marching bands from across Massachusetts are scheduled to perform and compete in this exciting showcase of young musical talent!

Tickets: Adults $8 Seniors & Students $5

More info: www.northandovermusic.org
Christine Morabito

In previous columns I exposed the lies and treachery that preceded the passing of the Patient Protection and Affordable Care Act, the law affectionately called Obamacare. Since there is virtually nothing worth saving from this piece of legislative malpractice, a powerful move is underway to repeal and replace the legislation until it comes up again you can visit this website to sign the petition: www.repealtnw.org

Short of repeal there are, thankfully, other options. At least 13 states are in the process of requiring those casting a ballot to provide a photo ID at the time of voting. These laws are the result of a nationwide campaign against voter fraud that is unintended and politically motivated.

The reasons for requiring a photo ID at the time of voting are too “common sense” for most Progressives to comprehend. They are blinded by their need for all opposition to be silenced. The more a party wants accountability and personal responsibility to be enforced at the polls is beyond their comprehension. We are not appealing to them. We are appealing to thoughtful, intelligent citizens who see that a government out of control will do whatever it takes to keep hold of that control. We are appealing to everyone who ever witnessed suspicious activity at a polling location. We are appealing to anyone who ever voted and found that a ballot had already been cast in his or her name. We are appealing to an overwhelming majority of Massachusetts’ activists, citizens and taxpayers.

The Republicans have offered to repeal and replace Obamacare as well. But before doing so, there are several steps the citizens of the Commonwealth of Massachusetts must take. One is to pass a bill requiring voters to present ID. New legislation is underway to repeal and replace the Patient Protection and Affordable Care Act, the law affectionately called Obamacare. Since there is virtually nothing worth saving from this piece of legislative malpractice, a powerful move is underway to repeal and replace the legislation until it comes up again you can visit this website to sign the petition: www.repealtnw.org

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You can email Christine at: cvarley@greaterbostonrepartu.com

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Legislators Unveil Illegal Immigration Bill

Senator Steve Baddour

The talk of Beacon Hill these past weeks has been casinos, casinos, casinos. Last month, the House of Representatives introduced a new version of last year’s failed bid to bring casino gaming to the Commonwealth. And now, the bill is before the Senate – ready to be amended and I predict, ultimately passed.

As with any significant policy change that will expand the lever arm of the Legislature, the bill is loaded with inherent benefits and deterrents, and I recognize and understand that there are strong feelings amongst both opponents and proponents of expanded gambling. However, we cannot legislate the right of anyone to make their own choices. There are people gambled in Rhode Island, Connecticut, Atlantic City, and Las Vegas right now. Many of those people are Massachusetts residents, and they want to be able to gamble.

Currently, Massachusetts residents spend over $1 billion per year in resort casinos and gaming facilities outside of the Commonwealth. New Hampshire is again considering expanded gambling, including a potential casino site along the New Hampshire border. In Rhode Island recently began considering an expansion of their existing slot facilities to include table games. Establishing expanded gambling in Massachusetts will allow us to keep money that is spent in casinos right here at home. The gaming bills also have requirements that casinos in Massachusetts must develop market- ing plans towards out-of-state residents to help mitigate the flow of money to outside casinos.

It is estimated that the passage of these bills will create over 6,000 immediate jobs associated with the construction of resort-style casinos. We would create about 9,000 permanent positions associated with the operation of the gaming facilities.

In Massachusetts, it’s Casinos, Casinos, Casinos

“Enough is enough,” said Bruce Tarr, “and many publicized incidents over the past several months have proven time and again that the price for tolerating the acts of those who refuse to respect the laws of our nation and our Commonwealth is harm to our citizens and abuse of our resources. The time is long overdue for us to act in a comprehensive way to protect public safety and ensure that public funds benefit only those who deserve them.” – State Senator Bruce Tarr

According to State House News Service, Massachusetts State Senate President Therese Murray is now questioning Gov. Deval Patrick’s hesitation to embrace Secure Communities, a federal program to cross-check the immigration status of arrestees and queue up serious undocumented offenders for deportation.

“I’m really not sure. I have not had a full discussion with him on it,” she said. “We have to do it anyway. All of the states have to do it by 2013” State House News Service reported.

“While we’ve worked to address some of these issues in other bills and the state budget, we believe that what Matthew’s death has caused us to redouble our efforts and try to be more comprehensive in our approach,” Moore said. “For the first time, we have a bill that addresses the root causes of illegal immigration and puts our economic recovery.

Senator Moore, Fernandes, Tarr and Peterson said the Plymouth Democrat. An aide later confirmed she supports the activation of Secure Communities in Massachusetts.

In Massachusetts, it’s Casinos, Casinos, Casinos

The Plymouth Democrat. An aide later confirmed she supports the activation of Secure Communities in Massachusetts.

Murray also said she agreed with a group of people, including the Massachusetts State Senate, pushing for tools to perform immigration checks on inmates, adding that most counties already have a “system of biometrics” to verify the status of prisoners.

The bill comes about one month after Massachusetts Commonwealth President Matthew Dennehy died in a motor vehicle accident. Dennehy, 23, was killed when Nicolas D. Guaman, an illegal immigrant who was driving drunk, struck Dennehy’s motorcycle.

“While we’ve worked to address some of these issues in other bills and the state budget, we believe that what Matthew’s death has caused us to redouble our efforts and try to be more comprehensive in our approach,” Moore said. “For the first time, we have a bill that addresses the root causes of illegal immigration and puts our economic recovery.
Mass LTC Courses Offered Monthly at 355 Merrimack St., Lawrence

NRA Certified Instructor
MA State Police Certified Instructor
Sig Sauer Certified Instructor
Sig Sauer Academy Adjunct Instructor

Contact Scott Jenkins,
Certified Firearms Instructor
(508) 523-5105
armedcittraining@aol.com

RE-ELECT ROGER TWOMEY
COUNCILOR AT LARGE
LEADERSHIP YOU CAN TRUST

HONORS HIS FELLOW VETERANS
with a 2nd Annual
PANCAKE BREAKFAST
SUNDAY NOVEMBER 6
8:30am - 11:30am
Reliefs In, The Firefighters Club
1 Market Street, Lawrence
Pastry, Pancakes, Bacon, Sausage, Fruit, Coffee, Juice
Donation: $5
VETERANS ARE FREE

VOTE TUESDAY NOVEMBER 8
paid for by the committee to re-elect Roger Twomey

LEADERSHIP YOU CAN TRUST

LOW COST EXHAUST
50 Winthrop Ave in Lawrence (by the Water Fountain)
Give us a call at 978-687-7044

$20 OFF Exhaust Work for Valley Patriot Customers*
*repairs of $100 or more
A town had fallen on hard times. Like any other town, it had its share of rich and poor, good and bad, honorable and dishonorable people. A prosperous man looked out a window of the fine house he was building to build for his family. Across the street, the town drunk was abusing his wife. Both men’s wives were stricken with fever the previous week, and the prosperous man’s wife had died. He loved her deeply and she had loved him deeply, and in his terrible state of loss he cursed life for being so cruel and unfair. And so he came to despise the town drunk.

The previous week, the town drunk looked out a broken window of the shabby house others had built for his family. Across the street, the prosperous man was leaving to attend his wife’s funeral. The town drunk watched him and looked with envy upon his fine clothes, fine shoes, his fine home and handsome appearance. The prosperous man was now treated with respect, but with fire was frequently coming in late and drunk. As the prosperous man wasabella, the town drunk looked around his dirty, cold house and cursed life for being so cruel and unfair. And so he came to despise the prosperous man.

All over town people felt this way about their fellow neighbors during these hard times.

But that all changed when a progressive thinking group of highly educated fellow citizens discovered the culprits responsible for everyone’s hard times. They were absolutely sure that they were absolutely right. And when they shared their discovery with everyone, something amazing happened. Citizens united people.

Rich and poor, good and bad, honorable and dishonorable people all stood together in unity and from the progressive discovery that witches were among them and cursing them all in secret. Witches were responsible for everyone’s hard times, and as soon as they were found and cursed them, the prosperous man stood in unity with the town drunk and joined the hunt for the witch that cursed his wife.

Once people had accepted the existence of witches as an absolute fact, each and every person in town quickly fell under suspicion as being a potential witch. A prosperous man was closely scrutinized to make sure he wasn’t a witch using powerful spells to curse town drunks that had lost their wives to fever. A town drunk was closely scrutinized to make sure he wasn’t a witch using powerful spells to curse people for being more prosperous.

The town remained united despite ever worsening hard times. Intense fear, grief, anger and paranoia soon took hold of every person. Every day, all night, the hunt for witches never stopped. No one felt safe, even among family and close friends. People stopped speaking freely and making contact with each other because a witch became whoever someone else said was a witch. Proof of witchery became whatever someone else considered offensive. Very strict laws and mandates were quickly passed. Calling someone else a witch soon became the only way a citizen could absolutely prove they were not a witch themselves.

Sensible people both rich and poor openly rejected the progressive thinkers. They strongly believed in and strongly supported the town drunk who had told them that a witch had probably placed a powerful spell on him, keeping him poor and making him fail. It was the only way to explain his miraculous survival. And so the town drunk stood in unity with the prosperous man and joined the hunt for the witch that cursed his life.

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The town remained united despite ever worsening hard times. Intense fear, grief, anger and paranoia soon took hold of every person. Every day, all night, the hunt for witches never stopped. No one felt safe, even among family and close friends. People stopped speaking freely and making contact with each other because a witch became whoever someone else said was a witch. Proof of witchery became whatever someone else considered offensive. Very strict laws and mandates were quickly passed. Calling someone else a witch soon became the only way a citizen could absolutely prove they were not a witch themselves.

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City clerk’s issue shines light on delinquency of Plan E government

Gerry Nutter

Valley Patriot Lowell Columnist

The City of Lowell operates under the Plan E form of Government. That forms calls for the City Council to be the presiding body, hire a City Manager to run the day to day activity and have an Auditor and the City Clerk as the only other two departments that report to them.

In June of this year, it was brought to the attention of city officials that the City Clerk Richard Johnson may be helping himself to some petty cash. The Police were notified, a camera set up and the clerk caught. A trial date is pending and he has resigned. Several extenuating circumstances contributed to his actions.

While the Clerk was suspended pending the police investigation the Mayor chose a recent former Asst. City Solicitor to be “Acting” Clerk for 60 days to “give the office a fresh set of eyes.” At the time he also stated that this person would NOT be a candidate for the full-time job.

That quickly turned into the “Acting” Clerk wanting the full-time job, a former City Councilor claiming interest and the Asst. City Clerk convinced the Mayor and others were out to get her, fighting for her reputation.

Well the entire City Clerk’s Office is a mess according to a report by the “Acting” Clerk and the Mayor and present council have handled the matter like an episode of Baywatch, filing with a lot of bulls**t to them and a mysterious job description.

It includes appointing the Mayor’s choice as Acting Clerk, leaking immuno and rumors about the Asst. Clerk, having the Council NOT extend the Mayor’s choice but appointing the Asst. Clerk and a job description that includes being responsible for the Elections which the Clerk HAS NEVER done under the current Plan E system. Then the next day more leaks about the assistant’s role in the original clerk’s actions.

The Mayor then calling an Executive session to discuss her role and her choice to make it an open and public meeting and finally both the Mayor’s choice and the council choice, the current Asst. BOTH claiming they don’t want the Acting or council choice, the current Asst. BOTH finally both the Mayor’s choice and the council choice.

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The City Council had no one monitor the clerk’s actions. The Council had no one to supervise a department and as a result the clerk’s office in Lowell has been allowed to run autonomously.

The elections are held on (public) town property. The event is held on (public) town property. Some have commented that the organizing committee’s decision to not include political entities is a violation of free speech. Although I do understand that the organizing committee was trying to address concerns by attendees who were vocal about their displeasure. I also do feel the elected groups who work in town should be able to participate in town wide events.

The event has been held on (public) town property. Some have commented that the organizing committee’s decision to not include political entities is a violation of free speech. Although I do understand that the organizing committee was trying to address concerns by attendees who were vocal about their displeasure. I also do feel the elected groups who work in town should be able to participate in town wide events.

Cathie Richardson

DRA医治 SELECTMAN

Fall is here!!

This is my favorite time of year, as it is for many of you. Dracut started this fall with two spectacular events that are worth reviewing and appreciating as a reflection of the kind of community she is proud to be.

The first noteworthy event was Dracut Old Home Days on 9/10/11. The weather was perfect. There were over 200 booths, and 13,000 attendees from all over the Merrimack Valley. The day included the very popular train ride, entertainment all day at the gazebo with a welcome return of Snow White and the Dracut High School marching band, and the expansive antique car show. Dracut Firefighter Activity day is also included. It is nice to see such community support for local vendors and entertainers.

This year the private group that organizes the event did decide to eliminate any political groups from having booths. Normally the Dracut Republican Town Committee and the Dracut Democratic Town Committee have participated however last year seemed to be highly political for some of the attendees due to the inordinate number of candidates who had booths.

Last year, the political climate leaned itself to many candidates running for various offices and they chose to make themselves visible in events like Old Home Days. I am hopeful that the town committees, as elected bodies of the town, will be able to again participate next year.

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Positive people; accept constructive criticism. Success. Seek advice from successful, its lessons to launch you into your next journey.!

When you can’t get the encouragement that you want or need from others; encourage yourself! Create your own opportunities, and find a path to get out of that valley! Climbing a mountain is tough work and you don’t get to the top with weak muscles. Allow all of your failures and adversity to strengthen you for your journey upward.

Live by President Theodore Roosevelt’s words: “Do whatever you have, where you are.”

Think, Cry, Laugh, Grow… and FAIL FORWARD!

FAIL FORWARD: FROM PAGE 18

Methuen, MA 01844

October - 2011

FAIRVIEW SCHOOL DISTRICT

Selective school choice.

D. B. Lanevign

Valley Patriot Lesbian Columnist

Yes, Linda Harvey, there really are gay people. In case you are not familiar with her, Linda Harvey is a marketing mogul. She has started multiple publications spearheading multi-million dollar marketing campaigns. She is the founder of Mission America, a Christian, pro-family and highly anti-gay organization. Some of the statements, accusations and comments Harvey has made in the past about the LGBT community have echoed what has been said by all right wing, conservative, anti-gay activists for years. Such as, gay marriage should not be accepted and gay teachers are a danger to our children’s minds. Accord- ing to Harvey via the Right Wing March, “Kids should not be let in the confusing positions of having a teacher they look up and respect in many ways who’s also known to be practicing homosexual behavior.”

She even went so far to say, “No homo- sexuality should be allowed in our schools, period.” So, should we be expelling our gay, lesbian, bisexual, and transgendered students? I suppose we should eliminate those open stalls in the boy’s room and one-room showers. No more patting each other on the butts during sports games. And be careful of high fives and fist bumps because they could evolve into other body parts bumping together. Those are all old school thoughts of the past from the anti-gay right-wingers, but Harvey begins to push the envelope. First she starts by aligning Muslim extremists with gays, lesbians, feminists and progressives. In Harvey’s eyes we all hate the West, freedom and worst of all Jesus Christ. This woman has clearly been sniffling way too much bleach when washing the sheets on which her sins were made. Most of the people I know in the gay community believe and worship Jesus Christ, as well as, savour their American freedom. I’d like to know where she is getting her information. I have read about white, male, Christian terrorist attacks and Muslim extremist terrorist attacks and groups of so-called Christians attacking abortion clinics, but I have yet to read in the news of any member of the gay community committing any sort of terrorist attack on any group of people. So, who is emulating Christ in these scenarios? What really made my jaw drop along with practically passing myself with laughter was her recent claim that pro- grams to support and respect the LGBT community should not exist because, “There’s one big fact that’s not backed up. There is no proof that there’s ever anything like a gay, lesbian or bisexual or transfigured child, or teen or hu- man.” Harvey is actually suggesting that homosexuality does not exist. There are no homosexuals at all. Seriously? In case you are not familiar with Linda Harvey’s database guess who her cook was? I bet, too, that she hid Easter eggs every spring, tucked a dollar bill under her kid’s pillow when they lost a tooth and told them to rub a rabbit’s foot because it was good luck. No gay people, my pink eye. She says there’s not proof. What proof does she need? Perhaps the five states with legal gay marriage should send her all of the marriage certificates that show same sex couples in legal committed relationships. We sure has hell can’t prove it through a sexual encounter. Have you seen this woman? No respectful lesbian would agree with her and throw her feet <insert adult toy of your choice>! She wouldn’t be convinced that a man was gay if they didn’t want to bed her because, let’s face it, Linda Harvey’s dance card was never full. And if none of us exist, why is she spending so much time, energy, Internet and radio space fighting against us? What would she do if we really didn’t exist? Who would she go after? I have to think that her marketing career wouldn’t be as successful as it is if it weren’t for us queers.

I’m tired of wasting any more of my time and energy on this malignancy. I’m 

TODAY’S VALLEY PATRIOT

Ye Gay Ol’ Valley

D. B. Lanevign

Valley Patriot Lesbian Columnist

Mythological Creatures

WEST NEWBURY: FROM PAGE 29

Police Chief Dennis has moved on with his retirement intact as Chief in another community. And, former Corporal L’Esperance, now in disgrace, was promoted to Sargent just before leaving with West Newbury’s endorsement to Salisbury.

The alleged crimes of L’Esperance are now well known, the subject of a 31 page official report. But, the culture of depravity this report recites was nurtured in West Newbury, and those holding the final word of responsi- bility for that culture remain in public positions.

Today, Selectmen Cushing and Kemper sit on a report critical of the financial practices of former town finance director Tracey Blais. She is married to former police chief Dennis. The two names of the married couple are different, which for a long time, disguised the fact that matters of town concern were really, “all in the family.” Now that the bad news from that ar- rangement is coming out, Kemper and Cushing refuse to make public the report paid for by the Comittee to Elect D.J. Deeb, appointed Chief! This all has the trappings of a soap opera. Holmes is cut from the same cloth as L’Esperance. While L’Esperance’s arrogance on his sleeve, Holmes is more subtle and clever. Hers is an administrative arrogance that ignores law and new teachers from the line between right and wrong in the direction most favoring her personal agenda.

The Devines moved to West Newbury to build a home which after 11 years remains unfinished. They presently live over their garage. The main structure is still but a shell and construction has been continuously stalled by the financial drain of legal expense to de- fend against malicious police prosecution and retaliation. Ultimately, all charges against Mrs. Devine were dropped. But the Devines fabricated by Chief Holmes to keep the fires of persecution burning.

In West Newbury differences between right and wrong become blurred, if not invisible, as the self-interest of town leaders has repeated- ly asserted control over conscience. Last for power and control is the motivation that guides their principals.

The town could help by staying informed, taking charge of their community and help right the wrong doings of others. The decent people of West Newbury need to pay attention and rid their town of those depraved personalities that have created a malignancy of corruption in a town whose chief should only be peace, tranquility and cooperation.
Herbal medicine refers to using a plant’s seeds, berries, roots, leaves, bark, or flowers for medicinal purposes. Herbalism has a long tradition of use outside of conventional medicine. It is becoming more mainstream as improvements in analysis and quality control along with advances in clinical research show the value of herbal medicine in treating and preventing disease.

Some herbal products have always been considered a healthy source of life for all people. Therapeutic properties of medical plants are very useful in healing various diseases and the advantage of these medicinal plants being 100% natural.

Recently, the World Health Organization estimated that nearly 70% of people taking herbal medicines (most of whom were well educated and had a higher-than-average income) were reluctant to tell their doctors that they used complementary and alternative medicine. Many herbs can interact with prescription medications and cause unwanted or dangerous reactions. Be sure to consult your doctor before trying any herbal product.

The History of Herbal Medicine

Plants have been used for medicinal purposes long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants. Indigenous cultures (such as African and Native American) used herbs in their healing rituals, while others developed traditional medical systems (such as Ayurveda and Traditional Chinese Medicine) in which herbal therapies were used. Researchers have found that people in different parts of the world tended to use the same or similar plants for the same purposes. In the early 19th century, when chemical analysis first became available, scientists began to extract and modify the active ingredients from plants. Later, chemists began making their own version of plant compounds, and over time, the use of herbal medicines declined in favor of prescription medications.

Recently, the World Health Organization estimated that 80% of people worldwide rely on herbal medicines for some part of their health care. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the last 20 years in the United States, by some 70% of German physicians. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the United States, by some 70% of German physicians. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the United States, by some 70% of German physicians. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the last 20 years in the United States, by some 70% of German physicians. In Germany, about 600 - 700 plant-based medicines are available and are prescribed by some 70% of German physicians. In the United States, by some 70% of German physicians.

How are herbs used?

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

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

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

The common uses of herbal medicine are:

- **Herbal medicine is used to treat many conditions, such as asthma, eczema, premenstrual syndrome, allergies, colds, and flu.**
- **St. John’s wort (Hypericum perforatum) is well known for its antidepressant effects.** In general, most studies have shown that St. John’s wort may be an effective treatment for mild to moderate depression, and has few side effects. However, it is not more effective than other prescription antidepressants.
- **The herb interacts with a wide variety of medications, including blood pressure control pills, so it is important to take it only under the guidance of a health care provider.**
- **Valerian (Valeriana officinalis) is a powerful natural alternative to the prescription drugs used for sleep problems because it is considered to be both safe and effective.** Some studies have been conducted, but not all have found valerian to be effective. Unlike many prescription sleep- ing pills, valerian may have fewer side effects such as morning drowsiness.
- **Echinacea preparations (from Echinacea purpurea and other Echinacea species) may improve the body’s natural immunity.** Evidence is one of the most commonly used herbal products, but studies are mixed as to whether it can help prevent or treat colds. A meta-analysis of 14 clinical studies examining the effect of echinacea on the incidence and duration of the common cold found that echinacea supplements decreased the odds of getting a cold by 58%. It also shortened the duration of a cold by 1.4 days.

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

**Alerts you need to know!**

Used correctly, herbs can help treat a variety of conditions and in some cases may have fewer side effects than some conventional medications. But because they are unregulated, herbal products are often mislabeled and may contain additives, contaminants and, in rare cases, harmful ingredients.

**Herbal Medicine, Page 34**
A Missing Key To Weight Loss: Neurotransmitters

Dr. Jin Sung

VALLEY CHIROPRACTIC PHYSICIAN

A Missing Key To Weight Loss: Neurotransmitters

Neurotransmitters (NT) are chemical messengers produced by your body to send signals along a nerve pathway. In order for messages to be relayed along the miles of nerves within your body, neurotransmitters must be produced, released, received and cleared from the spaces between the nerves, the synapses. For example, if you step on a sharp piece of glass in your bare foot you immediately feel pain. The pain message is relayed along a series of nerves from your foot to your brain. The message jumps from nerve to nerve by specific neurotransmitters.

Neurotransmitters are proteins that are produced inside your body. They are synthesized from amino acids obtained from the foods you eat. Different combinations of amino acids form different neurotransmitters. If your dietary choices do not supply all the necessary amino acids you could potentially wind up with a specific neurotransmitter deficiency. There are dozens and dozens of different neurotransmitters produced in your body and each one has a different job to do. Some neurotransmitters give the job of exciting other nerves and some have the job of calming down or inhibiting other nerves. Each neurotransmitter has a unique molecular form that allows it to attach to only one type of receptor on the next nerve. It is similar to a specific key to open your front door and a different one to open your office door. If you try to open your front door with your office key you won’t get the desired effect. If you don’t eat the right foods you won’t have the necessary amino acids to produce neurotransmitters to give you their desired effect.

Some of the more common neurotransmitters you may have heard of are GABA, acetylcholine, glutamate, serotonin, epinephrine, and dopamine. Different causes of NT deficiencies include poor dietary intake, emotional stress, physical stress, medication use/abuse and surprisingly, weight loss diets. Studies from various major universities have shown the same thing: Improper weight loss diets will deplete your body of serotonin, which in turn leads to increased cravings, lack of motivation, and increased moodiness all of which leads to rebound weight gain.

Another symptom of NT deficiency is depression. Most people in today’s world are either taking an SSRI (selective serotonin reuptake inhibitor) or they know somebody who is. These are the most commonly prescribed antidepressant medications. The most common complaint I hear from patients, particularly females, is the weight gain associated with taking these drugs.

Different NT deficiencies can lead to abnormal thyroid gland function. If your thyroid gland starts to slow down, so does your metabolism. Thus, your weight goes up. You can try one thing after another to lose weight, but if you don’t crank up the thyroid again by balancing the NT’s, you will never succeed.

NT’s affect the way the adrenals glands function. This is a big issue in today’s fast paced, high stress world. Adrenals are already stressed by poor diet, emotional stress, poor sleep habits, excess caffeine and soft drinks. Add to that NT imbalance and you are staring at adrenal fatigue. Blood sugar dysregulation, cortisol surges and insulin spikes all just compound the problem.

Traditional health care is not set up to deal with these types of chronic health problems. Typically you will be given a drug to cover up the symptoms, your metabolic condition will persist, and you will have to deal with the side effects of the medications, most notably, unwanted weight gain. This is a flawed system of trying to regain health.

In our office we utilize a very detailed history including asking about any drugs or medications you have ever taken. We also have all of our patients fill out two very in-depth questionnaires: one that explores their metabolic profile and another that evaluates their NT levels. This is the only way to truly get at the root cause of patients chronic health problems and helping people regain their health while losing weight.

Dr. Jin Sung is a chiropractic physician specializing in non-invasive therapies for the management of chronic health conditions. He is located at 126 Merrimack Street in Methuen, MA. He can be reached at 978-688-6999 or visit his website at www.DrJinSung.com.
has previously been deported out of the
arrests in Massachusetts and 3 in Cali
with a fake name and only after booking
brievity test Torres provided police officers
charged with his 6th OUI. During a so
September 24, 2011 Eduardo Torres was
obtained because of the successful use of
and human smuggling, information
in Boston. Fingerprints from the arrest
authorities and local police.
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THE VALLEY PATRIOT
of the wildcard, but through this extremely intense series against the O’s, it seemed that Red Sox nation were on the other side of the stick this time. The only thing that seemed to be circling in Boston is who is to blame for all of this. Some people say, it’s Terry Francona, others say it’s the players, but whose fault is it really? According to Boston’s management team, they think the manager Terry Francona is to blame of the disastrous downfall of the team. Francona, unfortunately got the short end of the stick in the situation. After eight years managing, two world series titles, Francona, announced his departure from the Boston Red Sox on Friday, October 30th. Looking back at this season overall, yeah, there was some moments were some team members could have stepped up and boosted the teams morale, but just because that didn’t happened, that doesn’t mean that a manager who has brought the team so far since 2004 should be put into a situation were he is forced out of Boston. Tell me what you think of this. Email me your response at ztns13@aol.com. Nate Richards is a student at North Andover High School.

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www.attorneyobrien.com
Robert Chase (Jesse Spencer), Dr. Remy includes Dr. Eric Foreman (Omar Epps), what she wanted. Callily for her and her daughter wasn’t away from each other. One bit, House figured a way to lurk them fiancé the next season. Not liking this relationship with Cuddy, and became her of Wilson in Season 5, he developed a Douglass (Michael Weston) to keep track son, House doesn’t know how to act in of a team of diagnosticians, House usual advice. This past season the relationship House had with Cuddy went back to away from each other. Chase chased his girlfriend Dr. Allison Cameron (Jennifer Morrison) away from the stomping grounds of New Jersey when their relationship stopped breath- ing. It has been dealing with the fact that she has Huntington’s Disease and had to help kill her brother so he wouldn’t suffer from the disease any- more. She spent six months in prison for being a conspirator of his death. As Taub deals with his wife/ex-wife Rachel Taub (Jennifer Crystal Foley) who he apparently had an affair on before coming to PPHT, he is a doctor who is not afraid of standing to tell his patients the truth, which House never does. In the past seven years, House has been shot, addicted to Vicodin, has gone to a Mental Hospital, and has driven a few doctors to quit their positions at the hospital. On Oct. 3, 2011, the series is kicking off the season with House in jail. This should be an interesting season opener, so tune in to Fox at 9 p.m.

the law’s full support, the U.S.A. burned their own family members, friends, lovers, rivals, newborns and unborn. They burned them all to death as witches because every citizen was certain. They were certain the accused was a witch or certain they’d burn as a witch themselves if they tried to interfere in any way. Each citizen had to burn or be burned. The decision became known as The Choice. A soul freely made The Choice and burned to death but was granted eternal life for refusing to burn fellow citizens, or a soul freely made The Choice and burned for all eternity to remain a fellow citizen. For a believer, The Choice was very hard to make. For a citizen, The Choice was pure religious nonsense. As for those the U.S.A. burned to death not a single one of them was a witch, regardless of their sins or stature in life. Some were burned because they were selfless heroes and some were burned because they were lowly cowards. Some were burned because they were pretty and some were burned because they were ugly. Some were burned because they were brilliant and some were burned because they were dull. And so on and so on. Life was unbearably cruel, hard and desperate for the remaining U.S.A. citi- zens after every witch in their community was finally found and burned to death. But life was fair and equal for every citizen. Every U.S.A. citizen was unemployed and living in a shabby house. Every U.S.A. citizen didn’t have enough food or clean water. No one from the U.S.A had fine clothes, fine things or an education. Every U.S.A. citizen was a guilty criminal, and every U.S.A. citizen drank hard, often and alone to cope with all they had done and lost forever. Employers were burned. Employees were burned. Bankers were burned. Builders and farmers were burned. Artisans and writers were burned. Teach- ers were burned. Babies were burned. When fever struck two U.S.A. citizens or twenty, all of them died because all of the doctors were burned. Today, hard times have fallen on America.

And a progressive thinking group of highly educated fellow citizens have discovered the culprits responsible. Many Americans and much of the world agree they are absolutely right. Rich and poor, good and bad, honorable and dishonor- able, good and straight, legal and illegal, Democrat and Republican, God fearing and atheist, and employed and unem- ployed of every color and background are now standing together in agreement. They are united by a single belief. They are absolutely certain that Racists are among us and cursing us all in secret. They have been absolutely convinced that Racists and their way of life are com- pletely responsible for all of the world’s problems and hard times. Every Racist works as hard as possible to keep as much money and property for themselves as possible. Every Racist says whatever they want, lives however they want and owns whatever they wish. Racists rule the world and our lives with a powerful spell called Capitalism and an evil curse called The Constitution.

Racists are responsible for ruining our economy, poisoning our planet, evicting us from our homes, laying us off, mak- ing us poor, making us violent, making us addicts, making us sick, making us fail, keeping us dumb and keeping us down. Social Justice demands reform of The Law. Every citizen shall be entitled to equality and fairness at all times because for the good of The Com- munity, every citizen must willingly and publicly agree to submit unconditionally to The Law. That is The Law. The Choice is to disagree. David Sapir is a writer, artist and inven- tor from Kingston, MA. David can be reached on Facebook or by contacting him at davidjsapir@aol.com.
October is National Adopt a Dog Month

Tracey Zysk

Valley Patriot Doggie Columnist

Well when you have three animal writers for the Valley Patriot all PRO ADOPTATION...you know we are all very excited about the month of October being the American Humane Association Adopt a Dog Month.

Why adopt? Why wouldn’t you? There seems to be many misbelieve and stereotypes about adoption dogs that are simply not true. People believe if they adopt a dog it will never be able to be trained. They also believe the dog will have several emotional issues or may be aggressive. Then there are those that feel they can only have a pure breed from a breeder.

Well, all of these are totally incorrect. In fact, dogs want to please and make their owners happy. Therefore, if you are compassionate enough to adopt a dog and give him a good home, your dog will realize and appreciate that. He will want to learn and will enjoy being trained. He wants to do well and since he was in a shelter he is now ready to please. He has already been through more pain and hurt than we can ever imagine. Several of these dogs, were abandoned, abused or tossed aside.

Behavior is a learned trait. It can also be corrected. It doesn’t matter if the dog has been in a shelter or from a breeder and with one owner. The question is what are YOU teaching the dog? The dog will reflect what you taught him. Believe me, I have seen some of the most unruly dogs come from homes that purchased the dog from a store or a kennel. The dog acts on what it was taught. Don’t punish him for his behaviors or lack of discipline. Take a good look at what you are doing and then take the corrective action from there.

Once again, a shelter dog wants to make you happy. If you have concerns about his behavior when you adopt, start him in a six week training program and I promise you will be amazed at how well he actually does. Patience is the key and with positive reinforcing and some encouragement your dog will be a very well trained dog and behaved dog.

The breeder theory...really? You honestly think that because you purchase a dog from a breeder you will be buying a better quality dog? No, that is not true. All you are doing is spending way too much money. Breeders charge $800.00 -$1500.00 and even over $2000.00 for a dog. Not to mention you will still be spending on spay or neuter and then a couple more series of vaccinations. A shelter dog tends to cost $300.00 -$500.00 includes the spay or neuter and will be completely up to date on shots. Then there are those that say they only want a pure breed. Well, guess what? I out of 4 dogs in a shelter is a pure breed.

My Lani, my sweet, sweet Lani, you all have read my articles about her. She is a beautiful pure breed Boston terrier that I adopted from a rescue league. Her history was horrible; she was a puppy mill mother. All she did for three years was live in a crate in a puppy mill in Texas. Her purpose in life was to reproduce puppies so her pure breed litter could be sold in stores. You would walk into the mall and buy one of her pups for approximately $900.00 as Lani was still living in that crate, in that mill, still reproducing more puppies to have them taken away from her for you to purchase at your local pet store.

After three years, my Lani was rescued and then adopted by me. She is the most compassionate loving dog I have ever encountered, she is well trained, is healthy and a complete love. I ADOPTED my pure breed, well behaved, Lani.

With October being Adopt A Dog month I hope you consider adoption as an option. Puppy Girl Kate Whitney 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 wagglewalk@comcast.net. Become a fan on facebook at Wiggles & Jiggles Pet Care.
Happy fall everyone! This is such a beautiful time of year here in New England. Get out with your dogs before the days grow colder and the weather is too treacherous (yes, it’s coming) and you don’t want to go out. Go for a hike in the woods and get a glimpse of the beautiful changing leaves. Go for a walk along the Charles River in Bos-
ton and breathe in the sweet smells of autumn.

There are many charity walks coming up, too. Grab your pup and head out to show your support for some great causes (just be careful of the pads on their feet if they aren’t used to walking long distances on pavement).

My dad is always sending me things to read online or cut out articles in the newspaper for me to read. Often times they are about women in business, entre-
preneurs, running a successful business, etc. But the fun ones he leaves for me have to do with dogs.

Recently my dad sent me an article that was written about changing your adopted dog’s name. This topic has really in-
trigued me…ever since I adopted my two “babies” Dash and Honey.

Dash was dumped at the shelter when she was only four weeks old. Torn from her mother way too young, she has some anxiety issue today. But that is beside the point, and only makes me love her more.

When she came up here to MA through the rescue I volunteer for, she came up with lots of reserve (transport certificate, vetting info, etc.). On the intake papers from the shelter down in Virginia (where she is from) her name was Cheyenne. She probably came in with no name and the shelter gave her that name.

When she came up here to MA, she was re-named Dash. I have no idea why. Prob-
ably because she was a bit skittish (even at 3 months old, poor baby), and would dart/dash around nervously (today, we even call her “baby dash” because she is frightened easily).

She was my 3rd foster dog. As a few days passed by and we waited for ap-
lications to come in for her, something clicked for me. I knew this dog was not going to leave my home; she was going to be adopted by me. You know the old saying when it comes to love, “you just know”….well I “just knew” with Dash.

She was such a sweetheart and something about her just called out to my heart. Ok, so why am I telling you this story about Dash?

Moral of this story #1 is that I kept her name and didn’t change it. She was responding to the name very well and I didn’t feel the need to change it and mess her up. So Dash it was and Dash it will be forever! I’ve come to be okay with the name, although many people say “oh like Dash, the store owned by the Kar-
dashians!” And NO, it’s NOT like that! I’ve had Dash for about 4 years now (she turned 4 in August, wow how time flies), which is way before the Kardashians!

My other baby is Honey (HoneyBun-
ny). She is from the same shelter in VA that Dash came from, but that are about 3 months apart in age and in intake date at the shelter. She didn’t come to MA as Honey, she came as Betty. “Betty” came to stay with my sister's cat, my 6th dog. She was the sweetest little thing I had ever held. When I looked into her beautiful honey colored eyes, I swear I saw a human.

There was just something about her… and just like that, I knew. This dog was going to be my 2nd dog. Dash was getting a sister. (Side note: one might think that I’m what we in rescue call a “failed foster parent” but I’m not. I’m not because even though I adopted two of my fosters, I still foster! And have fostered over 30 dogs. I just wanted to point that out). Ok back to Betty/Honey.

So it had only been a few days that Betty had been in my care when I adopted her. So I didn’t want to change her name. I would have kept the name Betty, but one day something happened.

I was at the counter making a sandwich, and Betty came over to my side. I looked down at her and said “what honey?” – As in “what sweetie,” the way a parent or adult often talks to a child. I know grow-
ning up my parents called me “honey” all the time. And just like that, a light went off. Her beautiful fur was the color of honey and she was the sweetest baby. So I decided to call her Honey. And boy was it the best suited name for her. She is SUCH a Honey-Bunny?

Ok, so now that I’ve told you my personal experiences with name changing, here is a little info for those of you who still have questions.

Many times people want to change their dog’s name because they simply just don’t like the name they were given.

This is fine in most cases. I’m speaking to those of you who have adopted/rescued (THANK YOU) your dog. Many times at the shelter, dogs are given names solely as a means of identification. Instead of using numbers, names feel a little more personal.

My rescue will pull dogs that have only been a number their entire life… but when they come to us, they are given a name a second chance. To see the sweet face of puppy #1619 scheduled for euthanasia the day after tomorrow, be pulled from death row, transported up here to MA, given the name Bailey, and adopted into a warm loving home with treats and a comfy bed…there’s nothing quite like it. But that’s why those of us in rescue do it. Ok, getting off topic. Sorry.

Many times it’s a good idea to change a dog’s name. If bad or negative connec-
tions are made between that dog and its name, that’s a perfectly acceptable reason to do so. Many dogs have been picked up as strays on the side of the road or in a field and were given a name at the shelter. Most likely the dog hasn’t had the

Food Addiction: From Page 30

sensible. Weight maintenance will always be a part of my life. Every day, I am faced with temptation. Every morning I must make a commitment to myself to remember how I used to feel, how I feel now, and how I wish to feel in the future. I have received lots of feedback from people who have read my column. My last column was about carb addiction. Many people responded to that topic. Carbs are com-
fort foods! It’s what I craved. It’s what I still crave. Many others say they have the same addiction. Overeating is what got me to the state of morbid obesity. Eating carbs comforted me but only temporarily. Using food for any other reason than nutrition is not healthy. Overeating on a consistent ba-

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PETS

Sean Fountain

Methuen West End Council

Because… Change is GOOD!

NO Tax Increases - Live Within Our Means
Create Youth Services Dept. & Youth Center

Tracey Zysk

wigglesandjiggles.com

978-697-6571

Wiggles & Jiggles

Pet Care

ValuePatriot.com
October Is National Cyber Security Awareness Month
Cyber Safety for Seniors

Celeste Begley
COMMUNITY RELATIONS COORDINATOR
October is National Cyber Security Awareness Month, making it an excellent time to talk with your aging loved one about staying safe online.

According to the FBI’s Scams & Safety Web page, seniors are highly targeted by scammers of all kinds because they are widely expected to have a nest egg saved up, own their own house and have excellent credit. Because children in the 1930s, 40s and 50s were taught to be polite and trusting, scammers also expect older generations to be easier targets. Many scammers think seniors are even easier targets online because they did not grow up with today’s technology like younger generations did, and therefore scammers don’t think they will be as savvy about Internet safety and risks.

Seniors are also less likely to report scams. They either do not know who to report a scam to, or they are simply embarrassed. Whatever the reason, this tendency also puts seniors at higher risk.

The best way to protect your loved one from scammers is to educate him or her about what to look for. Here are three of the most common phishing scams targeting seniors, as listed by AARP:

1. Scams pretending to be security software. They either do not know who to return their money.

2. Scammers also expect older people to be missing. There was no fear of where

3. “Make sure your loved one knows that if they are scammed, they can come to you

September is National Cyber Security Awareness Month website offers even more information about computer safety basics.

"Make sure your loved one knows that if they are scammed, they can come to you for help without fear of being judged," said Jack Kenney, Co-Owner, Right At Home Boston North “Many seniors do not report fraud because they worry that their friends and family may think they are no longer able to look after themselves.” To report a scam, contact the FBI or submit a report online through the Internet Crime Complaint Center.

The Internet has predators, but it doesn’t mean seniors shouldn’t use it. “There is risk in everything we do. If we travel by airplane, we know that there is a small chance that the plane can experience engine trouble or worse,” as explained by Norton in its “Cyber Safe Seniors” guidebook. "If you follow some general rules and guidelines … you will find the Internet a non-scary, fun, and enchanting place to visit.”

About Right at Home of the North Shore, Merrimack Valley and Waltham/Melrose (Boston North)

Right at Home is an award winning family owned and operated private home health agency. It was started by Jay Kenney and Rosaleen Doherty on the North Shore in 2002. Since that time, they have expanded to three offices serving almost 500 families per week with senior home care services.

Right at Home offers in-home companionship, personal care and nursing care to seniors and disabled adults who want to continue to live independently. They directly employ and supervise all caregivers, each of whom are thoroughly screened, trained, bonded and insured prior to entering a client’s home. A Right at Home serves all of Essex County and cities and towns North of Boston in Middlesex and Suffolk Counties.

For more information on Right at Home, visit www.rightathomass.net or read the Rosaleen Doherty’s care giving blog at www.rightathomass.net

By 2013 36% of seniors are expected to be not only online but also users of social networking platforms. – datainteractive.net

Senator Tarr, Rep. Vallee to File Bill for Active Duty License Plates

BOSTON – Senate Minority Leader Bruce Tarr (R-Gloucester) and State Representative James E. Vallee (D-Franklin) announced today they will be filing legislation requiring the Registry of Mo- tor Vehicles (RMV) to provide special active duty license plates to Massachu- setts residents currently serving in the U.S. Armed Forces.

The proposal would allow full-time active duty military personnel serving in the U.S. Army, Navy, Marine Corps, Coast Guard or Air Force to re- quest a distinctive emblem from the RMV designating their branch of service. The emblems — which would be subject to a fee of no more than $35 to cover production costs — would be designed to be affixed to the license plates of private pas- senger motor vehicles and motorcycles.

“Our state has always had a strong legacy of men and women serving our country and protecting our freedoms, and since the terrorist incidents of September 11th, their sacrifices have been substan- tial,” said Senator Tarr. “Now, more than ever, it’s important that our state give official recognition to the service men and women who make us proud every day to be Americans. These distinctive license plates created by this proposal will also allow all of us to understand who these brave men and women are, and to offer our gratitude whenever possible.”

“These plates will serve as small, daily reminders of the big contributions our military personnel make to the Commonwealth and the country,” said Representative Vallee, the House Chairman of the Legislature’s Joint Committee on Veterans and Federal Affairs.

Tarr and Vallee are hoping to draw strong bipartisan support for their bill by making it available for co-sponsorship to their colleagues in the House and Senate. Connecticut recently passed similar legislation. Ohio also allows active duty military personnel to receive special rec- ognition on their license plates.

October is National Cyber Security Awareness Month Cyber Safety for Seniors

Paul Murano taught theology and philosophy at Assumption College and Northshore Com. College. He was also co-host of The Paying Attention! radio program and Host “Beneath the Surface” on Burlington Cable Access. You can E-mail Paul at PDM茫然.com

HOMESCHOOL: FROM PAGE 19

to being missing. There was no fear of where their lives. Despite the usual criticism that it stifles a child’s social life, it can have so many important benefits that last a lifetime. This has confirmed what I have thought for a long time: Home school- ing is an important alternative in today’s world; and it could be what ultimately saves civilization.

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“Our state has always had a strong legacy of men and women serving our county and protecting our freedoms, and since the terrorist incidents of September 11th, their sacrifices have been substan-
Senator Baucus. And they were interested
Chairperson is Senator Patty Murray who
Jeff Miller. He also spoke at our national
speakers was US Senator Max Baucus.
This was followed by all of us going
at a breakfast meeting where one of the
website.
nation. On September 20th, the Legion
Legion Fall Conference along with oth
parades, similar to the Haverhill Santa
the Fall Foliage Parade. These are large
Riders in Southwick.

On Labor Day, several of us marched in the
Marlboro parade. This is another great
event to participate in. On October 2nd
some of us will be in North Adams for the
Fall Foliage Parade. These are large
parades, similar to the Haverhill Santa
 Parade. It is too bad more don’t turn out
for Memorial Day and Veterans Day!
There are some that feel membership
numbers don’t count. Well, I had the
honor to visit Washington, DC for the
Legion Fall Conference along with oth
ers from Massachusetts and around the
nation. On September 20th, the Legion
Washington office briefed members from
all the Departments about Legion legisla
tive priorities for this session of Congress.
This list is listed on the Legion national
website.

The next day, September 21st, we were at
a breakfast meeting where one of the
speakers was US Senator Max Baucus.
This was followed by all of us going
to the Senate’s Dirksen building. Com
mander Fang Wong gave testimony to the
joint House and Senate Veterans Affairs
Committees. The House Chairman is Rep.
Jeff Miller. He also spoke at our national
convention in Minneapolis. The Senate
Chairperson is Senator Patty Murray who
is also on the Super Committee along with
Senator Baucus. They were interested
in what the Legion priorities are and what
the National Commander had to say? The
room was filled with about 200 Legion
naires and the National Auxiliary Presi
dent, Kris Nelson.
We were told the number of our
elected officials to present the priority list.
Representatives Meek and McGovern
were available to talk with us. In the
other offices, we spoke with legisla
tive aides who work on the DoD and Vet
issues.

The Legion has
4 million mem
bers, along with the
Auxiliary and SAL,
the total is about 4.2
million. That is a
lot of VOTES. And
that does not include friends and family
who are not members. Our elected offi
cials can count! That is why membership
and your voice count. I hope you will look
at the priority list and get your opinions
known to our Congressional officials.
If you are eligible to join the American
Legion or one of the other veteran service
organizations I hope you will do so. And
yes, we are SERVICE organizations. That
is what we do, what we are all about.
Yes, those that have a member’s lounge
and function hall have the ability to raise
money and do more but it is about the pro
grams. Andover, Groveland, Ipswich and
Topsfield are examples of Legion Posts
that do not have a home but still manage
to raise money and do good work in their
community. Check out our website (www.
 legion.org or www. Masslegion.org) and
you may be surprised.

In conclusion, I have one tip from a
 congressional staffer: The best ways to
raise money and do good work in their
programs. Andover, Groveland, Ipswich and
Topsfield are examples of Legion Posts
that do not have a home but still manage
to raise money and do good work in their
community. Check out our website (www.
 legion.org or www. Masslegion.org) and
you may be surprised.
in my home to discuss
details of the complex reverse mortgage
product, (b) answer my questions face
to-face and (c) provide an opportunity for
me to size them up in person... why would
I ever want to do business with them?
What will I do when I run into a problem
during loan processing, or several years
later when an issue pops up? Will they
still be around or will they have moved
on to new, greener pastures? Can you
really want to deal with someone who
dodges the question. You want to know
questions are answered. If the answers are
deflected in any way, let that be a warning
sign. A phone center sales person might
give you this wrong number and then call you
such as “My Company is permitted to
operate in all 50 States.” That response
dodges the question. You want to know if
the person you are speaking with is
specifically licensed in your state. Do you
really want to deal with someone who
will not honestly respond to a specific and
direct question?
submitted, go to
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TOM DUGGAN’S NOTEBOOK: FROM 21 OCTOBER 2011

The Guardian Angels have been patrolling the streets of Lawrence in the past month. We caught up with them last one Saturday night only to find that they were walking around with copies of The Valley Patriot.

Look for a story about the Angels in the next edition.

*SETH WARRIN AND STEPHEN ZANNI WIN STRAW POLL AMONG DEMOCRATS IN METHUEN.

EDITORS NOTE: WARRIN HAS ALREADY WINS THE DEMOCRATIC PRIMARY IN METHUEN.

The Methuen Democratic City Committee held its Fall Breakfast on Saturday, September 10th at the Methuen Senior Center. Over a hundred people attended the breakfast. The featured speaker was State Treasurer Steve Grossman. State Senator Steven Baddour and State Rep.

Emily Wiseheart of the Lowell Auditorium shows off her copy of The Valley Patriot at the Methuen Village Casino Night last month. (see P. 25)

TOM DUGGAN
NOTEBOOK: FROM PREVIOUS PAGE

friends and coworkers alike. Jimmy retired in September and is looking forward to spending more time with his family. The fundraiser is being held to offset the rising costs of daily life and hopefully make things a little easier for everyone involved. The fund raiser will be held on October 15, 2011 at the Relief’s Inn, 1 Market St., Lawrence, MA. Tickets for the event are $20.00 and are available in any firehouse in Lawrence, at the door or by calling me. There will be a DJ, food and raffles. Donations of any size will be accepted. We are especially looking for prizes for the raffle. We would love it if you could attend. Bring some friends too.

NOTE: DOUG RICKARD PERFORMS AT METHUEN VILLAGE
METHUEN: 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 John Farley, “The Irish Guy” on Friday, October 21 at 7:00 p.m. Kevin will perform on 11 different instruments, 12 if you count his voice. Advance RSVP 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.

PIANIST JOHN D’AMBROSIO 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 Doug Rickard on Wednesday, October 19 at 2:00 p.m. Doug will take us on a musical journey with his songs, storytelling, and guitar. Advance RSVP 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.

GUITARIST DOUG RICKARD PERFORMS 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 John Farley, “The Irish Guy” on Friday, October 21 at 7:00 p.m. Kevin will perform on 11 different instruments, 12 if you count his voice. Advance RSVP 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.

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PROJECT GENESIS: Home Buyer Training Seminars
Methuen Village at Riverwalk Park, a senior community offering assisted living and state-of-the-art Alzheimer’s care, invites the public to attend a seminar on becoming a homeowner.

COMMUNITY SERVICE AND SMALL BUSINESS SEMINARS, October 21 – Fran Dichter, President of the Army of the Aged, will speak at the North Shore Business Forum on October 21 on how community service helps small business. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The $10 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nbsforum.org

NETWORKING SEMINARS, October 28 – Bring plenty of business cards for a networking event at the North Shore Business Forum on October 28. The North Shore Business Forum meets at 7:30am at the Danversport Yacht Club, Rt. 62 East, Danvers, MA. The $10 admission fee include a continental breakfast and pre-registration is not required. For more info - www.nbsforum.org

BROWN URGES CONTINUED USE OF THE “SECURE COMMUNITIES” PROGRAM TO FIGHT TERRORISM, CRIME - (Reiterates Call To Remain Vigilant Against Ongoing Threat Of Terrorism)
U.S. Senator Scott Brown (R-MA) attended a Senate Homeland Security and Governmental Affairs Committee (HSGAC) hearing stating his support for the Secure Communities program. “Protecting our borders from illegal entry is vital to the security of our nation,” said Sen. Brown. “I believe the Secure Communities program is an important tool to help ensure that known terrorists and criminals who have entered the United States illegally or overstayed their visas are unable to remain in the country.” The hearing featured testimony from Janet Napolitano, Secretary of the Department of Homeland Security, who, among other topics, discussed measures taken by the FBI, Department of Homeland Security, and the National Counterterrorism Center since February 11, 2001 to combat terrorism at home and abroad. “We must never let ourng anymore against the terrorists who are still plotting attacks on our citizens and country,” added Brown. “In order to mitigate these threats, federal agencies must continue to implement effective counterterrorism programs, prevent the migration of proven extremist, and ensure the security of our borders.”

5TH ANNUAL TIP FAMILY 5K RUN/WALK IN MEMORY OF TIP
When you meet Atty. Alfred M. Zappala, he seems like any ordinary Merrimack Valley man. He was just sitting there chatting with his friends. Yet, his charisma and outstanding friendliness is what prompted me to think, this is no ordinary man, and I was able to immediately pick him out of the crowd of his fellow Italians. Although there were many people there at Borrelli’s Italian Kitchen on Tuesday, September 13th for his book signing, I knew, with-out a doubt, who he was. We introduced ourselves, and although you meet many people in everyday life, I felt a genuine feeling of ease. Al Zappala is the type of person that makes you feel welcome, like you’ve been his friend for years. Two of his three children, Jennifer and Matthew were with him, and were obviously very proud of their dad. Mr. Zappala said that his second book, Gaetano’s Trunk, was written about his first love…Italy. It takes a humorous look at life in Sicily and his inspiration for Gaetano’s Trunk, came from his grandfather, who was from Trecastagni, a village on the slopes of Mt. Etna. His fondest memories from his childhood are walking the streets of Italy with his grandfather who would teach him all things Sicilian during their walks. He was quick to assure me that “the young learn from the old”, and his grandson and granddaughter, along with his own parents, were his learning tools.

When Atty. Zappala isn’t spending time in Sicily or the State of Mazzella, he resides in Lawrence and has trained over 8,000 aspiring lawyers to successfully become attorneys. Attorney Zappala has taught for many years at both Suffolk, Salem State, and Northeastern Law School. He also has taught at New England Law School and Southern New England Law School and is considered an expert on the bar examination.

Alfred M. Zappala’s books are available at Borrelli’s Italian Kitchen, Amazon.com and Kindle.com...you definitely need to read them, trust me!!

The cooking demonstration (I mean really, who doesn’t want to learn how to prepare his yummy Italian recipes?) will be held on November 13, 2011 at Borrelli’s. He has shared the wonders of Italy by importing various products from Sicily, including one that was voted the best in its category at the nation’s premier food event, The Fancy Food Show. If you would like more information about, or would like to contact Alfred Zappala, the information is below:

Alfred M. Zappala, Esq. alfredzappala@yahoo.com. Tel: 978-204-6574, www.alfredzappala.com or youtube.com/watch?v=OZSP7pDeMhQ

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Connecting Your Business to the Commonwealth of Massachusetts – Thursday, October 27, 2011 / 10:00 am -12:00 pm. This workshop is offered in partnership with the Operational Services Division (OSD) of the Massachusetts state government. OSD administers the procurement process of the Commonwealth. This OSD workshop is designed for businesses who are interested in learning how to do business with the State.

Tom Duggan is president of Valley Patriot, Inc., a former Lawrence School Committee member, former political director for Mass Citizens for Marriage, a Police Survivor and hosted the Paying Attention! Radio Program from 2001-2011. You can email him valleypatriot@iol.com. 
HERO IN OUR MIDST, KATSAROS: FROM PAGE 1

French Ambassador to the United States, Pierre Vimont, wrote to Katsaros: “The French people will never forget your courage and devotion to the great cause of freedom... and your personal, precious contribution to the United States’ decisive role in the liberation of our country.”

Behind enemy lines Katsaros became the vital link exposing enemy secrets as he moved within the vast networks of cells within the Resistance. Newly declassified government documents reveal his espionage in the 3rd edition of “Code Burgundy: The Long Escape.” He supplied secret weapons, the ME-262 bomber and V-2 bombs that flew undetected by radar from Berlin to NYC and back without refueling—carrying the jet fighter; the secret weapon Hitler’s top-ranking generals feared most the most.


Following the Atomic Bomb before we had it!... and Julienne Demarchez, who nursed him to health in their home for several weeks, at great risk to themselves. When discovered, Julienne was tortured by the Gestapo, but steadfastly refused to reveal names of German commanders, transport sites of German stalags (POW camps), names of German commanders, transport of POW’s and their number; anti-aircraft machine-guns stationed along key railway routes.

Journey without a roadmap
Little did the Resistance know, when they stormed “La Bonne Maison” farmhouse near Reims and rescued Katsaros in a blaze of gunfire, that their daring rescue would have such far-reaching impact—linking men, nations and generations...

“I owe my life to the French Resistance,” said Katsaros, who formed a deep bond with all his helpers, especially the three Resistance leaders who executed his first rescue: Pierre Demarchez, leader of the Chaumont cell; Jean Joly, leader of the Reims cell, and René Felix, Reims cell.

“These men were focused, shrubbery, and calculating in their strategy. They were fearless, driven only by their love for France and their love of freedom.”

His second rescue was orchestrated by the Reims police chief, another Resistance leader. Katsaros, captured at the bakery run by Pierre and Julienne Demarchez, was being transported when... A clever ambush of the German convoy—a surprise blockade. “Official” vehicles. A stunned Gestapo. And Katsaros sped away in a cloud of dust! Not a shot was fired! Often instructions came one at a time. “Follow me.” “Go to...” “Look for a man who...” “Wait there until...” People slipped in and out of his life, whispering instructions, giving messages.

General Dwight D. Eisenhower, Supreme Allied Commander, wrote in his book, “Crusade in Europe,” that “without the great assistance (of the French Resistance), the liberation of France and the defeat of the enemy in Western Europe would have consumed a much longer time and meant greater losses to ourselves.”

Lessons in survival
Katsaros assumes many disguises: deaf-and-dumb nephew injured in a British air raid, police deputy, “gendarme” (military police) who walked the beat with his resiuer, “French citizen” with photo ID and documents expertly forged.

“These men and women showed me what courage is. Their boldness gave me strength and hope. It never felt lonely because I became part of their family. From them, I learned how to survive: devise plans, avoid capture, escape when seized, endure hardships and never lose hope.

“This was not just my war. It was our war, and we fought it together, side by side. They felt it was their duty to protect me, save my life, and send me home safely.”

He became the beloved son of Pierre and Julienne Demarchez, who nursed him to health in their home for several weeks, at great risk to themselves. When discovered, Julienne was tortured by the Gestapo, but steadfastly refused to reveal anything. Later imprisoned at Ravensbruck, she said she would do it all over again for the cause of freedom.

Clarión call: protect freedom!
John Katsaros’ mission did not end with WWII. He is part of a greater purpose linking freedom-loving patriots, and nations.

Today his mission continues to unfold, honoring the heroes of the past and inspiring future generations to fight for freedom.

The French Resistance was like a swift-flowing river underground, invisible, bringing life, freedom, and hope to those bound in darkness. Nothing could stop it.

When walking the line between life and death, a bond develops with those who saved you. It can never be broken. It spans generations. Katsaros’ visits to his rescuers, and their visits here, attest to this.

It also crosses continents. The international Air Forces Escape and Evasion Society (AFEES), which Katsaros heads as president includes 300 living WWII airmen and the more than 600 helpers who saved them, who meet annually.

As a gift to the people of France, a French translation of Katsaros’ book “Code Burgundy” is now being prepared, which he will donate to schools and libraries as a memorial to the heroism of these patriots and an inspiration to future generations.

To Americans, Katsaros urges, “Cherish your freedom!” During his escape, he said, “every close call made freedom taste even sweeter.” He has given more than 100 talks across the United States before the Air Force Academy, aviation groups, grammar and high schools, colleges and universities, veterans groups and church groups, to keep alive our precious heritage—and to remind us how fragile freedom is.

As President Ronald Reagan observed: “Freedom is never more than one generation away from extinction. We didn’t pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same.”

(To order book, contact author: jkat saros@comcast.net, 978-669-3035)

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