



# THE VALLEY PATRIOT

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PAGE 7

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## \$6.6M Police Station Fraud

**PAGE 3**



Haverhill Police Station on Bailey Blvd. is plagued with mold (above right), from leaking window problems despite the \$6.6M pricetag in 1999. To date the city has spent \$379K for a new roof and countless thousands on other repairs, with more repairs to go.



**Haverhill Taxpayers Continue to Pay for the Fraud Committed During Building Construction in 1999**

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## VALLEY PATRIOT OF THE MONTH

### HEROES IN OUR MIDST - GEORGE HENDERSON

Meeting North Andover resident George Henderson for the first time, you wouldn't guess what he did during his first three years after college. Born in 1921, he graduated from St. Michaels College in 1942, approximately six months after Pearl Harbor.

George immediately signed up for duty in the Navy and, after being transformed into a "90-day wonder", he was assigned to the Naval amphibious forces; more precisely, he was assigned to serve on Landing Ship Tank 345 (LST 345). Given the option of choosing a specialty in Supply, Communications, or Gunnery, George picked Gunnery ... "because it seemed more glamorous!"

LST 345 departed US shores for northern Africa on May 1, 1943. George downplays the crossing, but consider the circumstances. LST convoys averaged 5-6 knots (under 7 mph) and the North Atlantic was still plagued by numerous German U-boats. If hit by a German torpedo, an LST would rapidly sink and other ships in the convoy were under orders to "just keep steaming" ... any ship that stayed behind to pick up survivors would also be sunk. There would be no rescue.

LST 345's service in WWII was divided into three

phases: Support of Allied Operations in Northern Africa (immediately after the fall of Axis forces in May 1943), support for the invasions of Sicily (July 1943) and Salerno (September 1943), and support of the D-Day invasion of Normandy (June 1944) and subsequent Allied Operations in Northern Europe. For LSTs, supporting an invasion meant going right up to the beach under fire to unload supplies and then take Allied wounded (or enemy prisoners) back to the staging area.

While operating out of Bizerte, Tunisia, LST 345 was exposed to German air raids every night for three months. George recalled one such air raid during a Bob Hope concert. Hope and his staff quickly retired to a dark hiding place until the raid was over. When the lights went on, Hope's troupe discovered they were hunkered down in an ammo dump!

Prior to the invasion of Sicily, military planners estimated casualties would reach 75-80%. But sometimes, good fortune intervenes. A barrage balloon tethered to LST 345 during the invasion at Sicily (that George had been unable to cut away when ordered to do so during

HERO: PAGE 31



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# Lantigua Still Controls the Lawrence City Council

With all of the problems facing the City of Lawrence, the city council is focusing their efforts on protecting political hacks in city hall and attacking Mayor Dan Rivera. Last month the council considered a vote of “no confidence” in Mayor Rivera claiming he is playing politics with his firing of Lantigua appointees.

The narrative the city council wants people to believe is that Rivera is no better than Lantigua because he is systematically getting rid of city workers simply because they were appointed by or loyal to Willie Lantigua.

But, while President Maldonado and the other Lantigua operatives left over on the city council are desperate to equate Rivera with Lantigua the facts do not bear this out.

It’s true that Mayor Rivera has removed some Lantigua hires in city hall. But, what is also true is that unlike Lantigua’s first week in office back in 2010, Rivera has only removed a small number of city workers, most of whom were directly involved in Lantigua’s shenanigans and responsible for breaking the law.

To date, Rivera has fired or removed Lantigua’s comptroller David Camasso who refused to pay fired or laid off city workers under Lantigua despite the state law that says they must be paid.

Rivera also removed one of Lantigua’s wives from the city’s personnel department. Lantigua’s wife was caught illegally collecting thousands of dollars in home heating assistance while collecting nearly \$100K as a city worker, and while Lantigua was living with her collecting more than \$170K as both a state rep and the mayor of Lawrence.

Another person removed by Rivera was Rafael Tejada, the election coordinator who once admitted he forged signatures on nomination papers and then certified those signature as genuine.

But there are many Lantigua hires or loyalist working for the city who have not been fired by Mayor Rivera.

This is a stark contrast to the Lantigua’s first week in office where he fired almost every department head and appointee of Mayor Mike Sullivan.

Another stark contrast between Lantigua and Rivera is that when Lantigua fired Sullivan appointees he violated the law and personnel policies of the city.

Rivera has yet to do that.

We find it hypocritical for Lantigua’s hacks on the Lawrence City Council to be calling for a vote of no confidence against Mayor Rivera.

In the four years of scandal, fraud and mismanagement under Lantigua’s administration, Lawrence City Councillors never once called for a vote of no confidence against Lantigua.

Even after Lantigua accused Lawrence firefighters of setting fires to make him look bad, accused police of trying to plant drugs in his car, invented a story of an unmarked police car trying to run him down, sending ambulances, fire trucks, trash trucks and police cruisers to the Dominican republic, layoffs of 24 police officers and 25 firefighters and the closing of two fire stations, yet never once did the Lawrence City Council consider a vote of no confidence against Mayor Lantigua.

We all know what is going on here.

Lantigua’s allies on the council are trying to set the stage for Lantigua to return and run against Rivera in three years.

We call on the voters of Lawrence to pay very close attention to which councilors are involved in this effort against Rivera and vote them all out of office this November.

Lawrence needs to move forward and that cannot happen while Willie Lantigua is still pulling all the strings on the Lawrence City Council.

## What Exactly is “Happiness”

Paul Murano

VALLEY PATRIOT COLUMNIST

Jeff Katz took some time off this month, filling in for him is Beneath the Surface’s Paul Murnao. Jeff Katz will return next month with words of wisdom from the national stage.

When the ball dropped in Times Square on New Year’s Eve, I witnessed many people wishing each other the customary “Happy New Year!” I wondered: Do people really understand what they are wishing? What is happiness? Why does it seem so elusive?

As a college Ethics Instructor, the focus of my classes often centers on the notion of happiness. There tends to be a consensus today that happiness is a feeling or an emotion. This is sold to us by the media and supported by the tri-fold philosophical disease of our time - materialism, utilitarianism, and relativism. But is transient emotional or physical pleasure really happiness?

Going beneath the surface, we see happiness is not mere excitement or pleasure. Rather, according to Aristotle and Aquinas, it is the flourishing of the human person by the fulfillment of his nature. All five dimensions of human nature must be fostered: biological, intellectual, family, social, and religious life. To Aristotle, the highest form of happiness is contemplation of eternal truths; for Aquinas, it is ultimately union with God, which begins in this life and continues more perfectly in the next.

The less we feed our higher rational and spiritual needs the more we try to fill the void with physical and emotional pleasures. These are good when sought as a means rather than an end - as a way to love, not use, a person. Intentionally separating pleasure from purpose leads to obsession and addiction - a sure way to unhappiness. This is consistent with the modern tendency to depersonalize and emphasize elements of our lower nature that are in common with other animals. As a result, we ironically seek happiness by acting more like animals.

Pope Francis recently made this comment: “Watch out for anger that can lead to vengeance; for laziness that leads to existential euthanasia; for pointing the finger at others, which leads to pride; and for complaining continuously, which leads to desperation.”

Although each of these acts lead directly to unhappiness, “existential euthanasia” sticks out for me. How many of us have a defeatist attitude that combines cynicism and apathy to bring about an existential euthanasia? Yet, we know that tending just to our desires for comfort, security, and pleasure leaves us unfulfilled.

What perspective is needed to overcome the world, foster our higher nature, and maintain hope? What attitude must be adopted to reject the cynicism-apaty trap that keeps us from attaining happiness? Take a tip from the late Mother Teresa. When asked by a reporter why she bothered helping the poor when they only continued to multiply, she responded simply: “Christ doesn’t call me to be successful, He calls me to be faithful.”



Paul Murano teaches philosophy at North Shore Community College and Middlesex Community college, hosts “Beneath the Surface” radio on Monday nights 9-11pm, and co-hosts the Paying Attention! radio program with Tom Duggan, both on WCAP 980AM. Paul serves on the board of Heartbeat Pregnancy Help in Burlington, and is a singer/songwriter/musician. Email Paul at PJDM@aol.com.

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# Haverhill Police Station Fraud - Unhealthy Work Conditions

Tom Duggan  
VALLEY PATRIOT PUBLISHER

Haverhill Police Officers say they are not only putting their safety at risk while out doing their jobs protecting the public, but also while working inside the mold and mildew infested police station that was built only 15 years ago.

The Haverhill Police Station located on Bailey Blvd, was constructed in the late 90's for \$6.6M, but documents obtained by the Valley Patriot show that the contractor for the project, Palladium Construction, delivered a substandard building that was already plagued with problems due to leaking windows and a leaky roof before police even occupied the building.

"Our officers and even the civilians who have to work in this building are being exposed to health hazards because of the mold, and the mold is due to the leaking roof, and the leaking windows," says Police Chief Alan DeNaro.

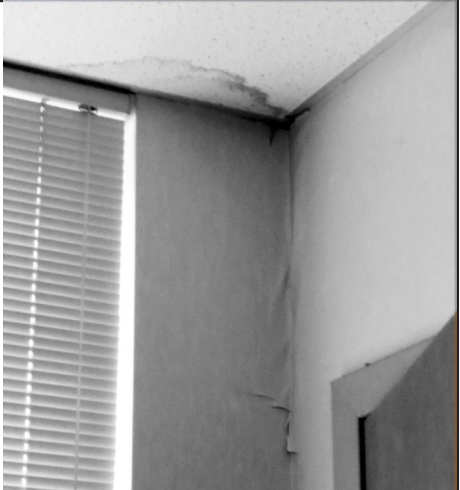
"The Haverhill Police moved into this building on October 27, 2009. When I took over on October 28, 2002, this building was already 3 years old and it was leaking back then. The roof was leaking, the windows were leaking in multiple locations and we had mold and mildew back then. Now it's even worse after 13 years."

The chief says there was an \$80K bond on the project.

"We went through that fast between the air conditioning that wasn't done right, the leaking, the boiler had to be replaced and by the way, it has to be replaced again. I also had to replace the electronic key system for building security, the contractor bought an outdated electronic key system so we couldn't get parts, we couldn't expand our security in the building. This building is a nightmare and has been since day one," DeNaro added.

"I get the whole thing about not wanting to gouge the taxpayers, but by going with the lowest bidder you end up gouging the taxpayers even more with repairs."

According to a WHAV.net report, the City of Haverhill spent \$367,825.00 on a new roof that had cost overruns to the tune of \$79,300.00 for a total of \$447,125.00. Yet the mold, leaking windows, boiler problems and other issues with the building continue to persist, and Haverhill officials have done little to secure the health and well being of the police officers and civilians who work in that building every day.



The Haverhill Police Station on Bailey Blvd is plagued with black mold, mildew, leaking windows, broken boilers, peeling paint, stained ceiling tiles, patched walls, and wet rugs.

**THE \$6.6M RIPOFF**

The Valley Patriot obtained documents showing the cost of the construction project as well as letters and memos detailing the fraudulent work done by Palladium Construction. The company has since dissolved by an order of the courts.

According to documents the Architect of the building (Donham and Sweeney), there (was a punch list) 18 pages (long) of unresolved issues in the building that needed to be addressed as of June 28, 1999 so that the building could be occupied.

On October 13, 1998, a letter to Palladium Construction from the architect shows that the City of Haverhill was concerned with mold problems developing in the building from the leaking roof and windows "which have water damage to the walls, or water on the floors indicating wet insulation." According to the letter, 24 rooms in the brand new building had leakage and damage.

"Our concern is for mold, mildew, and reduced insulating properties of the insulation. The contractor is responsible for temporary protection of the building. All wet drywall in these areas and all drywall above wet floors shall be removed as well as the batt insulation in the cavities." The letter was cc'd to Mayor Rurak and all those involved in the project at the time.

**PALLADIUM BLAMED SUBCONTRACTOR, PROMISED PROBLEMS WOULD BE FIXED**

In letter dated October 16, 1998, Palladium Construction blamed their own subcontractor, Reliable Roofing, for the "shoddy work." Palladium's letter to

Donham and Sweeney stated in part, "We believe the roof leaks we experienced were primarily due to the uncrafterman-like installation by our original roof subcontractor Reliable Roofing."

According to the letter, all issues with roofing and shoddy work were supposed to be "100% complete by Monday October 19, 1998."

To date that work has never been completed.

**FIRE DEPARTMENT CALLS WORK UNACCEPTABLE**

In a letter dated in April of 1999, Captain Guertin of the Haverhill Fire Department outlined what he called "unacceptable" work on the building. "I found that the rain/gutter/downspout/flashing installation unacceptable," he said in writing.

He recommended that the entire installation be ripped out and replaced, some of which was done but resulted in more cost overruns and was still not completed according to the specifications of the bid.

"I sense a seeming lack of aggressiveness in addressing most problems in a timely manner," Captain Guertin's letter states. "Obviously, the failure to address some of the more serious of these problems will continue to delay occupancy."

Despite the fact that these issues were never satisfactorily resolved and delayed the occupancy of the building by the Haverhill Police, they were eventually allowed to occupy the building anyway.

An engineering report from Briggs Engineering and Testing shows they performed a gutter system inspection on May 21, 1999. In a letter dated June 14, 1999, Briggs outlined their findings, which stated "the condition of the gutter system appeared to be in poor condition observed at the time of inspection. They also stated

"The existing gutter system was installed as part of the new roof system on the Police Station construction project" and "at this time, the gutter appears to be unable to function properly as numerous seams are wide open." "Interior leaks may occur as a result..."

**AND WHAT ABOUT THE CLERK OF THE WORKS?**

**CLERK OF THE WORKS REPORT on Oct 19,1999**

The Clerk of the Works, John Arena, reported substantial water damage to materials. The clerk directed Palladium Construction to demolition all affected areas and have everything replaced. "The water entering the building is believed to be caused by poor work at several areas of the roof, the shingles the flashing and the gutters.

**DENIALS AND FRAUD**

In a harshly worded letter by Palladium Contractors to the Architect dated July 26, 1999, Palladium categorically denied any problems with the roof, leaking, and other building problems as the result of substandard work. Palladium tried to claim in this letter that that the "alleged problems" with the building were merely "gossip and unsubstantiated."

"The roofs integrity is a non issue and there are no leaks at the project on the dates in question."

The Valley Patriot checked the weather for the days of the alleged inspections by Palladium and found that it was not raining on the dates the building was inspected so no leakage would be present on those days anyway.

The July 26 letter directly contradicted their letter in 1998 admitting that the work by their subcontractor was the cause for the problems.



FRAUD: PAGE 24

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# Andover 2015

Anne Knowles  
VALLEY PATRIOT ANDOVER COLUMNIST

It is that time of year when, in case of snow, the Snowstorm Parking Ban will go into effect.

No cars may be parked on any street in Andover except for public safety, public works and public utility vehicles. All other vehicles can be ticketed and towed at the owner's expense.

Bans will be announced on Comcast Channel 22 and Verizon Channel 45. The Snowstorm Parking Ban will also be available online at [andoverma.gov](http://andoverma.gov).

Parking Bans will be in effect until the notice is lifted.

Dog Licenses are to be renewed in January. All dogs must have a current rabies vaccination and proof must accompany new licenses or renewals. Dog licenses fees may be paid at the Town Clerk Office, 36 Bartlett Street, Andover, MA. 01810, or by mail. Information is available online at [townclerk@andoverma.gov](mailto:townclerk@andoverma.gov).

Information for Boomer Venture Winter Programs at the Center at Punchard is available and anyone interested is encouraged to call or drop in for information. The Center is open Monday through Friday from 8:00 am to 4:00 pm. A newsletter is available for

those interested in programs and activities at the Center. Contact the Center by the web at [andoverseniorcenter.org](http://andoverseniorcenter.org) or by e-mail at [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov).

The Friends of Memorial Library will be presenting three Winter 2015 Performances. The programs are held on the top floor of the library at 2:30 pm., and are free to the public.

January 11 will be Tutti Bassi – Two Cellists go for Baroque – Performers are Sarah Freiberg and

Colleen McGary-Smith. Ms. Freiberg is a tenured member of Handel and Hayden Society and teaches at Boston University. Ms. McGary-Smith performs with Handel and Hayden Society as well as freelances on both modern and baroque cello as well as viola da gamba.

February 8 will feature Albino Mkie, who was born in Mozambique, and is an African Scholar at the Berklee College of Music. He won first place at the 2013 International Songwriting competition in World Music.

March 22, the Yiddishkiet Klezmer Ensemble featuring both traditional and original Klezmer Music. Brian Bender, David Tasgal and Anna Sobel have entertained audiences throughout New England and New York.

# Robbing Peter to Pay Paul: the Lawrence RMV Move

Oscar Camargo  
VALLEY PATRIOT COLUMNIST

Last month, I wrote about Lawrence's decision to move the RMV to its downtown area. The crux of the article was that leaders should engage their constituents before proceeding with large projects. That got me thinking, are there similar cases like this? Yes.

Merrimack College's decision to develop dormitory housing on its property caused great consternation to the surrounding neighborhood. The college is a private institution and the project was within its legal authority, but how they went along doing so says a lot about the value of engaging affected neighborhoods. Their inability to meaningfully engage with residents resulted in a public relations nightmare. You couldn't drive near the campus without seeing a 'No Dorms' lawn sign.

A similar situation is occurring in Andover regarding the Strawberry Hill Project. The site will include a 133-unit senior housing community two miles west of Andover's downtown area. No one will argue that the town is in need of affordable housing, but the manner in which the town went along approving the development left many residents upset. Once again, there was little engagement by leaders to ascertain how the affected neighborhood would react to the project.

Of course, there have been projects that've successfully engaged the public with positive results. The prime example is the Hunking Middle School in Haverhill. Residents throughout the city went to the ballot box to decide whether their tax dollars would be used to create a new middle school. In the end, 72-percent of voters said yes but only after a long cam-

CAMARGO: PAGE 6

# CODE RED IN ANDOVER

A Code Red Emergency Notification System is available to citizens of Andover for important telephone notifications. Code Red allows the town to notify citizens of an emergency or important situation. These may be water main breaks, street closings, gas leaks, evacuation notices, missing persons, natural disasters, chemical spills, crime alerts, etc.

Code Red uses a high-speed telephone calling system to a phone number on the Code Red database. A "call area" will be marked and identified by a street address.

Telephone numbers will be matched electronically to the addresses through the use of Geographically Information Systems (GIS). A recorded message will be sent with information about the incident and instructions for any action that should be taken.

To take part in this service and access information about this program, go to [andoverma.gov](http://andoverma.gov) and check under E-SERVICES page. Under Code Red, go to the enrollment form. The form may be returned to Andover Police Department, Bartlett Street, Andover, MA., 01810

# MIAA Backs North Andover Principal's Decision to Suspend Basketball Coach, Says Scuzzarella Argued for Lower Penalty

NORTH ANDOVER – In the wake of the basketball coach scandal in North Andover, The Massachusetts Interscholastic Athletic Association (MIAA) has issued a statement backing High School principal Scuzzarella's decision to suspend basketball coach Paul Tanglis for "out of season coach, athlete contact."



the MIAA says in his letter that Principal Scuzzarella had the option to suspend Tanglis for a year but argued a more lenient penalty for the basketball coach, as the violation of MIAA Rule 40 was minor.

"The MIAA's position is and has been that the penalty for violation of Rule 40 is a one-year suspension of the coach.

Last month a parent complained to the MIAA that Coach Tanglis had violated MIAA Rule 40 when it was learned that he played pre-season pickup games at the North Andover Youth Center at the same time his players were also at the youth center gym.

"In an effort to clarify misleading comments appearing in the media associated with the MIAA and North Andover High School, the MIAA has elected to issue the following statement," the MIAA release says.

William Gaine, Executive Director of

In the case of North Andover, Dr. Scuzzarella made a strong case as to why that penalty should be significantly lower and the MIAA Compliance Executive fully supported the findings, and actions to be taken by the school."

"The MIAA is satisfied with the investigation, findings and actions by MIAA member school Principal Dr. Carla Scuzzarella."

Principal Scuzzarella decided to allow Tanglis to coach the Lawrence High Game Friday night before the suspension goes into effect.

You can now get The Valley Patriot at ...



**In Methuen & Haverhill**

# North Andover Senior Center Activities & Announcements

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

1. Health Care/Medicare/Health Insurance Fraud - In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at make-shift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

2. Counterfeit Prescription Drugs - Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

3. Funeral & Cemetery Scams - The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors. In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them; scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to capitalize on family members' unfamiliarity with the considerable cost of funeral services to add unnecessary charges to the bill. In one common scam of this type, funeral directors will insist that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with

a cardboard casket rather than an expensive display or burial casket.

S.H.I.N.E. Volunteers: (Serving Health Insurance Needs of Elders): Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment. First and third Tuesday of the month.

Volunteers are the backbone of the North Andover Senior Center; we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for application and assistance.

MEN'S BREAKFAST: January 8th at 9am. Immediately following at 9:30 will be Richard Padova, a political science instructor at Northern Essex Community College.

ONE ON ONE COMPUTER INSTRUCTION: 45 minute sessions for \$7. Tuesdays 9-12 with George Chory, Thursdays 9-12 with Tom Kookan. Make your appointments with reception 978-688-9560. This time can accommodate gadgets, too if necessary (Phones, Tablets, etc.)

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

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# Lawrence City Council Chaos: Lantigua Holdovers Call for No Confidence Vote in Mayor Rivera, Attack Lawrence Police as “Lazy”

Tom Duggan  
VALLEY PATRIOT PUBLISHER

With only 11 months under his belt as Lawrence’s new mayor, the Lawrence City Council is considering a vote of “no confidence” against Mayor Dan Rivera for not staying at a council meeting Tuesday night to answer their questions about a recent spate of firings of Lantigua cronies.

The council is upset that Rivera has removed several of former Mayor Lantigua’s hires including his wife Lorenza Ortega, former comptroller David Camasso, former election coordinator Rafael Tejeda and Arthur McCabe.

Rivera spoke to the council on Tuesday night reading a prepared statement saying he would not answer their questions on personnel matters and asked them to stop publicly discussing the personnel moves for fear of lawsuits.

“Some of you don’t like the decisions I have made around personnel,” Rivera told the council about the 14 requests for information the council had sent to him.

“Since they are primarily personnel matters I will not be addressing or taking questions about them in this forum nor should any mayor, nor should you.

First it would violate personnel policy to talk about specific individuals this way, and it would definitely open the City up to lawsuits of which you are trying to avoid. The other reason you should not discuss them here is because hiring and firing with exception of department heads and boards and commissions are not under your purview. Not in personnel matters not in collective bargaining.”

KANGAROO COURT

Councilor Nilka Alvarez Rodriguez complained that Rivera called the council “a kangaroo court” in a recent news article. Apparently not understanding the

phrase, Alvarez went on about how she was insulted saying, “I don’t look like a Kangaroo, I don’t have pockets” she said.

Council President Maldonado, another holdover ally of Willie Lantigua, said he too supported the vote of no confidence in the mayor, joining councilors Sandy Almonte and Onaida Acquino, also Lantigua allies.

Councilors Mark LaPlante and Eileen Bernal said they objected to the vote of no confidence, as it wasn’t on the agenda to be discussed.

“So you are going to take a vote of no confidence in the mayor for not following the policies and by taking this vote we are violating our own policies?” Councilor Bernal asked, indicating she would vote against the measure.

Before the vote could be called however, Councilor LaPlante made what is called a “charter objection” which is a provision in the Lawrence City Charter that mandates all debate and any votes on the matter must be delayed until the next regular meeting.

A vote of no confidence has no legal ramifications.

ATTACKS ON POLICE – A CITY COUNCIL IN CHAOS

During a discussion about a \$2.5M loan order for capital improvements (that included license plate scanners for the Police Department) the city council stumbled and couldn’t figure out if the 5-3 vote in favor of the loan had passed.

District “A” City Councilor Sandy Almonte began her discussion on the loan order with a full blown attack on the Lawrence Police, saying that they treat people badly and that she opposed the license plate scanners because Lawrence cops were “too lazy to push a few buttons”.

COUNCIL: PAGE 25

## Council President Defends Lantigua Appointees

To the Editor:

In the fifties, when government wanted to shut-off its critics it attached the word “Communist” to their name. As a result, many terrible injustices were committed against thousands of decent and respectable law abiding citizens. Today, the label is not “Communist.” Today the label is “Willy Lantigua.”

Lawrence Mayor Daniel Rivera hopes to shut-off his critics by labeling them as Willy Lantigua supporters. He wants to discredit his critics by stirring negative associations between them and the former administration. He hopes to eliminate his critic’s support by implying that the critics are corrupt or corruptible. He is unable to substantiate these associations, but does so nonetheless to suppress the truth about his unlawful decisions.

The city council has repeatedly asked to meet privately with the mayor to discuss its concerns with his conduct. The hope was, after years of disagreement between the mayors and city councils, to develop a foundation of understanding, cooperation, and mutual respect. The mayor refused to meet. The mayor then reached out for a meeting, but only after the council placed on its agenda a request for him to appear before them.

Mayor Rivera intentionally slings unsubstantiated and general accusations against his critics. He never once addresses the substance of the council’s concerns. He cannot publicly respond, because to do so will not only cause the city to lose the many lawsuits filed against him, but also would be an admission that he failed, in his first year to heal the city, to open gov-

ernment to the people, and acted professionally in the city’s best interests. Similarly, the council simply cannot respond to his mud-slinging accusations. The only proper way to do so is to bring to light his failures, and the attention on those failures will also harm the city.

But, let’s avoid the name-calling and finger-pointing, and speak of facts. It is a fact that the mayor highly publicized his new professional policies in the city prohibiting employees from parking on public streets and requiring that employees wear neckties in the office. These policies were controversial and should have been negotiated with the unions instead of imposing them at will. The unions and employees forewarned the mayor that such changes would result in grievances. It is also a fact that the mayor has nonchalantly denied the grievances and sought more publicity, labeling his workers as “clowns.” Now, the Commonwealth of Massachusetts Department of Labor Relations has issued initial findings in two grievances telling us what we already knew. The Department of Labor found probable cause that Mayor Rivera committed unfair labor practices and violated the Massachusetts Fair Labor Act. Through these initial decisions, and with further cases yet to be heard, Mayor Rivera is squandering our resources, wasting our time, and exposing the city to financial liability when he promised us he would heal our city. Over time, the facts will bear out that the council is right, but by then, it will be too late for those whose rights were compromised, and too late to recover the senseless payments that will

MALDONADO: PAGE 14

# Elixir Hookah Lounge Brings High Class, Smokeless Atmosphere to Methuen

About Elixir Hookah Lounge  
224 East St, Methuen, MMA  
Phone: 978.683.1000

Nilesh Patel, owner of Elixir Hookah Lounge, had a vision of giving people an environment in which they would feel as if they were transported to a foreign country. Hookah has been his passion for many years. Hookah is not only a water-pipe but it is an age old tradition that has allowed people to connect with each other. This is Nilesh Patel’s inspiration and he has combined the ancient hookah with a luxurious lounge to provide his guest’s with a remarkable experience.

By collaborating with Dry Martini of Spain, Nilesh’s vision has come alive. The menu created by Javier de las Muelas of Dry Martini is based on unique textures and complex flavors which create refined and innovative cocktails. The lounge offers vapor and herbal hookahs for guests who would like tobacco free options and



there is 100 percent ventilation of air. Guests of Elixir Hookah Lounge will have a comfortable environment in which to relax with their exceptional hand-crafted hookahs and drinks.

## CAMARGO: FROM PAGE 5

paign by both sides to sway voters. Not all community engagements need to go as far as a ballot measure, but it does require leaders to make proper overtures to their constituents.

I once read a report that stated, “It is often an article of faith in development circles that community participation is a prerequisite for successful projects.” Our communities would be better served if leaders did their due diligence and embraced this idea. Balancing the needs

between a town/city and a neighborhood is not an easy task, but taking the time to meaningfully engage those effected almost always tips the scale in your favor.

Oscar Camargo can be reached at [followcamargo@gmail.com](mailto:followcamargo@gmail.com) or follow him on Twitter at [@followcamargo](https://twitter.com/followcamargo). [camargo.oscar@me.com](http://camargo.oscar@me.com)



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TOM DUGGAN'S NOTEBOOK

**NORTH ANDOVER HIRES NEW SCHOOL SUPERINTENDENT**

The North Andover School Committee has selected Dr. Jennifer Price as Superintendent of Schools, effective July 1, 2015. The decision to appoint Dr. Price was unanimously voted on Monday, December 15 as one of three candidates, closing the Superintendent search process. The School Committee reports contract negotiations with Dr. Price have begun and both sides anticipate final approval of her contract at their next scheduled meeting on January 8, 2015.

School Committee Chairman Andrew McDevitt praised Dr. Price's leadership and academic background as the town's new leader of approximately 4,800 students. "Her ability to inspire teachers and students to new levels of academic excellence was apparent at Newton North High School. We look forward to her leadership and innovation here in North Andover. Dr. Price brings expertise, energy, and enthusiasm and we are confident she is the right person to drive improvements in teaching and learning we need to accelerate the academic performance and growth of all North Andover's students."

Dr. Price reports that, "Throughout the entire process, I have been inspired by the commitment of North Andover to its schools. As the process unfolded, I just knew that North Andover was the right fit for me, and I am so honored that the School Committee felt I was the right person for North Andover. I look forward to working with the North Andover community to move the district forward for many years to come."

Dr. Jennifer Price, of West Newton, has 19 years of experience as a teacher or building-based administrator in Massachusetts beginning in Maynard where she taught history and was twice awarded Teacher of the Year. At Newton North, she leads a diverse high school of over 2,000 students and oversees curriculum and a \$20M budget. She served as principal during Newton North's construction and led the school's transition to the new facility with new educational programs. Formerly she served as Housemaster at Lincoln-Sudbury Regional High School where she oversaw hiring, budget development, and professional development for the History and English Departments. Price holds a Doctorate of Education from Harvard University, a M.Ed. from Boston College, and a B.A. in Public Policy from Princeton University.

School Committee member Stan Limpert led the Superintendent Search Subcommittee. Mr. McDevitt credited Mr. Limpert and the subcommittee for their success in identifying Dr. Price as a finalist. "Mr. Limpert led a fantastic cross-selection of North Andover residents to identify community strengths and needs in this vital role for the North Andover students. This sub-committee had the difficult task of reviewing candidates and presenting to the School Committee their finalists; we are indebted to them for their dedication and commitment."

North Andover's current Superintendent of Schools, Dr. Kevin Hutchinson announced his retirement last June, effective June 30, 2015, after serving as superintendent for three years. Previously, Dr. Hutchinson served North Andover as Asst. Superintendent for five years prior.

**SOMETHING FISHY AT HAMPSTEAD ACADEMY**-Hampstead, NH - One of the many ways in which Hampstead Academy is incorporating STEAM into their curriculum is through their participation in a program called "Trout in the Classroom" this winter. The program is a cooperative project between the New Hampshire Fish and Game Department

## FBI Announces Tip Line to Combat Public Corruption

Special Agent in Charge (SAC) Vincent B. Lisi of the FBI's Boston Division announced today a new initiative designed to solicit the public's help in identifying and targeting public corruption.

The initiative includes the launch of a new, toll-free-tip line number, 1-844-NO-BRIBE (1-844-662-7423) and a billboard campaign called "Stop Corruption Now." The campaign will focus on targeting fraud and corruption at all levels of government.

Public corruption remains a top criminal priority for the FBI. It's a breach of the public's trust by government officials—whether elected, appointed or under contract— who use their public office for personal gain. It is a violation of federal law for any federal, state or local government official to receive anything of value in exchange for, or because of, any official act. Due to the secretive nature of bribes, such crimes are often difficult to detect and even more difficult to prove without the assistance of concerned citizens. As a result, the FBI has set up a public corruption hotline for reporting tips at 1-844-NOBRIBE.

Online tips can be submitted at [tips.fbi.gov](https://tips.fbi.gov).

Various types of corruption include bribery, extortion, embezzlement, racketeering, kickbacks, money laundering, as well as wire, mail, bank and tax fraud. The public is encouraged to review these corruption questionnaires for contract corruption, economic stimulus, and government fraud. If the answer is yes to any of these questions, they're asked to contact the FBI.

One area of growing concern over the last few years is the expansion of gaming which may also increase public corruption, financial and organized crime.

"Concerned citizens are the FBI's biggest asset when it comes to exposing people who are abusing the public's trust and misusing taxpayer money to line their own pockets. This tip line is designed to be an easy way for those with knowledge of schemes to report those schemes," said SAC Lisi.

In connection with this initiative, advertisements for the tip line will also appear on Facebook in the coming weeks.

agreements.

"We are pleased to join forces with Energy Capital Partners and benefit from their team's substantial capital base, power generation expertise, and experience in clean energy and environmental infrastructure," said Mark A. Weidman, president and CEO of Wheelabrator. "We look forward to continued growth, and remain committed to maintaining the world-class operations and environmental services that we have provided our customers for more than 39 years. I want to thank all of my fellow Wheelabrator employees for their continued dedication and commitment to our core values of operational excellence, environmental compliance, workplace safety and excellent customer service."

Wheelabrator has an annual waste processing capacity of over 7.4 million tons, and a total combined electric generating capacity of 768 megawatts — enough energy to power more than 645,000 homes. Wheelabrator facilities also recover metals from ash for recycling into commercial products. A new energy-from-waste facility is under construction in the U.K. and is scheduled to begin operations in 2015.

Energy Capital Partners is an energy-focused private equity firm with over \$13 billion in capital commitments, and offices in Short Hills, New Jersey, Houston and San Diego. The firm is focused on investing in the power generation, midstream oil and gas, environmental infrastructure, renewable energy, electric transmission, and energy services sectors of North America's energy industry. Its management has substantial experience leading successful energy companies and energy infrastructure investments.

For more on Energy Capital Partners, please visit [www.ecpartners.com](http://www.ecpartners.com). For more on Wheelabrator, please visit [www.wtienergy.com](http://www.wtienergy.com). For more on Waste Management, please visit [www.wm.com](http://www.wm.com).

**METHUEN – DYAX CORP MAKES CHRISTMA SPECIAL** - The Methuen Arlington Neighborhood, Inc., each year has a program for the children of our neighborhood called "Adopt-a-Child," which provides toys, clothing, food and so much more in the spirit of the holidays to children in need. Providing 298 children with presents for Christmas takes coordination, generosity of individuals, commitment from many and, most of all, the love and caring of other human beings! It also takes donations of toys, food, clothing, coats and so much more. It is a special feeling when you know that you are helping a family enjoy their holidays as you enjoy yours. This year we would like to highlight the generosity of Dyax Corp.

Dyax, due to the generous spirit of the Company and its employees, participated in last year's program by "adopting" 51 children for the holiday. This year, Dyax "adopted" 88 children, increasing their support of this vital community initiative and helping to make the holiday season a joyous one for many families. "We are so grateful for the support of Dyax," said Linda Soucy of the Methuen Arlington Neighborhood. "Their generosity has allowed us to grow this program that supports families, and especially children, during this holiday season," said Soucy.

"We are delighted to participate in a program designed to make the holiday season a special one for children in need," said Gustav Christensen, President and Chief Executive Officer of Dyax. "Dyax believes strongly in giving back to our communities, and participation in this program is reflective of our values."

About Dyax - Dyax is a fully integrated biopharmaceutical company focused on the development and commercialization of

CONT.. UNDER FREDDIE

Watershed Education Program (WEP), Great Bay Trout Unlimited and the school.

Through this program, the students will be given the opportunity to gain first-hand knowledge about the aquatic ecosystem by actively participating in the hatching of Eastern Brook Trout fish eggs. The eggs will be donated by the NH Fish and Hatchery and placed in the fish tank that the students have set up in their classroom. The fish tank will be equipped with a chiller that was donated by Great Bay Trout Unlimited to help maintain the appropriate water temperatures for the eggs to thrive as they would in their natural habitat.

While all students in grades 1 through 4 will have the opportunity to observe and study the development of the Eastern Brook Trout eggs, students in the fourth grade will be responsible for caring for the eggs. They will work as a class to monitor the water quality by taking pH levels and measuring water temperatures to ensure that the conditions of the tank are ideal and will allow the eggs to hatch successfully. Once the eggs hatch and go through its developmental stages from fry to fingerling and finally trout, they will then be released into a stream in April.

**NORTH ANDOVER - WHEELABRATOR TECHNOLOGIES INC. SOLD TO ENERGY CAPITAL PARTNERS**

Wheelabrator Technologies Inc. today announced the close of its \$1.94 billion acquisition by Energy Capital Partners from Waste Management. A definitive agreement for the sale was previously announced July 29, 2014.

Wheelabrator creates clean, renewable energy from everyday residential and business wastes, and will operate as a stand-alone company. Wheelabrator has a current platform of 15 energy-from-waste facilities, four independent power-producing facilities, four ash monofills and three waste transfer stations. Waste Management will continue to be a core Wheelabrator customer under long-term waste supply

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novel biotherapeutics for unmet medical needs. The Company currently markets KALBITOR® (ecallantide) for the treatment of acute attacks of HAE and is developing DX-2930, a fully human monoclonal antibody, for the potential prophylactic treatment of HAE. Additionally, Dyax has broadly licensed its phage display technology and has a portfolio of product candidates being developed by multiple licensees that it refers to as the Licensing and Funded Research Portfolio.

For additional information about Dyax, please visit [www.dyax.com](http://www.dyax.com). For additional information about KALBITOR, including full prescribing information, please visit [www.KALBITOR.com](http://www.KALBITOR.com).

About Methuen Arlington Neighborhood, Inc. : The mission of M.A.N., Inc. is to increase and enhance entrepreneurial opportunities, neighborhood investment, revitalization activities, and self-sufficiency of low and moderate income residents of the Methuen Arlington Neighborhood. Main focus areas include: Public Safety, youth programs, affordable housing, social services, transportation, employment, and child care. To learn more about M.A.N., Inc., please visit [www.methuenarlington.com](http://www.methuenarlington.com).

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The Lawrence City Council is considering a vote of “No Confidence” in Mayor Dan Rivera after Rivera fired several Lantigua appointees. See Editorial on Page 2.

provided.

FUEL ASSISTANCE FORUM - Friday, January 9 at 9:30 a.m. Greater Lawrence Community Action Council helps with Fuel Assistance Applications. Appointments are mandatory and proof of income is required.

ASK THE LAWYER - Monday, January 12 at 2 p.m. Local lawyer, Kimberly Whitworth, will be on hand to meet individually and answer general questions. Advance sign up required.

CONTINENTAL BREAKFAST - Tuesday, January 13 at 9 a.m. Please be our guest for a complimentary breakfast. It's a great time to see what is happening at The Center!

THE ART AND CRAFT OF HOOKING - Wednesdays, January 14 to February 11 at 10 a.m. Learn this ancient craft from long-time artisan Ann Lange. You will finish the class with at least one completed project and are welcome to join a long-running group to enjoy the friendship of a crafting group. \$25 includes all materials to complete your project.

MEN'S BREAKFAST: THE HISTORY OF PHILLIPS ACADEMY) Friday, January 16 at 8:30 a.m. \$4. Marc Koolen, Instructor of Biology at Phillips Academy and an avid birder, talks about the history of the buildings and grounds on the Phillips Academy campus. Learn about the campus and areas the academy welcomes the public to use or visit, such as the bird sanctuary, the track, the museums and

NOTEBOOK: PAGE 30

THE PEST END GIRLS

Steps to Prevent Pests and Rodents from Invading Your Home

No one likes to find pests or rodents finding their way into their beautiful homes. It can make you feel uneasy even in the haven of your own property. Pest-End Exterminators and Pro-Tech Lawn Care has comprised a list of proactive steps to take to help prevent pests and rodents from entering your home.

2. Block Admittance to Your Home. Since pests can wiggle their way through small cracks and holes in foundations, roofing, or windows, it is best to do an inspection of all places that these pests may find entry into your home. Once you have identified areas of concern, seal any openings with copper mesh, coarse steel wool, sheet metal or mortar. Expanding caulk is less effective as many pests can chew through it.

3. Plants, Bushes and Mulch. – While it is important to stop pests and rodents from gaining entry into your home, it is just as important to make sure that there are no good “bridges” such as trees, bushes or plantings up next to the foundation of your home. Mulch is an excellent place for pests to find haven and warmth especially up next to the foundation. Tips include trimming back trees and bushes that are next to the house and using less

pest-attractive ground cover such as rocks or stones.

3. Trash and Litter - Keep exterior areas such as driveways, patios, gardens, and garages clear of litter and trash- especially trash that contains food scraps and edible items. This will only attract pests and rodents. Seal trash in garbage bags and place them inside trash containers away from the building. Make sure to also store outdoor recycling containers that may still have food residue away from the building.

4. Stored Food and Cleanliness - Keep all food in sealable bags or containers. Cleaner homes are less attractive to pests and decreases the chances that pests and rodents will live and breed in your home.

Though these tips are effective ways to help prevent pests and rodents from entering your home, these invaders are resourceful and may still find their way into unwanted areas. If you need assistance in eliminating a pest or rodent problem, please call our office at 978-794-4321.

As always, if you have any questions about the above topic or any other topics regarding pest control or lawn care, please send an email to [aforrestall@pestendinc.com](mailto:aforrestall@pestendinc.com).





Linda Dean Campbell

State Representative

15th Essex (Methuen & Haverhill)

Room 237, The State House

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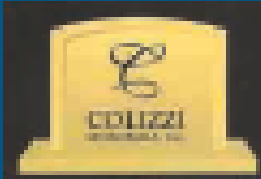
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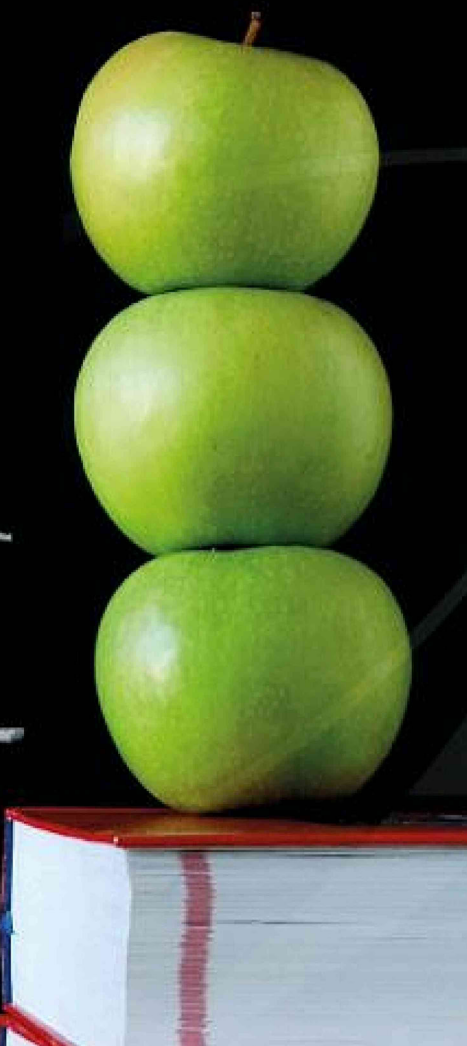
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# Green Agenda Casts Aside the Poor and Destitute

Christine Morabito  
VALLEY PATRIOT COLUMNIST

It's easy to go green when you don't have to go hungry. Free from the stress of foraging for food, environmental activists have the luxury to experiment with alternative energy sources like wind and solar. These well-fed, self-appointed arbiters of morality have the benefit of time to travel the world in their gas-guzzling, carbon-spewing jets, and attend international climate summits, only to tell the poorest of the world they must go without affordable, reliable heat and fuel.

While we should embrace all types of energy, until they are significantly improved, the underperforming alternatives require backup from those much maligned fossil fuels – coal, oil and natural gas.

Nearly 2 billion people worldwide have no electricity. Desperate and hungry, the poor in places like Africa, Asia and Latin America must burn firewood or animal dung inside their dwellings in order to cook and keep warm. The irony is twofold: 1. They must cut down precious forests to obtain the wood, and 2. This is actual air pollution, that subjects the impoverished to asthma, pneumonia and lung cancer, contributing to about 4 million deaths per year. Children of these cultures are lucky to live beyond age 5 - every year a struggle.

In his book, "The Moral Case for Fossil Fuels," Alex Epstein says leaders of the Green movement "exaggerate the negatives of fossil fuels and ignore or greatly underestimate the positives." This denies human beings the power to greatly im-

prove their lives. "You can't be a humanitarian and condemn the energy humanity needs."

But, humanity has no particular value to the anti-humanists. In fact, many are advocates for worldwide population control. National Park Service biologist, David M. Graber, wrote in the Los Angeles Times, (October 29, 1989): "Human happiness (is) not as important as a wild and healthy planet...Until such time as Homo sapiens should decide to rejoin nature, some of us can only hope for the right virus to come along." Dr. Michael Berliner, in his piece for FrontPageMagazine.com opines, "Such is the naked essence of environmentalism: it mourns the death of one whale or tree but actually welcomes the death of billions of people."

Today's radical environmental movement seems to demand absolute safety in energy technology, which is just absurd. If our forefathers had been so risk-averse, our civilization would never have progressed beyond the 18th century. Had scaremongers gotten their way, America and Europe would have missed their Industrial Revolution, with all its technological advances, lifting millions out of poverty. Without risk, we would never have embraced electricity, water purification, refrigeration, telephones, automobiles, air travel or modern medicine, to name a few.

Unfortunately, fatalistic environmentalists don't share our pride for this country. Even more bizarre - they appear to romanticize Third World cultures, disregarding the malnutrition, disease, starvation and premature death.

Powerful NGOs (Non-Governmental

Groups) like Greenpeace, Friends of the Earth, World Wildlife Fund, Earth Liberation Front, Sierra Club and others, use their well developed lobbying muscle to bully corporations into funding inefficient green technology. Worse, they intimidate Third World nations into not developing their resources and refusing life-saving, genetically modified food supplies, even when they prove to be safe.

Paul Driessen, senior policy adviser for the Committee for a Constructive Tomorrow, calls this tactic "Eco-Imperialism." In his book by the same name, he claims these NGOs, "... seek to impose their worldview and change society in ways, and to degrees, that they have not been able to achieve through popular votes, legislation or judicial decisions." Driessen challenges ideological environmentalism to "devote as much attention to Third World babies as it does to adorable harp seal pups."

James Shikwati, economist and Director of the Inter Region Economic Network, a Kenyan think tank, has been critical of this meddling and hypocrisy. "Wealthy countries want the Earth to be green. The underdeveloped want the Earth fed."

Fossil Fuels mean live or death to the world's poor. With reliable and accessible electricity, running water and medical treatment these people do not have to suffer from indoor air pollution and dysentery, or die of preventable diseases like measles, diphtheria and tetanus. Until they can afford a Green Revolution, don't the truly needy deserve an Industrial Revolution?

It is shortsighted to dismiss life-saving



fossil fuels as being dirty. New clean-air technologies have reduced emissions considerably by filtering out many pollutants. With new regulations and innovations, we can expect this improvement to continue.

When you are struggling to survive, your highest priority is probably not constructing a wind farm. Environmental alarmists may have plenty of time to bloviate and hypothesize about theoretical catastrophic global warming, but, we owe it to the impoverished to consider the pros and cons of all energy sources and help supply what is most appropriate. Only then can we claim to truly care about the poor.



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

# Reflecting Back and Moving Massachusetts Forward

In my first legislative session we passed a number of significant laws, including requiring nursing homes, rest homes, or other long term care facilities to first obtain informed, written consent if psychotropic medications are to be administered, along with a description of the side effects. We also passed language-requiring pictures on electronic benefit cards (EBT) to help reduce fraud and abuse. The Department of Transitional Assistance began rolling out photos on EBT cards in November 2013, after lawmakers passed the new requirement aimed at cutting down on fraud and abuse. Under the law, DTA had up to 12 months to replace all EBT cards that require a photo ID.

Certain people are exempt from the photo requirement, including anyone under 18, the elderly, disabled or domestic violence victims. Although the U.S. Department of Agriculture officials have raised concerns about Massachusetts welfare recipients' ability to access benefits because of the way the state implemented its photo ID requirement for electronic benefit cards, the state is working to educating retailers and welfare recipients about EBT photo criteria.

Valor Act II passed in this last legislative session - a comprehensive bill strengthening veterans' services, expanding benefits and providing added protections. Included in the Valor Act II was a bill I co-sponsored with Representative Michael Costello which updated legislative language for those Massachusetts servicemen and women killed in action or who died as a result of wounds received in action to those killed in action "or who died in service while in a designated combat area in the line of duty." This small change allowed the family of Sgt. Jordan Shay of Newburyport to receive the Medal of Liberty on behalf of their son. Future soldiers from Massachusetts who are killed in service while in a designated combat area in the Line of Duty will now qualify for the Commonwealth's Medal of Liberty.

I also co-sponsored a bill that would make strangulation a felony and creates

## IN YOUR CORNER WITH SENATOR KATY IVES



penalties of up to 5 years in state prison, up to 2 1/2 years in a house of correction, by a fine of up to \$5,000 or by both a fine and imprisonment. Currently, strangulation is not treated as a separate offense and charged as assault and battery unless there is a proven intent to kill. The bill enhances penalties for strangulation when it causes serious bodily harm, is against a pregnant woman, there are subsequent strangulation convictions or if it is against a person who has a restraining order against the perpetrator to up to 10 years in state prison or 2 1/2 years in a house of correction and by a fine of up to \$10,000. Of critical importance to removing obstacles to prosecuting domestic violence cases, this bill eliminates the option for charges to be dismissed through accord and satisfaction, where the victim acknowledges in writing that he or she has received satisfaction for the injury from the defendant. Victims often feel pressure from their abuser to reconcile and are not emotionally able to resist their demands making this provision inappropriate for domestic violence related offenses. This language was incorporated into a law strengthening the penalties for offenders and protecting victims of domestic violence.

I also co-sponsored a bill increasing oversight of public housing authorities which was signed into law earlier this year.

The bill calls on the state Department of Housing and Community Development to implement training programs for members of housing or redevelopment authorities to instruct them on proper management practices and keep them up to date with laws pertaining to open meeting, public records, fair housing and fiduciary responsibilities. The department is also required to establish and implement a performance-based monitoring program, setting up uniform assessment standards for evaluating the operation of housing authorities, and establishing guidelines if a housing authority is not meeting guidelines.

This year, the deadline for legislators to file legislation for the two-year legislative session is Friday, January 16, 2015. I plan to refile a number of bills which made progress in the last session but have not yet been passed into law. One of the bills I intend to refile is relative to unsolicited loans. I filed An Act Relative to Unsolicited Loans in the last legislative session and this bill passed in the Senate. I aim to make continued progress on this piece of legislation in the upcoming session. This bill would prohibit banks, credit card companies, and other financial institutions from issuing unsolicited loans to consumers. Consumers commonly receive credit cards checks and other types of loans offers which were never requested.

These solicitations expose consumers to identity theft and fraud, placing the burden on the recipients to properly destroy these materials so they are not misused. Prohibiting the issuing of these unsolicited checks will strengthen consumer protections.

To strengthen the public's access to information, I will be also refileing a bill to implement fines on the custodian of public records for failing to comply after 30 days and until compliance occurs. In addition, a non-compliant custodian would be responsible for any court costs incurred after 60 days of the original request. Currently, there are no teeth in the law to hold someone accountable for not fulfilling a request for public records within the mandated time period. When members of the press experience difficulty in gaining access to public records, they are often left to incur high attorney fees and navigate the court system in order to get information that should be available to the public.

Another bill I will be filing would ban the practice of hydraulic "fracking" for fossil fuel deposits in Massachusetts and prohibit the storage, disposal, or treatment of wastewater from hydraulic fracturing or the toxic chemicals used in the fracking process in our state. Hydraulic fracking fractures rock by the use of a pressurized liquid comprised of water and chemicals and is injected into land borings so gas migrates into the well. This process intensely uses water to the rate of 1.2-3.5 million gallons of water per well, diverting water from other human demands. Fracking subjects people to pollution exposure through surface spills, air pollution, the migration of gases to the surface and contaminated water. This bill was filed as two separate bills by legislators in the last session. I and many other legislators signed on to the bill in support of preventing the start of any fracking activities or fracking-related business in Massachusetts. The State of New York took the bold step of banning fracking in the state last month. Massachusetts does not have the same high level

## Haverhill Man Arraigned on More than 100 Counts: Prescription, Credit Card, and ID Theft

Allegedly Engaged in Extensive Schemes Involving Fraudulent Prescriptions and Counterfeit Credit Cards; More Than 50 Identities Compromised

A Haverhill man was arraigned on more than 100 counts of prescription and credit card fraud and identity theft, Attorney General Martha Coakley announced today. Those schemes involved fraudulent prescriptions, thousands of oxycodone tablets, numerous counterfeit credit cards, and compromised more than 50 identities.

Vincent Leo, age 37, of Haverhill, was arraigned today in Essex Superior Court on the following charges:

Identity Fraud (16 counts)  
Uttering a False Prescription (54 counts), Attempt to Utter a False Prescription (2 counts), Unlawful Distribution of Controlled Substance, Class E (3 counts), Unlawful Distribution of Controlled Substance, Class B (3 counts), Conspiracy to Commit Identify Fraud (18 counts), Credit Card Fraud (3 counts), Attempt to Commit Credit Card Fraud, Larceny Over \$250, Larceny Under \$250 (2 counts), Possession of an Instrument to Reproduce a Credit Card.

Leo pleaded not guilty to all of the charges and will be held in the Middleton House of Corrections. Judge Lu set bail at \$50,000 and scheduled a pre-trial hearing on Dec. 12.

“We allege that this defendant ran various sophisticated schemes involving fake prescriptions, the distribution of drugs, stolen identities, and counterfeit credit cards,” said AG Coakley. “This lengthy and extensive investigation has led to more than 100 charges in connection with his illegal activities.”

“This case and the subsequent, successful indictment of Vincent Leo is the result of hundreds of hours of hard work, and a great cooperative effort by the various federal, state, and local law enforcement agencies noted by AG Coakley,” said Haverhill Police Detective Lt. Robert Pistone. “In this modern error of cybercrimes and identity theft by means of criminals using sophisticated technology to perpetrate these crimes globally, it is very rewarding for law enforcement to be able to work through the jurisdictional issues

we often face with these type of crimes by working cooperatively with all of our law enforcement partners, and bring justice to the victims with a successful indictment.”

The AG’s Office began an investigation in 2013 after the matter was referred by the Federal Bureau of Investigation (FBI) and the Drug Enforcement Administration (DEA), who conducted an initial investigation.

Authorities allege that from 2012 to 2014, Leo created hundreds of fraudulent prescriptions in order to obtain oxycodone tablets. Leo would allegedly obtain prescription paper and use the names of physicians and the prescription authorization numbers for various providers to create fraudulent documents. He allegedly would use his own phone number on those slips in case the pharmacy called, and if they did, he would impersonate the physician.

The investigation also revealed that Leo would pose as a patient or a nurse when filling the prescriptions. Authorities allege that Leo is responsible for unlawfully obtaining and distributing more than 10,000 Oxycodone tablets.

According to authorities, Leo was also involved in a credit card fraud scheme with Deana Vitale, who used a skimming device at Copperhouse Tavern in Waltham to capture customers’ credit card information. Vitale then allegedly gave the device to Leo who used the information to create fraudulent credit cards in those customers’ names. Vitale is facing charges in Waltham District Court for her part in the scheme.

Leo was indicted by an Essex County Grand Jury on Nov. 3.

This case is being prosecuted by Assistant Attorney General Cara Krysil, Chief of the AG Coakley’s Enterprise and Major Crimes Division with assistance from State Police assigned to the AG’s Office, Paralegal Emily Bartlett and the AG’s Digital Evidence Lab. The FBI, DEA, the United States Secret Service, and the Haverhill Police Department also assisted in the case.

## Methuen Students Learning Technology in Early Grades

Methuen Public Schools is fortunate to have such a strong and proactive Technology Department. At our December School Committee, Director of Instructional Technology Ed Lussier reported on a variety of activities and projects currently taking place in Methuen Public Schools involving students utilizing technology to complete academic tasks. When used appropriately, technology applications motivate students to work harder, master essential skills, and greatly improve academic performance.

Kindergarteners at Timony Grammar School have started learning about Microsoft Word by creating a document and typing the alphabet. Grades One and Two are learning about cutting, copying, and pasting items into Microsoft Word. Grade Two students have also been using the program to copy and paste math problems into a template using their cumulative and associative math skills. Grade Seven students are working on a historical fiction Google Presentation.

Kindergarten students at the Comprehensive Grammar School are learning how to log into the Methuen Public Schools network and have been completing lessons in the computer lab to increase proficiency in keyboarding and mouse skills. Grade Six students at the CGS have been working on a geography project that requires them to import, export, and graph data regarding continents, countries, states, and precipitation trends.

Grade Two students at the Tenney Grammar School have been using real-life data to create pictographs in Microsoft Excel. Grade Four students have been learning how to insert a border, use Word-Art, and insert a personalized photograph into their project in addition to learning how to use Google Docs to answer practice composition questions from MCAS. Upper students at the Tenney are learning to use several extensions and applications that can be added to Google Chrome. One of these extensions is the Read and Write for Google. This extension helps to increase reading and writing proficiency for students.

Grade Four students from the Marsh Grammar School have been working on an immigration Project with the Google Presentation program. They are tracing a character from his/her country of origin to America.



At Methuen High School, students have all been provided iPads to help complete assignments and to access textbooks electronically. In addition, the National Honor Society (NHS) inducted 55 new members on November 25. The NHS participated in caroling at a nursing home in December and are participating in the Adopt-A-Family program. On another note, The Methuen High Junior Reserve Officers’ Training Corps (JROTC) had approximately 80 cadets march in Methuen’s annual Veteran’s Day Parade. The Drill Team attended its last competition in December at Brockton High School. Finally, congratulations to our Methuen High cadets for being designated as a Junior ROTC “Honor Unit with Distinction” during the 2014 School Year by the Department of the Navy on November 29, 2014. The Department of the Navy presents this award to the JROTC units that maintain an exceptionally high standard of performance. Methuen High School was awarded a certificate by the Department of the Navy reflecting this achievement.

That’s all for now. Merry Christmas and Happy New Year to all! I wish all my readers a happy and prosperous 2015!

*D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (iUniverse, 2003).*

## The Immigration Crises Will Get Worse

Joe D’Amore  
VALLEY PATRIOT COLUMNIST

President Obama’s intentions are commendable. However, the approach will not usher in immigration reform. Why?

1) He is using Executive Order instead of compromise and legislation to enforce reform. The ACLU applauded his actions but also warned all illegals that there is "no clear path" to legal status.

2) Judges and the courts are very reluctant to decide matters on Executive Orders, as they prefer laws and precedent setting case law.

Other than adding additional security forces on the border which is a prudent action; implementing measures to retain skilled workers, entrepreneurs and students - and then processing "illegals" who have been here 5 years, have

not committed a crime and are willing to pay a fine is impossible to actually administer. Its as "impossible" as it is to deport millions.

Think of this; if you are an "illegal" and you learned of the president's announcement, where exactly would you go to seek a "path" to become legal?

There is no dedicated office or "claims" process, no official form to fill out, no law to cite and so in keeping with the ACLU's advise, the only thing you could do is to approach a lawyer who might be able to help you come "out of the shadows" without running the risk of being deported or thrown in jail.

In the end, the vision is grand but the execution is utterly reckless.

The use of Executive Order instead of public debate, checks and balances and rule of law simply deepens the crises.

## American Training Guests bid farewell to 2014 with American Flag Retirement Ceremony

ANDOVER - All year long, they brave the winter cold, the summer heat, the rain, the snow, the wind. They proudly stand against all elements to mark the sites where our American heroes have been laid to rest. Each spring they are replaced. Come winter, weathered and worn, they are retired.

The American Flag is a proud symbol, one used to mark the grave of each Veteran laid to rest in every cemetery across the country.

Every spring, local volunteers spend the weeks leading up to Memorial Day replacing the worn Flags at each grave with new Flags. American Training, a local non-profit based in Andover, has been participating in the process through the City of Methuen for more than a decade.

Unlike many of the volunteers, American Training’s Guests, or adults with disabilities, have the pleasure of following the Flag replacement process from start to finish, replacing the Flags each spring, accepting citations from the Mayor in the early summer, and finally retiring the Flags each December.

Each year, in commemoration of Pearl Harbor Day, these Guests, joined by local Veterans and community members, return to the cemeteries on or near December 7 to retire the Flags of the past year, those that were removed from the cemeteries ahead of Memorial Day.

“This is an annual happening in Methuen,” said Veterans Services director Tom Hargreaves in a press release from the city. “It serves to properly honor the meaning of our flag.”

The ceremony, which included a presentation of colors by the Methuen Police Department Honor Guard, was held at the Veterans Lot in Methuen’s Elmwood Cemetery on December 8. Those in attendance were invited to participate in respectfully burning the Flags, the prescribed method of disposal of unserviceable Flags.

“I really felt honored to help,” said Guest Crystal White, who has participated in the process of replacement and retirement for several years. “I like doing it for my family and friends and all who have served our



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# Lawrence City Council Power Trip Censors Rebroadcast of Meetings

Kathy Runge  
VALLEY PATRIOT COLUMNIST

Happy New Year to all of The Valley Patriot readers! If you missed the City Council meeting of December 16 you should watch it on YouTube (Channel: LawrenceCityCouncil), because it was a gem. Public safety loans were denied, a vote of no confidence in the mayor was attempted and confusion abounded. Of course you won't get to see the entire meeting because it was edited. This first came to my attention when it was pointed out that my comments in the public participation section of the meeting were cut off almost immediately. Was it something I said?

Maybe it was when I said the council's issues with the personnel decisions of Mayor Rivera were purely partisan, or when I asked if they believed that all of the employees complaining about recent personnel decisions got their city jobs because they were the most qualified candidates in a fair competition, or my suggestion that the council had no problems when this happened under the previous mayor. Rich Russell, another speaker who expressed much the same views, also had his comments severely edited.

More disturbing is the fact that a segment containing two discussions and votes was missing in the online video. This could merely be an equipment malfunction, but it seems like this break was made to slip by unnoticed unless you're watching closely. One's curiosity is heightened when one of the missing votes, a vote to award a livery license that evidently passed, was brought up by Councilor Bernal at the end of the meeting. She wanted everyone to understand what they had voted for and said she may put forward a motion to reconsider at the next meeting.

Other comments by councilors were also omitted on the YouTube video. What are we to expect when watching Council meetings online? What will be cut out? Why are we paying people to make a biased record of these meetings? Why even post it online?

In other news from the meeting, the council's investigation of Mayor Rivera's personnel decisions went nowhere. Mayor Rivera made a statement saying he would not meet with the council in executive session, the main reason being that the council has no jurisdiction in these matters.

Not to be discouraged, Councilor Maldonado called for a vote of no confidence in the mayor. Councilor Laplante called a charter objection so the vote was delayed until the next meeting. Wouldn't such a

vote have been a violation of the Open Meeting Laws? Maldonado pointed out that a charter objection can only be made once on an issue, so there can be no more of those shenanigans! The dossier containing the alleged grievances was set aside until the next meeting.

The issue of approving a loan to buy ten cruisers and three license plate scanners for the police department, and a ladder truck for the fire department was voted down by our council. Hard to believe, isn't it? There were five votes to approve, with Councilors Almonte, Aquino and Twomey all voting against the loan and Councilor Reyes absent. After much confusion, it was finally decided near the end of the meeting that six votes were required to pass so the loan authorization failed.

The dissenting councilors all thought that we should take the \$2.5 million out of the existing \$9.5 million free cash. They ignored the advice of Budget and Finance Director Mark Ianello, who stated that \$9.5 million was not a large amount of free cash for a city of this size, depleting the free cash might be detrimental to our bond rating, and gave a number of other reasons why borrowing was the better option.

Councilor Almonte's comments deserve to be summarized here. Her comments that sounded like she was calling the police lazy have been discussed elsewhere, so I omit those. She also said that we would be spending \$5 million to pay off a loan of \$2.5 million, clearly not understanding when Mr. Ianello stated that the total debt service was estimated to be \$3.1 million, with the interest being about a half million dollars.

She compared the loan to borrowing \$10 and having it cost you \$100. A more correct comparison would be borrowing \$10 and having it cost you \$12.40. Almonte knew about this loan for at least a month and had no idea of the total amount she was voting on.

Councilor Almonte also noted that she didn't want to "jeopardize the futures of my kids, of your kids, of my grandkids" and "we don't want them to have to struggle to pay back the debts that we are putting for them." Couldn't they just move to Methuen? She's probably planning for her children to have city jobs, so they may have to live in Lawrence if the residency requirement passes.

All of these issues are expected to be addressed at the next meeting, which has been postponed until January 13 at 7 pm in order to give the council an extended holiday break. See you there! PS: Could someone please make me a DVD of the meeting?

## MALDONADO: FROM PAGE 6

need to be made to make union employees whole.

So I ask you, will the citizens of Lawrence really believe that an engineer, an architect, educators, entrepreneurs, a secretary, business woman, in fact seven of nine counselors, don't have minds of their own? Would they really believe that seven city counselors are merely puppets that cannot think for themselves? I don't think so.

The fact is that seven out of nine counselors are speaking in one voice, shouting out loud that enough is enough. Mayor Dan Rivera may try to camouflage the real issues: that in fact, we are trying to determine whether due process has been followed, whether the constitution of our great city of Lawrence (the charter) has been violated, whether the city ordinances are being violated, whether employees rights are being violated, whether the city council authority is being usurped, whether the mayor's actions are increasing the tax payers liabilities.

The fact is that no one is above the law: not our mayor, not our employees, and certainly not the city council. Our city charter and ordinances clearly outline how our mayor, the city council and employees should conduct themselves in dealing with one another. The refusal on the part of Mayor Dan Rivera, to sit with members of the city council, and two city attorneys to

review the legality of his actions is what brought this on. Let me assure you that the action taken by the city council is to prevent the taxpayer from paying hundreds of thousands of dollars because of bad decisions on the part of the mayor; not to create chaos as is being suggested.

The city council is not interested in running the city, as is suggested by the mayor. What we are looking for is to maintain the integrity of our constitution, (our city charter) and its ordinances. What we are looking for is not to defend specific employees, but to hold government faithful to our laws and due process. What we are looking for is to protect the rights of the legislative branch, and that their powers are not usurped by the executive branch, namely, Mayor Dan Rivera.

You, the great citizens of our city are being asked by the mayor, to judge us, to label us as "Lantiguistas" and to ignore our claims. Don't be fooled by this camouflage. Look, read and listen to the real issues; because if you don't, the cost to you, the taxpayer, will be overwhelming. Remember, what we are looking for is to maintain the integrity of our laws and ordinances; to uphold the rights of our citizens, and to follow due process.

Modesto Maldonado,  
City Council President  
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# Turn the Tide Blue

Join us for a peaceful, family-friendly, non-political rally to support our police officers and their families on Sat. Jan. 17th from 1pm - 3pm. Feel free to bring a sign -- PLEASE make sure they are positive and in good taste! (The Lowell PD is no way associated with organizing this rally.)

## American Legion Notes for the New Year

John Lenotte

VALLEY PATRIOT VETERAN COLUMNIST

Hard to believe another year has come and gone. Time again for our New Year's resolutions. Hopefully I can stick with most of them! Some are the usual ones: lose weight, exercise more, work to be more healthy overall, spend more time with family and friends, take more vacation time and be a bit more cautious in spending money.

As I look back at this year of turmoil, I am adding a few more resolutions. How can we forget the scandal with the Veterans Administration (VA)?

There was a news report I heard just yesterday talking about how deep the problems are and how high up the knowledge was of these issues.

I, for one, will watch to see how future investigations tell the real story. Perhaps this is a lesson learned. We saw the outrage not just with veterans but with the general population as well. This year I will do better at communication with elected officials at all levels, local state and national. I have mentioned this in the past but it is worth repeating, we need to let our officials know of our concerns and opinions. Most actually look for our input. Otherwise, they think we do not care.

Veterans benefits are a sizable cost to the government. As U.S. Senator Sanders of Vermont has said in the past, it is but the price of our freedom. We are fortunate that Massachusetts has the best veterans benefits program in the country. This is thanks to our state legislature. Kudos to them!

The same can be said of cost of the defense budget. I had occasion back in November to speak with a U.S. Navy Captain who works in the Pentagon for the Chief of Naval Operations. He told me that a major concern is still sequestration. The military has been stretched in terms of both personnel and equipment. And if they have to continue the cuts it will weaken the forces even more. If anything, the world has become a scarier place with all these terrorist organizations in various countries.

I think we have become complacent due to the great job our military, intelligence community and law enforcement are doing to prevent incidents from happening. They need our support and not just by saying thank you to them. We need to communicate to our members of Con-



John Lenotte is the recipient of the 2012 Valley Patriot Hero of the Year Award and is Commander of the Wilbur M. Comeau Post 4, Haverhill MA; Past Department Commander, of Massachusetts The American Legion; contact: JohnLDistrict8@verizon.net

gress how we feel. I truly hope Congress will put politics aside and do the job we elected them to do.

I feel very fortunate to be a member of the American Legion. It is not just the camaraderie but the great work the Legion has done since its creation in 1919. I am grateful for those who fought to get the original GI Bill passed in Congress. Any veteran who has gone to school or bought a house through this program knows what I mean. And the Legion continues to fight for veterans benefits. If you, a friend, or family member are not members but are eligible to join the American Legion family,

I encourage you to do so. The national web site is: [www.legion.org](http://www.legion.org) and the state web site is: [www.masslegion.org](http://www.masslegion.org). You may or not have the time to be active but the key is membership. Politicians understand that membership numbers equal votes. And they want to keep their jobs.

Repeating myself, I again urge you to communicate more with our elected officials this year. Phone calls and emails are the fastest way to reach out to them. I hope you will join me and make your voice heard.

This is a benefit of being an American. The greatest country on earth.

May God Bless America and the troops who sacrifice to keep us free.

John Lenotte, Commander, American Legion Post 4, Haverhill; Past Commander, Department of Mass.

# God Bless the NYPD

John MacDonald

VALLEY PATRIOT LOWELL COLUMNIST

Sometimes words just can't describe the level of disgust a person can feel, but I will try. Two of New York City's finest police officers were gunned down in cold blood on December 20th. After months of anti-law enforcement rhetoric by some of our political leadership, their advisors and violent rioting protesters ... the chickens have come home to roost. My compassion and sorrow for the two fallen NYPD officers and their families only slightly outweighs my resentment with the people who wished for this day to happen.

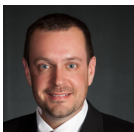
The President, Eric Holder and Al Sharpton did everything in their power to ensure that an environment would be created to set the stage for the tragic events of December 20th. Our own US Senators and Representatives in Congress did nothing to reject or condemn the anti-law enforcement sentiment consistently expressed by the President's Administration. They all have had months to express their displeasure, if they had any at all, but no, they have been silent. How quickly the lessons of peaceful protest, taught to us all by the courageous words and actions of the late Dr. Martin Luther King, Jr., have been forgotten. Forgotten by those elected to lead us and those in a self-proclaimed leadership role in our communities.

I call for all my fellow citizens to reject the anti-law enforcement conditions that now live with in our country. I ask that we positively embrace and appreciate the duties law enforcement performs to protect our lives and property, every single hour of every day. I ask that as we mourn the two slain

police officers in New York City and that we also remember the inaction of some of our political leaders to lead, that chose to pile on and react, rather than act. I ask my fellow citizens to remember these same elected officials next time we all gather in front of the ballot box and their names appear for whatever reason.

It's time we vocalize our support for law enforcement and help change the negative, life threatening climate created by those we have foolishly elected. Remember that it's our own fault for putting a party first, rather than a person or for letting words replace action and results. Let's thank law enforcement in our communities and once again reject those who commit crimes and then demand that society ignore their actions. If we can agree on one thing, let it be that we respect the law. As the law and those who enforce it, is the only thing that ensures that we are able to continue this imperfect experiment, we call the United States of America.

God bless our law enforcement everywhere. And to those who wish harm to our men and woman in blue...God may forgive you, but I never will.



John MacDonald is the President/CEO of Big Decisions, LLC, which is a management consulting business that concentrates on offering strategic advice on

Marketing, Public Relations, Economic/ Business Development and Social Media. John has a long career of success, achieving record results in the communications field and spending over 20 years managing marketing budgets, driving the bottom line in the financial services, restaurant, retail and real estate industries.

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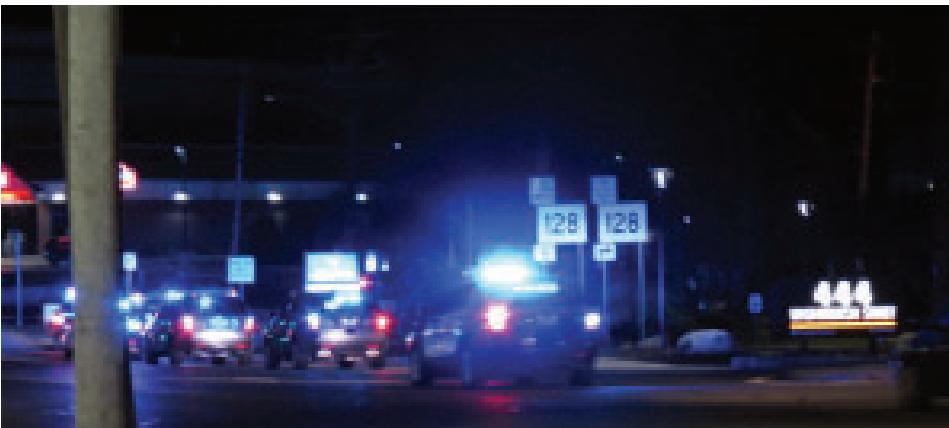
**HAMPSTEAD ACADEMY:** One of the many ways in which Hampstead Academy is incorporating STEAM into their curriculum is through their participation in a program called “Trout in the Classroom” this winter. The program is a cooperative project between the New Hampshire Fish and Game Department Watershed Education Program (WEP), Great Bay Trout Unlimited and the school. See Story on Page 8.



Methuen Police Officers on duty received a special delivery on New Year’s Day consisting of homemade cookies and non-alcoholic “fake” champagne. A special thank you to Methuen residents Katrina Rapa, Jessica Finocciaro, Michelle Jiminez and John Zebrowski. According to Lt. Wnek, “The swing shift greatly appreciated their kindness and support.”



**JOHN MACDONALD BOOK SIGNING:** Valley Patriot columnist and 980WCAP radio host, John Macdonald, recently wrote a book called Moonlight Montecristo (available on Amazon). Last month, MacDonald held a book signing at the Athenian Corner in Lowell. Among those pictured above are: Kerron MacDonald, Thayer and Rose Eastman, Gweneth Maria, John MacDonald, Valley Patriot Publisher Tom Duggan, Jeff and Brownwen Wallens, and Dawn MacDonald.



**REMEMBERING SLAIN WOBURN OFFICER JACK MAGUIRE:** (Top Photo) Woburn police do a silent drive by of the Kohl’s department store and the renamed Jack Maguire Post Office where Officer Maguire was murdered in 2010 by Deval Patrick parolee, Dominic Cinelli. (Bottom photo) Jack Maguire’s brother, Chuck, at the annual candle light vigil held at Kohl’s.



**LOTS OF LOVE IN LOWELL MEDIA:** Rumor has it that 980WCAP radio owner Sam Poulten and Lowell Sun Editor Jim Campanini don’t get along, but every time we run into them they look like best friends. Campanini has been a frequent guest on John MacDonald’s “The Pulse” on Thursdays from 6-7PM.

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Congratulations to Leo & Barbara (Allen) Lacourse as they celebrated their 66th wedding anniversary on December 28th. The Lacourses were married in 1948. Your anniversary is just a momentary celebration, but your marriage is a timeless one. Happy Anniversary with love :) ~ Dawn Brantmuller.



LIGHTING THE MENORAH: MA State Senator Katheleen O'Connor Ives lights The Grand Menorah on the North Andover Common last month. Each year, the event is sponsored by Chabad of North Andover, Chabad Leviticus of Andover and The Valley Patriot. After the ceremony on the common a Chanukah party was held at the Printing Museum on Mass Avenue. Anyone interested in sponsoring next year's Chanukah party and Grand Menorah Lighting can contact The Valley Patriot at valleypatriot@aol.com.



Award winning movie maker and Methuen native Daryl C. Silva was back in town last month to make a TV commercial for Greg Frattos' North End Deli on Common St. in Lawrence (GREAT HOT SAUSAGES and PEPPERS AND ONIONS!). From l. to r. Greg Fratto, Debra Luis, Vivian Gomez Lafitte, Ricky Andrade and Laura Mesner who all appear in the commerical.



Methuen Police Officer Matt Tarness was one of hundreds of police officers from the Merrimack Valley who attended the funerals of slain NY Officers Liu and Ramos last month.



"Whenever I travel, I appreciate being able to read the Valley Patriot on-line edition. I especially enjoyed reading it in the oldest seaport in the world; Byblos, Lebanon!" ~ Kathleen Corey Rahme of Methuen



RT 110 CONVENIENCE in METHUEN SAYS MERRY CHRISTMAS! Hasmukh Vora (middle) with his two sons Hem and Deep.

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# Personal Debt: Going-Along to Get-Along Gone Wrong?

Alex Talcott

PERSONAL FINANCE COLUMNIST

Get your house in order. (Or, first, consider getting a house!) Get your U.S. and state representatives to get their houses in order. The season of giving is over. It's time to get getting. Get real about getting by...especially if you've gotten behind. This month, let's explore some of the Whos, Whats, and Whys of personal debt.

We met the Grinch in Dr. Seuss's "How the Grinch Stole Christmas!" (1957 book, 1966 TV special). Understanding "how" Debt stole retirement security (and has been an accessory to breached national security) in the years since may be of interest to students of history and the more civic. The less wonkish or creative among us can still write a happy ending that restarts the American Dream. If you're in debt, don't know, or don't know what you don't know, you are not alone and don't have to bootstrap it.

Twice as many respondents, as compared to last year, expect to be in debt for the rest of their lives, found Princeton Survey Research Associates International for CreditCards.com. However, the question, "When do you expect to be debt free?" misleads. Buying goods and services on credit leverages the time value of money, if only for up to eight weeks for an early billing period purchase. Taking out a mortgage provides liquidity and opportunities for a market return greater than the mortgage rate.

Medical debt impacts the credit scores of one in five reports and accounts for half

of total overdue debt. The federal Consumer Financial Protection Bureau, under Richard Cordray's direction after Elizabeth Warren's founding advocacy, is taking credit reporting agencies – and, indirectly, corporations generally – to task. NBC News reports the major agencies will now be required to communicate regularly to the CFPB about consumer dispute protocol and progress and to research and act on companies with high dispute incidence. The Associated Press concurred that the CFPB is spreading or shifting the blame. How can a sick debtor comprehend payments justly due when hospital and insurance company notices are "confusing and baffling"? Cordray's December remarks in Oklahoma City have little implication for how the individual or family takes care financially in the short term. Notwithstanding an updated credit score model last year, the Fair Isaac Corporation's (better known as FICO) possible 100-point deduction from a 780 for a mere \$100 unpaid bill is a red-light reminder of the benefit-cost of keeping current on bills.

Josh Boak, an AP economics writer, gives credence to the CFPB analysis, noting a separate study in support of a characterization of many Americans as "struggling to understand" and "hav[ing] no choice but" to incur debts. The Urban Institute calculated, of people with credit records, over a third had been reported to collections. On average, Americans have decreased personal debts since mid-2009, but the proportion of people with debts in collection hasn't moved much.

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## Helping Granite Staters Get to the Bottom of Downshifting

DJ Bettencourt

VALLEY PATRIOT NEWBURYPORT COLUMNIST

As Governor Maggie Hassan and the Republican-controlled legislature begins crafting the 2015-2016 state budgets, Granite Staters can be certain that both sides will allege that the other is "downshifting."

While campaigning for office last fall, Republicans promised no new taxes or fees and no borrowing gimmicks. They also campaigned on no additional downshifting of costs to local communities. But what is downshifting?

If you serve on a town council or board of selectmen, you know exactly what it means. Generally downshifting occurs when, through a legislative action and not through some outside circumstance, a municipality gets fewer funds than it did in the previous budget.

Downshifting has historically occurred in several different ways, and it is important to understand these differences so the public does not fall victim to propaganda intended to use the term as a political weapon.

First an example of actual downshifting from the 2010-2011 budgets that was entirely crafted by Democrats: In 1970, New Hampshire had a tax on inventory known as the "stock and trade" tax. On April 1 of each year the state would assess the value of all merchandise that any business had in stock. However, on March 31, if a business had moved its inventory over the state line, a practice of many automobile dealers, it was not subject to the tax because, technically, on April 1 the inventory was not located in New Hampshire. In an effort to close this loophole, the "stock and trade" tax was repealed

and replaced with the Business Profits Tax (BPT), which was collected and administered by the state.

Since the "stock and trade" tax was collected by local municipalities and benefited local taxpayers, the state was, in essence, taking money away from municipalities and putting it into the state treasury. To compensate for this, the state agreed to hold the cities and towns harmless and avoid downshifting by relocating the money lost with what came to be called "revenue sharing." Under a formula used by the state, revenue sharing has for many years been set at \$25 million a year. Unfortunately, under the 2010-2011 budgets, passed by Democrats and then-Governor John Lynch, payments to the cities and towns were suspended. That allowed the Democrats to increase state spending by \$50 million, and saddled towns and cities with the bill.

Another example of actual downshifting under the previous budget can be found in local retirement costs. Initially, as an enticement to get municipalities to join their retirement system, the state offered municipalities an incentive. The state picked up a percentage of school and town employee costs. For a number of years, the state paid 35% of the retirement system costs for local employees' pensions. After the Democrats spending spree they were desperate to balance their 2010-11 budgets so they told municipalities that they'd only give them 30% in 2010 and 25% in 2011.

This resulted in a downshift of \$30 million for the biennium.

So what is not an example of downshifting? In the 2010-2011 budget, legislative Democrats raised the rooms and meals tax

NH: PAGE 29



## Top Ten Nightlife Hotspots in Manchester NH

Justess Jacobson

MANCHESTER, NH COLUMNIST

I turned 21 in April, and of course, I went to every nightclub I could in Manchester even if I had no interest in going. Some were way better than others, and some I won't even talk about during this article because some places were just awful. The best part of the Manchester nightlife scene is there something for everyone. There are 18+ places, country clubs, gay clubs, just places to hang out, there is something for every person's hobbies and interests.

10. I am going to start this top ten with a club that shut down a few weeks ago. Had it been open, this one would have been my top club. The "313" club was a gay club that changed it's name in the middle of 2014 to "PARADIGM CLUB" to showcase it's new style and lounge room.

The 313 was known for it's drag show weekends, FANTASTIC drinks and staff, and it's awesome karaoke on Thursday nights. Even though it was slow on Thursdays, it was awesome feeling comfortable on stage. I always felt welcome, and most of all safe. I never feared a spiked drink, or someone trying to force themselves on me in the parking lot. It's been closed for a few weeks and I already miss it. \*sigh\*

9. JEWEL NIGHTCLUB. Where Jewel is located makes it great for a night of club and bar hopping. However, it's had 5 different owners in the past 6 years. What

does that say? I had the hardest time going to this club after all the horror stories I heard. It's great if you want to dress a little provocative, dance and grind with strangers, but there was just too much going on. I know two people who felt drugged when they went, and another friend who had her wallet stolen; overall I was not impressed. Yes, they bring in dancers from Boston, but that really doesn't make it any better. The music is always top forty mixes that should have just been left alone. I obviously am not a fan, but somehow there is always a line to get in the door.

8. MCGRAVEY'S NIGHT PUB. This place can be out of control sometimes, but for an extroverted person like myself I did not mind at all. I wouldn't do karaoke there (that takes place on Friday nights), but I don't mind watching other people do it. The drinks there were okay. Some were better than others, and the prices for them were not outrageous. The only reason it got so low on the list is the crowd can sometimes be intimidating, and almost frightening.

7. LIQUID. This place goes out of business for two weeks, then re-opens. They make improvements, and try to make the place better. All in all, it normally just stays the same; it's a great place if you're looking to hook up with some sleaze ball who is probably a felon, or married. If you want to attract attention to yourself,

MANCHESTER: PAGE 25

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# It's Always an Adventure Talking Politics with Tom Duggan

State Rep. Lenny Mirra  
| VALLEY PATRIOT GUEST COLUMNISTS

Appearing on the air with Tom Duggan is always an experience and this past one was no exception. Along with my new friend Phil “Of The Future” DeCologero we met at the studios of WCAP in Lowell to discuss political matters with Tom as our host.

Anyone who knows Tom knows that he likes to take a particular angle to most issues, usually a rather caustic, or at least negative, angle. So I took the opportunity to provide the positive side of things, just to give listeners a different perspective, especially with regard to the recent elections.

Tom chided Phil, a Democrat, about how Republicans made some gains at both the state and federal levels but Phil wasn’t falling for the ruse. While the GOP may have gained some seats Phil pointed out that they still only had 35 State Rep seats out of 160, and only 6 of 40 State Senators. Which brought us to the governor’s race, where I pointed out that voters made a wise decision in electing Charlie Baker.

I explained that our form of government works best when the legislature is with one party while the executive is with the other, and that this is true at both the state and federal levels. History bears this out: when we had one party rule under Jimmy Carter and George Bush things did not turn out so well, either for the economy or with regards to foreign policy.

Anyone old enough to remember one party rule under Mike Dukakis would recall it being so disastrous that it resulted in deep blue Massachusetts going with Republican governors for 16 years in a row. What I remember most was how Dukakis and other Democrats claimed they had to institute “temporary” tax increases in order to balance the budget, that there was absolutely no way of cutting any spending at all without great suffering.

Massachusetts voters were not buying it and one of the first things Bill Weld did upon getting elected was to eliminate the

new sales tax on services, one of over a dozen tax cuts that Weld/Cellucci would make. Far from causing massive suffering, the 1990’s turned out to be pretty good years for the Commonwealth.

Down in Washington, voters gave Democrats a shot at one party rule with the election of Bill Clinton in 1992 and a solid majority in Congress. After just two years of that voters had had enough and ushered in a GOP takeover of both the House and Senate. Many predicted that Clinton would have a hard time getting things accomplished with people like Newt Gingrich and company but the effect was to drag the president to the right just enough to curtail the growth of government spending and the result was an excellent economy and the first balanced budget since Richard Nixon did it more than 20 years earlier.

“The era of big government,” claimed President Clinton “is over.”

Or at least it should have been. The Clinton presidency was succeeded by George W. Bush who, contrary to his role as the leader of America’s conservative party, proceeded to grow the federal government, even while many state and local governments were doing the same. When Clinton left office in 2000 federal spending was just over 17% of GDP; by the time Bush left in 2009 it had grown to over 20%.

This largess wasn’t helpful to the country and voters responded by once again giving Democrats a chance at one party rule by electing Barack Obama president in 2008 and giving Nancy Pelosi and Harry Reid solid control of Congress. Fed spending grew to an astounding 24% of GDP and again voters had seen enough. The elections in November gave Republicans both Houses of Congress and I’m predicting this will be a good thing for both Obama and the country.

Rather than causing more gridlock and stalemates I think both parties will be forced to do their jobs and come up with legislation that actually gets voted on.

MIRRA: PAGE 29

Newburyport Guide.com

# Winter Happenings To Warm Your Winter Blues

Rebecca Pearson  
| VALLEY PATRIOT NEWBURYPORT COLUMNIST

As you sit by the fire enjoying some great hot chocolate and wondering “what is there to do” look no further. The Greater Newburyport Area is always full of events and special occasions to attend you just need to know where to look! We have the list so get ready for some fun family times!!

NEWBURYPORT’S WINTER CARNIVAL:

On Saturday, January 31, 11am - 3pm at the Bartlet Mall in Newburyport, the annual Newburyport Winter Carnival is on! The daylong community event promises residents a day of winter fun following a schedule of events similar to years past, including the Fifth Annual Human Dog Sled Race! This free event is hosted by the Newburyport Parks Commission and Newburyport Youth Services. Activities, weather permitting, will go from 11 a.m. to 3 p.m. They include skating, sledging and snowboarding throughout the day, horse-drawn hayrides provided by Scott Colby of Colby Farm. Outdoor gear retailer REI will return to offer snowshoe demonstrations and free rentals throughout the day. The fifth annual Human Dog Sled Race will finish off the day with prizes awarded to winners in two categories: speed and sled design. The Newburyport Mothers Club will offer outdoor activities for children, while Newburyport Youth Services will be leading the fun indoors at the former Kelley School on High Street. Free cookies and cocoa and the legendary sounds of WNBPA complete a classic winter theme for skaters and sliders throughout the day. The Human Dog Sled Race features teams of five or less comprising one driver and human “sled dogs” who race across the frozen Frog Pond. Teams will provide their own sled and rope for attaching the sled to the dog team. Costumes and sled décor are recommended but not required. Teams should register the day of the event by inquiring at the Information Table. This is fun for the whole family and every year gets better and better.

OLD NEWBURY DAY WITH BONFIRE:

Old Newbury Day Open House takes place on Saturday, January 10 from 3:00 - 6:00 p.m at Spencer-Peirce-Little Farm located at 5 Little’s Lane, Newbury, Mass. This event is free with a \$5/car parking fee. While you visit Spencer-Peirce-Little Farm for a mid-winter open house to celebrate the official purchase of the town of Newbury on January 13, 1701 you will find yourself being a part of this community-wide event, tour the 1690 manor house, enjoy hot cider and donuts for sale in the visitor center, and then walk to the nearby town-sponsored bonfire that has thousands of Christmas Trees from our houses in the area ready to your Bonfire enjoyment! Please remember to wear rubber boots for the ground will be muddy by the fire.

Cooking Your Heart into The Warmth of Your Belly:

WINTER BRUNCH Saturday, January 17th at 5:30 pm. Join our local “farm” chef Carolyn Grieco in the kitchen of the Compass Rose Inn for a wonderful evening of fine food and fun. These intimate 2 to 3 hour classes include a hands-on cooking experience while leaning creative recipes, professional tips, cooking techniques, and methods. They begin class at 5:30 pm and the evening ends with new friends enjoying a wonderful meal that’s been prepared by all, in the warmth of the Compass Rose Inn dining room. Join them for one of their cooking classes and spend a night or two in their warm, cozy fire-placed suites. Make it a special event with a loved one, or gather a group of good friends together and enjoy an evening away from it all! Embrace the season and warm up in their kitchen as they prepare a wonderfully unique New England brunch menu perfect for every day or special occasions. Classic cooking tips & techniques, creative recipes, and camaraderie in the kitchen are all followed by a warming winter brunch by the fireplace!

Take in a show with music to warm those winter blues:

The Salisbury Pavilion located on Salisbury  
NEWBURYPORT: PAGE 23

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BLOATED? You May Have Small Intestinal Bacterial Overgrowth (SIBO)

DR. Jin Sung  
VALLEY PATRIOT COLUMNIST

The SIBO is a very common condition but many times overlooked in the clinical setting. Many are unaware of what this even stands for, let alone what it's all about. SIBO stands for small intestinal bacterial overgrowth at a level of more than 10 to the 5th power of bacterial organisms per milliliter of fluid present in the small intestine. The normal level is 10 to the 3rd power for the small intestines and 10 to the 8th power for the colon or large intestine.

SIBO is a significant factor linked to irritable bowel syndrome(IBS). One of first signs of SIBO would be distention or bloating, of the upper abdomen, after meals that contain starch or fiber. When you consume sugars, galactans, fructans or starch that is then fermented by an abundant overgrowth of intestinal bacterial, this will lead to gas formation. This can then lead to the production an overproduction of methane or hydrogen, which can then lead to either constipation or diarrhea. Methane gas production usually causes constipation and hydrogen gas production caused diarrhea.

Here are the mechanisms for abdominal distention or bloating accompanied with SIBO:

- o Low gastric acid to suppress growth of ingested bacteria
- o Significant mucosal immune suppression
- o Injury to enteric motor complex resulting in lower motility
- o Weakened gut/brain axis with low activation of vagal motor nucleus resulting in lower motility through the small intestine.
- o Anatomical or structural changes to small intestine or ileocecal valve

This then leads to a disrupted homeostatic mechanism that controls the gastrointestinal bacterial population, thus leading to a bacterial moving from the large intestine or colon into the small intestine. This leads to the bacterial overgrowth of the small intestine leading to over fermentation of the sugars and starches. The end result is gas formation and distention or bloating.

You may have SIBO if you feel abdominal discomfort and distention after consuming:

Starches, sugars/fructose, fructans, pre-biotics, probiotic, fiber supplements, rice or pea powder and galactans

This lead us to thinking for the foods fermented by this overgrowth of small intestinal bacteria: sugars, starches, corn syrup, rice, wheat, quinoa, millet, amaranth,

tapioca, beans, peas, chickpeas, soybeans, lentils, lettuce, onions, artichokes, beets, broccoli, cabbage, brussels sprouts, peas, asparagus, okra, shallots, mushrooms, green peppers, cauliflower, grapes, apples, watermelon, cherries, kiwi, bananas, blueberries, mangos.

If you feel abdominal discomfort and bloating after consuming different carbohydrate containing foods as listed, SIBO should be considered. The severity of SIBO can vary from mild to no symptoms, to bloating after meals, to bloating with malnutrition and constipation to bloating with nutritional deficiencies, to bloating with anemia, low albumin and low cholesterol and severe bloating with weight loss, chronic diarrhea and malabsorption. SIBO is actually one of the most common causes of malabsorption in older adults and for those with IBS should be evaluated for SIBO. This can easily be detected with hydrogen and methane breath testing with chronic bloating as a solid predictor.

There is also a significant higher prevalence of SIBO in children with chronic abdominal pain and may be more common in children with gastrointestinal symptoms and apparent carbohydrate malabsorption than previously thought.

Poor motility through your gastrointestinal tract and proton pump inhibitor use are independent risk factors for SIBO or fungal overgrowth. Here are some interesting risk factors tied into SIBO:

- o 9.3% with celiac disease
- o 66% with celiac disease with persistent symptoms
- o 15% of the elderly population
- o 53% of those with antacid medication use
- o 78% with irritable bowel syndrome (IBS)
- o 33% with chronic diarrhea

- o 34% with chronic pancreatitis
- o 90% alcoholics

There are two types of testing for SIBO. One is direct testing that requires a gastroenterologist that is expensive, invasive and many species of bacteria do not grow in your culture. The culture may also underestimate the bacteria population and aspiration of sufficient samples is difficult and must be handled promptly for accurate results. The indirect testing is the breath



testing for hydrogen and methane. Here the substances my not be useful in determining all species of bacteria, optimum protocol for timing is unpredictable, recent antibiotic use may lead to inaccurate results and increased transit time can cause false positive results.

Hypothyroid and SIBO is another area to review. When a person is hypothyroid the thyroid hormone activation of the enteric motor complex and vagal motor complex can lead to poor ileocecal valve control of trafficking bacteria from the large intestine to the small intestine, cause poor gut motility leading to poor small intestine bacteria overgrowth and/or low vagal activation of hydrochloric acid release leading to inability to suppress bacterial growth. Any or all of these can lead to SIBO creating bacterial disruption in the small intestines, interference with thyroid medication absorption and low thyroid response to receptors, this completing the cycle to worsening the hypothyroid condition. Since many with hypothyroid conditions may be due to autoimmunity (Hashimoto's Thyroiditis) and elevated cytokines from autoimmunity, this can disrupt thyroid receptor expression and the management of autoimmunity may be crucial for hypothyroid induced SIBO.

- So what are the main risk factors for SIBO?
- o Age related enteric nervous system degeneration
  - o Brain injury leading to poor vagal tone
  - o Neurodegenerative disease

Abdominal anatomical disturbances such as fistula, diverticula or post-surgical alteration

- o Proton pump inhibitor for gastric reflux
  - o Hypochloridria(low stomach acid)
  - o Antacid medication
  - o Chronic diabetes
  - o Radiation exposure
  - o Hypothyroidism
  - o Chronic pancreatitis
  - o Scleroderma or Celiac disease causing scarring on the intestinal wall
  - o Significant immunodeficiency
- So what to you do if SIBO is a problem for you?

1. Understand the underlying trigger and address appropriately
2. Nutritional support the small intestine and its terrain
3. Stimulate the motor complex with activation of vagus nerve.

One trigger that is often overlooked is the neurological trigger. This is such a key because of the gut/brain connection but most do not think of brain function when the thought of SIBO come up. Many are living with undiagnosed brain imbalances or degeneration. To assess your likelihood of neurological imbalance, you can use our complimentary brain/neurotransmitter assessment. Go to [www.DrJinSung.com](http://www.DrJinSung.com) and click on New Patient Center then online forms at the top of the page. Here you will find the free neurotransmitter form. You may find some brain or neurotransmitter imbalances that need to be addressed to assist you in overcoming SIBO.

There are also strategies to activate the migrating motor complex of your gastrointestinal system:

- Gargle aggressively with several glasses of water throughout the day to activate the vagal motor complex.
- Induce repeated gag reflexes by gently pressing down on the tongue throughout your day.
- Perform coffee enemas to induce activation of enteric motility and hold enema contents for as long as possible to activate the gut/brain axis

Of course it would also be essential to eliminate the sugars, starches and fibrous foods that tend to ferment in the small intestines due to the overgrowth of bacteria. Eliminating these foods, while addressing your triggers with proper nutritional supplemental support is the key for eliminating SIBO.

For my clients challenged with SIBO I recommend the combination of:

- L- glutamine power
- Probiotic formula containing Lactobacillus and Bifidobacterium (Please note not all probiotics will work and some probiotics will work for some patients but will not work for other patients. It is important to find the right match to achieve success.)
- Enzyme containing Betaine HCl, Pepsin (porcine), Bromelain, Protease I, Protease II, Protease III, Protease IV, Glucoamylase, Cellulase, Sucrase (invertase), Maltase, Phytase, Pectinase, Lactase, Alpha-galactosidase, Lipase, Amylase I, Amylase II, Peptidase
- Combination of fatty acids with minerals and antioxidants

I would like to thank Dr. Datis Kharrazian and Apexseminars.com for the content of this article and providing the most up-to-date information on SIBO.



Dr. Jin Sung is a chiropractor and the owner of Functional Chiropractic, Inc. He manages chronic patients both neurologically and metabolically to achieve the best outcome. He

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SHEILA’S RECIPE CORNER

Peanut Pie and Seasoned Pork

SHEILA MULLINS  
VALLEY PATRIOT RECIPE COLUMNIST

In my computer, I recently ran across a recipe for a pie that I remember my Mom making about a million years ago. I called Mom & asked her if she remembered the origins of the recipe. Mom said, “Sheila, that was over forty years ago! I have no idea.” I then spent some time trying to see if this is something online & can’t find anything. I’m sharing this with you. It’ll be crackily crunchy like a meringue on the top & soft & chewy in the centre. Just so you know, just about any type of raw (yes, raw) nut will work in this.

**PEANUT PIE**  
¾ c finely chopped peanuts  
½ cup rough chopped peanuts  
3 egg whites, room temperature  
1 c sugar, divided  
20 butter crackers, such as Ritz, rolled into fine crumbs  
1 t vanilla  
¼ t cream of tartar

Preheat oven to 350°F.  
Either roll the crackers in a plastic bag until they are fine crumbs & place in bowl. Add ½ c sugar & ¾ c peanuts. OR One can place the crackers, ¾ c peanuts, & ½ c sugar into a food processor & process until fine crumbs. Add ½ c peanuts & pulse 8-10 times until the peanuts are rough chopped.  
Into a mixing bowl place the 3 egg whites, cream of tartar, vanilla, & ½ c sugar. Mix on high until stiff peaks form. Fold into egg white mixture the peanut mixture. Place mixture into a pie plate & smooth top. Bake for 20 minutes. Cool on rack. Cool in refrigerator at least 45 minutes to 1 hour before



serving. Serves 8.  
Fruit & meat.  
A match made in heaven, at times. Depends on the pairing. Dried cherries & pork? That’s a great match! Somehow a dish with cherries seems appropriate for winter, rich & luxurious but not heavy. After December & Thanksgiving, I think we can do without anything heavy for a while!  
There are many options in terms of serving this but I’m keeping it simple. One can place the sauce in the blender



& serve it in a gravy boat for diners to pour on their own plates. I’m just spooning the sauce on directly. Your choice!

**SEASONED PORK**  
3-3.5 lb pork loin  
1 c dried cherries  
¾ c merlot  
½ c balsamic vinegar  
¾ c 100% cranberry juice  
8 garlic cloves, minced  
10 shallots halved or 1/4ed if large  
Piece of cheesecloth  
2 large sprigs of rosemary  
¼ c olive oil  
salt & freshly ground black pepper  
Season pork with salt & pepper.  
Place the pork loin into a gallon sized zip top bag. Place bag into a 9” x 13” roasting pan. Tie into a bouquet garni the rosemary.

Into a bowl, place the dried cherries, wine, vinegar, cranberry juice, garlic, shallots, and bouquet garni in a bowl. Pour this mixture over the pork, cover and refrigerate overnight or for even better flavour, 2-3 days. Turn meat every 8-12 hours. Bring meat to room temperature before roasting, about 45 minutes.

Preheat the oven to 375°F degrees. Following manufacturer’s instructions for preparation, into an oven roasting bag, place contents of the zip top bag. Place back into the roasting pan. Roast for about 90 minutes or until a meat thermometer registers 150 to 155 degrees The meat will be a very light pink color. Remove from oven, cover, & let rest for about 30 minutes. (The pork will continue to cook after it is removed from the oven.).

Remove pork & bouquet garni from the roasting pan & cooking bag & place on a carving board. Toss bouquet garni. Slice pork into 1”-1.5” thick slices.  
Serve over rice & with the marinade. Serves 6-10.



*Recipes are created by Sheila Mullins & taste tested by Jerry & Sheila Mullins. Sheila lives in Newburyport & is a personal cook, among other things. She can be reached at Sheila.A.Mullins@hotmail.com & she looks forward to hearing from you.*



New Year Puppy

Tracey Zysk  
VALLEY PATRIOT DOGGIE COLUMNIST

How many of you found an adorable cute little puppy under your tree this holiday season? If you did or are planning on adopting one for the spring, planning ahead will make puppy’s transition and yours much easier.

Here is a quick little check list  
1. Do a meet-and-greet with the veterinarian you will be choosing to care for your dog. Set up an appointment, tour the hospital and ask to meet the vet. This is going to be your puppy’s “doctor” and you want to feel comfortable with him and to make sure his facility is the right fit for your dog.

2. Start interviewing a pet sitter or doggy daycare provider. Especially if you are working full time, your pup will need some special attention during the day for feeding and potty breaks. www.petsit.com has a wonderful network of pet sitters and dog walkers in your community. To be on this site the pet care provider must be insured & bonded. Doggy daycares are more for when your pup is an adolescent or teenager but look into these options. Not all dogs are meant to go to doggy daycare, your dog will have to go through an assessment before entering their specific program.

3. Research dog trainers. Your puppy may be absolutely adorable but you want him to be well behaved too. There are a few different options for training styles, from at-home training and facility training. Each dog is different so make your decision based on the dog’s personality.

Now you have your puppy home...what do you do?

4. Set up an area designated just for him. If you are crating, place the crate in a specific location and keep it there. Put nice bedding and some new toys inside. Also place a t-shirt or something with your smell on it inside the crate. This will help with puppy anxieties and help keep your pup calm while adjusting to the crate. Usually if you start a pup in a crate, he takes to this quickly and considers it “his

space”.

5. Buy a collar. Measure the puppy’s neck and buy a collar appropriate to his size and growth. The sooner you put the collar on him the quicker he will become use to it. Buy a name tag and have all your contact information on it. When your dog is old enough, have your vet microchip him and when all puppy shots are complete, register your dog with your town. As for a leash NO retractable, they are very dangerous, I recommend a basic flat nylon or leather leash.

6. Measure the food appropriate to his weight. More importantly, buy quality food for your dog. Try to stay away from generic brands or products filled with meat by product. www.foodadvisory.com is a great resource to help you decided which food is best for your pup.

7. Play time and exercise. Your pup will be growing and have tons of energy. Designate a time to walk your dog a couple of times a day. If you have a back yard, have an area fenced in for your dog to run around. Get out there with your pup and play. Toys, balls, treats, run around and have fun. It will be beneficial for both of you.

8. Most importantly LOVE him. You chose to bring this little fur ball of life into your home. He isn’t temporary, he isn’t something your kids will outgrow, this is a lifelong commitment you made. Animals provide the most unbelievable unconditional love. Enjoy and embrace every minute you have with your pup.



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



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TEEN TALK WITH ANA DEBERNARDO

New Year’s Around the World

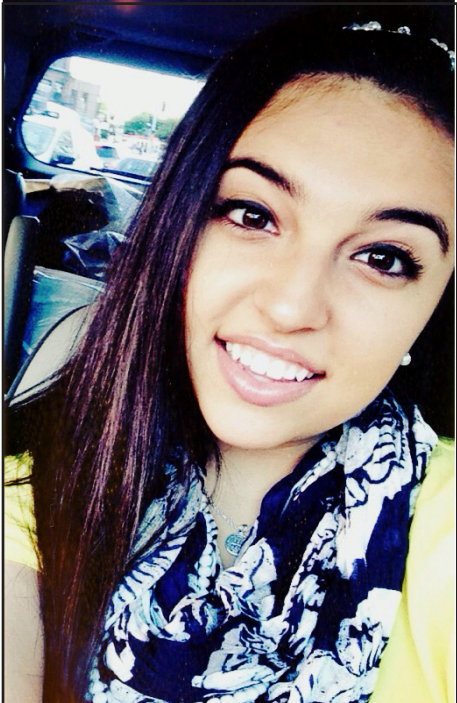
The dropping of the ball in Times Square has heralded the coming of the New Year to millions of Americans for over a century. With the exceptions of 1942 and 1943, the ball has been lowered every year since 1907. The double suspension of the ceremony in the ‘40s was due to a “dim-out” of lights in New York City during wartime. Nevertheless, hordes of people continued to gather in Times Square to greet the New Year with a moment of silence for their fallen brothers, fathers, sons, and friends. This moment of remembrance was followed by a ringing of chimes from sound trucks located at the base of the tower; a tradition dating back to earlier celebrations at Trinity Church where crowds would “ring out the old” and “ring in the new”.

This ringing in of the New Year is one holiday that is uniquely celebrated in almost every country in the world. International festivities may appear similar in magazines or on television, as the idea of large crowds gathering in central cities around the globe is a fairly common one. However, most countries have their own special traditions and customs with which to welcome the possibilities and new beginnings offered by the coming year. Below are a few ways in which nations celebrate around the globe:

Philippines: Filipinos definitely know how to ring in the New Year---or they should. With traditions outnumbering the months of the year, native rituals supposedly bring good luck for the upcoming year. One particular superstition observed throughout the country is the opening of all the doors and windows of a house on New Year’s Eve to allow negative energies out, and better ones in.

South Africa: The South African city of Johannesburg has raised attention with the local authorities as their interesting tradition has recently resulted in numerous pedestrian injuries: throwing furniture out the window! The unusual custom was nearly abolished last year with the police crackdown--although, the rising costs of rents in the city might have also been a factor, seeing as the tradition was quite an expensive one.

Ireland: “The Day of the Buttered Bread” is marked by the hanging of loaves of bread on doors and walls to



“This ringing in of the New Year is one holiday that is uniquely celebrated in almost every country in the world.”

rid houses of bad spirits, and welcome the good luck brought by the New Year. One gastronomical tradition dating back thousands of years, is the corned beef and cabbage recipe which is a sign of a new year filled with luck and abundance.

Russia: One famous Russian custom is to write a wish for the new year on a piece of paper, burn it, and then place the ashes in a champagne glass to be consumed immediately before midnight. (If the person really wants the wish to come true, this is the only way).

Peru: From wearing new threads, to lighting candles and writing down wishes, New Year practices in Peru are all designed to reign in good luck for the coming year. Perhaps most interesting is the tradition of foretelling the year’s fortunes through the use of potatoes. As tradition goes, three potatoes are placed under a sofa or chair (one peeled, one half-peeled, and one unpeeled). At midnight, one potato is randomly chosen to forecast the upcoming year’s financial state. If the peeled potato is chosen, the unfortunate family will supposedly have a very rough year. The half-peeled

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BABIES AND BRIEFCASES

THE DO’S AND DON’TS TO YOUR NEW YEAR’S RESOLUTIONS

Cheryl Hajjar  
VALLEY PATRIOT MOMMY COLUMNIST

Congratulations! You have decided to join the ambitious 45% of Americans who have vowed to stick to their New Years Resolutions. Kudos to you. This is the year that you will stick too all of them. You have promised yourself that you will lose 50 pounds, quit those dreaded cigarettes, and take control of your financial future. Sounds quite lofty and pretty vague to me. You mine as well add to the list to stop the racial rioting in this country single handedly and win the Nobel Prize award in 2015 as well.

Why do so many Americans write these resolutions for themselves every year only to set the platform up for their epic failure? A few reasons; your goals are too vague without a strategic plan in place for their execution and either too difficult or too many. We as humans respond to self-gratifying activities. So it would make sense to set up smaller goals within the goals to achieve that immediate sense of accomplishment. This will help you stay focused on the goal throughout the year. Here are a few Do’s and Don’ts of the 3 most popular New Years Resolutions.

LOSING WEIGHT - The most popular resolution goal ever in the history of goals. However, saying you want to lose weight without a plan in place is just silly, yet so many of us do it.

1. DON’T eliminate entire food groups. This is an epic failure. Food groups were designed to give us beneficial nutrients. Cutting one out of your diet entirely will surely add to a deficiency which is turn creates cravings. Do, for example switch from whole milk to skim milk in your coffee or simply adding an extra veggie or fruit to your daily regimen. A small daily change can add to a larger results months down the road. Depriving yourself is not the way to go for long-term change.

2. DON’T cut out restaurant eating until you lose that certain amount of weight. This is a recipe for disaster. Eating out is a social event and unless you plan on not being social and locking yourself in your room for the next 6 months, you will surely fail on this one. Do learn however to make better choices at the dinner table, like asking for the chef to broil your had-dock without the breadcrumbs, or skipping the bread and having a salad instead before your entrée. There is no reason to



cut out dining out to drop a few pounds.

3. DON’T say you will not eat any junk food for a time period like 30, 60 or 90 days. This is a binge-eating landslide waiting to happen. Putting a time frame on something is a surefire way to fail. Do allow for example for healthy eating during the week, then allow yourself one or two treats on the weekends when our social schedules are in sync. The next day after the treat, jump back on the healthy eating plan. You will feel satisfied and motivated to stick to the weekly eating schedule.

QUITTING A HABIT - Smoking, biting your nails, cutting out caffeine. Whatever your poison is, it needs baby steps.

1. DON’T go cold turkey unless you know you can bear the withdrawals. It is very difficult to decide to quit a habit so abruptly. Do however try small cutbacks like cutting back on that extra cup of coffee or switching it to a decaf. Most habits beyond the addiction are physical habits like lifting a cigarette up to your mouth or just having it in your hand. Replacing that physical habit can certainly help.

2. DON’T replace a habit with another habit. Taking up cigar smoking when you are trying to quit cigarette smoking would not be a good idea. Do however replace that afternoon cigarette with an afternoon jog or a trip to the gym. That’s a healthy habit to form.

FINANCIAL CHANGES - Another big New Years Resolution. Whether its saving more money, or paying down debt, we all want a healthier outlook on our finances, but are we willing to make the small changes necessary to see long term gains?

1. DON’T do a monthly savings amount, Do a weekly saving amount. Whether you

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TEEN: FROM PAGE 22

potato signifies a regular financial year, and the unpeeled potato represents “great financial bounty”.

Puerto Rico: Aqueous traditions are most popular around New Year in Puerto Rico. One ritual involves throwing a bucket of water out the window to drive away evil spirits. Another method used to keep those spirits away is to fall backwards into the waves at the stroke of midnight.

Spain: Spanish tradition says that eating 12 grapes right before midnight will bring good fortune for the year ahead: one grape for every month. The resulting contest becomes a question of who can cram all 12 grapes in their mouth the fastest.

Brazil: A well-known custom for ringing in the New Year in Brazil is the elaborate celebration on Rio de Janeiro’s Copacabana Beach. What many people don’t know is that another celebration is observed throughout the country: the practice of wearing white. This tradition, like many others around the world, is meant to bring good fortune in the New Year. Often times, the tradition is culminated with a trip to the beach to throw flowers into the ocean and make a wish.

And just like that, the end of the year has turned the events of 2014 into fond memories and a new chapter of our lives awaits us. But be not afraid; all of our beloved customs will repeat themselves in 12 months.

NEWBURYPORT: FROM PAGE 19

bury Beach, houses the most amazing collection of musicians year round with fantastic acts and mouth watering food. This State-of-the-art, year round 6,000 square foot entertainment facility with an intimate Music Hall atmosphere where most seats are within 50 feet of the stage!

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HAJJAR: FROM PAGE 22

want to save an extra \$100 a month or \$1,000 a month, break it into 4 payments. \$25 dollars a week is a lot easier than taking the extra \$100 a month and putting it into your savings. By taking it in a smaller payments, it will keep you conscious of how you are spending your money also. Maybe if you cut out that extra trip to McDonalds and Dunkin Donuts everyday, you will be able to sock away that extra cash a little easier.

2. DON’T look at your credit card bills like a mountain of never ending debt that will never get paid off. Do set weekly goals to stop buying things on credit. If you don’t have the money in your checking account to buy it then you cannot

afford it. This will also help you get discipline with your purchases, separating them into two categories; wants and needs. Do you really need that new coat just because TJMaxx is having a great sale on coats, or that 14th pair of colored UGGS? Unless you have a bank account like Britney Spears, resist the urge, it will pass as you leave the store.

It takes 30 days to create a habit and 90 days to stop one. So making your New Years resolutions can be fun and quite rewarding if done in small steps. We learn to eat the elephant in life one bite at a time, so making slight daily adjustments can add up to very significant changes for the long term.



Freedom Fighters

Forest Rain  
VALLEY PATRIOT ISRAELI COLUMNIST

When words are twisted meaning becomes warped. The straightforward and obvious suddenly takes on a new meaning, transforming in to something far from the original intent.

Changing words and definitions changes reality.

Once the term “freedom fighters” meant people who fight for freedom. Now, somehow this term has become synonymous with terrorists i.e. people using psychological and physical threat, violence and murder as means of scaring others in to agreeing to or allowing a political goal to be attained.

A noble idea, fighting for a noble cause – freedom, has been twisted in to something ugly and dark. Somehow this new meaning has become accepted as the norm. Somehow it is acceptable to whitewash murder and violence to achieve a goal by placing it under the flag of “fighting for freedom”.

What about the real freedom fighters? People who are using political, acceptable, non-violent ways to fight for freedom? If terrorists are “freedom fighters” what can we call those who are truly fighting for freedom?

Over and over we find these rare ones called a myriad of derogatory names: “annoying”, “provocateurs,” “fringe,” “extremists”... they are told to shut up, sit down and disappear.

They are often confused for the cause rather than the solution they truly are. Instead of being upheld as role models for us all, the real freedom fighters are being belittled, pushed aside and sometimes even ostracized.

One October 29th, Yehuda Glick was shot four times by a Muslim terrorist. It was no “ordinary” terror attack, this was an assassination attempt. Why?

Because Yehuda Glick has been actively promoting the right of Jews to pray on the

Temple Mount.  
Huh?

Bizarrely, in Israel there is freedom of worship for all people – except Jews. Jews are not allowed to pray in the holiest location on earth for the Jewish people, the Temple Mount, in the heart of Jerusalem.

A little bit of history for those who are unaware of the background:

The Western Wall or Kotel is part of an external supporting wall of the ancient Jewish Temple. Now, where the Temple once stood is a golden domed mosque, The Dome of the Rock. The mosque covers the Foundation Rock which was once in Holy of Holies in the Jewish Temple and, according to Jewish tradition is the foundation upon which God created the world.

This is the source of the holiness of Jerusalem. This is why Jerusalem is considered by so many to be the heart of the world.

The Dome of the Rock is not the mosque Muslims place so much importance in, there is another mosque on the Temple Mount that they call “al Aqsa.” Muslims pray facing AWAY from the Dome of the Rock, facing Mecca, the holiest city in Islamic tradition.

The Jewish Temple was destroyed by the Romans in 70 CE. The Dome of the Rock was built on top of the ruins in 691 CE. Building a religious site on top of someone else’s religious site is a way to exert dominance and announce that the location and everything connected with it has been conquered.

Today in Israel Jews are not allowed to pray on the Temple Mount. Jews may ascend the mount but are not allowed to pray. Jews are not allowed to come close or even see the Foundation Rock.

Why? It’s very simple – fear of Muslim violence.

Over the years Israeli governments have preserved this restriction with the idea that we shouldn’t “provoke” the Islamic world.

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POLICE STATION FROM PAGE 3

VALLEY PATRIOT TOURS THE BUILDING IN 2014

In November of 2014, The Valley Patriot toured the police station and filmed the extensive damage and unhealthy conditions that police officers and civilians have to work in every single day. The Valley Patriot found leaking, mold, discolored ceilings, plugs covered with plastic, wet rugs, and walls and windows with water damage in every room we entered. In the evidence room, as well as a dozen other rooms, holes in the walls showed thick black mold in the insulation behind each wall.

When asked why it had not been done in 15 years, Chief DeNaro said that “the mayor is the one to address all questions regarding the funding and timing of any repair work.”

Mayor Fiorentini said that the city has “referred this matter to outside counsel to see if there was anyone to sue.”

“We are in the process of fixing this. The roof has been replaced. There is more work to do. We do not need to, nor would I support, an override a debt exclusion for this we will do this within the budget.”

“Right now, we are using money that was donated to the police department. We will fix this and within our budget that is our plan. We will explore every legal avenue to see if there is any contractor, subcontractor our insurance company where we can recover money.

MOLD DANGERS AND LEAKING WINDOWS

According to documents obtained by the City of Haverhill, Palladium Construc-

tion initially put in the wrong windows. When they installed the windows, the new ones were too small resulting in window leakage in every office of every floor.

“I’m a police chief, I’d rather spend my time trying to keep the streets safe but, I spend an awful lot of time on this building every day. The city has known from day one about the windows, the mold and the water problems, and I’m still dealing with it every day.

Haverhill Officer Scott Ziminski accompanied The Valley Patriot on the police station tour. As we filmed each area of the building, Ziminski detailed the daily inconveniences and hazards of working at the station.

“We had Serve-Pro, an outside contractor, and a company that does testing OHI all come in to take a look at condition of the building to see what work still needs to be done,” Ziminski said.

“We tried to put it through insurance. What they are saying is that in each office that has damage you have to cut out all the sheetrock, do a test, see how much damage there is, treat the mold and replace all the carpets. When it leaks, you can see a lot of stains in the carpet, it puddles. So, it could cost anywhere from \$500K-\$600K because we have to move everyone out of the offices and where we are talking mold, there is a specific state standard as to how to handle it. It has to be fixed as if the mold never occurred. So the problem is, you have to take out a certain amount of the walls, check to



Holes in the walls that had to be patched up from the continous flow of water through the windows and walls causing dangerous mold.

make sure there is no mold, rip the rugs out, all the coving, put in new sheet rock, and move the evidence from the evidence room.” Before this can be done however, pressure testing must be done on all the windows to identify those that are leaking so they can be fixed. The testing may cost upwards of \$20,000.00 and has not yet been authorized by the mayor. The cost for fixing leaking windows has yet to be determined.

2 BOILERS LATER, ANOTHER BOILER NEEDED

Office Ziminski also showed The Valley Patriot the boiler room and said that they already replaced the original boiler and the newer boiler was already in need of replacement.

“The boilers were put in in 1999,” the officer said pointing to an old rusted boiler that looked like it had been there for decades.

“Back in 2006 one of the boilers failed, there’s a section within the steam boiler that was no longer working. The city at the time had the option to get help from a company called Burnham Boilers at the cost of replacing the whole boiler system. Rather than replace to repair for cheaper money, they chose to repair one section of the boiler, and it failed again. So you can see on this boiler there are two sections that failed on that.”

“It costs about \$120K to replace all of these and it takes about two weeks. We have two boilers but they are both down. They leak water and glycol which is like anti-freeze.”

NEW EQUIPMENT IN A WATER AND MOLD FILLED BUILDING

The City of Haverhill received a federal grant of \$400,000.00 for brand new dispatching and communication equipment in 2010.

“It’s leaking on dispatch,” Ziminski said in frustration. “On top of all the computer systems we have, there’s water. There’s water leaking through the windows, onto the floors and near the extension cords and electrical outlets.” The Valley Patriot observed and photographed several electrical cords covered in plastic near the walls

powering some of the communications equipment. One officer whose desk and computer were against one of the exterior walls of the building, had wet ceiling tiles with large brown water stains from months of leaking. A large puddle stain encircled the rug beneath her desk where computer cords and electrical equipment plugs were located. On the windowsill, just a foot or so from the officer’s computer was black mold, peeling and bubbling paint and water stains down the wall.

HEALTH HAZZARDS FROM MOLD

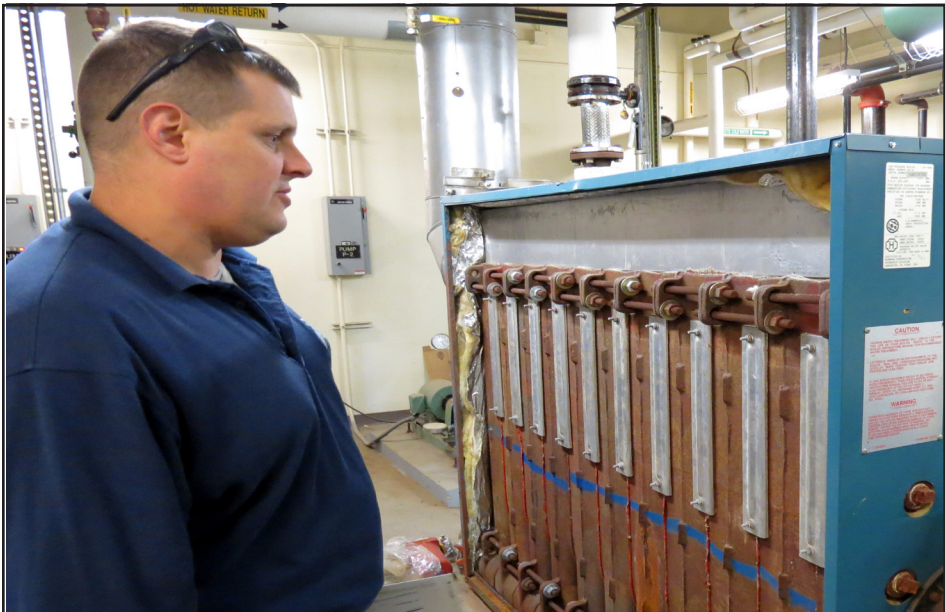
According to the EPA: Research studies have shown that exposures to building dampness and mold have been associated with respiratory symptoms, asthma, hypersensitivity pneumonitis, rhino sinusitis, bronchitis, and respiratory infections. Individuals with asthma or hypersensitivity pneumonitis may be at risk for progression to more severe disease if the relationship between illness and exposure to the damp building is not recognized and exposures continue.

Local environmental activist Tennis Lilly said that the city should be testing the air quality in the building and that not all mold is dangerous.

“Mold, especially black mold in a building is extraordinarily hard to get rid of. It gets into the walls and it’s really toxic when you inhale it. It’s also an asthma trigger. It causes chronic lung inflammation, bronchial inflammation, it’s really dangerous to have mold constantly in a building, especially since most modern buildings are sealed. You don’t open your windows a lot in a modern building. For energy efficiency you want the building closed up so you can balance the heat going in and out, you want to have a constant flow of air with the HVAC and you want to have that air filtered. But if that’s not working right, if you have mold in the walls or the ceiling, what you can get is a constant flow of air that’s filled with toxins and mold and that can have a long term impact on people’s health”

“I wonder who signed off on this project knowing all these issues existed,” Lilly asked.

NEXT MONTH PART II



Haverhill Officer Ziminski looks at the broken boiler system in the basement of the police station.



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COUNCIL: FROM PAGE 6

Councilor Almonte has had her own personal problems with the police, including multiple motor vehicle violations, which she did not disclose during her diatribe against the cops and her vote against the police department adding the new technology to catch stolen cars and unregistered drivers in the city.

From there the meeting degenerated, as the city council president lost control and ignored city council procedures, first announcing that the measure passed, but then had to scramble when the vote in favor of the measure was called into question.

Embattled Lawrence City Clerk Bill Maloney informed Council President Maldonado that they needed a 2/3 vote of the council (6 votes) to approve a loan order and that the 5-3 vote (with one councilor absent) means the loan order failed.

Councilors questioned Maloney’s opinion on the law leaving him to flip through stacks of papers for what seemed like forever as the public looked on and city councilors shrugging in their seats having no clue what their own rules were.

After a brief recess, President Maldonado came back and announced that the loan order failed for lack of a 2/3 majority vote, but then four times brought the measure back for a vote which failed each time.

Near the end of the meeting, Maldonado announced that the council does not need a 2/3 vote and that the measure had passed, but was sending a letter to the city attorney for a legal opinion.

LAPLANTE DEFENDS THE MAYOR

“On the loan order, the council is delaying the tools we need for our police and fire department. Everyone complains about public safety and then when we get the opportunity to give them the tools they

need, the council stands in the way. We are following good municipal finance by requesting these loan items, which came from budget director and they ignored his recommendation. What can I say?”

LaPlante also said that the mayor is communicating with the councilors individually but just not at city council meetings because of possible litigation from terminated employees, which LaPlante said would violate the letter they received from the city attorney before the meeting.

“City Attorney Charles Boddy provided the city council last night with a list of do’s and don’ts, on what we can say and not say and what is proper and improper to discuss in public regarding personnel matters. In the 14 points the council wanted to question the mayor on, were questions that should be answered, absolutely. I agree with that. But, how we got to the point where we were sending a litigious letter to the mayor with threatening overtones is not the way to do things.”

LaPlante said he believes the mayor is communicating with the councilors who bother to “Pick up the phone and call him.”

“I thought we were working as a team, when I call Mayor Rivera he calls me back. I can tell you flat out this guy has responded, he answers questions and communicates with us. Now, they may not like the answer they get but if they want to communicate with the mayor they should do it. We need to get past this ‘he’s not talking to us,’ thing because the fact is, he is.”

The City Council will take up the vote of no confidence at the January 6th meeting.

Follow valleypatriot.com for daily updates on this story as we print on the same day as the meeting takes place.

MANCHESTER: FROM PAGE 18

and you’re going out just to get drunk and some action, this is a great place! You can just sit on the couches, listen to music, and get to know everyone in there. It ranked on my list because the music can often times be great, and they sometimes have live bands that are pretty good for the area. Though I have only been once, I have a few friends that enjoy the music scene there.

6. SOCIAL 24. It is just a place with a bunch of couches, some records, a record machine, and a hipster cafe. If you’re looking for a “quieter” night out, this is one of the better places. Not quite a club or bar, but still a place to grab a beer or coffee, and chill with some great music. There is even karaoke on different days to throw in some extra fun. I was there for about 5 minutes when I realized it wasn’t \*my\* scene, but, for a quieter person who wants to get out and socialize, it’s a cute little place.

5. JADE DRAGON. Located on Elm Street in the heart of the nightlife, and is known for it’s night of fun and drinking. It’s a Chinese food place with an entertainment stage where you can do karaoke, hear a local DJ or singer, or just go to have a mai-tai or four. Prices are decent, and it’s got a great atmosphere.

4. MURPHY’S TAPROOM. You have not had a nightlife experience unless you have been to Murphy’s on a warm summer night. They have a sports bar inside with a few TVs to watch the game and have a beer, but they also have an outside deck that is open during the summer that overlooks the busy streets of the city, and live bands nearly every night during the summer. Yes, live bands almost every

night of the week. I used to go grab a drink with a few friends from college after class and was rarely disappointed in the entertainment. The wait staff was great, food was great, and overall I don’t think I have had a bad time there! This is a great place anytime during the year, but it’s at it’s best in the summer.

3. SPARE TIME BOWLING ALLEY. Yes, I know, bowling alley as a nightlife? How can that be? Well, the bowling alley is not only a fun place to be on week-end nights as they have a KILLER glow bowling party (18+) and honestly, was a BLAST! I have gone quite a few times when I was younger with older friends, and we all had a great time. Went there when I was under 21, and they give you a bracelet saying you can’t drink, (now I am 21, so I don’t have the bracelet of shame) and you can just have a great, safe, fun time with your friends who can drink. Throughout the week you can have adult leagues that are an actual fun time (I have been on a league for a few years myself). Thursdays there is karaoke, which is just a great time with the regulars; there are poker tournaments, and live bands. Did I mention they have the best drinks in town? If you’re looking for a great time, check out what’s happening at the bowling alley!

2. DRYNK. Drynk is a great place to go. A bit on the pricey side for small drinks, but it is a lot of fun. There is a huge dance floor, and an outside dance floor for some outside fun. They give away fun prizes including cruises, and they have girls night once a month. They have a DJ to play some top 40 hits, or a live band doing covers and original. It is right next door to Club Manchvegas, which makes

ISRAEL: FROM PAGE 23

Yehuda Glick said that he thinks this is wrong. He said it repeatedly and publicly. He ascended the Temple Mount and prayed with Muslims there, in Arabic and Hebrew.

Glick’s attitude is: “The Temple Mount must be as (in) the words of (the prophet) Isaiah, ‘a house of prayer for all nations. It mustn’t be in the hands of violent people. It must not be left to one religion who are led by a fundamentalist, violent leadership. It must be a sensitive place – it must be a place that respects all of those who are calling in the name of the One and only God.”

For this a terrorist tried to murder him. 4 bullets grazed vital organs and somehow, miraculously, hit none. He should have died – four times over – and did not. A real miracle.

Now, over a month later, Yehuda is well on the way to recovery. His peaceful protesting of the lack of freedom of worship for Jews in the Jewish State has not ceased. In response, the Islamists have increased their death threats against him: “This time we will make sure the job is completed.” Some on the left have even implied that it is Yehuda’s provocation that is at fault, that he brought the attack on himself, that his actions gave rise to the wave of terror attacks we have recently experienced in Israel.

In a twisted world the result becomes the cause. The victim becomes the abuser. Shut up, sit down, go away.

As if ignoring the source of the problem will solve it, as if telling the victim to “go along to get along” ever works...

No one is talking about the rights of Jews to be free in their own land, to worship in the place holiest to the Jewish people. No one is talking of the Islamic provocation of creating violence and bringing weapons in to the most holy place on earth. No one is talking about the soccer games and picnics Muslims hold on the Temple Mount. Or the political rallies they have held, calling for the destruction of Israel.

To be more accurate, there are a few who are talking about these things. They are called “extremists,” “religious looneys”, told to shut up and sit down. Yehuda Glick was shot because he spoke out against these offenses against Jews and

Jewish freedom.

Despite the increased death threats the police have not assigned any specific security detail to protect Glick. As a result, concerned citizens decided they would not wait for the police to save Yehuda. A group of people, trained and licensed to carry arms, friends and strangers, volunteered to be his protection detail, travelling everywhere with him, to protect Yehuda’s life and freedom.

In an interview one of the group explained: “We know the death threats are very real. Yehuda has to go back and forth between his home and the hospital for treatments until he recovers completely. He should be safe and free to move in his own country shouldn’t he? I’m not religious. I’m gay and I don’t believe in God but if Yehuda wants to go pray on the Temple Mount I think he should be free to do so and I will be there, right by his side.”

That is a real freedom fighter! That should be the role model – a man who does not wait for police or government to “save” him, a man that decides to protect his fellow man because he believes in his right to life and right to freedom. Nothing more, nothing less.

Religious affiliation, sexual orientation and any other categories and definitions are not barriers when thinking is straightforward. Freedom to live, to worship, to speak one’s mind etc. are basic rights, due to everyone – even if they are Jewish.

I am thankful for the real freedom fighters. I am thankful that Yehuda’s voice was not silenced by the bullets of the terrorist. I am thankful for those who have decided to protect Yehuda. These are the real freedom fighters: people who defend, not attack, people who simply do not accept being wronged.

Rosa Parks and others like her who did not accept the injustice of segregation are the freedom fighters, not the rioters of Ferguson.

Mahatma Gandhi led India to Independence by example – not by suicide bombs.


Freedom is a choice of those who refused to be caged, who refuse to be silenced. Israel is in danger and so is the rest of the world. It is up to each and every one of us to decide what definition of “freedom fighter” we find acceptable.

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for a great night of going back and forth. Drynk is a great place to go for an all around good time, and if you are forced into being the DD, it’s great for just people watching.

1. The number one nightlife spot in Manchester is... CLUB MANCHVEGAS. This was my first “club” scene place, and I enjoy going there! The people are super friendly, and there is someone always dancing. They have a mechanical bull that is just hilarious to watch your friends fall on. It’s a bit small in there but after two drinks, you won’t notice how small it is. Friday nights are country nights (18+) and they have a DJ play all the hot country hits

and let me tell you, I did not stop having a great time. They have an 16+ night on Sundays in the summer, and on Sunday nights that don’t have school the next day. Saturday nights are a more mature scene with a great group of people, and an infectious happy atmosphere. If you haven’t been here, I suggest you go on a Friday night, and bring your cowboy hat!

 Justess Jacobson resides in Manchester NH, has a degree in communications, is now studying to be a juvenile probation officer and works at a local hospital as a nutrition assistant. You can email Justess at Justessjacobson@yahoo.com

Ye Gay Ol' Valley

The Change in Our Public Schools

Dani Langiven  
VALLEY PATRIOT LESBIAN COLUMNIST

Changes have been made in public schools and parents need to be informed and become involved. Educators have been told that “time on learning” is essential. They are not to waste time on anything that may take away from their students’ learning. It is mandated that educators must also be highly qualified in their subject matter. This requires more than just a master’s degree. It is constant training in new ways of teaching English Language Learners, students with special education needs, attention deficit disorders, food allergies, emotional issues, economic deficiencies, along with the constant retraining in subject areas, ever changing teaching and testing practices, and pedagogy. Despite these requests, public schools are making changes that contradict almost everything that they demand of their educators.

Let’s address time on learning. The school year is 180 days. On average, students undergo 20 days of state mandated testing each year or more. This is one month of time on learning lost to testing. Be it the MCAS, the newly piloted PARCC, math benchmarks, ELA benchmarks, writing standards, reading standards, science standards, and countless others, students are tested to exhaustion. Assessments are definitely a part of the learning process, but they are not the end all, be all of it. How a student is able to use their knowledge in a practical situation and solve a problem to come to a productive solution is what real assessment should measure. Darkening in bubbles and answering open ended questions that ask a student to discuss the writer’s purpose is not problem solving.

All of this testing is happens in the last quarter of the year. It is the educational system’s hope that the students have had ample training and practice in the subject areas they are being tested in: math, language arts, and science, and that they are well prepared to show that they are proficient in each of these areas by completing a state and/or federally mandated test. Again, this is after months of training and practice. If this is required of our students, then why is it not of our educators? Some public school systems have instituted new teaching practices without training their educators in it. When teachers have questioned administration on why they are being asked to teach a program that they have not been trained in at all, they are told, “Just do the best

you can.” Case in point, in one local system the Lucy Calkins Writer’s Workshop was piloted this year. Teachers were not trained in it and told to, “Do the best you can,” by following the also newly piloted curriculum map for English Language Arts and use the Writer’s Workshop that they have had not one day of training in. This is an extremely intensive writing program that asks teachers to have students write personal narratives showing epiphanies, produce intensive research reports, author memoirs expressing life-changing lessons, and other develop other writing skills that are well above their maturity levels. No data has been provided that this program improves student writing levels or scores on the end of the year tests. And if teachers are required to teach certain skills, train student in these skills, and allow their students to practice these skills before being tested then why is it that teachers are not given the same courtesy when piloting a new program?

It is this writer’s and educator’s belief that all academic subjects are equally important to the overall intellectual health and well being of every student. It baffles me how anyone who has dedicated their life to education does not agree with this and yet some subjects have been pushed to the wayside to place more emphasis on other subjects. For whatever reason the author’s of state mandated tests such as the MCAS, have not been able to settle on what to assess students on in the matter of history. So, MCAS consists of math, science and language arts assessments. No history. As a result, many public school systems have all but thrown history education in the trash. Many systems have dissolved the history teaching position. In other words, they no longer have teachers who teach just history. This is more specifically at the middle school levels. Teachers, especially at the seventh and eighth grade levels now teach three periods of either math, science or language arts and one period of history/social studies. This means for one hour a day our children are being taught history by teachers who are not highly qualified in this subject and most have never been trained in or taught it-ever. On the flip side, history teachers who have certifications in other areas have been shifted into academic areas they may have been trained in, but have either never taught or haven’t taught in years or even decades. Teachers who have only history certifications may be lucky enough to slide into a high school position or they are being forced to get a certification in another

DEBT FROM PAGE 18

The working poor and sometimes mythical-seeming middle class might stand a better chance of solvency were more employers aware of, and willing to invest in, financial services as employee benefits. Nashville-based Emerge Financial Wellness, for example, registers corporate partner employees for a financial stress test. Emerge applies the results to a personalized program – in English or Spanish – including “unlimited, confidential one-on-one financial coaching, free credit score monitoring, a custom financial action plan, an online resource center for... financial know-how needs,” and more. Is it enough for credit counseling, debt management, pre- and post-bankruptcy education, homeownership preparation, and foreclosure prevention to be at the fringe of fringe benefits?

BiggerPockets.com blogger and self-called “personal finance nerd” Brandon Turner recently wrote, “[T]he typical millionaire hides among us, driving normal cars, living in normal houses, and living normal lives.” Turner follows that insight – observed and repeated interminably in Thomas Stanley and William Danko’s “The Millionaire Next Door – with cause for celebration: “Personal finance nerds are not frugal for frugal’s sake (well...some of them are!) In fact, most personal finance nerds know when to splurge on something

nice -- because they can afford it. The difference is timing. Most of the population buys stuff they don’t need, that they can’t afford, to impress people they don’t like. Personal finance nerds save up and plan for the stuff they truly want to enrich their lives.” In what labor economists James Medoff and Andy Harless termed our “Indebted Society” even in the booming 1990s, Americans are borrowing to maintain lifestyles—from the college education experience to the shirts on our backs (Note: Missing among The Valley Patriot’s many valued advertisers is a MA/NH dry cleaner or laundromat to clean those shirts!).

Debt, unlike the Grinch, has no cartoonified incarnation to be heartwarmed. The “Whos” are ‘yous.’ So that leaves it to us to carve and feast on the Roast Beast! In the spirit of saving, remember some scraps or more for Max.

Happy Debt-smart-not-free New Year.



Alex Talcott, J.D., teaches business law at Southern New Hampshire University and is affiliating with a Fortune 500 financial services company in the New

Year. This information and commentary does not constitute investment advice; Alex welcomes and reads comments and inquiries sent to [VauraConsulting@gmail.com](mailto:VauraConsulting@gmail.com). Follow him on Twitter: [@AlexTalcott](https://twitter.com/AlexTalcott)

subject area in order to keep their job, not and easy feat.

The reasons for these shifts, faculty is being told, are numbered. The buzz phrase is, “It’s what’s best for the students.” Because of the new evaluative tool, administration is saying that it is only equitable that all teachers need to have their evaluations attached to the state test scores somehow. Since history is not on these tests, every teacher must teach a subject that is, hence the shifts. However, all teachers regardless of the subject they teach do teach language arts. There is reading, reading comprehension, and reading and writing response in every academic subject. Attach history teachers to the language arts scores and allow them to teach what they know. That is what’s best for the students.

On another note, public education has a dirty little secret that the private sector may not be aware of and it is money. When it comes to hiring the best teachers for the job, money is the bottom line. Veteran teachers will always be trumped by brand spanking new teachers because a system can hire two or three new teachers for the same amount as they would have to pay a teacher who is 15 or 20 years into their career. This makes Veteran teachers virtually unmarketable. No system is going to hire a highly qualified, incredibly gifted veteran teacher with years of hands-on experience who knows how to handle the most unruly student, and differentiate instruction to reach the most challenged and most gifted students for \$85,0000 if they can hire two or three greenbacks for the same price. It’s what’s best for the students.

Keeping to the subject of money, cutbacks on materials have become beyond tragic. Students no longer are given consumable notebooks. Teachers must run off copies of worksheets and other materials needed for instruction. Educators are wasting massive amounts of time in copy rooms running off materials for upwards of 100 students instead of using their planning time to, well, plan. Many schools have volunteers come in to do copying for teachers that allows them to concentrate on designing and preparing lessons. However, systems only allow a certain amount of copy paper per build-

ing, per year. Once the paper is gone, it’s gone. Some schools have cut back on volunteer hours hoping that this will cut down on the amount of copying. How does this make sense? Schools still have the same number of teachers, the same number of students, and the same amount of materials needed. Regardless of who is making the copying, the copying still needs to be done because new materials are not being bought. Why not allow unpaid volunteers continue to make the copies for teachers so that they can concentrate on teaching? Not only that, because of the number of students keep increasing classes like advanced algebra have had to be doubled, but systems are not buying more books. Algebra teachers are being told that students have to share one set of books between two classes. How is this good teaching practice? Teachers are spending more money each year on everything from basic writing utensils, to copy paper, teaching supplements, independent reading books, and even tissues for the classroom. Parents could be vital if they helped with this matter. Hey private sector! Imagine having to buy your own materials to do whatever your job requires?

The good news: teachers are tenacious beasts. With everything that works against them, they forge on by training themselves, supporting one another, coming in early, staying late, and losing sleep while perseverating on how to reach every student. Every new year and on every morning they get up and go to work even after getting told they are not doing enough, being blamed by parents for their child’s misgivings, and having their jobs threatened by test scores. They keep on keeping on because they love their jobs. They love their students. They love teaching. They are what’s best for the students.



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

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# Methuen’s Brittany Baldi Moves to L.A. Starts New TV Series

Methuen’s Brittany Baldi has moved to Los Angeles, California to expand her career in the entertainment industry. Baldi says she loves working in Boston and will probably be back someday, but added that she needed a change of pace. As anyone who has followed her TV, radio and movie career, Brittany’s pace is a lot more fast and furious than most people you have ever met.

“The reason I moved to California is because I felt like I needed to get away,” she told The Valley Patriot last month.

“I love Boston, but I just felt I needed new opportunities. I’m always on the go, I don’t like to stop, and I think I needed to be around people more like myself, people immersed in the entertainment industry 24-7 like they are here in Studio City.”

Baldi says that no matter where she goes, even outside the studio, she runs into people that are involved in television, movies, music, and other entertainment professions.

“You can learn something from everyone,” she said. “Everyone out here is either in the business or knows someone in the business and it’s all about networking. Finding people with similar interests, people who have different experiences you can draw from.”

**THE CHALLENGE – BATTLE OF THE EXES II**

With all of the shows and projects Brittany is involved in, somehow she was able to land another new show called “The Challenge, Battle of the Exes II” which debuts on Tuesday, January 6th on MTV at 11pm.

“The Challenge” is a reality show that

**BALDI: PAGE 31**



# My 10 Best TV Shows of 2014

Bill Cushing  
VALLEY PATRIOT TV COLUMNIST

- Now that 2014 has come and gone, it’s time to look back on a great year of TV. It was very hard narrowing it down, but here are my choices for the 10 best shows of 2014.
10. **The Blacklist** (NBC) – As the only network show on my list, The Blacklist almost feels out of place on NBC. While watching it, I almost feel like it should be on AMC or FX. It has that cable feel to it. That’s a compliment, in case you were wondering. James Spader’s performance continues to make this show worth watching.
9. **Boardwalk Empire** (HBO) – Boardwalk Empire ended its 5 season run in 2014. The final season was a great end to a great series. Flashing back and showing us how Nucky became the man he was, bringing the show full circle and ending all of the storylines in a very satisfying way. Steve Buscemi was outstanding as always.
8. **The Knick** (Cinemax) – I will freely admit, it took me a few episodes to really appreciate and enjoy this show. The Knick made Cinemax a real player in the original series landscape. From Director Steven Soderbergh and starring Clive Owen, this series about a NYC hospital in the early 1900’s was emotionally compelling and extremely well written. Owen was brilliant as the drug addicted chief surgeon, and Andre Holland was terrific as the black doctor he begrudgingly accepted as a colleague.
7. **The Walking Dead** (AMC) – The Walking Dead continues to amaze. While the show garners massive ratings, it is still highly underappreciated by critics and the awards circuit. Now in its 5th season, it keeps us caring about its band of survivors. Week after week it keeps us coming back and shows no signs of slowing down.
6. **Homeland** (SHO) – After a less than stellar 3rd season, Homeland came roaring back this year with one of its best seasons yet. Mandy Patinkin’s powerhouse performance this season had us riveted to our TV’s. While the season finale left a lot to be desired, it didn’t diminish what a great season Homeland had.
5. **Game of Thrones** (HBO) – Season 4 of HBO’s epic series was perhaps its best. The show continued with its sprawling scenery and shocking moments. The death of King Joffrey and the subsequent trial of Tyrian highlighted a season full of those moments. Masterful storytelling.
4. **Mad Men** (AMC) – AMC’s landmark series is still great after all these years. One of the greatest drama series of all time has one season left to go, and it will be sorely missed. While I was annoyed at AMC’s decision to split the final year into 2 seasons, I couldn’t stay mad for very long, Mad Men is just too good. Jon Hamm as Don Draper is as good of an acting performance as anything on TV, now or ever.
3. **Orange Is The New Black** (Netflix) – After an absolutely amazing first season, we wondered how Orange is the New Black could top itself. Well, we’re not quite sure that it did, but it came awfully close. The shows 2nd season raised the bar on storytelling. Intricately weaving the lives and back stories of each prisoner into the current storylines, and doing so with humanity and a nice dose of humor as well. Not to mention one of the strongest and most diverse casts on TV today.
2. **Fargo** (FX) – Based on the film of the same name, and highlighted by the performances of Billy Bob Thornton, Martin Freeman, and Alison Tolman, this 10 part anthology series Fargo quickly became an unexpectedly gripping crime story. When I first heard of a series based on the 1996 film, I thought it would be a mistake. But the show was so good, you forget that it was even based on a movie.
1. **The Americans** (FX) – FX’s story of Soviet spies embedded in 1980s America expanded upon the stories of season 1, and raised the stakes for Philip and Elizabeth by placing them in situations that didn’t just threaten them and their cover, but also the lives of their children. A great finale set the stage for season 3 which premieres at the end of January. Great stories, and great acting. Matthew Rhys and Keri Russell turned in 2 of the finest performances of the year.
- Just Missing My List: House of Cards, Ray Donovan, 24: Live Another Day, True Detective, Veep, Sirens, The Strain.
- Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.
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THE DOCTOR IS IN!

Biomarkers: The Next Revolution

Dr. Frank MacMillan, MD  
VALLEY PATRIOT MEDICAL COLUMNIST

I'd like to be funny and say that my end of the year article is typically on the year's major breakthrough in health and wellness, but I have never done a year-end health column before, so here are my thoughts on a major breakthrough that I believe is under reported and under the radar. Biomarkers are here and you should expect to hear a lot more in the near future. A biomarker is simply something made by a living organism found in blood, body fluid, or tissue that is a target for testing to see if a condition or disease is present. This is a really big deal and will positively affect you or someone you know in a way that could be life-changing.

The Center for Medicare Services (CMS) and the Food and Drug administration (FDA), recently announced parallel approval of the first commercially available test for colorectal cancer and polyps that can detect a collection of DNA markers that are naturally shed into the fecal stream by the tumor. The new test is called Cologuard, and it is a non-invasive test that can be done without a bowel prep or sedation or inconvenience. This is a significant advance because while colonoscopy is a safe and effective way to screen for polyps and cancer, approximately 50% of people eligible to have colonoscopy choose not to screen because of cost, perceptions of pain or embarrassment, or inability to complete a laxative bowel prep.

Colorectal cancer is the 2nd leading cause of cancer death in the USA, with 150,000 new cases and 50,000 deaths each year that are potentially preventable. While screening colonoscopy has made a major dent in this terrible disease, and in fact colonoscopy has saved the country \$10 billion over the past 10 years due to prevention and early detection, it is also true that 50% of people eligible for screening fail to get a colonoscopy and remain at risk. CMS announced on October 9 that it would cover Cologuard for its members once every three years with certain restrictions.

The test will cost approximately \$500, and be completely covered as a screening benefit for Medicare patients. Private insurance coverage is unknown at this time, but many insurance companies follow Medicare coverage decisions. Check with your insurance company to be certain.

The restrictions include limiting testing to individuals who meet "average risk screening" criteria, or simply no high



risk features. This is defined as age 50 to 85, no signs or symptoms of disease meaning no pain or bleeding, no anemia or blood in the stool, no personal history of polyps or cancer, no family history of polyps or cancer, no Crohn's or colitis, no inherited polyp syndromes. Once the test is done, additional testing can be done for symptoms but not for "screening" (no symptoms and no personal or genetic risks) and cost sharing may apply.

So, how good is Cologuard testing? According to the Imperiale 2014 study (N Engl J Med 2014; 370:1287-1297) which led to FDA and CMS approval, it is 92.3% sensitive for detecting colon cancer, but 42% sensitive for advanced (still benign) precancerous polyps. Sensitivity improved for polyps in patients over the age of 65 to 44%. Specificity was also good at 89.8%. Unfortunately there is no perfect test and there are trade offs for cost, convenience, sensitivity and specificity. It should be restated that Cologuard is not an appropriate choice for patients at high risk. On the other hand, the relatively poor sensitivity for advanced polyps may be less of a concern for patients at "average risk" as advanced precancerous polyps are uncommon in this group of people.

The real good news however is that these tests will only get better with time, and we will be preventing and curing more cancers with the identification and commercialization of new and better biomarkers, not only for colon cancer but other cancers as well. I can't think of better news to ring in the New Year!

*Dr MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. He practices at Holy Family Hospital and currently serves as President of the Massachusetts Gastroenterology Association. Dr MacMillan was recently reelected as Massachusetts Governor of the American College of Gastroenterology and is a Fellow of the College.*

Bharani Padmanabhan, MD  
MEDICAL CORRUPTION COLUMNIST

Most parents promote to children the desirability of being human. Society then expends resources to replace empathy with "professional" or "corporate" values as in "a corporate decision was made" or "extending sympathy would violate our boundary policies."

This problem manifests everywhere. The lack of an empathic long-term relationship is felt equally in policing, education and medicine. A soft respectful very-law-abiding patient of mine felt compelled to complain last month to Salem's Police Supervisor about the cold heartless attitude of a police officer she interacted with recently. My patient has not had even a traffic ticket in 30 years let alone negative interactions with law enforcement and still got dinged \$250 based on a conscious lie. Community policing is not supposed to feel like a corporate encounter.

What usually stands in the way of this basic fact of nature is the class of people with degrees in management.

As people with management degrees have taken over different professions that used to be run by professionals who had come up within the profession, dissatisfaction within those professions has become rife, people are burning out faster, it has become difficult to retain existing professionals and shortages have become commonplace. This is as true for teachers as for doctors. Both now discourage their own children from following in their footsteps.

In both education and medicine, real care has been replaced by Scores and Certifications that allegedly show that the people are being helped. The people themselves know that is not true and are very unhappy.

The management types assert without any shred of evidence that the medical professionals who cared for our grandparents and parents were uncaring murderers. The management types further assert that they would improve 'healthcare' by replacing long-term knowledge of a patient with an electronic chart and that the best doctors are those that are totally interchangeable. It does not matter who the doctor is, they claim, as long as the electronic chart is the same.

When you stop and think about how they could say heartless lies like that, it becomes obvious they are treading in the Progressive tradition of vicious consciously false name-calling. We used to hear a lot of it in the 20th Century from Stalin and Mao. North Korea still does its bit with "thrice-cursed act of treachery." In the US that role has been preserved by the likes of Dr. Lucian Leape and his Leapfrog Group.

This month important studies reported on the result of massive changes in the training

of doctors that were imposed 15 years ago DIRECTLY because of Leape's lies. We now have 10 years of hard data and, to no honest person's surprise, there has been ZERO improvement in the care of patients and ZERO improvement in the educational performance of doctors. "There is no evidence whatsoever that patient safety was enhanced by the 2003 and 2011 changes and there is some evidence that surgical outcomes are worse," said Dr. Batjer, chair of Neurological Surgery, UT Southwestern Medical Center, Dallas, Texas. (JAMA. 2014;312:2342-2344, 2364-2373, 2374-2384.)

What this means is we are now at a net LOSS as we have no improvement and yet have LOST the long-term caring relationship with the same independent doctor over years, most of whom have quit in disgust. The wrong people are in charge whose lies Dr. Martin Samuels, the Brigham's Neurology Chief, has called "ill-conceived and self-hating."

Even worse, these same wrong people have inserted themselves into the Commonwealth's annual budget and are directly sucking the taxpayer dry in the form of the Betsy Lehman Center. ([chiamass.gov/betsy-lehman-center/](http://chiamass.gov/betsy-lehman-center/))

This taxpayer-funded Center celebrates Dr. Leape and his Leapfrog Group, whose conscious lie - "Up to 400,000 deaths each year are associated with preventable adverse events in American hospitals" - is now blared by a Government agency at taxpayer expense with ZERO independent evidence to support it other than bald assertions from.... Dr. Leape and his well compensated close friends - Dr. Ashish Jha, Dr. Tejal Gandhi and Sir Donald Berwick.

VP readers still remember Brian Evans' poor mother who chose Holy Family Hospital having been misled by Leape's Leapfrog Safety Score and died as a result. It is beyond the pale to have this modern-day Lysenkoism written into the annual budget for the Commonwealth.

I truly wonder about our Legislators. First they pass a law that allows for every single person to be registered with the Government for any prescription they get from their doctor, not just opiates or anxiety pills, which is as Progressive as it gets. Having lived in a Communist country it is totally familiar. (Para c - Chapter94C/Section24A)

And then they fund the Leape fraud with public money!

Clearly a lot of money has quietly changed hands. If Charlie Baker declines to reverse this blatant corrupt fraud, we will know a chunk of it reached him too. For sure.

*Dr. Bharani Padmanabhan is a neurologist who specializes in multiple sclerosis in the Boston area. [scleroplex@gmail.com](mailto:scleroplex@gmail.com)*

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# Ret. Woburn Chief Mahoney Recounts the Night of Officer Jack Maguire’s Murder, Speaks Emotionally About Those Protesting Police

Tom Duggan  
VALLEY PATRIOT PUBLISHER

“Many times our lives have been threatened by people like those today that are marching. And they shouldn’t. They should be thanking us and thanking Jack who gave his life for this community.” Ret. Woburn Chief Phil Mahoney Emotions still run deep in the City of Woburn, Massachusetts four years after the murder of Woburn Police Officer Jack Maguire, who was shot and killed by a Deval Patrick parolee who had robbed the Kohl’s jewelry counter only a few day’s after his release. MaGuire responded to the call and began chasing Dominic Cinelli through the snow before the parolee turned and shot Maguire. With three bullets lodged in his body, Maguire managed to return fire and kill his would-be murderer. Friends, family members, fellow police officers, and members of the



“I just have to say that the police have been through this before. Many times our lives have been threatened by people like those today that are marching, and they shouldn’t. They should be thanking us and thanking Jack who gave his life for this community.” ~ Chief Mahoney

community gathered Friday night for a candle light vigil to remember the sacrifice of Officer Maguire as members of the Woburn Police did a silent drive-by through the parking lot of the Woburn Post Office, now called the John J. MaGuire Post Office across the street from the Kohl’s parking lot where MaGuire took his last breath. Officer MaGuire’s widow Desiree, his brother Chuck and dozens of family members hugged and thanked people as they remembered the heroic sacrifice of Officer MaGuire’s last shift. Officer MaGuire’s brother Chuck thanked the crowd and was sure to mention the recent spate of attacks on police. “I want to thank you all for being here,

especially with all the turmoil going on in our society people don’t respect police officers and I think we respect each other. We respect each other...” he said holding back emotion. Overcome with emotion, Retired Woburn Police Chief Phillip Mahoney spoke about his officer and friend. “Four years ago Jack died right there,” he said pointing to the spot at the edge of the Kohl’s parking lot, tears running down his face. “It was hard on all of us, all of the officers who were here that night ... it was terrible ... when I got to Lahey (clinic) I was met by Chuck ... Chuck told me Jack had died.” Ret. Woburn Police Chief Mahoney was not only Officer MaGuire’s chief, he was also his friend. Speaking through the pain, Chief Maloney said that notifying Maguire’s

wife Desiree “was the hardest thing we ever did, she passed out right there.” Maloney said that Desiree had to then go home and tell their kids what had happened. “It was just a terrible time. But everybody came together. And look,” he said panning the crowd, “we still are. I can’t thank you, and tell you how much it means four years later that so many are here and don’t forget.” Mahoney also expressed his frustration and pain over the recent pro-criminal protests and attacks on police by those who hate what they represent. “Chuck, going back to what you said about what is going on in our world today, I just have to say that the police have been through this before. Many times our lives have been threatened by people like those today that are marching. And they shouldn’t. They should be thanking us and thanking Jack who gave his life for this community.” Mourners remained for more than an hour after the brief ceremony, reminiscing about their experiences with Officer MaGuire and how much he had impacted the community.

## MIRRA: FROM PAGE 19

John Boehner will no longer be able to blame Harry Reid for holding things up in the Senate; Obama will have fewer occasions to say “send me a bill” if Boehner and Mitch McConnell get their act together. If Republicans fail to come up with meaningful reform of things like immigration and taxes they will incur the wrath of voters in two years. If Obama fails to compromise on those proposed reforms he will be paving the path for a Republican president in 2016. Our system of government is messy, time consuming, and expensive. It’s also very high maintenance as it requires vot-

ers to do their homework and seek out the candidates that will steer the country and the Commonwealth in the right direction for the long term. Tom tried to make the argument that voters sent a message in November demanding Republican solutions and a more conservative direction, but I don’t think it’s quite that simple. Voters were never given a clear plan or roadmap of where Republicans wanted to take the country, but they certainly knew they didn’t like our current direction and voted for change. Messy as it is, this is how the system is supposed to work.

## NH: FROM PAGE 18

from 8% to 9%. Under a formula in place since the 1990s, some of the increase in rooms and meals revenue was supposed to go to municipalities. Their share would continue to grow until the split between the municipalities reached 60% state and 40% to municipalities. When the Democrats increased the tax from 8% to 9%, the municipalities should have received additional funds. But the Democrats needed the full 1% to sustain their spending, so they “froze” revenue sharing. In other words, municipalities got identical funds they received in the prior year, but they did not share in the increased revenue resulting from the tax increase. While Republicans at the time felt this was wrong, this practice was not downshifting because municipalities continued to receive the same amount as in the previous year. While the expectation of additional funds was not met, a failed ex-

pectation doesn’t amount to downshifting. Regardless of what is contained in the final budget, shouts of “downshifting” will be made by both parties. Hopefully, by better understanding what downshifting is Granite Staters will be able to distinguish fact from partisan political rhetoric. NOTE: Parts of this editorial were co-authored with Representative Gene Chandler, of Bartlett, who is the current Deputy Speaker of the NH House. D.J. Bettencourt served as a State Representative in the New Hampshire House of Representatives from 2005 to 2012 and was the House Majority Leader for the 2011-2012 legislative term. He currently works as the Director of Development and Community Relations at the Salem Animal Rescue League and serves on the Economic Development Action Committee in Salem, NH.

## IVES: FROM PAGE 11

of fuel deposits which could be fracked as New York. However, our state is in close proximity to fracking activities and we should discourage activities, which expose our water to pollution when we spend taxpayer money to protect and treat our water resources. Passing legislation entails a specific process and schedule of activities and it’s helpful to understand this process if you’re interested in advancing a bill. The legislative process begins after a bill is filed by a legislator with the House or Senate Clerk’s Office. Each bill is given a number and assigned to the appropriate Legislative Committee. There are 26 of these committees, each responsible for studying the bills which pertain to a specific subject matter areas. The Committee then holds a public hearing and hears testimony regarding the petition from the public, government officials and office holders. I encourage constituents to advocate for bills they have an interest in by testifying or submitting written testimony. After the hearing is held, the Committee issues a report recommending whether the petition ought to pass, ought not to pass, be subject to further study or discharged to another committee. A bill reported favorably appears in the Journal of the House or Senate and is given its first reading, usually followed by referral to another committee for further review. A measure reported adversely will not proceed further unless the unfavorable report is overturned by a vote of either branch. There are several procedural steps the bill goes through in both branches before final passage. The bill advances through three

readings and is engrossed in the second legislative branch. If the bill is amended by the second branch, it will have to be returned to the first branch for a concurrence vote. If concurrence is rejected, a bi-partisan conference committee of three members from each branch is appointed to craft a compromise bill that will be sent to both legislative branches for a final vote. The conference committee’s report recommending the compromise bill is not subject to amendment. A vote to enact by both legislative branches results in passage of the bill, with the newly created act sent to the governor. The governor has the authority to sign the bill into law, allow the unsigned bill to become law, veto the legislation or send the bill back to the Legislature with recommended amendments. A new law usually takes effect in 90 days but can become effective immediately if it includes an emergency preamble which must be adopted by a two-thirds vote of the legislature or by an emergency declaration by the governor. It is important to note that legislation can be filed throughout the two-year cycle, however it requires additional steps that may delay the bill. The legislative process is extensive but thorough and allows for opportunities for individuals to express their opinions and suggestions on matters. I look forward to representing the interests of my constituents in the upcoming legislative session and welcome your input on bills which I have filed, or bills that have been filed by other legislators in the new session. Senator O’Connor Ives can be reached at KATHLEEN.OCNNORIVES@MASENATE.GOV



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NOTEBOOK: FROM 9

cultural events.

SOCIOLOGY OF AGING - Tuesdays and Thursdays, January 20 to April 30 from 9:30 to 10:45 a.m. Free. Attend all or any by pre-registration. Held at Merrimack College. Join a semester-long course of study about various aspects of aging such as stereotyping, retirement, friends and social support in later life, aging and driving. Lend your unique perspective as you participate in this college course designed for 19 to 22 year olds.

Weekly classes are offered in aerobics (seated to very vigorous), strength training, beginning and intermediate yoga, basic and performance tap dancing, as well as line dancing and Zumba. The current session runs through February 13. Ask us about our new on-line registration.

The Center at Punchard (The Center), 30 Whittier Court, Andover. Hours 8 a.m. to 4 p.m. Pre-registration required for all events and space is limited. Open to entire community, pending space. Call for information: 978-623-8321. Or visit [www.andoverseniorcenter.org](http://www.andoverseniorcenter.org) for our complete listings.

TREBLE CHORUS - The Treble Chorus of New England is holding SPRING AUDITIONS for the Jan-May Spring season. We are holding auditions for our three choirs: Training, age 6-9, Concert, age 9-13 and Schola, age 13-18 on the first 3 Mondays, 5, 12, 19th in January between 4:30-5:30 pm . Our My Own Voice choir for those with special needs does not require an audition. Auditions for the Training, Concert and Schola choirs are held at the West Parish Church, 129 Reservation Road, Andover, MA. No preparation necessary. Please go to <http://www.treblechorusne.org> for more information on the choirs and our upcoming spring schedule. Please contact Anna Choi at [tcnmanager@treblechorusne.org](mailto:tcnmanager@treblechorusne.org) for more information.

NEW HAMPSHIRE UKULELE GROUP HOSTS FUNDRAISER

Amidst the snow and cold of winter, the Southern New Hampshire Ukulele Group (SNHUG) announces their Third Annual Groundhog Day Luau, Saturday, January 31, 2015 at Ashworth by the Sea in Hampton.

Founded in 2011, SNHUG is New Hampshire's most active ukulele group with 175 members from southern New Hampshire, Massachusetts, and southern Maine. The twice monthly meetings provide a friendly forum for ukulele players

of all levels. SNHUG is also dedicated to community service and group members play at a wide variety of local events and venues from summer fairs to assisted living centers.

The annual Groundhog Day Luau is a fundraising event for a selected local charity. In 2014 SNHUG members raised \$500 for the Youth Ukulele Orchestra of the Portsmouth Music and Arts Center. Kala Ukuleles generously matched the funds with a gift to PMAC of five ukuleles valued at \$1000. SNHUG's 2015 goal is to raise \$1000 for the Ukulele Kids Club, a nonprofit organization which donates ukuleles to children's hospitals nationwide for music therapy programs. Each child receives a new instrument, lessons, and the healing gift of music. The Groundhog Day Luau is the kick-off event for this fundraising effort.

The 2015 Luau will feature performances by SNHUG, Steve Roy, MB Padfield, Andrea Szirbik, The Silver Strummers, the Falmouth Library Ukulele Ensemble, and more. A silent auction, refreshments, and a cash bar are also planned. Bring your uke and play along! Tickets to the Luau are \$30 per person and include desserts. Last year's Luau sold out. Tickets to the 2015 event can be purchased at [SNHUG-Luau.brownpapertickets.com](http://SNHUG-Luau.brownpapertickets.com) The event runs from 6:00 – 10:00 p.m. and a special hotel room rate is available at Ashworth by the Sea.

For more information, go to [facebook.com/SNHUG](http://facebook.com/SNHUG)

MMV HOSPICE RECEIVES EASTERN BANK GRANT - Merrimack Valley Hospice was awarded a \$10,000 Eastern Bank Foundation Partnership Grant in support of the seven suite expansion of the Merrimack Valley Hospice House. The check was presented to John Albert, President and CEO of Home Health Foundation by Maria O'Halloran, Vice President, Financial Institutions and Mary Ann Jordan, Senior Vice President and Director, Financial Institutions at Merrimack Valley Hospice House.

"This gift in support of the expansion of Merrimack Valley Hospice House is a testament to Eastern Bank's commitment to our community," said Albert. I would also like to thank Bob Rivers, President and Chief Operating Officer and Shannon Mini, Vice President of Treasury Services for their support of this application which will help to ensure that the Hospice House is available to all patients and families in need."

Valley Patriot Columnist Inspires Ferguson City Council Candidate

Ms. Christine Morabito,

Thank-you for writing about what you saw in Ferguson. So few people have heard about the other side of our community.

Early on the morning after the second riots started, I went down to the business area with a snow shovel. I was just scooping the glass into neat piles, confident that somebody else would soon be following to pick it up.

Sure enough, as I was finishing, I saw somebody coming along with a broom and yard waste bags. Neither of us was called to do it, and we weren't part of groups. We just knew it needed to be done and started to work.

Countless others have done the same. Many have done much more than me.

None of the stories I have seen talk about families like mine that were preparing for the worst to come to our homes.

There is a valuable lesson about individual responsibility, personal preparedness, and the limitations of government's ability to protect us.

It took a serious situation for me to fully evaluate our ability to secure our home, exist without power or access to groceries, and possibly get out of the area if things moved into residential areas. It was serious. When the officer was shot soon after the first riots, it was across the street, and the shooter disappeared into the woods. The police searched all night.

I found myself alone in the dark, in-

specting the outbuildings as the helicopter circled over. Every neighbor around me said they did the same thing. It was among the scariest experiences of my life. The months-long stress exhausted families. We could see the stress impacting our 2-year-old son. Many gun cabinets were unlocked in many homes for months on end.

The stories that will come next will be about justice coming from elections. Many believe we can only solve the problems the world has identified by electing people associated with the protests and riots. The problem is they will be trying to pass laws, change policies, and create programs to deal with what the world has been led to believe - not to deal with real problems that exist.

That's why I'll be running against these other candidates. I think we need to make adjustments - but they won't be strong enough in the eyes of many.

My family expects I will be vilified in the process. But, what can I do?

We are happy here, and we have to stand up for the community. We can't have a city council formed of members angry at the city. This will destroy our town.

Anyway, thanks again. People need to learn more about the character and good-hearts of the residents of this community. Your story helps.

Doyle McClellan

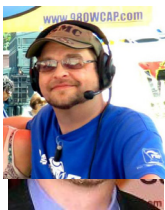
Candidate for Ward 1 of Ferguson City Council. [www.fergusonward1.com](http://www.fergusonward1.com)

Since Merrimack Valley Hospice House opened in June 2009 it has been operating at or near capacity, serving more than 1,800 patients annually. Licensed by the Massachusetts Department of Public Health for a 21 suite facility, the Hospice House was designed for a two-phase construction: the initial 14 suites, then, a final phase of seven suites at a time when occupancy and demand for services exceeded capacity.

The new wing brings a total of 21 private patient suites available to patients, two of which can accommodate pediatric patients. All suites feature skylights, a patio, private bathroom and comfortable space for loved ones who can visit at any time of day or night. The wing reflects the existing peacefulness of a home setting with family gathering area, a care station and several

common areas.

Merrimack Valley Hospice is the leader in hospice care. Together with affiliate organizations Home Health VNA and HomeCare, Inc., the not-for-profit organizations form a unique and comprehensive continuum of the highest quality home health and hospice care for patients and families. For more information, visit [www.MerrimackValleyHospice.org](http://www.MerrimackValleyHospice.org).



Tom Duggan is the publisher of The Valley Patriot, a former Lawrence School Committeeman, and hosts the Paying Attention! Radio Program on WCAP, 980AM, every Saturday from 10am-noon. You can email your comments to [valleypatriot@aol.com](mailto:valleypatriot@aol.com).



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A FAMILY BUSINESS FOR FIVE GENERATIONS

HERO: FROM PAGE 1



LST 345 at Gold Beach on June 6, 1944

the crossing of the Med) probably saved LST 345, George, and its crew. At the last second, a German FW190 fighter swerved to miss the balloon (which was tethered approximately 300 feet above the ship). That swerve sent a 500lb bomb, which would have landed in George's lap (he was standing on the bridge), into the water next to the ship. The explosion was still close enough to wound four crewmen.

The number of exciting events during these momentous months is too numerous to tell. Here is just a small sampling:

\* George and LST 345 were mistakenly ordered to sail into Salerno harbor while it was still firmly occupied by the Germans. Being the last ship to receive the order to "get out!", they were exposed to 88 mm shells raining in from all directions. Only a smoke screen laid down by HMS Tartar probably saved their lives.

\* Sailing to Britain from the Mediterranean, LST 345 encountered a Nazi Wolfpack in the Atlantic. The ship was fortunate to survive as their escorts sunk 5 German subs. LST 345 then hit a storm in the Bay of Biscay where 40-foot waves nearly tore the ship apart.

\* George and LST 345 were at Gold beach on the morning of June 6, 1944 unloading men, tanks, and supplies (see photo). LST 345 was the first ship to return to Britain with wounded Allied soldiers.

\* LST 345 made 56 trips between Britain and France in support of the Allied offensive in Europe. Some of these trips extended well in-land (up the Seine River) and provided critically needed supplies for our troops engaged in the month-long Battle of the Bulge.

\* On one trip, LST 345 carried rail cars in its hold. When they broke loose during a storm, the rail cars threatened to punch holes in the ship and sink it. George and his men crawled under the run-away cars and, with split second timing, forced wedges behind their wheels to prevent a disaster.

One chapter in George's history, thankfully, is missing.



Upon returning to New York in July 1945, after Germany had surrendered, George Henderson was assigned to be the commanding officer of an LSM-R [Landing Ship Medium – Rockets] to be used in the invasion of Japan, scheduled for November 1, 1945. His role would be to sail in close to a selected invasion beach (before the actual invasion) and bombard the shore. Research conducted after the war (see Book Keepers Corner) indicated that the planned mission was likely to be suicidal. Hiroshima and Nagasaki intervened (thank you, Einstein and Truman) and, fortunately, George is still with us today.

George was awarded, among others, The American Defense Medal, The Victory Medal, and The European, Middle East, and African Campaign Medal with four stars (signifying the invasions of North Africa, Sicily, Italy, and Normandy). The Captain of LST 345 was awarded the Bronze Star on behalf of all of the Officers and crew of the ship for their heroism.

George, thank you for your service. P.S. If you are ever fortunate enough to meet George, ask him about the Top Secret Invasion Plans for Sicily that were mistakenly dropped overboard and, to this day, are resting somewhere on the bottom of the Mediterranean!



Methuen Native Brittany Baldi is in a new TV Series "The Challenge, Battle of the Exes II" on MTV.

BALDI: FROM PAGE 21

takes former lovers from other reality shows and runs them through a series of physical challenges as allies on the same team. The last three teams standing get prize money for 1st, 2nd and 3rd place from a \$350,000 prize pool.

We asked Brit to tell us what was going to happen on the show, but she was very tight lipped about what they had already filmed.

"Sometimes people ask why we can't talk about everything when it comes to TV shows before they debut. Under contract we are supposed to let the viewers find out what's happening. If you know all about what's going to happen in a movie from a movie trailer why would you bother to watch it? But, I can tell you it was filmed in Central America, in Panama actually."

The relationship between Brittany and Adam, (her ex -boyfriend from the MTV reality series "Are You the One") did not end well. Brittany would not talk about whether or not competing with Adam as her teammate factored into some of the challenges. "You will just have to watch it and find out for yourselves."

OTHER PROJECTS

Brittany is also involved in a new television show called "Redneck Island AfterBuzz TV AfterShow,". It is a talk show format similar to "The Talking Dead" (A discussion show after the TV

Series Walking Dead) where she and other cast members talk about and analyze other television shows and interview cast members.

"It doesn't feel like work because it's a really fun show. It's a lot of fun to work with so many talented people. I really look at every job as an opportunity to learn more, learn how to be better and meet other talented people I can learn from."

Baldi says that on top of the AfterBuzz show, she has many other projects in the works.

"My roommate Ryan Malaty and I are going to be working on a new YouTube series called 'Still Single'".

"It will be a show where we talk about and debate why we are still single, why standards are so high today, and advice about single life. I think young people can learn a lot from people who have been single for a long time. I am still single," she admits laughing, "a lot of people think I am dating cast members from the TV show but I'm not, I'm just having fun and trying to focus on my career."

Brittany said they start filming that project in early January.

Because Brittany's new show "The Challenge" debuted on the day we went to print we were not able to preview the first episode but will do so in part II next month.

FLAGS: FROM PAGE 12

country. For all that they've gone through." Both of White's grandfathers served in the Army and she has two cousins who are currently serving.

White and several of her fellow Guests, all of whom have spent years participating in the process, were honored to be a part of the retirement of the Flags. Many have personal connections, but they all have one common connection – Joe Robichaud, a Veteran and the American Training Colleague who organizes their participation.

"I really like doing this for Joe," said White.

He likes arranging their participation too. "It's nice to see that the Guests are so involved with this project. They show so much interest in it every single year," he said.

"Seeing the Guests get involved and how excited they get about going and participating in it makes me so happy," he added.

Robichaud said the process is emotional. He shared his joy in participating and help-

ing others participate in replacing the Flags each spring. "For people with loved ones in these cemeteries, it makes a big difference," he said.

The retirement is just as powerful. It's another way our country and its citizens honor our Veterans, something that wasn't as common when Robichaud served in Vietnam.

"It makes you feel good, now, to know that people are supporting our Vets," he said.

While the ceremony means a lot to him personally, it's all that more powerful for him that he gets to share it with the Guests. "Somebody thanked one of our Guests for the work he and American Training do each year. He replied 'We're honored to help' and that meant a lot to me."

To find out how you can get involved, contact your local Veterans' Services Agent through your city or town hall. To find out more about American Training, go to americantraininginc.com.

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